

THE Leaflet



CITY NEWS AND RECREATION GUIDE

SUMMER 2022

**FLAG WAVING ABOVE
VETERANS PARK**

PG. 3



**LAKE FOREST
PARKS RANK HIGH
NATIONALLY**

PG. 3

**PROGRESS CONTINUES
ON AFFORDABLE
HOUSING**

PG. 7

**RECREATION
GUIDE**

PG. 12





A Message From City Manager
DEBRA ROSE

July was officially “Parks Make Life Better Month,” but in Lake Forest we know that our 32 parks are important to residents year-round. That’s why we were pleased to see a report by the Trust for Public Land (TPL) that found that Lake Forest is well above the national median when it comes not only to amount of land dedicated to parks, but how close our parks are to where residents live.

The Trust for Public Land is a national non-profit organization founded in 1972 on the belief that access to nature and the outdoors is important. The group measures cities across the country to determine how much land in any given community is set aside for parks, and how many residents live within a 10-minute walk of a park.

The TPL found 76 percent of our City’s residents live within a 10-minute walk of a park, well above the national median of 55 percent. TPL, which included Whiting Regional Park, also determined 20 percent of Lake Forest’s land is used for parks and recreation, again above the national median of 15 percent.

We use our biennial survey to get feedback from residents on how well we’re providing essential services. In 2014, residents indicated they wanted to see us improve the condition of our parks. In 2018, the City Council approved renovations to 10 neighborhood parks after a series of public meetings to find out what residents wanted in the parks - such as a second universally accessible park, at Cherry Park. We’re about half-way through the \$7 million program, with work now underway at Vintage and Sundowner parks.

I’m proud to say that our latest survey, in 2021, found 91 percent of residents were “very” or “somewhat” satisfied with the job the City does maintaining our parks. Parks Make Life Better, and Lake Forest is committed to making our parks better.

Debra Rose



MEETINGS AT A GLANCE

CITY COUNCIL MEETINGS

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

COMMUNITY SERVICES COMMISSION MEETINGS*

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

PLANNING COMMISSION MEETINGS*

The Planning Commission meets on the Thursday after the first Tuesday

TRAFFIC AND PARKING COMMISSION MEETINGS*

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

All meetings will start at 6:30 pm
*Subject to change; visit all agendas at:
www.LakeForestCA.gov/agendas

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



LAKE FOREST CONNECTS RESIDENTS TO THE OUTDOORS

More than three quarters of Lake Forest residents live within a 10-minute walk of a park, according to the Trust for Public Land's ParkServe database.

The "10-Minute Walk" campaign looks at the park access for residents in 14,000 cities across the nation. Lake Forest is more than 20 percent higher than the national median of 55 percent when it comes to close-to-home parks.

About 20 percent of land in the City is used for parks and recreation, compared to the national median of 15 percent, the Trust for Public Land says. Each of the 32 parks in Lake Forest offers a variety of recreational amenities for residents to enjoy year-round.

The Trust for Public Land is a nonprofit organization founded in 1972. The organization and its Parks for People Program work with communities to protect and create close-to-home parks in and near cities where 80 percent of Americans live.

Lake Forest isn't just sitting on its laurels. The City continues to improve its parks.

City Council approved renovations to 10 neighborhood parks in 2018. Improvements range from re-placements of trash cans, benches, tables, and other park amenities to full redesigns of playgrounds. Darrin, Montbury, Pebble Creek, Peachwood, and Cherry parks are finished. Vintage and Sundowner are under construction. Work is expected to begin this year on Borrego Overlook, Regency, and Rancho Serrano parks to finish the \$7 million project.

See <https://www.tpl.org/city/lake-forest-california> for more information about the Trust For Public Lands report and <https://bit.ly/LFParkImprovements> for more information about the Neighborhood Parks Improvement project.

FLAG WAVING ABOVE VETERANS PARK

Residents, city staff, the Orange County Sheriff's Department Color Guard, and Boy Scout Troops 628 and 604 were on hand on June 14 to hoist the American flag above Veterans Park for the first time.

Veterans Park was rebuilt and dedicated in 2019, featuring a monument dedicated to each branch of the armed services. Mosaic tile flags sit folded atop each of the monuments. The park, which also features a large pond, meandering trails, and a bird/butterfly garden, won awards but didn't win over all of the public – some thought it needed a traditional flagpole, as well.

The City Council earlier this year agreed, and directed the installation of a flag pole.



LEADING FINANCE ASSOCIATION HONORS LAKE FOREST

The nation's leading government finance association honored Lake Forest with awards for the City's budget presentation and annual financial report.

The Government Finance Officers Association (GFOA), founded in 1906, represents public finance officials throughout the United States and Canada. The association has more than 20,000 federal, state, and local members deeply involved in planning, financing, and implementing thousands of governmental operations in their jurisdictions. GFOA's mission is to advance excellence in public finance.

The Lake Forest Finance Department received two honors:

Distinguished Budget Presentation Award

GFOA established the Distinguished Budget Presentation



Awards Program to recognize state and local governments that prepare budget documents of the very highest quality that reflect both the guidelines established by the

National Advisory Council on State and Local Budgeting and the GFOA's best practices. To earn recognition, budget documents must meet program criteria and excel as a policy document, financial plan, operations guide, and communication tool.

Certificate of Achievement for Excellence in Financial Reporting

The City was also recognized for its 2020 Annual Comprehensive Financial Report for the 27th consecutive year. The award honors state and local governments that go beyond the minimum requirements of generally accepted accounting principles to prepare annual comprehensive financial reports that evidence the spirit of transparency and full disclosure, and then to recognize individual governments that succeed in achieving that goal.



RESIDENT FEEDBACK LEADS TO NEIGHBORHOOD IMPROVEMENTS

New red curbs are in place and additional lighting is planned for a Southwest Lake Forest neighborhood, after a months-long outreach effort with residents.

City staff and contractors went door-to-door to survey residents in the neighborhood off Raymond Way near the Post Office to ask what they thought could improve their quality of life in the City. Although 90 percent of those surveyed in the Lake Forest 2021 Resident and Business Satisfaction Survey shared favorable opinions about their quality of life, City leaders recognized room for improvement in Southwest Lake Forest.

Southwest Lake Forest is generally bounded by the freeway, Ridge Route Drive, Trabuco Road and Los Alisos Boulevard.

The door-to-door survey, followed by a pop-up event at the end of Packer Place, found that residents had concerns about parking, lighting, illegal dumping, and code enforcement. In response to those concerns, the City held a bulky item collection event in January, added red curbs to the neighborhood, and asked code enforcement and the Orange County Sheriff's Department to increase their activities in the area.

New lighting is also planned for the park-like area between Packer Place and Cavanaugh Road.

The outreach project was honored by the Orange County chapter of the American Planning Association.

Additional work will continue in that neighborhood, as City officials prepare to launch a similar effort elsewhere in the southwest portion of the City.

Go to <https://bit.ly/SouthwestLF> to see the full study.



LAKE FOREST BUDGET REMAINS HEALTHY

Property taxes are anticipated to be the largest contributor to the City's Fiscal Year 2022-23 budget, followed by sales taxes. In a budget approved in June by the City Council, property taxes are anticipated to generate \$23.5 million, with sales taxes raising \$18.7 million in revenue. Other revenues will raise the City's total anticipated General Fund revenues for FY 22-23 to \$57.3 million.

The City's spending plan for the General Fund – which covers the City's day-to-day operations – is \$52.6 million. The largest single expenditures go to public safety, at \$21.1 million. With anticipated revenues outpacing budgeted expenditures by \$4.7 million, the City's reserves are fully funded at \$52.3 million. The Capital Improvement Plan budget is separate from the General Fund and includes the continuing Neighborhood Improvement Plan, which includes renovations to Borrego Overlook Park, Rancho Serrano Park, Regency Park, Sundowner Park, and Vintage Park.

The Capital Improvement Plan also includes 14 street and intersection improvement projects, including:

- Median Improvements at Bake Parkway and Baffin Bay
- Dual turn lanes at El Toro Road and Portola Parkway
- Slurry seal work at Jeronimo Road and Muirlands Boulevard (with a \$248,199 federal grant)

See <https://bit.ly/LFFiscalTransparency> for more information about the City's budget.

'ELF YOURSELF' TO FEATURE POP UP CITY HALL

A Pop Up City Hall with information and staff to answer any questions, take any suggestions, and listen to any complaints will be part of the Chamber of Commerce's 6th Annual Elf Yourself 5K on November 19.

City staff picked the event for a Pop Up City Hall, designed to make the City more transparent and accessible to residents, because of the great attendance. Typically, around 1,000 participants are dressed in their best holiday gear or elf costumes. Runners, joggers, walkers, strollers, families, pets, and more participate!



The holiday fun run happens at 9 a.m. on Saturday, November 19 at the Lake Forest Sports Park. The Pop Up City Hall will be part of the after-run expo. The expo, one of the largest in OC, features samples from local businesses, games/activities for kids to enjoy, a pet parade, a Zumba demonstration, and other fun activities. A portion of the proceeds go to participating LFCC non-profits.

Even Santa plans on attending!

Join the fun by registering for the race on [Active.com](https://www.active.com).

Every runner (and walker) will receive a bib and race swag. Register by August 31 to receive a \$7 discount (adult racers). Use Code: CITYELF. Run, walk, or skip into the holiday spirit with the Lake Forest Chamber! More info at <https://www.lakeforestcachamber.com/>.

