

**SUMMER 2025**

June, July, August

# Recreation Program Guide



## SUMMER 2025 REGISTRATION DATES

### RESIDENTS:

Begins at 8 am, Tuesday,  
May 6, 2025

### NON-RESIDENTS:

Begins at 8 am, Tuesday,  
May 13, 2025

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## COMMUNITY SERVICES CONTACT INFORMATION

**Community Services** ..... (949) 273-6960

**Community Center Rentals** ..... (949) 461-3407

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

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

**The Clubhouse  
(Senior Center)** ..... (949) 461-3408

**Lake Forest Performing  
Arts Center** ..... (949) 461-3457

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

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

**Sports Fields Hotline** ..... (949) 461-3595



Join Little Wranglers for some Summer Fun! See page 19.

## COMMUNITY SERVICES SUMMER HOLIDAY SCHEDULE

INDEPENDENCE DAY  
**July 4, 2025**  
LABOR DAY  
**September 1, 2025**



**Visit [www.lakeforestca.gov](http://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](http://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](http://www.lfparksandrecca.com)** for 24/7  
online registration.

**Parks  
Make  
Life  
Better!**

**REGISTER  
ONLINE**

**[WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)**

**R = RESIDENT  
NR= NON RESIDENT**





**SATURDAY, JUNE 28**

**Swift Nation**—Taylor Swift Tribute  
@swiftnationtribute



**SATURDAY, JULY 26**

**Family Style** —70's to Present  
@familystuleusa



**SATURDAY, AUGUST 23**

**Diego's Garage with Flashback Heart Attack  
& Car Show**—80's Tribute Band

@diegos.garage.oc | @flashbackheartattack

*If you have a classic car that you would like to show,  
please contact Ken Sipes at [ksipes@lakeforestca.gov](mailto:ksipes@lakeforestca.gov)*

—2025—  
**MOVIES  
IN THE  
PARK**

- **JUNE 13**  
Inside Out 2
- **JULY 11**  
Moana 2
- **AUGUST 8**  
Encanto

Bring your friends, family,  
and a blanket!

**7:30PM**

Lake Forest  
Sports Park Common  
Grass Area  
28000 Rancho Parkway

**FREE!**







**ALL AGES  
WELCOME!**

## 32nd Annual 4th of July Parade

**9:30am • FRIDAY, JULY 4**

**FREE!**



### Friday, July 4th • SCHEDULE OF EVENTS

#### PARADE VIEWING

**Parade Start:** corner of Toledo Way  
and Ridge Route Drive

**Parade End:** on Serrano Road  
and Ridge Route Drive

For additional information, call the  
Community Services Department at  
(949) 461-3451.

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

#### BE IN THE PARADE! *Register now!*

Interested in being an entry in the parade?

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

**Register online at**  
**[bit.ly/Parade-Registration](http://bit.ly/Parade-Registration) by**  
**5:00pm, Monday, June 2.**

For more information, contact  
Laura Hunter at [lhunter@lakeforestca.gov](mailto:lhunter@lakeforestca.gov)  
or (949) 461-3451.



#### EL TORO CHARGERS 5K & 1K Run/Walk

**7:00am | 8:00am**

**\$20 Student (5k & 1k)**

**\$40 Non- Student (5K)**

**[www.ElToroChargers5k.org](http://www.ElToroChargers5k.org)**

Proceeds benefit a variety of ETHS  
programs. The run starts and finishes at  
the corner of Lake Forest Dr. & Chinook Dr.



#### KIWANIS PANCAKE BREAKFAST

**7:00am to 10:00am**

**\$10 per person**

Located on the corner of Toledo  
and Ridge Route.

Proceeds benefit the Key Club-  
youth volunteer groups.

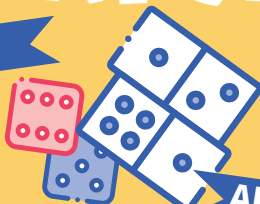




# BUNCO NIGHTS

PRIZES

at The Clubhouse  
100 Civic Center Dr



APPETIZERS

BEVERAGES

## Let the Good Times Roll!

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

\$13.00 Residents & Non-Residents  
Adults/Seniors

Register Online



Activity # 13481:  
June 6, 6:30-9:00 pm

Activity # 13482:  
Aug 1, 6:30-9:00 pm

# 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

\$15 R  
\$20 NR

# Family Campout

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

**JULY 12-13**  
**at the Sports Park**

28000 Rancho Pkwy

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

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

EVERY family member 4 years and older MUST be registered.

Act#: 13660 4 yrs+ Sat & Sun, Jul 12-13 5:30pm-9:00am

2nd Annual

# Multicultural Festival

Saturday, June 28

3 p.m. to 7 p.m.

Civic Center Campus, 100 Civic Center Drive

Dance & Music Performances, Entertainers,  
Artists, Food Vendors, and More!



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



# KIDS SUMMER CAMPS



## CREATIVE KIDS CLUB

6-13 YRS

It's that time of year again - schools out, and summer camp is IN! Join our Creative Kids Club for 8 awesome weeks of crafts, games, special guests, and fun! Participants must bring snacks and lunch. No transfers or refunds for missed days. NO CAMP June 30-July 4. Please see below for City of Lake Forest Camp Refund Policy regarding cancellations.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
<b>Circus</b>			
13405	6/9-6/13	Mon-Fri	7:30 am-6:00 pm
<b>Secret Agent</b>			
13406	6/16-6/20	Mon-Fri	7:30 am-6:00 pm
<b>Nature</b>			
13407	6/23-6/27	Mon-Fri	7:30 am-6:00 pm
<b>Science</b>			
13408	7/7-7/11	Mon-Fri	7:30 am-6:00 pm
<b>Animal Kingdom</b>			
13409	7/14-7/18	Mon-Fri	7:30 am-6:00 pm
<b>Space</b>			
13410	7/21-7/25	Mon-Fri	7:30 am-6:00 pm
<b>Under the Sea</b>			
13411	7/28-8/1	Mon-Fri	7:30 am-6:00 pm
<b>Western</b>			
13412	8/4-8/8	Mon-Fri	7:30 am-6:00 pm

## LITTLE W RANGLERS

3-6 YRS

"Giddy on Up!" and join us for fun-filled activities including music, crafts, games, circle time and special visitors. Your little wrangler will play, imagine, and create while engaging in age-appropriate activities staff has planned. No transfer or refunds for missed days. **ALL LITTLE WRANGLERS MUST BE POTTY TRAINED.** NO CAMP June 30-July 4. Please see City of Lake Forest Camp Refund Policy regarding cancellations\*.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
<b>Circus</b>			
13413	6/9-6/13	Mon-Fri	9:00 am-12:00 pm
<b>Secret Agent</b>			
13414	6/16-6/20	Mon-Fri	9:00 am-12:00 pm
<b>Nature</b>			
13415	6/23-6/27	Mon-Fri	9:00 am-12:00 pm
<b>Science</b>			
13416	7/7-7/11	Mon-Fri	9:00 am-12:00 pm
<b>Animal Kingdom</b>			
13417	7/14-7/18	Mon-Fri	9:00 am-12:00 pm
<b>Space</b>			
13418	7/21-7/25	Mon-Fri	9:00 am-12:00 pm
<b>Under the Sea</b>			
13419	7/28-8/1	Mon-Fri	9:00 am-12:00 pm
<b>Western</b>			
13420	8/4-8/8	Mon-Fri	9:00 am-12:00 pm

## 2025 CAMP CANCELLATION POLICY

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



# Youth Classes

## Preschool & School Aged Classes

### PINOCCHIO, A MUSICAL: 1 WEEK IMMERSION CAMP

**5-12 YRS**

Be in a musical, complete with lights, costumes, big dance numbers and memories to last a lifetime. Instructed by professionals in drama, dance and voice, CKP is known for quality theatre education. Follow Pinocchio through his adventures as he tries to become a real live boy. With so many different and fun roles to play, your actor will have a blast! Learn more at [www.CreativeKidsPlayhouse.org](http://www.CreativeKidsPlayhouse.org)

Instructor: Creative Kids Playhouse  
Children's Theatre of OC

Location: Lake Forest Performing Arts Center  
100 Civic Center Dr, Lake Forest

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

Activity #	Dates	Days	Time
13371	7/28-8/1	Mon-Fri	9:00 am-12:30 pm

### LITTLE NINJAS

**4-6 YRS**

Especially designed for 4-6-year-olds, this exciting introduction to martial arts is one you won't want to miss! From a parent's point of view, your child will be taught important skills to help keep them safe, develop hand/eye coordination, self-control, focus, respect, teamwork, and learning to work towards a goal with perseverance. From a child's point of view, they'll be learning cool karate moves, playing fun games and making new friends. Uniforms are included!

Instructor: PKSA Staff

Location: 22600 F Lambert St, #1205  
Lake Forest

**\$129 R | \$134 NR (6-week session)**

Activity #	Dates	Days	Time
13680	6/3-7/17	T/Th	5:00-5:45 pm
13681	7/22-8/28	T/Th	5:00-5:45 pm



### MISS SARA'S SUNSHINE SEEKERS **1.5-8 YRS**

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

Instructor: Sara Stewart

Location: Serrano Creek Park  
25101 Serrano Rd, Lake Forest

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

Activity #	Dates	Days	Time
13369	6/23-8/18	Mon	9:30-10:15 am
13370	6/25-8/20	Wed	3:30-4:15 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

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$165 R | \$170 NR (8-week session)**

**Material Fee: \$35**

Activity #	Dates	Days	Time
13372	6/24-8/12	Tue	10:30-11:15 am
13373	6/24-8/12	Tue	4:15-5:00 pm
13374	6/27-8/22	Fri	9:15-10:00 am
13375	6/27-8/22	Fri	10:15-11:00 am
13376	6/28-8/16	Sat	9:00-9:45 am
13377	6/28-8/16	Sat	10:00-10:45 am





### BALLET, JAZZ, & TAP COMBO

**2.5-4 YRS | 3-6 YRS**

Participants will learn the fundamentals of ballet, jazz, and tap in a fun, non-competitive environment. Activities and choreography also improve gross motor skills, rhythm, strength, and flexibility. Leotard, tights, and ballet and tap shoes required. Last day performance for family. Please read before first class: [socaarts.com/policies-procedures/](http://socaarts.com/policies-procedures/). No Class: 7/5.

