

CARMICHAEL RECREATION & PARK DISTRICT

COMMUNITY EVENTS

CAMPS



SPORTS & FITNESS

YOUTH & TEEN ACTIVITIES



FALL/WINTER 2016 ACTIVITY GUIDE



 facebook.com/carmichaelrec

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FALL/WINTER 2016

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MEET YOUR ADVISORY BOARD OF DIRECTORS

The CRPD Advisory Board of Directors consist of five local individuals who are appointed by the Sacramento County Board of Supervisors Susan Peters, District 3. The charge of the Board is to set policies that will guide the District. Board members serve a term from 4 to 8 years and come from a variety of backgrounds and skills. They all share one important trait - a commitment to serve the park and recreation needs of this community.



Michael Rockenstein
Chairperson



Karen Borman



Dave Younger



Gayle Dax-Conroy



Joyce Arredondo-Carroll

SACRAMENTO COUNTY BOARD SUPERVISOR

Honorable Susan Peters, District 3

ADVISORY BOARD OF DIRECTORS

Michael Rockenstein: Chairman
Joyce Arredondo-Carroll: Vice Chairman
Karen Borman: Secretary
Gayle Dax-Conroy
Dave Younger

The Advisory Board meets the third Thursday of every month at 6:00pm in the Carmichael Clubhouse, 5750 Grant Avenue in Carmichael. The meetings are open to the public and agendas are posted on our website at carmichaelpark.com.

MANAGEMENT STAFF

Tarry Smith: District Administrator
Tracy Kerth: Recreation Services Manager
Ingrid Penney: Administrative Services Manager
Keith Maddison: Parks Services Manager

RECREATION STAFF

Alaina Lofthus: Recreation Supervisor
Sharlene Lal-Hernandez: Recreation Supervisor

PARK STAFF

Ron Shilliday: Maintenance Supervisor
Jerry Eppler: Maintenance Supervisor
Mark Dexter: Maintenance Worker
Ross Norberg: Maintenance Worker
Curtis LaDuke: Maintenance Worker
James Perry: Maintenance Worker
Phillip Hurt: Maintenance Worker

ADMINISTRATIVE STAFF

Ty Campbell: Bookkeeper
Sharon Reneau: Payroll/Account Clerk
Gaye Massey: Secretary Receptionist
Regina Cruz-Quevedo: Secretary Receptionist



DISTRICT OFFICE

5750 Grant Ave., Carmichael, CA 95608
Phone: (916) 485-5322 • Fax: (916) 485-0805
Email: info@carmichaelpark.com
Office Hours: 8:30am-5:00pm
Maintenance Shop: (916) 481-0603

LA SIERRA RECREATION OFFICE

5325 Engle Road, Suite 100, Carmichael, CA 95608
Phone: (916) 483-7826 • Fax: (916) 483-7861
Email: ISOoffice@carmichaelpark.com
Office Hours: 8:30am-5:00pm
Maintenance Shop: (916) 487-6234

ASSESSMENT LAWSUIT UPDATE & REFUND INFORMATION

CARMICHAEL RECREATION AND PARK DISTRICT ASSESSMENT UPDATE AND REFUND INFORMATION

Greetings:

This letter is to update Carmichael residents/property owners about the recent property assessment for Carmichael Recreation and Park District.

First I'm sorry to say that the District recently lost a legal challenge to our property-owner approved 2014 special assessment. As you may recall, the District was named as the Defendant in the case "Sacramento Tax-Payers Association, a California Corporation," Pamela Pinkston, an individual, and Penny Hanscom and Dave Hanscom, as individuals and as Trustee of the Dave/Penny Hanscom Revocable Trust v. County of Sacramento, Carmichael Recreation and Park District, et al. (Sacramento Superior Court Case No.: 34-2014-80001869-CU-WM-GDS). In this case the STA and two Park District residents challenged the Prop 218 assessment procedure used by the District's consultants. Unfortunately the judge ruled that the engineer's report supporting the assessment was not in compliance with Prop 218 and we must now invalidate the assessment. Assessment refunds will be issued.

If you owned property in the Park District during fiscal years 2014-15 and/or 2015-16, and paid the assessment on your property tax bill, you may pick up a refund application at the District Office located at 5750 Grant Avenue in Carmichael, CA or you may print out a refund application from the District Website, www.carmichaelpark.com. Applicants are encouraged to mail a completed refund application with required supporting documents by November 30, 2016 as directed on the form.

All assessment revenues not claimed for refund will be used by the Park District.

The District will continue to move the park system forward with limited resources. I wanted to assure you that the District and its staff will put forth every effort to make

the District more efficient and better maintained than it has ever been. We will not have the resources to improve major infrastructure, produce major maintenance changes and build new facilities as would have been possible with the assessment but the effort to improve what we have, with what we have, will be strong and ongoing.

We will continue to make improvements as funds allow. Over the past couple years we have used available resources to construct a Sutter Park Trail, connecting to Jensen Botanical Garden; to replace a much needed old sewer line at La Sierra Community Center; to provide new gym floors at La Sierra Community Center and new roofing on several sections of the La Sierra building; to renovate the Carmichael Park dog park; to refurbish the outside of the Veterans Hall, to install new picnic tables and BBQ's throughout the park system. These efforts will continue as funding is available.

Many of our larger improvements, without the assessment, will have to wait for funding, such as a new community pool, new skate park, completion of the Carmichael Park Master Plan, completion of the Capra Park Master Plan, and major roofing improvements to name a few. Park security and security lighting will remain a priority, upgraded as funds become available.

In closing, I again wanted to thank you for your support of the District and to ensure to you that staff and the Advisory Board of Directors will continue to strive to make the Park District the best we can be. For questions about the refund process, please call the District's designated Assessment Administrator at (855) 831-1188.

Tarry Smith, District Administrator
Carmichael Recreation and Park District



CARMICHAEL RECREATION AND PARK DISTRICT FOUNDATION SUPPORT OUR PARKS AND SUPPORT OUR KIDS!



The Carmichael Recreation and Park District Foundation serves as the nonprofit organization that is committed entirely to the mission of building and maintaining our parks and ensuring youth have access to quality recreation programs and activities.

Last spring, the Foundation held its first ever annual fundraising event *Antiques, Bubbles and Brunch*. The event was a huge success thanks to the generosity of the community and our sponsors. We are already looking forward to next year's event, (see back cover) **SAVE THE DATE – April 23, 2017!** The funds raised by the Foundation help with park improvement projects and the Youth Scholarships Program, in which the Foundation offsets a portion of the cost for recreation programs to qualifying families.

Thank you for your support of the Carmichael Recreation and Park District!

DID YOU KNOW?

Carmichael Recreation and Park District provides several programs for youth!

- After School Programs: Transportation from 9 Carmichael schools to programs, study hall, games, arts and crafts and sports
- Classes: Spanish, Reading, Pottery, Gymnastics
- Camps: Summer Day Camp, Lego Camp, Quilting Camp, Mad Science Camp
- Preschool Program
- Sports: Soccer, Tennis, Flag Football, Volleyball, Basketball

The Carmichael Recreation and Park District Foundation is a public charity nonprofit organization (501.c.3). Donations are fully tax deductible to the extent provided by law. Please mail your check payable to CRPD Foundation, 5750 Grant Avenue, Carmichael, CA 95608 – (916) 485-5322.



THANK YOU TO OUR 2016 CONCERTS IN THE PARK SPONSORS!

Over 10,000 people attended 16 free concerts this summer at the Daniel Bishop Memorial Pavilion at Carmichael Park this summer. Thanks to the support of our sponsors we were able to showcase a wide variety of local talent and music genres.

Some of the bands featured this year included: On Air, John Skinner Band, Mick Martin and the Blues Rockers, The Fryed Brothers Band, Dave Russell Band, Latin Touch and more!

2017 CONCERTS IN THE PARK SPONSORSHIPS AVAILABLE!

We hope you will consider joining us a sponsor for the 2017 **Concerts in the Park** series next summer. If you are interested, please contact Sharlene Lal-Hernandez, Recreation Supervisor at slalhernandez@carmichaelpark.com or call (916) 483-7826.



SPECIAL THANKS TO OUR SPONSORS



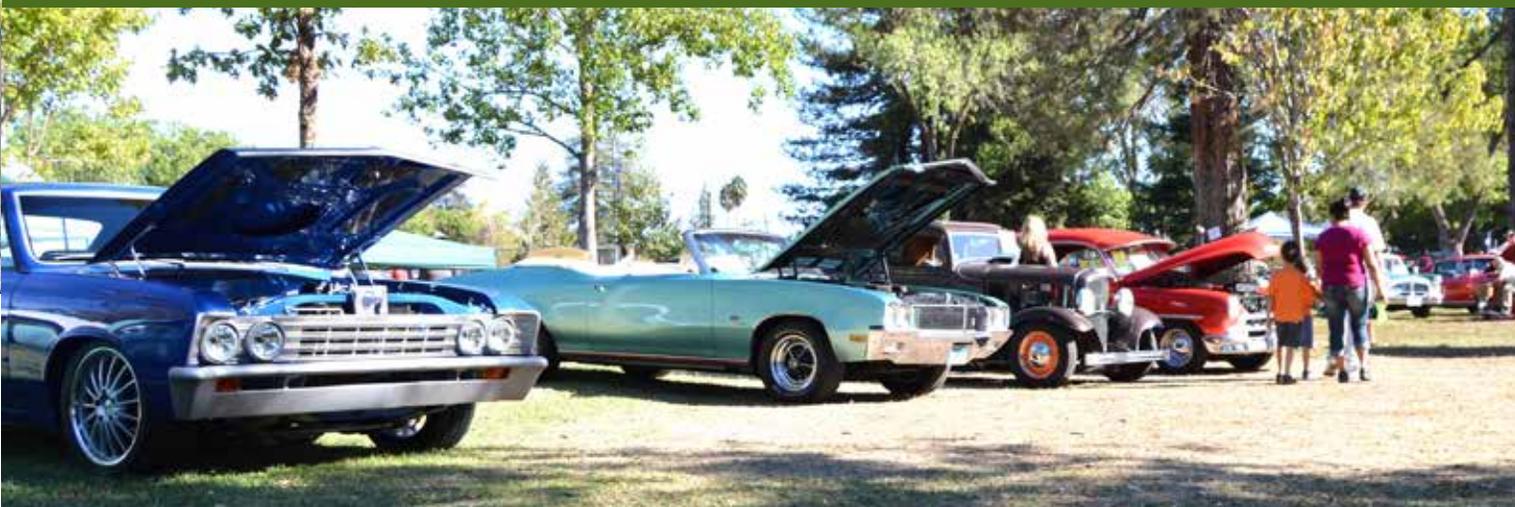
Sacramento Municipal Utility District (SMUD)
 Access Dental
 Senator, Jim Nielson
 Sacramento County Supervisor, Susan Peters
 Carmichael Creek Neighborhood Association