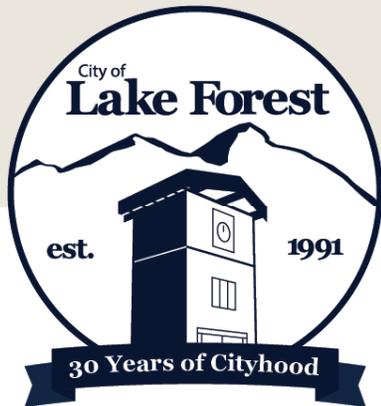




LAKE FOREST CIVIC CENTER

- Performing Arts Center - For Rent and Events
 - <https://bit.ly/LFPerformingArts>
- Conference/Community Center – For Rent
 - <https://bit.ly/LFCommCenter>
- The Clubhouse Senior Center - Activities M-TH
 - <https://bit.ly/LFClubhouse>

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



949-461-3400
100 Civic Center Dr.
www.LakeForestCA.gov

WORK CONTINUES ON MOUNTAIN VIEW AFFORDABLE HOUSING PROJECT



A 71-unit affordable housing project is taking shape on El Toro Road, near the Post Office. The Mountain View apartment community will bring much-needed housing to individuals and families with household incomes below 60 percent of the area's median.

National Community Renaissance (National CORE), based in Southern California, is developing the project, which includes one-, two-, and three-bedroom apartments. National CORE manages nearly 9,000 affordable, senior, and market-rate units in California, Texas, and Florida. The City loaned National CORE \$3.7 million in housing funds collected from other developers who did not include affordable units in their projects.

See <https://bit.ly/MountainViewLF> for more information.

Construction is also underway on the Portola Senior Apartments, the City's first mixed-use project and part of the City's Portola Center Area Plan. That project, being developed by Community HousingWorks, includes 58 affordable apartments for seniors earning 50 percent of the Area Median Income. It will serve senior households 62+ years as couples, or individuals, in one-bedroom apartments with features to aid in aging-in-place.

The apartments are expected to be completed in the Fall of 2023. See <https://chworks.org> for more information.

The Meadows community, under construction on Bake Parkway, will include 126 affordable apartments for seniors. Building permits are expected to be pulled for that project by the end of the year.

LOW-COST HOME IMPROVEMENT LOANS AVAILABLE

Does your home need new stucco, windows, roofs or other improvements? You might qualify for a zero-percent, deferred-interest home-improvement loan or a 3 percent interest loan through the City's Housing Rehabilitation Program.

The City Council funds the program with federal Community Development Block Grants (CDBG) funds to ensure residents can live in safe, efficient homes. Most home improvement items are eligible for assistance, such as plumbing, electrical, energy and weatherization items, garage doors, fumigation, flooring and other items necessary for the health and safety of occupants.

Mobile home owners can receive up to \$15,000 and single-family homeowners can receive up to \$30,000. The zero-percent interest deferred loan has no monthly payments. Total payment is due if the resident is no longer residing in the home, at the time of sale, refinance, or transfer of title. The 3 percent interest loan requires monthly payments and is fully amortized over 15 years.

In addition to income requirements in the chart below, applicants must also:

- Live on the property
- May not have received previous assistance
- Meet the asset limitation
- Have sufficient equity in the home

Homeowners interested in participating in the Housing Rehabilitation Program should pick up an application at City Hall or download an application at www.lakeforestca.gov/325/Housing-Rehabilitation-Loan-Program. Return completed applications to Theresa Dobbs, 100 Civic Center Dr., Lake Forest, 92630.

Contact Theresa Dobbs at 461-3473 or at tdobbs@lakeforestca.gov for more information.

Income Limits

- 1-Person household \$ 75,900
- 2-Person household \$ 86,750
- 3-Person household \$ 97,600
- 4-Person household \$108,400
- 5-Person household \$117,100
- 6-Person Household \$125,750

OC READY TO BATTLE FIRES FROM AIR



The Orange County Fire Authority (OCFA) and Southern California Edison partnered to create an airborne Quick Reaction Force to battle wildfires in Lake Forest and throughout the county. The task force consists of two Boeing CH-47 Chinook helitankers that can each carry up to 3,000 gallons of water or fire retardant, a Sikorski S-61 helitanker with a 1,000 gallon capacity and a S-76 intelligence and reconnaissance helicopter.

The CH-47s are the biggest, fastest, smartest and most effective water and retardant-dropping helitankers in the world. These helitankers can operate day or night and can fill their tanks with a retractable snorkel while hovering, allowing for a faster return to the fire line. “The QRF is the first in the world to conduct night ‘hover-fill’ operations,” said Troy Whitman, an SCE fire manager. “In the past, aircraft would have to land for a ground refill because hover fills require someone to supervise from the air. Our S-76 intelligence aircraft has the capability to provide safe coordination at night.”

Support and coordination do not end there. The goal is to be a self-contained operation with all resources at the ready. The ground support for the firefighting fleet can resemble that of a small airport.

If last year is any indicator, the QRF will be an indispensable tool for fire agencies during this year’s peak fire season. The 2021 statistics were prolific:

- 1,836 drops on more than 50 separate fire incidents
- 2.6 million (equal to 4½ Olympic-sized pools), with 28% dropped at night
- 123,455 gallons of fire retardant, with 19% dropped at night

“The efficiency and speed of the fleet is impressive,” said Whitman. “In the past, aircraft would fly to a fixed location miles away from the incident. They land, refill for five minutes and then go back to the incident. With the QRF and the army of mobile support, there is no extensive transit, and the hover fill can get done in about 90 seconds.”

Fire season is year-round in Orange County, and the threat is particularly high for communities adjacent to wildland areas such as Lake Forest. Visit <https://ocfa.org/RSG> to learn how to minimize the risk of fire around your home, and ensure your family is ready in case of emergency. Also, be sure you and your loved ones are registered at www.alertoc.org and www.nixle.com to receive critical information from authorities and the City.

STAY SAFE OC: TALK TO YOUR CHILDREN ABOUT ELECTRIC BICYCLE SAFETY

By having proactive conversations with your children, you can help keep them safe as they ride their bicycles in the community.

It is important for parents to make sure their children know the rules of the road and basic bike safety practices before allowing their children to ride. Make sure to have conversations often to reiterate the importance of bike safety. Here are some key messages your children should understand. Helmets are a must! No exceptions. Accidents happen, so let's make sure you're protected! All children under 18 are required by law to wear a helmet, but it is strongly recommended for everyone who rides a bicycle to always wear helmet. We encourage parents to always set a good example for their children and wear your helmet when you ride.

Make sure your helmet fits properly to ensure the highest level of protection:

- Your helmet should fit snugly and sit flat on top of your head
- Measure one or two finger-widths above your eyebrow to find the right helmet-placement spot
- When adjusting the side straps, make sure the straps form a "Y" and meet right below your ear
- The chin strap should fit snugly with room for no more than one finger under the strap

Cover basic traffic laws - Bicyclists have the same rights and responsibilities on the road as motorists, so it is important for your children to understand basic traffic laws. Talk to them about:

- Always riding with the flow of traffic
- Coming to a complete stop at all stop signs and traffic signals
- Making eye contact with drivers before entering any intersection
- Learning hand signals and using them appropriately



Reinforce important safety practices. Always go over important safety topics before your children ride their bicycles or e-bikes around the community. Make sure they know to:

- Check their bicycle and ensure it is in good working condition: check the tires, chain, and brakes
- Never ride more than one person to a bicycle
- Avoid wearing headphones while riding
- Always ride defensively – never assume others see you



IRRIGATION, POLLUTION & POWER SHUT OFFS

About 50 percent of residential water use is for landscape irrigation. An unhealthy irrigation system can waste your money, our water resources and contribute, to pollution. Paying a little attention to your irrigation system to eliminate irrigation runoff fights pollution, conserves our limited water resources, and saves money!

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. When the backup power supply is lost, your controller could reset to its factory settings, causing excessive irrigation and runoff. This type of runoff is prohibited because it can mobilize pollutants such as sediment, bacteria, and nutrients. These pollutants can be transported, untreated, to our creeks, lakes, and the ocean.

In addition, power outages have become more common in response to the ongoing drought and the increased risk of fire. Southern California Edison issues Public Safety Power Shutoffs to reduce the threat of fire. This safety measure can have an unfortunate by-product... resetting your irrigation controller and causing runoff pollution!

How can you prevent this type of water waste and pollution?

- Routinely replace back-up batteries to ensure they are holding a charge (consider doing this at the same time as your smoke detectors).
- After a PSPS, look at your irrigation controller and confirm that your programming did not reset to factory settings during the power shutoff.
- Consider the season. Irrigation programming should be changed periodically based on weather conditions and your plant's needs (they need more water in the summer than they do in the winter).

Additional information regarding irrigation controllers can also be found through Orange County's collaborative website at <http://www.H2OC.org> and at your 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/>

APPLICATIONS NOW AVAILABLE FOR NEIGHBORHOOD PRIDE PAINT PROGRAM

The City has established its Neighborhood Pride Paint Program to maintain and improve the character, aesthetic quality and property values within the community. The Lake Forest Community Development Block Grant funds the program, providing the opportunity for qualified homeowners to have the exterior of their home painted at no cost to the homeowner.

Eligibility: Properties must be owner-occupied; the home or mobile home must be in need of painting as determined by the City; owners may not have assets in excess of \$120,000, excluding the value of the home; the existing exterior paint must be lead-free; and homeowners must not exceed income limits listed below, as determined by household size defined by the U.S. Department of Housing and Urban Development (HUD) for the previous 2 years.

Income Limit by Household Size

- 1-Person household \$ 75,900
- 2-Person household \$ 86,750
- 3-Person household \$ 97,600
- 4-Person household \$108,400
- 5-Person household \$117,100
- 6-Person Household \$125,750

Those interested in applying should pick up an application packet at the City Hall reception desk or contact Susie Valadez at svaladez@lakeforestca.gov or (949) 461-3462. Due to funding constraints, the number of owner-occupied homes or mobile homes selected to participate is limited and will be based on randomized selection.