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

**\$99 R | \$104 NR (6-week session)**

**\$132 R | \$137 NR (8-week session)**

Activity #	Ages	Dates	Days	Time
13383	3-6 yrs	6/14-7/26	Sat	9:50-10:35 am
13384	2.5-4 yrs	6/18-8/6	Wed	4:20-5:05 pm

### ALL IN ONE DANCE

**3.5-7 YRS**

Try multiple styles of dance! Dancers learn beginning ballet, jazz, and hip hop in an encouraging environment. Class helps improve coordination, rhythm, and even sports ability! Leotard, tights or leggings, and jazz shoes required. Last day performance for family. Please read before first class: [socaarts.com/policies-procedures/](http://socaarts.com/policies-procedures/). No Class: 7/5.

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

**\$99 R | \$104 NR (6-week session)**

Activity #	Dates	Days	Time
13379	6/14-7/26	Sat	10:40-11:25 am

### ALL IN ONE DANCE CAMP

**5-9 YRS**

Participants embark on an action-packed learning experience, exploring hip hop, jazz, and ballet while improving their stamina, flexibility, and strength! This camp includes daily crafts, team building games, and kindness discussions. Last day performance for family. More info: [www.socaarts.com](http://www.socaarts.com)

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

**\$199 R | \$204 NR (1-week camp)**

**Material Fee: \$25**

Activity #	Dates	Days	Time
13627	7/7-7/11	Mon-Fri	9:00 am-12:00 pm

### BUTTERFLY BALLERINA

**3-6 YRS**

For young dancers ready to "fly" into the world of ballet! Participants learn beginning ballet and gross motor skills while improving coordination, rhythm, and listening skills. Leotard, tights, and ballet shoes required. Last day performance for family. Please read before first class: [www.socaarts.com/policies-procedures/](http://www.socaarts.com/policies-procedures/).

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

**\$132 R | \$137 NR (8-week session)**

Activity #	Dates	Days	Time
13385	6/18-8/6	Wed	3:30-4:15 pm

### 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 improves coordination, rhythm, gross motor skills, and agility. All movement and songs are age-appropriate. Athletic attire and sneakers required. Last day performance for family. Please read before first class: [socaarts.com/policies-procedures/](http://socaarts.com/policies-procedures/). No Class: 7/5.

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

**\$99 R | \$104 NR (6-week session)**

Activity #	Dates	Days	Time
13386	6/14-7/26	Sat	11:30 am-12:15 pm

## POP STAR HIP HOP

5-9 YRS

Grab your glitter microphone! Children will learn hip hop and jazz dance technique and choreography set to music from today's popular artists in this fun, upbeat class. Movements help improve coordination, musicality, and even sports ability! All choreography/music is age-appropriate. Last day performance for family. Please read before first class: [www.socaarts.com/policies-procedures/](http://www.socaarts.com/policies-procedures/).

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$132 R | \$137 NR (8-week session)**

Activity #	Dates	Days	Time
13387	6/18-8/6	Wed	5:10-5:55 pm

## POP STAR SING & DANCE CAMP

5-9 YRS

A dancer and parent favorite, Pop Star Camp is back! Campers learn lyrics and beginning hip hop/jazz choreography to kids' favorite, popular artists. "I Am Kind" program discussion and activities, themed games, and themed crafts done daily. All songs and choreography are age-appropriate. Last day performance for family! More info: [www.socaarts.com](http://www.socaarts.com).

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$199 R | \$204 NR (1-week camp)**

**Material Fee: \$25**

Activity #	Dates	Days	Time
13628	7/21-7/25	Mon-Fri	9:00 am-12:00 pm

## PRINCESS BALLET

2.5-4 YRS

Come twirl! 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 princess story times and crafting. Leotard, tights, and ballet shoes required. \$5 material fee due on first day of class. Last day performance for family. Please read before class: [socaarts.com/policies-procedures/](http://socaarts.com/policies-procedures/). No Class: 7/5.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$99 R | \$104 NR (6-week session)**

**Material Fee: \$5**

Activity #	Dates	Days	Time
13388	6/14-7/26	Sat	9:00-9:45 am

## PRINCESS ACADEMY "FROZEN IN SUMMER"

3.5-7 YRS

Welcome to the Princess Academy! Participants will enjoy a fantasy "winter wonderland" with songs, play, basic etiquette and kindness lessons, beginning ballet, and crafts themed around their favorite winter sisters and clumsy snowman. Last day camp "royal performance" for family! More info: [www.socaarts.com](http://www.socaarts.com).

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$199 R | \$204 NR (1-week camp)**

**Material Fee: \$25**

Activity #	Dates	Days	Time
13626	6/16-6/20	Mon-Fri	9:00 am-12:00 pm

## AIRDY CLAY PLAYHOUSE 3-6 YRS | 7-12 YRS

Let your child's imagination run wild in our Clay Playhouse. Sculpt, shape, and create animals and food miniatures with clay as young artists embark on a journey of tactile creativity, building fine motor skills and fostering their artistic talents. No Class: 7/3.

Instructor: Beauty of Music

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$200 R | \$205 NR (8-week session)**

**Material Fee: \$30**

Activity#	Ages	Dates	Days	Time
13586	3-6 yrs	6/12-8/7	Thu	3:00-4:00 pm
13587	7-12 yrs	6/12-8/7	Thu	4:15-5:15 pm





### BRUSH GAME

3-6 YRS | 7-12 YRS

Unleash your child's inner artist in Brush Games. This class explores the world of watercolor painting, nurturing creativity and painting skills in a vibrant and supportive environment. No Class: 7/4.

Instructor: Beauty of Music

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

\$200 R | \$205 NR (8-week session)

Activity#	Ages	Dates	Days	Time
13588	3-6 yrs	6/13-8/8	Fri	3:00-4:00 pm
13589	7-12 yrs	6/13-8/8	Fri	4:15-5:15 pm

### CHOIR CARNIVAL

3-6 YRS | 7-12 YRS

Discover the joy of singing in harmony with our choir class. In this engaging class, students explore vocal practice, fostering teamwork in a supportive environment. Join now for your children to create beautiful melodies with their friends. No Class: 7/2.

Instructor: Beauty of Music

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

\$200 R | \$205 NR (8-week session)

Activity#	Ages	Dates	Days	Time
13590	3-6 yrs	6/11-8/6	Wed	4:15-5:15 pm
13591	7-12 yrs	6/11-8/6	Wed	5:30-6:30 pm

### LIFE SKILLS FOR PRE-TEENS

9-12 YRS

Our exclusive program helps pre-teens understand why integrity, respect, empathy, and charity help our lives both personally and professionally. Through interactive lessons, we teach essential life skills that will help them succeed in all areas of their lives. Some of the lessons included are: Introductions, Dining Etiquette, Peer Pressure, Valuing Yourself & Others, Acts of Kindness, Communication, Social Media, Character Counts and MORE!

Instructor: The Etiquette Factory

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

\$149 R | \$154 NR (1-week session)

Material Fee: \$20

Activity#	Dates	Days	Time
13389	6/9-6/12	Mon-Thu	9:00 am-12:00 pm

## REGISTRATION DATES



Residents: Tues., May 6, 2025, 8:00 am

Non-Residents: Tues., May 13, 2025, 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-Friday .....	11:00 am-1:00 pm
Monday (30 and older) .....	6:30 pm-9:30 pm
Saturday .....	3:00-6:00 pm

#### Volleyball:

Friday .....	6:30-9:30 pm
Saturday .....	6:30-9:30 pm
Sunday .....	10:00 am-2:00 pm

#### Pickleball:

Tuesday .....	8:30-10:30 am
Thursday .....	8:30-10:30 am

#### Futsal Soccer:

Thursday .....	6:30-9:30 pm
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- 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:

July 4, 2025

September 1, 2025

FOLLOW US



@lfsportspark



@lakeforest\_sportspark

# SKYHAWKS YOUTH SPORTS

Unless otherwise noted,  
sports are located at  
Lake Forest Sports Park, 28000  
Rancho Parkway, Lake Forest

## MULTI-SPORTTOTS 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. No class 7/5.

**\$119 R | \$124 NR (6-week session)**

Activity #	Ages	Dates	Days	Time
13470	2-3.5 yrs	6/28-8/9	Sat	9:00-9:40 am
13471	2-3.5 yrs	6/28-8/9	Sat	9:50-10:30 am
13472	3.5-4.5 yrs	6/28-8/9	Sat	10:40-11:20 am
13473	4.5-5 yrs	6/28-8/9	Sat	11:30-12:10 pm
13474	2-3.5 yrs	6/24-7/29	Tue	4:00-4:40 pm
13475	2-3.5 yrs	6/24-7/29	Tue	4:50-5:30 pm
13476	3.5-5 yrs	6/24-7/29	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. No class 7/5.

**\$119 R | \$124 NR (6-week session)**

Activity #	Dates	Days	Time
13477	6/28-8/9	Sat	12:20-1:00 pm
13478	6/24-7/29	Tue	6:30-7:10 pm

## BASKETBALL 6-8 YRS | 9-12 YRS

Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this program sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth. Get involved and make a difference on and off the court! No class: 7/3.

**6-8 yrs: \$119 R | \$124 NR (6-week session)**

**9-12 yrs: \$125 R | \$130 NR (6-week session)**

Activity #	Ages	Dates	Days	Time
13479	6-8 yrs	6/26-8/7	Thu	5:40-6:20 pm
13480	9-12 yrs	6/26-8/7	Thu	6:30-7:30 pm



## HOOPSTERTOTS 3.5-4.5 YRS | 4.5-5 YRS

Discover the joy of basketball with HoopsterTots! This fun program focuses on dribbling, shooting, passing, and teamwork using adjustable hoops for age-appropriate challenges. Join HoopsterTots to shoot and score foundational skills! No class: 7/3.

**\$119 R | \$124 NR (6-week session)**

Activity #	Ages	Dates	Days	Time
13497	3.5-4.5 yrs	6/26-8/7	Thu	4:00-4:40 pm
13498	4.5-5 yrs	6/26-8/7	Thu	4:50-5:30 pm

## SOCCEERTOTS 2-3.5 YRS | 3.5-4.5 YRS | 4.5-5 YRS

Kickstart a passion for soccer with SoccerTots, an active, game-based introduction for young athletes. This program enhances motor skills and self-confidence with engaging activities that focus on developing core soccer skills and introducing friendly competition. Parent participation required for ages 2-3.5 years. No class: 7/4.

