

Summer 2024

The Leaflet

City News and Recreation Guide

25 Years Later:

Memories of MCAS El Toro

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A MESSAGE FROM CITY MANAGER DEBRA ROSE

Do you remember when jets from the Marine Corps Air Station (MCAS) roared over Lake Forest? It's been 25 years since the base closed, but the legacy of the base will live in Lake Forest forever.

When the El Toro base was open, it brought men and women from around the country to the area. Many of them decided to make what is now Lake Forest their home as they retired from the service. When the base closed in 1999, it provided the City with an opportunity to reimagine Lake Forest because areas under the former flight paths were no longer restricted to commercial or industrial uses.

The City launched the planning process for the "Opportunities Study Area" ("OSA") and held more than 25 community meetings to see what residents would like their city to look like. After years of discussion, analysis, and deliberation, seven master-planned residential communities were approved, with a maximum of 5,400 homes.

Baker Ranch, Portola Center, Teresina, and Serrano Summit were all approved through the OSA. Studies found the new homes generate less than half of the average daily traffic than the commercial and industrial projects that could have been built under the previous zoning.

Fees generated by the development also allowed the City to build first-class public facilities for residents. The 86-acre Sports Park and Recreation Center opened in 2014, and the Civic Center, the City's 100-Year Home, opened in 2019. The Civic Center includes the Senior Clubhouse, ballrooms, and meeting rooms for rent in the Community Center, a 200-seat Performing Arts Center/Council Chambers, and City Hall. All of those facilities were financed primarily through developer fees, allowing Lake Forest to remain debt-free. The OSA also brought neighborhood parks, road improvements, and more.

Yes, a lot has changed in the 25 years since MCAS El Toro closed, and the City has grown from a population of 57,835 in 1999, before Foothill Ranch and Portola Hills became part of the City, to 85,600 today. But the foundation created by the base, the spirit of community developed through the OSA process, will always remain.

See more about the base and its impact on Lake Forest on page 5.

Debra Rose



MEETINGS AT A GLANCE

CITY COUNCIL MEETINGS

The City Council meets the first and third Tuesday of each month.

COMMUNITY SERVICES COMMISSION MEETINGS*

The Community Services Commission meets on the Wednesday after the first Tuesday.

PLANNING COMMISSION MEETINGS*

The Planning Commission meets on the Thursday after the first Tuesday.

TRAFFIC AND PARKING COMMISSION MEETINGS*

The Traffic and Parking Commission meets on the Monday before the first Tuesday of each month.

All meetings will start at 6:30 pm

*Subject to change; visit all agendas at:

www.lakeforestca.gov/agendas

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



OFFICIALS CUT THE RIBBON FOR CITY'S THIRD AFFORDABLE HOUSING COMMUNITY

On March 1, National CORE and the City of Lake Forest celebrated the grand opening of Mountain View affordable housing community and the start of a new partnership to deliver affordable housing to residents in need.

Mountain View provides 71 affordable one-, two- and three-bedroom apartment homes to individuals and families who earn less than 60 percent of the area median income. It is near the El Toro Road corridor, within walking distance of schools, grocery stores and retail shops.

The City contributed \$3.7 million in in-lieu housing fees for the Mountain View community. The project is Lake Forest's third affordable housing community and National CORE's eighth affordable housing community in Orange County, totaling 970 affordable apartments.

"It was an absolute thrill to partner with Lake Forest to bring such a magnificent property to completion," National CORE President Michael Ruane said. "Mountain View marks our first partnership with Lake Forest to bring more state-of-the-art affordable housing to those in need. It is an honor to work with such an amazing partner."

Following LEED standards, Mountain View is sustainable, durable and energy efficient. The community's design includes photovoltaic solar panels, plumbing systems that limit water waste, drought-tolerant native plants and rainwater retention systems to reduce irrigation demands.

On-site amenities include a community center with computer access and warming kitchen, laundry facilities and a beautiful courtyard with a playground.

National CORE's affiliated nonprofit, the Hope through Housing Foundation, will provide resident services at the community.

"Housing is just one piece of the larger solution to combat homelessness and fight the generational cycle of poverty. Hope through Housing's programs are the other piece, giving our residents the tools and guidance, they need to grow and thrive," Hope through Housing Vice President Alyssa Cotter said.

Hope through Housing will collaborate with the Boys & Girls Club of Laguna Beach to provide free after-school and summer programs as well as services for families and seniors that include GED classes, job preparation, parenting and financial coaching, and health and wellness activities.

Construction on Mountain View began in December 2021; the community welcomed its first residents in January 2024. The development has been supported by Wells Fargo, the California Community Reinvestment Corporation, Century Housing, the Orange County Housing Finance Trust, Orange County Health Care Agency and OC Housing & Community Development.

NEW AFFORDABLE SENIOR HOUSING COMMUNITIES

Mountain View is the City's third affordable housing community, joining the 189-unit Arroyo at Baker Ranch family apartments and the 57-unit Portola Senior Apartments. The 65-unit Meadows Senior Apartments is under construction. Those 62 and older can visit www.meadowsseniors.com/leasing-information to join the waiting list.

LEASH LAWS AND HAPPY HOUNDS: PET SAFETY WITH THE CITY'S #LEASHUPLF CAMPAIGN

Amid the wagging tails and boundless joy of furry companions, it's easy to overlook the importance of abiding by pet laws. Yet, straying from these regulations not only violates Orange County leash laws but can also disrupt the harmony of our community spaces.

A recent increase in complaints about off-leash dogs prompted City leaders to take action. In collaboration with OC Animal Care, the county agency contracted to provide animal-control services in Lake Forest, responsible pet ownership has been and continues to be emphasized to ensure the safety and well-being of all residents, human and canine alike.

Introducing #LeashUpLF, Lake Forest's Dog Leash Campaign:

The campaign is aimed at educating and empowering pet owners to embrace responsible pet ownership. Through a series of community outreach efforts, including social media campaigns, informational booths, and park signage, the City worked to spread awareness about the importance of leash laws and pet safety.

On-Leash, Please:

Always keep dogs on a leash no longer than six feet when outside your private property. This simple rule helps prevent unwanted encounters and promotes safety, especially around other animals, and children.

Designated Play Zones:

Unleash the fun in designated dog parks! Barker Ranch Park and Portola Dog Park offer safe spaces for off-leash play. Remember, part of being a responsible pet owner is cleaning up after your furry friend, even in these designated areas.

Beyond the Leash:

Responsible pet ownership extends beyond leash laws. Ensure your dog is properly licensed, vaccinated, and

well-trained. Be mindful of your dog's behavior, including barking at home or on walks, and respect the boundaries of others.

Benefits of Following Leash Laws:

- Reduced risk of incidents and injuries.
- Enhanced enjoyment for all park users.
- Strengthened bond between you and your pet.

OC Animal Care will patrol City parks to enforce leash laws and other pet ordinances. Fines for violations start at \$250 and can escalate up to \$403.

Remember, responsible pet ownership is a shared commitment that fosters a safe and welcoming environment for everyone. Let's keep Lake Forest a happy and healthy place for all, one leash at a time!

Resources:

Animal Control – Report an Issue or Ask a Question:
www.lakeforestca.gov/en/contact-ask-us

Orange County Animal Care Website:
www.ocpetinfo.com/

Barking Dog Complaint:
www.ocpetinfo.com/page/barking-dog-complaint-process

PARADE LOGO REFLECTS 'FAMILY, FUN, AND FREEDOM'



Congratulations to Courtney Herman for winning the 4th of July Parade Logo Contest! Her design perfectly captures this year's theme of "Family, Fun, and Freedom."

The Parade Committee announced in March that Courtney Herman has won the 4th of July Parade Logo Contest with a design capturing the essence of "Family, Fun, and Freedom!"

Courtney is the owner of Courtney Lynette Creative Co, a branding and web design company aimed at empowering creative small businesses. A native of Lake Forest, she cherishes her roots, having attended La Madera Elementary, Serrano Intermediate, and El Toro High School.

The July 4th Parade is one of her cherished traditions. With her husband Kyle and daughter Harper, Courtney continues to call Lake Forest home, drawing inspiration from its beauty and community spirit.

The volunteer committee is also taking applications for parade entries through June 4. See www.lakeforestca.gov/fourth-july-parade for more information, including entry information and a map of the parade route.

Get ready to celebrate Independence Day in style with Courtney's winning logo leading the way. See page 17 for more information on the Parade and other Fourth of July festivities.

El Toro's Legacy: FROM PROUD BASE TO BOOMING COMMUNITY

Marine Corps Air Station El Toro (MCAS El Toro) was born in the aftermath of the attack on Pearl Harbor, on nearly 5,000 acres of lima bean fields the government bought from farmer James Irvine for \$100,000. The population of Orange County at the time – 1943 – was about 150,000.

The base got its name from the small community next door – now Lake Forest. The community and county grew as the base grew. MCAS El Toro drew Marines and their families from throughout the United States as El Toro-based fighter planes – first propeller-driven, then jets -- battled in the skies during World War II, Korea, Vietnam, Desert Storm, and more.

The El Toro “Flying Bull” patch was designed by Walt Disney Studios in 1944. Air Force 1 used the base to ferry Presidents. The Black Sheep Squadron, made famous (or infamous) by Gregory “Pappy” Boyington, founder of the famed Black Sheep Squadron, was based at El Toro after the Korean Conflict. Robert Conrad, who played Boyington on television, was stationed at MCAS El Toro, as was actor Tyrone Powers, future astronaut and senator John Glenn and baseball legend Ted Williams. A local favorite was the MCAS El Toro Air Show, which took place annually from the 1950s until 1997. It regularly featured the Blue Angels and drew hundreds of thousands to the base.

Many former Marines called Lake Forest home when the City incorporated in 1991. Even after its closure on July 2, 1999, the base continued to shape Lake Forest. Property owners whose land was set for commercial or industrial projects because it was in former flight paths asked the City to change their zoning to allow homes. After more than two dozen community meetings, seven new communities were approved. The changes ultimately generated development fees to pay for new roads, the Sports Park and Recreation Center, and Civic Center complex.

“The closure of Marine Corps Air Station El Toro has had a lasting impact on Orange County and the City of Lake Forest,” said Chris Epting, an OC historian who wrote about the base in his book, *Lost Landmarks of Orange County*. “While the base played a significant role in the region during its operation, its closure presented both challenges and opportunities for the area that continue to shape the landscape and community to this day.”

The City is hosting an event commemorating Marine Corps Air Station El Toro at 6 p.m. on July 10 at the Lake Forest Performing Arts Center, 100 Civic Center Dr. See www.lakeforestca.gov/MCASelToro for more information and memories.



El Toro Memories:



“ You could always tell when someone was from out of town because they would try to talk over the jet’s locals stopped mid-sentence and continued once the jets flew by. ”

-Dave Stephen

“ Cooks Corner on Friday nights was so fun when the marine base was there. ”

-Kelly Turbeville



“ In the early 90s, I was driving on Barranca and, as I nearing the end of the runway, I saw Air Force 1 landing. It was so beautiful and so close, almost as if I could reach up and touch it. It was truly a breathtaking and memorable sight. ”

-Dott Custis Schroeder

Soaring Through Time: MARINE

An Air Show Engagement

My husband, Rodney Waters, and I have now been married over 30 years.

We met at Marine Corps Air Station (MCAS) El Toro's Airshow one year. He was assigned to the MWCS-38 Air Wing.

Fast forward a couple years and we were engaged at the time, when we got sudden news that he was being deployed to an undisclosed location. He couldn't say much as to the details, but it would soon hit the news that Operation Desert Shield was beginning. He then served in Operation Desert Shield and Storm.

Some family and friends gathered at MCAS El Toro and welcomed my husband and many other wonderful veterans back to the states. I can remember that day clearly and how we celebrated when that big military plane landed with the troops. Unfortunately, some Marines and service men and women wouldn't return. Grateful for their ultimate sacrifice!

We were overjoyed to welcome the Marines home, and my hubby made it home in time for our planned wedding date! We married in 1991, the year he returned. We had a military and very patriotic wedding. I was welcomed into the Marine Corps family. That year my husband would also wrap up his Marine Corps service.

Growing up in Lake Forest, near two USMC bases (El Toro and Tustin), shaped us as a community, as citizens (listening to the air show and watching the Blue Angels each year was a thrill), as a family (we had many dear friends who served in the military at the local bases around our dinner table on holidays), and it also shaped me personally.

I'm so grateful for our service men and women and especially grateful that living adjacent to MCAS El Toro brought my husband of many years. While he is humble about his military service, I'm outwardly proud of him. He's an amazing man and I'm forever grateful! What a blessing to me, to my family and friends.

- Cheryl Waters



Fueling Imagination

It was 1942. World War II was going on and was very real to me and my family for many reasons, but especially because my older brother, Bill, was serving our country in the Philippine Islands.

The old folks loved to gather at the end of the day to tell stories about the day and about the war. I could hardly contain my happiness to learn that the new air base was being built in El Toro. It was to be named the El Toro Marine Base.

One day, my imagination was not enough to fill my dreams of being on a plane, so I decided to build my own CORSAIR! I knew it would be difficult to build a CORSAIR with the upswept wings, so I settled on the idea of building a P-51 Mustang, just like the one I had seen in the comic book.

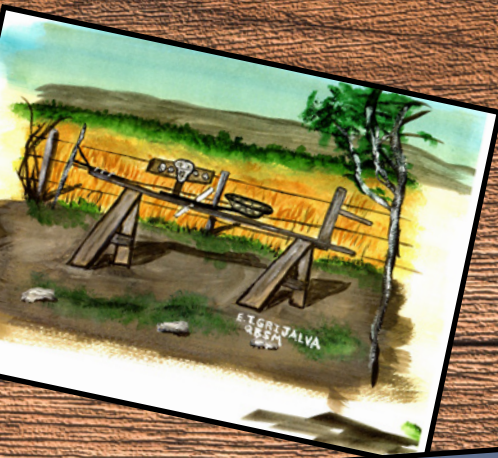
I borrowed one of my father's wooden horses for the body of the plane, my propeller was a part of a broken-down umbrella, the instrument panel was made up of gauges and dials of an old junk car mounted on a wooden panel, and the seat was a perforated steel seat from an old farm plow. This Mustang airplane was very low cost, as I had found all the parts in my father's junk pile. The tail section and wings were small and carefully cut with an axe to resemble the real things.

After I completed the engineering and production of the airplane, I was on call 12 hours a day to contribute my part to help the war effort. Every time during my waking hours when I heard the engines at El Toro Base, I would say good-bye to my mother and I would run to my airplane in the yard, put my hat on and mount my plane as it joined the squadron which took off flying overhead and into the clouds high above our home.

In my imagination, I could fly anywhere, anytime, and with the best of the best. I was an Ace!

- Eddie Grijalva

CORPS AIR STATION EL TORO MEMORIES



Life on the Base

We lived at El Toro base housing, beautiful and spacious four bedrooms. New!