Return a completed application to the City of Lake Forest, 100 Civic Center Drive, Lake Forest, California 92630, Attention: Theresa Dobbs, no later than 4 p.m. on Thursday, September 15, 2022. If you have any questions please contact Theresa Dobbs at tdobbs@lakeforestca.gov or at (949) 461-3473.



Lake Forest is home to a 'Safe Exchange Zone' at the Orange County Sheriff's Department Saddleback Substation, 20202 Windrow Dr., near the Lake Forest Sports Park. The area, marked off with green and white stripes, has 24-hour video surveillance and is intended to be a safe space for child custody exchanges, property exchanges after online purchases, and similar transactions.



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

for more information and an application.



Christine Bustos tree planted October 2021 at Foothill Ranch Community Park.

SPONSORS	TREE SPECIES	LOCATION	DEDICATION
The Lindsey Family	Crape Myrtle (pink)	Rancho Serrano Park	In loving memory of Yia-Yia Gloria Pishos, beloved grandma, mom, wife, sister, friend and baker
Friends and Family	Magnolia	Peachwood Park	In loving memory of Steven Estrada
From your 2021-2022 4th Grade Class	Sycamore	Alton Park	Thank you Ms. Pelzer for helping us grow this year
Nicole Beougher and Family	Crape Myrtle (purple)	El Toro Park	In loving memory of Alexander G. Camargo and Tracy Camargo
Emily Rogers	Crape Myrtle (white)	Rancho Serrano Park	To my remarkable parents, Rick and Julia
The Rahman-Khan-Ali-Syed Family	Sycamore	Ranchwood Park	In loving memory of "a good friend", Shafiq Rahman Khan. We love you and miss you, Shafiz Rahman Khan
Debbie Almeida, Coral Athougies and Jay Valjee	Magnolia	Pittsford Park	In memory of our beloved family members - Archibald Almeida, Edith Almeida and Nora Almeida. We miss you so much and you will forever live in our hearts.
Jean & Fred Seyford	Crape Myrtle (purple)	El Toro Park	In loving memory of Frank Picone, a great friend
The Reidy and Perkins Families	Crape Myrtle (white)	Lake Forest Park	In loving memory of Terry Perkins, loving husband, father, son and brother
Gibson, Krycerick, Morañ and Soth families	Crape Myrtle (white)	Cavanaugh Park	In loving memory of Alan "Scott" Gibson
The Idelshon Family	Sycamore	Concourse Park	In loving memory of Sonne Idelshon
Your Shahida	Magnolia	Ranchwood Park	For my loving husband, Sheiko

EVERYBODY LOVES A PARADE

American flags, lawn chairs, and approximately 14,000 people lined the streets for the 2022 Lake Forest Annual 4th of July Parade. The event was a hit, with smiles and patriotic spirit all around.

Parade-goers viewed a variety of displays from 72 entries and seven sponsors. The annual event is planned by City staff and the Parade Committee consisting of 24 volunteers.





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

Fall 2022

Recreation Program Guide

September, October, November



FALL 2022 REGISTRATION DATES

RESIDENT: Begins at 8 am, Tuesday, August 23, 2022

NON-RESIDENT: Begins at 8 am, Tuesday, August 30, 2022

Community Services Fall Quarter Holiday Schedule

Please visit the City website 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 Fall Quarter. The Civic Center Complex will be closed on the following Summer Quarter Holidays:

LABOR DAY HOLIDAY

Monday, September 5, 2022

VETERANS DAY HOLIDAY

Friday, November 11, 2022

THANKSGIVING HOLIDAY

Thursday, November 24, 2022

Friday, November 25, 2022

For general questions regarding Community Services Programs, visit www.lfcommunityservices.com. You can still register for programs when the Community Services offices are closed on holidays or after hours. Visit www.lfparksandrecca.com for 24/7 online registration.

PROGRAMS INDEX

Special Events.....	16
Preschool and Youth Programs.....	17
Etnies Skatepark.....	28
Special Needs Program.....	30
Adult 50 Years & Better.....	34
How to Register.....	42
Registration Form	43

COMMUNITY SERVICES CONTACT INFORMATION

Community Services (949) 273-6960
www.LFCommunityServices.com
Community Center Rentals (949) 461-3407

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

Lake Forest Sports Park &
Recreation Center (949) 273-6960
www.LakeForestSportsPark.com
The Clubhouse
(Senior Center) (949) 461-3408
www.LakeForestCA.gov/seniors

Saddleback Emeritus
Registration (949) 582-4835
IVC Emeritus Registration (949) 451-5555

SVUSD
Recreation (949) 460-2777
Sports Fields Hot-line (949) 461-3595

**Parks
Make
Life
Better!** SM

SAVE TIME!
Register Online at:
www.LFParksandRecCA.com

Special Events



Sports Park and Recreation Center Spooktacular



Bring your family to a fun and fright-filled Halloween adventure at the Lake Forest Sports Park Spooktacular! Guests of all ages can vote in the pumpkin carving contest, participate in Trunk -or Treat, enjoy indoor inflatables, create crafts, and more! The Lake Forest Sports Park's Recreation Center transforms into a haunted building, featuring a laser tag arena, and a time-ticking Escape Room! Dress in costume and be ready for some scary good fun.

Costumes are encouraged, but no mask or full-face paint will be allowed inside the event. Purchase wristbands for this event IN-PERSON ONLY at the Lake Forest Recreation Center starting September 12th. Online registration is not accepted for this event.

- Fee: \$10 resident until 10/21 \$15 non-resident until 10/21
- At the Door: \$15 resident \$20 non-resident
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

All ages Sat Oct 22, 2022 4:00 - 8:00pm



Bunco Nights at The Clubhouse!

Let the Good Times Roll!

Join us for a fun night of Bunco! No skill is involved, just lots of luck! Enjoy appetizers, beverages, and prizes. Don't forget to dress up in your favorite costume for a spooky night of fun!

- Fee: \$12.00 Residents & Non-Residents
- Location: The Clubhouse (100 Civic Center Dr.)

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

Act#: 11208 Adults/Seniors Oct 28 Fri 6:30-9:00 pm

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 Pkwy.) Parking lot area in front of the Recreation Center

For More Information email

info@lakeforestfarmersmarket.com

Families Ongoing Wed 4:30-8 pm

CITY OF LAKE FOREST

Fall Boutique

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

Saturday, October 15, 2022

10am-2pm

Lake Forest Community Center
100 Civic Center, Lake Forest 92630

Contact Laura Lisack at 949-461-3451
for more information.

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: \$190 – Resident \$195 - Non-Resident (8-week session) Babies under
- the age of 8 months free with registered sibling.
- Materials Fee: \$42
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11223 Birth-4 yrs Sep 13- Nov 15 Tue 4:30-5:15 pm
Act#: 11224 Birth-4 yrs Sep 16- Nov 18 Fri 9:15-10:00 am
Act#: 11225 Birth-4 yrs Sep 16- Nov 18 Fri 10:15-11:00 am
Act#: 11226 Birth-4 yrs Sep 17- Nov 19 Sat 9:00-9:45 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 per half session. Leotard, tights, and ballet shoes required. Optional December recital, nominal costume fee applies. Recital participants must take session 1 and session 2 or full session. \$5 material fee due on the first day of class. Visit www.ocdanceproductions.com for more information.

- Instructor: OC Dance Productions staff
- Fee: \$89 – Resident \$94 – Non-Resident (6-week sessions)
- \$164 – Resident \$169 – Non-Resident (12-week session)
- Material Fee: An additional material fee of \$5 due to instructor at first class meeting.
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11287 3-6 yrs Sep 10 – Oct 15 Sat 9:00-9:45 am
Act#: 11288 3-6 yrs Oct 22 – Dec 3 Sat 9:00-9:45 am
Act#: 11289 3-6 yrs Sep 10 – Dec 3 Sat 9:00-9:45 am



Ballet, Jazz, & Tap Combo

Perfect for those wanting to try multiple styles of dance! Participants learn beginning ballet, jazz, and tap technique and terminology in a fun, non-competitive environment. Activities and choreography also improve musicality, rhythm, strength, and flexibility. Leotard, tights, and ballet and tap shoes required. Optional December recital, nominal costume fee applies. Recital participants must take session 1 and session 2 or full session. Visit www.ocdanceproductions.com for more information.

- Instructor: OC Dance Productions staff
- Fee: \$89 – Resident \$94 – Non-Resident (6-week sessions)
- \$164 – Resident \$169 – Non-Resident (12-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11296 3-6 yrs Sep 10 – Oct 15 Sat 9:55-10:40 am
Act#: 11297 3-6 yrs Oct 22 – Dec 3 Sat 9:55-10:40 am
Act#: 11298 3-6 yrs Sep 10 – Dec 3 Sat 9:55-10:40 am

Pop Star Hip Hop Mini's

An upbeat, popular class for boys and girls! Participants learn beginning jazz and hip hop dance technique and combinations in an encouraging environment while listening to favorite pop songs. Class helps improve coordination, rhythm, gross motor skills, and agility. All movement and songs are age-appropriate. Athletic attire and sneakers required. Optional December recital, nominal costume fee applies. Recital participants must take session 1 and session 2 or full session. Visit www.ocdanceproductions.com for more information.

- Instructor: OC Dance Productions staff
- Fee: \$89 – Resident \$94 – Non-Resident (6-week sessions)
- \$164 – Resident \$169 – Non-Resident (12-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11293 4-7 yrs Sep 10 – Oct 15 Sat 11:45-12:30 pm
Act#: 11294 4-7 yrs Oct 22 – Dec 3 Sat 11:45-12:30 pm
Act#: 11295 4-7 yrs Sep 10 – Dec 3 Sat 11:45-12:30 pm

Parent & Me All In One Dance

Join in on the fun with your toddler! Children will experience different genres of dance including ballet, jazz, and hip hop to build a proper foundation for future dance classes. These basic movements can improve spatial awareness, body control, flexibility, gross motor skills, and balance. Class promotes shape/color recognition, social skills, rhythm, and listening skills. Athletic attire and ballet or jazz shoes required for dancers. *Parent participation required. Visit www.ocdanceproductions.com for more information.