### FRIDAY SESSION LOCATION:

Pittsford Park, 21701 Pittsford Dr

### WEDNESDAY SESSIONS LOCATION:

Lake Forest Sports Park, 28000 Rancho Pkwy

**\$119 R | \$124 NR (6-week session)**

Activity #	Ages	Dates	Days	Time
13499	2-3.5 yrs	6/27-8/8	Fri	4:00-4:40 pm
13500	3.5-4.5 yrs	6/27-8/8	Fri	4:50-5:30 pm
13501	4.5-5 yrs	6/27-8/8	Fri	5:40-6:20 pm
13502	2-3.5 yrs	6/25-7/30	Wed	4:00-4:40 pm
13503	3.5-4.5 yrs	6/25-7/30	Wed	4:50-5:30 pm
13504	4.5-5 yrs	6/25-7/30	Wed	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. No class: 7/4.

#### FRIDAY SESSION LOCATION:

Pittsford Park, 21701 Pittsford Dr

#### WEDNESDAY SESSIONS LOCATION:

Lake Forest Sports Park, 28000 Rancho Pkwy

**\$119 R | \$124 NR (6-week session)**

Activity #	Dates	Days	Time
13505	6/27-8/8	Fri	6:30-7:10 pm
13506	6/25-7/30	Wed	6:30-7:10 pm

### TINY HAWK TENNIS

**4 YRS**

Introduce your little superstar to tennis! This class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development.

Location: Pittsford Park Tennis Courts

**\$119 R | \$124 NR (6-week session)**

Activity #	Dates	Days	Time
13507	6/23-7/28	Mon	4:00-4:40 pm

### SKYHAWKS TENNIS 5-6 YRS | 7-8 YRS

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

Location: Pittsford Park Tennis Courts

**\$119 R | \$124 NR (6-week session)**

Activity #	Ages	Dates	Days	Time
13508	5-6 yrs	6/23-7/28	Mon	4:50-5:30 pm
13509	7-8 yrs	6/23-7/28	Mon	5:40-6:20 pm

### SKYHAWKS FLAG FOOTBALL FUELED BY USA FOOTBALL

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

**\$199 R | \$204 NR (1-week session)**

Activity #	Ages	Dates	Days	Time
13510	7-12 yrs	6/9-6/13	Mon-Fri	9:00 am-12:00 pm
13511	7-12 yrs	8/4-8/8	Mon-Fri	9:00 am-12:00 pm





Skyhawks

## SUMMER CAMPS

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

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

**\$199 R | \$204 NR (1-week camp)****\$155 R | \$160 NR (3-day camp)**

Activity #	Ages	Dates	Days	Time
13512	4-6 yrs	6/9-6/13	Mon-Fri	9:00 am-12:00 pm
13513	4-6 yrs	6/30-7/3	Mon-Thu	9:00 am-12:00 pm
13514	4-6 yrs	7/21-7/25	Mon-Fri	9:00 am-12:00 pm
13515	4-6 yrs	8/4-8/8	Mon-Fri	9:00 am-12:00 pm

**BASKETBALL CAMP 7-12 YRS**

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

**\$199 R | \$204 NR (1-week camp)**

Activity #	Ages	Dates	Days	Time
13516	7-12 yrs	6/16-6/20	Mon-Fri	9:00 am-12:00 pm
13517	7-12 yrs	7/7-7/11	Mon-Fri	9:00 am-12:00 pm
13518	7-12 yrs	7/21-7/25	Mon-Fri	9:00 am-12:00 pm

**BEGINNING GOLF CAMP 5-8 YRS**

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

**\$199 R | \$204 NR (1-week camp)**

Activity #	Ages	Dates	Days	Time
13519	5-8 yrs	6/16-6/20	Mon-Fri	9:00 am-12:00 pm
13520	5-8 yrs	7/7-7/11	Mon-Fri	9:00 am-12:00 pm
13521	5-8 yrs	7/28-8/1	Mon-Fri	9:00 am-12:00 pm
13522	5-8 yrs	8/4-8/8	Mon-Fri	9:00 am-12:00 pm

**SOCCER CAMP****4-6 YRS | 7-12 YRS**

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

**\$199 R | \$204 NR (1-week camp)**

Activity #	Ages	Dates	Days	Time
13523	4-6 yrs	6/23-6/27	Mon-Fri	9:00 am-12:00 pm
13524	7-12 yrs	6/23-6/27	Mon-Fri	9:00 am-12:00 pm
13525	4-6 yrs	7/14-7/18	Mon-Fri	9:00 am-12:00 pm
13526	7-12 yrs	7/14-7/18	Mon-Fri	9:00 am-12:00 pm

**TENNIS CAMP****7-12 YRS**

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

**\$199 R | \$204 NR (1-week camp)****\$155 R | \$160 NR (4-day camp)**

Activity #	Ages	Dates	Days	Time
13527	7-12 yrs	6/30-7/3	Mon-Thu	9:00 am-12:00 pm
13528	7-12 yrs	7/28-8/1	Mon-Fri	9:00 am-12:00 pm



**Skyhawks**  
THE LEADER IN YOUTH  
SPORTS SINCE 1979.



# SUPER SOCCER STARS



## PARENT & ME

A pre-soccer music and movement program for toddlers ages 1-2. This fun-filled class focuses on balance, coordination, upper and lower-body exercises, cognitive skills, and more. Parents participate and bond with their child through introduction to sport and soccer! No class: 7/5 & 7/6.

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

Activity #	Dates	Days	Time
13444	6/14-7/19	Sat	9:00-9:40 am
13445	6/14-7/19	Sat	11:30 am -12:10 pm
13446	6/15-7/20	Sun	9:45-10:25 am
13447	8/2-8/30	Sat	9:00-9:40 am
13448	8/2-8/30	Sat	11:30 am -12:10 pm
13449	8/3-8/31	Sun	9:45-10:25 am

## SUPER SOCCER STARS

### 2-3 YRS

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! No class: 7/5 & 7/6.

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

Activity #	Dates	Days	Time
13450	6/14-7/19	Sat	8:15-8:55 am
13451	6/14-7/19	Sat	9:50-10:30 am
13452	6/15-7/20	Sun	9:00-9:40 am
13453	8/2-8/30	Sat	8:15-8:55 am
13454	8/2-8/30	Sat	9:50-10:30 am
13455	8/3-8/31	Sun	9:00-9:40 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. No class: 7/5 & 7/6.

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

Activity #	Dates	Days	Time
13456	6/14-7/19	Sat	9:00-9:45 am
13457	6/15-7/20	Sun	10:35-11:20 am
13458	8/2-8/30	Sat	9:00-9:45 am
13459	8/3-8/31	Sun	10:35-11:20 am

### 1-2 YRS

## 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. No class: 7/5 & 7/6.

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

Activity #	Dates	Days	Time
13460	6/14-7/19	Sat	10:35-11:25 am
13461	6/15-7/20	Sun	11:25 am-12:15 pm
13462	8/2-8/30	Sat	10:35-11:25 am
13463	8/3-8/31	Sun	11:25 am-12:15 pm

## 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. No class: 7/5 & 7/6.

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

Activity #	Dates	Days	Time
13464	6/14-7/19	Sat	9:50-10:50 am
13465	6/15-7/20	Sun	12:20-1:20 pm
13466	8/2-8/30	Sat	9:50-10:50 am
13467	8/3-8/31	Sun	12:20-1:20 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. No class: 7/5 & 7/6.

**\$140 R | \$145 NR (5-week session)**

Activity #	Dates	Days	Time
13468	6/14-7/19	Sat	11:00 am-12:00 pm
13469	8/2-8/30	Sat	11:00 am-12:00 pm

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

## KICKSTART KARATE CHALLENGE

7+ YRS

Make this summer unforgettable with our family-friendly martial arts class! Learn self-defense, boost confidence, build focus and respect—all in a fun, supportive environment for both kids and parents. Includes uniforms and belts!

Instructor: PKSA Staff

Location: 22600 F Lambert St, #1205  
Lake Forest

\$129 R | \$134 NR (6-week session)

\$79 R | \$84 NR (Parent registration fee, child must be registered)

Activity#	Dates	Days	Time
13678	6/2-7/16	M/W	5:00-5:45 pm
13679	7/21-8/27	M/W	5:00-5:45 pm

## MANNERS, CHARACTER, & SOCIAL SKILLS "FOUNDATIONS"

5-9 YRS

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

Instructor: The Etiquette Factory

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

\$149 R | \$154 NR (1-week session)

Material Fee: \$20

Activity#	Dates	Days	Time
13390	6/16-6/19	Mon-Thu	9:00 am-12:00 pm

## READING DEVELOPMENT— GRADES K-2

4.5-7.5 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](mailto:claudia@readwritesolutions.com) or (949) 263-0633.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

\$129 R | \$134 NR (3-week session)

Activity#	Dates	Days	Time
13391	6/9-6/25	Mon/Wed	3:30-4:25 pm
13392	6/30-7/16	Mon/Wed	3:30-4:25 pm
13393	7/21-8/6	Mon/Wed	3:30-4:25 pm

## READING DEVELOPMENT— GRADES 3-6

7.5-11.5 YRS

Individualized to student's needs. Improves comprehension, vocabulary, spelling and fluency. Specially-trained teachers test, structure and implement your child's program. First day is comprehensive testing. More info: 949-263-0633.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

\$129 R | \$134 NR (3-week session)

Activity#	Dates	Days	Time
13394	6/9-6/25	Mon/Wed	4:30-5:25 pm
13395	6/30-7/16	Mon/Wed	4:30-5:25 pm
13396	7/21-8/6	Mon/Wed	4:30-5:25 pm

## MATH DEVELOPMENT— GRADES 2-6

6.5-11.5 YRS

Comprehensive testing identifies skill gaps. Grade level assessments may include primary facts of (+ ? × ÷), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills. Based on assessments, an individualized program is designed to reinforce skill gaps and build student confidence. More info: 949-263-0633.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

\$129 R | \$134 NR (3-week session)

Activity#	Dates	Days	Time
13397	6/9-6/25	Mon/Wed	5:30-6:25 pm
13398	6/30-7/16	Mon/Wed	5:30-6:25 pm
13399	7/21-8/6	Mon/Wed	5:30-6:25 pm

**NATIONAL NIGHT OUT**

**AUGUST 5, 2025**  
**5:00 - 8:00 PM**  
**LAKE FOREST SPORTS PARK**

Explore public safety displays, emergency response vehicles, crime prevention resources, family activities, and more!

