

Spring 2024

The Leaflet

City News and Recreation Guide

2023-24
A LOOK BACK,
A LOOK AHEAD

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A MESSAGE FROM CITY MANAGER **DEBRA ROSE**

The New Year is just under way, but we've already got big plans for 2024.

You'll read more about some of the projects in this issue of *The Leaflet*, but the City's goals for the year include everything from bringing back the popular Taste of Lake Forest event with the Chamber of Commerce, to launching an enhanced parking-enforcement team.

I know we talk a lot about parks, but the City is committed to providing clean, updated parks for residents. It's always great to visit one of our 31 parks and see people walking, children playing, and sports events underway. This year, the City will:

- Reach out to the community for input on Cavanaugh, Peachwood, Nature and Lake Forest Parks.
- Conduct a citywide pickleball court analysis to see if existing tennis and other courts can be repurposed for pickleball.
- Install a Box Lacrosse Rink at Foothill Ranch Community Park.

Other projects are in the design phase, including the synthetic turf replacement at Barker Ranch Dog Park, new lighting at Heroes Park, updates at Etnies Skate Park of Lake Forest, and more. I hope you had the chance to attend the 20th Anniversary Celebration of the skatepark in December; but if you missed out, watch our social media for another big event, as our Sports Park turns 10 in November.

We're probably as proud of our streets as we are our parks. Neighborhood streets in the northwest portion of the City are being resurfaced now, and that work will move east later this year. Construction will also begin on Trabuco Road with a left-turn holding pocket at Ascension Cemetery, resurfacing, and the asphalt trail rehabilitation.

And finally, the popular buy-one-get-one gift card program is back. You can buy one gift card for \$100 and get another for \$100. They're accepted at 100 Lake Forest businesses. See more about that program at www.lakeforestca.gov/giftcard.

This is just a few of the many projects we have lined up, and we'll be asking for your input on many of them, so please stay tuned to our website, www.lakeforestca.gov, and social media channels.

As always, we thank you for the opportunity to serve you.

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*.

LEASH LAWS AND WAGGING TAILS: HOW PET LAWS KEEP EVERYONE HAPPY

Giant grins, loving licks, and puppy dog eyes can tug hard on the hearts of pet owners – causing some parents to bend the rules and break certain pet laws for their furry babies. But off-leash dogs are not only violating City ordinances, they can make other park users uncomfortable, and even pose a threat to people and other animals.

After an uptick in complaints about dogs off leash in Lake Forest parks, City leaders asked OC Animal Care, which provides animal-control services to the City, to increase enforcement.

The County of Orange encourages responsible pet ownership through ordinances intended to keep pets, owners, and the public safe.

On-Leash, Please:

Always keep your dog on a leash no longer than six feet when off your private property. This simple rule helps prevent accidental run-ins with other animals or people, especially children.

Designated Play Zones:

Unleash the fun in designated dog parks! Only Barker Ranch Park (25650 Baffin Bay Dr.) and Portola Dog Park (28040 Glenn Ranch Rd.) allow off-leash play. Remember, responsible pet ownership means cleaning up after your dog, even in designated areas.

Beyond the Leash:

Leash laws are just one aspect of responsible pet ownership. Make sure your dog is properly licensed, vaccinated, and well-trained. Be a courteous neighbor by controlling your dog's barking and keeping them away from others unless invited.

Benefits of Following Leash Laws:

- Reduced risk of dog bites and injuries.
- Safer and more enjoyable experience for everyone at parks and public spaces.
- Stronger bond of trust and control between you and your dog.

OC Animal Care will patrol City parks to cite people violating the leash law as well as other pet ordinances including:

- No dog, except a guide dog or service dog, can be on public school property, public beaches, or certain county parks.
- A person in custody of a dog is required to exercise "due care or control" over them by picking up after the dog.
- Owners of a dog four months old or older must vaccinate the dog against rabies if not already.

Fines start at \$250 for a first offense and can go up to \$403. Visit ocpetinfo.com to see the County's list of other animal ordinances.

By following these guidelines, you can ensure that your furry friend has a safe and enjoyable time while respecting the rights and safety of others. Remember, responsible pet ownership is a shared responsibility that makes Lake Forest a happy and healthy place for everyone!



OC ANIMAL CARE OPENS DOORS WIDER WITH NEW VISITATION AND VIEWING HOURS

The Orange County Animal Shelter is now making it easier than ever for the community to connect with furry friends, thanks to expanded access through new visitation and viewing hours!

Following the successful “All Summer Long Pilot Program” and overwhelming community support, the shelter is excited to announce:

- **Adoption Visits:** Daily from 11 AM to 5 PM. Schedule an appointment or walk-in to meet your potential new best friend!
- **Viewing Hours:** Daily from 2 PM to 5 PM. Stroll through the designated areas to get acquainted with the adoptable animals.

Scheduled Adoption Visits will remain available for the convenience of potential adopters, while walk-in visitors are welcome to the next available time slot. Adoption visits include one-on-one meet and greets with the specific pet(s) you are interested in adopting. Visitors may spend time with multiple dogs and each time slot includes up to 30 minutes of dedicated time with an Animal Care Team member. Adoption visits for cats, rabbits, or other animals include staff assisted walk-throughs of available pets that are ready-to-go-home the same day.

During Viewing Hours, the community is invited to visit the shelter to walk unescorted through the external side of dog kennels and large viewing cat rooms, which feature dogs and cats who are available for adoption with no major medical or behavioral concerns, and ready-to-go-home the same day.

OC Animal Care understands that finding the right pet goes beyond the surface. It's about compatibility, shared energy, and a connection that lasts a lifetime. OC Animal Care has a variety of amazing animals, including dogs, ranging from energetic puppies to gentle seniors, and everything in between. Whether a potential owner is looking for a running partner, a cuddle buddy, or a family-friendly companion, OC Animal Care has a dog waiting for you. Animal Care staff can help match potential owners with a pet that fits their lifestyle, making the adoption process a personalized and rewarding experience.

See more at www.ocpetinfo.com.

The City of Lake Forest also partners with the Pet Adoption Center of Orange County, which has a Lake Forest location for pets looking for their forever home. See www.adoptocpets.org/ for more information on that organization.



CITY ROLLS OUT IN-HOUSE PARKING ENFORCEMENT PROGRAM

Lake Forest is beefing up patrols for problem parkers.

Lake Forest contracts with the Orange County Sheriff's Department (OCSA) for general law enforcement and parking enforcement. Parking enforcement is primarily handled by Community Services Officers (CSO), who patrol and issue parking citations and handle citation appeals. The City's agreement with OCSA includes five CSOs, however, only three of the five positions are filled because recruitment and retention issues.

The lack of staff has led to a drop in parking citations and a rise in residents' complaints. To combat this issue, the City will implement an in-house parking enforcement program consisting of two part-time Parking Control Officers (PCO) who will help mitigate the shortfall created by the lack of CSO staffing. The new part-time parking officers will enforce street sweeping parking restrictions, neighborhood permit parking, and illegal parking. The City's citation review process will remain under the OCSA.

The parking enforcement program is a part of the City's Strategic Plan and supports the City's goal of being a well-planned, attractive, and safe community. The estimated first-year cost to establish the program in-house is \$109,000, which covers the part-time salaries of the two PCOs and the purchase of a parking vehicle. The City's 2023-2025 Operating Budget has sufficient funding to cover the program's cost.

Lake Forest PCOs will follow the same enforcement strategy implemented by the OCSA Community Services Officers. The City aims to change the behavior of motorists through the in-house parking enforcement program, not issue more citations.

BOGO IS BACK! Double Your Dollars & Support Local Businesses in Lake Forest

Looking for a great deal and a chance to support your favorite local businesses? The City of Lake Forest's Shop and Dine Buy-One-Get-One Community Gift Card Program is back for its sixth phase, and that means BOGO is back!

Need some work done on your car? Looking to try a new restaurant? The City can help you with that.

Phase 6 of the Shop and Dine Buy-One-Get-One Community Gift Card Program is now live. Participants can buy up to three gift cards of \$50 or \$100 and receive matching cards of equal value from the City.

The BOGO program began in 2022 to help businesses recover from COVID. More than 100 businesses are a part of the program and nearly \$3 million has been pumped into the local economy. In January 2024, the City Council approved the sixth phase, adding \$565,000 to the program.

Businesses are encouraged to register to become part of the program. The gift cards are electronic, so accepting them is just like accepting any credit card. Participating businesses are listed on the City's website, so participating in the program is a great way to attract new customers.

Lake Forest can offer this BOGO deal because of its long history of fiscally prudent decisions. The City remains debt-free, all of its revenue is spent on improving the community and providing services.

Go to www.lakeforestca.gov/giftcard to purchase this round of BOGO cards or to register a business.

LOCAL STREET VENDORS POSE POTENTIAL HEALTH RISK

Tempted to try an authentic taco at one of those stands popping up in Lake Forest and throughout Orange County? Here's what you should know:

None of the street vendors selling hot food in the City have a health permit and are not inspected by the health department or any other agency.

Consumption of food or beverages made or sold by unpermitted street vendors can result in a foodborne illness. These vendors often have unsafe cooking environments, do not follow proper food safety and handwashing practices, and discard oil, grease, and other waste in storm drain systems polluting local creeks and the ocean.

California Senate Bill 946 allows street vendors to sell merchandise on public sidewalks as long as they do not violate the Americans with Disabilities Act (ADA). The law does not require them to have a permit from the City and prohibits cities from enforcing criminal penalties. However, the sale of food from mobile facilities like

street carts must comply with the Orange County Health requirements - and typically, the sale of any cooked or prepared food requires a permit from the County.