My husband was stationed there and worked at air freight. We were married at the base chapel. We had our wedding reception at the NCO club, and my cousin Jerry Alonzo's band played. Happy memories!

Our second son made his first communion at the base chapel. I would take the kids swimming at the base swimming pool. Two of our sons attended school there. My husband was manager of the base theater, so our four boys, of course, loved to go watch the movies. Our three older boys learned how to bowl. My husband was a bowling instructor. Our oldest son, Bob Sanches' team, won the state championship and Bob C. Sanches won singles state champion one year!

We went shopping at the commissary and I worked at the men's clothing department.

We enjoyed watching the Blue Angels air show! Manny got back from Vietnam in '66. We moved to Rancho Cucamonga in 1976.

- Mary Sanches

The Noncommissioned Officer

This is just my recollection of my time at El Toro Marine Air Station from May of 1965 to October of 1966. At that time El Toro was the showplace Air Station of the entire Marine Corps. If the Marine Corps wanted to show off its stuff they brought them to El Toro. Commandant of the Marine Corps, Secretary of the Navy, Foreign Military leaders, President Nixon flew into El Toro when he spent time in San Clemente at his Western White House.

I was assigned to VMF-334 Marine Aircraft group 11 Third Marine Aircraft Wing MCAS El Toro, after serving 13 months overseas. At that time there was nothing in the way of cities or towns near El Toro, the closest town was Tustin up the Santa Ana Freeway (it wasn't referred to as "the 5" then) about 15 miles.

Nothing but orange groves bean fields as far as the eye could see.

My Squadron at the time was flying F8-U Chance Vought Fighter aircraft, supersonic single seat fighter aircraft. I was the Noncommissioned Officer, in Charge of the flight line. That entailed supervising the maintenance of the aircraft to ensure their flight readiness.

We flew anywhere from 10 to 20 flights a day, sometimes beginning at 0500 until 2200. Long days.

My Commanding officer was Lt. Col. Albert Pommerenk who finished his career as a Brigadier General. That was good duty, I enjoyed my time there. I was discharged from active duty in October of 1966, moved around and wound up back in Lake Forest in 2013.

Quite a difference!

- Larry Arthur

SERRANO NAMED DEPUTY OF THE YEAR

Mission Viejo Elks Lodge #2444 honored Deputy Daniel Serrano as the 2023 Lake Forest Deputy of the Year.

Serrano's unwavering work ethic, reliability, and dedication to mentoring were cited as reasons for the honor. Those talents shined during the active shooter incident at Cook's Corner on August 23, 2023. Three people were killed and six others wounded when a retired Ventura Police sergeant opened fire inside and outside the local gathering spot.

Deputy Serrano's heroic actions, combined with his role as a Field Training Officer guiding over 15 trainees, led to his designation as a Master Field Training Officer in October 2023.



Deputy Serrano with Lake Forest Chief of Police Services Captain Christine Berryman



Klaus Tabar (left) and Mike Milchiker are volunteer STARS who perform free home checks for residents on vacation.

VACATION HOME CHECKS: PEACE OF MIND WHILE YOU'RE AWAY

Planning your next vacation? Don't leave your home's security to chance. Lake Forest Police Services can offer you peace of mind with complimentary Vacation Home Checks. The Police Services team will conduct a thorough physical exterior check of your residence to ensure its security while you're away for up to four consecutive weeks.

This service is available to homes occupied by homeowners or renters. Homes listed for sale are not eligible.

To take advantage of the Vacation Home Checks program, complete the easy-to-use Vacation Home Check Form (PDF) available for download on the city's website, www.lakeforestca.gov/vacationhomechecks.

Submit the completed form via email, fax, or in person at 100 Civic Center Dr. at least five days before your departure date. This ensures that OCSO can process your request promptly and efficiently.

OC SHERIFF PARTNERS WITH THE OC HEALTH CARE AGENCY TO SUPPORT INDIVIDUALS IN CRISIS



In March 2024, the Orange County Sheriff's Department, in partnership with the OC Health Care Agency (HCA), launched a program to better serve those experiencing homelessness or mental health disorders.

Sheriff's Department dispatchers now triage non-violent, non-criminal behavioral health and homeless-related calls for service to determine if they can be diverted to OC Links, the 24-hour, seven days a week Behavioral Health Line, an entry point for the OC HCA's continuum of care providing information, referral, linkage, screening, homeless outreach, and dispatching of mobile crisis response teams.

Dispatchers, using a series of intake questions, will triage calls to determine if a deputy response is required. If the call is determined to be non-violent and non-criminal, dispatch will transfer the caller to OC Links, where they will be connected with a trained navigator.

"When an individual is experiencing homelessness or a mental health crisis, our goal is always to provide the most effective response possible," said Orange County Sheriff-Coroner Don Barnes.

"This diversion program allows us to connect individuals in need of expert behavioral health support with the best resources."

The Orange County Sheriff's Department receives about 10,000 calls for service each year involving mental health, individuals experiencing homelessness, and similar crises. OC Links provides specifically trained navigators who specialize in connecting individuals experiencing mental health disorders, homelessness, or substance use disorders with appropriate behavioral health services and field outreach.

OC Links dispatches counselors to non-violent and non-criminal calls instead of deputies, allowing deputies to be more readily available for in-progress crimes and proactive policing.

If additional assistance is needed or requested, deputies and/or fire personnel will be dispatched.

"This partnership between the Orange County Sheriff's Department

and OC Health Care Agency exemplifies our commitment to providing comprehensive support for individuals in crisis," said OC Health Care Agency Director Dr. Veronica Kelley. "By integrating law enforcement and behavioral health expertise, we can better address the complex needs of our community."

The Sheriff's Department continues to deploy its Behavioral Health Bureau teams in partnership with OC HCA Psychiatric Emergency Response Teams (PERT), responsible for proactively contacting and supporting those experiencing mental health crises and homelessness in the community, and connecting individuals with resources including housing programs, counseling services, and other support services.

In Lake Forest, a specially trained deputy works with a City outreach worker to get to know individuals experiencing homelessness to gain their trust and find appropriate treatment or housing programs for them. See more about the City's efforts at www.lakeforestca.gov/homelessresources.

The public can access OC Links 24/7 by calling (855) 625-4657 or (855) OC Links.

THE TASTE OF LAKE FOREST RETURNS

The City of Lake Forest and Lake Forest Chamber of Commerce are excited to announce the return of the Taste of Lake Forest! Join us on Friday, June 21st, 2024, from 4:30 PM - 8:00 PM at the beautiful Heritage Hill Historical Park. It will be an unforgettable evening filled with a variety of food and beverages from Lake Forest vendors, live entertainment by 90s Rockshow, and a Beer and Wine Garden.

Tickets are \$40! Reserve your spot now before they're gone! Limited availability. (Ages 18+ only)

Come and explore a diverse range of culinary delights from Lake Forest's finest vendors! Participating restaurants will be announced daily.

For more details and to secure your tickets, visit TasteofLF.com today!

Don't miss out on this epic culinary adventure! See you there!



Friday, June 21st, 2024

4:30 PM - 8:00 PM

Heritage Hill Historical Park



SUMMER SWIMMING SAFETY

Summer brings sunshine and opportunities for fun around the pool and beach, but also carries some dangers.

In 2023, 104 drowning incidents were reported in Orange County. Tragically, half of them were fatal. The statistics include children and adults.

The Orange County Fire Authority wants everyone to remember the **ABCs of Water safety**:

A IS FOR ADULT SUPERVISION

- Keep infants and toddlers within arm's reach
- No one should ever swim alone, even adults
- Never rely on water wings, rafts, or anything but U.S. Coast Guard approved life jackets
- Assign an adult to be a water watcher, keeping an eye out without distractions
- If a child is missing, every second counts – check the water first!

B IS FOR BARRIERS

- Install and maintain proper fencing around the pool and spa
- Use multiple layers of protection, such as doors, fences, gates, and alarms
- Use self-closing, self-latching gates that open outward, away from the pool
- Remove items such as chairs or tables that a child could use to climb a safety fence

C IS FOR CLASSES

- Learn to swim by taking lessons
- Learn first aid and CPR. Always keep a phone nearby to call 911
- Teach children that running, jumping and pushing others on pool decks is dangerous

D IS FOR DRAIN SAFETY

- Keep children away from pool and spa drains to avoid entrapment
- Keep long hair tied back and remove dangling items like jewelry or bathing suits
- Install compliant safety drain covers and auto-shutoff pump systems
- Know where the pool and spa pump switch is and how to turn it off

See www.ocfa.org/SafetyPrograms/DrowningPrevention.aspx for more information.

STAY CONNECTED IN LAKE FOREST



Nixle and AlertOC

Nixle and AlertOC distribute accurate emergency alerts through emails, texts, or phone calls. **Registration is required.**

Nixle - nixle.com or text 'lakeforest' to 888777

AlertOC - alertOC.org

Emergency Hotline

949-461-3536

Lake Forest Social Media

Follow for city updates, news, and alerts.

Facebook - @LakeForestCa

Twitter - @LakeForestCa

Instagram - @CityofLakeForestCa

Nextdoor - City of Lake Forest Ca

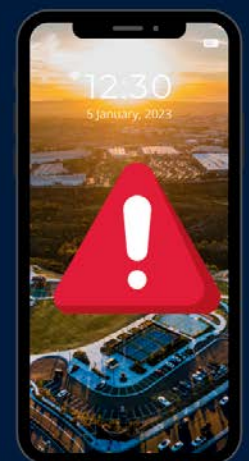
YouTube - @CityofLakeForestCA1991

Lake Forest TV and Radio

Tune in for emergency alerts and other city news.

TV channel - COX 851

Radio station - AM1690



www.lakeforestca.gov



GREEN SPRING CLEANING AND GARDENING

Have you noticed a buildup of dirt and debris around your garage, your patio, and all around your home? Perhaps you have seen garden pests on your favorite flowers? As the spring weather urges you to start working outdoors, it is important to remember that anything that gets washed down to the gutter ends up in local creeks, lakes, and the ocean. Utilizing green alternatives can protect our local resources from pollution such as pesticides. It's not hard to protect your home using common household items, while also protecting our local creeks, lakes, and the ocean! Here's a few tips:

Green Gardening and Pest Control

A combination of preventative maintenance and green insect repellents can keep insects out of your home and garden. Insects are looking for food, water and shelter – if you eliminate these necessities, they won't forage in your home or your garden!

- Keep plants trimmed at least three or four feet away from doors and window frames to eliminate these common pest entrances.
- Trim overhanging tree limbs that might provide an insect or rodent on-ramp to your home.
- Check the areas around your home for any debris or garbage – identify anything that could be used by pests as shelter - and get rid of it.

Did you know a variety of common household items can be used to repel insects?

- The strong smell of garlic and cayenne can be used to deter a variety of bugs, especially aphids. Chopping 6 cloves of garlic and mixing them with 1 tablespoon of baby shampoo in 4 cups of water in a spray bottle creates an effective repellent for your rose bushes.
- Mixing 5 tablespoons of dish soap with 4 cups of water in a spray bottle can be used to deter aphids and spider mites.
- Spices like black pepper, chili pepper, dill, ginger and paprika contain capsaicin, which repels spider mites

and other insects. Make a solution of 2 tablespoons red pepper, 6 drops of dish soap, and 4 cups of water for deterring insects on your growing vegetables.

- Coffee and crushed eggshells can be sprinkled around the base of plants to repel ants, snails, and slugs (and they are great on azaleas, rhododendrons, camellias, gardenias, and even blueberries!)
- To keep wasps away from ripening fruit, fill several cans with equal parts ammonia and water, and hang them among your fruit trees.
- Crushed mint, bay leaves, cloves, and eucalyptus wrapped in small cheesecloth squares can also be hung in your home and your garden as a natural repellent.

Green Cleaning

Using green cleaning methods can prevent the transfer of pollutants to the storm drain system!

- Use a broom and a dustpan to clean your patio and outdoor walkways instead of a hose.
- Use a spray nozzle on your hose with an automatic shut-off and turn the flow of water completely off when not actively washing down your automobile.
- Cleaning your patio furniture on your lawn or other landscaped areas can save you water by providing your plants with a drink, and it keeps our gutters clean too!
- Wash vehicles over pervious surfaces like lawns and gravel areas. If unpaved areas are not available, block and/or divert wash water towards other landscaped areas, like planters. If using cleaners (such as acid based wheel cleaners), use a rag to wipe them on and off, do not rinse them off with water.
- Shake floor mats onto landscaping, into trash cans or vacuum to clean, never shake off in the gutter.

For more environmental resources including more ways to be involved, please visit www.h2oc.org.



EXPAND THE FOREST— A LANDSCAPE IMPROVEMENT PROGRAM

Expand the Forest is a landscape-improvement project that encourages citizen participation in tree planting and provides an opportunity to enhance the City's urban forest.

An Expand the Forest memorial tree is \$93. The application includes an approved tree palette and available parks. Citizen sponsors receive a formal Certificate of Dedication signed by the City Council.

The spring planting season is March 1 to June 1. Visit www.lakeforestca.gov/expandtheforest for more details and an application.

SPONSORS	DEDICATION	TREE SPECIES	PARK
Edna Rios, Kathleen Keals Family and Martha Rios, wife	In loving memory of David H. Rios loving daddy and husband	Sycamore	Alton Park
City of Lake Forest Public Works Department and Jennifer Mansur	In loving memory of Matt & Bobbie Fiore	Crape Myrtle	Veterans Park
Jeffrey Carson	In honor of a great Mother and Grandmother, Lois Carson	Sycamore	Peachwood Park
Jeffrey Carson	In honor of a great Father and Grandfather, James Chalmers	Crape Myrtle (white)	Rancho Serrano Park
Reyes Family	In loving memory of Frank Anton Reyes, beloved grandfather and father	Sycamore	Alton Park
Reyes Family	In loving memory of Colo Sanchez, beloved mother and grandmother	Crape Myrtle (pink)	Alton Park
The Will Family	In loving memory of Vicki Winn, a wonderful lifelong family friend	Crape Myrtle (purple)	Concourse Park
Montesi Family	In loving memory of Kevin A.W. Martin	Crape Myrtle (purple)	Concourse Park
Tom and Tory Hughes	Don Bryhl, for his work in beautifying and reviving the woods of Lake Forest	Sycamore	Cavanaugh Park
The Doolittle and Waggaman families	In loving memory of Rod Waggaman ("The Old Salt"), USN. Dedicated to all, except yourself.	Sycamore	Peachwood Park
The Katoch Family	In loving memory of Shreshta Katoch	Crape Myrtle	Peachwood Park
The Katoch Family	In loving memory of Shiv Dev Singh	Silk Tree	Peachwood Park
Lynda Hodges, Kristin Hugstad	In loving memory of Nancy Harrigan	Sycamore	Concourse Park
Echo Pass Friends	For 33 years you lit up our neighborhood with your beautiful smile, infectious laugh, and your love for Jeff and life itself. Thank you Sue Lowenthal, we miss you!	Crape Myrtle (white)	Concourse Park
Namini Family	Katavoon Namini, we miss your laughter and beautiful face	Crape Myrtle (Pink)	Rancho Serrano Park
Jill and Brandon Rose	In memory of Ed Olson - a great friend and neighbor	Canary Island Pine	Peachwood Park
The Cathcart & Joy Families	In loving memory of Charlou Joy. The best mother, grandmother, wife, and friend. We love and miss you dearly.	Crape Myrtle (Purple)	Concourse Park

LAKE FOREST CIVIC CENTER

City events, rental space, and more



The Civic Center, the Community's 100-Year Home, opened in 2019 and was built primarily with developer fees, not tax dollars or debt.