Carmichael Kiwanis Club
 Arthur Murray Carmichael Dance Studio
 Carmichael Chamber of Commerce
 John and Susan Skinner
 Carmichael Soccer



CARMICHAEL'S 107TH FOUNDERS DAY CELEBRATION SEPTEMBER 24TH AT CARMICHAEL PARK

JOIN US IN CELEBRATING 107 YEARS IN OUR COMMUNITY!



>> PANCAKE BREAKFAST

8-11:30am

Location: Carmichael Park, Clubhouse

Fee: Adults \$5, Children 12 and under \$3

Start off Founders Day with a pancake breakfast hosted by the Fair Oaks Host Lions Club.

>> ACTIVITIES

10am-3pm

Vendors, Food Trucks, Children's Activities, live performances at the Daniel Bishop Memorial Pavilion and more!

>> CLASSIC CAR SHOW

10am-3pm

Fee: \$20 Vehicle Entry Fee

The Classic Car Show is a staple at Founders Day. The show features classic cars, trucks, street rods, hot rods and custom muscle cars! Sponsored by the Cappuccino Cruisers, visit capcruz.com for more information.



**Parks
Make
Life
Better!**

WOULD YOU LIKE TO BE A PART OF FOUNDERS DAY?

Sponsorships and Vendor Booths are available; please contact Sharlene Lal-Hernandez at (916) 483-7826 for more information.

VETERAN'S MEMORIAL DAY REMEMBRANCE

Friday, November 11 • 11am

Come celebrate and honor veterans at the Koobs Nature Area, on Veterans Day. The nature area is home to the Vietnam Veterans Memorial, one of the first such memorials in California. The veteran's event is sponsored by the Kiwanis Club of Carmichael.

THE 35TH ANNUAL WAYNE REIMERS JAZZ FESTIVAL

Thursday, January 26, 2017 • 5:30-8:30pm

Location: Rio Americano High School
4540 American River Drive Sacramento

This annual Jazz Festival features elementary, middle and high school bands from the San Juan Unified School District and surrounding areas. Sponsored by the Kiwanis Club of Carmichael and San Juan Unified School District. For more information call (916) 971-7512.



PARK, REC AND EAT IT

First Thursday of each month, 5-8pm

Location: Carmichael Park

Bring your appetite to Carmichael Park the first Thursday of each month for yummy food, music, vendors and more! Events held rain or shine.

SPONSORSHIP OPPORTUNITIES WITH THE CARMICHAEL RECREATION AND PARK DISTRICT

Join us to celebrate our community!

CRPD encourages involvement of businesses and organizations through event and sport program sponsorship. Sponsoring an event or sport program is:

- A great way to advertise
- An outstanding image tool
- An active way to show support for your community

For more information, call Sharlene Lal-Hernandez, at (916) 483-7826



WALL OF HONOR PATRIOTS PARK

Saturday, November 5 • 10am

Location: Patriots Park, 6825 Palm Avenue

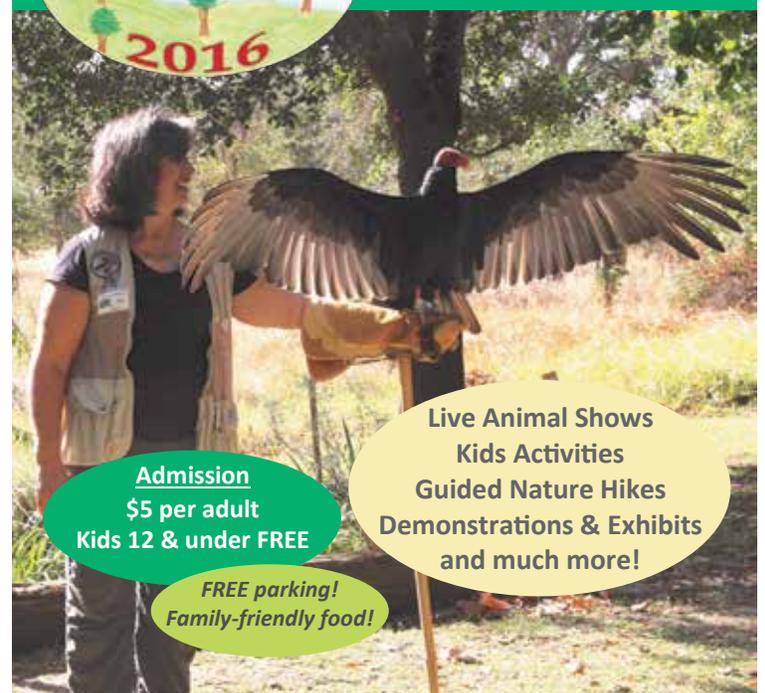
Join us for this annual event honoring our local heroes. This event recognizes members of the community who have given their lives in the line of duty. The Wall of Honor currently has thirteen inductees. Members are represented from all areas of service including the California Highway Patrol, Sacramento Sheriff's Department, Sacramento Metro Fire District and the U.S. Military. Light refreshments will be served.

Sacramento Water Forum and American River Natural History Association present



Sunday, October 9
10am to 3pm

Effie Yeaw Nature Center
www.SacNatureCenter.net



Admission
\$5 per adult
Kids 12 & under FREE

FREE parking!
Family-friendly food!

Live Animal Shows
Kids Activities
Guided Nature Hikes
Demonstrations & Exhibits
and much more!

FARMERS MARKET

BRINGING THE FARM TO YOU EVERY WEEK!



OPEN EVERY SUNDAY FROM 9AM-2PM

CARMICHAEL PARK > 5750 GRANT AVENUE

Carmichael Recreation and Park District hosts a weekly farmers market where you can buy farm fresh goods to take to your table. The market is operated by, Living Smart Foundation, a local nonprofit training organization specializing in financial and business education for youth in our community. Each week the market features certified Farmers locally grown seasonal fruits and vegetables, specialty gourmet foods, spices, sauces, nuts, dried fruits and honey. Local entertainment is provided for your enjoyment!

INTERESTED IN BEING A VENDOR?

Call the Market Managers at (916) 484-7000

FALL FUN AT THE FARMERS MARKET!

AUGUST 21: Annual Tomato Taste-Off!

AUGUST 28: Chef Meet & Eat

SEPTEMBER 11: Health Fitness & Wellness Fair

OCTOBER 2-OCTOBER 30: Harvest Pumpkin Patch

AUGUST - DECEMBER: ARTISAN & CRAFT FAIR

In conjunction with the weekly Farmers Markets, Living Smart Foundation will have additional artisan and craft vendors join the markets to sell their products directly to you! Artisan & Craft Fair will not take place at the 9/11 and 12/25 market.

MISSION OAKS

RECREATION & PARK DISTRICT

SPECIAL EVENTS!

Mission Oaks Community Center, 4701 Gibbons Drive
For more information call (916) 972-0336

FREE CONCERT: FLEETWOOD MASK
Sunday, September 18 • 5-7pm

BABY BOOMER HALLOWEEN BASH
Friday, October 28 • 7-9pm

HOLIDAY CRAFT FAIRE
Saturday, November 5 • 9am-3pm



JENSEN BOTANICAL GARDEN

Open from sunrise to sunset

8520 Fair Oaks Boulevard, Carmichael, CA 95608

NATURE PATHWAY FOR THE BLIND & VISUALLY IMPAIRED

The Nature Pathway for the Blind and Visually Impaired is both a unique and tactile educational opportunity and we encourage you to stop by and experience it. By feeling the different textures and experiencing the unique fragrance of the various plants the pathway appeals to the visually impaired and those with physical challenges. Visit our website at carmichaelpark.com to read more on the background of the Nature Path for the Visually Impaired.

WORKDAY VOLUNTEERS

The Friends of the Jensen Botanical Garden hold workdays from September through December on the 2nd Saturday of each month from 9am-1pm. Bring work gloves, and hand pruners.

For more information about workdays at the Jensen Botanical Garden please contact Beverly Scott via email at beverly.scott52@yahoo.com or at (916) 338-2072.

ADOPT A PARK CLEAN-UP AND CREEK WEEK

Saturday, April 29 • 8-11am

Get your friends together and “adopt a park” for a day! Tasks include light maintenance, pruning, chipping and other work to help keep our parks clean and beautiful. Call Sharlene Lal-Hernandez at (916) 483-7826 ext. 25 for more information.