Lake Forest has ramped up its efforts to help protect the health and safety of residents and visitors. City staff, the Orange County Sheriff's Department, and the Orange County Health Care Agency have shut down nearly 10 illegal vendors in the past couple of months.

The County, City, and representatives from other South OC cities have met to discuss the best way to handle the renegade vendors.

Information on vendor permits, location requirements, and more can be found at www.bit.ly/ocstreetvendorinfo.



Here's the Scoop:

- Buy up to three \$50 or \$100 gift cards from participating businesses.
- The City will match your purchase with a FREE gift card of equal value!
- Easy to use: Gift cards are electronic, just like a credit card.
- Boost the local economy
- Support over 100 local businesses: From restaurants and shops to salons and services.
- Attract new customers: Participating businesses are listed on the City's website.
- Those who purchased cards in the previous phase are eligible to purchase up to three in this phase.



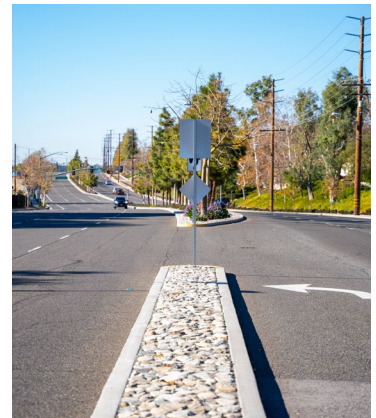
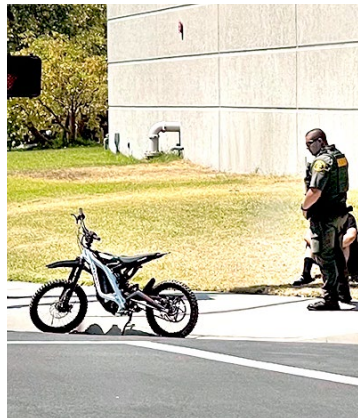
YEAR IN REVIEW 2023

REFLECTING FORWARD: A YEAR IN REVIEW AND THE ROAD AHEAD

PUBLIC SAFETY

Public safety plays an important role in maintaining a high quality life for residents and remains a top priority for the City. Within a year of Lake Forest launching its Catalytic Converter Theft Deterrent Mitigation Program, thefts of the smog devices dropped in the community. See www.lakeforestca.gov/CatGrant for program details.

The City also launched an E-Bike Regulation Awareness Program after the City Council amended the City's ordinances to include e-bikes. The Orange County Sheriff's Department implemented a special program in the summer of 2023 to ensure e-bike ordinances were enforced. The City's new and first female Chief of Police Services, Captain Christine Berryman implemented the program.



NOTABLE

The City also celebrated a birthday in 2023: The Etnies Skatepark of Lake Forest turned 20 on December 13. The skatepark – one the largest in the nation – was voted for the sixth year in a row as 'the best skatepark' by the 2023-24 Parenting OC Readers' Choice magazine.

CAPITAL IMPROVEMENTS

Lake Forest continued to meet its goal of being a well-planned, attractive, and safe community through various projects and improvements. Significant asphalt repairs were made along Rockfield Blvd. and Orchard Rd. and lighting was added to the greenbelt at Packard Place after residents voiced their concerns.

Public Works completed renovations at Vintage, Sundowner, Borrego Overlook, and Rancho Serrano parks, and added additional lighting at Portola Park's pickleball and volleyball courts as well as the dog park.

FINANCES

Lake Forest remains debt-free and financially stable with its reserves above target and revenues remaining strong.

AFFORDABLE HOUSING

Lake Forest welcomed two more affordable housing projects: Mountain View by the Post Office, and the first mixed-use, the Portola Senior Apartments. Lake Forest also celebrated the groundbreaking of its fourth affordable housing project, the Meadows Senior Apartments.

Lake Forest has a long tradition of planning for the future. The City rolls out new services, programs, and resources annually through the implementation of its Seven-Year Strategic Plan.

The Strategic Plan focuses on Lake Forest's mission and vision of delivering innovative, high-quality services cost-effectively while being a safe and financially sustainable community that celebrates its forests, creeks, and natural amenities. The plan is revised often to include a variety of programs and projects to achieve the City's long-range goals and respond effectively to the needs of residents well into the future.

Below is a quick summary of the list of achievements in 2023, along with upcoming projects for 2024, all part of the City's 2023-2030 Strategic Plan. To see the full seven-year plan, visit www.lakeforestca.gov/budget.

YEAR AHEAD 2024



With its rock-solid finances, the City braces itself for the exciting prospects that lay ahead this year.

Make sure to follow the City's social media channels, visit its website, and watch the Mayor's Minute to stay up to date on all the latest projects and programs happening in the community.

PARKING

The City is rolling out an in-house parking enforcement program to increase enforcement across the community and facilitate cleaner neighborhood streets. The goal is not to increase the number of tickets written but to ensure parking regulations are followed. Enforcing parking regulations will also clear the way for street sweepers, bringing cleaner communities and preventing pollution.

ECONOMIC DEVELOPMENT

Several projects are underway to help enhance the quality of life for residents. The relaunch of Taste of Lake Forest is in the works. The event will take place on May 11 and include local restaurants, a new location, and revamped features.

CAPITAL IMPROVEMENTS

Public Works will begin construction on Trabuco Road to enhance traffic flow, install a box lacrosse rink at Foothill Ranch Community Park, and finish replacing city street signs in southwest Lake Forest with the new blue street signs.

Other projects are in the design phase, including synthetic turf replacement at Barker Ranch Dog Park, lighting at Heroes Park, updates at Etnies Skatepark of Lake Forest, and more.

FEES

A Biennial Fee Study that looks at the fees charged at Lake Forest facilities and fees charged for services in nearby cities will launch this year. The study will ensure the City's fees are in line with the cost of the service, other neighboring city facilities, and market value.

FOLLOW US



LAKE FOREST'S FOURTH AFFORDABLE HOUSING PROJECT IS UNDERWAY

The foundation is set, framing is up, and work is underway for 65 affordable apartments at The Meadows on Bake Pkwy and Rancho Pkwy.

Seniors 62 years and older earning 50 percent or less of the Area Median Income (AMI), which is no more than \$50,250 annually, will soon call this place home. The two-story complex will offer 52 one-bedroom and 13 two-bedroom apartments, seven of which will be reserved for permanent supportive housing.

C&C Development and The Waterford Group are the developers of the project and currently own and operate 3,000 affordable units within the region.

The Meadows Senior Apartments are minutes from retail stores, restaurants, and more than 20 acres of parks, open space, and a habitat restoration area. The Interest List for the community is open. Applications can be found at www.meadowsseniors.com.

Lake Forest will have more than 380 affordable housing units once the Meadows Senior Apartments is finished in 2024. Visit www.lakeforestca.gov/affordablehousing to see all the affordable housing communities in the City.



AFFORDABLE ADU LOAN PROGRAM OFFERED IN ORANGE COUNTY

Nearly 30 Accessory Dwelling Units (ADU) have popped up throughout Lake Forest in the last two decades to serve as secondary housing or rentals for homeowners.

An ADU is a secondary dwelling unit with complete, independent living facilities for one or more people, typically taking one of three forms:

1. Detached: The unit is separate from the primary residential structure.
2. Attached: The unit is connected to the primary residential structure.
3. Repurposed existing space: Space within the primary residence such as a master bedroom or garage converted into an independent living unit.

For homeowners looking to add a rental space to their property, the Orange County Housing Finance Trust is offering an Affordable ADU Loan Program. The program will provide a deferred, low-interest, and partially forgivable loan to homeowners who agree to rent their ADU for 10 years to a very low-income tenant(s).

Funds for the Affordable ADU Loan Program are limited. Visit bit.ly/affordableADU (link is case-sensitive) to learn more about the program.





BIKE LANE IMPROVEMENTS SET FOR CITY STREETS

Paving the Way for Safer, Smoother Cycling with Bike Lane Upgrades

Don't be alarmed if you see green paint on Lake Forest streets – the new striping color is to alert motorists and bicyclists of where merging may take place.

A majority of Lake Forest arterial streets have on-street bike lanes that are typically adjacent to high-speed traffic. Concerns about safer cycling and sidewalk sharing between motorists, pedestrians, and bicyclists have grown in recent years with the rise of bicyclists on City streets.

To help increase mobility opportunities for road users, reduce the risk of accidents or collisions, and provide direct connectivity to off-street trails and neighboring

communities, the City will enhance bike lanes as a part of upcoming and future pavement rehabilitation and slurry seal projects.

The bike enhancements will include narrowing travel lanes where the street is wider than necessary to add a buffered lane between the travel lane and the bike lane. Green stripes will be added along the on-street bike lanes in possible traffic conflict zones.

These bike lane improvements will not take away from the roadways; they will be added to streets where additional space is already available, along with a connection to local trails.

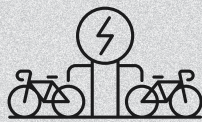


ONLINE E-BIKE SAFETY COURSE

The California Highway Patrol has created a free online e-bike safety course. Visit www.chp.ca.gov/Programs-Services/Services-Information/Bike-and-Ped-Safety for the course and more information.

FREE

ALL ABOUT E-BIKES



WHAT IS AN E-BIKE?

An electronic bicycle with fully operable pedals and an electric motor

DOES THE CITY REGULATE E-BIKE SPEEDS AND OPERATION?

