

# THE Leaflet

CITY NEWS AND RECREATION GUIDE



WINTER 2022



**CITY LAUNCHES  
TRAFFIC-  
IMPROVEMENT  
PROJECTS**

PG. 3

**HARDEN YOUR HOME  
AGAINST FIRE**

PG. 4

**RECREATION  
GUIDE**

PG. 12





A Message From City Manager  
**DEBRA ROSE**



## MEETINGS AT A GLANCE

Aside from the COVID pandemic, wildfires have emerged as a key concern in our State. All but two of the 20 largest wildfires in California history have occurred since 2000, with nine of them coming in 2020 and 2021. Although not in the list of the largest fires, the Bond and Silverado fires forced evacuations in Lake Forest in 2020.

That's why we all must do as much as we can to be ready. Homeowners know to keep a defensible space of 100 feet or so between buildings and dense vegetation. Our homeowners' associations do a good job of clearing that dry vegetation, too. But there's more we can do to harden our homes. Our partners at the Orange County Fire Authority have provided tips you can find on pages 6 and 7 of this issue. While defensible space can slow the spread of flames, home hardening – enclosing eaves, installing double-paned windows, and caring for patio covers and balconies – can keep flying embers from erupting into a structure fire.

You'll also find in this issue, and at [www.lakeforestca.gov/wildfires](http://www.lakeforestca.gov/wildfires), our City's evacuation zones. Knowing your zone is crucial if the Fire Authority and OC Sheriff's Department need to clear neighborhoods ahead of danger. You'll get information of a potential evacuation by signing up at [www.alertoc.org](http://www.alertoc.org) and [www.nixle.com](http://www.nixle.com).

We're doing our part to be ready at City Hall, too. We've enlisted a specialist to bolster our comprehensive Emergency Management Plan as well as provide advanced Emergency Operations Center training to staff.

If nothing else, the past two years have shown us we need to be prepared for anything. Let's all do our part to be ready, and may 2022 be a better year for us all.

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

*Debra Rose*

## CITY COUNCIL MEETINGS

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

## COMMUNITY SERVICES COMMISSION MEETINGS\*

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

## PLANNING COMMISSION MEETINGS\*

The Planning Commission meets on the Thursday after the first Tuesday

## TRAFFIC AND PARKING COMMISSION MEETINGS\*

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

All meetings will start at 6:30 pm

\*Subject to change; visit all agendas at:

[www.LakeForestCA.gov/agendas](http://www.LakeForestCA.gov/agendas)

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

## PUBLIC REDISTRICTING MEETINGS AND WORKSHOPS

**February 15**

Pre-final Map Hearing  
Presentation/Adoption  
of final District map

6:45 p.m.

Lake Forest City Hall  
100 Civic Center Dr.  
Lake Forest, CA 92630

**March 15**

Presentation/Adoption  
Final City Council  
District Boundary Map

6:45 p.m.

Lake Forest City Hall  
100 Civic Center Dr.  
Lake Forest, CA 92630



## COUNCIL APPROVES FIRST STEPS FOR TRAFFIC IMPROVEMENTS

The City Council in December approved contracts with a team of consultants to design 12 traffic-improvement projects throughout the City.

### The 12 projects are:

- Second left-turn lanes in all directions at Los Alisos and Muirlands
- Widening southbound Rancho Parkway at Lake Forest
- Raised medians on El Toro between Jeronimo and Trabuco
- Improvements to the medians on arterials throughout the City
- Widening westbound Los Alisos to add a dedicated right-turn lane at Rockfield
- Traffic improvements at Bake and Baffin Bay
- Resurfacing Lake Forest Drive
- Resurfacing El Toro Road
- Resurfacing Trabuco Road
- Resurfacing Bake from Rancho Parkway South to South Pointe Drive

As a contract city, Lake Forest uses consultants to provide street and traffic design services. Four consultant firms were brought on board for the 12 projects. The consultants develop, analyze, and provide recommendations for the project before ultimately developing the concepts into complete specifications and buildable improvement plans. The use of consultants allows the City to keep employee costs at a minimum.

The design work is expected to take up to two years. The agreements are in place until 2024.

## Lake Forest is on the Air!

See City meetings and get City news on Cox 851



Hear City news and emergency info on AM 1690 or at [bit.ly/lakeforestAM1690](http://bit.ly/lakeforestAM1690)



## TWO WAYS TO GET HELP

The City is partnering with the Orange County Fire Authority and Orange County Sheriff's Department for a "Stay Safe Lake Forest" Town Hall on fire safety at 6:30 p.m. on February 24 at the Civic Center.

The Fire Authority will provide more information about home hardening, while the Sheriff's Department will discuss evacuation procedures and when an evacuated area is reopened.

The Town Hall will also be streamed on the Lake Forest Channel on Cox Cable, channel 851.

Additionally, the Fire Authority offers free wildfire home assessments. Call (714) 573-6774 to schedule an assessment at your home.

## BE EMBER AWARE

Most homeowners, especially those who live near natural open space or other fire-prone areas, have heard about the need for "defensible space" – creating a buffer between a home and vegetation that could fuel flames. Good vegetation management is the responsibility of every member of the community and has been very effective in helping protect homes in Lake Forest during wildland fire events more than once.

But did you know that embers picked up by winds can travel as much as five miles and ignite a home fire far ahead of flames? Most homes are damaged or lost in a wildfire because of contact with embers, not flames. That's where home hardening comes in – taking steps that will close off your home to the heat and embers of an approaching wildfire.

When a single home catches fire due to ember intrusion, the radiant heat from can cause nearby homes to burn more readily, home hardening needs to be a community effort to provide the most effective way to prevent loss during a wildfire event.

### IMMEDIATE ZONE 0-5 FT

The main objective of the Immediate Zone or 0-to-5-foot zone is to reduce the potential that embers landing near a building will ignite fuels (vegetation and other combustible material) and expose the area around a home to direct flame.

Install hard surfaces, such as a concrete walkway, or use noncombustible mulch products, such as rock. Keep the lawn well irrigated and use low-growing herbaceous (non-woody) plants. Shrubs and trees are not recommended in the 5-foot zone.

### WINDOWS

Extreme heat during a wildfire can cause window glass to crack and fail, giving embers an easy entry into a home. Replacing a home's single-pane windows with dual-pane glass will help guard against fires. The outer pane can act as a thermal shield for the second pane, and using tempered glass adds even more protection. If it isn't possible to replace existing single pane windows, another cost effective fix is to reduce the amount of vegetation and other combustible materials outside of the windows.

### WALLS AND SIDING

Combustible siding, such as wood or vinyl, will catch fire or melt and threaten the interior of a home. Burning siding can also spread to the roof, rain gutters, eaves, vents, decks, and patio covers, creating even more danger. Stucco, masonry, and cement board are wall materials that resist heat and flames.

### EAVES

Eaves play an important role in protecting a home from damaging water flowing off the roof, but open eaves can trap embers that will ignite a structure. If you can see the rafter tails of 2x4 or 2x6 lumber, you have open eaves. Closing off – or "boxing" – those eaves can keep embers out. If that's not possible, sealing gaps, cracks and crevices with caulk will provide some protection, as will ensuring your paint is in good condition. Replace with sealing the gaps with caulk and a good coat of paint will reduce embers from lodging in the eaves.

### FENCES

Fences make good neighbors. Wooden fences can also make good fire-starters. Use a fire-resistant material wherever possible, and be sure to keep the fence clear of dead vegetation and other plant debris. If you can't afford to replace entire fence think about replacing at least the first 5 feet from the house.

### CHIMNEYS

An exposed chimney opening puts your home – and community – at risk. A spark arrester with openings no larger than  $\frac{1}{2}$  inch and no smaller than 3/8 inch will keep embers from your fireplace out of the community and embers from an approaching wildfire out of your home.

### BALCONIES AND DECKS

If you're adding a deck, use metal, masonry or lightweight concrete if possible. With an existing deck made of wood or other flammable material, keep the surface clear of plant debris, do not store combustible materials – including firewood – beneath the deck and caulk any gaps between the deck and the exterior wall of your home.

### PATIO COVERS

Ensure your patio cover is made of a non-combustible material. If an ember falls on a wooden or cloth patio cover, your home's roof, eaves, and siding will be exposed to radiant heat and open flames. Just like with balconies, install metal flashing between a wood patio cover and the exterior wall of your home. If it isn't cost effective to replace your patio cover, keep the wood in good repair free of rot and similar to eaves, seal gaps and cracks with caulk and a good coat of paint to provide some protection from embers.

### VENTS

Vents are important to allow moisture to escape your attic, but ensure they're covered with 1/8 inch metal mesh or consider replacing with ember resistant baffled vents. This will allow the air to flow but keep embers (and rodents) out.

*- Source: Orange County Fire Authority. See [www.ocfa.org/](http://www.ocfa.org/) RSG for more information.*

## IN AN EMERGENCY

During a wildfire or other emergency, authorities and the City of Lake Forest will share critical information with residents several ways:

**ALERT OC:** Ensure you and your family are signed up for Alert OC, which County and City officials use for emergency notifications. [www.alertoc.org](http://www.alertoc.org)

**NIXLE:** The City will share important information via Nixle, which will contact residents via text, email, or voice call. You can register by texting LakeForest to 888777 but going to [www.nixle.com](http://www.nixle.com) allows you to enter your address so the City can send geographically specific messages if necessary.

**WEBSITE:** Critical news is posted on the City's website, [www.lakeforestca.gov](http://www.lakeforestca.gov). Evacuation information is at [www.lakeforestca.gov/wildfires](http://www.lakeforestca.gov/wildfires).

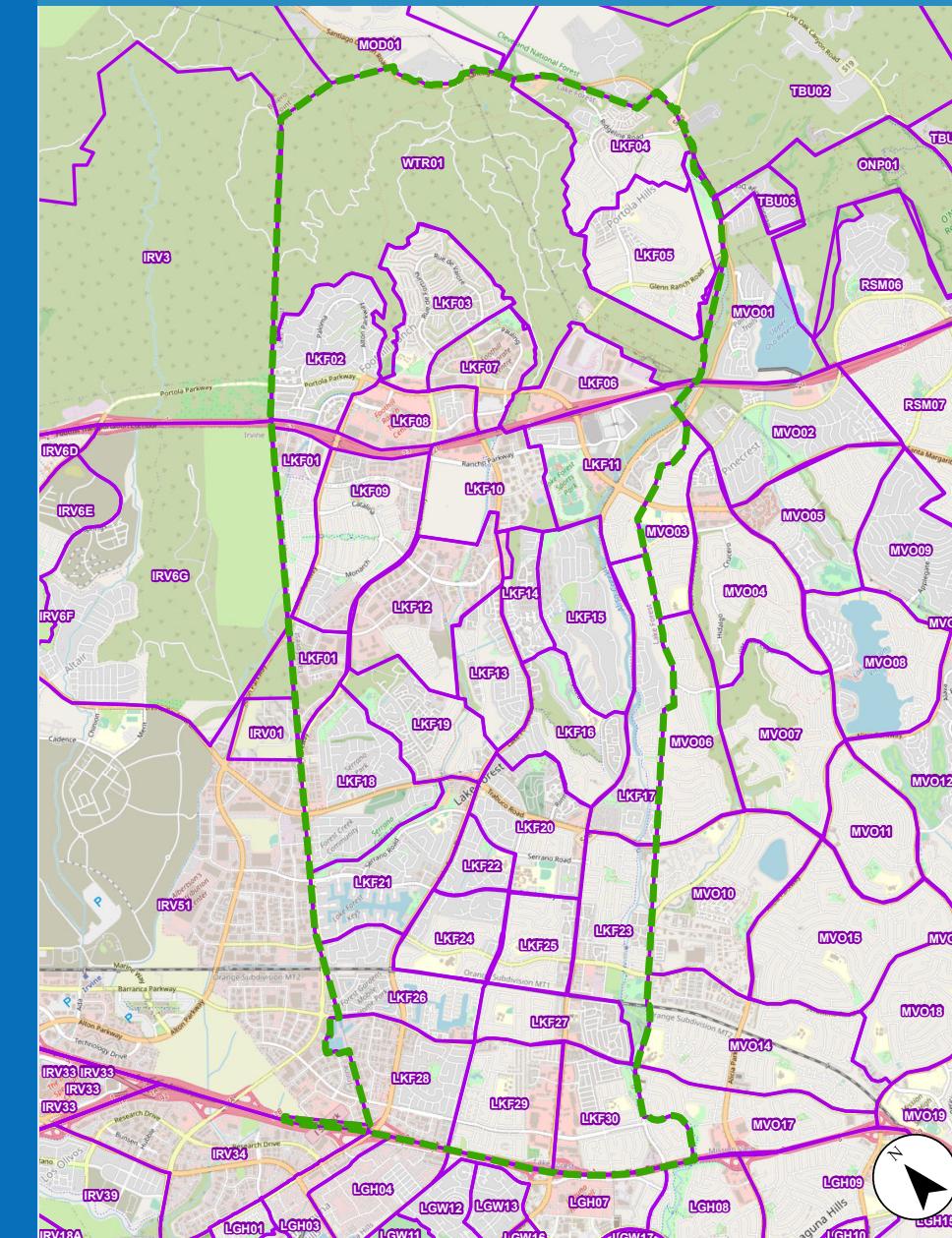
**COX 851:** Lake Forest broadcasts City and emergency information on Cox Channel 851 within the City of Lake Forest. City Council and Commission meetings are also broadcast.