- Instructor: OC Dance Productions staff
- Fee: \$89 – Resident \$94 – Non-Resident (6-week sessions)
- \$164 – Resident \$169 – Non-Resident (12-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11290 1.5-3 yrs Sep 10 – Oct 15 Sat 10:50-11:35 am
Act#: 11291 1.5-3 yrs Oct 22 – Dec 3 Sat 10:50-11:35 am
Act#: 11292 1.5-3 yrs Sep 10 – Dec 3 Sat 10:50-11:35 am

Discover Magic

Discover Magic is a one-of-a-kind program, internationally recognized, and created by some of the top magicians of our time. Learn how to make things appear, amazing card tricks, and even make objects levitate. In this course there are eight lessons, each with a unique secret file folder, custom magic trick you won't find anywhere else, and unique opportunities to boost self-confidence, build communication skills, and make new friends.

- Instructor: Total Kids Magic
- Fee: \$195 – Resident \$200 – Non-Resident(1-week camp)
- Material Fee: \$40
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11331 7-13 yrs Oct 11- Dec 6 Tue 4:00-5:00 pm



Children's Beginning Guitar & Ukulele Ensemble

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

- Instructor: Ron Gorman
- Fee: Session 1: \$109 – Resident \$114 - Non-Resident (5-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11219 8-13 yrs Oct 19 – Nov 16 Tue 6:45-7:45 pm

Beginning Guitar & Ukulele Ensemble Class for Teens and Adults

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

- Instructor: Ron Gorman
- Fee: Session 1: \$109 – Resident \$114 - Non-Resident (5-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11220 14-Adult Oct 19 – Nov 16 Tue 7:45-8:45 pm

Rhythmic Gymnastics - Beginners

This program is designed to develop fundamental body movements, basic coordination, concentration, rhythm, and team skills.

- Instructor: EuroGymnastics Staff
- Fee: \$150 – Resident \$155 – Non-Resident (6-week session)
- Material Fee: \$30
- Location: EuroGymnastics Rhythmic Academy (26923 Fuerte Dr, Lake Forest)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11169 5 yrs + Sep 7- Oct 12 Wed 3:30-4:30 pm
Act#: 11170 5 yrs + Oct 19- Nov 23 Wed 3:30-4:30 pm

Preschool gymnastics – (Pee wee Gymnastics)

This class is great for children that are ready to be in a structured class. Students will strengthen their muscles and better their coordination while improving their social skills. They will learn to wait for their turn and go through different stations such as parallel bars, vault and balance beam where they will start to learn basic gymnastics skills. Transition class is for kids advanced enough to not need parent participation.

- Instructor: Us Too Gymnastics
- Fee: \$70 – Resident \$75 – 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: (949) 273-6960

Act#: 11299	3.3-4.5 yrs	Sep 6- 27	Tue	11-11:50 am
Act#: 11300	3.5-5.5 yrs	Sep 7- 28	Wed	11-11:50 am
Act#: 11301	3.3-4.5 yrs	Oct 4- 25	Tue	11-11:50 am
Act#: 11302	3.5-5.5 yrs	Oct 5- 26	Wed	11-11:50 am
Act#: 11303	3.3-4.5 yrs	Nov 1-29	Tue	11-11:50 am
Act#: 11304	3.5-5.5 yrs	Nov 2-30	Wed	11-11:50 am

“Parent & Me (Pee Wee) Gymnastics

Child and parent will have fun exploring the gym and going through fun obstacle courses that are set up by our coach. Activities during class will help your child develop social skills while increasing the parent-child bonding experience. Students will learn new skills like front rolls, hanging on bars, walking on balance beam and jumps and 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: (949) 273-6960

Act#: 11184	1yr 3 mos-2yr 2mos	Sep 6-27	Tue	9:00-9:45 am
Act#: 11190	1yr 6 mos-3yrs	Sep 6-27	Tue	10:00-10:45 am
Act#: 11187	1yr 6 mos-3yrs	Sept 7-28	Wed	10:00-10:45 am
Act#: 11185	1yr 3 mos-2yr 2mos	Oct 4-25	Tue	9:00-9:45 am
Act#: 11191	1yr 6 mos-3yrs	Oct 4-25	Tue	10:00-10:45 am
Act#: 11188	1yr 6 mos-3yrs	Oct 5-26	Wed	10:00-10:45 am
Act#: 11186	1yr 3 mos-2yr 2mos	Nov 1-29	Tue	9:00-9:45 am
Act#: 11192	1yr 6 mos-3yrs	Nov 1-29	Tue	10:00-10:45 am
Act#: 11189	1yr 6 mos-3yrs	Nov 1-29	Wed	10:00-10:45 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 Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11269	2-3.5 yrs	Sep 17 – Nov 12	Sat	9 - 9:40 am
Act#: 11270	3.5-4.5 yrs	Sep 17 – Nov 12	Sat	9:50 - 10:30 am
Act#: 11271	4.5-5 yrs	Sep 17 – Nov 12	Sat	10:40 - 11:20 am

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: (949) 273-6960

Act#: 11272	6-8 yrs	Sep 17 – Nov 12	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. No class Thursday, November 24.

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

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11273	7-10 yrs	Sep 15 – Oct 13	Thu	6 – 7:00 pm
Act#: 11274	7-10 yrs	Nov 3 – Dec 8	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 Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11275 3.5-4.5 yrs Sep 15 – Oct 13 Thu 4 - 4:45 pm
 Act#: 11276 4.5-6 yrs Sep 15 – Oct 13 Thu 5 – 5:45 pm
 Act#: 11277 3.5-4.5 yrs Nov 3 – Dec 8 Thu 4 - 4:45 pm
 Act#: 11278 4.5-6 yrs Nov 3 – Dec 8 Thu 5 – 5:45 pm

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. No class 11/11 & 11/25

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

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11279 2 - 3.5 yrs Sep 16 – Oct 14 Fri 4:00 - 4:40 pm
 Act#: 11280 3.5 - 4.5 yrs Sep 16 – Oct 14 Fri 4:50 – 5:30 pm
 Act#: 11281 4.5 - 5 yrs Sep 16 – Oct 14 Fri 5:40 – 6:20 pm
 Act#: 11282 2 - 3.5 yrs Nov 4 – Dec 16 Fri 4:00 - 4:40 pm
 Act#: 11283 3.5 - 4.5 yrs Nov 4 – Dec 16 Fri 4:50 – 5:30 pm
 Act#: 11284 4.5 - 5 yrs Nov 4 – Dec 16 Fri 5:40 – 6:20 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 Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11285 6 – 8 yrs Sep 16 – Oct 14 Fri 6:30 - 7:30 pm
 Act#: 11286 6 – 8 yrs Nov 4 – Dec 16 Fri 6:30 - 7:30 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!

- Instructor: Super Soccer Stars Staff
- Fee: \$115 – Resident, \$120 – Non-Resident (5-week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11240 1-2 yrs Sep 10 – Oct 8 Sat 9:00-9:40 am
 Act#: 11241 1-2 yrs Sep 11 – Oct 9 Sun 9:45-10:25 am
 Act#: 11242 1-2 yrs Oct 22– Nov 19 Sat 9:00-9:40 am
 Act#: 11243 1-2 yrs Oct 23 – Nov 20 Sun 9:45-10:25 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!

- Instructor: Super Soccer Stars Staff
- Fee: \$115 – Resident, \$120 – Non-Resident (5 week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11244 2-3 yrs Sep 10 – Oct 8 Sat 8:15-8:55 am
 Act#: 11245 2-3 yrs Sep 10 – Oct 8 Sat 9:50-10:30am
 Act#: 11246 2-3 yrs Sep 11- Oct 9 Sun 9:00-9:40 am
 Act#: 11247 2-3 yrs Oct 22– Nov 19 Sat 8:15-8:55 am
 Act#: 11248 2-3 yrs Oct 22– Nov 19 Sat 9:50-10:30am
 Act#: 11249 2-3 yrs Oct 23-Nov 20 Sun 9:00-9:40 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.

- Instructor: Super Soccer Stars Staff
- Fee: \$115 – Resident, \$120 – Non-Resident (5 week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11250	3-4 yrs	Sep 10-Oct 8	Sat 9:00-9:45 am
Act#: 11251	3-4 yrs	Sep 10-Oct 8	Sat 11:30-12:15pm
Act#: 11252	3-4 yrs	Sep 11-Oct 9	Sun 10:35-11:20 am
Act#: 11253	3-4 yrs	Oct 22- Nov 19	Sat 9:00-9:45 am
Act#: 11254	3-4 yrs	Oct 22- Nov 19	Sat 11:30-12:15 pm
Act#: 11255	3-4 yrs	Oct 23- Nov 20	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.

- Instructor: Super Soccer Stars Staff
- Fee: \$115 – Resident, \$120 – Non-Resident (5 week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11256	4-5 yrs	Sep 10-Oct 8	Sat 9:50-10:40 am
Act#: 11257	4-5 yrs	Sep 10-Oct 8	Sat 10:35-11:25 am
Act#: 11258	4-5 yrs	Sep 11-Oct 9	Sun 11:25-12:15 pm
Act#: 11259	4-5 yrs	Oct 22-Nov 19	Sat 9:50-10:40 am
Act#: 11260	4-5 yrs	Oct 22-Nov 19	Sat 10:35-11:25 am
Act#: 11261	4-5 yrs	Oct 23-Nov 20	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.