Event Rentals

Performing Arts Center

A state-of-the-art 200-seat theater with professional sound and lighting.

Call 949-461-3457 or visit www.lakeforestca.gov/performingartscenter

Conference/Community Center

A grand facility with several banquet and meeting rooms as well as a beautiful courtyard.

Call 949-461-3407 or visit www.lakeforestca.gov/communitycenter

Senior Activities M-TH

The Senior Clubhouse

Call 949-461-3408 or visit www.lakeforestca.gov/clubhouse



949-461-3400 | 100 Civic Center Dr. | www.lakeforestca.gov

SUMMER 2024

Recreation Program Guide

June, July, August



SUMMER 2024 REGISTRATION DATES

RESIDENTS:
Begins at 8 am, Tuesday,
May 21, 2024

NON-RESIDENTS:
Begins at 8 am, Tuesday,
May 28, 2024

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COMMUNITY SERVICES CONTACT INFORMATION

Community Services (949) 273-6960
www.lfcommunityservices.com

Community Center Rentals (949) 461-3407

**Etnies Skatepark
of Lake Forest** (949) 916-5870
www.etniesskatepark.com

**Lake Forest Sports Park &
Recreation Center** (949) 273-6960
www.lakeforestsportspark.com

**The Clubhouse
(Senior Center)** (949) 461-3408
www.lakeforestca.gov/seniors

**Lake Forest Performing
Arts Center** (949) 461-3457
www.lakeforestca.gov/performingartscenter

**Saddleback College
Emeritus Registration** (949) 582-4835

**Irvine Valley College
Emeritus Registration** (949) 451-5555

Sports Fields Hotline (949) 461-3595



COMMUNITY SERVICES **SUMMER HOLIDAY SCHEDULE**

INDEPENDENCE DAY
July 4, 2024
LABOR DAY
September 2, 2024

Visit www.lakeforestca.gov
to confirm the holiday schedule.
The Civic Center Complex and
Recreation Services will be closed.

For general questions regarding Community
Services Programs, visit
www.lfcommunityservices.com.

You can still register for programs when the
Community Services offices are closed on
holidays or after hours.

Visit www.lfparksandrecca.com for 24/7
online registration.



**Parks
Make
Life
Better!**

**REGISTER
ONLINE**

WWW.LFPARKSANDRECCA.COM

R = RESIDENT
NR = NON RESIDENT



SUMMER CONCERT SERIES

5:30PM

LAKE FOREST SPORTS PARK & RECREATION CENTER
28000 Rancho Parkway

For more information call (949) 273-6960.



SATURDAY, JUNE 22

The Long Run—Eagles Tribute
tlreagles.com



SATURDAY, JULY 27

Redneck Rodeo —Country Hits
redneckrodeooc.com



SATURDAY, AUGUST 24

Who's Zeppelin & Car Show—The Who Experience Tribute Band

thewhoexperience.com

*If you have a classic car that you would like to show,
please contact Ken Sipes at ksipes@lakeforestca.gov*

—2024—

MOVIES IN THE PARK

- JUNE 14
Back to the Future
- JULY 12
The Super Mario Bros.
- AUGUST 9
Soul

7:30PM

Lake Forest Sports Park Common
Grass Area
28000 Rancho Parkway

FREE!

Bring your friends, family,
and a blanket!

2024 5K RACE AND PARADE

LAKE FOREST FOURTH OF JULY

FAMILY + FUN + FREEDOM

31st Annual 4TH OF JULY PARADE

FREE!

ALL AGES WELCOME!

9:30AM • THURSDAY, JULY 4



Thursday, July 4th - SCHEDULE OF EVENTS

PARADE VIEWING

Parade Start: corner of Toledo Way and Ridge Route Drive

Parade End: on Serrano Road and Ridge Route Drive

For additional information, call the Community Services Department at (949) 461-3408.

Parking Information: In the shopping center of El Toro Road and Serrano Road (Grocery Outlet). Parking can also be found off Lake Forest Drive and Trabuco Road (Ralphs Shopping Center) or Lake Forest Drive and Serrano Road (Rancho Cañada Elementary School).

BE IN THE PARADE! REGISTER NOW!

Interested in being an entry in the parade?

We are looking for non-profit groups, businesses, community organizations, car clubs, etc. to participate in this patriotic event!

Register online at bitly.ws/3dMKT by 5:00pm, Monday, June 3.

For more information, contact Courtney Wysocki at cwysocki@lakeforestca.gov or (949) 461-3439.



EL TORO CHARGERS 5K & 1K Run/Walk 7:00am

www.eltorochargers5k.org

Proceeds benefit the El Toro High School Education Boosters Program. The run starts and finishes at the corner of Lake Forest Drive & Chinook Drive.



KIWANIS PANCAKE BREAKFAST

7:00am to 10:00am

\$9 per person

Located in front of the El Toro High School Gym

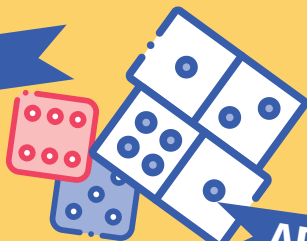
Proceeds benefit the Key Club-youth volunteer groups.



BUNCO NIGHTS

at The Clubhouse
100 Civic Center Dr

PRIZES



APPETIZERS

BEVERAGES

Let the Good Times Roll!

Join us for a fun night of Bunco!
No skill is involved, just lots of luck!

\$12.00 Residents & Non-Residents
Adults/Seniors

Register Online

12426	June 7	Fri	6:30-9 pm
12427	Aug 2	Fri	6:30-9 pm

ORGANIC Farmers' Market

*Weather Permitting

Wednesdays
4:00-8:00 pm



Lake Forest Sports Park & Recreation Center
28000 Rancho Parkway
Parking lot area in front of the Recreation Center

Interested in a booth space
or have questions related
to the Farmers Market?

Please email info@myoccfm.com or check the website at www.myoccfm.com.

Family Campout

JULY 13-14

at the Sports Park
28000 Rancho Pkwy

\$15 R
\$20 NR

Enjoy the evening playing games, making crafts,
and singing campfire songs under the night sky.

Bring your tents, sleeping bags, and
any other personal items.

Do not forget to bring your appetite because
dinner, dessert, and breakfast are included!

EVERY family member 4 years and older MUST be registered.
Act#: 12582 4 yrs+ Sat & Sun, Jul 13-14 5:30pm-9:00am



CREATIVE KIDS CLUB

6-13 YRS

It's that time of year again - schools out, and summer camp is IN! Join our Creative Kids Club for 8 awesome weeks of crafts, games, special guests, and fun! Participants must bring snacks and lunch. No transfers or refunds for missed days. **NO CAMP JULY 1-5.** Please see City of Lake Forest Camp Refund Policy regarding cancellations*.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$200 R | \$205 NR (per week)

Activity #	Dates	Days	Time
Sports Mania			
12565	6/10-6/14	Mon-Fri	7:30 am-6:00 pm
Water Wonders			
12566	6/17-6/21	Mon-Fri	7:30 am-6:00 pm
Space Exploration			
12567	6/24-6/28	Mon-Fri	7:30 am-6:00 pm
Jurassic			
12568	7/8-7/12	Mon-Fri	7:30 am-6:00 pm
Tropical			
12569	7/15-7/19	Mon-Fri	7:30 am-6:00 pm
Safari			
12570	7/22-7/26	Mon-Fri	7:30 am-6:00 pm
Aloha Adventure			
12571	7/29-8/2	Mon-Fri	7:30 am-6:00 pm
Circus			
12572	8/5-8/9	Mon-Fri	7:30 am-6:00 pm

LITTLE WRANGLERS

3-6 YRS

"Giddy on Up!" and join us for fun-filled activities including music, crafts, games, circle time and special visitors. Your little wrangler will play, imagine, and create while engaging in age-appropriate activities staff has planned. No transfer or refunds for missed days. **ALL LITTLE WRANGLERS MUST BE POTTY TRAINED.** **NO CAMP JULY 1 – 5.** Please see City of Lake Forest Camp Refund Policy regarding cancellations*.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$100 R | \$105 NR (per week)

Activity #	Dates	Days	Time
Sports Mania			
12573	6/10-6/14	Mon-Fri	9:00 am-12:00 pm
Water Wonders			
12575	6/17-6/21	Mon-Fri	9:00 am-12:00 pm
Space Exploration			
12576	6/24-6/28	Mon-Fri	9:00 am-12:00 pm
Jurassic			
12577	7/8-7/12	Mon-Fri	9:00 am-12:00 pm
Tropical			
12578	7/15-7/19	Mon-Fri	9:00 am-12:00 pm
Safari			
12579	7/22-7/26	Mon-Fri	9:00 am-12:00 pm
Aloha Adventure			
12580	7/29-8/2	Mon-Fri	9:00 am-12:00 pm
Circus			
12581	8/5-8/9	Mon-Fri	9:00 am-12:00 pm

2024 CAMP CANCELLATION POLICY

- All Camp cancellations requesting refunds must be submitted by 5pm on the Thursday prior to the first day of camp (Monday) and will be assessed a \$30 cancellation fee.
- All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee.
- All refund requests must call the Senior Recreation Supervisor at (949) 273-6975.

Youth Classes



Preschool & School Aged Classes

MUSIC TOGETHER BIRTH-5 YRS

Music Together Program is the Gold Standard in Early Childhood music and movement. Families participate together in songs, rhythmic activities, movement, and instrumental jam sessions. We create a fun, informal, musically rich social setting that supports different learning styles of children and adults.

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

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$160 R | \$165 NR (8-week session)

\$15 R | \$20 NR (Demo Class)

Material Fee: \$35

Activity #	Dates	Days	Time
12612	6/21	Fri	9:15-10:00 am (Demo Class)
12613	6/22	Sat	9:00-9:45 am (Demo Class)
12618	6/25-8/13	Tue	4:15-5:00 pm
12617	6/28-8/16	Fri	9:45-10:30 am
12616	6/29-8/17	Sat	9:00-9:45 am
12615	6/29-8/17	Sat	10:00-10:45 am

MUSIC TOGETHER LULLABY SERIES

0-6 MONTHS

Our lullaby class is for Newborns and their parent/caregiver, as an introduction to the Music Together program, using the lullaby Collection of Music and activities. Join us and learn how to sing, dance, play, and learn with our littlest learners.

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

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$25 R | \$30 NR (1-class session)

Activity	# Dates	Days	Time
12614	6/25	Tue	11:30 am

BALLET, JAZZ, & TAP COMBO A 3-6 YRS

Participants will learn the fundamentals of ballet, jazz, and tap in a fun, non-competitive environment. Activities and choreography also improve gross motor skills, rhythm, strength, and flexibility. Leotard, tights, and ballet and tap shoes required. Last day performance for family. Parents are asked to remain on site but outside dance room during class. More info: www.socaarts.com

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$72 R | \$77 NR (4-week session)

\$126 R | \$131 NR (8-week session)

Activity #	Dates	Days	Time
12477	6/15-7/13	Sat	9:55-10:40 am
12478	7/20-8/10	Sat	9:55-10:40 am
12479	6/15-8/10	Sat	9:55-10:40 am

REGISTRATION DATES



RESIDENTS: Tues., May 21, 2024, 8:00 am

NON-RESIDENTS: Tues., May 28, 2024, 8:00 am



PRINCESS BALLET

3-6 YRS

Dancers learn beginning ballet with an element of fantasy in this princess-themed class for the budding ballerina. Instruction promotes coordination, rhythm, and listening skills. Class includes short princess storytimes and one craft. Leotard, tights, and ballet shoes required. \$5 material fee per half session due on first day of class. Last day performance for family. Parents are asked to remain on site but outside dance room during class. More info: www.socaarts.com

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$72 R | \$77 NR (4-week session) | Material Fee \$5

\$126 R | \$131 NR (8-week session) | Material Fee \$10

Activity #	Dates	Days	Time
12486	6/15-7/13	Sat	9:00-9:45 am
12487	7/20-8/10	Sat	9:00-9:45 am
12488	6/15-8/10	Sat	9:00-9:45 am

BALLET, JAZZ, & TAP COMBO B

4-7 YRS

Participants will learn the fundamentals of ballet, jazz, and tap in a fun, non-competitive environment. Activities and choreography also improve gross motor skills, rhythm, strength, and flexibility. Leotard, tights, and ballet and tap shoes required. Last day performance for family. Parents are asked to remain on site but outside dance room during class. More info: www.socaarts.com

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$72 R | \$77 NR (4-week session)

\$126 R | \$131 NR (8-week session)

Activity #	Dates	Days	Time
12480	6/15-7/13	Sat	10:50-11:35 am
12481	7/20-8/10	Sat	10:50-11:35 am
12482	6/15-8/10	Sat	10:50-11:35 am

HIP HOP

4-7 YRS

An upbeat, popular class for children! Dancers learn beginning hip hop and basic tumbling skills incorporated in dance combinations. Class helps improve coordination, rhythm, gross motor skills, and agility. All movement and songs are age-appropriate. Athletic attire and sneakers required. Last day performance for family. Parents are asked to remain on site but outside dance room during class. More info: www.socaarts.com

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$72 R | \$77 NR (4-week session)

\$126 R | \$131 NR (8-week session)

Activity #	Dates	Days	Time
12483	6/15-7/13	Sat	11:45-12:30 pm
12484	7/20-8/10	Sat	11:45-12:30 pm
12485	6/15-8/10	Sat	11:45-12:30 pm

CHILDREN'S MUSICAL THEATRE CAMP

6-10 YRS

Children will explore their imaginations through acting games & activities, learn beginning dance technique, practice vocal exercises, and learn a choreographed number or two for a final day performance for family! "I Am Kind" program kindness discussions and activities, themed games, and themed crafts done daily. Comfortable attire, closed-toed shoes, snack, and water required. For more information on selected musical visit: www.socaarts.com

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$169 R | \$174 NR (4-day camp HALF DAY)

\$239 R | \$244 NR (4-day camp FULL DAY)

Material Fee: \$25

Activity #	Dates	Days	Time
12696	7/1-7/5	M, T, W, F	9:00 am-12:00 pm
12697	7/1-7/5	M, T, W, F	9:00 am-3:00 pm