CARMICHAEL COMMUNITY GARDEN

The Carmichael Community Garden is located at Sutter-Jensen Community Park off of Sutter Avenue. The community garden features sixty two 20’ x 20’ plots. The garden exists to create a space for community members to garden, share and learn. A love of gardening, nature, the outdoors and camaraderie unite plot holders and the garden community. Plots in the garden are renewed annually and are available on an application basis to families, individuals and community organizations. For more information on the Carmichael Community Garden please call (916) 483-7826.

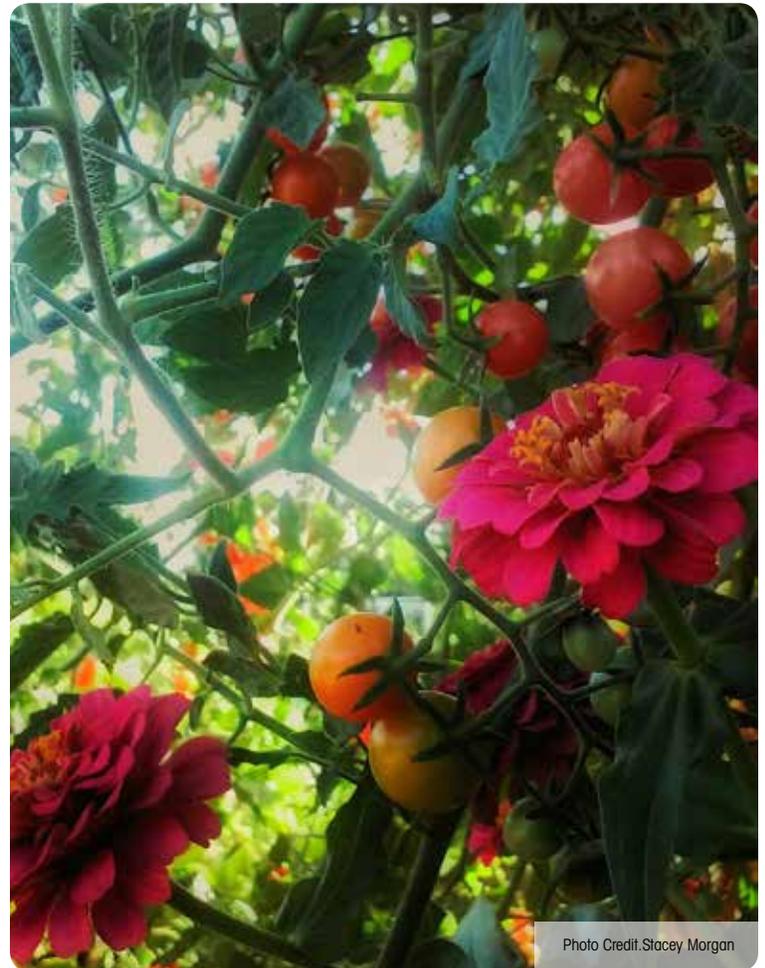


Photo Credit: Stacey Morgan

FOLLOW US, FAN US, LIKE US & LOG ON!

Want the most up to date information on programs, events and goings-on within the District? You can get up to date information by finding us on any one, or all three of the social media networks below! You can also always log on to our website at carmichaelpark.com, stay connected!



facebook.com/carmichaelrec



@carmichaelrec



@Carmichael_Rec



ANNUAL TREE LIGHTING

THURSDAY, DECEMBER 1 > 5-8PM

Lighting of the tree starts at appx. 6:15pm
Location: Carmichael Park, 5750 Grant Ave.

Kick off the holiday season at our annual holiday Tree Lighting at Carmichael Park. Join us for live music, arts and crafts, vendors and food trucks galore! Santa

Claus will also be making a stop at the park and will be available for visits and photos. Visits with Santa are free, but we ask that you please donate 1 canned good per child. All canned goods collected at the event are donated to the Sacramento Food Bank.

ST. JOHN'S 38TH ANNUAL HOLIDAY SHOW OF HANDS: ARTS AND CRAFTS CHRISTMAS SALE

Saturday, December 3 • 9am-7pm

Sunday, December 4 • 9am-3pm

Location: St. John the Evangelist School

5701 Locust Avenue in Carmichael

Free Admission

Enjoy this annual arts and crafts Christmas sale featuring custom work by over 150 crafters and artists. New additions this year are the Beauty Boutique and the Man Cave. Early bird access is available for \$5 on Friday, December 2 from 5-9pm. For more information call (916) 481-8845 ext. 216

SILENT SLEIGH

Tuesday, December 13 • 10am-1pm

Location: La Sierra Community Center, John Smith Hall

At this special celebration, deaf and hard of hearing children will have the opportunity to talk to Santa in their own language while enjoying a parade and indoor festivities including arts and crafts, cookie decorating and more!

This event is sponsored by NorCal Services for Deaf & Hard of Hearing.

GONE TO THE DOGS

CARMICHAEL DOG PARK



The Carmichael Recreation and Park District welcomes leashed dogs in all of its parks. For those owners of well-mannered canines who enjoy a good run or a friendly romp, there's the additional option of dogs to have free play at the Carmichael Dog Park.

A healthy dog is a happy dog! Get out and enjoy the great outdoors with your pet. Carmichael Recreation and Park District offers an off-leash dog park open to the public 7 days a week for both big dogs and small dogs. The dog park is located inside of Carmichael Park at 5750 Grant Avenue.

CARMICHAEL CANINE CORRAL ASSOCIATION

The District partners with the Carmichael Canine Corral Association, a group of volunteers, who help maintain and monitor the dog park. There are many ways to help and continue to provide a great place for pets, including an annual membership for \$40. If you are interested in volunteering or supporting the Canine Corral Association please call Sus Brown at (916) 482-2280 for more information.

Interested in an Itty Bitty Dog Group? Monthly meetings are held at Carmichael Park, for details visit [meetup.com](https://www.meetup.com).

DOG OBEDIENCE

Taught by Lyle Reed

Does your dog need discipline? Help your pet understand what you want by learning basic commands such as heel, sit, come, down, stay and many more. Dogs or puppies must be four months old and have had all their DHLPP and Rabies shots. Proof of vaccinations MUST be presented on the first day of class. Please bring a 4 or 6 foot nylon or leather leash and a regular collar.

Location: Carmichael Park, Veterans Hall Lawn

Day/Time: Saturdays, 9-10am

Dates: 10/8-11/19 or 1/7-2/18

Fee: \$100/7 weeks (R), \$110/7 weeks (NR)

DOG AGILITY CLASSES

Agility Foundations Level 1 & Agility Boot Camp Level 2

Taught by Nicole Harrell

Nicole's Superdog Training Club offers fun, easy to learn dog agility that challenges your team when ready. Participating in training and sports together is sure to keep you and your dog happy and busy strengthening your relationship. Come learn new skills or freshen up on the already mastered. Superdog Teams are always welcome!

Location: Carmichael Park, Veterans Hall Lawn

Day/Time: Sundays, Level 1: 10-11am; Level 2: 11:15am-12:15pm

Dates: 9/4-9/25, 10/2-10/23, 1/8-1/29, 2/5-2/26 & 3/5-3/26

Fee: \$100/4 weeks(R), \$110/4 weeks(NR). \$20 materials fee due at first class

HOWL-O-WEEN EVENT

Join Nicole's Superdog Training Club for a howling good time and celebrate Halloween with your pooch! Activities include open agility play, game stations, treats for tricks booth and more! Costume contest categories include Most Creative and Costume Duo (owner & dog coordination). People snacks, bottled water and candy will be available for purchase.

Location: Carmichael Park, Veterans Hall Lawn

Day/Time: Saturday, October 29, 11am-1pm

Fee: \$8/per dog



POTTERY & ART CLASSES FOR ADULTS

Taught by Michelle Lueth

Location: Fair Oaks Arts & Crafts Bldg., 7997 California Ave. Fair Oaks

*Please check website for 2017 dates

MANDALAS FOR MEDITATION

Fee: \$25(R) / \$27(NR). \$10 material fee due at first class

Discover the meditative process of making your own mandala! Creating mandalas help relieve stress by calming the mind and inspiring a sense of mental and spiritual well being. Step-by-step instruction will guide you through the process of creating your own meaningful design. Tap into your creative self and bring some inner peace to your life!

Fridays 9/30 or 11/18 1-4pm

ADULT POTTERY

Fee: \$82(R) / \$90(NR). \$25 material fee due at first class

Come have fun playing in the mud! Experience one of the most ancient and relaxing art forms while learning different techniques and creating your own work of art. Hand building and wheel throwing will be offered. The emphasis of the class is placed on fun and exploring your creative side. All levels are welcome.

Tuesdays or Wednesdays 1:30-3:30pm
9/27-10/18, 9/28-10/19, 10/25-11/15 & 10/26-11/16

ADULT POTTERY STUDIO

Fee: \$72(R) / \$79(NR). \$25 material fee due at first class

This open studio time is for students who have previously taken adult pottery class with Michelle. Studio is open registration and participants can sign up at any time by purchasing a punch card. One class equals 2 hours of in studio time; punch cards are good for 4 classes and expire 60 days from date of purchase.

Tuesdays & Wednesdays September-December 12:30-6pm

MOSAIC DESIGN

Fee: \$82(R) / \$90(NR). \$35 material fee due at first class

Have you ever seen wonderful hand-made glass or tile mosaic and wanted to try your hand at making one yourself? In this class you will learn the basics to create your own mosaic masterpiece. Have fun and bring home a one-of-a-kind mosaic design!

Fridays 10/14-11/14 1-4pm

BEGINNING SIGN LANGUAGE

Taught by Myron Greenstone

Location: Carmichael Park, Veterans Hall: North Room

Fee: \$40(R) / \$44(NR)

Students learn basic, common etiquette signs and everyday signs to communicate with the deaf and hard of hearing. Upon completion, students will have basic skills and can take future classes.