Yes!

WHAT SHOULD I DO IF I SEE E-BIKES DRIVEN RECKLESSLY?

Contact the OC Sheriff's Department at 949-770-6011



HOW FAST CAN E-BIKES BE DRIVEN?

Public street:
Up to the posted speed limit. If no posted speed limit, up to 10mph.

Public sidewalks, park paths, trails, and walkways:
Up to 5mph, but must yield to safety of pedestrians.

www.lakeforestca.gov/ebikes

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 bit.ly/LFPACRentalFees

Conference/Community Center

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

Call 949-461-3407 or visit bit.ly/LFCommCenter

Senior Activities M-TH

The Senior Clubhouse

Call 949-461-3408 or visit bit.ly/LFClubhouse



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

SAVE WATER, MONEY, AND OUR LOCAL RESOURCES

As you may know, up to 70 percent of residential water use is for landscape irrigation. An unhealthy irrigation system can cost you money, waste our water resources, and contribute to pollution. Paying a little attention to your irrigation system to eliminate runoff fights pollution, conserves our limited water resources, and saves you money!

The irrigation controller is the most important part of your irrigation system. The controller is used to maintain a weekly watering schedule – and should be reviewed and adjusted periodically to ensure that your landscape is receiving the right amount of water it needs to be healthy. Plants have different needs throughout the year – more in the spring and summer, and less in the fall and winter.

Irrigation controllers can have many programming features, including multiple start times (time of day) as well as run times (duration), a rain delay feature, even smart technology, depending on the type of controller. Most devices also have a backup battery, which needs to be replaced periodically – if the controller loses power (during a power outage), it will reset to its factory settings – which can be excessive!

Sprinkler lines and sprinkler heads are also a critical part of your irrigation system. Leaks and breaks in this part of your system can result in large amounts of water being wasted and contribute to pollution. Turn your system on occasionally and see what it does... inspect for leaks and breaks or missing sprinkler heads, and make repairs as needed. Watch for misdirected sprinklers too – there is no benefit in watering the sidewalk or your driveway!

Becoming more familiar with your irrigation system, reading the irrigation controller owner's manual, and reviewing the resources provided by your local water district can all lead to a healthier irrigation system, protect the environment, and save you money! For more environmental resources including more ways to be involved, please visit www.h2oc.org.

HERE ARE A FEW SMART TIPS TO MAINTAINING A HEALTHY LANDSCAPE AND IRRIGATION SYSTEM



- Review and adjust your watering schedule periodically. Remember that plants do not need to be watered every day, and need less water during the fall and winter than in the spring and summer.
- Program your controller with multiple start times, and shorter run times – called “cycling” – this promotes deeper watering and healthier root growth, while also reducing runoff.
- Use a water calculator at: www.bewaterwise.com/calculator.html
- Replace the backup battery in your Irrigation Controller annually.
- Use the rain delay feature when rain events occur.
- Visit your local water district for additional information regarding residential irrigation, rebates, and more:

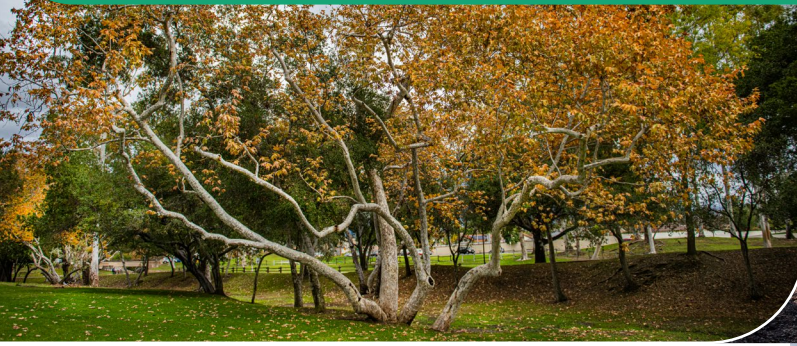
El Toro Water District - www.etwd.com

Irvine Ranch Water District - www.irwd.com

Trabuco Canyon Water District - www.tcwd.ca.gov



**LAKE
FOREST**



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.



How to Participate and Apply

An application is required for participants of the Expand the Forest program. The application includes a selected tree palette of approved trees and available parks. Note that each park is preplanned to accommodate specific tree types and locations, so not all types of trees will be available for all parks.

Submit an application indicating your tree and park preference, along with a check for \$93 made out to "The City of Lake Forest." The fee includes a 15 gallon tree, location study, planting, staking, fertilization, and other maintenance as needed.



SPRING PLANTING SEASON IS MARCH 1 TO JUNE 1

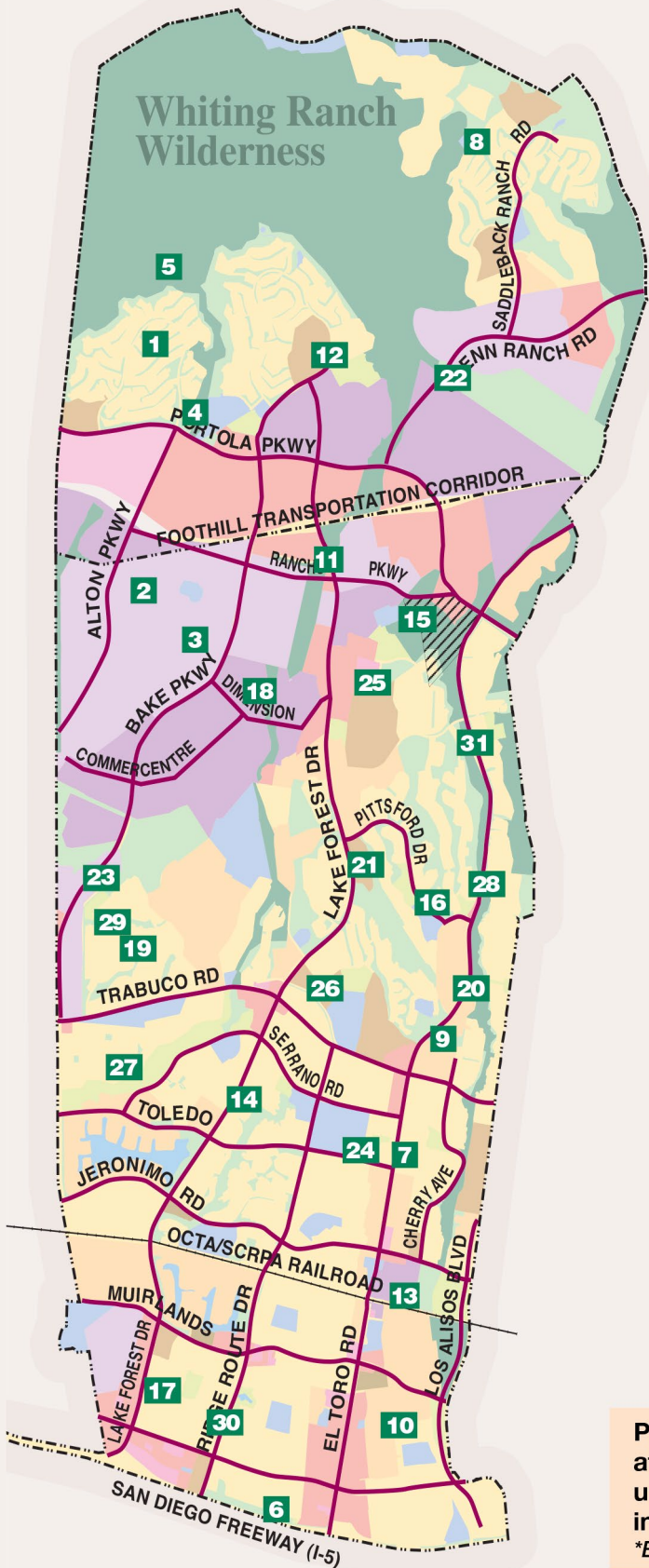
Visit www.lakeforestca.gov/expandtheforest



SPONSORS	DEDICATION	TREE SPECIES	PARK
Steve & Sharon Smith, Gary & Maria Fouse, and Renato & Angela Natale	In loving memory of John Fendel. You will always be remembered for your strength and perseverance. We love you.	Crape Myrtle (white)	Regency Park
Mom and Family	Happy Heavenly 26th Birthday Nathan! We are always thinking of you, we love you so much.	Crape Myrtle (white)	Cavanaugh Park
The Sorensen Family	In loving memory of Dayona Lubanko	Crape Myrtle (pink)	Alton Park
The Lowell Family	In loving memory of Peter Sabatino Ognibene	Sycamore	Peachwood Park
Charles W. Shaffer	Shannon Marie Shaffer From Norway to Catalina and from Mexico to Minnesota. May you always fear no fish and love me as I do you! Happy Birthday!	Sycamore	Concourse Park
Traci, Lori and Kristi	In loving memory of Frank Germick	Sycamore	Concourse Park
Lake Forest Garden Club	In appreciation of your dedicated service to the Lake Forest Garden Club, Virginia Heard, 2023 Co-President	Crape Myrtle (pink)	Peachwood Park
Lake Forest Garden Club	In appreciation of your dedicated service to the Lake Forest Garden Club, Ranilla Lewis, 2023 Co-President	Crape Myrtle (pink)	Peachwood Park
Sally Ann & Kaden Kawamoto	In loving memory of Peter Kleist	Silk Tree	Vintage Park
The Hunt Family	In loving memory of Walter R. Hunt III, we miss you!	Sycamore	Concourse Park