**Fun for all!**



### SPEED READING & VOCABULARY BUILDING

12-17 YRS

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

Instructor: Readwrite Staff

Location: Norman P. Murray Community and Senior Center  
24932 Veterans Way, Mission Viejo

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

Activity#	Dates	Days	Time
13400	7/11-8/1	Fri	1:30-3:30 pm

### STUDY SKILLS & TEST TAKING TECHNIQUES

12-17 YRS

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

Instructor: Readwrite Staff

Location: Norman P. Murray Community and Senior Center  
24932 Veterans Way, Mission Viejo

**\$115 R | \$120 NR (4-week session)**

Activity#	Dates	Days	Time
13401	7/11-8/1	Fri	3:45-5:15 pm

### SPOOKY SCIENCE WITH BOO-IONERDS!

5-12 YRS

Come and join us on a journey where we learn about some creepy and crawly topics, from animals like bats and spiders, to things like skeletons. Your child will be up close and personal with live/fresh/preserved organisms, perform some dissections, and engage in cool biology experiments using lab equipment/tools.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$240 R | \$245 NR (1-week session)**

**Material Fee: \$95**

Activity#	Dates	Days	Time
13402	6/23-6/27	Mon-Fri	9:00 am-12:00 pm

### DECOMPOSERS: EARTH'S BEST FRIENDS!

5-12 YRS

Come and join this fun and hands-on biology workshop for kids! Learn why and how organisms, from worms, beetles, crustaceans, and more, are called Earth's best friends. Your child will be up close with live/preserved organisms, perform some dissections, and engage in cool biology activities using lab equipment/tools.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$240 R | \$245 NR (1-week session)**

**Material Fee: \$95**

Activity#	Dates	Days	Time
13403	6/23-6/27	Mon-Fri	1:00-4:00 pm

### FROM SPOOKY SCIENCE TO DECOMPOSERS

5-12 YRS

Join fun hands-on biology workshop for kids! Learn creepy crawly topics, from bats to skeletons in the morning. Learn why some organisms, from worms to beetles, are called Earth's best friends in the afternoon. Up close and personal with live/fresh/preserved organisms, perform some discussions and cool biology activities using lab equipment/tools.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$450 R | \$455 NR (1-week session)**

**Material Fee: \$127**

Activity#	Dates	Days	Time
13404	6/23-6/27	Mon-Fri	9:00 am-4:00 pm



## CHESS WIZARDS INC. CAMP

5-12 YRS

Chess Wizards has been teaching the game of chess since 2002. Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle-your brain! Our camps include fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate, but full-day kids should bring lunch. Unleash your brain power and spend part of your vacation with Chess Wizards!

Instructor: Chess Wizards Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**AM/PM Session: \$336 R | \$341 NR (1-week session)**

**Full Day Session: \$479 R | \$484 NR (1-week session)**

Activity#	Dates	Day	Time
13583	7/28-8/1	Mon-Fri	9:00 am-12:00 pm
13584	7/28-8/1	Mon-Fri	12:00-3:00 pm
13585	7/28-8/1	Mon-Fri	9:00 am-3:00 pm

## STRATEGIC KIDS-STEAM CAMP!

7-11 YRS

Join the fun at Strategic Kids STEAM camps! We include a combination of our enrichment programs from the school year! Camp activities include LEGO, chess, cartooning, origami, magic, & more! Please check out our website for further information at [www.Strategickids.com](http://www.Strategickids.com).

Instructor: Strategic Kids Staff

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$223 R | \$228 NR (1-week session)**

**Material Fee: \$10**

Activity#	Dates	Day	Time
13421	6/9-6/13	Mon-Fri	1:00-4:00 pm
13422	8/4-8/8	Mon-Fri	1:00-4:00 pm

## YOUTH JIU JITSU

7+ YRS

Learn self-defense, through practical martial art, in a fun and safe environment.

Instructor: Open Mat Jiu Jitsu Staff

Location: 26923 Fuerte Dr, Lake Forest

**\$140 R | \$145 NR (5-week session)**

Activity #	Dates	Days	Time
13612	7/16-8/13	Wed	5:00-6:00 pm

## WOMEN'S JIU JITSU

14+ YRS

Gain confidence and a life skill by learning self-defense through jiu jitsu.

Instructor: Open Mat Jiu Jitsu Staff

Location: 26923 Fuerte Dr, Lake Forest

**\$140 R | \$145 NR (5-week session)**

Activity #	Dates	Days	Time
13613	7/16-8/13	Wed	6:00-7:00 pm

## MARTIAL ARTS FOR PRESCHOOL CHILDREN

4-6 YRS

In this class, children will develop concentration in their eyes, minds, and bodies. They will also learn listening skills to follow instructions and improve control over their bodies and physical balance through various basic martial arts activities. Registrants may attend one class per week, with the flexibility to choose any day from Monday to Friday. For more information, please contact CA Taekwondo at (949) 461-7898.

Instructor: Master Choi

Location: 29200 Portola Pkwy, Lake Forest

**\$109 R | \$114 NR (4-class session)**

Activity #	Dates	Days	Time
13608	6/1-8/30	Mon-Fri	3:30-4:00 pm

## MARTIAL ARTS FOR CHILDREN

6-12 YRS

In this class, children will learn to develop a positive attitude in an individual or team environment. They will also learn self-defense, self-discipline, self-confidence, and perseverance to achieve their individual life goals. Registrants may attend one class per week, with the flexibility to choose any day from Monday to Friday. For more information, please contact CA Taekwondo at (949) 461-7898.

Instructor: Master Choi

Location: 29200 Portola Pkwy, Lake Forest

**\$109 R | \$114 NR (4-class session)**

Activity #	Dates	Days	Time
13609	6/1-8/30	Mon-Fri	4:05-4:45 pm
13610	6/1-8/30	Mon-Fri	4:50-5:30 pm
13611	6/1-8/30	Mon-Fri	5:35-6:15 pm

## REGISTRATION DATES



**Residents: Tues., May 6, 2025, 8:00 am**

**Non-Residents: Tues., May 13, 2025, 8:00 am**



## PARENT & ME GYMNASTICS

1.4-2.2 YRS | 1.6-3.5 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: 25 Spectrum Pointe Dr, St. 405, Lake Forest

**\$75 R | \$80 NR (4-week session)**

Activity#	Ages	Dates	Days	Time
13423	1.4-2.2 yrs	6/3-6/24	Tue	9:45-10:30 am
13424	1.6-3.5 yrs	6/3-6/24	Tue	10:35-11:20 am
13425	1.6-3.5 yrs	6/4-6/25	Wed	10:00-10:45 am
13426	1.6-3.5 yrs	6/4-6/25	Wed	10:55-11:40 am
13427	1.4-2.2 yrs	7/8-7/29	Tue	9:45-10:30 am
13428	1.6-3.5 yrs	7/8-7/29	Tue	10:35-11:20 am
13429	1.6-3.5 yrs	7/9-7/30	Wed	10:00-10:45 am
13430	1.6-3.5 yrs	7/9-7/30	Wed	10:55-11:40 am
13431	1.4-2.2 yrs	8/5-8/26	Tue	9:45-10:30 am
13432	1.6-3.5 yrs	8/5-8/26	Tue	10:35-11:20 am
13433	1.6-3.5 yrs	8/6-8/27	Wed	10:00-10:45 am

## PRESCHOOL GYMNASTICS

3.5-5.5 YRS | 4.5-6 YRS

This is a beginner's level gymnastics class for girls and boys. Students will learn different body positions and gymnastics skills using bars, vault, and balance beam. This class will help students improve their balance and coordination, and other gross motor skills such as running, jumping, and climbing. This class is great for children who are ready to be in a structured class without parents' assistance.

Instructor: Us Too Gymnastics

Location: 25 Spectrum Pointe Dr, St. 405, Lake Forest

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

Activity#	Ages	Dates	Days	Time
13434	3.6-5.5 yrs	6/3-6/24	Tue	1:00-1:50pm
13435	4.5-6 yrs	6/4-6/25	Wed	11:45-12:35pm
13436	4.5-6 yrs	6/5-6/26	Thu	3:00-3:50pm
13437	3.5-5.5 yrs	7/8-7/29	Tue	11:30-12:20 pm
13438	4.5-6 yrs	7/9-7/30	Wed	11:45-12:35pm
13439	4.5-6 yrs	7/10-7/31	Thu	3:00-3:50pm
13440	3.5-5.5 yrs	8/5-8/26	Tue	1:00-1:50pm
13441	4.5-6 yrs	8/7-8/28	Thu	3:00-3:50pm

## BREAKTHROUGH SPORTS VOLLEYBALL TRAINING ACADEMY

3RD-5TH GRADE / 6TH-8TH GRADE

With more than twenty years of experience developing youth sports programming for professional sports teams (LA Clippers, Kansas City Chiefs, Sporting KC, Anaheim Ducks), Breakthrough Sports brings its award-winning Training Academy to Lake Forest families! Breakthrough Sports coaches 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 Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$90 R | \$95 NR (4-week sessions)**

Activity#	Grades	Dates	Days	Time
13592	3rd-5th	6/8-6/29	Sun	2:00-3:00 pm
13593	6th-8th	6/8-6/29	Sun	3:00-4:00 pm
13594	3rd-5th	7/13-8/3	Sun	2:00-3:00 pm
13595	6th-8th	7/13-8/3	Sun	3:00-4:00 pm
13596	3rd-5th	8/10-8/31	Sun	2:00-3:00 pm
13597	6th-8th	8/10-8/31	Sun	3:00-4:00 pm

**Birthday Parties**  
AT THE LAKE FOREST SPORTS PARK

Celebrate with us starting in September!

PICK YOUR THEME!

Dinosaur Adventure

Royal Tea Party

Host your child's next birthday at the Lake Forest Sports Park! Birthday parties will be catered to children ages 3-7 and held on the first Saturday of every month. Activities will be led by Community Services staff. Ask for an information sheet at the Front Desk!

Please send all applications to [kgodfrey@lakeforestca.gov](mailto:kgodfrey@lakeforestca.gov).

Parties include:  
1 Craft & 2 Games  
Light Refreshments  
Room Decorations  
Coloring Sheets & Crayons

RESIDENTS: \$150  
NON-RESIDENTS: \$200

EVENT TIME: 10AM-1PM  
FOR MORE INFORMATION  
CALL 949.273.6964

## NINJA PLAY

2-5 YRS

To learn foundational skills necessary to develop skills around agility, stability, balance, jumping distance, and more. Skills will focus on cardiovascular endurance, muscular strength, and endurance while improving overall fitness.