Mondays 6-7:30pm

9/19-10/17, 10/24-12/12*, 1/23-2/27*

*No class 10/31 or 2/13. Make up classes are TBD.

FIRST AID & ADULT, CHILD & INFANT CPR

Location: Carmichael Park, Veterans Hall

Fee: \$55(R) / \$61(NR) \$25 lab fee due at first class

This 8-hour class is a basic training course in emergency care for infants and children. There are also adult essential skills included which differ from the skills for infant and child care. Emphasis is on the development of Primary and Secondary Essential Skills. Class includes AED training and meets the Pediatric CPR and First Aid and Child Care Provider requirements. Certifications are good for 2 years.

Saturdays 8:30am-5:30pm

10/8, 10/22, 11/12, 12/3, 1/14, 1/28, 2/11, 3/11, 3/25 & 4/8

UKRAINIAN EGG WORKSHOPS

Taught by the Ukrainian Heritage Club of Northern California

Location: Carmichael Park, Clubhouse

Fee: \$25(R) / \$28(NR). \$6 material fee due at first class

CHRISTMAS ORNAMENT EGG DECORATING

Make your own Christmas tree ornaments from eggs in the same manner that Ukrainian style Easter eggs are done (wax-resist, batik style). Our accomplished instructor will lead you through the technique to draw seasonal motifs, color and string your eggs, getting them ready to hang on your tree this season! No previous experience is necessary.

Saturday 12/3 9:30-11:30am



INTRODUCTORY CLASS

Learn the ancient art of making Ukrainian Easter Eggs, called "Pysanky" as you practice this wax-resistant technique handed down through generations. This class will briefly cover the history, culture and symbolism of this ancient art while they work on their own eggs. No previous experience is necessary.

Saturday 4/1 9:30-11:30am

TRYPILLIAN EGG DECORATING

This unique style reminiscent of America's southwest is inspired by 6000 year old Trypillian culture from Western Ukraine. Students apply layers of wax and dye to create wonderful rhythmic designs on an egg. No previous experience is necessary.

Saturday 4/1 1-3pm

MISSION OAKS COMMUNITY CENTER

Location: 4701 Gibbons Drive

Senior services include trips, special events, leisure enrichment classes, clubs, a lunch program and more! Call (916) 972-0336 for more information.

CARMICHAEL SENIOR CITIZENS CLUB

Location: 5750 Grant Avenue

This fun-loving group meets the 2nd and 4th Thursday of the month from 10AM-2PM at the Carmichael Park Clubhouse. Activities include potluck lunches, entertainment, casino bus trips, bingo, rummage sales, theatre outings and more! Call Valerie at (916) 487-5525 for more information.

FITNESS CLASSES



Taught by Sharon Ruffner and Lori Rushford

Fee: \$30(R) / \$33(NR). Punch card good for 5 classes, \$50(R) / \$55(NR). Punch card good for 10 classes
Drop-in \$10(R)/\$11(NR)

Punch cards expire 90 days from purchase

All fitness classes are held weekly

*No classes 11/24-11/25 & 12/20-12/30

MIXED LEVEL YOGA

Based on the Hatha style, this workout blends balance, strength, flexibility and power in a fitness format appropriate for beginner and intermediate yogis. Recommended equipment includes: loose clothing, water, mat and towel.

Wednesdays & Fridays **5:15-6:15pm**

STRENGTH/CARDIO INTERVAL TRAINING

This workout includes a combination of strength, cardio, agility, yoga and other training exercises and is appropriate for beginner and intermediate participants. Recommended equipment includes: tennis shoes, water, mat and towel.

Tuesdays & Thursdays **5:15-6:15pm**

SUNRISE BLEND

Jump start your metabolism during this early am session that blends the best elements of the evening yoga and strength/ cardio classes. Recommended equipment includes: tennis shoes, water, mat and towel.

Thursdays **6-7am**



TENNIS LESSONS

Taught by Jesse Colan, Certified USTA Professional

Location: Carmichael Park, Courts 1-2

Fee: \$65(R) / \$71(NR)

Bring one can of USTA approved tennis balls to class

BEGINNING ADULT

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

INTERMEDIATE ADULT

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

Beginning	Tuesdays & Thursdays	7:30-8:30pm
Intermediate	Tuesdays & Thursdays	8:30-9:30pm

9/6-9/29, 10/4-10/27, 11/1-11/28*, 11/29-12/22, 1/3-1/26, 1/31-2/23 & 3/7-3/30

*No class on 11/25, make up class will be on Monday 11/28



ADULT SPORTS LEAGUES

To register for all of our adult sports programs please visit us at the La Sierra Community Center's Recreation Office at 5325 Engle Road, Suite 100 in Carmichael or contact us at (916) 485-5322 (ext. 29). We accept phone registration with a valid Visa or Mastercard.

For updated league registration dates please visit our adult sports page on our website at carmichaelpark.com

ADULT VOLLEYBALL LEAGUES

Location: La Sierra Community Center Gymnasiums

Team Registration = \$205 (R) \$215 (NR)

Individual Player Registration (6's League) = \$35 (R) / \$40 (NR)

Individual Player Registration (Quads League) = \$52 (R) / \$57 (NR)

LEAGUES (Skill Level A to CC from highest to lowest)	DAYS OF PLAY
Women's 6's: A, BB, B & CC	Tuesdays
Reverse Coed Quads: A & B	Wednesdays
Coed 6's: B & C	Thursdays
Women's Quads: A, BB & B	Thursdays

ADULT BASKETBALL LEAGUES

Location: La Sierra Community Center Gymnasiums

Fees: 5-on-5 Basketball per Team: \$445(R), \$455(NR)

3-on-3 Basketball per Team: \$90(R), \$100(NR)

LEAGUES	DAYS OF PLAY	STYLE OF PLAY
5-on-5 B/C	Mondays	Full Court, officials, scorekeeper
3-on-3 A, B & C	Wednesdays	Half Court, self officiated & scored

ADULT SOFTBALL LEAGUES

Location: Carmichael Park – Ball Field 2

Fees: \$415(R), \$425(NR) for all teams and levels

LEAGUES:	DAYS OF PLAY
Coed Recreation D	Fridays nights



ADULT INDOOR PICKLEBALL



Location: La Sierra Community Center: Big Gym

Ages: All ages

Days: Tuesdays and Thursdays

Times: 9am-12pm

Fee: \$5 per visit or \$30 for a 10 visit punch card

*Days and Times may change.

Please visit us at carmichaelpark.com for our updated schedule

5 Indoor Courts

Classes available

For more information:

- Visit our website at carmichaelpark.com
- Come by our La Sierra Recreation Office (5325 Engle Rd, Suite 100). We're open Monday-Friday, 8:30am-5pm
- Email Alaina@carmichaelpark.com



R=Resident and NR=Non Residents

Residents of the District will receive a discount for specific programs. Please see page 25 for the District boundary map.



JOIN OUR TEAM OF INSTRUCTORS!

Do you have an idea for a great class to offer our community? We are always on the lookout for new classes in leisure enrichment, fitness, sports and more! Applications are available year-round and are reviewed each winter and summer. For more information on how to get started, contact (916) 483-7826.

TAI CHI & CHI GONG

Taught by **Terrence Nelson**

Location: Carmichael Park Veterans Hall

Fee: \$45(R), \$49(NR).

This class is for all adult ages and includes Chi Gong stretching, limbering and breathing exercises as well as a Tai Chi form based on "Yang Tai Chi style" movements. This class may help reduce risks of falling, improve balance, and enhance overall health and mental well-being.

Mondays, Wednesdays & Thursdays **9-10am**
Classes are held monthly

***No classes 9/5, 11/1-11/18, 11/24, 12/26-12/29, 1/16, 2/20 & 5/29**

DISC GOLF COURSE

Location: Carmichael Park

Come play disc golf at Carmichael Park! Our 9-hole course is great for beginning and intermediate play and is open during park hours (may be closed during community events). The first hole is located to the left of the tennis courts.

You can find our course map on our website at carmichaelpark.com

R=Resident and NR=Non Residents
 Residents of the District will receive a discount for specific programs. Please see page 25 for the District boundary map.

SENIOR SOFTBALL LEAGUE

Women: All Ages or Men: Ages 60+

Looking to play some ball? Carmichael has a Senior Softball League and is always looking for players. For more information call Ernie Kidwell at (916) 489-3701



ADULT VOLLEYBALL

See page 11 for league details.



**FOLLOW US, FAN US,
 LIKE US & LOG ON!**

Want the most up to date information on programs, events and goings-on within the District? You can get up to date information by finding us on any one or all three of the social media networks below! You can also always log on to our website at carmichaelpark.com too! Stay connected.



facebook.com/carmichaelrec



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



[@Carmichael_Rec](https://twitter.com/Carmichael_Rec)



NEW! HOOPDANCE HAPPINESS

With Allison & Theresa Miller, Certified Hoop Instructors

Location: La Sierra Community Center, Sierra Rooms

Fee: \$16(R), \$18(NR) per class. Drop-in \$20(R)/\$22(NR)

Sweat, smile, move and groove in the modern evolution of the beloved children's toy- the hula hoop! Learn how to get a great full-body toning and cardiovascular workout with a smile on your face. We bring handmade hoops for all ages and abilities to enjoy in each class. We will work on a variety of drills and skills to challenge every level of hooper, from beginner to advance.

Fridays **7-8:15pm**
9/2, 10/7, 11/4, 12/2, 1/6, 2/3 & 3/3

HULA FOR FITNESS

Taught by Maka Chaves, Certified Hula Instructor

Location: La Sierra Community Center, Sierra Rooms

Fee: \$35(R), \$39(NR)

Learn to hula and get a good workout at the same time! This cultural dance will help improve posture, coordination and mobility all while strengthening your core muscles. No experience required. Please wear tennis shoes and bring water.