POP STAR SING & DANCE CAMP 5-9 YRS

A dancer and parent favorite, Pop Star Camp is back! Campers learn lyrics and beginning hip hop/jazz choreography to kids’ favorite, popular artists. “I Am Kind” program discussions and activities, themed games, and themed crafts done daily. All songs and choreography are age-appropriate. Comfortable attire, closed-toed shoes, snack, and water required. Last day performance for family! More info: www.socaarts.com

Instructor: SoCa Arts Staff
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$199 R | \$204 NR (5-day camp)

Material Fee: \$25

Activity #	Dates	Days	Time
12498	7/22-7/26	Mon-Fri	9:00 am-12:00 pm

PRINCESS ACADEMY ‘FROZEN IN SUMMER’ 3.5-7 YRS

Welcome to Princess Academy! Participants will enjoy a fantasy “winter wonderland” with songs, play, basic etiquette and kindness lessons, beginning ballet, and crafts themed around their favorite winter sisters and clumsy snowman. Last day of camp “royal performance” for family! Comfortable attire, closed-toed shoes, snack, and water required. More info: www.socaarts.com

Instructor: SoCa Arts Staff
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$199 R | \$204 NR (5-day camp)

Material Fee: \$25

Activity #	Dates	Days	Time
12499	6/17-6/21	Mon-Fri	9:00 am-12:00 pm



ALL-IN-ONE CAMP 5-9 YRS

Participants have an action-packed week learning beginning hip hop, jazz, and ballet while improving stamina, flexibility, and strength! This Camp includes daily crafts, team building games, and kindness discussions. Last day performance for family. Comfortable attire, closed-toed shoes, snack, and water required. More info: www.socaarts.com

Instructor: SoCa Arts Staff
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$199 R | \$204 NR (5-day camp)

Material Fee: \$25

Activity #	Dates	Days	Time
12500	7/8-7/12	Mon-Fri	9:00 am-12:00 pm

CHILDREN’S MUSICAL THEATER CAMP 4-7 YRS

Children will explore their imaginations through silly acting games & activities, learn beginning dance technique, practice vocal exercises, and learn a choreographed number or two for a final day performance for family! “I Am Kind” program kindness discussions and activities, themed games, and themed crafts done daily. Comfortable attire, closed-toed shoes, snack, and water required. For more information on selected musical visit: www.socaarts.com

Instructor: SoCa Arts Staff
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$199 R | \$204 NR (5-day camp)

Material Fee: \$25

Activity #	Dates	Days	Time
12501	7/29-8/2	Mon-Fri	9:00 am-12:00 pm

SNOW WHITE IN WONDERLAND, A MUSICAL-1 WEEK IMMERSION CAMP 5-12 YRS

Be in a musical, complete with lights, costumes, big dance numbers and memories to last a lifetime. Instructed by professionals in drama, dance and voice, CKP is known for quality theatre education. What happens when Snow White ends up in the wrong Fairytale? This is a fun story with characters from Snow White, Alice in Wonderland and more! Learn more at www.CreativeKidsPlayhouse.org

Instructor: Creative Kids Playhouse Staff
 Location: Lake Forest Performing Arts Center
 100 Civic Center

\$195 R | \$200 NR (1-week camp)

Activity #	Dates	Days	Time
12476	7/22-7/26	Mon-Fri	9:00 am-12:30 pm

BEGINNING GUITAR & UKULELE ENSEMBLE FOR CHILDREN **8-13 YRS**

Experience fun and easy musical interaction with other beginners in a friendly and supportive environment. Learn easy chords, strum styles, popular melodies, and classic and current songs in this combination class. Bring your own guitar or ukulele to class.

Instructor: Ron Gorman
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$115 R | \$119 NR (5-week session)

Activity #	Dates	Days	Time
12448	6/17-7/15	Mon	6:30-7:30 pm
12449	7/31-8/28	Wed	6:45-7:45 pm

BEGINNING GUITAR & UKULELE ENSEMBLE CLASS FOR TEENS AND ADULTS **14+ YRS**

Enjoy learning the guitar or ukulele in this new and exciting class. Beginners will learn a fun and easy musical notation called tablature. Students will also learn to play easy chords and many great songs. Bring your own guitar or ukulele to class.

Instructor: Ron Gorman
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$115 R | \$119 NR (5-week session)

Activity #	Dates	Days	Time
12450	6/17-7/15	Mon	7:30-8:30 pm
12451	7/31-8/28	Wed	7:45-8:30 pm

MANNERS, CHARACTER & SOCIAL SKILLS "FOUNDATION" **5-9 YRS**

The Etiquette Factory is a unique learning experience designed to change the world, one child at a time. We define manners as: Helping those around you to feel valued. Our exclusive program helps children understand why integrity, respect, empathy, and charity help our lives both personally and professionally. Over 50 different etiquette skills are taught using games, role play, props, music, activities, stories, and kind discussion. Some of the skills included are: Introductions, Dining Etiquette, Kindness, Tact, Conversation, Being a Guest, A Clean Mouth, Sincere Apologies and so much more! Who knew learning manners could be so much fun!

Instructor: The Etiquette Factory
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$145 R | \$150 NR
Material Fee: \$20

Activity #	Dates	Days	Time
12455	6/10-6/13	Mon-Thu	1:00-4:00 pm

LIFE SKILLS FOR PRE-TEENS **9-12 YRS**

Our exclusive program helps teens understand why integrity, respect, empathy, and charity help our lives both personally and professionally. Through interactive lessons, we'll teach your teens essential life skills that will help them succeed in all areas of their lives. Some of the lessons covered include: Introductions, Etiquette in Public, First Impressions, Dining Etiquette, Peer Pressure, Acts of Kindness, Interview Skills, Personal Accountability, Social Media, Character Counts and MORE!

Instructor: The Etiquette Factory
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$145 R | \$150 NR
Material Fee: \$20

Activity #	Dates	Days	Time
12456	6/17-6/20	Mon-Thu	1:00-4:00 pm

CHESS WIZARDS INC. CAMP **6-12 YRS**

Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, and work out your most powerful muscle - your brain! Our camps include fun team chess games, tournaments, and puzzles. Each participant receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary, but full-day kids should bring a lunch. Unleash your brain power and spend your vacation with Chess Wizards!

Instructor: Chess Wizards Staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway

AM/PM Session: \$328 R | \$333 NR (1-week camp)
Full Day Session: \$471 R | \$476 NR (1-week camp)

Activity #	Dates	Days	Time
12466	7/22-7/26	Mon-Fri	9:00 am-12:00 pm
12467	7/22-7/26	Mon-Fri	12:00-3:00 pm
12468	7/22-7/26	Mon-Fri	9:00 am-3:00 pm

PRE-GLEE SHOW CHOIR **4-7 YRS**

Introduce your son/daughter to a world of music and performing through our exciting singing class. Your son/daughter will learn music basics such as rhythm, notes, and dynamics through singing and dancing. Parents are welcome to watch the entire class. If you want to extend your experience, be sure to stay for the next big show.

Instructor: Glee Academy Staff
Location: 20902 Bake Pkwy, Suite 100
Lake Forest, CA 92630

\$125 R | \$130 NR
Material Fee: \$10

Activity #	Dates	Days	Time
12490	6/6-6/27	Thu	4:00-4:50 pm
12491	7/11-8/1	Thu	4:00-4:50 pm
12492	8/8-8/29	Thu	4:00-4:50 pm

GLEE TEAM SHOW CHOIR

10-14 YRS

While most young people enjoy our Glee choir program because of the performing opportunities and social experience, we believe it is our job to offer a superior music education that includes sight singing, harmony, and ear training. Encouraging teachers and additional time, help students learn how to be true performers and build confidence as a performer and musician.

Instructor: Glee Academy Staff
 Location: 20902 Bake Pkwy, Suite 100
 Lake Forest, CA 92630

\$125 R | \$130 NR

Material Fee: \$10

Activity #	Dates	Days	Time
12493	6/6-6/27	Thu	5:00-6:30 pm
12494	7/11-8/1	Thu	5:00-6:30 pm
12495	8/8-8/29	Thu	5:00-6:30 pm

MISS SARA'S SUNSHINE SEEKERS

1.5-8 YRS

This outdoor play class is open-ended and child-led with irresistible invitations to play. This class is for children 1.5 to 8 years old and follows the TinkerGarten curriculum. Families will be led through movement, exploration and purposeful play while outdoors.

Instructor: Sara Stewart
 Location: Serrano Creek Park

\$190 R | \$195 NR (9-week session)

Activity #	Dates	Days	Time
12444	6/17-8/12	Mon	9:30-10:30 am
12445	6/18-8/13	Tue	3:30-4:30 pm
12446	6/19-8/14	Wed	3:30-4:30 pm
12447	6/22-8/17	Sat	2:00-3:00 pm

READING DEVELOPMENT— GRADES K-1

4.5-6.5 YRS

This individualized phonics based reading program can make the difference between a student who struggles or one who succeeds. We identify skill gaps with comprehensive first-day testing. Skill-based curriculum and instruction assists to bring skills to mastery. More info: claudia@readwritesolutions.com or (949) 263-0633.

Instructor: Readwrite Staff
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$129 R | \$134 NR

Activity #	Dates	Days	Time
12457	6/10-6/26	Mon/Wed	3:30-4:25 pm
12458	7/1-7/17	Mon/Wed	3:30-4:25 pm
12459	7/22-8/7	Mon/Wed	3:30-4:25 pm

READING DEVELOPMENT— GRADES 2-6

6.5-11.5 YRS

Improve comprehension, vocabulary, spelling, and fluency. This individually designed program is based on results of comprehensive first-day testing to identify skill gaps. Our skill based curriculum assists struggling students and challenges advanced students. More info: claudia@readwritesolutions.com or (949) 263-0633.

Instructor: Readwrite Staff
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$129 R | \$134 NR

Activity #	Dates	Days	Time
12460	6/10-6/26	Mon/Wed	4:30-5:25 pm
12461	7/1-7/17	Mon/Wed	4:30-5:25 pm
12462	7/22-8/7	Mon/Wed	4:30-5:25 pm

MATH DEVELOPMENT— GRADES 2-6

6.5-11.5 YRS

Comprehensive first-day testing identifies skill gaps. With this information, an individualized program is designed for each student. Components of the program include basic and advanced: + ? × ÷, fraction operations, prime numbers, factoring concepts, decimals, algebra, and geometry skills. More info: claudia@readwritesolutions.com or (949) 263-0633.

Instructor: Readwrite Staff
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$129 R | \$134 NR

Activity #	Dates	Days	Time
12463	6/10-6/26	Mon/Wed	5:30-6:25 pm
12464	7/1-7/17	Mon/Wed	5:30-6:25 pm
12465	7/22-8/7	Mon/Wed	5:30-6:25 pm

PEAK DISTANCE PROJECT

8-17 YRS

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

Instructor: Coach Ken Chai
 Location: Portola Park
 28040 Glenn Ranch Road

\$95 R | \$100 NR (Monthly) 3 days a week

Activity #	Dates	Days	Time
12442	JUL	Mon/Wed/Thu	6:00-7:00 pm
12443	AUG	Mon/Wed/Thu	6:00-7:00 pm



POLYMER CLAY CREATIONS **7-12 YRS**

Create an animal sculpture with polymer clay (Sculpey) each week! Students will learn several sculpting techniques and the vocabulary of working with polymer clay as they are guided step-by-step through sculpting their creation. These will be treasures to adore for years to come!

Instructor: Connie Avery
 Location: Lake Forest Sports Park
 28000 Rancho Parkway

\$225 R | \$230 NR (8-week session) | Material Fee \$60

Activity #	Dates	Days	Time
12621	6/4-7/23	Tue	2:00-3:00 pm

PRESCHOOL (PEE WEE) GYMNASTICS— **3.5-5.5 YRS | 4-6.3 YRS**

This beginners level class will help students strengthen their muscles and better their gross motor skills such as running, jumping and climbing. Coaches will set up different stations each week in which students will learn different gymnastics skills using bars, vault and balance beam. This class is great for children who are ready to be in a structured class without parents' assistance.

Instructor: Us Too Gymnastics
 Location: Us Too Gymnastics Facility 25
 Spectrum Pointe Dr, St. 405, Lake Forest

\$80 R | \$85 NR (4-week session)

Activity	# Ages	Dates	Days	Time
12605	3.5-5.5 yrs	6/4-6/25	Tue	11:15 am-12:05 pm
12606	4-6.3 yrs	6/5-6/26	Wed	11:00 am-11:50 pm
12607	4.6-6.3 yrs	6/6-6/27	Thu	2:50-3:40 pm
12608	3.5-5.5 yrs	7/16-8/6	Tue	11:15 am-12:05 pm
12609	4-6.3 yrs	7/17-8/7	Wed	11:00 am-11:50 pm
12610	4.6-6.3 yrs	7/11-8/1	Thu	2:50-3:40 pm
12611	4.6-6.3 yrs	8/8-8/29	Thu	2:50-3:40 pm

PARENT & ME (PEE WEE) GYMNASTICS

1.4 -3.3 YRS

During this class, little ones along with parents will have fun exploring the gym and going through age appropriate obstacle courses that are set up by our coach. Different activities each week will help children develop gross motor and social skills while increasing the parent-child bonding experience. Skills taught during class include: learning front rolls, hanging on bars, walking on balance beam and jumps on trampoline. Each child must have a parent/guardian participate during class.

Instructor: Us Too Gymnastics
 Location: Us Too Gymnastics Facility 25
 Spectrum Pointe Dr, St. 405, Lake Forest

\$72 R | \$77 NR (4-week session)

Activity #	Ages	Dates	Days	Time
12599	1.4-2.3 yrs	6/4-6/25	Tue	9:30-10:15 am
12600	1.6-3.3 yrs	6/4-6/25	Tue	10:20-11:05 am
12601	1.6-3.3 yrs	6/5-6/26	Wed	10:00-10:45 am
12602	1.4-2.3 yrs	7/16-8/6	Tue	9:30-10:15 am
12603	1.6-3.3 yrs	7/16-8/6	Tue	10:20-11:05 am
12604	1.6-3.3 yrs	7/17-8/7	Wed	10:00-10:45 am

SPEED READING & VOCABULARY BUILDING

Your child will read two to ten times faster and improve comprehension in this class! We will go over methods to increase speed, how to overcome reading roadblocks, and how to build comprehension and recall. Students will improve concentration and find self-confidence as well as develop an enjoyment for reading! More info: 949-263-0633.

Instructor: Readwrite Staff
 Location: 24932 Veterans Way, Mission Viejo

\$145 R | \$150 NR (4-class sessions)

Activity #	Dates	Days	Time
12630	7/12-8/2	Fri	1:30-3:30 pm

STUDY SKILLS & TEST TAKING

Prepare for the new school year! Students will learn to be more productive during school and study time. We'll go over effective note taking skills, study techniques, smart approaches to test taking, concentration strategies, and how to get the most out of a textbook. More info: 949-263-0633.