**AM 1690:** The City operates AM 1690, a low-power radio station that broadcasts City news and emergency information. In an emergency, tune into AM 1690 for important updates. You can also tune in over the internet at <https://bit.ly/lakeforestAM1690>

**SOCIAL MEDIA:** The City uses Nextdoor, Facebook, Instagram, and Twitter. Follow Lake Forest, CA for City news and emergency updates.

**CITY HOTLINE:** During an emergency, the City updates its hotline with information about evacuations or other important news. The recorded hotline is at (949) 461-3536.

## OWN YOUR ZONE



Did you know Lake Forest is divided into 30 evacuation zones? Even more importantly, do you know what zone your home or business is in? In a wildfire or other emergency, the Orange County Sheriff's Department and City will notify those in Lake Forest of potential evacuations by zone.

Learn your zone by entering your address in the interactive map at [www.lakeforestca.gov/wildfires](http://www.lakeforestca.gov/wildfires).

The map will also be updated during an emergency to show which zones are under evacuation warnings, or full evacuations. And while the information is on the City's wildfire page, remember other emergencies, such as explosions or gas leaks, could lead to evacuations, as well.

Learn your zone. Own your zone!

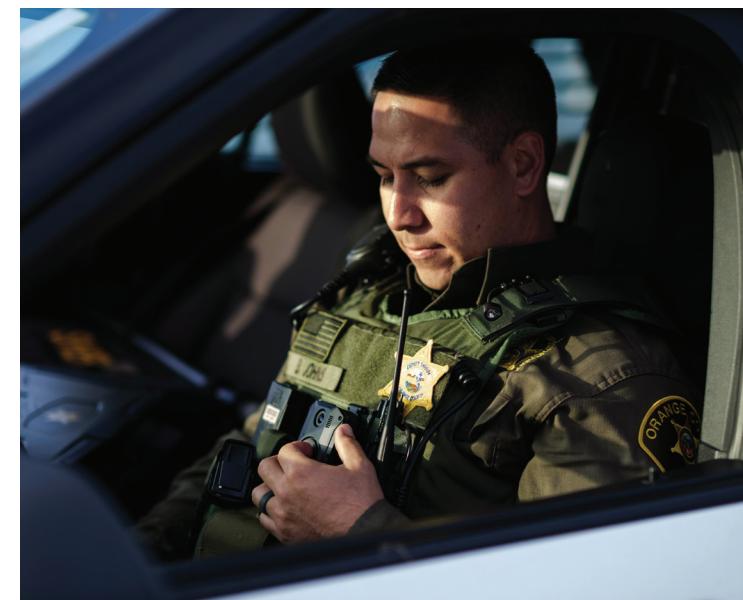
## LAKE FOREST DEPUTIES GET BODY-WORN CAMERAS

Orange County Sheriff's Deputies patrolling Lake Forest have added another piece of equipment to their uniforms: body-worn cameras that record their interactions with the public.

The Sheriff's Department continues to roll out its phased approach to equipping patrol personnel with body-worn cameras to increase transparency and accountability.

The program was launched in October and in November personnel in the department's southeast patrol areas – Lake Forest, Mission Viejo, Rancho Santa Margarita and south unincorporated areas – were outfitted with cameras. All OC Sheriff patrol personnel are expected to have cameras by the end of 2022.

The Department also is upgrading its in-car camera systems, which have been in place for more than three decades.



## LAKE FOREST NEEDS STARS!

Are you ready to be a STARS volunteer in your community?

The Sheriff's Team of Active Retired Seniors (STARS) is a senior citizen volunteer program through the City of Lake Forest. It was founded in 1997 to assist the City and Lake Forest Police Services.

STARS assist the City and Sheriff's Department by helping with Neighborhood Watch programs, business checks, home vacation checks, and by providing clerical support in the Lake Forest City substation, and more.

To qualify, you must be a Lake Forest resident willing to donate four to six hours weekly and possess a California driver's license. Volunteers must also have a clean background, pass an initial physical exam and provide a letter from their physician stating that the volunteer is currently in satisfactory health and can perform the duties required in the STARS program.

See <https://bit.ly/LFSTARS> for more information or call (949) 461-3545.

## BUSINESS, SHERIFF'S DEPARTMENT TEAM UP IN BUSINESS WATCH

Business Watch is a free crime-prevention program designed for businesses in the City of Lake Forest. The goal of the program is to bring businesses together with law enforcement to prevent and reduce crime in the community.

Why Business Watch? Citizen involvement is essential to prevent crime. Business owners and employees are the ones who really know what is going on in your community. By cooperating with each other and Lake Forest Police Services, people can help fight crime in their community in the most effective way – before it begins!

After registering your business, a representative from the Orange County Sheriff's Department will attach a Business Watch sticker to the storefront window. In the event a crime occurs at that business, deputies will be able to retrieve your emergency contact information and contact the owner immediately. Getting everyone involved, employees as well as employers, will develop a comprehensive approach to safety for each individual business as well as the entire business community. The Sheriff's Department Crime Prevention Unit will also provide business owners with periodical emails regarding recent crime trends, as well as crime-prevention tips.

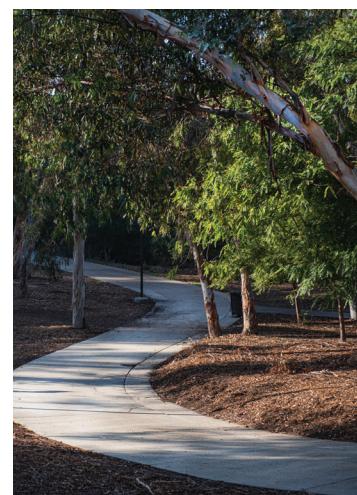
Get more information and register for the program at [https://www.lakeforestca.gov/BusinessWatch](http://www.lakeforestca.gov/BusinessWatch) or call Lake Forest Police Services Crime Prevention Specialist Brittney Oldham at (949) 461-3546.

## EXPAND THE FOREST

Since Lake Forest incorporated in December 1991, the City Council has supported Expand the Forest, a landscape improvement program that encourages citizen participation in tree planting and provides an opportunity for urban forest enhancement while minimizing the financial responsibility of the City.

An Expand the Forest memorial tree is \$90. The application includes a selected tree palette of approved trees and available parks. Citizen sponsors receive a formal Certificate of Dedication signed by the City Council.

The spring planting season starts March 1 to June 1. Please submit your application for the spring. See [www.lakeforestca.gov/expandtheforest](http://www.lakeforestca.gov/expandtheforest) for more information and an application.



SPONSORS	TREE SPECIES	LOCATION	DEDICATION
Desree and Rich Magee	Sycamore	Regency Park	In loving memory of R. Samuel Magee, a great doctor, husband and father
Dannielle, Lee and Scarlett Fewster	Crape Myrtle	Alton Park	In loving memory of Susan Bloom, the best mother, grandmother, and friend. We miss you so much ^3
Love always , Christine, Michelle, Squeak and family	Crape Myrtle	Foothill Ranch Community Park	In loving memory of our dad, Jim Palomino, beloved husband, father and papa
Regis and Rose Duncan	Crape Myrtle	Alton Park	In loving memory of Anastacio Sanchez, devoted husband, father and beloved grandpa
The McDevitts (check on this one)	Magnolia	Foothill Ranch Community Park	In loving memory of Tiffany Woods
Jean Grigg	Magnolia	Cherry Park	In loving memory of Rick Gruen. Thank you for a beautiful life together - you are forever in my heart!
Barbara Holland, Judy Freund, Karen Ver Wayne, Steve Goold and Doree Pisano	Magnolia	Regency Park	Lawrence Lotito
Rob and Lisa Stone	Crape Myrtle	Alton Park	In loving memory of Vince Santistevan, a wonderful friend
The Rimland Family	Magnolia	Concourse Park	In loving memory of our nephew John Valerio 1986-2021
Terracon Sultants, Inc. Administrative Department	Crape Myrtle	Cavanaugh Park	Terracon is dedicated to the cities and clients we serve and contributing to the welfare of our environment
Terracon Sultants, Inc. Materials Department	Crape Myrtle	Cavanaugh Park	Terracon is happy to be supporting communities throughout the cities where our clients and employee-owners live and work.
Terracon Sultants, Inc. Environmental Department	Crape Myrtle	Cavanaugh Park	Terracon is pleased to be supporting the environment, especially in neighborhoods our clients and employee-owners live and work.
Terracon Sultants, Inc. Geotechnical Department	Crape Myrtle	Cavanaugh Park	Terracon believes in becoming a real part of the communities in which we live and work.
The Lowell Family and the Dill Family	Crape Myrtle	Sundowner Park	In loving memory of Mary "Molly" Hewett, the world's best mom, grandma, friend and nurse.
Barbara Cesena, Tracie Laughlin, Angela Derry, Isabel Espinoza, Stacy Dias, Balkaran Mehta, Kathryn Fichter, Miss Kathy, Jolly Pulanco	Sycamore	Rancho Serrano Park	In loving memory of our sweet angel, friend and co-worker Julia Ann Lopez
Your family	Magnolia	El Toro Park	Happy Heavenly 24th Birthday, Nathan. We love and miss you so much.
Sheila's Family and volunteers from Tanaka Farms	Crape Myrtle	Rancho Serrano Park	In memory of "Nana" Sheila Freudenberger for her love all things living, great and small
Tammy Trinh and children	Crape Myrtle	Cavanaugh Park	In loving memory of Andrew Quocanh Trinh a great caring brother and uncle
Tammy Trinh and children	Crape Myrtle	Cavanaugh Park	In loving memory of Camsa Nguyen a beautiful sweet sister-in-law and aunt in-law
Tammy Trinh and children	Crape Myrtle	Cavanaugh Park	In loving memory of Taylor Duyen Trinh Ferrari a beautiful sweet niece and cousin
Lake Forest Elementary Retired Teachers	Crape Myrtle (purple)	Ranchwood Park	In loving memory of Edith Petersen, a loving friend and educator
Lake Forest Elementary Teachers and Staff	Crape Myrtle (pink)	Ranchwood Park	In loving memory of Edith Petersen, a loving friend and educator
The Corral Family	Magnolia	El Toro Park	In loving memory of Santiago P. Corral. You will forever be in our hearts Grandpa - Dad
Brittany Gale and Scott Gale	Crape Myrtle (pink)	Rimgate Park	To the most loving and supportive mother and grandmother anyone could hope for
The Bahai Community of Lake Forest	Magnolia	Serrano Creek	The Mystery of Gold
The Bahai Community of Lake Forest	Magnolia	Serrano Creek	The Center of the Covenant
The Bahai Community of Lake Forest	Magnolia	Serrano Creek	The Most Exalted Handiwork
The Bahai Community of Lake Forest	Magnolia	Serrano Creek	The Stainless Mirror
The Bahai Community of Lake Forest	Magnolia	Serrano Creek	The Perfect Exemplar
The Bahai Community of Lake Forest	Magnolia	Serrano Creek	The Most Mighty Branch

## POWER SHUTOFFS AND IRRIGATION POLLUTION



### LAKE FOREST

Southern California Edison shuts down power to select circuits during high winds to reduce the chances of wildfire. The shutdowns, also known as Public Safety Power Shutoffs (PSPS) can have an unfortunate by-product... resetting your irrigation controller and causing irrigation pollution!

Irrigation controllers depend on a constant supply of power to maintain their programming, and most have a backup battery in the case of a power outage – that is, if the battery is still holding a charge. If it isn't, your controller could be reset to its factory settings, which can result in excessive irrigation. Irrigation discharges are a prohibited discharge because they can mobilize pollutants. Pollutants such as sediment, bacteria, and nutrients can be transported by excessive irrigation to our local creeks, lakes, and the ocean. How can you prevent this type of water waste and pollution? Routinely replace back-up batteries to ensure they are holding a charge. After a PSPS, look at your irrigation controller and confirm that your scheduling has weathered the shutoff.

Becoming more familiar with your irrigation controller and ensuring the backup battery is fresh can lead to a more efficient irrigation system, protect the environment, and save you money!

Additional information regarding irrigation controllers can also be found through Orange County's collaborative website at <http://www.H2OC.org> and at your local water district: El Toro Water District - <http://www.etwd.com>/ Irvine Ranch Water District - <http://www.irwd.com>/ Trabuco Canyon Water District - <http://www.tcwd.ca.gov>/

## WHAT IS A PUBLIC SAFETY POWER SHUTOFF?

When weather conditions create a high risk for a wildfire, Southern California Edison (SCE) may temporarily shut off power to your neighborhood to prevent our electric system from becoming the source of ignition. These outages are called Public Safety Power Shutoffs.

SCE monitors weather forecasts and will begin preparing for a PSPS a week ahead of anticipated winds. Residents are sent initial notices of potential shutdowns three days ahead of the anticipated winds, with updates daily after that.

Residents can sign up for email, text, or voice notifications. Residents who are a SCE Medical Baseline customers and depend on powered medical equipment should plan to have a backup power source, such as an uninterruptible power supply, or a backup location in case of a power outage.

Source: Southern California Edison. See <https://www.sce.com/wildfire/pmps> for more information.



## HELP PLAN THE JULY 4 PARADE

The City Council in November opted to continue the decades-long tradition of a Fourth of July Parade, while acknowledging the success of the 2020 fireworks show.

Interested in joining the volunteer committee that organizes the family-friendly, time-honored event? Contact Recreation Manager Laura Lisack at [llisack@lakeforestca.gov](mailto:llisack@lakeforestca.gov).