Wednesdays **6:45-7:45pm**
8/31-9/21, 10/5-10/26, 11/2-11/30, 2/1-2/22, 3/1-3/22

JAZZ DANCE

Taught by Jane Michaels

Location: Carmichael Park Clubhouse

Fee: \$35/6 weeks(R), \$39/6 weeks(NR)

This is a great class for seniors and moms who want to get into shape. After a mixed level warm up, you will learn a new routine with a different style of dance, every two weeks, all while having fun and feeling great!

Mondays **7-8pm**
7/18-8/22, 8/29-10/17*, 10/24-11/28, 12/5-1/30*,
2/6-3/20*

*No class on 9/5, 10/10, 12/26, 1/2, 1/16 & 2/13

CARDIO DANCE

Taught by Jane Michaels

Location: Carmichael Park, Clubhouse / Every third Thursday in the Veterans Hall

Fee: \$35(R), \$38(NR). Punch card good for 5 classes \$60(R) / \$66(NR). Punch card good for 10 classes

Drop-in \$10 R/\$11 NR

Punch cards expire 120 days from purchase

Song to song exercise that features multiple styles of music and dance, designed to give you a cardio interval workout, this 50 minute format allows for maximum fun and maximum calorie burn! Participants should wear comfortable clothing.

Thursdays **6:30-7:20pm**
Classes are held weekly

LINE DANCING

Taught by Norman Gifford

Location: Fair Oaks Clubhouse, 7997 California Avenue

Fee: \$40(R), \$44(NR)

BEGINNING

This is an ongoing class for those with little to no line dance experience. Steps are tailored for seniors, as necessary. Class is graduated into three levels at thirty minutes each and students choose levels as their ability progresses.

Level 1	Thursdays	5:15-5:45pm
Level 2	Thursdays	5:45-6:15pm
Level 3	Thursdays	6:15-6:45pm

Classes are held weekly

*There will be no classes held in December

*No class on 11/10, 11/17, 11/24 & 1/5

IMPROVER COURSE

Enjoy dancing with your friends and become more confident in your dancing. Dances taught at this level are designed to increase ability and confidence as you progress.

Thursdays **3-4:30pm**
Classes are held weekly

*There will be no classes held in December

*No class on 11/10, 11/17, 11/24 & 1/5

KID'S HANGOUT AFTERSCHOOL PROGRAM

Grades: 1st – 8th

Location: La Sierra Community Center: Kid's Corner

Fees: NO ENROLLMENT FEES!

Full Time (4 or 5 days a week) \$83(R), \$88(NR)

Part Time (Any 3 days a week) \$63(R), \$68(NR)

*CMP Discount and No Transportation Needed

Discount = \$10/week

Dates: The program runs throughout the school year and registration is ongoing.

Times: Program begins when we pick up your child from school and closes at 6:00pm

The Kid's Hangout Afterschool Program is held at the La Sierra Community Center, Monday through Friday throughout the 2016/17 school year. Kids are in a safe environment where they can do homework, have a nutritional snack, socialize with their friends, and be involved in sports, games, and other activities.

Transportation is provided from your child's school to the La Sierra Community Center.

Program offered to: Deterding Cameron Ranch, Thomas Kelly, Barrett, Arcade, Del Paso Manor, Cowan, Churchill, California Montessori Project – La Sierra Community Center Campus. *(All Schools are subject to change dependent on registration)*

Don't see your school listed? Email Telly@carmichaelpark.com to see if we can pick up from your school.

The program runs throughout the school year beginning August 18, 2016 and registration is ongoing.

To register or for more information please visit us at the La Sierra Community Center Recreation Office, 5325 Engle Road, Suite 100, Carmichael, contact us at (916) 483-7826 or email the coordinator at telly@carmichaelpark.com.



POTTERY & ART CLASSES

Taught by Michelle Lueth

Location: Fair Oaks Arts & Crafts Building, 7997 California Ave. Fair Oaks

*Please check website for 2017 dates

NEW! ARTS & CRAFTS OPEN HOUSE
Saturday, September 10 • 1-3pm
 Come drop in and check out the wonderful Arts & Crafts Building! There will be a gallery display of student work as well as a free art project! Everyone is welcome; children must be accompanied by an adult.

FAMILY POTTERY

Ages: 5-17 years with parent

Fee: \$82(R)/\$90(NR), \$32 each additional family member.

\$15 materials fee due at first class

Enjoy a unique family experience in this one of a kind ceramics class. Create your own masterpieces in a relaxing and encouraging environment. We will learn the three different methods of hand building as well as have a chance to try the potter's wheel. Class fees include parent and child.

Tuesdays	10/18-11/15	4:15-5:30pm or 6:15-7:30pm
Wednesdays	9/21-10/19	4:15-5:30pm 6:15-7:30pm

MOMMY & ME LITTLE HANDS POTTERY

Ages: All ages (under 10 requires parent participation)

Fee: \$25(R)/\$28(NR). \$10 materials fee due at first class

Have some fun and create a memory to treasure. Decorate a plate with your little one's handprint and a personalized design. Then your artwork will be clear coated and kiln fired to be picked up at a pre-arranged date.

Friday	11/4	11:30am-12:30pm
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MOMMY & ME ART DISCOVERIES

Ages: 3-6 with parent

Fee: \$48(R) / \$52(NR). \$10 materials fee due at first class

Have some creative fun with your little artist in this class that keeps small hands in mind! New and imaginative art projects will be discovered each week. Come dressed for mess and ready to have fun!

Thursdays	10/20-11/3	11:30am-12:30pm
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TINY TOTS

Ages: 3-5 years

Location: Carmichael Park

Tiny Tots is all about discovery and encourages children to pursue new talents and interests while building confidence. Participants enhance their skills through socialization, beginning academics, numbers, language, arts and crafts and much more. A parent information packet is available on our website at carmichaelpark.com. Returning students have priority registration

KINDERGARTEN READINESS 4-5 Year Olds

Fee: 6 Week Courses: \$285(R), \$295(NR)

*3 Week Courses: \$143(R), \$148(NR)

Mondays, Wednesdays and Fridays 9am-12pm

8/22-10/3, 10/10-11/21, *11/28-12/16, 1/9-2/20, 2/27-4/7

*No class 9/5, 11/11 & 1/16

SOCIAL EXPERIENCES 3-4 Year Olds

Fee: 6 Week Course: \$195(R), \$205(NR)

*3 Week Courses: \$98(R), \$103(NR)

Tuesdays & Thursdays 9am-12pm

8/23-9/29, 10/11-11/17, *11/29-12/15, 1/10-2/16, 2/28-4/6

HULA FOR KIDS

Taught by Maka Chaves, Certified Hula Instructor

Location: La Sierra Community Center, Sierra Rooms

Fee: \$35(R)/\$39(NR)

Students will learn the dances, stories and music of the Hawaiian culture in a safe and fun environment. Please have your child wear comfortable clothing.

Wednesdays 5:45-6:30pm

8/31-9/21, 10/5-10/26, 11/2-11/30, 2/1-2/22, 3/1-3/22

BABY BALLET & GYMNASTICS

Taught by Alison Lloyd

Location: La Sierra Community Center, Sierra Rooms

Fee: \$39(R)/\$43(NR) 4 weeks; \$29(R)/\$32(NR) 3 weeks

Ballet is foundation for all dances and gymnastics is the foundation for all sports. Put the two together and you have an amazing combination. This class will provide motor skills and coordination in an upbeat environment using proper terminology.

Tuesdays, Ages: Walking-3 9-9:45am

Tuesdays, Ages: 3-6 9:45-10:30am

9/6-9/27, 10/4-10/25, 11/1-11/29*, 12/6-12/20, 1/10-1/31,

2/7-2/28* & 3/7-3/28

*No class 11/22 & 2/21



WINTER BREAK KID'S HANGOUT CAMPS

Ages: 5-12 years

Location: La Sierra Community Center: Kid's Corner

Fees: WEEK 1

Full Time (Mon-Fri full days) \$135(R), \$140(NR)

Part Time (Mon-Fri 7am-12:30pm or 12:30-6pm)

\$80(R), \$85(NR)

WEEK 2

Full Time (Tues-Fri full days) \$108(R), \$113(NR)

Part Time (Tues-Fri 7am-12:30pm or 12:30-6pm)

\$64(R), \$69(NR)

Dates: Week 1: December 26-30

Week 2: January 3-6

Times: Open 7am-6pm

Have a blast this Winter Break at our Kids Camp! Kids will play games and sports, make arts and crafts, have fun with dance and drama and socialize with new friends. Our camp is located at our La Sierra Community Center where our campers have the opportunity to play in our two gymnasiums, open field spaces, and playground!

SPANISH EXPOSURE WORKSHOP

Taught by Jennifer Orozco

Location: La Sierra Community Center, Room 800

Ages: 7-10 years

Fee: \$150(R), \$160(NR) \$5 materials fee due at first class

Young minds have special room for bilingual learning.

Get a jump start on your child's ability to communicate in the #1 foreign language used today. Learning another language will help improve academic performance, brain development, and awareness of other cultures.

Tuesdays & Thursdays 10/4-11/3 5-6pm

BABYSITTING SAFETY

Includes Infant, Child & Adult CPR Certification

Location: Carmichael Park, Clubhouse

Fee: \$30(R)/\$33(NR). \$40 lab fee due at first class

This two-day Babysitting Safety class provides basic information for babysitters such as choke management, child safety, play, feeding, diapering, emergencies and more. Upon successful course completion, each student will receive a 2 year certificate for Child and Babysitting Safety and Infant, Child and Adult CPR.