Instructor: Readwrite Staff
 Location: 24932 Veterans Way, Mission Viejo

\$115 R | \$120 NR (4-class sessions)

Activity #	Dates	Days	Time
12630	7/12-8/2	Fri	3:45-5:15 pm

Lake Forest Sports Park
28000 Rancho Parkway, Lake Forest

SKYHAWKS YOUTH SPORTS



MULTI-SPORT TOTS 2-3.5 YRS | 3.5-4.5 YRS | 4.5-5 YRS

Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation required for 2-3.5 age group. Skip Date: 7/6

\$135 R | \$140 NR (7-week session)

Activity #	Ages	Dates	Days	Time
12528	2-3.5 yrs	6/29-8/17	Sat	9:00-9:40 am
12529	3.5-4.5 yrs	6/29-8/17	Sat	9:50-10:30 am
12530	4.5-5 yrs	6/29-8/17	Sat	10:40-11:20 am

\$149 R | \$154 NR (8-week session)

Activity #	Ages	Dates	Days	Time
12531	2-3.5 yrs	6/18-8/6	Tue	4:00-4:40 pm
12532	3.5-4.5 yrs	6/18-8/6	Tue	4:50-5:30 pm
12533	4.5-5 yrs	6/18-8/6	Tue	5:40-6:20 pm

MULTI-SPORT 6-8 YRS

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of soccer, baseball, and basketball, along with vital life lessons such as sportsmanship and teamwork. Skip Date: 7/6

\$135 R | \$140 NR (7-week session)

Activity #	Ages	Dates	Days	Time
12534	6-8 yrs	6/29-8/17	Sat	11:30-12:10 pm

\$149 R | \$154 NR (8-week session)

Activity #	Ages	Dates	Days	Time
12535	6-8 yrs	7/18-8/6	Tue	6:30-7:10 pm

BASKETBALL 6-8 YRS | 9-12 YRS

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

\$135 R | \$140 NR (7-week session)

Activity #	Ages	Dates	Days	Time
12536	6-8 yrs	6/27-8/15	Thu	5:40-6:20 pm

\$145 R | \$150 NR (7-week session)

Activity #	Ages	Dates	Days	Time
12537	9-12 yrs	6/27-8/15	Thu	6:30-7:30 pm

HOOPSTER TOTS 3.5-4.5 YRS | 4.5-5 YRS

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

\$135 R | \$140 NR (7-week session)

Activity #	Ages	Dates	Days	Time
12538	3.5-4.5 yrs	6/27-8/15	Thu	4:00-4:40 pm
12539	4.5-5 yrs	6/27-8/15	Thu	4:50-5:30 pm

SOCCER TOTS 2-3.5 YRS | 3.5-4.5 YRS | 4.5-5 YRS

SoccerTots is our flagship program! Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition.

\$135 R | \$140 NR (7-week session)

Activity #	Ages	Dates	Days	Time
12540	2-3.5 yrs	6/28-8/16	Fri	4:00-4:40pm
12541	3.5-4.5 yrs	6/28-8/26	Fri	4:50-5:30pm
12542	4.5-5 yrs	6/28-8/26	Fri	5:40-6:20pm

SOCCER 6-8 YRS

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills.

\$135 R | \$140 NR (7-week session)

Activity #	Ages	Dates	Days	Time
12543	6-8 yrs	6/28 - 8/16	Fri	6:30-7:10pm



Skyhawks

SUMMER CAMPS



MULTI-SPORT CAMP (BASKETBALL, FLAG FOOTBALL, SOCCER) 7-12 YRS

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

\$305 R | \$310 NR (1-week camp)

\$185 R | \$190 NR (3-day camp)

Activity #	Ages	Dates	Days	Time
12544	7-12 yrs	6/10-6/14	Mon-Fri	9:00 am-4:00pm
12545	7-12 yrs	7/1-7/3	Mon-Wed	9:00 am-4:00pm
12546	7-12 yrs	7/15-7/19	Mon-Fri	9:00 am-4:00pm
12547	7-12 yrs	8/5-8/9	Mon-Fri	9:00 am-4:00pm

FLAG FOOTBALL FUELED BY USA FOOTBALL 7-12 YRS

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

\$205 R | \$210 NR (1-week camp)

Activity #	Ages	Dates	Days	Time
12548	7-12 yrs	7/8-7/12	Mon-Fri	9:00 am-12:00 pm
12549	7-12 yrs	7/29-8/2	Mon-Fri	9:00 am-12:00 pm

MINI-HAWK CAMP (SOCCER, BASEBALL & BASKETBALL) 4-6 YRS

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

\$205 R | \$210 NR (1-week camp)

\$125 R | \$130 NR (3-day camp)

Activity #	Ages	Dates	Days	Time
12550	4-6 yrs	6/10-6/14	Mon-Fri	9:00 am-12:00 pm
12551	4-6 yrs	7/1-7/3	Mon-Wed	9:00 am-12:00 pm

BASKETBALL CAMP 7-12 YRS

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player - teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

\$205 R | \$210 NR (1-week camp)

Activity #	Ages	Dates	Days	Time
12552	7-12 yrs	6/17-6/21	Mon-Fri	9:00 am-12:00 pm
12553	7-12 yrs	7/22-7/26	Mon-Fri	9:00 am-12:00 pm

BEGINNING GOLF CAMP 5-8 YRS

Participants will learn the fundamentals of swinging, putting, body positioning, etiquette and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided.

\$205 R | \$210 NR (1-week camp)

Activity #	Ages	Dates	Days	Time
12554	5-8 yrs	8/5-8/9	Mon-Fri	9:00 am-12:00 pm

SOCCER CAMP 5-7 YRS | 7-12 YRS

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills.

\$205 R | \$210 NR (1-week camp)

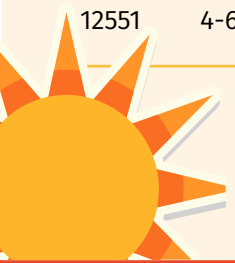
Activity #	Ages	Dates	Days	Time
12555	5-7 yrs	6/24-6/28	Mon-Fri	9:00 am-12:00 pm
12556	7-12 yrs	6/24-6/28	Mon-Fri	9:00 am-12:00 pm
12557	5-7 yrs	7/15-7/19	Mon-Fri	9:00 am-12:00 pm

TENNIS CAMP 7-12 YRS

Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

\$205 R | \$210 NR (1-week camp)

Activity #	Ages	Dates	Days	Time
12558	7-12 yrs	6/17-6/21	Mon-Fri	9:00 am-12:00 pm
12559	7-12 yrs	7/22-7/26	Mon-Fri	9:00 am-12:00 pm



SUPER SOCCER STARS



PARENT & ME

A pre-soccer music and movement program for toddlers ages 1-2. This fun-filled class focuses on balance, coordination, upper and lower-body exercises, cognitive skills, and more. Parents participate and bond with their child through introduction to sport and soccer!

\$144 R | \$149 NR (6-week session)

Activity #	Dates	Days	Time
12502	6/1-7/6	Sat	9:00-9:40 am
12503	6/1-7/6	Sat	11:30-12:10 pm
12504	6/2-7/7	Sun	9:45-10:25 am
12505	7/20-8/24	Sat	9:00-9:40 am
12506	7/20-8/24	Sat	11:30-12:10 pm
12507	7/21-8/25	Sun	9:45-10:25 am

PARENT & ME

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

\$144 R | \$149 NR (6-week session)

Activity #	Dates	Days	Time
12508	6/1-7/6	Sat	8:15-8:55 am
12509	6/1-7/6	Sat	9:50-10:30am
12510	6/2-7/7	Sun	9:00-9:40 am
12511	7/20-8/24	Sat	8:15-8:55 am
12512	7/20-8/24	Sat	9:50-10:30am
12513	7/21-8/25	Sun	9:00-9:40 am

SUPER SOCCER STARS

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

\$144 R | \$149 NR (6-week session)

Activity #	Dates	Days	Time
12514	6/1-7/6	Sat	9:00-9:45 am
12515	6/2-7/7	Sun	10:35-11:20 am
12516	7/20-8/24	Sat	9:00-9:45 am
12517	7/21-8/25	Sun	10:35-11:20 am

1-2 YRS

SUPER SOCCER STARS

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

\$144 R | \$149 NR (6-week session)

Activity #	Dates	Days	Time
12518	6/1-7/6	Sat	10:35-11:25 am
12519	6/2-7/7	Sun	11:25-12:15 pm
12520	7/20-8/24	Sat	10:35-11:25 am
12521	7/21-8/25	Sun	11:25-12:15 pm

SUPER SOCCER STARS

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

\$144 R | \$149 NR (6-week session)

Activity #	Dates	Days	Time
12522	6/1-7/6	Sat	9:50-10:50 am
12523	6/2-7/7	Sun	12:20-1:20 pm
12524	7/20-8/24	Sat	9:50-10:50 am
12525	7/21-8/25	Sun	12:20-1:20 pm

SOCCER STARS UNITED— ADVANCED CLASS

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

\$150 R | \$155 NR (6-week session)

Activity #	Dates	Days	Time
12526	6/1-7/6	Sat	11:00-12:00pm
12527	7/13-8/17	Sat	11:00-12:00pm

4-5 YRS

5-7 YRS

5-9 YRS

Baker Ranch Community Park
26380 Rancho Parkway, Lake Forest

MARTIAL ARTS

4-12 YRS

We specialize in “educational martial arts”, in building children’s character through martial arts. Children can develop focus, confidence, discipline, self-control, and physical fitness while having fun through martial arts training. We believe that accountability and teamwork with parents, teachers and instructors will help children to succeed. Our mission is to guide and inspire the students to cultivate confidence, respect, self-esteem, patience, and discipline. The 4-week or 12-week program includes two classes a week. Once registered, participants will need to contact CA Taekwondo in order to schedule the two classes per week that are suited for the student’s age and level. For more information, please contact CA Taekwondo at (949)461-7898.

Instructor: CA Taekwondo Staff

Location: 29200 Portola Pkwy, Lake Forest

\$105 R | \$110 NR (2-Week Program)

\$175 R | \$180 NR (4-Week Program)

Activity #	Dates	Days	Time
12619	Contact to schedule day and time		
12620	Contact to schedule day and time		



YIN YOGA

18+ YRS

Yin Yoga is a slower-paced, more meditative version of the popular physical discipline of yoga. In Yin yoga, the poses are held for a long period of time (typically three to five minutes or longer) to target the connective tissues (such as the ligaments) rather than focusing on the muscles. As a result, the asanas are more passive holds, with little muscular engagement.

Instructor: Amy Harper

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$108 R | \$113 NR (6-week session)

Activity #	Dates	Days	Time
12453	6/4-7/9	Tue	7:45-8:45 pm
12454	7/23-8/27	Tue	7:45-8:45 pm

Adult Classes

CLICKSTART’S CANINE ESSENTIALS—GROUP DOG TRAINING

18+ YRS

This 6-week crash course will cover all canine essentials including settling, polite greetings, recall, stay, leave it, walking skills, and more (this class is not designed to address reactivity, aggression, or anxiety). Learn from certified and experienced trainers who use modern methods of training to keep learning safe and fun

Instructor: Clickstart Dog Academy staff

Location: Pittsford Park, 21701 Pittsford Dr.

\$295 R | \$300 NR (6-week session)

Activity #	Dates	Days	Time
12452	7/13-8/17	Sat	2:00-3:00 pm

GET OFF YOUR BOOTY CAMP

18+ YRS

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

Instructor: Maryam Stevenson

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$108 R | \$113 NR (8-class sessions)

Activity #	Dates	Days	Time
12473	6/4-6/27	Tue/Thu	6:00-6:45 pm
12474	7/2-7/30	Tue/Thu	6:00-6:45 pm
12475	8/1-8/27	Tue/Thu	6:00-6:45 pm

REGISTRATION DATES



RESIDENTS: Tues., May 21, 2024, 8:00 am

NON-RESIDENTS: Tues., May 28, 2024, 8:00 am

ZUMBA® GOLD+ TONING FOR BEGINNERS

18+ YRS

Come “shake” it with us in Zumba Gold + Toning. Zumba Gold is designed to be approachable by all regardless of fitness level. Let the music move you while focusing on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Moves are adaptable to your own body needs. Be ready to have fun, make friends and tone up!

Instructor: Angela Velez

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Activity #	Package	Cost
12469	5-class package	\$30 R \$35 NR
12470	10-class package	\$50 R \$55 NR
12471	15-class package	\$75 R \$80 NR
12472	20-class package	\$100 R \$105 NR
Dates	Days	Time
Ongoing	Tue	6:00-7:00 pm
Ongoing	Sat	10:00-11:00 am

PICKLEBALL 101 BEGINNER CLASS

This 4-week beginner class is for new players or those who play but lack consistency in their overall game. The focus will be on stroke mechanics, basic skill development, rules and scoring designed to get you on the court ready to play. Paddles and balls will be provided. Tennis shoes are highly recommended.

Instructor: Shelly Booth

Location: Portola Park
28040 Glenn Ranch Road

\$120 R | \$125 NR (4-class sessions)

Activity #	Dates	Days	Time
12588	6/5-6/26	Wed	8:00-9:00 am
12589	7/3-7/24	Wed	8:00-9:00 am
12590	6/6-7/27	Thu	6:30-7:30 pm

PICKLEBALL 101 BEGINNER CLINIC

This beginner clinic is for new players or those who play but lack consistency in their overall game. The focus will be on stroke mechanics, basic skill development, rules and scoring designed to get you on the court ready to play. The last 30 minutes will be game play. Paddles and balls will be provided. Tennis shoes are highly recommended.

Instructor: Shelly Booth

Location: Portola Park
28040 Glenn Ranch Road

\$60 R | \$65 NR (1-class sessions)

Activity #	Dates	Days	Time
12562	6/9	Sun	8:00-10:00 am
12563	6/23	Sun	8:00-10:00 am
12564	8/25	Sun	8:00-10:00 am



LAKE FOREST SPORTS PARK & RECREATION CENTER



- 27,000 square feet
- 2 Basketball Courts
- 2 Volleyball Courts

OPEN GYM
Daily Program

NEW
MEMBERSHIPS
AVAILABLE NOW

HOLIDAY CLOSURE: THURSDAY, JULY 4, 2024

FOLLOW US



@lfsportspark @lakeforest_sportspark

PICKLEBALL 101 BEGINNER MINI CLASS

This 3-week beginner class is for new players or those who play but lack consistency in their overall game. The focus will be on stroke mechanics, basic skill development, rules and scoring designed to get you on the court ready to play. Paddles and balls will be provided. Tennis shoes are highly recommended.