- Instructor: Super Soccer Stars Staff
- Fee: \$115 – Resident, \$120 – Non-Resident (5 week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Pkwy)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11263	5-7 yrs	Sep 10-Oct 8	Sat 10:45-11:45 am
Act#: 11264	5-7 yrs	Sep 11-Oct 9	Sun 12:20 - 1:20 pm
Act#: 11265	5-7 yrs	Oct 22-Nov 19	Sat 10:45-11:45 am
Act#: 11266	5-7 yrs	Oct 23-Nov 20	Sun 12:20 - 1:20 pm

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.

- Instructor: Super Soccer Stars Staff
- Fee: \$125 – Resident, \$130 – Non-Resident (10-week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11267	5-9 yrs	Sep 10-Oct 8	Sat 11:50-12:50pm
Act#: 11268	5-9 yrs	Oct 22-Nov 19	Sat 11:50-12:50pm

SAVE TIME!

Register Online at:

www.LFParksandRecCA.com

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

- 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:

- In observance of Thanksgiving, the park will be closed on Thursday, November 24, 2022.

• FOLLOW US ON THESE SOCIAL MEDIA PLATFORMS:



facebook.com/lfsportspark



[@lakeforest_sportspark](https://instagram.com/lakeforest_sportspark)

PDP Track/ Running Club

This program is led by USA Track & Field certified and 2017 & 2019 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, USATF Champions. No experience is required.

- Instructor: Coach Ken Chai
- Fee: \$95 – Resident \$100 – Non-Resident (Monthly) 3 days a week
- Location: Portola Park (28040 Glenn Ranch Road, Lake Forest)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11174 8-17 yrs Sep 1-30 Mon/Wed/Thu 5:45-6:45 pm
Act#: 11175 8-17 yrs Oct 1-31 Mon/Wed/Thu 5:45-6:45 pm
Act#: 11176 8-17 yrs Nov 1-30 Mon/Wed/Thu 5:45-6:45 pm

Manners, Character & Social Skills “Foundation”

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

- Instructor: The Etiquette Factory
- Fee: \$145 – Resident \$150 Non-Resident (5-week session)
- Material Fee: \$20
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-in, Walk-in
For More info call:(949) 273-6960

Act#: 11180 5-10 yrs Sep 12-Oct 17 Mon 1-4 pm

FALL 2022 REGISTRATION DATES

RESIDENTS

Tuesday, August 23, 2022 @ 8 am

NON-RESIDENTS

Tuesday, August 30, 2022 @ 8 am

Life Skills for Teens

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

- Instructor: The Etiquette Factory
- Fee: \$120 – Resident \$125 Non-Resident (5-week session)
- Material Fee: \$20
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-in, Walk-in
For more info call: (949) 273-6960

Act#: 11181 14-17 yrs Nov 3- Dec 1 Thu 5-7 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 (10-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11179 5-12 yrs Sep 6 – Nov 8 Tue 4-5:00 pm

Bionerds : Junior Doctors

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

- Instructor: Bionerds Staff
- Fee: \$110 – Resident \$115 – Non-Resident (5-week session)
- Lab Fee: \$45
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11182 5-12 yrs Sep 2-30 Fri 4:15-5:15 pm

Bionerds: Food Science- Your Food is Alive!

Come and join us as we learn about the amazing world of food science! We will discuss how some living organisms related to foods such as cheese, honey, bread, and more. Learn the science of sugar, food coloring, and more. Your child will be up close with live/fresh organisms/food and engage in cool biology activities. Some of these foods are to take home! No nuts in class but please indicate allergies if any. No class on Friday, October 14 and Friday, November 11.

- Instructor: Bionerds Staff
- Fee: \$110 – Resident \$115 – Non-Resident (5-week session)
- Lab Fee: \$45
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11183 5-12 yrs Oct 7- Nov 18 Fri 4:15-5:15 pm

Karate Kickstart

A 6-week introduction to karate for beginners. Learn the basics of self-defense in a fun, engaging atmosphere that fosters focus, fitness, confidence, teamwork, and respect for others as well as themselves. Don't just do something fun, give them skills for life!

- Instructor: PKSA Staff
- Fee: \$129 – Resident \$134-Non-Resident (6-week session)
- Location: PKSA Karate OC (20382 Barents Sea Cir., Lake Forest)

To Register: Online, Mail-in, Walk-in
For More info call: (949) 273-6960

Act#: 11217 6-12 yrs Sep 5-Oct 10 Mon 5-6:30 pm
Act#: 11218 6-12 yrs Nov 7-Dec 12 Mon 5-6:30 pm

Reading Development Grades K-1

This individualized phonics-based reading program can make the difference between a student who struggles or one who succeeds. We identify skill gaps with comprehensive first-day testing. Skill-based curriculum and instruction assists to bring skills to mastery.

- Instructor: Readwrite Staff
- Fee: \$169 – Resident \$174-Non-Resident (8-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-in, Walk-in
For More info call: claudia@readwritesolutions.com or 949-263-0633.

Act#: 11228 4.5-6.5 yrs Sep 7-Oct 3 Mon/ Wed 3:30-4:25 pm
Act#: 11229 4.5-6.5 yrs Oct 10-Nov 7 Mon/ Wed 3:30-4:25 pm
Act#: 11230 4.5-6.5 yrs Nov 14-Dec 14 Mon/ Wed 3:30-4:25 pm



Reading Development Grades 2-6



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

- Instructor: Readwrite Staff
- Fee: \$169 – Resident \$174-Non-Resident (8-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-in, Walk-in
For More info call:(949) 273-6960

Act#: 11231

6.5-11.5 yrs Sep 7-Oct 3 Mon/ Wed 4:30-5:25 pm

Act#: 11232

6.5-11.5 yrs Oct 10-Nov 7 Mon/ Wed 4:30-5:25 pm

Act#: 11233

6.5-11.5 yrs Nov 14-Dec 14 Mon/ Wed 4:30-5:25 pm

Math Development Grades 2-6



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

- Instructor: Readwrite Staff
- Fee: \$169 – Resident \$174-Non-Resident (8-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-in, Walk-in
For More info call: (949) 273-6960

Act#: 11234

6.5-11.5 yrs Sep 7-Oct 3 Mon/ Wed 5:30-6:25 pm

Act#: 11235

6.5-11.5 yrs Oct 10-Nov 7 Mon/ Wed 5:30-6:25 pm

Act#: 11236

6.5-11.5 yrs Nov 14-Dec 14 Mon/ Wed 5:30-6:25 pm

Pickleball for Kids

This 2-hour Kids beginner class is for new players. Focus will be on stroke mechanics, basic skills, rules, and scoring designed to get your child playing this fun game.

- Instructor: Shelly and Kevin Booth
- Fee: \$55-Resident \$60-Non-Resident (1 Day Class)
- Location: Portola Park (28040 Glenn Ranch Rd., Lake Forest)

To Register: Online, Mail-In, Walk-In
For more info call:(949) 273-6960

Act#: 11206 8-13 Oct 9 Sun 12:30 pm-2:00 pm

Clickstart Canine Manners- Group Dog Training

Build a rock-solid foundation for both ends of the leash with this 6-week outdoor group training class. Learn the most up-to-date and effective training techniques from our certified and experienced training to improve communication between you and your dog. Dogs must be 5 months +.

- Instructor: Clickstart Dog Academy staff
- Fee:\$225 – Resident \$230 – Non-Resident (6-week session)
- Location: Pittsford Park (21701 Pittsford)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

Act#: 11168 18+ yrs Oct 4 – Nov 8 Tue 5:30-6:30 pm

Glee Team



Glee is back by popular demand. We sing popular songs as a group and perform in the Glee recitals. Students love coming together and making great music.

- Instructor: Glee Music Academy Staff
- Fee: \$198 - Resident \$203 - Non-Resident
- Materials Fee: \$25
- Glee Music Academy (20902 Bake Pkwy., Suite 100)

To Register: Online, Mail-In, Walk-In
For More info call : (949) 273-6960

Act# 11330 Sep 1 - Oct 27 10 - 16 yrs Th 4:45-5:35pm

Glee Young Piano



Start your piano studies early . We will teach you and your child piano fundamentals such as piano finger placement, piano note names, how to read music and eve Solfege. We will have you on the piano the first week!

- Instructor: Glee Music Academy Staff
- Fee: \$179 - Resident \$184 - Non- Resident
- Material Fee: Music Kit \$59
- Location : Glee Music Academy (20902 Bake Pkwy., Suite 100)

To Register: Online, Mail-In, Walk-In
For More info call: (949) 273-6960

Act#: 11331 Sep 8 - Oct 9 3 - 5 yrs Th 10:00-10:45am



Rhythm Kids for Big Kids

In each weekly 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
- Fee: \$160 - Resident \$165 - Non -Resident
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

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

For More info call: (949) 273-6960

Act#: 11227 Sept 17- Nov 19 4-6 yrs Sat 10-10:45am

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

- Instructor: Session 1 -Andrea Thorlakson
Session 2 - Amy Harper
- Fee:\$84 – Resident \$89 – Non-Resident (6-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

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

For more info call: (949) 273-6960

Act#: 11177 18+ yrs Sep 13-Oct 18 Tue 7:45-8:45 pm

Act#: 11178 18+ yrs Oct 25-Nov 30 Tue 7:45-8:45 pm

Outdoor Yoga in the Park

This class focuses on classic yoga postures to increase balance, mobility, and range of motion, utilizing breath awareness and mindfulness. Students are taken through a structured series of asanas to lengthen, strengthen and rebalance specific muscles of the body. This class will leave you feeling stretched, standing taller with muscles awake and mind calm and relaxed. Props will be used, and modifications offered so that this class is accessible to all levels of yoga. A 5-minute meditation will be added to help clear the mind and turn our awareness inward.

Instructor: Janet Kuhn

- Fee:\$155 – Resident \$160 – Non-Resident
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

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

For more info call: (949) 273-6960

Act#: 11207 13+ Sep 1-Nov 1 Mon 5:00-6:00 pm

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.