Dates 8:30am-1:30pm

11/21-11/22 or 12/29-12/30



GLEN OAKS SWIMMING & TENNIS CLUB

4301 Paradise Drive, Carmichael
(916) 967-7022 • www.swimglenoaks.com

GLEN OAKS SWIM PROGRAM

Also at Glen Oaks, we focus on a high quality learning environment through the use of 2 USS professional coaches who use positive reinforcement and constant feedback for all swimmers. We focus on working hard while having fun! Stroke mechanics play the largest single role in creating a satisfying swimming career for all ages. Learning to apply force in an effective, propulsive manner is critical for all swimmers. Stroke mechanics can always be learned, re-learned or improved for all ages of swimmers.

LOCAL POOLS

ARDEN PARK RECREATION & PARK DISTRICT
1000 La Sierra Drive, Sacramento, CA 95864 (916) 483-6069

ARDEN MANOR RECREATION & PARK DISTRICT
1415 Rushden Drive, Sacramento, CA 95864 (916) 487-7851

FULTON EL CAMINO RECREATION & PARK DISTRICT
3097 Cottage Way, Sacramento, CA 95827 (916) 927-3802

SUNRISE RECREATION & PARK DISTRICT
7801 Auburn Blvd., Citrus Heights, CA 95621 (916) 726-0111



GLEN OAKS FALL SWIM PROGRAM 2016

Join our Fall program and increase your endurance and strength training, conditioning and improve stroke technique. The program focuses on proper swimming technique through extensive stroke and turn drills and constant refinement. Our goal is to meet each swimmers needs and abilities with a comprehensive approach to advance each individual's skills to a higher level. Glen Oaks has a phenomenal fall swim team. Workouts are offered five days a week, the swimmers are placed in lanes by age group and ability to get the best results. Two USS certified coaches that are passionate and knowledgeable conduct the workouts giving each swimmer personal attention. Visit our website for more information!

GLEN OAKS WINTER HIGH SCHOOL CLINICS

December 5 to January 31, Glen Oaks will be offering a Winter Swim Clinic. The focus will be high school students and age group swimmers. Must have swim team experience!

GLEN OAKS MARCH SWIM CLINICS 2017

The March Clinic is a great way for swimmers to prepare for the 2017 swim season. The clinic is structured to provide extensive technical instruction with continued reinforcement of skills learned. Excellent technical skills are a foundation necessary to swim efficiently and effectively. We constantly strive to provide an environment that is fun, positive and effective. Instructors are trained to correct and give personal attention to all swimmers in the pool.

SESSION WILL COVER all four strokes. Mondays, Wednesday and Fridays • Day 1 of each stroke covers body and head position, along with proper kicks. • Day 2 of each stroke covers underwater pull, sculling drills, and stroke recovery. • Day 3 of each stroke consists of drills establishing the full stroke.



2016 Fall Swim

Sept. 6th • Nov. 17th

Mon. - Thur. (6 to 8pm)

Del Campo HS Pool • \$200 per swimmer

VISIT: www.cbswim.com (Registration Forms Available Online)

EMAIL: cb.swim@hotmail.com • **CALL:** (916) 550-8214



HEAD COACH: Robert Gutto

Returns for his 2nd Season, bringing over 40 years of experience in Year-Round, High School and Rec levels.

2017 SPRING CLINICS:

Begins in March, Mon. - Wed. evenings for 4 weeks. One week each of Free, Back, Breast & Butterfly strokes.

2017 SWIM SEASON:

Registration begins in February. All swimmers 4 to 18 are welcome, no try outs. Daily practices start in April with Saturday meets from June through the end of July.

More Information and Registration forms: visit our web site @ www.cbswim.com

See you on the pool deck!



KIDZ LOVE SOCCER



MOMMY/DADDY & ME SOCCER Ages: 2-3.5 yrs

Introduce your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines! All kids will receive a Kidz Love Soccer jersey!

TOT/PRE-SOCCER Ages: 3.5-5 yrs

This class teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. All kids receive a Kidz Love Soccer jersey! **Please Note: Shin guards are required after the first meeting.**

SOCCER 1: TECHNIQUES & TEAMWORK Ages: 5-6.9 yrs

Players will learn dribbling, passing, receiving, shooting, defense, etc. Fun skill games are played at every session and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. All kids receive a Kidz Love Soccer jersey! **Please Note: Shin guards are required after the first meeting.**

SOCCER 2: SKILLZ & SCRIMMAGES Ages: 7-10.9 yrs

Kids will enjoy advanced skill building: dribbling, passing and shooting in a team format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game! All kids receive a Kidz Love Soccer jersey! **Please Note: Shin guards are required.**

FALL: 10/1-12/3 ON SATURDAYS

Location: Carmichael Park / Fee: \$109(R), \$115(NR)

MOM/DAD & ME	4:30-5pm	SOCCER 1	2:15-3pm
TOT/PRE SOCCER	3:45-4:20pm	SOCCER 2	3-3:45pm

WINTER: 1/28-3/25 ON SATURDAYS

Location: Carmichael Park / Fee: \$109(R), \$115(NR)

MOM/DAD & ME	4:30-5pm	SOCCER 1	2:15-3pm
TOT/PRE SOCCER	3:45-4:20pm	SOCCER 2	3-3:45pm

TENNIS PROGRAM

Taught by Jesse Colan, Certified USTA Professional
Location: Carmichael Park, Courts 1 & 2

MUNCHKINS

Ages: 5-7 years / Fee: \$40(R)/\$44(NR)

This class teaches basic forehand and backhand ground strokes through games while having fun. Please wear tennis shoes. Please Note: Bring one can of USTA approved tennis balls to class.

BEGINNING YOUTH

Ages: 8-12 years / Fee: \$65(R)/\$71(NR)

This introductory class will cover all strokes, drills, scoring and adaptive games. Please wear tennis shoes. Please Note: Bring one can of USTA approved tennis balls to class.

Munchkins	Tuesday & Thursdays	6-6:30pm
Beginning Youth	Tuesday & Thursdays	6:30-7:30pm
9/6-9/29, 10/4-10/27, 11/1-11/28*, 11/29-12/22, 1/3-1/26, 1/31-2/23 & 3/7-3/30		

*No class on 11/25, make up class will be on Monday 11/28



CARMICHAEL GIRLS SOFTBALL

Founded in 1969 as a non-profit, 100% volunteer supported organization. CGS welcome girls of all skill levels between the ages of 4 1/2 to 18, and has an excellent t-ball program for our 6 and under division to help introduce them to softball: ice cream social, opening day parade, uniforms, team spirit and training from the "Positive Coaching Alliance." We support over 300 Carmichael families each year with games seven days a week, playoffs and interleague play for our older divisions, and a fun, supportive environment for all. Seasons include:

- Spring: Feb-May (Registration opens in Dec)
- All Stars: June-July
- Fall Ball: Aug-Nov (Registration opens in June)
- Separate Competitive Program: Jan-Dec (Tryouts Nov)



Visit www.CarmichaelGirlsSoftball.com

CARMICHAEL LITTLE LEAGUE

- > Boys and Girls ages 4-18 years old welcome!
- > Fall Clinics for ages 6-8
- > Multiple levels of play.
- > Spring registration begins in early November
- > Home Field located at the La Sierra Community Center, 5325 Engle Road, Carmichael, CA 95608



Sign up at www.carmll.org



Sacramento Performance Volleyball Club is one of the leading girls volleyball clubs in the greater Sacramento area. Many of our clinics and season practices are conveniently located at La Sierra Community Center.

Please check our website for postings on the upcoming season at www.sacperformancevb.com

ELEMENTARY VOLLEYBALL

4th-6th Grade Girls & Boys

Season: 9/9-10/28

Description: Participants will have fun while learning the fundamentals of volleyball. Players will participate in skills clinics and then will be placed on teams. Teams will practice and play on Friday evenings at the La Sierra Community Center.

Skills Clinic: Friday, September 9th at 4:30-6pm at the La Sierra Community Center

Practices & Games: Friday nights teams practice for 40 minutes and play games for 40 minutes in time blocks scheduled between 4-8:30pm

Fee: \$75 per participant(R), \$80(NR). Includes a t-shirt if registered by 9/9.

Registration Dates: 8/4-9/9

JR. NFL FLAG FOOTBALL LEAGUE

5-14 Year Olds Boys & Girls

Season: 8/20-11/14

Description: This program provides opportunities for children to enjoy America's favorite sport! Players benefit by being physically active through this non-contact sport. There is continuous action and players will learn the fundamentals of football, lessons in teamwork and sportsmanship.

Mini Camps: 8/20 & 8/27

Practices: Teams practice twice a week. Days and times will be determined by the coach.

Games: Games are on Saturday mornings at Fair Oaks Park. Opening Day is 9/24!

Fee: \$100(R), \$105(NR). Includes player NFL team jersey and personal flag belt.

Registration Dates: 8/4-8/27

FLAG FOOTBALL SKILLS CLINICS

3rd-6th Grade Boys & Girls

Season: 9/10-10/8

Description: These clinics are great non-contact sports opportunities for the beginning football stars looking for skill development. The program is on Saturdays only at Carmichael Park.

Dates & Times: 9/10-10/8, 9-11am

Fee: \$65 per participant(R), \$70(NR). Includes a t-shirt if registered by 9/9.

Registration Dates: 8/4-9/9



Register for all of our sports programs at the La Sierra Community Center at 5325 Engle Rd in Carmichael. For more information please contact (916) 483-7826 or go to our website at carmichaelpark.com

BOYS ELEMENTARY BASKETBALL LEAGUE

3rd-6th Grade

Season Starts: 12/9

Skills Clinic and Parent Information Meeting: Friday, December 9th 3rd/4th graders at 5-6pm, 5th/ 6th graders at 6-7pm at the La Sierra Gyms. Players will get a chance to work on their fundamental skills with our coaches and parents will have a chance to learn more about the program.