Instructor: Shelly Booth

Location: Portola Park, 28040 Glenn Ranch Road

\$90 R | \$95 NR (3-class sessions)

Activity #	Dates	Days	Time
12598	7/11-7/25	Thu	6:30-7:30 pm

PICKLEBALL SHOTS “201” INTERMEDIATE DOUBLES PLAY CLINIC

Defensive transition, reset, and recovery strategies through dinks, drops and resets. Offensive speed ups in the air and off the ground. Shot selection and execution designed complete your game.

Instructor: Shelly Booth

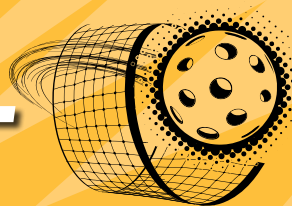
Location: Portola Park, 28040 Glenn Ranch Road

\$60 R | \$65 NR (1-class session)

Activity #	Dates	Days	Time
12587	6/9	Sun	10:15-12:15 pm
12585	6/23	Sun	10:15-12:15 pm
12586	8/25	Sun	10:15-12:15 pm

PICKLEBALL

Fun For All



Instructors

Shelly and Kevin Booth

at Portola Park, 28040 Glenn Ranch Road, Lake Forest

PICKLEBALL INTERMEDIATE SKILLS AND STRATEGY CLASS

This 4-week class will focus on shot selection, shot placement, and doubles strategy during offense and defense. You will learn how to strategically move your opponents out of position to open up space on the court.

\$120 R | \$125 NR (4-class session)

Activity #	Dates	Days	Time
12560	6/5-6/26	Wed	9:15-10:15 am
12561	7/3-7/24	Wed	9:15-10:15 am

PICKLEBALL 201 SKILLS AND STRATEGY INTERMEDIATE NIGHT CLASS

This 4-week class will focus on shot selection, shot placement, and doubles strategy during offense and defense. You will learn how to strategically move your opponents out of position to open up space on the court.

\$120 R | \$125 NR (4-class session)

Activity #	Dates	Days	Time
12583	6/6-6/27	Thu	7:30-8:30 pm

PICKLEBALL 201 SKILLS AND STRATEGY INTER MINI NIGHT CLASS

This 3-week class will focus on shot selection, shot placement, and doubles strategy during offense and defense. You will learn how to strategically move your opponents out of position to open up space on the court.

\$90 R | \$95 NR (3-class session)

Activity #	Dates	Days	Time
12584	7/11-7/25	Thu	7:30-8:30 pm

PICKLEBALL ADVANCED GAME PLAY 4.0+ WITH KEVIN BOOTH

This 4-week “game style” class is geared towards intense doubles strategy, shot selection, identifying attackable vs unattackable balls. Refining the various types of offensive shots (reaching volleys, roll, lobs), vs defensive shots (resets and drops). Apply when to “reset or speed up the ball” based on both ball and court position.

\$160 R | \$165 NR (4-class session)

Activity #	Dates	Days	Time
12591	6/6-6/27	Thu	8:30-9:30 pm

PICKLEBALL ADVANCED GAME PLAY 4.0+ WITH KEVIN BOOTH

This 3 week “game style” class is geared towards intense doubles strategy, shot selection, identifying attackable vs unattackable balls. Refining the various types of offensive shots (reaching volleys, roll, lobs), vs defensive shots (resets and drops). Apply when to “reset or speed up the ball” based on both ball and court position.

\$120 R | \$125 NR (3-class session)

Activity #	Dates	Days	Time
12592	6/11-6/25	Thu	8:30-9:30 pm

PICKLEBALL ADVANCED PLAY 4.0+ CLINIC WITH KEVIN BOOTH

This “game style” clinic is geared towards more intense doubles strategy, shot selection, identifying attackable vs unattackable balls. Learning the various types of offensive shots (reaching volleys, lobs), vs defensive shots (resets and drops). Learn when to “reset or speed up the ball” based on both ball and court position.

\$80 R | \$85 NR (1-class session)

Activity #	Dates	Days	Time
12593	6/9	Sun	10:15-12:15 pm
12594	6/23	Sun	10:15-12:15 pm
12595	8/25	Sun	10:15-12:15 pm

WOMEN’S ROUND ROBIN (LEVEL 4.0)

This Women’s Competitive Round Robin Tournament is for 4.0 (+/- .25) level players. This is an individual event (no teams). You will play with each individual. The top 4 players will have a playoff. This will be determined by wins vs losses then total points. Prizes will be awarded to the top 3 players.

\$55 R | \$60 NR (1-class session)

Activity #	Dates	Days	Time
12597	6/23	Sun	7:30 am

MEN’S ROUND ROBIN (LEVEL 4.0)

Men’s Competitive Round Robin Tournament is for 4.0 (+/- .25) players. This is an individual event (no teams). You will play with everyone. The top 4 players will have a playoff. This will be determined by wins vs losses then total points. 11:00 am check in, 11:15 AM start.

\$55 R | \$60 NR (1-class session)

Activity #	Dates	Days	Time
12596	6/23	Sun	11:00 am

Etnies

SKATEPARK OF LAKE FOREST

Award Winning
World Class
**SKATEBOARD
FACILITY**



“Best Skatepark in OC”

Readers’ Choice 2018-2023
—Parenting OC Magazine

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

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

SUMMER 2024 SKATEPARK HOURS & HOLIDAYS

(Beginning Thursday, June 1, 2024)

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

The Skatepark will be closed on Thursday, July 4
in observance of Independence Day.

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

www.EtniesSkatePark.com

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

FOLLOW US
@Etniesskatepark



PRIVATE LESSONS— SKATEBOARD AND ROLLER SKATE

4+ YRS

Sometimes the skatepark can be an intimidating place, but the good news is that we’ve got you covered! Whether you are a beginner just taking your first steps, or an intermediate rider learning to fly, our private lessons can help you achieve your skateboarding goals. All lessons are taught by certified instructors with years of experience riding the bowls and streets of Etnies Skatepark. Private lessons are offered any time the skatepark is open, so give us a call to schedule one or drop-in anytime and see which instructors are available.

Equipment needed: Skateboard or roller skates, helmet, elbow/knee pads.

\$50 per hour. Can include up to two students.

For more info or to schedule a private lesson call the skatepark at (949) 916-5870





SKATEPARK OF LAKE FOREST

SUMMER PROGRAMS



- SUMMER SKATE CAMPS**
- PRIVATE SKATE LESSONS**
- BIRTHDAY PARTIES**
- COMMUNITY EVENTS**



VISIT WWW.ETNISSKATEPARK.COM OR CALL (949) 916-6978

ETNIES SUMMER SKATE CAMP— GREAT FOR BEGINNERS 5-17 YRS

Choose this summer break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Make friends and learn the basics of skateboarding in a fun and supportive environment. Each participant will receive a limited edition Etnies Skatepark Summer Camp T-shirt. **Lunch, snacks, water, and Gatorade are provided daily.**

All camp activities will be held by experienced Skatepark staff that has a proven successful track record in improving skateboard skills.

Please make sure your camper brings a skateboard, helmet, elbow/knee pads, and enough water to last for the duration of the camp.

\$249.00 per person | Limited to 20 campers per session.
\$199 per person for 4th of July week camp

Activity #	Dates	Days	Time
12653	6/3-6/7	Mon-Fri	10:00 am-2:00 pm
12652	6/10-6/14	Mon-Fri	10:00 am-2:00 pm
12651	6/17-6/21	Mon-Fri	10:00 am-2:00 pm
12650	6/24-6/28	Mon-Fri	10:00 am-2:00 pm
12649	7/1-7/5	Mon-Fri	10:00 am-2:00 pm*
12648	7/8-7/12	Mon-Fri	10:00 am-2:00 pm
12647	7/15-7/19	Mon-Fri	10:00 am-2:00 pm
12646	7/22-7/26	Mon-Fri	10:00 am-2:00 pm
12645	7/29- 8/2	Mon-Fri	10:00 am-2:00 pm
12644	8/5-8/9	Mon-Fri	10:00 am-2:00 pm

*no camp July 4

LABOR DAY SKATE CAMP 5-17 YRS

Choose this Labor Day to spend at one of the best skate camps around! Skateboard instruction, games, and a full day of fun. Lunch, drinks and snacks are provided. A great way to spend the day off from school!

Equipment needed: skateboard, helmet, elbow/knee pads, and enough water to last for the duration of the camp.

\$55 per person | Limited to 20 campers per session.

Activity #	Dates	Days	Time
12638	9/2	Mon	10:00 am-2:00 pm

NECTAR'S PRESCHOOL SKATE SCHOOL— GREAT FOR YOUNG BEGINNERS 4-7 YRS

This program is geared specifically to younger riders as an introduction to skateboarding and the Skatepark. Students will navigate through the Skatepark with their instructor using Nectar's interactive game board. The game board will help students learn beginner skills, general skateboard safety, and how to have fun and make friends inside a skatepark. We will also host skateboard-related crafts, and an ice cream party on the final day of camp. Skateboard, helmet, elbow/knee pads are required.

\$75 per person | Limited to 5 students per session.

Activity #	Dates	Days	Time
12643	6/11& 6/13	Tue, Thu	10:00 am-12:00 pm
12642	6/25 & 6/27	Tue, Thu	10:00 am-12:00 pm
12641	7/9 & 7/11	Tue, Thu	10:00 am-12:00 pm
12640	7/23 & 7/25	Tue, Thu	10:00 am-12:00 pm
12639	7/30 & 8/1	Tue, Thu	10:00 am-12:00 pm
12654	8/6 & 8/8	Tue, Thu	10:00 am-12:00 pm

CANCELLATION and USE POLICY

If a class is cancelled due to weather or other circumstances, a make-up class will be scheduled for participants at the next available date.

Skatepark program participants will need a waiver/membership form filled out before entering the skatepark. The membership is based on a calendar year, and it is valid from January 1 to December 31. Program participants enrolled in skate classes, camps, or special events will have membership fees waived during the duration of the program. However, if the participant would like to use the skatepark outside of designated program times, they are required to pay the membership fee.

**SKATEPARK SAFETY/
ETIQUETTE CLASS**

4+ YRS

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

Pre-register at the Skatepark or online. For more info call, The Skatepark at (949) 916-5870.

Free | 15-Minute Course

etnies
SKATEPARK OF LAKE FOREST

**GO SKATEBOARDING
DAY**

- FREE ENTRY
- CONTESTS
- GIVEAWAYS
- FREE FOOD

Ball Park
PIZZA TEAM

JUNE 21
4pm - 6pm

www.etniesskatepark.com
or call us at (949) 916-5870

the **DROP-IN**
SKATE CLINIC & MARKETPLACE

JUNE 1 9AM-7PM

\$55 ROLLER SKATE CLASSES
INCLUDES LUNCH

10 AM - 6 PM

free YOGA

ALL DAY SKATE INSTRUCTION

VENDOR VILLAGE
OPEN TO PUBLIC

BEGINNER INTERMEDIATE ADVANCED

PHOTO AREA

ETNIES SKATEPARK OF
LAKE FOREST

Whether you're looking to improve your skills or try something new, we have something for everyone!

- All levels of skating welcome!
- Classes will focus on beginner to intermediate roller skaters
- Yoga sessions throughout the day
- Free vendor village—shop from local skater owned vendors and makers

\$55 INCLUDES EVENT ENTRANCE AND LUNCH

Activity #	Lunch Preference
12635	Omnivore
12636	Vegan
12637	Vegetarian

Meet other skaters in the community and have a fun day out!

No rental equipment will be available, and helmet and pads are required.

WE CAN'T WAIT TO SEE YOU!

ETNIES SKATEPARK OF LAKE FOREST

QUAD CUP ROLLER SKATE CONTEST

JUNE 29TH



The premiere competition for aggressive rollerskating, Quad Cup draws talent and brands from around the globe.

- Featuring street and bowl contests for intermediate and advanced skaters
- Showcase your skills
- Take home thousands of dollars' worth of cash & prizes

Quad Cup (INTERMEDIATE BOWL) Activity #12625

Quad Cup (INTERMEDIATE STREET) Activity #12623

Quad Cup (ADVANCED BOWL) Activity #12627

Quad Cup (ADVANCED STREET) Activity #12628

Register today to be part of rollerskating history!

To Register: Pre-register at the Skatepark or online.
For more info call: The Skatepark at (949) 916-5870



ETNIES SKATEPARK OF LAKE FOREST

ANNUAL SUMMER CAMPOUT

**AUGUST 2ND-AUGUST 3RD
10PM - 7AM**

FULLY SUPERVISED BY CITY STAFF

www.etniesskatepark.com or call us at (949) 916-5870



Immerse yourself in rhythmic tunes and the vibrant atmosphere of this unique musical gathering

Sound Sessions



ALL AGES

7-10PM

SAT JUN 22

SAT JUL 27

SAT AUG 24

Live Music
at the Skatepark

To Register: No registration required for spectating.
Fee: Free to spectate (waiver and standard fees apply for skating)

For a list of musical acts or to submit your band for consideration please visit etnisskatepark.com or call the Skatepark.

WALTZ FREESTYLE OPEN

First Annual U.S. Open of Freestyle Skateboarding is an open divisionless skateboarding contest utilizing a classic format. Amateurs and professionals will be pitted against one another with two runs, each 90 seconds with heats of 4-5 skaters at a time. This contest will feature a modified version of the JFSA judging format previously used at Tucson Thunderdome. Prizes will include skateboard decks, wheels, trucks, stickers, bearings, and trophies.

Date: Saturday, July 20

Register: www.waltzskateboarding.com

HAVE YOUR BIRTHDAY PARTY AT

etnies

SKATEPARK OF LAKE FOREST



HAPPY BIRTHDAY

Three birthday party packages available

www.etnisskatepark.com

Special Needs



SUMMER BUDDIES
BBQ

Saturday,
June 8
6-8pm

Lake Forest Clubhouse
100 Civic Center Dr.

Food • Live Music
Games • Crafts

Enjoy the season of
sun and fun! Bring your
friends!

Activity # 12489

For more info call: (949) 273-6978
or email kfernandez@lakeforestca.gov



Down Syndrome Achievement Centers
educate. inspire. believe.

GIGI'S PLAYHOUSE—AT HOME CLASSES

The City of Lake Forest and GiGi's Playhouse have partnered up to offer an assortment of FREE Virtual and On-Demand recreational and educational classes available from the safety of your own home!

There are a wide variety of programs available: yoga, cooking, art, music, fine motor, gross motor, sign language and fitness.

At GiGi's Playhouse, they are always working towards their "Best of All." GiGi's Playhouse changes lives through consistent delivery of free educational, therapeutic-based and career development programs for individuals with Down syndrome of all ages, their families and the community.