PARK GUIDE



	Acres	Barbecues	Baseball	Basketball	Multi-Use Fields	Picnic Tables	Playground	Restrooms	Soccer	Tennis Court	Walking Path
1 Alton Park 18992 Alton Parkway	2.3	4	1hc		9	1					
2 Baker Ranch Community Park 26380 Rancho Parkway	8	2	1	1	10	1	1	1			
3 Barker Ranch Dog Park* 26500 Baffin Bay Drive	0.5										
4 Borrego Park 26982 Cabriole	11	5	1fc		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		1hc		1	1					
7 Cherry Park 22651 Cherry Avenue	4.5	3	1hc		8	1					
8 Concourse Park 18931 Saddleback Ranch Road	7	2	1hc		1	4	2	1			1
9 Darrin Park 22461 Cherry Avenue	3.1	6	1hc		11	1					
10 El Toro Park 23701 Los Alisos Boulevard	10	2			1	7	1	1		2L	
11 Etnies Skatepark of Lake Forest 20028 Lake Forest Drive	5.3					4					
12 Foothill Ranch Community Park 19422 Rue De Valore	15.5		2	1fc	10	2	1	1	2	1	
13 Heroes Park 25420 Jeronimo Road	12.4	1	4L		1L	5		1			
14 Lake Forest Park 24000 Serrano Road	2.3						1				
15 Lake Forest Sports Park/Recreation Center 28000 Rancho Parkway	86	8	5	2	3	1	36	2	2	5	1
16 Montbury Park 21962 Montbury Drive	3.5	1				2					
17 Mountain View Park 24061 Dylan Street	5.3	2	1	1fc	1	9	2	1		2L	
18 Nature Park 26215 Dimension Drive	4.5			1hc		7					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	2	1		2	1	
22 Portola Park 28040 Glenn Ranch Road	5										1
23 Rancho Serrano Park 20842 Paseo Sombra	5.1	3			7			1			
24 Ranchwood Park 22500 Killy Street	1.9		1hc			1					
25 Regency Park Regency Lane & Osterman Road	5									1	
26 Rimgate Park 29772 Rimgate	5	1	1fc		7	3	1			1	
27 Serrano Creek Park 25101 Serrano Road	44	3			13	1	1			1	
28 Sundowner Park 22041 Sundowners Lane	0.8	1			2	1					
29 Tamarisk Park 22001 Tamarisk	11.2		1	1fc	6	1	1				
30 Veterans Park 23102 Ridge Route Drive	4.7				3						
31 Vintage Park 21000 Vintage Street	4.8	5	1fc	1hc	11	1					

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

Park hours are dawn 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



Recreation Program Guide



SPRING 2024 REGISTRATION DATES

RESIDENTS:
BEGINS AT 8 AM, TUESDAY,
FEBRUARY 20, 2024

NON-RESIDENTS:
BEGINS AT 8 AM, TUESDAY,
FEBRUARY 27, 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

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

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

Sports Fields Hotline (949) 461-3595



COMMUNITY SERVICES SPRING HOLIDAY SCHEDULE

MEMORIAL DAY OBSERVED

Monday, May 27, 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



Bunny Blast

EGGSTRAVAGANZA

El Toro Park
23701 Los Alisos Blvd

Saturday, March 23
11 am-2 pm

egg stations*

bring your own bag or basket

carnival games

Pre-Sale Wristbands (before March 23) \$10

Day of Event Wristbands (if not sold out) \$15

Wristbands must be purchased **IN-PERSON** at the Lake Forest Recreation Center. **Cash Only.** Online registration is not accepted. **First 1,000 participants **No refunds will be given for cancellations or lost wristbands.*



The City of Lake Forest
The Pet Adoption Center of Orange County
Orange County Supervisor Don Wagner

INVITE ALL ANIMAL LOVERS AND THEIR PETS TO THE 8TH ANNUAL

South County Pet Expo

Saturday, April 6th 10:00am-2:00pm

Lake Forest Sports Park & Recreation Center
(28000 Rancho Pkwy, Lake Forest, Ca 92630)



- A WIDE VARIETY OF ADOPTABLE PETS FROM MULTIPLE RESCUES!
- AN ARRAY OF PET PRODUCTS, DEMONSTRATIONS, AND SERVICES!
- VETERINARIANS AND A WEALTH OF PET-RELATED INFORMATION!
- SILENT AUCTION, FOOD TRUCKS, GIVEAWAYS, AND FAMILY FUN!
- BRING YOUR WELL SOCIALIZED/VACCINATED/PEOPLE-FRIENDLY DOG!

**You may be asked to leave the event if your dog is not friendly.*

ADDITIONAL PARKING LOCATED AT SADDLEBACK CHURCH

FOR EVENT INFORMATION (INCLUDING VENDOR AND SPONSOR INFO): CONTACT KEVIN FERNANDEZ

PHONE: (949) 273-6978 EMAIL : sponsor@adoptocpets.org



DONALD P. WAGNER
gov.com



CITY OF LAKE FOREST

Spring Boutique

A spring boutique with local artisan vendors...
Jewelry, Handmade Candles & Soaps,
Hand Painted Artwork, Home Decor, etc.

Saturday, April 6, 2024
10am-2pm

Lake Forest Sports Park
28000 Rancho Pkwy, Lake Forest 92630

For more information, Laura Lisack @ 949-461-3451

Hometown Hero Banners

★ ★ AVAILABLE ★ ★

Honor a loved one by displaying a military honoree banner at the Civic Center!

- A new banner (\$300) includes the honoree's name, a formal military photo and their armed forces branch. Extend the display of a 2023 Hometown Hero Banner for an additional year (\$150).
- Banners are installed the week prior to Memorial Day and are displayed on Civic Center Drive for one year.
- After one year, the banner is given to the sponsor or can be renewed for another year of display.

For more information, email Vicky Blethen at: vblethen@lakeforestca.gov



BUNCO NIGHTS

at The Clubhouse
100 Civic Center Dr

Friday, April 26
6:30-9:00 pm

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

Register Online
Activity # 12242



ORGANIC Farmers' Market

Wednesdays
4:00-8:00 pm *Weather Permitting



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.

Excursions

THE GETTY CENTER

18 YRS +

Spend the day immersed in historical culture and art set amid modern architecture and gardens in the hills of Los Angeles. This museum features pre-20th-century European paintings, drawings, illuminated manuscripts, sculpture, and decorative arts through present day from all over the world. Take to the great outdoors and enjoy a picnic lunch while discovering sculptures displayed on terraces and in gardens surrounding the center.

Fee: \$44.00 Residents and Non-Residents

Activity #	Dates	Days	Time
12254	3/20	Wed	9:00 am-3:00 pm

Spring Break Camp

CREATIVE KIDS CLUB— SPRING BREAK CAMP

6-13 YRS

It's that time again- school's out, spring break is here, and the Creative Kids Club is here for a week of fun! The week-long camp consists of crafts, games, and a visit from the Game Truck. Participants must bring a snack and a lunch. Camp will have an 8 to 1 camper to staff ratio.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$200 R | \$205 NR

Activity #	Date	Day	Time
12292	4/1-4/5	Mon-Fri	7:30 am-6:00 pm

2024 CAMP CANCELLATION POLICY AND FEE

- All Camp cancellations requesting refunds (for Little Wranglers, Creative Kids Club Camps and Lake Forest Sports Academy) must be submitted by 5pm 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, Creative Kids Club Camps and Lake Forest Sports Academy must call the Recreation Supervisor at (949) 273-6975.

**REGISTER
ONLINE**

WWW.LFPARKSANDRECCA.COM



Preschool & School Aged Classes

ST. PATRICK'S DAY PRESCHOOL PARTY

3-5 YRS

Lucky you! You are invited to come join us for a wee bit o' fun! There will be Leprechauns, Shamrocks, Rainbows, and a pot of gold! We have a lot of stories to be told! Come enjoy a St. Patrick's Day themed party with games, stories, crafts, and a delicious snack! Parent participation is required for this popular program.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$15 R | \$20 NR

Activity#	Dates	Day	Time
12291	3/16	Sat	11:00 am-1:00 pm

MUSIC TOGETHER

BIRTH-4 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

\$195 R | \$200 NR (10-week session)
\$15 R | \$20 NR (Demo Class)

Material Fee: \$42

Activity #	Dates	Days	Time
12293	4/2	Tue	10:30-11:15 am (Demo Class)
12294	4/2	Tue	4:15-5:00 pm (Demo Class)
12295	4/9-6/11	Tue	10:30-11:15 am
12296	4/9-6/11	Tue	4:15-5:00 pm
12297	4/5	Fri	10:00-10:45 am (Demo Class)
12298	4/12-6/14	Fri	9:15-10:00 am
12299	4/12-6/14	Fri	10:15-11:00 am
12300	4/6	Sat	10:00-10:45 am (Demo Class)
12301	4/13-6/15	Sat	9:00-9:45 am
12302	4/13-6/15	Sat	10:00-10:45 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. 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

\$159 R | \$164 NR (10-week session)

Activity #	Dates	Days	Time
12276	3/9-5/18	Sat	9:55-10:40 am

BALLET, JAZZ, & TAP COMBO B 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. 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

\$159 R | \$164 NR (10-week session)

Activity #	Dates	Days	Time
12277	3/9-5/18	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. 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

\$159 R | \$164 NR (10-week session)

Activity #	Dates	Days	Time
12274	3/9-5/18	Sat	11:45-12:30 pm

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 due on first day of class. 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

\$159 R | \$164 NR (10-week session)