Instructor: Kidokinetics

Location: Lake Forest Sports Park  
28000 Rancho Pkwy, Lake Forest

**\$250 R | \$255 NR (1-week camp)**

Activity #	Dates	Days	Time
13661	6/2-6/5	Mon-Thu	9:00-11:00 am

## OBSTACLE COURSES

2-5 YRS

In this engaging and dynamic class, students will develop fundamental movement skills by navigating through a variety of obstacles. They will learn to follow simple instructions to complete tasks efficiently while activating bilateral coordination to move through challenges with control and precision. The course will also incorporate health-related fitness concepts such as muscular and cardiovascular endurance, flexibility, and overall physical well-being. Additionally, students will enhance their performance-related fitness by improving speed, agility, power, balance, and coordination.

Instructor: Kidokinetics

Location: Lake Forest Sports Park  
28000 Rancho Pkwy, Lake Forest

**\$250 R | \$255 NR (1-week camp)**

Activity #	Dates	Days	Time
13662	6/9 - 6/12	Mon-Thu	9:00-11:00 am

## BEAN BAGS

2-5 YRS

Introduce preschool kids to object control/manipulation skills using a bean bag to practice self-control, rhythm, bilateral coordination, directions, body identification, eye-hand coordination, throwing, and catching.

Instructor: Kidokinetics

Location: Lake Forest Sports Park  
28000 Rancho Pkwy, Lake Forest

**\$250 R | \$255 NR (1-week camp)**

Activity #	Dates	Days	Time
13663	6/16-6/19	Mon-Thu	9:00-11:00 am

## NOODLE PLAY

2-5 YRS

To learn foundational skills necessary to grow in coordination, and cardiovascular endurance while improving balance, hand-eye coordination, accuracy, and overall fitness.

Instructor: Kidokinetics

Location: Lake Forest Sports Park  
28000 Rancho Pkwy, Lake Forest

**\$250 R | \$255 NR (1-week camp)**

Activity #	Dates	Days	Time
13664	6/23-6/26	Mon-Thu	9:00-11:00 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, Lake Forest

**\$120 R | \$125 NR (5-week session)**

Activity #	Dates	Days	Time
13529	6/16-7/14	Mon	6:30-7:30 pm
13530	7/23-8/20	Wed	6:45-7:45 pm



## KIDS KEYBOARD BEGINNERS

5-14 YRS

Children just starting to learn music on the piano keyboard. No Class: 7/4.

Instructor: Shawn Smith

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$120 R | \$125 NR (8-week session)**

**\$60 R | \$ 65 NR (4-week session)**

Activity #	Dates	Days	Time
13536	6/13-8/8	Fri	4:00-4:45 pm
13538	8/15-9/5	Fri	4:00-4:45 pm

**REGISTER  
ONLINE**

[WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)





## KIDS KEYBOARD CONTINUED

5-14 YRS

This class is for students who have had at least 1 of my other Beginner classes and are ready to move on further. No Class: 7/4.

Instructor: Shawn Smith

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$120 R | \$125 NR (8-week session)**

**\$60 R | \$ 65 NR (4-week session)**

Activity #	Dates	Days	Time
13540	6/13-8/8	Fri	5:00-5:45 pm
13541	8/15-9/5	Fri	5:00-5:45 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, Lake Forest

**\$120 R | \$125 NR (5-week session)**

Activity #	Dates	Days	Time
13531	6/16-7/14	Mon	7:30-8:30 pm
13532	7/23-8/20	Wed	7:45-8:45 pm

# Adult Classes

## KEYBOARD FOR ADULTS

25+ YRS

Learn to play songs on the keyboard and read music. Work at your own pace. No Class: 7/4.

Instructor: Shawn Smith

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$120 R | \$125 NR (8-week session)**

**\$60 R | \$65 NR (4-week session)**

Activity #	Dates	Days	Time
13542	6/13-8/8	Fri	3:00-3:45 pm
13543	8/15-9/5	Fri	3:00-3:45 pm

## ADULT JIU JITSU

18+ YRS

Learn how to defend yourself through a practical martial art while getting a good workout in.

Instructor: Open Mat Jiu Jitsu Staff

Location: 26923 Fuerte Dr, Lake Forest

**\$140 R | \$145 NR (5-week session)**

Activity #	Dates	Days	Time
13614	7/15-8/12	Tue	7:00-8:00 pm

## CLICKSTART'S CANINE ESSENTIALS

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!

Instructor: Clickstart Dog Academy staff

Location: Pittsford Park  
21701 Pittsford Dr, Lake Forest

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

Activity #	Dates	Days	Time
13544	7/20-8/24	Sun	5:00-6:00 pm

## PET CPR & FIRST AID CERTIFICATION CLASS

18+ YRS

This 5-hour hands-on, certification class covers Pet CPR techniques and critical first aid knowledge for dogs and cats. Additionally, the class includes our PetSaver® 40-page handbook and, upon successful completion, each participant will receive a 2-year certification card. Whether you're a pet professional or a pet guardian, sometimes the unexpected happens...Will you be prepared to take action when it does?

Instructor: Clickstart Dog Academy staff

Location: Pittsford Park  
21701 Pittsford Dr, Lake Forest

**\$125R | \$130 NR (1-day session)**

Activity #	Dates	Days	Time
13615	6/29	Sun	10:00 am-3:00 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 email [yogagarage@gmail.com](mailto:yogagarage@gmail.com).

Instructor: Amy Harper

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

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

Activity #	Dates	Days	Time
13552	6/3-7/8	Tue	7:30-8:30 pm
13553	7/22-8/26	Tue	7:30-8:30 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! (Please bring your own mats, a pair of dumbbells, and water) For more info, please visit: [www.Endeavourpt.com](http://www.Endeavourpt.com).

Instructor: Maryam Stevenson

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$94.50 R | \$99.50 NR (7-class session)**

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

Activity #	Dates	Days	Time
13545	6/3-6/26	Tue/Thu	6:00-6:45 pm
13546	7/8-7/31	Tue/Thu	6:00-6:45 pm
13547	8/5-8/28	Tue/Thu	6:00-6:45 pm



## ZUMBA® GOLD+ TONING FOR BEGINNERS

18+ YRS

Zumba Gold provides all the fun of a regular Zumba class, but, with modified, low-impact moves. While the toning part of this class utilizes one-pound weights to help you build strength and tone your body, the low impact format is a safe way to keep up with your fitness routine. It's effective, improves balance, flexibility and coordination. If you're new to group fitness or looking for a welcoming community, our Zumba Gold + Toning class is a fantastic entry point. This class is more than a workout option for seniors; it's a fun, and effective fitness choice for younger adults as well. Whether you're looking to manage stress, improve balance and flexibility, or just add variety to your workout routine, Zumba Gold + Toning has the benefits you are looking for. Be ready to have fun, make friends and tone up!

Instructor: Angie Velez

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

Activity#	Package	Cost
13548	5-class package	\$30 R   \$35 NR
13549	10-class package	\$50 R   \$55 NR
13550	15-class package	\$75 R   \$80 NR
13551	20-class package	\$100 R   \$105 NR

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

## LINE DANCE CLASS

18+ YRS

Dive into the rhythm of the Wild West with our Country Line Dancing class! Learn classic steps like the Electric Slide and Tush Push in a fun and supportive environment. Whether you're a beginner or a seasoned dancer, I will guide you through the steps and formations of popular country line dances, perfect for social gatherings. It's the ideal opportunity to make new friends, have a blast, and get some exercise without even realizing it.

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

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

Activity#	Dates	Days	Time
13554	7/21-8/25	Mon	6:00-6:45 pm

## REGISTRATION DATES



Residents: Tues., May 6, 2025, 8:00 am

Non-Residents: Tues., May 13, 2025, 8:00 am



### BEGINNER TWO-STEP DANCE CLASS 18+ YRS

Step into the world of classic country with our Beginner Two-Step Partner Dance Class! Learn the fundamental moves and rhythms of this iconic dance style in a welcoming and enjoyable atmosphere. Join us for a chance to not only master the two-step but also make new friends and have a ton of fun along the way!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

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

Activity#	Dates	Days	Time
13555	7/21-8/25	Mon	7:00-7:45 pm

### BALLROOM & SWING DANCE BASIC 18+ YRS

Join our Basic Ballroom & Swing Dance class where beginners are warmly welcomed and no partner is needed! Dive into the world of elegant steps and graceful movements through fun exercises designed to make you feel confident on the dance floor without even realizing it. It's the perfect opportunity to make new friends while discovering the joy of ballroom dancing!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

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

Activity#	Dates	Days	Time
13556	7/23-8/27	Wed	6:00-6:45 pm

### SALSA & LATIN DANCE BASIC 18+ YRS

Shake up your routine and add some spice to your steps with our Salsa Basics class! Join us for a fun-filled journey into the vibrant world of Latin dance, where you'll learn the fundamental moves, rhythms, and flair of salsa. Whether you're a seasoned dancer or taking your very first steps onto the dance floor, this class is designed to get you moving, grooving, and connecting with the rhythm of life. No partner or experience necessary—just bring your enthusiasm and let's dance our way to joy and fitness together! Plus, meet fellows who share your passion for dance and make new friends as you salsa the night away!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

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

Activity#	Dates	Days	Time
13557	7/24-8/28	Thu	6:00-6:45 pm



### BRIDE AND GROOM'S INTRODUCTORY WEDDING DANCE LESSON 18+ YRS

Begin Your Wedding Dance Journey: Join a Special Introductory Class! Preparing for your big day? Let me help you make your wedding dance unforgettable with a one-time introductory class designed specifically for non-dancer couples. Our expert instructors will guide you through the basics of dance, ensuring you feel confident and comfortable on the dance floor. From simple steps to elegant moves, you'll learn the essentials to create a magical moment together. Join us and make your first dance as a married couple truly spectacular!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$60 R | \$65 NR per couple**

Activity#	Dates	Days	Time
13558	7/24	Thu	7:00-7:50 pm
13559	8/21	Thu	7:00-7:50 pm
13560	7/30	Wed	7:00-7:50 pm

### PRIVATE DANCE LESSON 18+ YRS

Nervous about dancing in front of others? Want one-on-one attention? If you said "yes", private lessons with Yuka are perfect for you! Whether it's Swing, Ballroom, or Country basics, Salsa, or Wedding Dance choreography I'll help you dance confidently at your own pace. Each 50-minute session is tailored just for you. With discounts on packages. Let's make your dance journey special!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center  
28000 Rancho Parkway, Lake Forest

**\$100 R | \$105 NR**

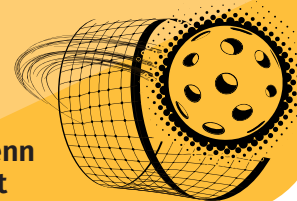
Activity#	Dates	Days	Time
13561	TBD	TBD	TBD

# PICKLEBALL

## For Adults

**Instructor**  
Shelly Booth

at Portola Park, 28040 Glenn  
Ranch Road, Lake Forest



### PICKLEBALL 101- INTRO TO PICKLEBALL CLASS

**14+ YRS**

This beginner clinic is for pickleball newbies and novice players that lack consistency in their overall game. Focusing on stroke mechanics, basic skill development, rules and scoring to get you ready to play. Paddles and balls will be provided. Tennis shoes are recommended.