Practices: Players practice on Fridays at La Sierra for one hour between 4-8pm. Parents will be notified of their child's practice time by 12/14. First practice is 12/16.

Games: Saturdays starting 1/14

Fee: \$95 per participant(R), \$100(NR). Includes a player reversible jersey.

Registration Dates: 10/10-12/9



GIRLS BASKETBALL LEAGUE

3rd-6th Grade

Season Starts: 12/9

Skills Clinic and Parent Information Meeting: Friday, December 9th 3rd/4th and 5th/6th graders at 7-8pm at the La Sierra Gyms. Players will get a chance to work on their fundamental skills with our coaches and parents will have a chance to learn more about the program.

Practices: Players practice on Fridays at La Sierra for one hour between 4-8pm. Parents will be notified of their child's practice time by 12/14. First practice is 12/16.

Games: Saturdays starting 1/14

Fee: \$95 per participant(R), \$100(NR). Includes a player reversible jersey.

Registration Dates: 10/10-12/9

PEE WEE BASKETBALL

1st & 2nd Grade Boys & Girls

Season: 1/14-3/3

Description: Players will learn new skills by running drills, having practices and playing short games using lowered hoops.

Dates & Times: Saturdays only starting 1/14 (No program on 2/25)
1st grade boys and girls: 9-10:10am / 2nd grade boys and girls: 10:20-11:30am

Fee: \$60 per participant(R), \$65(NR). Includes a program t-shirt.

Registration Dates: 12/5-1/14

Notes: If registered by 12/27 you're guaranteed a camp t-shirt on the first day of program! Any registration after that date does not guarantee a shirt on the first day of the program but guaranteed by the third week.



MIDDLE SCHOOL VOLLEYBALL

6th-8th Grade Girls & Boys

Season: 8/30-10/22

Description: Participants practice twice a week at Barrett or Rogers and play games once or twice a week at the La Sierra Community Center against other local middle schools.

Information Meeting: Tuesday 8/30 or Wednesday 8/31 at Barrett and Rogers from 2:30-3pm. Visit our website at carmichaelpark.com for more details

Practices & Games: Practice days and times will be announced at the information meeting. Practices are at the school site. Games for 6th & 7th graders are Mon. & Wed. Games for 8th graders are Tues. & Thurs. at the La Sierra Community Center.

Fee: \$100 per participant

MIDDLE SCHOOL FLAG FOOTBALL

6th-8th Grade Boys & Girls

Season: 9/1-10/28

Description: Participants practice twice a week at Barrett or Rogers and play games once or twice a week at Rusch Park.

Information Meeting: Thursday 9/1 or Friday 9/2 at Barrett and Rogers from 2:30-3pm. Visit our website at carmichaelpark.com for more details.

Practices & Games: Practice and games days and times will be announced at the information meeting. Practices are at the school site. Schedule will be handed out to players after all teams are formed.

Fee: \$100 per participant

BOYS MIDDLE SCHOOL BASKETBALL LEAGUE

6th-8th Grade

Season Starts: 10/19

Description: Participants practice twice a week at Barrett or Rogers and play games on Friday and/or Saturday at the La Sierra Community Center against other local middle schools.

Information Meeting: Wednesday 10/19 or Thursday 10/20 at Barrett and Rogers from 2:30-3pm. Visit our website at carmichaelpark.com for more details

Practice & Games: Practice days and times will be announced at the information meeting. Practices are at the school site. Games are on Friday and/or Saturday at the La Sierra Community Center. Schedule will be handed out to players after all teams are formed.

Fee: \$105 per participant

GIRLS MIDDLE SCHOOL BASKETBALL LEAGUE

6th-8th Grade

Season Starts: 1/11

Description: Participants practice twice a week at Barrett or Rogers and play games on Friday and/or Saturday at the La Sierra Community Center against other local middle schools.

Information Meeting: Thursday 1/11 or Friday 1/12 at Barrett and Rogers from 2:30-3pm. Visit our website at carmichaelpark.com for more details

Practice & Games: Practice days and times will be announced at the information meeting. Practices are at the school site. Games are on Friday and/or Saturday at the La Sierra Community Center. Schedule will be handed out to players after all teams are formed.

Fee: \$105 per participant

Register for all of our sports programs at the La Sierra Community Center at 5325 Engle Rd in Carmichael. For more information please contact (916) 483-7826 or go to our website at carmichaelpark.com

PARENT VOLUNTEER COACHES

Are you a parent and looking to get involved helping your child's sports team? We're looking for parent volunteer coaches for all of our youth sports programs. We'll provide all the necessary training to help you, your child, and your team have a fun experience while teaching and learning the fundamentals of the game. Please contact Alaina at Alaina@carmichaelpark.com or (916) 483-7826 to learn how you can get involved.

All coaches must pass a fingerprint background check and a TB test. Fingerprint background check will be provided by CRPD. Program fees discounts available for parent volunteer coaches.

YOUTH PROGRAM SCHOLARSHIPS

The Carmichael Recreation and Park District Foundation have made it possible for participants in our youth programs to receive scholarships. Please contact our Recreation Office at (916) 483-7826 for more scholarship details and to see if you qualify.



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Galleries | Gift Shop Hours | Office: Tuesday - Saturday 11am – 3pm

Galleries are open until 7pm on Tuesdays

Established in 1986, the Sacramento Fine Arts Center is a facility dedicated to the creation and presentation of the visual arts. Whether you are a painter, watercolorist, sculptor, photographer, fiber artist, or work in any other media, or you just like to view art, please come visit the Center.

With four galleries, and dozens of shows annually there is always something new to see. The Center also houses a wonderful gift shop with unique items created by local artists. If you are interested in creating art please come to a club meeting or sign up for a workshop. There is something for everyone – even summer programs for the kids!

CLUBS

NCA - Northern California Arts, Inc.

Monthly meetings are held on the 2nd Wednesday

WASH- Watercolor Artists of Sacramento Horizons

Monthly meetings are held on 2nd Monday

Photography Club

Monthly meetings are held on the 4th Thursday

Fiber Arts Club

Monthly meetings are held on the 3rd Wednesday

2016-17 CALENDAR OF EVENTS

Sierra Pastel Society Show	August 16-September 3
WASH "Go With the Flow"	September 6-October 1
NCA Bold Expressions	October 4-29
"Visions" Photography	November 1-19
Ars Gratia Artis	November 22-December 2
Arts and Craft Show	December 3-4
San Juan School District K-12 Show	December 6-17
Animal House, The Exhibit	January 3-28
Aspiring Artist Debut	January 31-February 18
Friday Morning Figure Studio Show	February 21-March 11
Mira Loma HS IB Art Show	March 14-April 1
WASH Member Show	April 4-22
NCA Inner Views	April 25-May 13



5325 Engle Road, STE 110, Carmichael, CA 95608

For more info & tickets call (916) 489-PLAY (7529) or visit cplayhouse.org

Email tickets at tickets@cplayhouse.org

ADULT THEATER SEASON 2016-17

TICKETS \$18-\$21

ON GOLDEN POND

Comedy/Drama

Aug 26-Sept 25

BORN YESTERDAY

Classic Comedy

Oct 14-Nov 13

FUNNY LITTLE THING CALLED LOVE

New Comedy

Dec 2-Jan 15

NANA'S NAUGHTY KNICKERS

New Comedy Farce

Feb 3-Mar 5

ORPHANS

Drama

Mar 24-Apr 23

EXIT LAUGHING

New Comedy

May 12-June 11

CHILDREN'S THEATRE

TICKETS \$8

HEIDI

Classic Children's Tale

Oct 22-Nov 5

ALICE'S CHRISTMAS PARTY IN WONDERLAND

New holiday play

Dec 3-17

HANSEL AND GRETEL

Musical with tunes from the Humperdinck opera

Feb 11-25

VELVETEEN RABBIT

Classic Children's Story

Apr 1-15

MICKEY & JUDY'S BARN SHOW

A new musical salute to movies

May 20-Jun 3

LOCAL CLUBS & ORGANIZATIONS

Ancil Hoffman Golf Course	golfancilhoffman.com • (916) 482-3813
AARP	1-888-687-2277
Assistance League of Sacramento	sacramentoassistanceleague.org • (916) 488-0828
Bike Hikers	bikehikers.com
Carmichael Cactus & Succulent Society	farnzoey@surewest.net
Carmichael Chamber of Commerce	carmichaelchamber.com • (916) 481-1002
Carmichael Canine Corral Association	es-brown@sbcglobal.net
Carmichael Elks Lodge	elks.org • (916) 489-2103
Carmichael Library	(916) 264-2700
Carmichael Senior's Club	(916) 487-5525
Carmichael Water District	carmichaelwd.org • (916) 483-2452
Chautauqua Playhouse	cplayhouse.com • (916) 489-7529
Kiwanis Club of Carmichael	carmichaelkiwanis.org • (916) 944-1532
Mission Oaks Community Center	morpd.com • (916) 972-0336
NorCal Center on Deafness	norcalcenter.org • (916) 349-7500
Organic Gardening Club	(916) 944-4955
Sacramento Fine Arts Center	sacfinearts.org • (916) 971-3713
Senior Gleaners, Inc.	seniorgleaners.org • (916) 925-3240
Senior Connection, The	(916) 334-1072
Therapeutic Recreation Services (Sac. County)	(916) 484-2044
Sacramento Area Creeks Council	saccreeks.org • (916) 454-4544