Every program at GiGi's Playhouse is always 100% free, so there's nothing to lose by signing up! If you'd like more information, email orangecounty@gigisplayhouse.org or contact Lake Forest Recreation Supervisor Kevin Fernandez.

www.gigisplayhouse.org/gigisathome/calendar/

Free

**SHINING SOCCER STARS—
SPECIAL NEEDS**

10-17 YRS

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

Instructor: Super Soccer Stars Staff
Location: Baker Ranch Community Park
26380 Rancho Parkway, Lake Forest

\$110 R | \$115 NR (5-week sessions)

Activity #	Dates	Days	Time
12655	6/1-7/6	Sat	12:15-1:00 pm
12656	7/20-8/24	Sat	12:15-1:00 pm

**SOCIAL GROUP FOR CHILDREN ON THE
AUTISM SPECTRUM**

2-19 YRS

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

Call to set up an appointment. For more info call, Autism Behavior Services at (949) 581-0100. **Online registration is not available for this program.**

Instructor: Behavior Analyst, TBD
Location: Autism Behavior Services, Inc.
23701 Birtcher Drive, Lake Forest

\$75 per session R | \$80 per session NR

Dates	Days	Time
Ongoing	Mon-Sat	varies

MARTIAL ARTS FOR ALL

ALL AGES

A martial arts program for children and adults with special needs. United Studios of Self Defense prides itself on being able to work with students of all ages with different needs and goals. Our program is designed to use individualized martial arts curriculum that is tailored to each person’s learning style, needs, and learning pace.

The program will consist of a single 30-minute private session each week (1-4 students per scheduled session), allowing a student the dedicated time and attention to detail needed to refine their skills. Students will also be given the option to participate in group classes, which are determined by age. All classes are held at our location that provides a distraction free environment to maximize learning and student development. We look forward to helping to reach you and your family’s goals! For more info and call: (949) 273-6978 or email kfernandez@lakeforestca.gov.

Instructor: United Studios of Self Defense
Accredited Instructor
Location: United Studios of Self Defense
26756 Portola Pkwy. Ste. 2D, Lake Forest

Single Private Session - \$75
4-Week Program - \$275
12-Week Program - \$705



USYS
TOPSOCCER
The Outreach Program for Soccer.

A community-based soccer program for 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 visit calsouth.com/topsoccer or email Rick Trevers (Laguna Niguel Youth Soccer Association) at Rick.Trevers@LNYSA.org or Sandy Castillo at scastillo@calsouth.com


GYMNASTICS FOR KIDS WITH SPECIAL NEEDS

3-17 YRS

Our gymnastics classes are specifically designed for children and teens with disabilities (Autism, Down Syndrome, Cerebral Palsy, ADHD, etc.). Students will learn basic gymnastics skills such as jumps on our 30ft. trampoline, handstand, cartwheels, and other floor exercises. During class, students will improve their social skills by taking turns, sharing equipment, and following directions. Please call to set a free assessment and discuss class placement. **This special pricing is available to new members only.** For more Info call: (949) 273-6978 or email kfernandez@lakeforestca.gov.

Instructor: Us Too Gym Staff
 Location: Us Too Gymnastics
 25 Spectrum Pointe Dr #405, Lake Forest

\$110/month (Four 45-minute sessions) Resident
\$115/month (Four 45-minute sessions) Non-Resident
Dates Time
 Ongoing varies



Take Me HOME PROGRAM

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

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

To register your loved one, please visit apps.ocsd.org/Info/TakeMeHome



BOWLING SEASON

JUNE - AUGUST 2024

➔ CHOOSE YOUR LANE
INDIVIDUAL • TEAM • UNIFIED TEAM



TRAIN • COACH • VOLUNTEER!
 Get your lanes oiled and your shoes ready! Whether you want to compete or be a coach, it's time to sign up for Bowling Season!

Bowling Season begins June 22 and runs through August 16. The season culminates at the Bowling Championship on August 17.

WWW.SOSC.ORG/BOWLINGSEASON



Special Needs



TEAMWORK

SPORTSMANSHIP

SKILL-BUILDING

LAKE FOREST LITTLE LEAGUE

Challenger Baseball

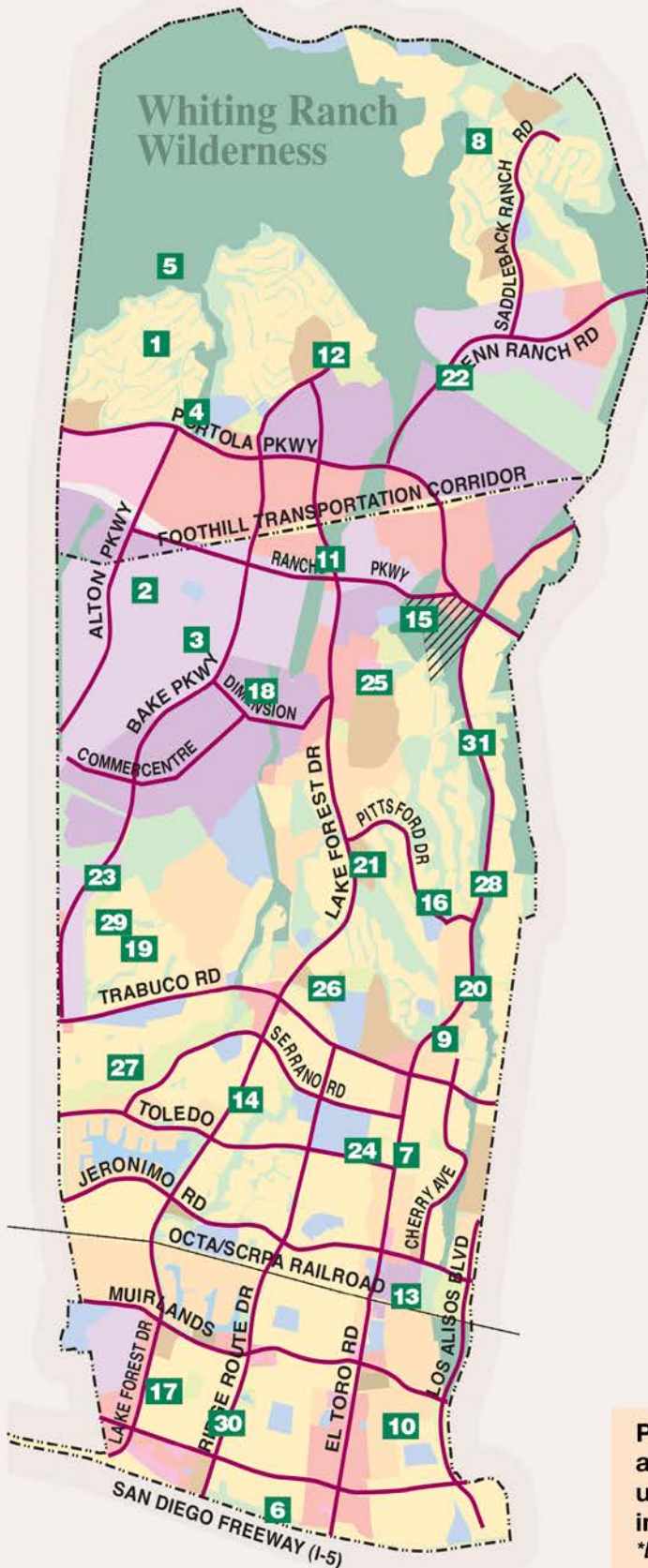
a Little League program for boys and girls with special needs.

Children 6 to 18 years of age with any physical and/or developmental disability are welcome.

Register online at LFL.org
 For more information email info@lfl.org.



PARK GUIDE



	Acres	Barbecues	Baseball	Basketball	Multi-Use Fields	Outdoor Exercise Equipment	Picnic Tables	Playground	Restrooms	Soccer	Tennis Court	Walking Path
1 Alton Park 18992 Alton Parkway	2.3	4	1 ^{hc}				9 1 ^s	1				
2 Baker Ranch Community Park 26380 Rancho Parkway	8	2	1	1	1		10	1	1	1		
3 Barker Ranch Dog Park* 26500 Baffin Bay Drive	0.5											
4 Borrego Park 26982 Cabriole	11	5		1 ^{fc}			11	1	1	1		1
5 Borrego Overlook Park 21 Viaggio Lane	1.6	3					5	1				
6 Cavanaugh Park 23782 Cavanaugh Road	6.27			1 ^{hc}			1	1				
7 Cherry Park 22651 Cherry Avenue	4.5	3		1 ^{hc}			8 1 ^s	1				
8 Concourse Park 18931 Saddleback Ranch Road	7	2		1 ^{hc}			1	4	2	1		1
9 Darrin Park 22461 Cherry Avenue	3.1	6		1 ^{hc}			11 1 ^s	1				
10 El Toro Park 23701 Los Alisos Boulevard	10	2					1	7	1	1	2 ^L	
11 Etnies Skatepark of Lake Forest 20028 Lake Forest Drive	5.3						4		1			
12 Foothill Ranch Community Park 19422 Rue De Valore	15.5	2	1 ^{fc}				10	2	1	1	2	1
13 Heroes Park 25420 Jeronimo Road	12.4	1	4 ^L	1 ^L			5		1			
14 Lake Forest Park 24000 Serrano Road	2.3							1				
15 Lake Forest Sports Park/Recreation Center 28000 Rancho Parkway	86	8	5	2	3	1	36 2	2	2	5	1	
16 Montbury Park 21962 Montbury Drive	3.5	1					2					
17 Mountain View Park 24061 Dylan Street	5.3	2	1	1 ^{fc}	1 ^{hc}		1	9	2	1	2 ^L	
18 Nature Park 26215 Dimension Drive	4.5						7 1 ^s					1
19 Peachwood Park 21132 Peachwood	2.7						5	1				
20 Pebble Creek Park 26441 Pebble Creek Road	1.9						1	1				
21 Pittsford Park 21701 Pittsford Drive	10	2					8 1 ^s	2	1		2	1
22 Portola Park 28040 Glenn Ranch Road	5						1					1
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 Rimgate Park 29772 Rimgate	5	1		1 ^{fc}			7 1 ^s	3	1		1	
27 Serrano Creek Park 25101 Serrano Road	44	3					13 1 ^s	1	1		1	
28 Sundowner Park 22041 Sundowners Lane	0.8	1					2	1				
29 Tamarisk Park 22001 Tamarisk	11.2		1	1 ^{fc}			6	1	1			
30 Veterans Park 23102 Ridge Route Drive	4.7						3					
31 Vintage Park 21000 Vintage Street	4.8	5		1 ^{fc}	1 ^{hc}		11	1				

park shelter available for reservation
 pickleball
 • fc full court • L lights
 barbecue
 • hc half court • s shelter
 under construction
 gymnasium
 roller rink

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

*Barker Ranch Dog Park is open 7am to 8pm



Welcome to The Clubhouse for Seniors



CITY OF LAKE FOREST
THE CLUBHOUSE CALENDAR
www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | JUNE - AUGUST '24



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SUMMER FUN IN THE SUN!



SPECIAL HIGHLIGHTS INCLUDE:
AARP SMART TECHNOLOGY CLASS
BUNCO NIGHTS AT THE CLUBHOUSE
FATHER'S DAY LUNCHEON
FOURTH OF JULY PARADE
PALA CASINO EXCURSION
SUMMER EMERITUS CLASSES

100 Civic Center Drive | Operating Hours: Monday through Thursday 10:00 AM - 3:00 PM | (949) 461-3408

Don't miss out on The Clubhouse Calendar!

The calendar is a great way to view the activities offered each month.

If you are interested in receiving the free quarterly calendar through email, please call The Clubhouse at (949) 461-3408.

Follow Us



@lakeforest.clubhouse

Located at the
Lake Forest Civic Center
100 Civic Center Drive
Lake Forest, CA 92630
(949) 461-3408

HOURS
Monday - Thursday
10:00 am - 3:00 pm

Adults— 50 Years & Better

Please Note: Unless otherwise noted, all classes are offered on site at The Clubhouse, 100 Civic Center Dr, Lake Forest



BAGELS & BINGO

Join us for bingo games and bagels from Bagels & Brew! Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in Bagels & Bingo. This is a one-time fee.

Free

Dates	Days	Time
6/3	Mon	10:00 am-2:00 pm
7/1	Mon	10:00 am-2:00 pm
8/5	Mon	10:00 am-2:00 pm



BINGO MANIA

The Clubhouse hosts Bingo Mania the fourth Monday of every month. Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in Bingo Mania. This is a one-time fee.

Free

Dates	Days	Time
6/24	Mon	10:00 am-2:00 pm
7/22	Mon	10:00 am-2:00 pm
8/26	Mon	10:00 am-2:00 pm

THURSDAY CLUBHOUSE LUNCH

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

\$2 R | \$4 NR

Activity #	Dates	Days	Time
Party in the USA			
12428	6/27	Thu	12:00 pm
Hot Diggity Dog, It's Summer			
12429	7/25	Thu	12:00 pm
Too Cool for School			
12430	8/29	Thu	12:00 pm

BINGO THURSDAYS!

Feeling lucky? Join us for games of bingo every Thursday from 10:00 am to 2:00 pm! Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in Bingo Thursdays. This is a one-time fee.

Free

Days	Time
Thursdays	10:00 am-2:00 pm

PALA CASINO EXCURSION

Experience non-stop fun with over 2,000 slot machines, table games, shopping, and many dining options at Pala Casino! Activity fee includes transportation, snacks, and non-alcoholic refreshments.

\$25 R | \$25 NR

Activity	Date	Day	Time
12440	6/25	Tue	9:00 am-5:00 pm

THE CLUBHOUSE GAMES AND FUN!

The Clubhouse offers many fun games and activities to keep your brain active and promote positive socialization! Join us for the following programs:

- Brain Games (Sudoku, Crossword Puzzles, and Word Searches)
- Dominoes • Mahjong
- Puzzles • Rummikub
- Various Card Games and Books to Read

Free

Dates	Days	Time
Ongoing	Mon-Thu	10:00 am-3:00 pm

COMPUTER LAB HOURS

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

Please note: There is no instructor on-site.

Free

Dates	Days	Time
Ongoing	Mon/Tue/Wed/Thu	10:00 am-3:00 pm



PING PONG

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

FREE

Activity #	Dates	Days	Time
12434	Ongoing	Mon	10:00 am-3:00 pm
	Ongoing	Tue	12:45 pm-3:00 pm
	Ongoing	Wed	10:00 am-12:15 pm

CRAFTY CRAFTERS

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

\$2.00 Residents & Non-Residents

Activity #	Dates	Days	Time
<i>Patriotic String Art</i>			
12435	6/18	Tue	10:30 am
<i>Stained Glass</i>			
12436	7/16	Tue	10:30 am
<i>Bird Houses</i>			
12437	8/20	Tue	10:30 am

THE CLUBHOUSE GARDEN CLUB

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

Free

Activity #	Dates	Days	Time
<i>Soil Health</i>			
12431	6/4	Tue	10:30-11:30 am
<i>Ornamental Grasses</i>			
12432	7/9	Tue	10:30-11:30 am
<i>Friend or Foe? Beneficial Backyard Buddies</i>			
12433	8/6	Tue	10:30-11:30 am

HEAT WATCH

During the summer months (July-September), the Senior Scene Clubhouse will remain open until 4:00 pm on days of extreme heat (over 90 degrees).