## BE PREPARED FOR AN EMERGENCY: JOIN CERT

Want to be able to help your family, neighbors, and community after a large-scale disaster? Experts say it may take up to three days for first responders to reach you after a large earthquake or other catastrophic event. That's where the Community Emergency Response Team (CERT) comes in. The Federal Emergency Management Agency (FEMA) program trains residents emergency first aid, basic search and rescue, and more over eight weekly sessions taught in Lake Forest.

The next session begins April 6. See [www.lakeforestca.gov/CERT](http://www.lakeforestca.gov/CERT) for more information.

## PET ADOPTION CENTER OF OC OFFERS ALTERNATIVES FOR UNWANTED PETS



In its continuing effort to support Lake Forest residents and pets, The Pet Adoption Center of Orange County (PAC-OC) recently rescued 6-year-old Kooper, a 14-pound soft-coated Terrier mix, from the Orange County Shelter.

Kooper's family, from Lake Forest, took him to the shelter because they were concerned about his protective behavior with children outside their home. Kooper nipped at a young child. With children in their home bringing other children over to visit, the family felt it would be best for Kooper to be in a quieter home.

Kooper is as cute and sweet as can be with those he knows and loves. Due to his history, Kooper will do best in a home without children. Kooper likes toys, kisses, and belly rubs. He will be happy to sit on the sofa next to his owners. Outside of wanting to protect his family from unknown people, Kooper is the perfect gentleman. He'll sit for treats, does well on walks, and calmly greets other small dogs.

Although Kooper ended up at the shelter briefly, the PAC-OC tries to help Lake Forest owners with their pets prior to taking them to the shelter. If the organization is unable to assist, it can provide referrals to other resources. PAC-OC also offers counseling to those who would like to keep their pets but are having difficulties. The PAC-OC continues to offer volunteer opportunities for adults, as well as for students 16-17 years old—with an adult volunteering with them.

The City of Lake Forest partners with the PAC-OC by providing \$15,000 in funding annually. For more information on adopting Kooper or another dog, our other services, and volunteer opportunities, please see [www.adoptcpets.org](http://www.adoptcpets.org).

For questions, email [info@adoptcpets.org](mailto:info@adoptcpets.org).



## HOMETOWN HERO BANNERS AVAILABLE

The Hometown Hero Banner Program is for residents wishing to honor their own Hometown Hero, currently serving, retired or deceased from all branches of the armed forces with a connection to the City of Lake Forest. The banners will be flown on Civic Center Drive leading up to the Civic Center campus. Twenty banners will be available to purchase for the 2022 Hometown Heroes Banner Program. Banners will be displayed for a one-year period from May 2022 through May 2023.

### The program includes:

- The purchase of a banner (\$300) including the honoree's name, a formal military photo and their armed forces branch.
- The banner will be displayed on a street pole on Civic Center Drive for a period of one year.
- To extend the banner display period beyond the one year time frame, and have the honoree's banner hung for the following year, applicants must reapply and pay a \$100 renewal fee during the Spring 2023 application period.

To qualify, a honoree must be able to verify duty status and be able to verify a connection to the City of Lake Forest (i.e. current City of Lake Forest resident and immediate family member of a current resident, such as wife/husband, son/daughter, grandson/granddaughter, son-in-law/daughter-in-law).

For more information on the City of Lake Forest's Hometown Heroes Military Banner Program, or if you or your business is interested in sponsoring a banner, contact Recreation Manager Vicky Blethen at [vblethen@lakeforestca.gov](mailto:vblethen@lakeforestca.gov).

# Spring 2022 Recreation Program Guide

March, April, May



**BUNNY BLAST 2022**  
**El Toro Park**  
**Saturday, April 9, 2022**  
**More info on page 14**

**SPRING 2022 REGISTRATION DATES**  
**RESIDENT:** Begins at 8 am, Tuesday, February 15, 2022  
**NON-RESIDENT:** Begins at 8 am, Tuesday, February 22, 2022

## Community Services Spring Quarter Holiday Schedule

Please visit the City website [www.LakeForestCA.gov](http://www.LakeForestCA.gov) to confirm the days and times the Lake Forest Sports Park & Recreation Center and the Etnies Skatepark of Lake Forest are open over the Spring Quarter. The Civic Center Complex will be closed on the following Winter Quarter Holidays:

### MEMORIAL DAY

Monday, May 30, 2022

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.

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## COMMUNITY SERVICES CONTACT INFORMATION

Community Services .....	273-6960
<a href="http://www.lfcommunityservices.com">www.lfcommunityservices.com</a>	
Community Center Rentals .....	461-3407
Etnies Skatepark of Lake Forest .....	916-5870
<a href="http://www.etniesskatepark.com">www.etniesskatepark.com</a>	
Lake Forest Sports Park & Recreation Center .....	273-6960
<a href="http://www.lakeforestsparks.com">www.lakeforestsparks.com</a>	
The Clubhouse (Senior Center) .....	461-3408
<a href="http://www.LakeForestCA.gov/seniors">www.LakeForestCA.gov/seniors</a>	
Saddleback Emeritus Registration .....	582-4835
IVC Emeritus Registration .....	451-5555
SVUSD Recreation .....	768-0981, press 3
Sports Fields Hot-line .....	461-3595

**Parks  
Make  
Life  
Better!**<sup>SM</sup>

**SAVE TIME!  
Register Online at:  
[www.lfparksandrecca.com](http://www.lfparksandrecca.com)**

## Special Events

### Bunny Blast: Eggstravaganza!

One egg, two egg, green egg, blue egg. It is time for everyone's springtime favorite, Bunny Blast: Quite the Eggstravaganza! Enjoy a fun filled event for the entire family, with a day of activities including game booths, rides, music, and other funny things! Oh the things you will find! Bring your own bags or baskets to collect eggs full of candy from a variety of themed egg stations using your free egg station card. The first 1,000 young friends can participate in these eggcellent egg stations! Bring your camera to take pictures from the places you'll go - you're off and away to visit Nectar, Hoppy the Spring Bunny, and Hop on down early to take part in all the fun!

- Fee: \$10 per wristband (Wristband includes: unlimited games, rides, and other attractions)
- Location: El Toro Park (23701 Los Alisos Blvd)

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

Families      Apr 9      Sat      11 am -3 pm



### Pet Expo at the Lake Forest Sports Park

The Pet Expo is a unique, family-oriented event centered around pets and the people who love them! This one-day event offers a variety of informative groups, retailers, groomers, veterinarians, and pet organizations. - Everything you need to know for a happier, healthier pet! There will be informative booths, various animal wellness services available. Feel free to bring your well socialized/people-friendly dog. \*Please note: no flexible leashes are allowed for safety reasons. If your dog is not friendly, you may be asked to leave the event. \*Additional parking located at Saddleback Church.

- Fee: FREE!
- Location: Lake Forest Sports Park Commons Area (28000 Rancho Parkway)

For More Info Call: The Lake Forest Recreation Center at 273-6960

Families      Apr 30      Sat      10 am-1 pm

## Spring Break Camps

### Creative Kids Club

It's that time again- school's out, spring break is here, and the Creative Kids Club is here for a week of fun! Get ready for some onsite fun! This camp will be full of crafts, games, and other activities! Participants must bring a snack and lunch. This camp will be split into two groups of 14. No transfers or refunds for missed days. \*Please see City of Lake Forest Camp Refund Policy regarding cancellations.

- Instructor: Lake Forest Staff
- Fee: \$200 Resident      \$205 Non-Resident
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In  
For more info call: The Lake Forest Recreation Center at 273-6960  
Act#: 10928    6-11yrs    Apr 11-15    Mon-Fri    7:30 am-6 pm

### Lake Forest Sports Camp

We promote competition through fun and learning! Participants will learn introductory techniques and rules for several popular sports. We will focus on the benefits of sportsmanship, discipline, and teamwork, including education-based time in the classroom to learn the rules of the game. Campers will participate in soccer, baseball, basketball, lacrosse, pickleball and flag football. All skill levels are welcome! This camp will include one sports drink and snack each day, and a pizza party on Friday. \*Please see City of Lake Forest Camp Refund Policy regarding cancellations.

- Instructor: Lake Forest City Staff
- Fee: \$200 Resident \$205 Non-Resident
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In  
For more info call: The Lake Forest Recreation Center at 273-6960  
Act#: 10929    11-14 yrs    Apr 11-15    Mon-Fri    9 am-5 pm

### Amazing Magic Camp



Experience new magic tricks EVERY day that you can share with friends and family. Learn the Eight Traits of a True Magician. Receive your own personal magic video key card, high-quality props, a "Top Secret" folder with games, jokes, puzzles and more magic. Special surprises at the end.

- Instructor: School of Astonishment staff
- Fee: \$199 Resident      \$204 Non-Resident
- Material Fee: \$40 (due on first day of class)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In  
For more info call: The Lake Forest Recreation Center at 273-6960  
Act#: 10930    8-12yrs    Apr 11-15    Mon-Fri    1 -4 pm

**LOOKING FOR VOLUNTEERS!  
BRING A FRIEND!**

Monthly meetings begin in February at City Hall.

For more information, contact: Laura Lisack,  
Recreation Manager at 949-461-3451 /  
llisack@lakeforestca.gov

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## 2022 CAMP CANCELLATION POLICY AND FEE

- All Camp cancellations requesting refunds (for Little Wranglers, Creative Kids Club Camps and Lake Forest Sports Academy) must be submitted by 5pm on the Thursday prior to the first day of camp (Monday) will be assessed \$30 cancellation fee.
- All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee.
- All refund requests for Little Wranglers, Creative Kids Club Camps and Lake Forest Sports Academy must call the Recreation Supervisor at (949) 273-6975.

## SPRING 2022 REGISTRATION DATES

### RESIDENTS

**Tuesday, February 15, 2022 @ 8 am**

### NON-RESIDENTS

**Tuesday, February 22, 2022 @ 8 am**

**CERTIFIED FARMERS MARKET**

**COME JOIN US FOR THE LAKE FOREST CERTIFIED FARMERS MARKET!**

Come join us for the Certified Lake Forest Farmers Market! If you are interested in having a booth during the event or have questions related to the Farmers Market, please email info@lakeforestfarmersmarket.com or call (949) 273-6971.

Booths are available on a first come first serve basis and limited to one of each type of vendor to ensure variety. Homemade, local business, and produce vendors are preferred.

- Fee: Free to attend
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway) Parking lot area in front of the Recreation Center

For More Information email  
[info@lakeforestfarmersmarket.com](mailto:info@lakeforestfarmersmarket.com)  
Families      Ongoing      Wed      4:30-8 pm  
\*Weather Permitting

## LAKE FOREST SPORTS PARK & RECREATION CENTER

The Lake Forest Sports Park & Recreation Center Gymnasium spreads 27,000 square feet with two hardwood floored basketball courts and two volleyball courts.

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

### NEW MEMBERSHIPS ARE AVAILABLE FOR PURCHASE.

#### Basketball:

Monday-Friday .....	11 am-1pm
Monday (30 and older) .....	6:30 pm-9:30 pm
Saturday .....	3-6 pm

#### Volleyball:

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

- Sunday, April 17, 2022 Closed for Easter

#### FOLLOW US ON THESE SOCIAL MEDIA PLATFORMS:



[facebook.com/lfsportspark](https://facebook.com/lfsportspark)



@lakeforest\_sportspark

## Preschool & School Aged Classes

### Music Together

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

- Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.
- Fee: \$185 – Resident \$190 - Non-Resident (10-week session)  
Babies under the age of 8 months free with registered sibling.
- Materials Fee: A \$42 program fee payable to instructor is required at first class meeting.
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)



**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Lake Forest Recreation Center at 273-6960**

**Act#:** 10931 Birth-4 yrs Apr 11-Jun 13 Mon 9-9:45 am  
**Act#:** 10932 Birth-4 yrs Apr 12-Jun 14 Tue 4:30-5:15 pm  
**Act#:** 10933 Birth-4 yrs Apr 15-Jun 17 Fri 9:15-10:00 am  
**Act#:** 10934 Birth-4 yrs Apr 15-Jun 17 Fri 10:15-11:00 am  
**Act#:** 10935 Birth-4 yrs Apr 16-Jun 18 Sat 9-9:45am

### Rhythm Kids for Big Kids

In each weekly music class we drum, sing, move, and play to the rhythms inspired by musical traditions around the world. Students learn to compose, choreograph, and conduct as they play djembe drums, percussion instruments, and their voices ad their bodies Whether as a stand-alone or as a companion to private lessons, RK helps children develop the facility, repertoire, mastery, and creativity to be confident music students and music makers throughout their lives.

- Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.
- Fee: \$150 – Resident \$155 - Non-Resident (10-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Lake Forest Recreation Center at 273-6960**  
**Act#:** 10936 4-6 yrs April 16-June 18 Sat 10-10:45 am

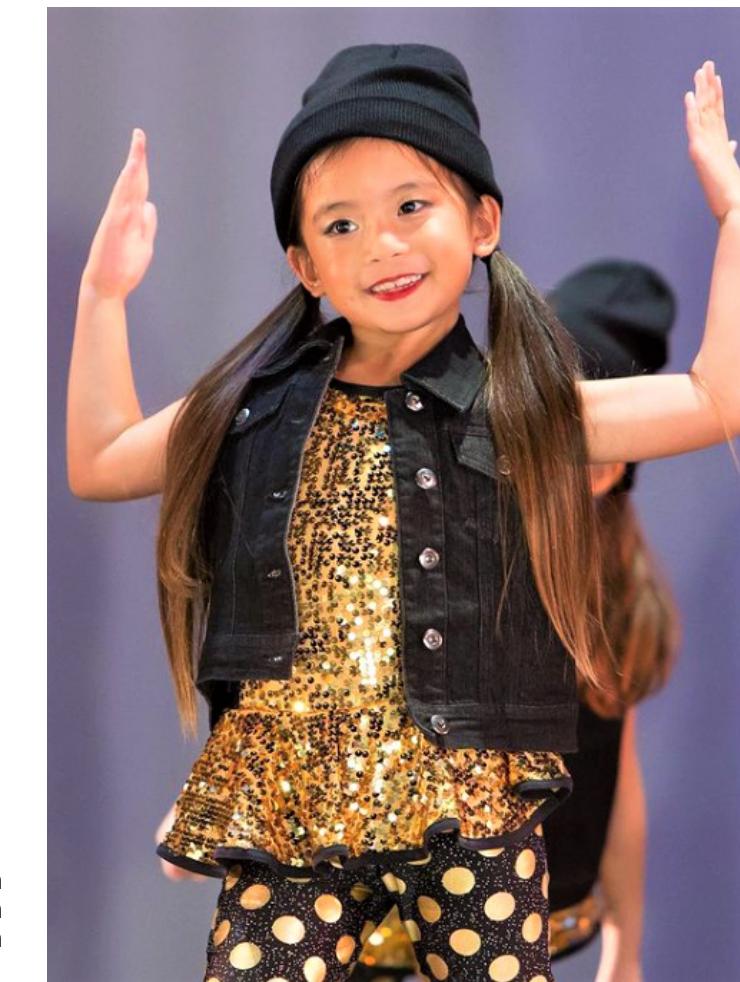
### Princess Ballet

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 through exercises in center and across the floor, creative movement activities, and choreography. Class includes short princess story times and one craft. Leotard, tights, and ballet shoes required. \$5 material fee due on the first day of class. Optional spring recital (tbd) for those enrolled in winter and spring sessions. Nominal costume fee applies. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for more information.

- Instructor: OC Dance Productions staff
- Fee: Session 1  
\$74 – Resident \$79 – Non-Resident(5-week session)
- Session 2  
\$89 – Resident \$94 – Non-Resident(6-week session)
- Full Session  
\$149 – Resident \$154 – Non-Resident(11-week session)
- Material Fee: An additional material fee of \$5 due to instructor at first class meeting.
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Lake Forest Recreation Center at 273-6960**

**Act#:** 10872 3-6 yrs Mar 12 – Apr 9 Sat 9-9:45 am  
**Act#:** 10873 3-6 yrs Apr 23 – May 28 Sat 9-9:45 am  
**Act#:** 10874 3-6 yrs Mar 12 – May 28 Sat 9-9:45 am



### Ballet, Jazz, & Tap Level I

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, ballet and tap shoes required. Optional spring recital (tbd) for those enrolled in winter and spring sessions. Nominal costume fee applies. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for more information.

- Instructor: OC Dance Productions staff
- Fee: Session 1  
\$74 – Resident \$79 – Non-Resident(5-week session)
- Session 2  
\$89 – Resident \$94 – Non-Resident(6-week session)
- Full Session  
\$149 – Resident \$154 – Non-Resident(11-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Lake Forest Recreation Center at 273-6960**

**Act#:** 10863 3-5 yrs Mar 12 – Apr 9 Sat 9:50-10:35 am  
**Act#:** 10864 3-5 yrs Apr 23 – May 28 Sat 9:50-10:35 am  
**Act#:** 10865 3-5 yrs Mar 12 – May 28 Sat 9:50-10:35 am

### Ballet, Jazz & Tap Combo Level 2

Dancers improve and expand upon technique learned in Level I, but those new to dance are welcome! Dancers will start as balanced dancers with exercises and instruction in beginning classical ballet, rhythmic tapping and beginning jazz dance. Class also promotes musicality, coordination, balance, and grace. Leotard, tights, ballet and tap shoes required. Optional spring recital (tbd) for those enrolled in winter and spring sessions. Nominal costume fee applies. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for more information.

- Instructor: OC Dance Productions staff
- Fee: Session 1  
\$74 – Resident \$79 – Non-Resident(5-week session)
- Session 2  
\$89 – Resident \$94 – Non-Resident(6-week session)
- Full Session  
\$149 – Resident \$154 – Non-Resident(11-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Lake Forest Recreation Center at 273-6960**

**Act#:** 10866 5-8 yrs Mar 12 – Apr 9 Sat 10:40-11:25 am  
**Act#:** 10867 5-8 yrs Apr 23 – May 28 Sat 10:40-11:25 am  
**Act#:** 10868 5-8 yrs Mar 12 – May 28 Sat 10:40-11:25 am

## Hip Hop

An upbeat, popular class for boys and girls! Dancers learn beginning hip hop and basic tumbling skills incorporated in dance combinations. Class helps improve coordination, rhythm, gross motor skills, and agility. All movement and songs are age appropriate. Sneakers required. Optional spring recital (tbd) for those enrolled in winter and spring sessions. Nominal costume fee applies. Visit [www.ocdanceproductions.com](http://www.ocdanceproductions.com) for more information.

- Instructor: OC Dance Productions staff
- Fee: Session 1  
\$74 – Resident \$79 – Non-Resident(5-week session)
- Session 2  
\$89 – Resident \$94 – Non-Resident(6-week session)
- Full Session  
\$149 – Resident \$154 – Non-Resident(11-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

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

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

Act#: 10869 5-8 yrs Mar 12 – Apr 9 Sat 11:30 am-12:15 pm

Act#: 10870 5-8 yrs Apr 23 – May 28 Sat 11:30 am-12:15 pm

Act#: 10871 5-8 yrs Mar 12 – May 28 Sat 11:30 am-12:15 pm

## Beginning Ukulele

Learn to play the Ukulele in a friendly and supportive environment. You will learn easy chords, how to read tablature, and how to play different strum styles. No previous musical experience required. You must bring your own ukulele to class.

- Instructor: Ron Gorman
- Fee:\$109 – Resident \$114 - Non-Resident (5-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

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

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

Act#: 10899 10 yrs-Adult Mar 21 – Apr 18Mon 6:30-7:30 pm

## Beginning Guitar

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

- Instructor: Ron Gorman
- Fee:\$109 – Resident \$114 - Non-Resident (5-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

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

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

Act#: 10898 10 yrs-Adult Mar 21 – Apr 18Mon 7:30-8:30 pm

## Preschool Rhythmic Gymnastics

- Instructor: EuroGymnastics Staff
- Fee:\$95 – Resident \$100 – Non-Resident (5-week session)
- \$75- Resident \$80 – Non-Resident (4-week session)
- Material Fee: \$30 (5 week class) \$25 (4 week class)
- Location: EuroGymnastics Rhythmic Academy (26923 Fuerte Dr, Lake Forest)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Lake Forest Recreation Center at 273-6960**  
**Act#: 10857 3.5 - 5 yrs Mar 2-30 Wed 3:30 – 4:30 pm**  
**Act#: 10858 3.5 - 5 yrs Apr 6-27 Wed 3:30 – 4:30 pm**  
**Act#: 10859 3.5 - 5 yrs May 4-25 Wed 3:30 – 4:30 pm**

## Rhythmic Gymnastics - Beginners

Rhythmic gymnastics for girls!

- Instructor: EuroGymnastics Staff
- Fee:\$75 – Resident \$80 – Non-Resident (4-week session)
- Material Fee: \$25
- Location: EuroGymnastics Rhythmic Academy (26923 Fuerte Dr, Lake Forest)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Lake Forest Recreation Center at 273-6960**  
**Act#: 10860 5 yrs + Mar 7-28 Wed 3:30-4:30 pm**  
**Act#: 10861 5 yrs + Apr 4-25 Wed 3:30-4:30 pm**  
**Act#: 10862 5 yrs + May 2-23 Wed 3:30-4:30 pm**

## Preschool gymnastics – (Peewee Gymnastics)

This class is great for kids that are ready to be in a structured gymnastic class. Children will strengthen their muscles and better their coordination while improving their social skills. They will learn to wait their turn and go through stations such as parallel bars, vault, and balance beam where they will start to learn basic gymnastic skills. This class is for preschoolers advanced enough to not need parent participation. Price includes (4) 30-minute sessions of OPEN PLAY right after class.

- Instructor: Us Too Gymnastics
- Fee:\$72 – Resident \$77 – Non-Resident (4-week session)
- Location: Us Too Gymnastics Facility (25 Spectrum Pointe Dr, Suite 405, Lake Forest, CA)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Lake Forest Recreation Center at 273-6960**  
**Act#: 10879 3-5 yrs Mar 1-22 Tue 11-11:50 am**  
**Act#: 10880 3-5 yrs Apr 5-26 Wed 11-11:50 am**  
**Act#: 10881 3-5 yrs May 3-24 Tue 11-11:50 am**  
**Act#: 10882 3.5-5 yrs Mar 2-23 Wed 10-10:50 am**  
**Act#: 10883 3.5-5 yrs Apr 6-27 Tue 10-10:50 am**  
**Act#: 10884 3.5-5 yrs May 4-25 Wed 10-10:50 am**

## "Parent & Me (Pee Wee) Gymnastics

You and your toddler will have fun exploring the gym and going through fun obstacles that are set up by our coach. These actives will help your children develop social skills while increasing parent-child bonding experience. Also, your child will learn new skills like front rolls, hanging on the bars, walking on the balance beam and different games on the trampoline. Parent participation required.

- Instructor: Us Too Gymnastics
- Fee:\$65 – Resident \$70 – Non-Resident (4-week session)
- Location: Us Too Gymnastics Facility (25 Spectrum Pointe Dr, Suite 405, Lake Forest, CA)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Lake Forest Recreation Center at 273-6960**

Act#: 10885 1yr 3 mos-2yr 2 mos	Mar 1-22	Tue	11-11:50 am
Act#: 10888 2yr 3 mos-3yr	Mar 1-22	Wed	11-11:50 am
Act#: 10891 1yr 6 mos-3yr	Mar 2-23	Tue	11-11:50 am
Act#: 10886 1yr 3 mos-2yr 2 mos	Apr 5-26	Wed	10-10:50 am
Act#: 10889 2yr 3 mos-3yr	Apr 5-26	Tue	10-10:50 am
Act#: 10892 1yr 6 mos-3yr	Apr 6-27	Wed	10-10:50 am
Act#: 10887 1yr 3 mos-2yr 2 mos	May 3-24	Wed	10-10:50 am
Act#: 10890 2yr 3 mos-3yr	May 3-24	Tue	10-10:50 am
Act#: 10893 1yr 6 mos-3yr	May 4-25	Wed	10-10:50 am

## Skyhawks – Multi-SportTots



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.

- Instructor: Skyhawks Staff
- Fee:\$159 – Resident \$164 Non-Resident (9-week sessions)
- Location: Lake Forest Sports Park (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Lake Forest Recreation Center at 273-6960**

Act#: 10822 2-3.5 yrs	Mar 12 – May 7	Sat	9 - 9:40 am
Act#: 10823 3.5-4.5 yrs	Mar 12 – May 7	Sat	9:50 - 10:30 am
Act#: 10824 4.5-5 yrs	Mar 12 – May 7	Sat	10:40 - 11:20 am

**SAVE TIME!**  
**Register Online at:**  
**[www.lfparksandrecca.com](http://www.lfparksandrecca.com)**

## Skyhawks – Multi-Sport



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.

- Instructor: Skyhawks Staff
- Fee:\$165 – Resident \$170 – Non-Resident (9-week sessions)
- Location: Lake Forest Sports Park (28000 Rancho Parkway)

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

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

Act#: 10825 6-8 yrs Mar 12 – May 7 Sat 11:30 - 12:30 am

## Skyhawks – Basketball



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

- Instructor: Skyhawks Staff
- Fee:\$115 – Resident \$120 – Non-Resident (5-week sessions)
- Location: Lake Forest Sports Park (28000 Rancho Parkway)

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

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

Act#: 10826 7-10 yrs Mar 10 – Apr 7 Thu 6 - 7:00 pm

Act#: 10827 7-10 yrs Apr 28 – May 26 Thu 6 - 7:00 pm

## Skyhawks – HoopsterTots



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

- Instructor: Skyhawks Staff
- Fee:\$105 – Resident \$110 – Non-Resident (5-week sessions)
- Location: Lake Forest Sports Park (28000 Rancho Parkway)

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

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

Act#: 10828 3.5-4.5 yrs Mar 10 – Apr 7 Thu 4 - 4:45 pm

Act#: 10829 4.5-6 yrs Mar 10 – Apr 7 Thu 5 - 5:45 pm

Act#: 10830 3.5-4.5 yrs Apr 28 – May 26 Thu 4 - 4:45 pm

Act#: 10831 4.5-6 yrs Apr 28 – May 26 Thu 5 - 5:45 pm



THE LEADER IN YOUTH SPORTS SINCE 1979.

RECREATION CLASSES

**Skyhawks – SoccerTots**

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



- Instructor: Skyhawks Staff
- Fee: \$105 – Resident \$110 – Non-Resident (5-week sessions)
- Location: Lake Forest Sports Park (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In****For more info call: The Lake Forest Recreation Center at 273-6960**

**Act#:** 10832 2 - 3.5 yrs Mar 11 – Apr 8 Fri 4 - 4:40 pm  
**Act#:** 10833 3.5 - 5 yrs Mar 11 – Apr 8 Fri 4:50 - 5:30 pm  
**Act#:** 10834 2 - 3.5 yrs Apr 29 - May 27 Fri 4 - 4:40 pm  
**Act#:** 10835 3.5 - 5 yrs Apr 29 - May 27 Fri 4:50 - 5:30 pm

**Skyhawks – Soccer**

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.