Material Fee: \$5

Activity #	Dates	Days	Time
12275	3/9-5/18	Sat	9:00-9:45 AM

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
12272	5/1-5/29	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

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

Activity #	Dates	Days	Time
12273	5/1-5/29	Wed	7:45-8:45 pm

PRESCHOOL GYMNASTICS— (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
12353	3.5-5.5 yrs	3/5-3/26	Tue	1:00 pm-1:50 pm
12356	4-6.3 yrs	3/7-3/28	Thu	2:50 pm-3:40 pm
12354	3.5-5.5 yrs	4/9-4/30	Tue	1:00pm-1:50 pm
12357	4-6.3 yrs	4/4-4/25	Thu	2:50 pm-3:40 pm
12355	3.5-5.5 yrs	5/7-5/28	Tue	1:00pm-1:50 pm
12358	4-6.3 yrs	5/2-5/23	Thu	2:50 pm-3:40 pm

PARENT & ME (PEE WEE) GYMNASTICS 1.3-2.2 YRS | 1.6-3 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
12342	1.3-2.2 yrs	3/5-3/26	Tue	9:30-10:15 am
12343	1.6-3.5 yrs	3/5-3/26	Tue	10:20-11:05 am
12344	1.6-3.5 yrs	3/6-3/27	Wed	10:00-10:45 am
12345	1.3-2.2 yrs	4/9-4/30	Tue	9:30-10:15 am
12346	1.6-3.5 yrs	4/9-4/30	Tue	10:20-11:05 am
12347	1.6-3.5 yrs	4/10-5/1	Wed	10:00-10:45 am
12348	2-3.5 yrs	4/10-5/1	Wed	10:55-11:40 am
12349	1.3-2.2 yrs	5/7-5/28	Tue	9:30-10:15 am
12350	1.6-3.5 yrs	5/7-5/28	Tue	10:20-11:05 am
12351	1.6-3.5 yrs	5/8-5/29	Wed	10:00-10:45 am
12352	2-3.5 yrs	5/8-5/29	Wed	10:55-11:40 am



BREAKTHROUGH SPORTS VOLLEYBALL TRAINING ACADEMY 2ND-5TH GRADE | 6TH-9TH GRADE

The Breakthrough Sports Training Academy is weekly training for youth volleyball players of ALL skill levels at an affordable price. With more than 20 years of experience creating youth programming for professional sports teams (LA Clippers, KC Chiefs, Anaheim Ducks), Breakthrough Sports brings their award-winning training to Lake Forest. Breakthrough Sport coach, Brenton Smith (coaching assistant at UofA) will help participants improve mechanics, volleyball IQ and most of all confidence in a FUN environment. A new curriculum will be designed weekly to work on all aspects of volleyball in addition to strength building exercises.

Instructor: Breakthrough Sports Staff
 Location: Lake Forest Sports Park
 28000 Rancho Parkway

\$85 R | \$90- NR (4-week sessions)

Activity #	Ages	Dates	Days	Time
12403	2nd-5th grade	4/7-4/28	Sun	2:00-3:00 pm
12404	6th-9th grade	4/7-4/28	Sun	3:00-4:00 pm
12405	2nd-5th grade	5/5-5/26	Sun	2:00-3:00 pm
12406	6th-9th grade	5/5-5/26	Sun	3:00-4:00 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: Lake Forest Sports Park
 28000 Rancho Parkway

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

Activity #	Dates	Days	Time
12359	MAR	Mon/Wed/Thu	6:00-7:00 pm
12360	APR	Mon/Wed/Thu	6:00-7:00 pm
12361	MAY	Mon/Wed/Thu	6:00-7:00 pm

REGISTRATION DATES



RESIDENTS: TUES., FEB. 20, 2024, 8:00 AM
NON-RESIDENTS: FEB. 27, 2024, 8:00 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.

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

Basketball:

Monday-Friday11:00 am–1:00 pm
 Monday (30 and older)6:30 pm–9:30 pm
 Saturday3:00–6:00 pm

Volleyball:

Friday6:30–9:30 pm
 Saturday6:30–9:30 pm
 Sunday10:00 am–2:00 pm

Pickleball:

Tuesday8:30–10:30 am
 Thursday8:30–10:30 am

Futsal Soccer:

Thursday6:30–9:30 pm

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

Holiday closures:
 Sunday, March 31, 2024
 Monday, May 27, 2024

FOLLOW US  
 @lfsportspark @lakeforest_sportspark

THE ETIQUETTE FACTORY: MANNERS, CHARACTER & SOCIAL SKILLS “VALUING OTHERS”

5-9 YRS

Our exclusive program helps children understand why integrity, respect, empathy, and charity help our lives both personally and professionally. Through games, role play, activities, discussion and stories, our exclusive program will teach children practical ways they can value and respect other as well as build character within themselves. Some of the topics covered will be: Acts of Kindness, Personal Responsibility, Etiquette with Family, Guests and Neighbors, Manners in Public and at Social Events, and so much more!

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

\$145 R | \$150 NR (4-week session)

Material Fee: \$20

Activity #	Dates	Days	Time
12407	5/4-5/25	Sat	9:00-12:00 pm

YOUR FOOD IS ALIVE!

5-12 YRS

Come and join us as we learn about the amazing world of food science! We will discuss how some living organisms related to foods such as cheese, honey, bread, and more. Learn the science of sugar, food coloring, nutrition, and more. Your child will be up close with live/fresh organisms/food and engage in cool biology activities. Some of these foods are to take home! No nuts in class but please indicate allergies if any.

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

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

Material Fee: \$60

Activity #	Dates	Days	Time
12283	3/7-4/18	Th	4:15-5:15 pm

JUNIOR DOCTORS

5-12 YRS

Come and join this fun and hands-on biology workshop for kids! Learn about the incredible world of medicine and medical research! Your child will learn about cardiology, veterinary medicine, neurology and more! Each class will highlight a career in the medical field. Your child will be up close with the fresh/preserved specimens, perform some dissections, and engage in cool biology experiments using lab equipment/tools.

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

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

Material Fee: \$60

Activity #	Dates	Days	Time
12282	4/25-5/30	Th	4:15-5:15 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.

\$165 R | \$170- NR (9-week sessions)

Activity #	Ages	Dates	Days	Time
12318	2-3.5yrs	4/6- 6/8	Sat	9:00-9:40 am
12319	3.5-4.5yrs	4/6- 6/8	Sat	9:50-10:30 am
12320	4.5-5yrs	4/6- 6/8	Sat	10:40-11:20 am
12121	2-3.5yrs	3/26-5/23	Tue	4:00-4:40 pm
12122	3.5-4.5yrs	3/26-5/23	Tue	4:50-5:30 pm
12123	4.5-5 yrs	3/26-5/23	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.

\$165 R | \$170- NR (9-week sessions)

Activity #	Dates	Days	Time
12324	4/6-6/8	Sat	11:30-12:10 pm
12325	3/26-4/21	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.

6-8 yrs: \$109 R | \$114- NR (5-week sessions)

9-12 yrs: \$119 R | \$124- NR (5-week sessions)

Activity #	Ages	Dates	Days	Time
12326	6-8 yrs	3/21-4/18	Thu	5:40-6:20 pm
12328	9-12 yrs	3/21-4/18	Thu	6:30-7:30 pm
12327	6-8 yrs	5/9-6/6	Thu	5:40-6:20 pm
12329	9-12 yrs	5/9-6/6	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.

Instructor: Skyhawks Staff

\$109 R | \$114 NR (5-week sessions)

Activity #	Ages	Dates	Days	Time
12330	3.5-4.5 yrs	3/21-4/18	Thu	4:00-4:40 pm
12332	4.5-5 yrs	3/21-4/18	Thu	4:50-5:30 pm
12331	3.5-4.5 yrs	5/9-6/6	Thu	4:00-4:40 pm
12333	4.5 -5 yrs	5/9-6/6	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.

\$109 R | \$114 NR (5-week sessions)

Activity #	Ages	Dates	Days	Time
12334	2-3.5 yrs	3/22-4/19	Fri	4:00-4:40 pm
12336	3.5-4.5 yrs	3/22-4/19	Fri	4:50-5:30 pm
12338	4.5-5 yrs	3/22-4/19	Fri	5:40-6:20 pm
12335	2-3.5 yrs	5/10-6/7	Fri	4:00-4:40 pm
12337	3.5-4.5 yrs	5/10-6/7	Fri	4:50-5:30 pm
12339	4.5-5 yrs	5/10-6/7	Fri	5:40-6:20 pm

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.

\$109 R | \$114 NR (5-week sessions)

Activity #	Dates	Days	Time
12340	3/22-4/19	Fri	6:30-7:10 pm
12341	5/10- 6/7	Fri	6:30-7:10 pm

SUPER SOCCER STARS



Super Soccer Stars classes are held at Baker Ranch Community Park 26380 Rancho Parkway, Lake Forest

Youth classes

Fee: Spring
\$192 R | \$197 NR (8 week session)

PARENT & ME

1-2YRS

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!

Activity #	Dates	Days	Time
12303	3/16-5/11	Sat	8:15-8:55 am
12304	3/16-5/11	Sat	9:05-9:50 am
12305	3/17-5/12	Sun	9:05-9:50 am

PARENT & ME

2-3YRS

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!

Activity #	Dates	Days	Time
12306	3/16-5/11	Sat	9:55-10:35 am
12307	3/16-5/11	Sat	11:30-12:10 pm
12308	3/17-5/12	Sun	8:15-8:55 am
12309	3/17-5/12	Sun	9:55-10:35 am

SUPER SOCCER STARS

3-4 YRS

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.