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

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

For more info call: (949) 273-6960

Act#: 11171 18 & up Sep 6-29 Tue & Thu 6:00-6:45 pm

Act#: 11172 18 & up Oct 4-27 Tue & Thu 6:00-6:45 pm

Act#: 11173 18 & up Nov 1-29 Tue & Thu 6:00-6:45 pm

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



*Thank you to our
Summer Sponsors*





Zumba® Gold + Toning for Beginners

The Zumba® Gold + Toning program fuses hypnotic Latin Rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that is effective and easy to do. The routines feature interval training where fast and slow rhythms and light weights** are combined to tone and sculpt the body, improve muscle strength, flexibility, balance, and coordination while burning calories. The class is designed for beginners, active older adults or anyone interested in an easy-to-follow fitness program. Zumba Gold® creates a party like atmosphere. It is fun, different, easy, and effective. It's great for the mind, body, and soul! Walk in ready to have a blast and tone up - leave exhilarated and empowered! ** PARTICIPANTS MUST BRING THEIR OWN 1-2 POUND WEIGHTS TO CLASS. 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
- Fee: Act#: 11193 5-class package \$30 – Resident \$35 - Non-Resident
- Act#: 11194 10-class package \$50 – Resident \$55 - Non-Resident
- Act#: 11195 15-class package \$75 – Resident \$80 - Non-Resident
- Act#: 11196 20-class package \$100 – Resident \$105 - Non-Resident
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

To Register: Online, Mail-In, Walk-In
For more info call: (949) 273-6960

18 & up	Ongoing	Tue	6:00-7:00 pm
18 & up	Ongoing	Sat	10:00-11:00 am

“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: \$155-Resident \$160-Non-Resident (6-week session)
- Location: Portola Park (28040 Glenn Ranch Rd., Lake Forest)

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

For more info call: (949) 273-6960

Act#: 11199 14&up	Sep 7-Oct 12	Wed 8:00-9:00am
Act#: 11200 14&up	Oct 26-Nov 30	Wed 8:00-9:00am

Learn To Play Pickleball

This 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: \$130-Resident \$135-Non-Resident (5-week session)
 \$155-Resident \$160-Non-Resident (6-week session)
- Location: Portola Park (28040 Glenn Ranch Rd., Lake Forest)

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

For more info call: (949) 273-6960

Act#: 11197 14+	Sept 7- Nov 30	Wed 9:15-10:15am
Act#: 11198 14+	Oct 26- Nov 30	Wed 9:15-10:15am

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: \$55-Resident \$60-Non-Resident (1 Day Class)
- Location: Portola Park (28040 Glenn Ranch Rd., Lake Forest)

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

For more info call: (949) 273-6960

Act#: 11201	14+	Sep 18	Sun	10:15 am-12:15 pm
Act#: 11202	14+	Oct 9	Sun	10:15 am-12:15 pm
Act#: 11305	14+	Nov 27	Sun	10:15 am-12:15 pm



“Patient Pickleball” Intermediate

2-hour intermediate clinic Working on successful dinking strategies, 3rd,5th,7th shot drops and resets from “no man’s land to help gain and maintain control of every rally. “The best offense is a good defense!

- Instructor: Shelly and Kevin Booth
- Fee: \$55-Resident \$60-Non-Resident (1 Day Class)
- Location: Portola Park (28040 Glenn Ranch Rd., Lake Forest)

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

For more info call: (949) 273-6960

Act#: 11203 14+ Sep 18 Sun 8:00 am-10:00 am

“Teamwork makes the Dreamwork” Intermediate Pickleball

2-hour intermediate clinic working on Understanding “Doubles/ Mixed Doubles” play and moving effectively with your partner to minimize costly out of position errors and who plays what ball.

- Instructor: Shelly and Kevin Booth
- Fee: \$55-Resident \$60-Non-Resident (1 Day Class)
- Location: Portola Park (28040 Glenn Ranch Rd., Lake Forest)

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

For more info call: (949) 273-6960

Act#: 11204 14+ Oct 9 Sun 8:00 am-10:00 am

“Attacking 101” Intermediate Pickleball

2 hour intermediate clinic working on identifying attackable vs unattackable balls. Learning the various types of offensive and defensive shots and when to or not to “pull the trigger.”

- Instructor: Shelly and Kevin Booth
- Fee: \$55-Resident \$60-Non-Resident (1 Day Class)
- Location: Portola Park (28040 Glenn Ranch Rd., Lake Forest)

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

For more info call: (949) 273-6960

Act#: 11205 14+ Nov 27 Sun 8:00 am-10:00 am



Roll Into Health

Floor based core and stretch exercises utilizing foam rollers (36in long, 6in diameter) for all levels, that will leave you feeling great all over! Bring your own mat and roller if you have one. You will take away stretches and exercises that you can easily repeat at home. Come and focus on the areas where you personally hold the most tension or need to work on. This class is all about you! Come and enjoy it with others, bring a friend to join in the experience with you. See you there!

- Instructor: Beatrice Grindell
- Fee: \$112-Resident \$117-Non-Resident
- Location: Lake Forest Recreation Center (28000 Rancho Pkwy.)

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

For more info call: (949) 273-6960

Act#: 11237 18+ Sep 5- Oct 24 Mon 6:00 pm-6:50 pm

Act#: 11238 18+ Sep 5- Oct 24 Mon 7:00 pm-7:50 pm

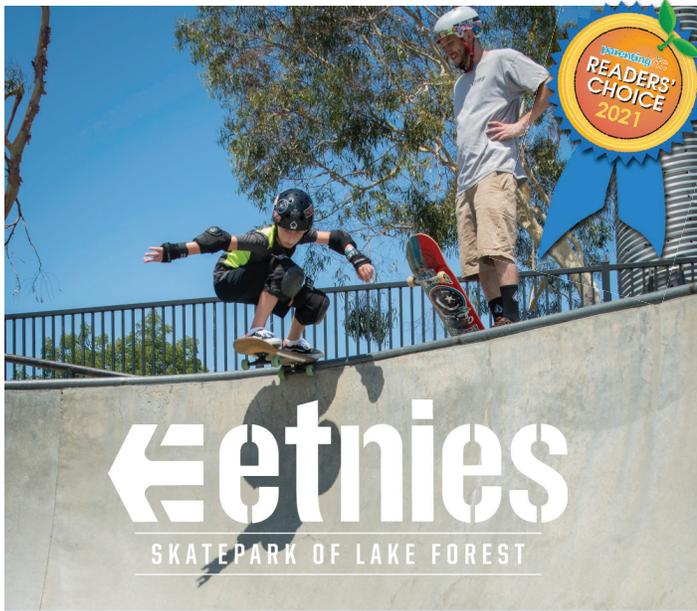
FALL 2022 REGISTRATION DATES

RESIDENTS

Tuesday, August 23, 2022 @ 8 am

NON-RESIDENTS

Tuesday, August 30, 2022 @ 8 am



Award Winning World Class Skateboard Facility

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

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

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

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.

20028 Lake Forest Dr. Lake Forest, CA 92630

(949) 916-5870

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

Fall 2022 Skatepark Hours and Holidays

(Beginning September 5, 2022)

Monday – Friday 11am – 9:00pm

Saturday – Sunday 10am – 9pm

Closed Thursday, November 25, 2022 (Thanksgiving)

For more information visit the skatepark website at www.EtniesSkatepark.com

Follow us on Instagram, Facebook, and Twitter



Night of the Living Shred Contest

The Night of the Living Shred will consist of 4 horror-themed best trick contests and live entertainment taking place throughout the skatepark. Please visit EtniesSkatepark.com for more details.

- Contest Entry Fee: \$20
- General Admission: Free
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr.)

Register online or at the Skatepark

For more info call: (949) 916-5870

Act#: 11323 All Ages Oct 22 Sat 7 – 10 pm

Fall Classic Skate Contest

We are pleased to announce the return of our Fall Classic Skate Contest! Although we host many contests throughout the year, the Fall Classic is where skatepark legends are born! This contest utilizes both the street and the flow course to highlight the most well-rounded shredders around. Bring your board and your best moves for a chance to claim the glory! Winners will get trophies and there will be a wild amount of prizes for all participants.

- Fee: \$20 entry fee per event
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr.)

For more info call: (949) 916-5870

Act#: 11326

All Ages Skate Street Contest Nov 12 Sat 10 am – 6 pm

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.

Etnies Fall Skate Camp

Choose this Thanksgiving break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Learn the basics of ollies, flip tricks, grinding, bowl riding, and skating transitions. Hone your skills on a variety of the best Skatepark terrain around including bowls, two large flow courses, Orange County's only cradle, and a world class street course. Each participant will design and print a custom Etnies Skatepark of Lake Forest t-shirt. Lunch, drinks, and snacks are provided daily. Please send your camper with their own water bottle that they will be able to fill up with water or Gatorade throughout the duration of camp. Participants must provide their own skateboard and full protective gear consisting of a helmet, elbow pads, and knee pads.

- Instructor: Skatepark Staff
- Equipment needed: Skateboard, helmet, elbow/knee pads
- Fee: \$199 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: (949) 916-5870

Act#: 11325 5-17 yrs Nov 21-25 Mon- Wed 10am - 2pm

***No camp on Thursday, November 24, 2022 (Thanksgiving Day)**



Veterans Day Skate Camp

Choose this Veterans Day to spend at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. The day of fun will include skateboard instruction, games, lunch, and a t shirt for the campers.

- Instructor: Skatepark Staff
- Equipment needed: Skateboard, helmet, elbow/knee pads
- Fee: \$50 per person Limited to 20 per session
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr.)