**\$120 R | \$125 NR (2-week session\*)**

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

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

Activity#	Dates	Days	Time
13562	6/11-6/25	Wed	8:00-9:00 am
13565	7/9-7/30	Wed	8:00-9:00 am
13563	6/11-6/25	Wed	6:30-7:30 pm
13566	7/9-7/30	Wed	6:30-7:30 pm
13567	8/6-8/13	Wed	5:30-7:30 pm

### PICKLEBALL 101- INTRO TO PICKLEBALL CLINIC

**14+ YRS**

This beginner clinic is for pickleball newbies and novice players that lack consistency in their overall game. Focusing on stroke mechanics, basic skill development, rules and scoring to get you ready to play. Paddles and balls will be provided. Tennis shoes are recommended.

**\$60 R | \$65 NR (1-day clinic)**

Activity#	Dates	Days	Time
13564	7/20	Sun	10:00 am-12:00 pm

### PICKLEBALL 201 "DINK, DROP, & VOLLEY" INTERMEDIATE CLASS

**14+ YRS**

This class is for intermediate players that are consistent in their skills and can maintain a rally. The focus will be on shot selection, shot placement and doubles strategy during offense and defense. You will learn how to strategically move your opponents out of position to open up space on the court.

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

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

Activity#	Dates	Days	Time
13573	6/11-6/25	Wed	9:00-10:00 am
13575	7/9-7/30	Wed	9:00-10:00 am
13574	6/11-6/25	Wed	7:30-8:30 pm
13576	7/9-7/30	Wed	7:30-8:30 pm

### PICKLEBALL 201 "GET TO THE KITCHEN" INTERMEDIATE CLINIC

**14+ YRS**

This class is for players that are consistent in their skills and can maintain a rally. The focus will be on how to transition safely from the baseline to the kitchen. At the kitchen you will learn how to strategically move your opponents out of position to open up space on the court.

**\$60 R | \$65 NR (1-day clinic)**

Activity#	Dates	Days	Time
13577	6/22	Sun	8:00-10:00 am
13578	7/20	Sun	8:00-10:00 am

### PICKLEBALL 301 WINNING DOUBLES AND SKILLS STRATEGY INT/ADV NIGHT CLASS

**14+ YRS**

This class is for 3.5+ intermediate/advanced players that are very consistent in their skills. The focus will be on shot selection, shot placement, defense to offense and dominating the kitchen. You will learn how to create opportunities by moving your opponents, opening up spaces and capitalizing on poor court and paddle positioning. \* Please note 2-week session class is a two-hour class per session.

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

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

**\$120 R | \$125 NR (2-week session)**

Activity#	Dates	Days	Time
13579	6/11-6/25	Wed	8:30-9:30 pm
13580	7/9-7/30	Wed	8:30-9:30 pm
13581	8/6-8/13	Wed	7:30-9:30 pm

### PICKLEBALL 301 "TRANSITION ZONE WIZARDRY" INT/ADV CLINIC

**14+ YRS**

This clinic is for 3.5+ intermediate/advanced players that are very consistent in their skills. The focus will be how to transition to the net safely thereby allowing a switch from defense to offense.

**\$60 R | \$65 NR (1-day clinic)**

Activity#	Dates	Days	Time
13582	8/17	Sun	8:00-10:00 am

**REGISTER  
ONLINE**

[WWW.LFPARKSANDRECCA.COM](http://WWW.LFPARKSANDRECCA.COM)





# PICKLEBALL

## For Kids

**Instructor**  
Shelly Booth

at Portola Park, 28040 Glenn  
Ranch Road, Lake Forest



### PICKLEBALL 101 - "YOUTH INTRO TO PICKLEBALL" CLASS

**8-13 YRS**

This beginner clinic is for pickleball newbies and novice players that lack consistency in their overall game. Focusing on stroke mechanics, basic skill development, rules and scoring to get you ready to play. Paddles and balls will be provided. Tennis shoes are recommended.

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

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

Activity#	Dates	Days	Time
13568	6/11-6/25	Wed	10:00-11:00 am
13569	7/9-7/30	Wed	10:00-11:00 am

### PICKLEBALL YOUTH "NEXT LEVEL" CLINIC

**8-13 YRS**

This clinic is for intermediate players that are consistent in their skills and can maintain a rally. The focus will be 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.

**\$60 R | \$65 NR (1-day clinic)**

Activity#	Dates	Days	Time
13572	8/17	Sun	10:00 am-12:00 pm

### PICKLEBALL 101 - "YOUTH INTRO TO PICKLEBALL" CLINIC

**8-13 YRS**

This beginner clinic is for pickleball newbies and novice players that lack consistency in their overall game. Focusing on stroke mechanics, basic skill development, rules and scoring to get you ready to play. Paddles and balls will be provided. Tennis shoes are recommended.

**\$60 R | \$65 NR (1-day clinic)**

Activity#	Dates	Days	Time
13570	6/22	Sun	10:00 am-12:00 pm

### PICKLEBALL YOUTH "NEXT LEVEL" NIGHT CLASS

**8-13 YRS**

This class is for intermediate players that are consistent in their skills and can maintain a rally. The focus will be on shot selection, shot placement and doubles strategy during offense and defense. You will learn how to strategically move your opponents out of position to open up space on the court.

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

Activity#	Dates	Days	Time
13571	7/9-7/30	Wed	5:30-6:30 pm



## REGISTRATION DATES



**Residents: Tues., May 6, 2025, 8:00 am**

**Non-Residents: Tues., May 13, 2025, 8:00 am**



## Award Winning World Class SKATEBOARD FACILITY



"Best Skatepark in OC"  
Readers' Choice 2018-2024  
—Parenting OC Magazine

"Best Skatepark in OC" Editor's  
Choice 2017—Parenting OC  
Magazine

"#1 Family Friendly Skatepark"  
Reader's Choice 2016—Parenting  
OC Magazine

### SUMMER 2025 SKATEPARK HOURS

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

**Holiday Hours:**

**Closed July 4, 2025 and  
September 1, 2025**

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

[www.EtniesSkatePark.com](http://www.EtniesSkatePark.com)

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

**FOLLOW US**  
@Etniesskatepark



# SUMMER CAMPS!



**Monday - Friday  
ALL SUMMER LONG!**

### ETNIES SUMMER SKATE CAMP

**5-17 YRS**

Choose this summer break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Make friends and learn the basics of skateboarding in a fun and supportive environment. Each participant will receive a limited edition Etnies Skatepark Summer Camp Tote Bag. **Lunch, snacks and water are provided daily.** Please make sure your camper brings a skateboard, helmet, elbow/knee pads, and enough water to last for the duration of the camp.

Each week of camp is limited to 20 participants who will be under the supervision of 2 certified instructors.

#### \$249 per person

Activity#	Date	Day	Time
13616	6/9-6/13	Mon-Fri	10:00 am-2:00 pm
13618	6/16-6/20	Mon-Fri	10:00 am-2:00 pm
13619	6/23-6/27	Mon-Fri	10:00 am-2:00 pm
13620	*6/30-7/3	Mon-Fri	10:00 am-2:00 pm
13621	7/7-7/11	Mon-Fri	10:00 am-2:00 pm
13622	7/14-7/18	Mon-Fri	10:00 am-2:00 pm
13623	7/21-7/25	Mon-Fri	10:00 am-2:00 pm
13624	7/28-8/1	Mon-Fri	10:00 am-2:00 pm
13625	8/4-8/8	Mon-Fri	10:00 am-2:00 pm





## NECTAR'S PRESCHOOL SKATE SCHOOL

4 -7 YRS

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

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

Activity#	Date	Day	Time
13631	6/10 & 6/12	Tue, Thu	10:00 am-12:00 pm
13632	6/24 & 6/26	Tue, Thu	10:00 am-12:00 pm
13633	7/8 & 7/10	Tue, Thu	10:00 am-12:00 pm
13634	7/22 & 7/24	Tue, Thu	10:00 am-12:00 pm
13635	8/5 & 8/7	Tue, Thu	10:00 am-12:00 pm

## PRIVATE SKATEBOARD & ROLLER SKATE LESSONS

4 + YRS

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

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

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

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



parenting MAGAZINE  
**READERS' CHOICE**  
2024

# BIRTHDAY PARTIES!

## ONLY \$275

**for more info email [kfernandez@lakeforestca.gov](mailto:kfernandez@lakeforestca.gov) or call (949) 916-5870**





## BEGINNING & INTERMEDIATE GROUP SKATEBOARD LESSONS

5-17 YRS

Join our group skateboard lessons for all skill levels, where beginners learn essential techniques like balance and turning while intermediates tackle ollies, kickflips, and grinds. Safety is essential, so all participants must wear helmets, elbow pads, and knee pads during the session. Our experienced instructors offer personalized guidance, emphasizing safe skating practices and proper falling techniques. Enjoy a supportive group environment that fosters camaraderie and motivation among participants, making learning both fun and rewarding. Equipment needed: Skateboard, helmet, elbow/knee pads

\$40 per person | Limited to 5 per session

### BEGINNING SKATEBOARD LESSONS

Activity #	Day	Date	Time
13636	Thu	6/5 & 6/12	4:00-5:00 pm
13637	Thu	6/19 & 6/26	4:00-5:00 pm
13638	Thu	7/3 & 7/10	4:00-5:00 pm
13639	Thu	7/17 & 7/24	4:00-5:00 pm
13640	Thu	8/7 & 8/14	4:00-5:00 pm
13641	Thu	8/21 & 8/28	4:00-5:00 pm