Activity #	Dates	Days	Time
12310	3/16-5/11	Sat	10:40-11:25 am
12311	3/17-5/12	Sun	11:45-12:30 pm

SUPER SOCCER STARS

4-5 YRS

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.

Activity #	Dates	Days	Time
12312	3/16-5/11	Sat	9:50-10:40 am
12313	3/17-5/12	Sun	10:40-11:30 am

SUPER SOCCER STARS

5-7 YRS

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.

Activity #	Dates	Days	Time
12314	3/16-5/11	Sat	8:00-9:00 am
12315	3/17-5/12	Sun	12:35-1:35 pm

SOCCER STARS UNITED— ADVANCED CLASS

5-9 YRS

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.

Activity #	Dates	Days	Time
12316	3/17-5/11	Sat	10:45-11:45 am

SHINING SOCCER STARS— SPECIAL NEEDS

5-12YRS

The Shining Stars Program 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. Soccer Ball required.

Activity #	Dates	Days	Time
12317	3/16-5/11	Sat	11:50 am-12:50 pm

**REGISTER
ONLINE**



WWW.LFPARKSANDRECCA.COM

FUNDAMENTAL CHESS

6-12 YRS

Learn the fundamentals of chess! Each class includes an instructional lesson on various tactics and strategies and a practice period. Test your skills and sportsmanship at the end of the session with an in-class tournament with prizes for all.

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

\$299 R | \$304 NR (8-week session)

Activity #	Dates	Days	Time
12393	3/6-5/29	Wed	3:30-4:30 pm

ROLLER SKATING FUNDAMENTALS

Get ready for an exciting roller skating class for kids, guided by a passionate roller derby coach with decades of experience skating. This program promises fun, skill-building, and a safe introduction to the world of roller skating. Helmet is required.

Instructor: Coach Beat'er Pan
 Location: Foothill Ranch Community Park
 19422 Rue De Valore

\$100 R | \$105 NR (5-week session)

\$190 R | \$195 NR (10-week session)

Activity #	Dates	Days	Time
12387	4/2-4/30	Tue	5:15-6:30 pm
12388	5/7-6/4	Tue	5:15-6:30 pm
12389	4/2-6/4	Tue	5:15-6:30 pm
12390	4/5-5/3	Fri	5:15-6:30 pm
12391	5/10-6/7	Fri	5:15-6:30 pm
12392	4/2-6/4	Fri	5:15-6:30 pm

MARTIAL ARTS

3+ 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
12288	Contact to schedule day and time		
12287	Contact to schedule day and time		

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

\$148 R | \$153 NR (7-week session)

\$127 R | \$132 NR (6-week session)

Activity #	Dates	Days	Time
12376	3/6-3/27	Mon/Wed	3:30-4:25 pm
12377	4/8-4/24	Mon/Wed	3:30-4:25 pm
12378	5/1-5/22	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

\$148 R | \$153 NR (7-week session)

\$127 R | \$132 NR (6-week session)

Activity #	Dates	Days	Time
12379	3/6-3/27	Mon/Wed	4:30-5:25 pm
12380	4/8-4/24	Mon/Wed	4:30-5:25 pm
12381	5/1-5/22	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

\$148 R | \$153 NR (7-week session)

\$127 R | \$132 NR (6-week session)

Activity #	Dates	Days	Time
12382	3/6-3/27	Mon/Wed	5:30-6:25 pm
12383	4/8-4/24	Mon/Wed	5:30-6:25 pm
12384	5/1-5/22	Mon/Wed	5:30-6:25 pm

Adult Classes



ROBOTICS ACADEMY: INVENTOR 9-12

Students will learn all about the engineering and design process as they imagine, create and innovate. During the class, our engineers will design and build inventions using LEGO® Spike Prime Robotics to solve numerous engineering problems before going head-to-head against other awesome bots in exciting and educational engineering competitions. Ready, Set, Robots!

Instructor: Brainstorm STEM Staff
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$140 R | \$145 NR (6-week session)

Activity #	Dates	Days	Time
12408	3/4-4/15	Mon	3:30-4:30 pm

YOUNG EINSTEIN'S: BRAINY BOTS 9-12

In this Young Einsteins™ course, students enter the awesome world of coding and robotics by learning how to build and program amazing robots or even make their own game. Combining code and cutting-edge technology, students are able to explore coding fundamentals, such as variables, events, conditional statements and more. This engaging course is perfect for all levels and allows students to build valuable skills while having lots of fun!!

Instructor: Brainstorm STEM Staff
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$120 R | \$125 NR (6-week session)

Activity #	Dates	Days	Time
12409	4/22-5/20	Mon	3:30-4:30 pm

KIDS NIGHT OUT 4-14 YRS

Indulge in some well-deserved 'me time' or enjoy a date night while we ensure your little ones experience the ultimate quality care and entertainment! Supervised by experienced teachers. Our engaging activities include crafts, games, and story time—away from the screen! Children can come in Pajamas, and bring their blankies and favorite stuffed animals. Rest assured, all children are potty-trained for a worry-free experience. Relax and unwind, knowing your little ones are in expert hands.

Instructor: Yuka Garrett
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$60 R | \$65 NR

Activity #	Dates	Days	Time
12262	3/1	Fri	6:00-9:00 pm
12263	3/8	Fri	6:00-9:00 pm
12264	3/15	Fri	6:00-9:00 pm
12265	3/22	Fri	6:00-9:00 pm
12266	4/26	Fri	6:00-9:00 pm
12267	5/10	Fri	6:00-9:00 pm
12268	5/17	Fri	6:00-9:00 pm
12269	5/24	Fri	6:00-9:00 pm
12270	5/31	Fri	6:00-9:00 pm

CLICKSTART 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). We will be training with treats and harnesses (no choke chains, prong collars, or shock collars). Look for our welcome email upon signing up! For dogs ages 6+ months.

Instructor: Clickstart Dog Academy staff
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

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

Activity #	Dates	Days	Time
12385	3/2-4/6	Sat	2:00-3:00 pm
12386	4/13-5/18	Sat	2:30-3:30 pm

YIN YOGA 18+ YRS

A series of long-held (2-4 minutes), passive, floor poses that focus on the spine and other areas rich in connective tissue. Huge therapeutic benefits include increased circulation, improved flexibility, stress and anxiety reduction, rehabilitation from injury, and much more. Appropriate for all skill levels and body types. Bring a yoga mat. Blocks, blankets and a bolster are strongly recommended, and orders are taken at first meeting. For more information www.inspireyogaoc.com

Instructor: Amy Harper
 Location: Lake Forest Recreation Center
 28000 Rancho Parkway

\$98 R | \$103 NR (6-week session)

Activity #	Dates	Days	Time
12271	3/12-4/16	Tue	7:45-8:45 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

\$81 R \$86 (6 class session)

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

Activity #	Dates	Days	Time
12284	3/5-3/28	Tue/Thu	6:00-6:45 pm
12285	4/2-4/25	Tue/Thu	6:00-6:45 pm
12286	5/2-5/21	Tue/Thu	6:00-6:45 pm

BALLROOM & SWING DANCE BASIC

18+ YRS

This wonderful class will teach you the beginning steps of Ballroom & Swing Dancing. Let me break it down to the very basics of these dances. No experience or partner necessary absolute beginners are always welcome! Bring your friends!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$90 R | \$95 NR

Activity #	Dates	Days	Time
12260	2/28-4/3	Fri	6:00-6:45 pm
12261	4/24-5/29	Fri	6:00-6:45 pm

SALSA & LATIN DANCE BASIC

18+ YRS

This class is all about the building blocks of salsa dancing. Let me teach you the moves that every salsa dancer should know, one at a time, piece by piece. We'll put them together to make something new! Dance classes are also a great way to meet new friends. Dancing is for all generations from the very young to the very young at heart No partners required. Come join us!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$90 R | \$95 NR

Activity #	Dates	Days	Time
12258	2/28-4/3	Wed	7:00-7:45 pm
12259	4/24-5/29	Wed	7:00-7:45pm

BRIDE AND GROOMS WEDDING FIRST DANCE LESSON

18+ YRS

Wedding Dance Choreographed by Yuka. Look like ‘Stars’ on your Wedding Day! The First Dance is choreographed and taught step-by-step so non-dancers will be dancing at their wedding with grace and confidence. Great way to also prepare for father-daughter/mother-son dance.

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$45 R | \$50 NR per person

Activity #	Dates	Days	Time
12257	4/5	Fri	6:30-7:45 pm

ZUMBA® GOLD+ TONING FOR BEGINNERS

18+ YRS

This class is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy to follow choreography that focuses on cardiovascular, muscular conditioning, flexibility and balance while enjoying Latin and International rhythms. Come ready to sweat and prepare to leave empowered and feeling strong! It's easy, effective and fun!

Instructor: Angie Velez

Location: Lake Forest Recreation Center
28000 Rancho Parkway

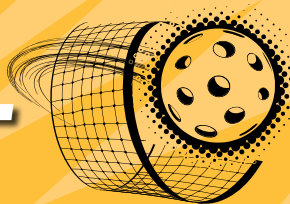
Activity #	Package	Cost
12278	5-class package	\$35 R \$40 NR
12279	10-class package	\$50 R \$55 NR
12280	15-class package	\$75 R \$80 NR
12281	20-class package	\$100 R \$105 NR

Dates	Days	Time
Ongoing	Tue	6:00-7:00 pm
Ongoing	Sat	10:00-11:00 am



PICKLEBALL

Fun For All



Instructors
Shelly and Kevin Booth
at Portola Park, 28040 Glenn Ranch Road, Lake Forest

LEARN TO PLAY PICKLEBALL CLASS 14+ YRS

This 5-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.