- Instructor: Skyhawks Staff
- Fee: \$115 – Resident \$120 – Non-Resident (5-week sessions)
- Location: Lake Forest Sports Park (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In****For more info call: The Lake Forest Recreation Center at 273-6960**

**Act#:** 10836 6 - 8 yrs Mar 11 - Apr 8 Fri 5:40 - 6:40 pm  
**Act#:** 10837 6 - 8 yrs Apr 29 - May 27 Fri 5:40 - 6:40 pm

**Super Soccer Stars: 1-2 Year Olds - 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 classes April 16/17

- Instructor: Super Soccer Stars Staff
- Fee: \$230 – Resident \$235 – Non-Resident (10-week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In****For more info call: The Lake Forest Recreation Center at 273-6960**

**Act#:** 10901 1-2 yrs Mar 12 - May 21 Sat 9-9:40 am  
**Act#:** 10902 1-2 yrs Mar 13 - May 22 Sun 9-9:40 am

**Super Soccer Stars: 2-3 Year Olds - Parent & Me**

Activities are presented using imagery relatable to children at this age to support learning about the body and ball awareness. The primary focus of each 40-minute class is to introduce physical activities, rich language exposure, and movements such as running, hopping and jumping. Classes include fun dribbling and shooting activities to teach positive social interaction and the basic skills of soccer! \*No classes April 16/17

- Instructor: Super Soccer Stars Staff
- Fee: \$230 – Resident \$235 – Non-Resident (10-week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Parkway)

**To Register: Online, Mail-in, Walk-In****For more info call: The Lake Forest Recreation Center at 273-6960**

**Act#:** 10903 2-3 yrs Mar 12 - May 21 Sat 9:50-10:30 am  
**Act#:** 10904 2-3 yrs Mar 12 - May 21 Sat 11:50-12:30 pm  
**Act#:** 10906 2-3 yrs Mar 13 - May 22 Sun 9:50-10:30 am

**Super Soccer Stars: 3 - 4 Year Olds**

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 classes April 16/17

- Instructor: Super Soccer Stars Staff
- Fee: \$230 – Resident \$235 – Non-Resident (10-week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Parkway)

**To Register: Online, Mail-in, Walk-In****For more info call: The Lake Forest Recreation Center at 273-6960**

**Act#:** 10907 3-4 yrs Mar 12 - May 21 Sat 9:00-9:45 am  
**Act#:** 10909 3-4 yrs Mar 12 - May 21 Sat 10:35-11:20 am  
**Act#:** 10910 3-4 yrs Mar 13 - May 22 Sun 10:35-11:20 am

**Super Soccer Stars: Older 4-5 Year Olds**

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 classes April 16/17

- Instructor: Super Soccer Stars Staff
- Fee: \$230 – Resident \$235 – Non-Resident (10-week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Parkway)

**To Register: Online, Mail-in, Walk-In****For more info call: The Lake Forest Recreation Center at 273-6960**

**Act#:** 10912 4-5 yrs Mar 12 - May 21 Sat 9:50-10:40 am  
**Act#:** 10913 4-5 yrs Mar 12 - May 21 Sat 11:10-12:00 pm  
**Act#:** 10914 4-5 yrs Mar 13 - May 22 Sun 11:25-12:15 pm

**Super Soccer Stars: 5-7 Year Olds**

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 classes April 16/17

- Instructor: Super Soccer Stars Staff
- Fee: \$230 – Resident \$235 – Non-Resident (10-week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Parkway)

**To Register: Online, Mail-in, Walk-In****For more info call: The Lake Forest Recreation Center at 273-6960**

**Act#:** 10915 5-7 yrs Mar 12 - May 21 Sat 10:45-11:45 am  
**Act#:** 10916 5-7 yrs Mar 12 - May 21 Sat 10:05-11:05 am  
**Act#:** 10917 5-7 yrs Mar 13 - May 22 Sun 12:20 - 1:20 pm

**SPRING 2022  
REGISTRATION DATES****RESIDENTS****Tuesday, February 15, 2022 @ 8 am****NON-RESIDENTS****Tuesday, February 22, 2022 @ 8 am****Soccer Stars United:  
Advanced Class**

(Ages 5-9)

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 classes April 16/17

- Instructor: Super Soccer Stars Staff

- Fee: \$250 – Resident \$255 – Non-Resident (10-week sessions)

- Location: Baker Ranch Community Park (26380 Rancho Parkway)

**To Register: Online, Mail-in, Walk-In****For more info call: The Lake Forest Recreation Center at 273-6960**

**Act#:** 10918 5-9 yrs Mar 12 - May 21 Sat 9:00-10:00am

**Shining Soccer Stars -  
Special Needs**

The Shining Stars Program at Super Soccer Stars uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities. Our philosophy is one of re-identification from that of an individual with "special needs," to that of a soccer player. Using a developmentally appropriate curriculum designed by licensed educators and therapists, we work on promoting the complete growth of each individual while encouraging players to improve at their own pace. By providing a safe space to learn through this curriculum, we're able to enhance social interactions between players and empower them to confidently play the beautiful game. \*No classes April 16/17

- Instructor: Super Soccer Stars Staff

- Fee: \$230 – Resident \$235 – Non-Resident (10-week sessions)

- Location: Baker Ranch Community Park (26380 Rancho Parkway)

**To Register: Online, Mail-in, Walk-In****For more info call: The Lake Forest Recreation Center at 273-6960**

**Act#:** 10919 5-12 yrs Mar 12 - May 21 Sat 12:00-1:00 pm



## Academic Chess

Academic Chess specializes in making chess fun for children! Chess has been proven to help develop critical thinking and memory skills, confidence, sportsmanship, patience, and problem-solving skills. Our experienced instructor uses stories and exciting lessons to teach chess concepts in a way that your child will remember. The class also includes a tournament where students win trophies and prizes. All students will receive a fun Academic Chess workbook. The class is for all chess levels. Specific questions should be directed to Academic Chess at 949-348-2982

- Instructor: Academic Chess Staff
- Fee: \$150 – Resident    \$155 – Non-Resident (8-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Recreation Center at 273-6960**  
**Act#: 10894 5-12 yrs Mar 8 – May 10 Tue 4-5:00 pm**

## Game Development and Design with Roblox Studio

Roblox uses a programming language known as Lua. As students develop their own games, they also pick up computer science concepts, computational thinking skills, and programming fundamentals. While creating their own games with Roblox Studio, students will also encounter and learn about 3D modeling.

- Instructor: Coding Minds Academy
- Fee: \$130 – Resident    \$135 – Non-Resident (4-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Recreation Center at 273-6960**  
**Act#: 10920 10 yrs + Mar 24-Apr 14 Thu 5-6:00 pm**  
**Act#: 10921 10 yrs + Apr 21-May 12 Thu 5-6:00 pm**

## Minecraft Programming

Learn the Real Programming Concepts MakeCode makes learning a lot of fun. You will learn the professional programming concepts while playing and making changes on the Minecraft game. With the open platform provided by Minecraft, you can program anything you want with your imagination, and change the game into a version you have never seen before.

- Instructor: Coding Minds Academy
- Fee: \$130 – Resident    \$135 – Non-Resident (4-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Recreation Center at 273-6960**  
**Act#: 10922 10 yrs + Mar 24-Apr 14 Thu 4-5:00 pm**  
**Act#: 10923 10 yrs + Apr 21-May 12 Thu 4-5:00 pm**

## Camping Science: Connecting to Nature

Come and join our exciting hands-on workshop to help your child recognize and appreciate the living world just outside their window. We will discuss camping-related topics, such as wildlife, survival, sun power, rocks and more. Your child will be up close with live/preserved organisms and engage in cool camping-related activities. \*No Class April 8.

- Instructor: Bioneerds Staff
- Fee: \$126 – Resident    \$131 – Non-Resident (6-week session)
- Lab Fee: \$48
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Recreation Center at 273-6960**  
**Act#: 10841 5-12 yrs Mar 4-Apr 15 Fri 4-5:00 pm**

## Human Body: We are Super!

Come and join this fun and hands-on biology workshop for kids! Learn about our amazing human body from your thumb, heart, eyes, lungs, to your sense of smell and more. Your child will be up close with fresh/preserved specimens, perform many dissections, and engage in cool biology activities using lab equipment/tools.

- Instructor: Bioneerds Staff
- Fee: \$126 – Resident    \$131 – Non-Resident (6-week session)
- Lab Fee: \$48
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Recreation Center at 273-6960**  
**Act#: 10842 5-12 yrs Apr 22-May 27 Fri 4-5:00 pm**

## Peak Distance Project

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

- Instructor: Coach Ken Chai
- Fee: \$95 – Resident    \$100 – Non-Resident (Monthly) 3 days a week
- Location: Lake Forest Sports Park (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Recreation Center at 273-6960**  
**Act#: 10895 8-15 yrs Mar 2-31 Mon/Wed/Thu 5:45-6:45 pm**  
**Act#: 10896 8-15 yrs Apr 4-28 Mon/Wed/Thu 5:45-6:45 pm**  
**Act#: 10897 8-15 yrs May 2-30 Mon/Wed/Thu 5:45-6:45 pm**

## Basketball Fundamentals with Group Training

Focusing on basic and advanced fundamentals of basketball including but not limited to, dribbling, passing, defense, player positions, court awareness, terminology and shooting. We will also have mini scrimmages based on the number of participants.

- Instructor: Norman Nolan - Basketball Development Trainer and Coach
- Fee: \$420 – Resident    \$425 – Non-Resident (6-week sessions – 2-days per week)
- Location: Lake Forest Recreation Center Gymnasium (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Recreation Center at 273-6960**  
**Act#: 10807 5th-8th grds Mar 1 – Apr 7 Tue/Thu 3:30-4:30 pm**  
**Act#: 10808 5th-8th grds Apr 19 – May 26 Tue/Thu 3:30-4:30 pm**

## Dining Etiquette for Teens

In this exclusive program "Valuing Others", manners are taken even further! In the second program offered by the Etiquette Factory, a whole new series of skills are taught through role play, activities, games, and discussions. Some of the skills included are Acts of Kindness, Etiquette with Family & Neighbors, Etiquette in Public & Social Events and TONS MORE!

- Instructor: The Etiquette Factory
- Fee: \$135 – Resident    \$140 Non-Resident (5-week session)
- Material Fee: \$20
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-in, Walk-in**  
**For More info call: The Recreation Center at 273-6960**  
**Act#: 10924 5-12 yrs Apr 28-May 26 Thu 3:30-5:30 pm**

## Intro to Kung Fu – Suh Do Kwan

Introductory class in Suh Do Kwan (Kung Fu) covering self-defense, animal techniques, forms, Hapkido, and a peaceful mindset. Open to beginners and intermediate students. We will cover basic techniques for self-defense, learn animal techniques, and traditional forms, as well as Hapkido basic escapes and throws. Expect a fun workout suitable to all levels of fitness while focusing on the school moto to "train only to master yourself." The course will be taught by Matt Raymond who holds a 5th degree blackbelt in Suh Do Kwan.

- Instructor: Matthew Raymond
- Fee: \$200 – Resident    \$205 Non-Resident (13-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-in, Walk-in**  
**For More info call: The Recreation Center at 273-6960**  
**Act#: 10839 13 yrs + Mar 3-May 26 Tue & Thu 6:30-7:30 pm**

## Adult Classes

### KB30

The KB30 is a 30-minute action packed boxing/kickboxing circuit workout. Fast paced, challenging and empowering. This one-of-a-kind appeals to all levels of fitness in a trendy, non-intimidating exciting environment. The workout consists of 7/3-minute stations. Members have a one-minute active break between rounds and a stretch yoga to recover. The workout includes cardio, weight training, core exercises plus kicks and punches. Each 30-minute session will be led by a personal trainer and will be tailored to an individual's fitness level. The workouts change each day. Burnout from boredom is a thing of the past

- Instructor: Gina Soni
- Fee: \$104 – Resident    \$109 – Non-Resident (6-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Recreation Center at 273-6960**  
**Act#: 10821 15+ yrs Mar 7-Apr 11 Mon 6:30-7 pm**

## Reset with Mindfulness Meditation

In this class we will practice meditation exercises using breathing and mindfulness yoga helping us change distracted thinking to focused thinking and feel the present moment. This course will help us become more aware of thoughts, feelings, and body sensations so that instead of feeling overwhelmed by them, we will be better able to manage them. Experience the mental mood and health benefits of meditation many studies have shown.

- Instructor: Gina Soni
- Fee: \$104 – Resident    \$109 – Non-Resident (6-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

**To Register: Online, Mail-In, Walk-In**  
**For more info call: The Recreation Center at 273-6960**  
**Act#: 10838 15+ yrs Mar 7-Apr 1 Mon 7:15-8:00 pm**

**SAVE TIME!**

**Register Online at:**

**[www.lfparksandrecca.com](http://www.lfparksandrecca.com)**



## Get Off Your Booty Camp

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

- Instructor: Maryam Stevenson
- Fee: \$108 – Resident \$113 – Non-Resident (8-class sessions)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

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

**For more info call: The Recreation Center at 273-6960**  
**Act#: 10818 18 & up Mar 3-29 Tue & Thu 6-6:45 pm**  
**Act#: 10819 18 & up Apr 5-28 Tue & Thu 6-6:45 pm**  
**Act#: 10820 18 & up May 3-26 Tue & Thu 6-6:45 pm**

## Zumba® Gold + Toning for Beginners

Blends the Zumba® Gold rhythms you love with light weight activity, a total body workout using Zumba® Toning Sticks, or your own one-pound weights to shake up the muscles! This is a low intensity class perfect for active adults. Moves are adaptable to your own body needs. Improve your muscle strength, flexibility, balance, and coordination. These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor. Bring receipt to first class.