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

For more info call: (949) 916-5870

Act#: 11324 5-17 yrs Nov 11 Fri 10 am - 2 pm

Etnies Fall Skate Camp

Choose this Thanksgiving break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Learn the basics of ollies, flip tricks, grinding, bowl riding, and skating transitions. Hone your skills on a variety of the best Skatepark terrain around including bowls, two large flow courses, Orange County's only cradle, and a world class street course. Each participant will design and print a custom Etnies Skatepark of Lake Forest t-shirt. Lunch, drinks, and snacks are provided daily. Please send your camper with their own water bottle that they will be able to fill up with water or Gatorade throughout the duration of camp. Participants must provide their own skateboard and full protective gear consisting of a helmet, elbow pads, and knee pads.

- Instructor: Skatepark Staff
- Equipment needed: Skateboard, helmet, elbow/knee pads
- Fee: \$199 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: (949) 916-5870

Act#: 11325 5-17 yrs Nov 21-25 Mon- Wed 10am - 2pm

***No camp on Thursday, November 24, 2022 (Thanksgiving Day)**

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 Limited to four per session
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr.)

To Register: Walk-in

For more info call: (949) 916-5870

Ages: 4 and up

Private Skateboard Lessons

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

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

- Instructor: Skatepark Staff
- Fee: \$50 per hour (A max of two children are allowed per private lesson).
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr.)
- Ages: Four and up

Skatepark Birthdays

Our birthday package includes table reservations, popup tents with birthday themed décor, one hour of skate instruction, complimentary day passes for all skaters, choice of music during party, personalized birthday announcement during party, and Instagram shout out from @etnies skatepark (if desired), and an individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: Parent must fill out liability waiver, wear helmet, and wear flat closed toed shoes while filming inside the Skatepark. This package is designed for parents who want to bring their own food, cake, etc... Alcohol is not permitted.

- Fee: \$299
- Birthdays are designed to accommodate up to 20 party goers.
- Each party is scheduled in a 2-hour block from 11:00am-8:00 pm
- Reservations are required at least one week in advance
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.

Note: All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess.

Inclement weather policy – If the Park is rained out, the party will be rescheduled to the next most convenient time for the park as well as the participants.

To reserve your birthday party, please email kfernandez@lakeforestca.gov with your desired date, time, and party package, and you will receive a response within 48 hours.

Parties are only confirmed once we've received the required \$100 security deposit.

For more info call: **(949) 916-5870**

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



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.



Monster Mash Halloween Dance

Grab your costume and come dance the night away while we celebrate the spookiest night of the year! There will be live music, games, snacks, and even a photo booth where you can take home a spooky souvenir. Costumes aren't required, but prizes will be given out to the best dressed ghouls and gals! Bring your friends and come howl at the moon with us!

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

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

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

Act#:11239 10 years-adult Oct 15 Sat 6-8 pm

GiGi's Playhouse At Home Classes



The City of Lake Forest and GiGi's Playhouse have partnered up to offer an assortment of FREE Virtual and On-Demand recreational and educational classes available from the safety of your own home! There are a wide variety of programs available: yoga, cooking, art, music, fine motor, gross motor, sign language and fitness.

At GiGi's Playhouse, they are always working towards their "Best of All." GiGi's Playhouse changes lives through consistent delivery of free educational, therapeutic-based and career development programs for individuals with Down syndrome of all ages, their families and the community. Every program at GiGi's Playhouse is always 100% free, so there's nothing to lose by signing up! Click on the link below to RSVP today. If you'd like more information, email orangecounty@gigisplayhouse.org or contact Lake Forest Recreation Supervisor Kevin Fernandez at kfernandez@lakeforestca.gov.

- Location: <https://gigisplayhouse.org/gigisathome/calendar/>
- Fee: Free!

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: Behavior Analyst - TBD
- Fee: \$75 per session – Resident
- \$80 per session – Non-Resident
- Location: Autism Behavior Services, Inc., 23701 Birtcher Dr., 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

FALL 2022
REGISTRATION DATES

RESIDENTS
Tuesday, August 23, 2022 @ 8 am

NON-RESIDENTS
Tuesday, August 30, 2022 @ 8 am

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 families goals!

Location: United Studios of Self Defense (26756 Portola Pkwy. Ste. 2D)

- Instructor: United Studios of Self Defense Accredited Instructor
- Fees: Single Private Session - \$75
- 4 Week Program - \$275
- 12 Week Program - \$705

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

Gymnastics for Kids with Special Needs

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

Instructor: Us Too Gym Staff

- Fee: \$110/month (Four 45-minute sessions) Resident
- \$115/month (Four 45-minute sessions) Non-Resident
- Location: Us Too Gymnastics (25 Spectrum Pointe Dr. #405)

For more info call: (949) 273-6978 or email kfernandez@lakeforestca.gov
5 yrs and older Ongoing varies



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.

- Instructor: Super Soccer Stars Staff
- Fee: \$110 – Resident, \$115 – Non-Resident (5-week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Pkwy., Lake Forest, CA 92630)

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

Act#: 11328 5 - 12 yrs Sept 10 - Oct 8 Sat 1:00 - 2:00pm

Act#: 11329 5 - 12 yrs Oct 22 - Nov 19 Sat 1:00 - 2:00pm



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

For more info, please contact: Rick Trevers
Laguna Niguel Youth Soccer Association
Rick.Trevers@LNYSA.org

Sandy Castillo:
scastillo@calsouth.com

or visit:
calsouth.com/topsoccer

Lake Forest Little League Challenger Baseball



Challenger Baseball is a Little League program for boys and girls 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 \$35. The fees will cover the cost of team and individual photos, practice and field expenses. There is an optional uniform fee. There may be some incidental expenses (team party!), usually not 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, 2022.

Come join the Lake Forest Little League! Register online at LFL.org

For more information or to sign up call: Melinda Luttrell (949) 837-3189 or email us at challengers@lfl.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 for upcoming dates and location.



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

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

To register your loved one, please visit the following website:
apps.ocsd.org/Info/TakeMeHome

FALL 2022 REGISTRATION DATES

RESIDENTS

Tuesday, August 23, 2022 @ 8 am

NON-RESIDENTS

Tuesday, August 30, 2022 @ 8 am



Welcome to The Clubhouse!



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



Don't miss out on The Clubhouse Calendar!
The calendar is a great way to view the activities offered each month. If you are interested in receiving the free quarterly calendar through email, please call The Clubhouse at (949) 461-3408.



facebook.com/lakeforest.clubhouse



[@lakeforest.clubhouse](https://www.instagram.com/@lakeforest.clubhouse)

50 and Better Programs



Bagels & Bingo

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

- Fee: Free
- For more info call: **(949) 461-3408**
- Location: The Clubhouse (100 Civic Center Dr.)

Seniors	Mon	Sep 12	10 am-2 pm
Seniors	Mon	Oct 3	10 am-2 pm
Seniors	Mon	Nov 7	10 am-2 pm

Bingo Mania

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

- Fee: Free
- For more info call: **(949) 461-3408**
- Location: The Clubhouse (100 Civic Center Dr.)

Seniors	Mon	Sep 26	10 am-2 pm
Seniors	Mon	Oct 24	10 am-2 pm
Seniors	Mon	Nov 28	10 am-2 pm

Bingo Thursdays!

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

- Fee: Free
- For more info call: **(949) 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#:11209 Seniors Sep 29 Thu 12:00 pm Start Your Engines!
Act#:11210 Seniors Oct 27 Thu 12:00 pm A Wicked Good Time
Act#:11211 Seniors Nov 17 Thu 12:00 pm Friendsgiving Celebration

Los Angeles Angels Baseball Game

Batter up! Grab your hotdog and popcorn and watch the Los Angeles Angels as they play the Detroit Tigers for a fun day of baseball! Tickets are in Section 129.

- Fee: \$55.00 Residents & Non-Residents
- For more info call: (949) 461-3408

Act#:11262 Seniors Sep 7 Wed 11:30 am-6 pm

It's A Clubhouse Rodeo!



Dust off your cowboy hat and pull on your dancing boots and join The Clubhouse as we dance the night away! Wear your favorite rodeo 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#:11306 Seniors Sep 30 Fri 5-8 pm



Senior Santa & Friends at The Clubhouse

'Tis the season to make someone's holiday special! Senior Santa & Friends operates in conjunction with the County of Orange Operation Santa Claus program. This "gift" giving program provides some cheer to older adults with multiple physical disabilities and income only slightly above the federal poverty level. All donations are tax deductible.

Items Needed (Must Be New and Unused):

- Clothing, Blankets, and Household Items
- Nutritional Supplements (ie, Ensure and Glucerna)
- Gift Cards (grocery stores, department stores, and pharmacies)

Between November 1 and December 8, 2022, drop off your gift at The Clubhouse during operating hours.

The Clubhouse Games and Fun!

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

- Brain Games (Sudoku, Crossword Puzzles, and Word Searches)
- Dominoes
- Mahjong
- Puzzles
- Rummikub
- Various Card Games and Books to Read
- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr.)

For more info call: (949) 461-3408
Seniors Ongoing Mon-Thu 10 am-3 pm

Computer Lab Hours

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

- Please note: There is no instructor on-site.
- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr.)

For more info call: (949) 461-3408
Seniors Ongoing Mon/Wed/Thu 10 am-3 pm
Tue 10 am-1 pm

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 to 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 : (949) 461-3408

Act#: 11212
Seniors Ongoing Mon 10 am-3 pm
Tue 12:45 pm-3 pm
Wed 10 am-12:15 pm



HICAP

Health Insurance Counseling and Advocacy Program

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

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

HICAP can help you understand:

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

To Make an Appointment, Please Call 461-3408 and Leave Your Name and Phone Number.