\$135 R | \$140 NR (5-week session)

Activity #	Dates	Days	Time
12366	3/13-4/10	Wed	8:30-9:30 am
12367	3/14-4/11	Thur	6:30-7:30 pm
12368	4/24-5/22	Wed	8:30-9:30 pm
12369	4/25-5/23	Thur	6:30-7:30 pm

PICKLEBALL 101 CLINIC 14+ YRS

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.

\$50 R | \$55 NR

Activity #	Dates	Days	Time
12362	3/16	Sat	8:00-10:00 am
12363	4/13	Sat	8:00-10:00 am

SKILLS, DRILLS AND STRATEGY INTERMEDIATE CLASS 14+ YRS

This 5-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.

\$135 R | \$140 NR (5-week session)

Activity #	Dates	Days	Time
12364	3/13-4/10	Wed	9:30-10:30 am
12365	3/14-4/11	Thu	7:30-8:30 pm

'LEVEL UP' INTERMEDIATE CLASS 14+ YRS

This 5-week class will focus on both defensive and offensive shot making. Learn when to attack and when to slow the game down based on your court position, balance and readiness. Learn how to strategically move your opponents out of position to open up space on the court.

\$135 R | \$140 NR (5-week session)

Activity #	Dates	Days	Time
12372	4/24-5/22	Wed	9:30-10:30 am
12373	4/25-5/23	Thu	7:30-8:30 pm

WOMEN'S ROUND ROBIN—INTERMEDIATE (LEVEL 3.25-3.5) 14+ YRS

This Women's Round Robin Tournament is for intermediate 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 for the top 3 players.

\$50 R | \$55 NR

Activity #	Dates	Days	Time
12370	4/20	Sat	7:30 am

MEN'S ROUND ROBIN—INTERMEDIATE (LEVEL 3.5) 14+ YRS

Men's Competitive 3.5 Round Robin Tournament is for 3.5 +/- Intermediate 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.

\$50 R | \$55 NR

Activity #	Dates	Days	Time
12371	4/20	Sat	11:00 am

"DEFENSIVE SHOTS" INTERMEDIATE DOUBLES PLAY CLINIC 14+ YRS

Transition, reset, and recovery strategies through defensive dinks, drops and resets. Shot selection and execution designed to get you "out of trouble", to the kitchen and back in the game.

\$55 R | \$60 NR

Activity #	Dates	Days	Time
12375	4/13	Sat	10:15-12:15 pm

"OFFENSIVE SHOTS" INTERMEDIATE DOUBLES PLAY CLINIC 14+ YRS

"Placement and Power" winning strategies through offensive volleys, punches and drives. Shot execution designed to open up space or facilitate an error or pop up.

\$55 R | \$60 NR

Activity #	Dates	Days	Time
12374	3/16	Sat	10:15-12:15 pm

Etnies

SKATEPARK OF LAKE FOREST

Award Winning World Class SKATEBOARD FACILITY



“Best Skatepark in OC” Readers’
Choice 2018, 2019, 2020, 2021, 2022
—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

SPRING 2024 SKATEPARK HOURS

Monday - Thursday: 11:00 am - 9:00 pm

Friday: 11:00 am - 10:00 pm

Saturday: 10:00 am - 10:00 pm

Sunday: 10:00 am - 9:00 pm

*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



ETNIES SPRING BREAK SKATE CAMP 5-17 YRS

Choose this Spring break to spend at one of the best skate camps around! We have been offering camps since 2003 and have worked hard to make it an experience to remember. Lunch, drinks, and snacks are provided daily. Specific clinics covered during camp include: the basics of ollies; how to kick flip; how to grind; bowl riding; and skating transitions. All camp activities will be held by experienced Skatepark staff that has a proven successful track record in improving skateboard skills. Hone your skills on a variety of the best Skatepark terrain around including the skull bowl, the flow bowl, two large flow courses, Orange County’s only cradle, and world class street areas. Each participant will design and print their own official Etnies Skatepark of Lake Forest t-shirt. Skate camp is designed to cover skateboarding basics as well as many other fun camp activities!

The week of fun will include skateboard instruction, games, and lunch. Please make sure your camper brings a skateboard, helmet, elbow/knee pads, and enough water to last for the duration of the camp.

Instructors: Skatepark Staff

Fee: \$249.00 per person | Limited to 25 per session.

Activity #	Dates	Days	Times
12401	4/1-4/5	Mon-Fri	10:00 am-2:00 pm



MEMORIAL DAY SKATE CAMP

5-17 YRS

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

Fee: \$49.00 per person | Limited to 25 per session.

Activity #	Dates	Days	Times
12402	5/27	Mon	10:00 am-2:00 pm

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.

Instructor: Skatepark Staff

Fee: Free | Limited to four per session
15 minute Course

PRIVATE LESSONS-SKATEBOARD & 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.

To Register: Please call the skatepark to schedule your lesson (949) 916-5870.

Instructor: Skatepark Staff

Fee: \$50 per hour
(A max of two children are allowed per private lesson).

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

Sound Sessions

ALL AGES

7-10PM

Live Music at the Skatepark

FRI MAR 29

FRI APR 26

FRI MAY 31

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 Etnieskatepark.com or call the Skatepark.

CANCELLATION and USE POLICY

If a class is canceled 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.

Special Needs

For more information on the City's Special Needs Programs, contact Recreation Supervisor, Kevin Fernandez at kfernandez@lakeforestca.gov.

FOLLOW US

 @lake_forest_special_needs



Down Syndrome Achievement Centers
educate. inspire. believe.



Lake Forest Special Needs Presents:

RESOURCE FAIR & SPRING SHINDIG

Saturday, March 2nd
12pm - 2pm

AT THE LAKE FOREST CLUBHOUSE
(100 Civic Center Drive, Lake Forest, Ca)

AN EVENT DEDICATED TO HELPING THE SPECIAL NEEDS COMMUNITY GROW

FEATURING:

- TONS OF SPECIAL NEEDS VENDORS/PROGRAMS
- DANCE FLOOR HOSTED BY OUR FRIEND DJ NOAH
- FREE GAMES, ACTIVITIES, AND GIVEAWAYS
 - LUNCH IS PROVIDED FOR FREE



For more info contact Kevin Fernandez at kfernandez@lakeforestca.gov

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

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

SHINING SOCCER STARS—SPECIAL NEEDS **5-12 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. Soccer Ball required. Instructor: Super Soccer Stars Staff

Location: Baker Ranch Community Park
 26380 Rancho Parkway, Lake Forest

\$192 R | \$197 NR (8-week session)

Activity #	Dates	Days	Time
12317	3/16-5/11	Sat	11:50 am-12:50 pm



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



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@LNYSO.org or Sandy Castillo at scastrillo@calsouth.com

GYMNASTICS FOR KIDS WITH SPECIAL NEEDS

5+ YRS

Our gymnastics classes are specifically designed for children and teens with special needs (Autism, Down Syndrome, Cerebral Palsy, ADHD, etc.). Students will learn basic gymnastics skills such as handstands and cartwheels and other floor exercises. During class, students will work on social behaviors, taking turns, sharing equipment, and, more importantly, having fun. Please call to set a free assessment and discuss class placement. This special pricing is available to new members only. 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

\$100/month (Four 45-minute sessions) Resident

\$105/month (Four 45-minute sessions) Non-Resident

Dates Time

Ongoing varies



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.

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

Shooting Stars BASKETBALL

• FOR SPECIAL NEEDS ATHLETES •

- **Little Dippers**
Players who benefit from teen peer support.
- **Mighty Dippers**
Players that dribble, pass, and shoot with minimal support.
- **Big Dippers**
Teen-adult competitive basketball players.

Registration: on-site

Location: RSM or Los Alisos Intermediate Schools



For dates and location, please email Laurie & Richard Jimenez at SVUSDShootingStars@gmail.com

Welcome to The Clubhouse for Seniors



CITY OF LAKE FOREST

THE CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | MARCH - MAY '24



Spring Has Sprung!



SPECIAL HIGHLIGHTS INCLUDE:
BUNCO NIGHTS AT THE CLUBHOUSE
CASINO NIGHTS DANCE
FOURTH OF JULY PARADE VOLUNTEERS NEEDED!
LUCK OF THE LEPRECHAUN LUNCHEON
MOTHER'S DAY LUNCHEON
THE GETTY CENTER EXCURSION

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

50 CLUBHOUSE

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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
3/4	Mon	10:00 am-2:00 pm
4/1	Mon	10:00 am-2:00 pm
5/6	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
3/25	Mon	10:00 am-2:00 pm
4/22	Mon	10:00 am-2:00 pm
5/20	Mon	10:00 am-2:00 pm

BINGO THURSDAYS!