- Instructor: Angie Velez
- Act#: 10875 5-class package \$30 – Resident  
\$35 – Non-Resident
- Act#: 10876 10-class package \$50 – Resident  
\$55 – Non-Resident
- Act#: 10877 15-class package \$75 – Resident  
\$80 – Non-Resident
- Act#: 10878 20-class package \$100 – Resident  
\$105 – Non-Resident
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

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

**For more info call: The Recreation Center at 273-6960**  
**18 & up Ongoing Tue 6-7:00 pm**  
**18 & up Ongoing Sat 10-11:00 am**

## Couples Yoga

Explore how yoga can help you feel more connected and build intimacy and trust with your partner. Communication is a key component of all partner yoga poses. Expect to have fun, laugh, and be playful. Both participants must be registered. No experience necessary and all levels welcome. Bring a yoga mat & wear clothing that will allow for movement. For more information [www.inspireyogaoc.com](http://www.inspireyogaoc.com)

- Instructor: Andrea Thorlakson
- Fee: \$12 – Resident \$17 – Non-Resident (1 Day Class)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

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

**For more info call: The Recreation Center at 273-6960**  
**Act#: 10855 18+ yrs Mar 3 Thu 7:45-8:45 pm**

## Yin Yoga

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 yoga matt. Blocks, blankets and a bolster are strongly recommended, and orders are taken at first meeting. For more information [www.inspireyogaoc.com](http://www.inspireyogaoc.com)

- Instructor: Andrea Thorlakson
- Fee: \$84 – Resident \$89 – Non-Resident (6-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

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

**For more info call: The Recreation Center at 273-6960**  
**Act#: 10856 18+ yrs Mar 1-Apr 5 Tue 7:45-8:45 pm**  
**Act#: 10925 18+ yrs Apr 19-May 24 Tue 7:45-8:45 pm**

## Cardio Kickboxing

Provides a full body workout of both cardio & toning. This is achieved by a mix of varying levels of cardio movements & using one's own bodyweight to tone & sculpt your body.

- Instructor: Sheryl Emery
- Fee: \$104 – Resident \$109 – Non-resident (13-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

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

**For more info call: The Recreation Center at 273-6960**  
**Act#: 10840 18 & up Mar 2-May 28 Wed 5:15-6:15pm**  
**Sat 9:00-10:00am**

## Regaining Your Health: An **NEW** Introduction to the Power You Have over Your Health

Are you sick and tired of being sick & tired? Health and well-being are within every person's reach, but our health nutrition often gets muted by fad diets, social media influencers, mainstream media, and our own insecurities. In this 2-hour class, participants will learn about the main control center of their health-the gut-and the power it has to improve mood, increase energy, lose weight, and increase overall happiness. In addition, they will learn how two factors, sugar, and stress, greatly affect the health of the digestive system. The class is meant to serve as an introduction to the power we each have over our own health and a starting point for people who are wanting to make positive lifestyle changes to improve their well-being. Julie O'Hare is a certified integrative Health Coach who coaches individuals to take back the power over their own health and happiness.

- Instructor: Julie O'Hare
- Fee: \$35 – Resident \$40 – Non-Resident (1 Day Class)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

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

**For more info call: The Recreation Center at 273-6960**  
**Act#: 10926 10 yrs + Mar 26 Sat 10:00 am-12:00 pm**  
**Act#: 10927 10 yrs + Apr 23 Sat 10:00 am-12:00 pm**



## Self-Care Saturdays!

**NEW**

Do want to increase joy, peace and presence in your life? Join Andrea, Mind-Body Practitioner + 500 hr yoga Practitioner, to re-set, re-charge, ground and center yourself. Participants will practice mindfulness, meditation, mindful movement/yoga, breathing techniques while learning more about their nervous systems. Participants will leave with practical tools and strategies to help calm their bodies, minds, and spirits to find true joy and presence in their lives. Read more @ [www.infinitepossibilitieshealing.com](http://www.infinitepossibilitieshealing.com)

- Instructor: Andrea Arlotti - Infinite Possibilities Healing Center
- Fee: \$55 – Resident \$60 – Non-Resident (1 Day Class)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

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

**For more info call: The Recreation Center at 273-6960**  
**Act#: 10812 16 & Over Mar 19 Sat 2-4:00 pm**  
**Act#: 10813 16 & Over Apr 2 Sat 2-4:00 pm**  
**Act#: 10814 16 & Over May 7 Sat 2-4:00 pm**

## Establishing Deeper Connection: The Perfect Gift

What if you could better understand and meet the needs of a loved one? Gather a friend, partner, spouse, or family member and join Andrea, Mind-Body Integrative Practitioner/500 hr Yoga Practitioner for this impactful 2-hour session to re-set, re-charge and grow together. You will have the opportunity to practice mindfulness + meditation, learn more about your nervous systems and practical ways to support, guide, calm, and balance one another through connection and touch. Read more @ [www.infinitepossibilitieshealing.com](http://www.infinitepossibilitieshealing.com)

- Instructor: Andrea Arlotti - Infinite Possibilities Healing Center
- Fee: \$99 per couple – Resident \$104 per couple – Non-Resident (1 Day Class)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

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

**For more info call: The Recreation Center at 273-6960**  
**Act#: 10815 16+ Mar 19 Sat 5-7:00pm**  
**Act#: 10816 16+ Apr 2 Sat 5-7:00pm**  
**Act#: 10817 16+ May 7 Sat 5-7:00pm**

## Macro Photography

**NEW**

In this class you will learn how to take Macro pictures of small things like flowers, etc. You will also learn how to use Focus Stacking to ring more into sharp focus with a larger depth of field. This is an online Zoom class.

- Instructor: Frank Ritenour
- Fee: \$98 – Resident \$103 – Non-resident (2 Day Class)
- Location: Online

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

**For more info call: The Recreation Center at 273-6960**  
**Act#: 10900 21+ Mar 1 & 8 Tue 6:00-8:30 pm**



## Getting Started in Photography

Session 1: we cover how to set up your camera, computer, and image processing software. Session 2: goes through the camera controls explaining them and telling when and how they should be used. Session 3: covers composition and Image Design. This is an online Zoom class.

- Instructor: Frank Ritenour
- Fee: \$150 – Resident    \$155 - Non-resident(3-week session)
- Location: Online

To Register: Online, Mail-In, Walk-In  
For more info call: The Recreation Center at 273-6960  
Act#: 10908   21+   Apr 5-19   Tue   6-8:30pm

## High Dynamic Range Imaging NEW

In this class you will learn how to take images that capture a greater range of light, more as we see things, overcoming a problem most cameras cause in images. This is an online Zoom class.

- Instructor: Frank Ritenour
- Fee: \$98 – Resident    \$103 - Non-resident (2 Day Class)
- Location: Online

To Register: Online, Mail-In, Walk-In  
For more info call: The Recreation Center at 273-6960  
Act#: 10905   21+   Mar 17 & 24Thu   6-8:30pm

## Image processing with ON1 NEW

This is a four-session class using ON1 software including photo organization, image developing, styling images, and printing to improve your image quality. This is an online Zoom class.

- Instructor: Frank Ritenour
- Fee: \$198 – Resident \$203 - Non-resident (4-week session)
- Location: Online

To Register: Online, Mail-In, Walk-In  
For more info call: The Recreation Center at 273-6960  
Act#: 10911   21+   May 5-26   Thu   6-8:30pm



## Next Level Pickleball

This 6-week intermediate class is for intermediate players that demonstrate solid stroke mechanics and shot consistency and are looking to move to the next level in their game through shot selection, placement, and strategy.

- Instructor: Shelly and Kevin Booth
- Fee: \$150-Resident \$155-Non-Resident (6-week session)
- Location: Portola Park (28040 Glenn Ranch Road, Lake Forest)

To Register: Online, Mail-In, Walk-In  
For more info call: The Recreation Center at 273-6960  
Act#: 10853   18&up   Mar 2-Apr 5   Wed 8-9am  
Act#: 10854   18&up   Apr 20-May 25   Wed 8-9am

## “Drills and Skills” Pickleball

This 6-week skills specific class is designed to focus on 1-2 skills per class with targeted drills designed to improve your shot consistency and reduce unforced errors. This class will help you build confidence in your stroke production, consistency, and improve your overall performance for greater success on the courts.

- Instructor: Shelly and Kevin Booth
- Fee: \$150-Resident \$155-Non-Resident (6-week session)
- Location: Portola Park (28040 Glenn Ranch Road, Lake Forest)

To Register: Online, Mail-In, Walk-In  
For more info call: The Recreation Center at 273-6960  
Act#: 10849   18&up   Mar 2-Apr 5   Wed 10:30-11:30am  
Act#: 10850   18&up   Apr 20-May 25   Wed 10:30-11:30am

## Next Level Pickleball Clinic

This 2-hour intermediate clinic is for intermediate players who demonstrate solid stroke mechanics and shot consistency and are looking to move to the next level in their game through shot selection, placement, and strategy.

- Instructor: Shelly and Kevin Booth
- Fee: \$50-Resident \$55 Non-Resident (1 Day Class)
- Location: Portola Park (28040 Glenn Ranch Road, Lake Forest)

To Register: Online, Mail-In, Walk-In  
For more info call: The Recreation Center at 273-6960  
Act#: 10846   18+   Mar 27   Sun   8-10am  
Act#: 10847   18+   Apr 24   Sun   8-10am  
Act#: 10848   18+   May 22   Sun   8-10am



## Let's Play Pickleball

This 6-week beginner class is for new players or those who play but lack consistency in their overall game. Focus will be on stroke mechanics, basic skill development, rules and scoring designed to get you on the court ready to play.

- Instructor: Shelly and Kevin Booth
- Fee: \$150-Resident \$155-Non-Resident (6-week session)
- Location: Portola Park (28040 Glenn Ranch Road, Lake Forest)

To Register: Online, Mail-In, Walk-In  
For more info call: The Recreation Center at 273-6960  
Act#: 10851   18+   Mar 2-Apr 5   Wed 9:15-10:00am  
Act#: 10852   18+   Apr 20-May 25   Wed 9:15-10:00am

## Let's Play Pickleball Clinic

This 2-hour beginner class is for new players or those who play but lack consistency in their overall game. Focus will be on stroke mechanics, basic skill development, rules and scoring designed to get you on the court ready to play.

- Instructor: Shelly and Kevin Booth
- Fee: \$50-Resident \$55-Non-Resident (1 Day Class)
- Location: Portola Park (28040 Glenn Ranch Road, Lake Forest)

To Register: Online, Mail-In, Walk-In  
For more info call: The Recreation Center at 273-6960  
Act#: 10843   18+   Mar 27   Sun   10:30 am-12:30 pm  
Act#: 10844   18+   Apr 24   Sun   10:30 am-12:30 pm  
Act#: 10845   18+   May 22   Sun   10:30 am-12:30 pm

CITY OF LAKE FOREST

# Spring Boutique

We are looking for local artisan vendors...  
Jewelry, Handmade Candles & Soaps,  
Holiday Decorations, Hand Painted Artwork,  
Home Decor, etc.

**Saturday, April 2, 2022**  
**10am-2pm**

Lake Forest Community Center  
100 Civic Center, Lake Forest 92630

Event Booths are indoors & outdoors:  
\$50 for 10'x10' Booth / \$95 for 20'x20' Booth  
\$10 per table / \$5 per chair

**Space is limited and registration is required!**  
To register, please contact; Laura Lisack at  
llisack@lakeforestca.gov

## SPRING 2022 REGISTRATION DATES

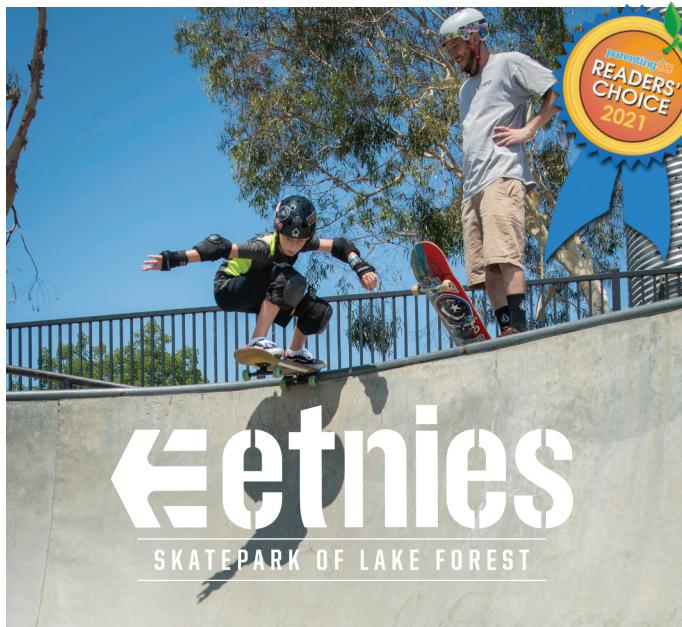
### RESIDENTS

**Tuesday, February 15, 2022 @ 8 am**

### NON-RESIDENTS

**Tuesday, February 22, 2022 @ 8 am**





## Private Skateboard Lessons

If you are just learning or an advanced rider wanting to increase skills for competitions, our private lessons can help you achieve your goals. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Lessons are taught by experienced staff who specialize in teaching lessons catered to everyone.