### INTERMEDIATE SKATEBOARD LESSONS

Activity #	Day	Date	Time
13648	Thu	6/5 & 6/12	5:00-6:00 pm
13649	Thu	6/19 & 6/26	5:00-6:00 pm
13650	Thu	7/3 & 7/10	5:00-6:00 pm
13651	Thu	7/17 & 7/24	5:00-6:00 pm
13652	Thu	8/7 & 8/14	5:00-6:00 pm
13653	Thu	8/21 & 8/28	5:00-6:00 pm

### BEGINNING SKATEBOARD LESSONS

Activity #	Day	Date	Time
13642	Sat	6/7 & 6/14	10:00-11:00 am
13643	Sat	6/21 & 6/28	10:00-11:00 am
13644	Sat	7/5 & 7/12	10:00-11:00 am
13645	Sat	7/19 & 7/26	10:00-11:00 am
13646	Sat	8/2 & 8/9	10:00-11:00 am
13647	Sat	8/16 & 8/23	10:00-11:00 am

### INTERMEDIATE SKATEBOARD LESSONS

Activity #	Day	Date	Time
13654	Sat	6/7 & 6/14	11:00 am-12:00 pm
13655	Sat	6/21 & 6/28	11:00 am-12:00 pm
13656	Sat	7/5 & 7/12	11:00 am-12:00 pm
13657	Sat	7/19 & 7/26	11:00 am-12:00 pm
13658	Sat	8/2 & 8/9	11:00 am-12:00 pm
13659	Sat	8/16 & 8/23	11:00 am-12:00 pm





## DROP-IN ROLLER SKATE CLINIC & MARKETPLACE

This event is designed with the community in mind and focuses on beginner to intermediate roller skaters while welcoming all levels of skating. We will have skatepark and dance classes, as well as yoga at the beginning, middle, and at the end of the day. Whether you're looking to improve your skills or try something new, we have something for everyone. In addition to the classes, we also have a free vendor village where you can shop from local skater owned vendors and makers. This is the perfect opportunity to meet other skaters in the community and have a fun day out. And as just a reminder, no rental equipment will be available, and helmet and pads are required. We can't wait to see you!

**\$55 per person**

**Date: Sunday, June 29th**

Visit [www.EtniesSkatePark.com](http://www.EtniesSkatePark.com) for registration information.



**Go Skateboarding Day**  
**JUNE 21ST 2025**  
**4PM - 7PM**  
**FEATURING:**  
**CONTESTS**  
**GIVEAWAYS**  
**LIVE MUSIC**  
**FREE FOOD/DRINKS**



**SUMMER SKATEPARK CAMPOUT**  
**August 8 - 9**  
**10pm - 7am**  
 FOR MORE INFO VISIT [ETNIESSKATEPARK.COM](http://ETNIESSKATEPARK.COM) OR CALL (949) 916-5870

## CANCELLATION and USE POLICY

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

Skatepark program participants will need a waiver/ membership form filled out before entering the skatepark. The membership is based on a calendar year, and it is valid from January 1 to December 31.

Program participants enrolled in skate classes, camps, or special events will have membership fees waived during the duration of the program. However, if the participant would like to use the skatepark outside of designated program times, they are required to pay the membership fee.

## Special Needs



# SUMMER BUDDIES BBQ

Saturday,  
June 7  
6-8pm

Lake Forest Clubhouse  
100 Civic Center Dr.

Food • Live Music  
Games • Crafts

Enjoy the season of  
sun and fun!  
Bring your friends!  
Activity # 13668

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



Down Syndrome Achievement Centers  
educate. inspire. believe.

### GIGI'S PLAYHOUSE—AT HOME CLASSES

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

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

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

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

[www.gigisplayhouse.org/gigisathome/calendar/](http://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!

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

**For more info call:** Autism Behavior Services at (949) 581-0100, [intakes@autismbehaviorservices.com](mailto:intakes@autismbehaviorservices.com)

Instructor: Behavior Analyst, TBD

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

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

**We also accept most insurances!**

Dates	Days	Time
Ongoing	Mon-Thu	varies

### MARTIAL ARTS FOR ALL ALL AGES

United Self Defense Academy prides itself on being able to work with students of all ages with different needs and goals. Our program is designed to use an 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 everyone reach their goals and their family goals!

**For more info and to register call:** (949) 273-6978 or email [kfernandez@lakeforestca.gov](mailto: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**

### GYMNASTICS FOR KIDS WITH SPECIAL NEEDS 4-15 YRS

Our gymnastics classes are specifically designed for children and teens with disabilities (Autism, Down Syndrome, Cerebral Palsy, ADHD, etc.). Students will learn basic gymnastics skills such as jumps on our 30ft. trampoline, handstand, cartwheels, and other floor exercises. Please call to set a free assessment and discuss class placement. **This special pricing is available to new members only.**

**For more Info and to register call:** (949) 273-6978 or email [kfernandez@lakeforestca.gov](mailto:kfernandez@lakeforestca.gov).

Instructor: Us Too Gym Staff

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

**\$115/month (Four 45-minute sessions) Resident**

**\$120/month (Four 45-minute sessions) Non-Resident**

**Dates Time**

Ongoing varies



## 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](http://calsouth.com/topsoccer) or email Rick Trevers (Laguna Niguel Youth Soccer Association) at [Rick.Trevers@LNYSA.org](mailto:Rick.Trevers@LNYSA.org) or Sandy Castillo at [scastillo@calsouth.com](mailto:scastillo@calsouth.com)



## JOIN THE TEAM!

Region 4: Orange County

Whether you are a new or returning athlete, or just want to sign up as a volunteer or a coach! It's time to sign up for the Summer Sports Season!

Individuals with an intellectual disability gain confidence, self-esteem & develop life skills in a fun, supportive team environment. Volunteers enjoy a rewarding experience helping as coaches & assistant coaches.



Summer Sport Offered: **Bowling**

FOR SPORTS AND PROGRAMS  
INQUIRIES PLEASE CONTACT

Steve Munoz: Manager, Sports  
smunoz@sosc.org  
Mark Bermudez: Manager, Sports  
mbermudez@sosc.org



Special  
Olympics  
Southern California

FOR VOLUNTEER OPPORTUNITIES  
AND QUESTIONS PLEASE CONTACT

Jeremiah Skippis: Manager, Volunteers  
jskipps@sosc.org



## The OASIS Program

The Occupational and Academic Skills for Independence and Success (OASIS) program for adults with disabilities at Saddleback College offers an independent living and vocational curriculum that focuses on the needs of adults with disabilities in the South Orange County region.

For more information, please contact:

**Stacy Eldred, Ph.D.**

Department Co-Chair, Professor, OASIS Program  
via email at [seldred@saddleback.edu](mailto:seldred@saddleback.edu)





# Welcome to The Clubhouse for Seniors



CITY OF LAKE FOREST

## THE CLUBHOUSE CALENDAR



[www.lakeforestca.gov/seniors](http://www.lakeforestca.gov/seniors) | [www.facebook.com/lakeforest.clubhouse](http://www.facebook.com/lakeforest.clubhouse) | JUNE - AUGUST '25



## LET THE SUMMER FUN BEGIN!



**SPECIAL HIGHLIGHTS INCLUDE:**  
ANNUAL 4TH OF JULY PARADE  
BUNCO NIGHTS AT THE CLUBHOUSE  
FATHER'S DAY LUNCHEON  
PALA CASINO EXCURSION  
SENIOR TAXI TRANSPORTATION UPDATES  
SUMMER PING PONG HOURS

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



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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

# Excursion

## PALA CASINO EXCURSION

**50+ YRS**

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

**\$30 R | \$35 NR**

Activity	Date	Day	Time
13486	6/25	Wed	9:00 am-5:00 pm

## Adults— 50 Years & Better

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

## BAGELS & BINGO

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

**FREE**

Dates	Days	Time
6/2	Mon	10:00 am-2:00 pm
7/7	Mon	10:00 am-2:00 pm
8/4	Mon	10:00 am-2:00 pm

## BINGO MANIA

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

**FREE**

Dates	Days	Time
6/23	Mon	10:00 am-2:00 pm
7/28	Mon	10:00 am-2:00 pm
8/25	Mon	10:00 am-2:00 pm

## BINGO THURSDAYS!

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

**FREE**

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

## Pirates & Pearls Dance Party

Ahoy, Seniors!

Dress in your best pirate attire or sparkle like a treasure in pearls.



DANCING  
DINNER  
REFRESHMENTS  
PHOTO BOOTH  
ENTERTAINMENT



Join the pirate party!

**\$15**

Resident &  
Non-Resident

Act # 13539  
Friday, August 22  
5-8 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 | \$5 NR:**

**Activity #    Dates        Days        Time**

*Liberty Luau-Teriyaki Chicken and Rice*

13483    6/26        Thu        12:00 pm

*Sun, Sand, and Sandwiches-Subway Sandwiches*

13484    7/31        Thu        12:00 pm

*Happy Campers-Vegetable Lasagna*

13485    8/28        Thu        12:00 pm

### PALA CASINO EXCURSION

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

**\$30 R | \$35 NR**

**Activity#    Dates        Days        Time**

13846    6/25        Wed        9:00 am-5:00 pm

### THE CLUBHOUSE GAMES AND FUN!

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

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

**Free**

**Dates        Days        Time**

Ongoing    Mon-Thu    10:00 am-3:00 pm

### COMPUTER LAB HOURS

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

Please note: There is no instructor on-site.

**Free**

**Dates        Days        Time**

Ongoing    Mon/Wed    10:00 am-3:00 pm

### PING PONG - SUMMER HOURS

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**

13487    Ongoing    Mon/Tue    10:00 am-3:00 pm

Ongoing    Wed        10:00 am-12:15 pm

### CRAFTY CRAFTERS

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

**\$3.00 Residents & Non-Residents**

**Activity #    Dates        Days        Time**

*Patriotic Door Hang*

13488    6/17        Tue        10:30 am

*Floral Photo Frame*

13489    7/15        Tue        10:30 am

*Fall Centerpiece*

13490    8/19        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**

*Pro-Pollinator Planting*

13491    8/5        Tue        10:30-11:30 am

### 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. Please call The Clubhouse front desk at (949) 461-3408 for more information.

