

YOUTH SPORTS



Elementary Flag Football

Introduce your son or daughter to the exciting sport of football! All 3rd through 6th grade boys and girls will have fun playing flag football while learning the fundamentals of the sport from experienced coaches. This program is great for the beginning football stars and also provides skill development for the more experienced players. Let the games begin! Program runs

Dates: Saturdays, September 11th to October 9th
Times: 10am – 12pm
Fee: \$55 per child

Registration begins Monday, August 9 at La Sierra Community Center Recreation Office or look online at www.carmichael-park.com.

For more information please call the La Sierra Recreation Office at (916) 483-7826

Jr. High Boys Flag Football

Get your game face ready! Boys from Barrett and Will Rogers Middle Schools can't miss our flag football league. Players will practice at their school and have the opportunity to play games against other local teams. Program runs from the beginning of September to the end of October. Please check our registration form for more specific dates.

FEE: \$90 per participant

Registration begins Monday, August 9 at La Sierra Community Center Recreation Office or look online at www.carmichael-park.com

For more information please call the La Sierra Recreation Office at (916) 483-7826

Tennis



*Taught by Jesse Colan,
 Certified Tennis Professional*

Classes begin with related exercises and move into hitting drills and end with games or match play. The goal is to get participants playing the game of tennis as soon as possible!

***Please wear tennis shoes.**

Munchkins

Designed for ages 5-7, this class teaches forehand and backhand ground strokes through more games while having fun. **Class is 30 minutes long.

Beginning Youth or Adult

This introductory class will cover all strokes, drills, scoring and adaptive games.

Intermediate Youth or Adult

Designed for the player with experience, this class begins with partner warm-up and then drills and games will follow. Shot selection and stroke critique will be analyzed.

Advanced Youth or Adult

Designed for tournament players. Please call Coach Jesse for availability.

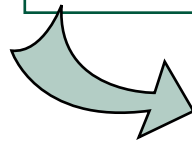
Dates: 6/7-6/24, 6/28-7/15, 7/19-8/5, 8/9-8/26 or 8/30-9/16
Fee: \$55 for (6) 55-min. classes and one can of USTA approved tennis balls
 MUNCHKINS - \$30 for (6) 30-min. classes
Location: Courts 1-4 are located at Carmichael Park, 5750 Grant Avenue.

Monday/Wednesday Schedule

Class	Ages	Time
Beg. Youth	8-12	5:30 pm
Int. Youth	8-12	6:30 pm
Beg. Adult	13+	7:30 pm
Int. Adult	13+	8:30 pm

Tuesday/Thursday Schedule

Class	Ages	Time
Munchkins	5-7	6:00 pm
Beg. Adult	13+	6:30 pm
Interm. Adult	13+	7:30 pm



Private/Semi Private Lessons Available!

\$25/half hour - \$45/hour
 For scheduling call Jesse Colan at (916) 485-2985

Event Sponsorship

Become An Event Leader

Looking for a great way to advertise your business and be a leader in our community? The Carmichael Recreation and Park District encourages involvement by local businesses and organizations through event sponsorship. Sponsoring an event is a great way to advertise, an outstanding image tool, and active way to show support for your community. For more information call Tracy Kerth at (916) 485-5322 x23 or email tracy@carmichaelpark.com.

Seeking nominations for

PATRIOTS PARK WALL OF HONOR

*Please see page 4 for
 more information.*