- Instructor: Skatepark Staff
- Equipment needed: Skateboard, helmet, elbow/knee pads.
- Fee: \$50 per hour and can include up to two students for that price
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**To Register:** Walk-In or schedule a private lesson by calling the skatepark at (949) 916-5870 with you desired lesson time.

**For More Info Call:** Etnies Skatepark of Lake Forest at 916-5870

**Ages:** 4 and up

## Award Winning World Class Skateboard Facility

**"Best Skatepark in OC"** Readers' Choice 2018, 2019, 2020, 2021—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

Come visit Lake Forest's own award-winning, world-class skateboard facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders from around the world.

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

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

**Spring 2022 Skatepark Hours and Holidays**  
Monday-Friday 12-7:45 pm  
Saturday-Sunday 10 am-7:45 pm

For more information visit the skatepark website at [www.Etnieskatepark.com](http://www.Etnieskatepark.com)

Follow us on Instagram, Facebook, and Twitter



## Spin to Win Skateboard Contest

This isn't your average skate contest! Spin to Win is a lighthearted fun filled event where competitors spin the wheel to find out what type of skateboard they will be competing on. Will have boards from the 70's, 80's, and 90's.

- Fee of \$25 (Includes Lunch)
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr.)

**To Register:** Online, Mail-In, Walk-In  
**For more info call:** The Skatepark at 916-5870  
**Act#:** 10939 All Ages May 14 Sat 3 - 7:00 pm



## Etnies Spring Break Skate Camp

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

- Fee: \$249.00 per person
- Limited to 25 per session.
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**To Register:** On-line, Mail-In, Walk-In  
**For more info call:** The Skatepark at 916-5870  
**Act#:** 10937 5-17 yrs Apr 4-8 Mon- Fri 10 am-2 pm  
**Act#:** 10938 5-17 yrs Apr 11-15 Mon- Fri 10 am-2 pm

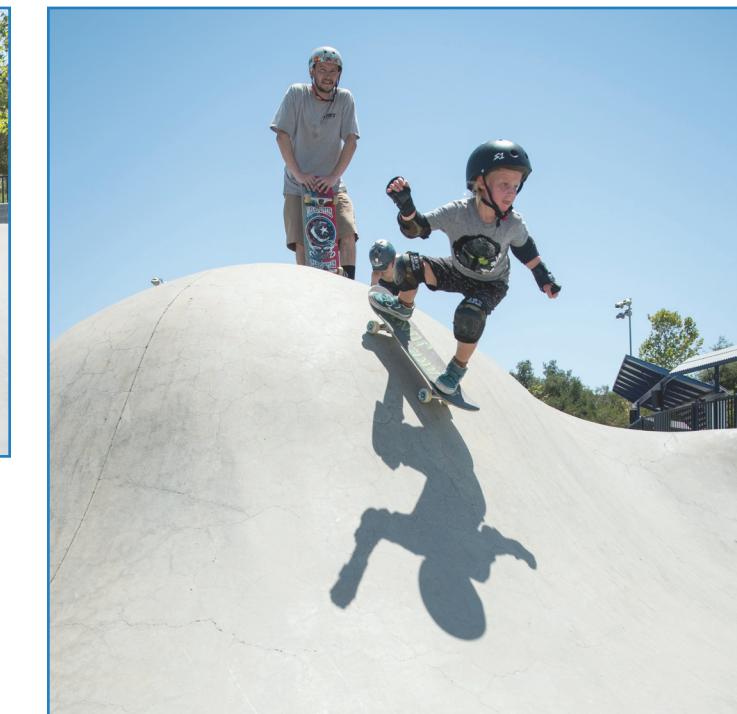
## Memorial Day Skate Camp

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

Instructor: Skatepark Staff

- Fee: \$49 per person Limited to 25 per session.
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr.)
- To Register: Online, Mail-In, Walk-In
- For more info call: The Skatepark at 916-5870

**Act#:** 10940 5-17 yrs May 30 Mon 10 am-2 pm



## Skatepark Safety/Etiquette Class

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

- Instructor: Skatepark Staff
- Fee: Free
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

**To Register:** Online, Mail-In, Walk-In  
**For more info call:** The Skatepark at 916-5870  
**Ages:** 4 and up

**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

The City of Lake Forest provides a comprehensive special needs program. We work closely with local Lake Forest businesses to offer the special needs community fulfilling classes and socialization opportunities. The City hosts quarterly dances, networking events for special needs professionals, and a yearly resource fair for caregivers and special needs recipients. Our inclusive efforts ensure that accommodations are made for all special needs individuals to enjoy participating in any program the City offers.



### 5th Annual Special Needs Resource Fair

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

- Fee: Free
- Location: Lake Forest Clubhouse (100 Civic Center Dr.)

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

All Ages      Mar 26      Sat      9- 11:30am



### Shining Soccer Stars - Special Needs

The Shining Stars Program at Super Soccer Stars uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities. Our philosophy is one of re-identification from that of an individual with "special needs," to that of a soccer player. Using a developmentally appropriate curriculum designed by licensed educators and therapists, we work on promoting the complete growth of each individual while encouraging players to improve at their own pace. By providing a safe space to learn through this curriculum, we're able to enhance social interactions between players and empower them to confidently play the beautiful game. No class: April 16/17

- Instructor: Super Soccer Stars Staff
- Fee: \$230 – Resident, \$235 – Non-Resident (10-week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Parkway)

To Register: Online, Mail-In, Walk-In  
For more info call: 273-6978 or email [kfernandez@lakeforestca.gov](mailto:kfernandez@lakeforestca.gov)  
Act#: 10919    5-12yrs    Mar 12 – May 21    Sat 12-1:00 pm

### Social Group for Children on the Autism Spectrum

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!

- Instructor: Natalie Taguchi-Solorio, M.Ed, PPS, BCBA
- Fee: \$75 per session – Resident
- \$80 per session – Non-Resident
- Location: Autism Behavior Services, Inc. (23701 Birtcher Drive, Lake Forest)

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

2-19 yrs      Ongoing      Mon-Sat      varies

### Rising Strides Special Needs Horseback Riding

Rising Strides' goal is to help guide and inspire those that are facing life challenges to gain inner strength and awareness through equine assisted activities. The many benefits of horseback riding and natural horsemanship are gaining independence, self-growth and learning, problem solving skills, balance and coordination and strength. During our 6-week program, your child will learn how to take care and communicate with the horses and learn the basic skills of riding.

- Instructor: Shauna Bradley
- Fee: \$300 for residents
- \$330 for non-residents
- Location: Serrano Creek Ranch in Lake Forest (25200 Trabuco Rd, Lake Forest)

Length of class is one hour and are held once a week  
For more Info and To Register call: 273-6978 or email [kfernandez@lakeforestca.gov](mailto:kfernandez@lakeforestca.gov)



### Gymnastics for Kids with Special Needs

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

- Instructor: Us Too Gym Staff
- Fee: \$100/month (Four 45-minute sessions) Resident
- \$105/month (Four 45-minute sessions) Non-Resident
- Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

For more Info and To Register call: 273-6978 or email [kfernandez@lakeforestca.gov](mailto:kfernandez@lakeforestca.gov)  
5 yrs and older      Ongoing      varies

### Martial arts for all: A martial arts program for children and adults with special needs

United Studios of Self Defense prides itself on being able to work with students of all ages with different needs and goals. Our program is designed to use individualized martial arts curriculum that is tailored to each person's learning style, needs, and learning pace. The program will consist of a single 30-minute private session each week (1-4 students per scheduled session), allowing a student the dedicated time and attention to detail needed to refine their skills. Students will also be given the option to participate in group classes, which are determined by age. All classes are held at our location that provides a distraction free environment to maximize learning and student development. We look forward to helping to reach you and your family's goals!

- Instructor: United Studios of Self Defense Accredited Instructor
- Fees: Single Private Session - \$75
- 4 Week Program - \$275
- 12 Week Program - \$705
- Location: United Studios of Self Defense (26756 Portola Pkwy. Ste. 2D)

For more Info and To Register call: 273-6978 or email [kfernandez@lakeforestca.gov](mailto:kfernandez@lakeforestca.gov)



## SPRING 2022 REGISTRATION DATES

### RESIDENTS

Tuesday, February 15, 2022 @ 8 am

### NON-RESIDENTS

Tuesday, February 22, 2022 @ 8 am

## Lake Forest Little League Challenger Baseball



**Challenger Baseball is a Little League program for boys and girls with special needs. Children 6 to 18 years of age with any physical and/or developmental disability are welcome.**

### COST:

The registration fee for Challenger players is \$40. This will cover the cost of a team uniform, team and individual photos, and practice and field expenses. Bats and batting helmets are provided, or you can use your own. There may be some incidental expenses (team party!), usually not to exceed \$20 over the season.

### PRACTICES:

One weekday afternoon at either Heroes Park or the Lake Forest Sports Park. The focus is skill-building, sportsmanship and teamwork.

### GAMES:

Saturday mornings, March through May, 2020. Opening day, the parade of players and team photos are February 29, 2020 at Heroes Park.

The last game is played on the field at Angel Stadium in Anaheim!

**Come join the Lake Forest Little League! Register online at [LFLL.org](http://LFLL.org)**

**For more information or to sign up call: Melinda Luttrell (949) 837-3189 or email us at [challengers@lfll.org](mailto:challengers@lfll.org)**

## Shooting Stars Basketball



This program provides special needs athletes three levels of play to support individual skill and determination.

**Little Dippers** - Players who benefit from teen peer support.

**Mighty Dippers** - Players that dribble, pass, and shoot with minimal support.

**Big Dippers** - Teen-adult competitive basketball players.

Registration takes place on-site and is open during the winter and summer basketball seasons. Volunteer coaches, teens, and photographers are welcome!

- Location: RSM or Los Alisos Intermediate Schools

**Please email Laurie & Richard Jimenez at [SVUSDShootingStars@gmail.com](mailto:SVUSDShootingStars@gmail.com) for upcoming dates and location.**



## WHAT IS "TOPSoccer"?

TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes, ages 4 to 30, with physical and mental disabilities. TOPSoccer emphasizes development, training, and meaningful participation rather than competition.

### IT'S ALL ABOUT FUN!

For more info, please contact: Rick Trevers  
Laguna Niguel Youth Soccer Association  
[Rick.Trevers@LNYSA.org](mailto:Rick.Trevers@LNYSA.org)  
Sandy Castillo:  
[scastillo@calsouth.com](mailto:scastillo@calsouth.com)  
or visit:  
[calsouth.com/topsoccer](http://calsouth.com/topsoccer)

## 50 and Better Programs



### Bingo Thursdays!



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

- Fee: Free
- For more info call: The Clubhouse at 461-3408
- Location: The Clubhouse (100 Civic Center Dr)

### 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.

- Fee: \$2.00 Residents and \$4.00 Non-Residents
- To Register: Walk-In and Online

**Act #: 10800 Seniors Mar 17 Thu 12:00 pm Luck of the Leprechaun Luncheon**

**Act #: 10801 Seniors Apr 28 Thu 12:00 pm Orange You Glad It's Lunchtime**

**Act #: 10802 Seniors May 26 Thu 12:00 pm Spring Into Summer**

### A Prom Night Under the Stars



Join The Clubhouse as we dance the night away, prom style! Wear your favorite formal attire and enjoy a night filled with dancing, food, refreshments, and a lot of fun!

- Fee: \$15 Residents & Non-Residents
- Location: The Clubhouse (100 Civic Center Dr)
- For more info call: The Clubhouse at 461-3408

**Act #: 10811 Seniors May 13 Fri 5-8 pm**

## Welcome to The Clubhouse!



**Operating Hours:**  
Monday - Thursday, 10am - 3pm



**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) | MARCH - MAY '22



**Hello Spring!**



### 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 461-3408 and leave your name, email address, and phone number (spell your email address, slowly please).





## Ping Pong

Breakout 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.

- Fee: FREE
- Location: The Clubhouse (100 Civic Center Dr)

**For more info call: The Clubhouse at 461-3408**

Seniors	Ongoing	Mon	10 am-3 pm
		Tue	1-3 pm
		Wed	10 am-12 pm

## Crafty Crafters

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

- Location: The Clubhouse (100 Civic Center Dr)
- Fee: \$2.00 Residents & Non-Residents
- To Register: Walk-In and Online

**For more info call: The Clubhouse at 461-3408**

Act #:	10803	Seniors	Mar 15	Tue	10:30 am	Chocolate Chip Oatmeal Quick Bread in a Jar
Act #:	10804	Seniors	Apr 19	Tue	10:30 am	Spring Door Hang
Act #:	10805	Seniors	May 17	Tue	10:30 am	Photo Frame

## 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.
- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr)

**For more info call: The Clubhouse at 461-3408**  
Seniors   Ongoing   Mon/Wed 10 am-3 pm  
Tue/Thu 10 am-1 pm



## Senior Bowling League at Forest Lanes

It's Jackpot Friday complete with games and bowling for all seniors! All skill levels are welcome. Form your own team or sign up individually. First time bowlers will receive a FREE session of bowling (Lake Forest senior residents only) on Fridays between 1-3:30pm!