**FREE**

**Dates        Days        Time**

*The Tea Girl of Hummingbird* by Lisa See

6/10        Tue        10:00 am

*The Frozen River* by Ariel Lawhon

7/8        Tue        10:00 am

*The Devil in the White City* by Erik Larson

8/12        Tue        10:00 am

## CLUBHOUSE KARAOKE

Join us for unforgettable karaoke, hosted by Bob Ampe! Bob will lead you through classic hits and hidden gems. Whether you're a seasoned karaoke veteran, or a first timer, there's a song for everyone! Don't miss this chance to showcase your talent, or simply enjoy the performances of others in a friendly, supportive environment. Bring your friends, warm up your vocal cords, and let's hit those high notes together!

Activity #	Dates	Days	Time
13492	6/16	Mon	10:30-11:30 am
13493	7/21	Mon	10:30-11:30 am
13494	8/18	Mon	10:30-11:30 am

## GRIEF SUPPORT GROUP

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

Free		
Date	Day	Time
6/9	Mon	10:00-11:00 am
7/14	Mon	10:00-11:00 am
8/11	Mon	10:00-11:00 am



## MEDICATION REVIEW

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

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

Free		
Dates	Days	Time
7/24	Thu	10:00 am-1:00 pm

## NEED LEGAL ADVICE?

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

To qualify for an appointment, you must be:

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

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

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

Free		
Dates	Days	Time
6/5	Thu	1:00-3:00 pm
7/3	Thu	1:00-3:00 pm
8/7	Thu	1:00-3:00 pm



## REGISTRATION DATES



Residents: Tues., May 6, 2025, 8:00 am

Non-Residents: Tues., May 13, 2025, 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
13496	7/15-7/16	Tue/Wed	9:00 am-1:00 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.

**Fee: \$20 AARP Members; \$25 Non-Members**

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

Location: The Clubhouse, 100 Civic Center Dr.

Activity #	Dates	Day	Time
13495	6/25	Wed	9:00 am-1:00 pm



## HICAP Health Insurance Counseling and Advocacy Program

**TUESDAYS**  
**10:00 am-1:00 pm**

**June 10**

**July 8**

**August 12**

**FREE**

### HICAP can help you understand:

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

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

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

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



## PHONE DIRECTORY

**AARP** ..... (888) 687-2277

### **Access**

(Reservations/Information) ..... (877) 628-2232

**Access** (Eligibility) ..... (714) 560-5956

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

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

**Council on Aging** ..... (714) 479-0107

### **Non-Disabled**

**Housing Information** ..... (714) 480-2864

**Elder/Disabled Adult Abuse** ..... (800) 451-5155

### **Hazardous Waste, Disposal of Expired Unused**

**Medicine & Old Cell Phones** ..... (714) 834-4000

**HICAP Services** ..... (800) 434-0222

**Human Services Information** ..... 211

**Irvine Valley College/Emeritus** ..... (949) 367-8343

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

**Medicare Fraud Hot-line** ..... (800) 447-8477

**OCTA (Transportation)** ..... (800) 636-7433

**Office on Aging** ..... (800) 510-2020

### **Orange Caregiver**

**Resource Center** ..... (800) 543-8312

**Saddleback College/Emeritus** ..... (949) 582-4835



## *Senior* **Emeritus Classes**

### **SUMMER PRIORITY REGISTRATION**

April 23 through April 25  
and April 27 through April 28, 2025

### **OPEN ENROLLMENT BEGINS**

April 29, 2025

### **CLASSES BEGIN**

Week of May 26th

### **NO CLASSES ON**

May 26, June 19, July 3, and July 4, 2025

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 [dynamicforms.ngwebsolutions.com](http://dynamicforms.ngwebsolutions.com) or call (949) 367-8343 for more information.

Emeritus Website: [www.ivc.edu/emmeritus](http://www.ivc.edu/emmeritus)

Class Schedule: [www.ivc.edu/class-schedule](http://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/emmeritus](http://www.saddleback.edu/emmeritus) or call (949) 582-4835 for more information.

Class Schedule: [www.saddleback.edu/emmeritus](http://www.saddleback.edu/emmeritus)

Once you have a Student ID and PIN #, please register at [mysite.socccd.edu](http://mysite.socccd.edu).



# SENIOR EMERITUS CLASSES

Unless otherwise noted, classes are located at The Clubhouse, 100 Civic Center Dr., and are 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
60540	5/27-7/24	Tue/Thu	2:00-2:50 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
60655	6/2-8/4	Mon	12:00-1:20 pm
60560	5/29-8/7	Thu	11:45 am-1:15 pm

### CIRCUIT & BALANCE

Addresses the physical and mental health of the older adult through fitness activities with emphasis on staying active and independent.

Tic #	Dates	Days	Time
60765	6/2-8/4	Mon	1:30-2:50 pm

### CIRCUIT TRAINING

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

Tic #	Dates	Days	Time
62600	6/2-8/4	Mon	10:30-11:50 am
60575	5/28-8/6	Wed	10:30-11:45 am

### 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
60660	5/27-8/5	Tue	12:00-1:15 pm

### LINE DANCE

Through 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
60485	5/28-8/6	Thu	1:30-3:00 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
60525	5/28-8/6	Wed	12:00-1:15 pm
60555	5/29-8/7	Thu	10:00-11:30 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
60670	5/27-8/5	Tue	10:30-11:45 am

## STRENGTH & BALANCE

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

**Fee: Free**

Location: The Clubhouse, 100 Civic Center Dr.

Tic#	Dates	Day	Time
60535	6/2-8/4	Mon	10:30-11:50 am

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

Tic#	Dates	Day	Time
60595	5/28-8/6	Wed	10:00-11:15 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! Learn tai chi movements, self-massage acupressure and the philosophy of tai chi ch'uan.

Tic#	Dates	Day	Time
60795	5/28-8/6	Wed	1:00-2:15 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	Day	Time
60570	5/28-8/6	Wed	1:30-2:45 pm
60480	5/29-8/7	Thu	11:45 am-1:15 pm

## Saddleback College Classes

**NEW!**

### INTERMEDIATE TECHNOLOGY

Designed for the older adult, intermediate concepts are introduced related to current technologies to expand skill sets through the integration of technology into life.

Instructor: Emeritus Staff

Tic#	Dates	Day	Time
13055	6/3-7/24	Tue/Thu	10:00 am-12:05 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.

Instructor: Emeritus Staff

Tic #	Dates	Days	Time
13050	6/3-7/24	Tue/Thu	12:30-2:35 pm





## CITY OF LAKE FOREST

# Transportation Options for Seniors

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

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



Local Tax Dollars at Work

## 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!

### NEW OPTIONS AND RATES BEGINNING JULY 1, 2025:

- **FREE!** To the Civic Center Campus/The Clubhouse Senior Center and the Lake Forest Sports Park & Recreation Center)
- **\$2.00 One-Way (\$4.00 Round Trip)** Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc.
- **\$10.00 One-Way (\$20.00 Round Trip)**  
Within city limits of Laguna Hills, Laguna Niguel, Laguna Woods, Mission Viejo, Rancho Santa Margarita, Costco in Irvine and Laguna Niguel, Hoag Hospital Irvine, Kaiser Hospital Irvine, Irvine Spectrum, Mission Viejo Mall, and the VA Clinic in Laguna Hills.
- **VA Clinic in Santa Ana—Cost: \$15.00 One-Way (\$30.00 Round Trip)**
- **John Wayne Airport—Cost: \$25.00 One-Way (\$50.00 Round Trip)**

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

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



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

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

## AWSS Bus Service

*JOIN THE FUN!*

**FREE**

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





# HOW TO Register for Programs

## Summer 2025 Registration Dates

**Lake Forest Residents:** Tuesday, May 6, 2025 beginning at 8am | **Non-Residents:** Tuesday, May 13, 2025 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](http://www.lfparksandrecca.com)**

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

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

### 2 Mail-In Registration



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

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

### 3 Walk-In Registration



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

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

## General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
5. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.
6. Please allow for up to 30 days for your refund to be processed.

## Refund Policy

1. A full refund (minus the 3% credit card fee) will be given for any activity cancelled by the City of Lake Forest; the 3% credit card fee is non-refundable.
2. Registrations for City of Lake Forest Excursions are non-transferable.
3. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
4. Refunds are not given for any program that may be cancelled by the patron with a fee of \$10 or less per participant (per receipted transaction).
5. All Camp cancellations requesting refunds (for Little Wranglers, Creative Kids Club camps and Lake Forest Rocks) must be submitted by 5 pm on the Thursday prior to the first day of camp (Monday) will be assessed \$30 cancellation fee. All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee. All refund requests for Little Wranglers and Creative Kids Club Camps must call the Recreation Supervisor at (949) 273-6975.
6. Requests for Gazebo Rental Refunds will only be granted if the rental day is rained out or if the request is received one full week prior to your rental date. A \$10 admin fee will be charged to complete the refund.



## City of Lake Forest Community Services Program Registration Form

Photocopy if more than one registration form is needed



### Primary Contact (Responsible adult for registering persons into courses)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Male ☐ female ☐

Birthdate (Required) \_\_\_\_\_ Email (Required) \_\_\_\_\_

Street Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Preferred Contact Phone Number: ( ) \_\_\_\_\_ Emergency Phone: ( ) \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone: ( ) \_\_\_\_\_

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

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

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

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

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

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: [LFreonline@lakeforestca.gov](mailto:LFreonline@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

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

POSTAL CUSTOMER

ECRWSS



# CITY OF LAKE FOREST SPOOKTACULAR

OCTOBER 25, 2025

2-6PM

LAKE FOREST SPORTS PARK



JOIN US FOR A SPOOKY FUN TIME!

Register for  
**FALL FUN!**

## Resident Registration

Tuesday, August 5<sup>th</sup> at 8am

## Non-Resident Registration

Tuesday, August 12<sup>th</sup> at 8am

### CITY TELEPHONE NUMBERS

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

### FIND US ONLINE

CITY OF LAKE FOREST [LakeForestCA.gov](http://LakeForestCA.gov)

ECONOMIC DEVELOPMENT [LakeForestBusiness.com](http://LakeForestBusiness.com)  
[Facebook.com/LakeForestBusiness](https://Facebook.com/LakeForestBusiness)

ETNIES SKATEPARK OF LAKE FOREST [EtniesSkatepark.com](http://EtniesSkatepark.com)

LinkedIn  
[LinkedIn.com/in/City-of-Lake-Forest](https://LinkedIn.com/in/City-of-Lake-Forest)

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