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

Free

Days	Time
Thursdays	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
Luck of the Leprechaun Luncheon			
12243	3/14	Thu	12:00 pm
Welcome to the Jungle			
12244	4/25	Thu	12:00 pm
Spring Fling!			
12245	5/30	Thu	12:00 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/Wed/Thu	10:00 am-3:00 pm
Ongoing	Tue	10:00 am-12:30 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
12247	Ongoing	Mon	10:00 am-3:00 pm
		Tue	12:45 pm-3:00 pm
		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
Spring Floral Wreath Hat			
12248	3/19	Tue	10:30 am
Painted Taper Candles			
12249	4/16	Tue	10:30 am
Yarn Dreamcatcher			
12250	5/21	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
Holistic Home Gardening			
12251	3/5	Tue	10:00-11:00 am
Tips for Jump Starting Your Garden			
12252	4/2	Tue	10:00-11:00 am
UCCE Master Gardeners Presentation			
12253	5/7	Tue	10:00-11:00 am

CASINO

Night Dance

\$15

APRIL 12

5-8 pm

Viva Las Casino Nights!

Come dance the night away in your most fabulous casino chic attire!

• FUN

• FOOD

• PHOTO BOOTH

• DANCING

• REFRESHMENTS

Activity #12246

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
<i>Symphony of Secrets</i> by Brendan Slocumb		
3/21	Thu	10:00 am
<i>The Porcelain Moon</i> by Janie Chang		
4/18	Thu	10:00 am
<i>In the Time of Butterflies</i> by Julia Alvarez		
5/16	Thu	9:30 am

FREE BLOOD PRESSURE CHECKS

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

Free

Dates	Days	Time
3/18	Mon	10:00 am-12:00 pm
4/22	Mon	10:00 am-12:00 pm
5/20	Mon	10:00 am-12:00 pm

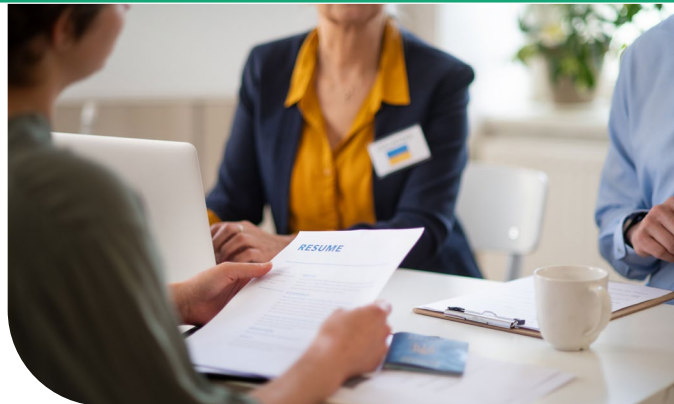
MEDICATION REVIEW

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
4/25	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
3/7	Thu	1:00-3:00 pm
4/4	Thu	1:00-3:00 pm
5/2	Thu	1:00-3:00 pm

AARP DRIVER SAFETY REFRESHER COURSE

50+ YRS

Would you like to be more confident behind the wheel? This instructional class is for the mature driver (50+) who has taken the eight-hour course within the last four years. 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. Please note: You must take AARP Driver's Safety Two-Day Course first.

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

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

Activity #	Dates	Days	Time
12255	4/9	Tues	9:30 am-3:00 pm

REGISTRATION DATES



RESIDENTS: TUES., NOV. 21, 2023, 8:00 AM

NON-RESIDENTS: TUES., NOV. 28, 2023, 8:00 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
12256	5/6 & 5/7	Mon/Tue	9:30 am-3:00 pm



HICAP HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM

TUESDAYS
10:00 am-1:00 pm

March 12

April 9

May 14

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

The Clubhouse, 100 Civic Center Dr

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

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.

SENIOR EMERITUS CLASSES

Instructor: Emeritus Staff
FREE

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
62485	1/16-5/21	Tue	2:00-3:05 pm
62610	1/18-5/16	Thu	2:00-2:50 pm

BEGINNING CONVERSATION

Designed to help beginning ESL students develop their emerging listening and speaking skills of American English.

Tic #	Dates	Days	Time
64795	1/22-5/20	Mon/Wed	1:30-2:45 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
62505	1/22-5/20	Mon	12:00-12:50 pm

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
62605	1/16-5/21	Tue	10:30-11:20 am
62645	1/16-5/21	Tue	11:30 am-12:20 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
62525	1/16-5/21	Tue	12:30-2:20 pm

INTERMEDIATE IDIOMS **NEW CLASS!**

Offers intermediates ESL students extensive oral and written practice with new idiomatic vocabulary at work, in school, and in many life situations.

Tic#	Dates	Days	Time
64545	1/22-5/20	Tue/Thu	1:30-2:45 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
90120	1/18-5/15	Wed	10:30-11:20 am
62520	1/19-5/16	Thu	10:30-11:20 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
62655	1/16-5/21	Tue	10:30 am-12:20 pm

STRETCH & 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.

Tic #	Dates	Days	Time
62665	1/22-5/20	Mon	10:30-11:20 am

TAI CHI MOBILITY

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

Tic #	Dates	Days	Time
62490	1/17-5/22	Wed	1-1:50 pm

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.

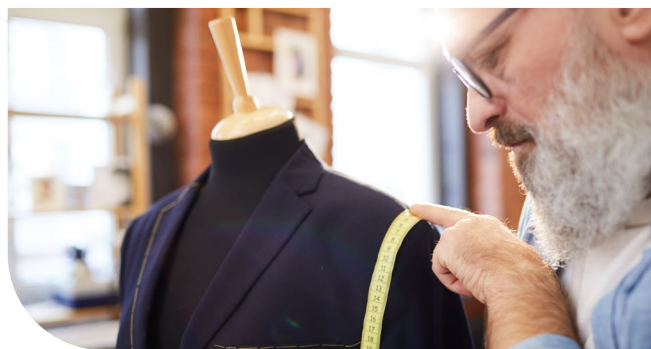
Tic #	Dates	Days	Time
62705	1/17-5/22	Wed	10:30-11:20 am
62620	1/17-5/22	Wed	1:00-2:50 pm
62510	1/18-5/16	Thu	11:30 am-12:20 pm

Saddleback College Classes

INTERMEDIATE CLOTHING CONSTRUCTION

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

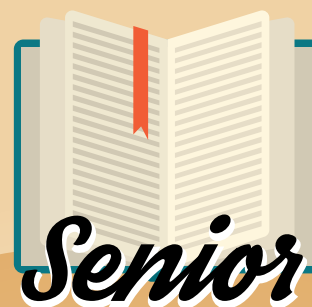
Tic #	Dates	Days	Time
10980	1/17-5/22	Wed	10:00 am-12:50 pm



LIFE AND TECHNOLOGY INTEGRATION FOR OLDER ADULTS

This class introduces students to the effective use of emerging technologies and how to create ease, efficiency, and comfort in completion of daily tasks. Students will learn about internet use, computers, tablets, smart cell phones, mobile apps, and other emerging technologies.

Tic #	Dates	Days	Time
11580	1/15-5/21	Tue	1:00-2:50 pm



Senior 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

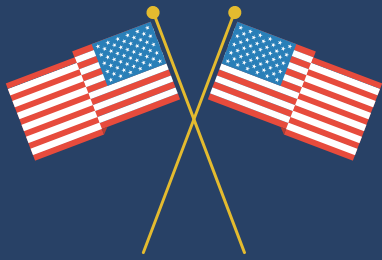
New or returning students (those who skipped the fall or spring semester) will need to fill out the online Emeritus Application at www.saddleback.edu/emeritus or call (949) 582-4835 for more information. Class Schedule: www.saddleback.edu/cs

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.

We Want You!

JOIN THE 4TH OF JULY PARADE VOLUNTEER COMMITTEE



ARE YOU INTERESTED IN VOLUNTEERING?

Join this group of parade historians and make a difference!

Beginning in February, meetings are held the first Monday of the month at 6:00 pm at the Clubhouse Senior Center 100 Civic Center Drive

All volunteers will be assigned a duty for the 4th of July



FOR MORE INFORMATION, CONTACT SENIOR RECREATION SUPERVISOR, COURTNEY WYSOCKI CWYSOCKI@LAKEFORESTCA.GOV OR (949) 461-3439



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

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.

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:

- \$2.00 One Way (\$4.00 Round Trip)
Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc.
- \$5.00 One Way (\$10.00 Round Trip)
To and from non-emergency medical appointments to Saddleback Memorial Hospital, Mission Hospital, South County Orthopedic Specialist, Kaiser Hospital (Irvine), and Hoag Hospital (Irvine).

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

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

Call (949) 461-3408 to make an appointment to register and take your photo for your ID for the City of Lake Forest Taxi Program.

\$10.00 Replacement Lost Card Fee



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

JOIN THE FUN!

FREE

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

New participants, call The Clubhouse at (949) 461-3408.





HOW TO Register for Programs

Spring 2024 Registration Dates

Lake Forest Residents: February 20, 2024 beginning at 8am | **Non-Residents:** February 27, 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 canceled 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 canceled if the minimum is not met. You will be contacted if a class or program for which you have registered has been canceled.
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 canceled 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 canceled 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 (MM/DD/YY)	Gender <input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F

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

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



Here Comes SUMMER!

REGISTRATION FOR SUMMER 2024 PROGRAMS

RESIDENT REGISTRATION BEGINS
Tuesday, May 21 at 8:00 am

NON-RESIDENT REGISTRATION BEGINS
Tuesday, May 28 at 8:00 am

Three easy ways to register for programs:



By mail

Lake Forest Sports Park & Recreation Center,
28000 Rancho Parkway



In Person

Lake Forest Sports Park & Recreation Center,
28000 Rancho Parkway



Online (www.lfparksandrecca.com)



For more information call
(949) 273-6960 or
email lfreconline@lakeforestca.gov

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		

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For more info call 949-273-6960 or visit our website at www.LakeForestCA.gov.
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