- Fee: \$10 per resident senior (plus \$3 shoe rental)
- \$12 per non-resident senior (plus \$3 shoe rental)
- Location: Forest Lanes (22771 Centre Dr)

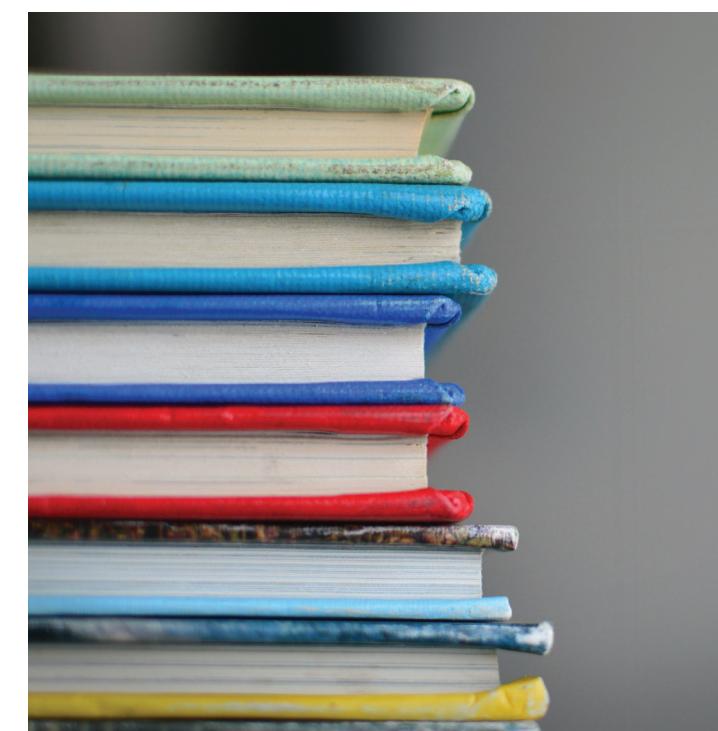
**To Register Call: Forest Lanes at (949) 770-0055**  
Seniors   Ongoing   Fri 1-3:30 pm

## Young At Heart - Lake Forest Book Club

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

Book Discussion Location: The Clubhouse (100 Civic Center Dr)

<b>For more info call: The Clubhouse at 461-3408</b>
Seniors   Mar 17   Thu   10:00 am
The Rosary by Florence Louisa Barclay
Seniors   Apr 21   Thu   10:00 am
The Nature of Fragile Things by Susan Meissner
Seniors   May 19   Thu   10:00 am
Dragonfly by Leila Meacham





## City of Lake Forest Transportation Options

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

For additional information call (949) 461-3408



## California Yellow Cab

Are you 60 years or older? A resident of Lake Forest and do not drive or do not own a vehicle? We have transportation for you with CA Yellow Cab! There are three options:

- **\$3.00 One-Way (\$6.00 Round Trip)**  
Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc.
- **\$7.00 One-Way (\$14.00 Round Trip)**  
To and from non-emergency medical appointments to Saddleback Memorial Hospital, Mission Hospital, South County Orthopedic Specialist, Kaiser Hospital (Irvine), and Hoag Hospital (Irvine).
- **\$10.00 Lost Card Fee** - A \$10 fee will be charged to any taxi participant who has lost their card and requires a replacement card.

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

- You must have a current DMV Identification Card verifying that you're a Lake Forest resident to take part in this program.
- Call 461-3408 to make an appointment to register and take your photo ID for the City of Lake Forest Taxi 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

- Fee: \$0.50 - One way  
From your residence to The Clubhouse  
Monday – Thursday, 10 am–2 pm

For new participants, call The Clubhouse at 461-3408.



## Senior Emeritus Classes

EMERITUS CLASSES are offered for active seniors through partnerships between the City and Irvine Valley 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 directly. For more information regarding Irvine Valley College's Emeritus offerings, visit <http://academics.ivc.edu/emeritus>. For more information regarding Saddleback College's Emeritus offerings, visit <https://www.saddleback.edu/emeritus>. Please contact Courtney Wysocki, Senior Recreation Supervisor with The Clubhouse, (949) 461-3439, or [cwysocki@lakeforestca.gov](mailto:cwysocki@lakeforestca.gov), with any questions regarding the Emeritus program.

## Country Line Dance

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

- Instructor: Emeritus Staff
- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr)\*\*

Tic#: 90285

Seniors Jan 24-May 23 Mon 10:30 am-12:20 pm  
\*\*Class is starting online and running online through 2/6. Class will resume in-person the week of 2/7

## Chinese Fan Boxing

Learn this simple method to promote healing and good health. Slapping acupuncture points sends qi (vital energy) into the points and opens the body's energy pathways.

- Fee: Free
- Location: Online Course

Tic#: 66150

Seniors Jan 20-May 19 Thu 1-1:50 pm

## Dyna-Band Workout

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

- Instructor: Emeritus Staff
- Fee: Free
- Location: Online Course

Tic#: 66155

Seniors Jan 18-May 24 Tue 1-2:50 pm

## Irvine Valley College Emeritus Classes

### Beading & Stringing

Students will learn about foundational structure, color and design, marketing and selling, and artistic sensibilities versus traditions and trends. Students are encouraged to bring any beading supplies they currently own. A list of items to purchase will be given to students after the first class.

- Instructor: Emeritus Staff
- Fee: Free
- Location: Online Course

Tic#: 65985

Seniors Jan 24-May 23 Mon 12-2:50 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.

- Instructor: Emeritus Staff
- Fee: Free
- Location: Online Course

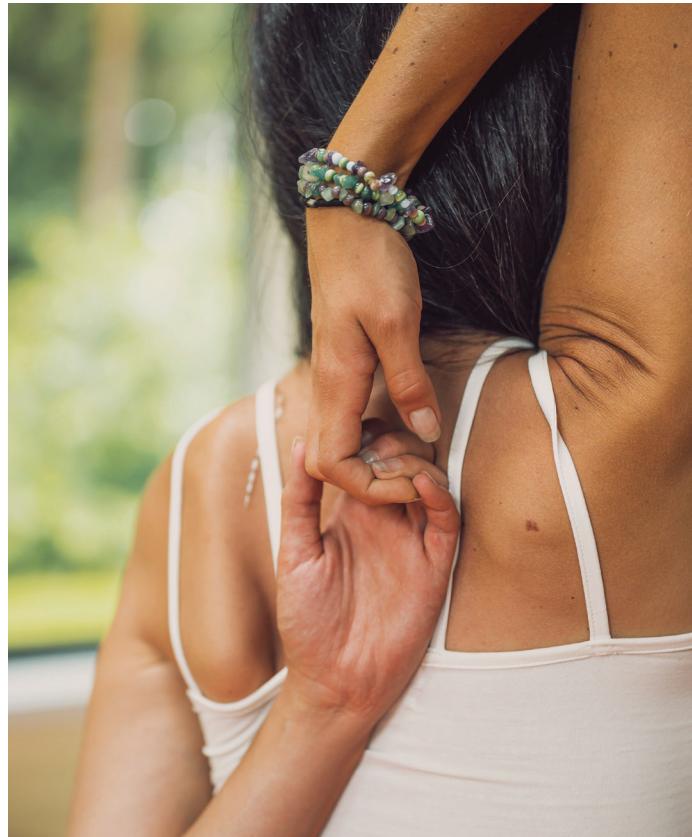
**Tic#:** 66265  
Seniors Jan 24-May 23 Mon 1-2:50 pm

## 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.

- Instructor: Emeritus Staff
- Fee: Free
- Location: Online Course

**Tic#:** 66100  
Seniors Jan 18-May 24 Tue 10:30 am-12:20 pm



## Tai Chi Mobility

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

- Instructor: Emeritus Staff
- Location: Online Course

**Tic#:** 66110  
Seniors Jan 19-May 25 Wed 1-1:50 pm

## Taijiquan

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

- Instructor: Emeritus Staff
- Location: Online Course

**Tic#:** 66035  
Seniors Jan 19-May 25 Wed 10:30 am-12:20 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.

- Instructor: Emeritus Staff
- Location: The Clubhouse (100 Civic Center Dr)\*\*

**Tic#:** 66020  
Seniors Jan 19-May 25 Wed 1-2:50 pm  
\*\*Class is starting online and running online through 2/6. Class will resume in-person the week of 2/7.



## Beginning Knitting

Introduction to knitting theory, techniques, and fibers. Lectures include how to read and modify patterns, cast-on and cast-off, basic stitches, and finishing techniques.

- Instructor: Emeritus Staff
- Location: The Clubhouse (100 Civic Center Dr)\*\*

**Tic#:** 16355

**Seniors** Jan 19-May 25 Wed 10 am-12:50 pm  
\*\* Class is starting online and running online through 2/6. Class will resume in-person the week of 2/7

## Saddleback College Emeritus Classes

## 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
- Location: The Clubhouse (100 Civic Center Dr)\*\*

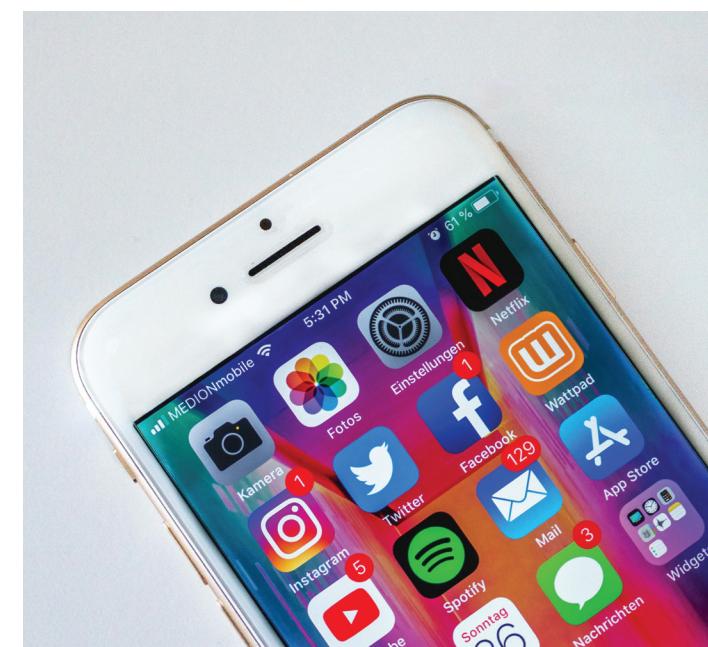
**Tic#:** 16105

**Seniors** Jan 18-Mar 18 Tue/Thu 1-2:50 pm

**Tic#:** 16050

**Seniors** Mar 28-May 25 Tue/Thu 1-2:50 pm

\*\*Class is starting online and running online through 2/6. Class will resume in-person the week of 2/7.



## NEED TO KNOW NUMBERS

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



# How to Register for Programs

## Spring 2022 Registration Dates

Lake Forest Residents: Tuesday, February 15, 2022 Beginning at 8am | Non-Residents: Tuesday, February 22, 2022 Beginning at 8am

The City charges a 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.

## 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, and Creative Kids Club camps) 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.

For more information or assistance, please contact us at (949) 273-6960

# City of Lake Forest • Community Services Program Registration Form

Photocopy if more than one registration form is needed



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

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

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

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

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

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

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

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

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

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

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

Please send a separate check for each activity

Total Activity Fees

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.

I further agree to pay any and all costs incurred as a result of said treatment \_\_\_\_\_  YES  NO

I permit the use of activity/event photography and/or video of my child or myself for media promotion \_\_\_\_\_  YES  NO

Please contact me via email regarding upcoming city events and news at: \_\_\_\_\_  YES  NO

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

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

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

DATE: \_\_\_\_\_

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

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

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

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

Office Use Only  
Receipt #: \_\_\_\_\_ Paid by Check #: \_\_\_\_\_ Paid by Cash Amount: \_\_\_\_\_ Credit Card Type: \_\_\_\_\_ Initial/Date: \_\_\_\_\_

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

**REFUND POLICY:** In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will 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

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# Register for Some Summer Fun!



## Lake Forest- Resident Registration for 2022 Summer Programs Begins

Tuesday, May 17 at 8:00 am

## Non- Resident Registration for 2022 Summer Programs Begins

Tuesday, May 24 at 8:00 am

Three easy ways to register for programs. Register by mail, in person (Lake Forest Sports Park and Recreation Center, 28000 Rancho Parkway) or online ([www.lfparksandrecca.com](http://www.lfparksandrecca.com))

For more information call the Lake Forest Sports Park and Recreation Center at (949)273-6960 or email [lfreconline@lakeforestca.gov](mailto:lfreconline@lakeforestca.gov)

## CITY TELEPHONE NUMBERS

Building Division .....	461-3470	Graffiti Hotline .....	461-3583
Building Inspection .....	461-3468	Housing .....	461-3569
City Clerk .....	461-3420	OC Animal Care .....	249-5160
City Council .....	461-3420	Passport & Notary ...	461-3420
City Manager's Office .....	461-3410	Planning .....	461-3491
Community Policing Center ...	461-3530	Public Works .....	461-3480
Community Preservation .....	461-3474	Recreation .....	461-3450
Economic Development .....	461-3567	Sports Park &	
Etnies Skatepark .....	916-5870	Recreation Center ...	273-6960

## FIND US ONLINE

City .....	<a href="http://LakeForestCA.gov">LakeForestCA.gov</a>
Economic Development .....	<a href="http://lakeforestbusiness.com">lakeforestbusiness.com</a> <a href="http://facebook.com/LakeForestBusiness">facebook.com/LakeForestBusiness</a>
Etnies Skatepark of Lake Forest .....	<a href="http://etniesskatepark.com">etniesskatepark.com</a>
LinkedIn ....	<a href="http://linkedin.com/company/city-of-lake-forest-ca">linkedin.com/company/city-of-lake-forest-ca</a>
Sports Park & Recreation Center .....	<a href="http://lfsportspark.com">lfsportspark.com</a>