- Fee: Free

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

Seniors	Sep 13	Tue	10 am-1 pm
Seniors	Oct 11	Tue	10 am-1 pm
Seniors	Nov 8	Tue	10 am-1 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: (949) 461-3408

Act#: 11213	Seniors	Sep 20	Tue	10:30 am
		Glowing Leaf Jars		
Act#: 11214	Seniors	Oct 18	Tue	10:30 am
		Haunted Bird House		
Act#: 11215	Seniors	Nov 15	Tue	10:30 am
		Friendship Soup in a Jar		

The Clubhouse Garden Club

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

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

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

For more info call: (949) 461-3408

Act#: 11216	Seniors	Sep 6	Tue	10-11 am
		Propagating 101		
	Seniors	Oct 4	Tue	10-11 am
		The Future of Gardening is Vertical		
	Seniors	Nov 1	Tue	10-11 am
		How to Overwinter Your Plants		



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.

Location: The Clubhouse (100 Civic Center Dr.)

For more info call: The Clubhouse at 461-3408
Seniors Sep 15 Thu 10:00 am
The House in the Cerulean Sea by TJ Klune
Seniors Oct 20 Thu 10:00 am
The Immortal Life of Henrietta Lacks
 by Rebecca Skloot
Seniors Nov 17 Thu 10:00 am
Sea Glass by Anita Shreve

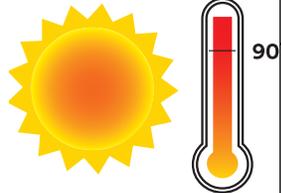
Free Blood Pressure Checks

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

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

For more info call: The Clubhouse at 461-3408
Seniors Sep 19 Mon 10 am-12 pm
Seniors Oct 17 Mon 10 am-12 pm
Seniors Nov 21 Mon 10 am-12 pm

HEAT WATCH



During the months of August, September, and October, The Clubhouse will remain open until 4 pm on days where the temperature is 90 degrees or hotter. The decision to extend The Clubhouse hours will be made by 1 pm on the affected day.

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

Medication Review

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

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

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

Seniors Nov 10 Thu 10 am-1 pm

Need Legal Advice?

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

To qualify for an appointment, you must be:

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

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

Appointments are scheduled for 20 minutes. To receive the most out of your appointment, please write down questions for the attorney.

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

To make an appointment call **(949) 461-3408**

Seniors Sep 1 Thu 1-3 pm
Seniors Oct 6 Thu 1-3 pm
Seniors Nov 3 Thu 1-3 pm

FALL 2022 REGISTRATION DATES

RESIDENTS
Tuesday, August 23, 2022 @ 8 am

NON-RESIDENTS
Tuesday, August 30, 2022 @ 8 am



AARP Driver Safety Refresher Course

Would you like to be more confident behind the wheel? This instructional class is for the mature driver (50+) who has taken the eight-hour course within the last four years. You will learn better driving techniques, ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence after completing this great course. Please note: You must take AARP Driver's Safety Two-Day Course first.

- Fee: \$20 AARP Members; \$25 Non-Members
- (Payment is due the day of the course. Checks are made payable to AARP.)
- Location: The Clubhouse (100 Civic Center Dr.)
- For More Info Call: **(949) 461-3408**

To Register: Mail-In, Walk-In, and Online
Act#: 11221

50 Years & Up Sep 15 Thu 8:30 am-1 pm

AARP Driver Safety Two-Day Course

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

- Fee: \$20 AARP Members; \$25 Non-Members
- (Payment is due the first day of the course. Checks are made payable to AARP.)
- Location: The Clubhouse (100 Civic Center Dr.)

For More Info Call: (949) 461-3408

To Register: Mail-In, Walk-In, and Online
Act#: 11222

50 Years & Up Oct 27-28 Thu & Fri 8:30 am-1 pm



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



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.

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:

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

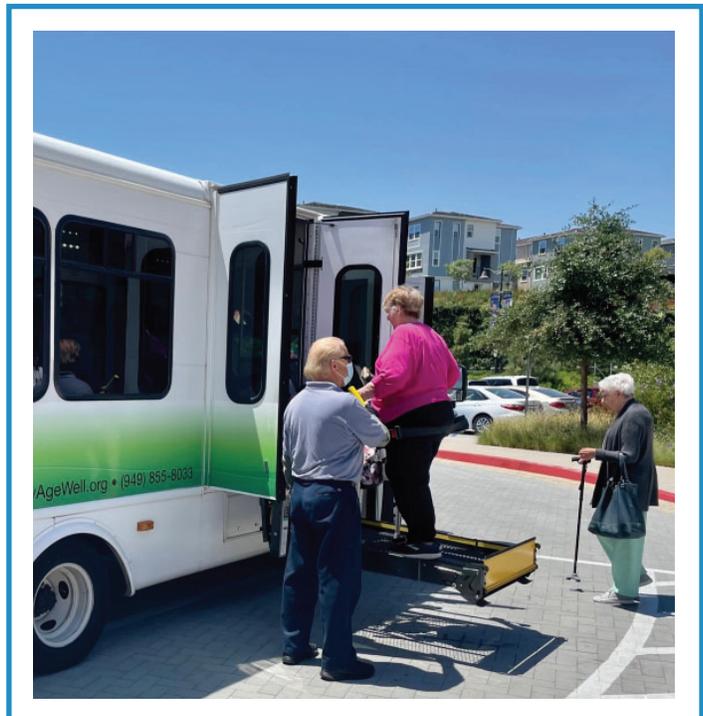
For new program users to take advantage of the Senior Taxi Cab program:

- 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.

AWSS Bus Service

- **Fee: Free**
- **From your residence to The Clubhouse**
 Monday – Thursday, 10 am–2 pm

For new participants, call The Clubhouse at (949) 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/emmeritus>. For more information regarding Saddleback College's Emeritus offerings, visit <https://www.saddleback.edu/emmeritus>.

The next session of Emeritus Classes will begin in Fall (August) 2022.

Please contact Courtney Wysocki, Senior Recreation Supervisor with The Clubhouse, (949) 461-3439, or cwysocki@lakeforestca.gov, with any questions regarding the Emeritus program.

Irvine Valley College Emeritus Classes

Aqua Fitness Training

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

- Instructor: Emeritus Staff
- Fee: Free
- Location: Lake Forest Beach & Tennis Club (22921 Ridge Route Dr.)

Tic#: 90260
Seniors Aug 23-Dec 20 Tue 2-2:50 pm

Tic#: 90265
Seniors Aug 25-Dec 15 Thu 2-2:50 pm

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#: 90060
Seniors Aug 22-Dec 19 Mon 12-2:50 pm

Country Line Dance

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

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

Tic#: 90115
Seniors Aug 23-Dec 20 Tue 10:30 am-12:20 pm

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: The Clubhouse (100 Civic Center Dr.)

Tic#: 90295
Seniors Aug 25-Dec 15 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: The Clubhouse (100 Civic Center Dr.)

Tic#: 90205
Seniors Aug 23-Dec 20 Tue 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: The Clubhouse (100 Civic Center Dr.)

Tic#: 90145
Seniors Aug 23-Dec 20 Tue 10:30 am-12:20 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: The Clubhouse (100 Civic Center Dr.)

Tic#: 90595
Seniors Aug 22-Dec 19 Mon 10:30 am-11:20 am

Tic#: 90325
Seniors Aug 25-Dec 15 Thu 10:30 am-12:20 pm

Tic#: 90315
Seniors Sep 2-Dec 9 Fri 10:30 am-11:35 am

Tai Chi Mobility

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

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

Tic#: 90210
Seniors Aug 24-Dec 14 Wed 1-1:50 pm

Taijiquan

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

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

Tic#: 90200
Seniors Aug 24-Dec 14 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#: 90310
Seniors Aug 24-Dec 14 Wed 1-2:50 pm

Tic#: 90660
Seniors Sep 2-Dec 9 Fri 12-1:05 pm

Saddleback College Classes

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#: 13165
Seniors Aug 22-Dec 20 Wed 10 am-12:50 pm

Life and Technology Integration for Older Adults

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

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

Tic#: 22000
Seniors Aug 22-Dec 20 Tue 1-2:50 pm





How to Register for Programs

Fall 2022 Registration Dates

Lake Forest Residents: Tuesday, August 23, 2022 beginning at 8am | **Non-Residents:** Tuesday, August 30, 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

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

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

2 > Mail-In Registration



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

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

3 > Walk-In Registration



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

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

General Information

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

Refund Policy

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

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

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

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

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

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

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

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

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

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



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

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

Office Use Only

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

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

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

NOT FOR EMERITUS PROGRAM REGISTRATION



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

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

POSTAL CUSTOMER

ECRWSS

Save the Date



City of Lake Forest's Tree Lighting Ceremony is a great way to start off the winter holiday season! Enjoy live entertainment, crafts, food vendors, and special guests.

Friday
 December 2, 2022
 4:00 - 8:00 pm

Lake Forest Civic Center
 100 Civic Center Drive
 Lake Forest, Ca 92630

CITY TELEPHONE NUMBERS

Building Division (949) 461-3470	Graffiti Hotline (949) 461-3583
Building Inspection (949) 461-3468	Housing (949) 461-3569
City Clerk (949) 461-3420	OC Animal Care (949) 249-5160
City Council (949) 461-3420	Passport & Notary (949) 461-3420
City Manager's Office (949) 461-3410	Planning (949) 461-3491
Community Policing Center (949) 461-3530	Public Works (949) 461-3480
Community Preservation (949) 461-3474	Recreation (949) 461-3450
Economic Development (949) 461-3567	Sports Park &
Etnies Skatepark (949) 916-5870	Recreation Center (949) 273-6960

FIND US ONLINE

City	LakeForestCA.gov
Economic Development	LakeForestBusiness.com Facebook.com/LakeForestBusiness
Etnies Skatepark of Lake Forest	EtniesSkatepark.com
LinkedIn	LinkedIn.com/in/City-of-Lake-Forest
Sports Park & Recreation Center	LFSportsPark.com

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