Decision to extend clubhouse hours will be made by 1:00 pm on the particular affected day.



YOUNG AT HEART - LAKE FOREST BOOK CLUB

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

FREE

Dates Days Time

Horse by Geraldine Brooks
6/20 Thu 10:00 am

It Ends with Us by Colleen Hoover
7/18 Thu 10:00 am

The Only Woman in the Room by Marie Benedict
8/15 Thu 10:00 am

GRIEF SUPPORT GROUP

Find support and healing for the hurt of losing a loved one. The Grief Support Group provides emotional support, validation, and education about grief. The Grief Support Group meets every 2nd and 4th Monday of each month.

Fee: Free

Date Day Time

6/10 Mon 10:00-11:00 am
6/24 Mon 10:00-11:00 am
7/8 Mon 10:00-11:00 am
7/22 Mon 10:00-11:00 am
8/12 Mon 10:00-11:00 am
8/26 Mon 10:00-11:00 am

MEDICATION REVIEW

Make a one-on-one appointment to learn about your medications and supplements. The County of Orange Health Care Agency's consulting pharmacist, Bill Liu, will assess your medication regimen for efficacy, appropriateness, alert you to side effects, and identify any potential drug interactions. Remember to bring all your medications, vitamins, and supplements or a detailed list of medications you take.

Interested individuals may call (949) 461-3408 to schedule a 20-minute appointment.

Free

Dates Days Time

8/29 Thu 10:00 am-1:00 pm



NEED LEGAL ADVICE?

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

To qualify for an appointment, you must be:

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

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

Appointments are scheduled for 20 minutes. To receive the most out of your appointment, please write down questions for the attorney. To make an appointment call (949) 461-3408.

Free

Dates Days Time

6/6 Thu 1:00-3:00 pm
7/11 Thu 1:00-3:00 pm
8/1 Thu 1:00-3:00 pm



AARP SMART TECHNOLOGY CLASS

Join this 90-minute workshop to learn all about the latest high-tech safety features in your current car, or what technology to look for when shopping for a new car. The safety benefits of blind spot warning systems, forward collision warnings, and more.

Free

Activity#	Date	Day	Time
12441	7/17	Wed	10-11:30 am



AARP DRIVER SAFETY TWO-DAY COURSE

50+ YRS

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

\$20 AARP Members; \$25 Non-Members

(Payment is due the first day of the course. Checks are made payable to AARP.)

Activity #	Dates	Days	Time
12438	8/19 & 8/20	Mon/Tue	9:30 am-3:00 pm



HICAP Health Insurance Counseling and Advocacy Program

TUESDAYS
10:00 am-1:00 pm

June 11

July 9

August 13

FREE

HICAP can help you understand:

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

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

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

To make an appointment, please call (949) 461-3408. Leave your name and phone number.



PHONE DIRECTORY

AARP (888) 687-2277

Access

(Reservations/Information) (877) 628-2232

Access (Eligibility) (714) 560-5956

Age Well Senior Services, Inc.(949) 855-8033

City of Lake Forest City Hall (949) 461-3400

Council on Aging (714) 479-0107

Non-Disabled

Housing Information (714) 480-2864

Elder/Disabled Adult Abuse (800) 451-5155

**Hazardous Waste, Disposal of Expired Unused
Medicine & Old Cell Phones** (714) 834-4000

HICAP Services(800) 434-0222

Human Services Information 211

Irvine Valley College/Emeritus(949) 367-8343

Meals on Wheels (949) 380-0155 ext.12

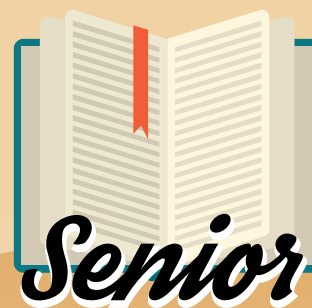
Medicare Fraud Hot-line(800) 447-8477

OCTA (Transportation) (800) 636-7433

Office on Aging (800) 510-2020

**Orange Caregiver
Resource Center** (800) 543-8312

Saddleback College/Emeritus (949) 582-4835



Emeritus Classes

SUMMER PRIORITY REGISTRATION

April 23rd through April 26th, 2024

OPEN ENROLLMENT BEGINS

May 1st, 2024

CLASSES BEGIN

Week of May 28th

EMERITUS CLASSES are offered for active seniors through partnerships between the City, Irvine Valley College and Saddleback College. The courses offered are especially designed to meet the educational and recreational interests of the 50+ population.

Registration is required for all Emeritus Classes through Irvine Valley College and Saddleback College.

IRVINE VALLEY COLLEGE

New or returning students (those who skipped the fall or spring semester) will need to fill out the online Emeritus Application at www.academics.ivc.edu/emeritus or call (949) 367-8343 for more information. Class Schedule: www.ivc.edu/class-schedule

SADDLEBACK COLLEGE

New or returning students (those who skipped the fall or spring semester) will need to fill out the online Emeritus Application at www.saddleback.edu/emeritus or call (949) 582-4835 for more information. Class Schedule: www.saddleback.edu/cs

Once you have a Student ID and PIN #, please register at mysite.socccd.edu.

The South Orange County Community College District (SOCCCD) has a COVID-19 vaccination requirement for all students enrolling for in-person classes. This information can be found on the respective college Emeritus website.

SENIOR EMERITUS CLASSES

Irvine Valley College Classes



AQUA FITNESS TRAINING

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

Location: Lake Forest Beach & Tennis Club
22921 Ridge Route Dr

Tic #	Dates	Days	Time
61285	5/28-8/6	Tue	2:00-3:10 pm
61290	5/30-8/8	Thu	2:00-3:20 pm

CHAIR EXERCISE

Through a beginning independent movement techniques lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies.

Tic #	Dates	Days	Time
61260	6/3-8/5	Mon	12:00-1:20 pm

CIRCUIT TRAINING

Addresses the physical and mental health of the older adult through fitness activities with emphasis on staying active and independent. Topics include physical and cognitive benefits of exercise and injury prevention.

Tic #	Dates	Days	Time
61400	5/29-8/7	Wed	10:30-11:50 am

COUNTRY LINE DANCE

Through country line dancing, this course addresses the physical and mental health of the older, mature adult, using exercise and fitness activities to maintain an active, independent lifestyle.

Tic #	Dates	Days	Time
61420	6/4-8/6	Tue	10:30-11:50 am
61380	5/29-8/7	Wed	1:30-2:50 pm



DYNA-BAND WORKOUT

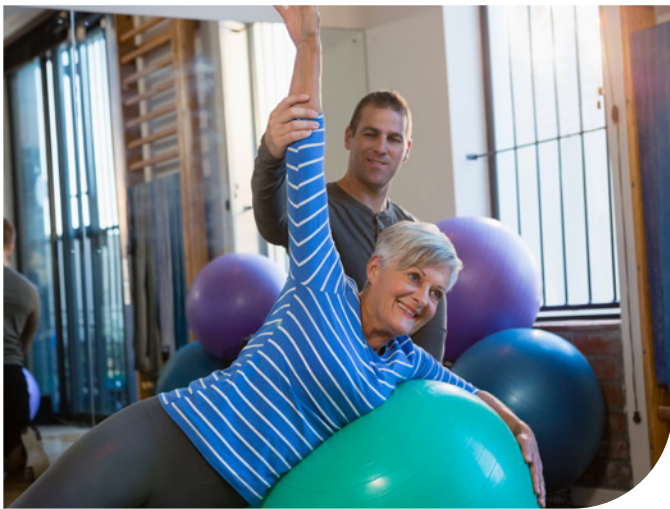
Increase your strength and mobility using Dyna-bands. Dyna-bands or resistance bands (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include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

Tic #	Dates	Days	Time
61315	5/28-8/6	Tue	12:00-1:15 pm

PHYSICAL FITNESS

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

Tic #	Dates	Days	Time
61240	5/29-8/7	Wed	12:00-1:20 pm
61280	5/30-8/8	Thu	10:30-11:50 am



PILATES

Pilates strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination, and develops an increased sense of body awareness. Class 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.

Tic #	Dates	Days	Time
61295	5/28-8/6	Tue	10:30-11:45 am

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.

Tic#	Dates	Day	Time
61325	5/29-8/7	Wed	1:30-2:50 pm
61255	5/30-8/8	Thu	12-1:20 pm

STRENGTH & BALANCE

This course addresses the physical and mental health of the older, mature adult through the use of exercise and fitness aimed at maintaining an active, independent lifestyle.

Fee: Free

Location: The Clubhouse (100 Civic Center Dr)

Tic#	Dates	Day	Time
61250	Jun 3-Aug 5	Mon	10:30-11:50 am

Location: Lake Forest Beach & Tennis Club
22921 Ridge Route Dr.

Tic#	Dates	Day	Time
61360	May 29-Aug 7	Wed	10-11:20 am



Saddleback College Classes

INTERMEDIATE CLOTHING CONSTRUCTION

Clothing construction and pattern alterations. Examine and utilize commercial patterns, fabric textures, and principles of color design.

Tic #	Dates	Days	Time
12470	6/5-7/30	Wed	10:00 am-1:50 pm



CITY OF LAKE FOREST

Transportation Options for Seniors

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

For additional information, call (949) 461-3408.

**NEW—
UPDATED FEES**

California Yellow Cab

Are you 60 years or older? A resident of Lake Forest and do not drive or own a vehicle? We have transportation for you with California Yellow Cab!

OPTIONS (Beginning June 1, 2024):

- **FREE!** (Within Lake Forest city limits to The Clubhouse, non-emergency medical appointments, socializing, movies, etc).
- **\$5.00 One-Way (\$10.00 Round Trip)**
Within city limits of Laguna Hills, Laguna Niguel, Laguna Woods, Mission Viejo, Rancho Santa Margarita, Costco in Irvine and Laguna Niguel, Hoag Hospital Irvine, Kaiser Hospital Irvine, Irvine Spectrum, Mission Viejo Mall, and the VA Clinic in Laguna Hills.
- **VA Clinic in Santa Ana—Cost: \$10.00 One-Way (\$20.00 Round Trip)**
- **John Wayne Airport—Cost: \$20.00 One-Way (\$40.00 Round Trip)**

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

- You must have a current DMV Identification Card verifying that you're a Lake Forest resident to take part in this program.



NOTE: All Taxi passengers must be 60 years of age or better. It may take up to two weeks from the time you register for the program, and take your picture for your ID card, for the card to be valid for you to make a taxi reservation.

Staff will call you to come pick up your card when it is ready to be used. Once you receive your Taxi ID card, you will be able to make a reservation and pay the taxi driver directly with either cash or a credit card.

AWSS Bus Service

FREE

JOIN THE FUN!

From Your Residence to The Clubhouse
Monday – Thursday
10:00 am–2:00 pm





HOW TO Register for Programs

Summer 2024 Registration Dates

Lake Forest Residents: Tuesday, May 21, 2024 beginning at 8am | **Non-Residents:** Tuesday, May 28, 2024, 2024 beginning at 8am

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

3 Easy Ways to Register

1 Online Registration



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

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

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

2 Mail-In Registration



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

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

3 Walk-In Registration



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

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

General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. 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.
5. 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.
6. Please allow for up to 30 days for your refund to be processed.

Refund Policy

1. A full refund (minus the 3% credit card fee) will be given for any activity cancelled by the City of Lake Forest; the 3% credit card fee is non-refundable.
2. Registrations for City of Lake Forest Excursions are non-transferable.
3. 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.
4. 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).
5. All Camp cancellations requesting refunds (for Little Wranglers, Creative Kids Club camps and Lake Forest Rocks) must be submitted by 5 pm on the Thursday prior to the first day of camp (Monday) will be assessed \$30 cancellation fee. All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee. All refund requests for Little Wranglers and Creative Kids Club Camps must call the Recreation Supervisor at (949) 273-6975.
6. Requests for Gazebo Rental Refunds will only be granted if the rental day is rained out or if the request is received one full week prior to your rental date. A \$10 admin fee will be charged to complete the refund.

City of Lake Forest Community Services Program Registration Form

Photocopy if more than one registration form is needed



Primary Contact (Responsible adult for registering persons into courses)

Last Name: _____ First Name: _____ Male female

Birthdate (Required) _____ Email (Required) _____

Street Address: _____ City, State, Zip: _____

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

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

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

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

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

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

Activity #	Participant Name	Birthdate	Gender	Activity Name	Fees
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
<i>Please send a separate check for each activity</i>				Total Activity Fees	

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.
 I further agree to pay any and all costs incurred as a result of said treatment _____ YES NO
 I permit the use of activity/event photography and/or video of my child or myself for media promotion _____ YES NO
 Please contact me via email regarding upcoming city events and news at: _____ YES NO

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

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

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

DATE: _____

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

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



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

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

Office Use Only

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

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

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

NOT FOR EMERITUS PROGRAM REGISTRATION



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

PRSR STD
 U.S. POSTAGE PAID
 PERMIT NO. 104
 LAKE FOREST, CA

POSTAL CUSTOMER

ECRWSS

LAKE FOREST
Spooktacular
OCTOBER 26, 2024
3:00-7:00 PM

Lake Forest Sports Park, 28000 Rancho Parkway
(949) 273-6960

REGISTER FOR
FALL
FUN!

RESIDENT REGISTRATION
 begins
 Tuesday,
 August 20 @ 8am

NON-RESIDENT REGISTRATION
 begins
 Tuesday,
 August 27x @ 8am

Fun & Educational Activities for All Ages!

- Youth
- Adult
- Seniors

CITY TELEPHONE NUMBERS

Building Division	949-461-3470	Graffiti Hotline	949-461-3583
Building Inspection	949-461-3468	Housing	949-461-3569
City Clerk	949-461-3420	OC Animal Care	714-935-6848
City Council	949-461-3425	Notary	949-461-3420
City Manager's Office	949-461-3410	Planning	949-461-3535
Community Policing Center	949-461-3530	Public Works	949-461-3480
Community Preservation	949-461-3474	Recreation	949-461-3450
Economic Development	949-461-3567	Sports Park & Recreation Center	949-273-6960
Etnies Skatepark	949-916-5870		

FIND US ONLINE

- CITY OF LAKE FOREST LakeForestCA.gov
- ECONOMIC DEVELOPMENT LakeForestBusiness.com
Facebook.com/LakeForestBusiness
- ETNIES SKATEPARK OF LAKE FOREST EtniesSkatepark.com
- LinkedIn
LinkedIn.com/in/City-of-Lake-Forest
- SPORTS PARK & RECREATION CENTER LFSportsPark.com

For more info call 949-273-6960 or visit our website at www.LakeForestCA.gov.
 Follow us on X (Twitter) @LakeForestCA, Instagram @CityofLakeForestCA, and Nextdoor.