LOCAL YOUTH ORGANIZATIONS, LEAGUES & SPORTS

Big Brothers/Big Sisters	bbbsa.org • (916) 646-9300
Boy Scouts of America	scouting.org • (916) 929-1417
Cub Scout Pack 55 (Carmichael)	mypack55@gmail.com
Boy Scout Troop 55 (Carmichael)	sdkel61@gmail.com
Carmichael Beavers Swim Team	cbswim.com
Carmichael Girls Softball	carmichaelgirlssoftball.com
Carmichael Little League	carmll.org
Carmichael Soccer Club	carmichaelsoccer.org
Child Action	childaction.org • (916) 369-0191
Girl Scouts Heart of Central CA	girlscoutshcc.org • (916) 452-9181
Girl Scout Troop 1555	mypack55@gmail.com
La Sierra Soccer Club	lasierasoccer.org • (916) 863-9713
Sacramento Lacrosse Association	sacramentolacrosse.org • (916) 275-4445
San Juan Unified School District	sanjuan.edu • (916) 971-7700
YMCA	ymcasuperiorcal.org • (916) 452-9622

RECREATION & PARK AGENCIES

Arcade Creek	arcadecreekrecreation.com • (916) 482-8377
Arden Manor	amrpd.org • (916) 487-7851
Arden Park	aprpd.org • (916) 483-6069
Cordova	crpd.com • (916) 362-1841
Cosumnes Community Services District	egcsd.ca.gov • (916) 405-5300
Fair Oaks	fairoakspark.org • (916) 966-1036
Fulton-El Camino	fecrecrepark.com • (916) 927-3802
Mission Oaks	morpd.com • (916) 488-2810
North Highlands	nhprd.org • (916) 332-7440
Orangevale	orangevalecommunitycenter.com • (916) 988-6140
Rio Linda/Elverta	riolindaelvertaparks.org • (916) 991-5929
Roseville	roseville.ca.us • (916) 774-5242
Sacramento	cityofsacramento.org • (916) 264-5200
Sacramento County	sacparks.net • (916) 875-6961
Southgate	southgaterecandpark.net • (916) 428-1171
Sunrise	sunriseparks.com • (916) 725-1585
West Sacramento	cityofwestsacramento.org • (916) 617-4620

THERAPEUTIC RECREATION SERVICES

PHYSICAL & DEVELOPMENTAL PROGRAMS



Therapeutic Recreation Services (TRS) provides year-round therapeutic recreation programs for people with disabilities throughout Sacramento County. Programs are provided at community centers, schools, parks and various locations throughout the community. Programs include Social Clubs, Classes, Travel, Special Events, Sports and Fitness, Outdoor Adventures, and Community Outings.

**For more information call
(916) 484-2044,
email: TRS@sacounty.net
or visit sacparks.net**



DISTRICT OFFICE
(916) 485-5322

LA SIERRA OFFICE
(916) 483-7826

Visit us at:
carmichaelpark.com



The Carmichael Recreation and Park District offers a variety of rental facilities to suit your event needs.

CARMICHAEL PARK FACILITIES

5750 Grant Avenue, Carmichael, CA 95608 • (916) 485-5322



CARMICHAEL PARK CLUBHOUSE

Consists of two adjoining rooms and kitchen with two residential refrigerators and stove. There are 20 - 12ft. tables and 150 chairs. Dining capacity is 150.



RAYMOND & HAZEL NAY MEMORIAL PICNIC AREA

Located in the back of the park. It features a covered picnic area with a food preparation area and a large barbecue grill. This shelter can accommodate up to 250 people.



VETERAN'S MEMORIAL HALL & NORTH ROOM

This facility has a dining capacity of 70. It includes a kitchen with serving counter, residential stove and refrigerator. There are 10 - 10ft. tables and 70 chairs. The North Room is located off the main hall and is perfect for small meetings up to 10 people.



DANIEL BISHOP MEMORIAL PAVILION

for the Performing Arts (Band Shell) is located in the back of the park. The facility features a covered concrete stage and dance floor surrounded by shade trees. This is a great place for dance recitals, award ceremonies, and memorial services. No live bands allowed unless sponsored by the District. You must provide your own tables and chairs.

LA SIERRA COMMUNITY CENTER FACILITIES

5325 Engle Road, Suite 100, Carmichael, CA 95608 • (916) 483-7826



JOHN D. SMITH HALL

A large facility that has a dining capacity of 385 people. The size of the facility is 6435 sq. ft. with a commercial kitchen; two industrial stoves, two commercial refrigerators, one freezer, and an ice machine. 30 - 12ft. tables and 42 - 60" rounds with chairs are provided. There is a stage and access to a PA system for an additional fee.



CYPRESS ROOM

Has a dining capacity of 115 people and includes a commercial kitchen. The size of the facility is 50'x36' or 1,814 sq. ft. and has a low stage. Ideal for small gatherings and easy access from parking lot.

Room 800 has a capacity of 50 people and is perfect for meetings. The room size is 31'x31' or 961 sq. ft.

GENERAL INFORMATION

Visit our website at: carmichaelpark.com

for a complete listing of facility fees and policies. With all paid rentals, CRPD provides onsite staff to assist you. Private caterers are welcome.

HOURS OF OPERATION

Facilities are available from 7am-12am. All rentals must be cleaned up and walking out the door by 1am.

SECURITY DEPOSITS

A security deposit is required for all events. The deposit is refundable if the facility is returned to its original condition. Renters are responsible for set-up and clean up. Fees must be received at least two weeks prior to the event. Reservations will be considered final on the 21st day prior to the scheduled use date. No security deposit will be refunded after that date.

Set-up is charged at a per hour rate for most facilities and clean-up is billed at the regular hourly rental rate.

LIABILITY INSURANCE IS REQUIRED

CRPD reserves the right to set special requirements of individuals and/or groups using district facilities to protect these facilities and the general public. Insurance can be purchased through the District.

CRPD does not allow "pay at the door" or any monetary exchange activities at events unless the user group qualifies as a Group II non-profit and is approved by CRPD.



PROGRAM & CLASS

REGISTRATION INFORMATION

Complete Registration Form and sign the Agreement, Waiver, and Release on page 24. Residents of the District will receive a discount for specific programs. Please see page 25 for the District boundary map. R=Resident and NR=Non Residents. Registration can be completed in one of the following ways:

ONLINE REGISTRATION

Available for select programs at carmichaelpark.com.

MAIL

Completed registration form to appropriate office:

Carmichael Recreation and Park District

Attn: Program Registration
5750 Grant Avenue, Carmichael, CA 95608

La Sierra Community Center

Attn: Program Registration
5325 Engle Road, STE 100, Carmichael, CA 95608

Kid's Hangout Program

Call for registration packet (916) 483-7826

PHONE OR FAX

A completed registration form to appropriate office:

Carmichael Park District Office: Phone: (916) 485-5322

Fax: (916) 485-0805

La Sierra Recreation Office : Phone: (916) 483-7826

Fax: (916) 485-0805

WALK-IN REGISTRATION

Will be taken at both the District Office and La Sierra Offices Monday through Friday 8:30am-4:30pm.

DROP BOXES

Available for your convenience after-hours at both District locations. Please no cash!

PAYMENT

Please make checks payable to the Carmichael Recreation and Park District (CRPD). There is a \$25 service charge for all returned checks. We also accept Visa and MasterCard.

GENERAL INFORMATION

- Pre-registration is recommended to assure class enrollment.
- Carefully read each program/class description for pertinent information.
- Payment in full must be made at the time of registration.
- CRPD will not phone or mail class confirmation. Participants will be notified if a program/class is cancelled or changed. An email receipt will be provided upon request.
- Classes may be cancelled if a minimum number of participants are not met. Please register early!
- Refunds are granted at the discretion of the District, otherwise refunds will only be provided if an activity is cancelled. Refunds take approximately 4-6 weeks to process.
- The District reserves the right to cancel or change program offerings at any time.

OFFICE CLOSURES

The District Offices will be closed on the following holidays:

- October 10
- November 11, 24, 25
- December 26
- January 2, 16
- February 13, 20
- March 31





**DROP BOXES AVAILABLE AT
BOTH OFFICE LOCATIONS**

PLEASE PRINT AND COMPLETE ALL

PARTICIPANT NAME(S)	DATE OF BIRTH	SEX	PROGRAM TITLE	SESSION DATES	TIMES	SCHOOLS	FEE

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (HM) _____ (WK) _____ CELL _____

EMERGENCY CONTACT(Name) _____ PHONE _____

EMAIL _____ SHIRT SIZE _____ AGE _____ GRADE _____

PAYMENT TYPE CHECK MONEY ORDER

DO NOT SEND CASH

CREDIT CARD # _____ EXP DATE _____

RECEIPT #

AUTHORIZED SIGNATURE _____

AGREEMENT, WAIVER, AND RELEASE

In consideration for being permitted by the above district to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the above district (its officers, officials, employees, and agents) from any and all liability arising out of, or connected in any way, with my participation in said activity even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my death or injury or property damage that I may sustain while participating in said activity.

PARENTAL CONSENT: (To be completed and signed by parent/guardian if applicant is under 18 years of age).

I hereby consent that my son/daughter _____ participate in the above activity, and I hereby execute the above Agreement, Waiver, and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which may incur as a result of the death or injury or property damage that said minor may sustain while participating in said activity.

I have carefully read this Agreement, Waiver, and Release and fully understand its content. I am aware that this is a release of liability and a contract between myself and Carmichael Recreation & Park District and I sign it of my own free will.

SIGNATURE _____ DATE _____

NAME (Printed) _____ Parent Guardian

PHOTO RELEASE By signing this agreement, you are agreeing to release photo rights to Carmichael Recreation and Park District. CRPD reserves the right to photograph facilities, activities and programs participants for potential future use. All photos will remain the property of Carmichael Recreation and Park District.

SIGNATURE _____ NAME PRINTED _____ DATE _____

FEES: R=RESIDENT NR=NON-RESIDENT

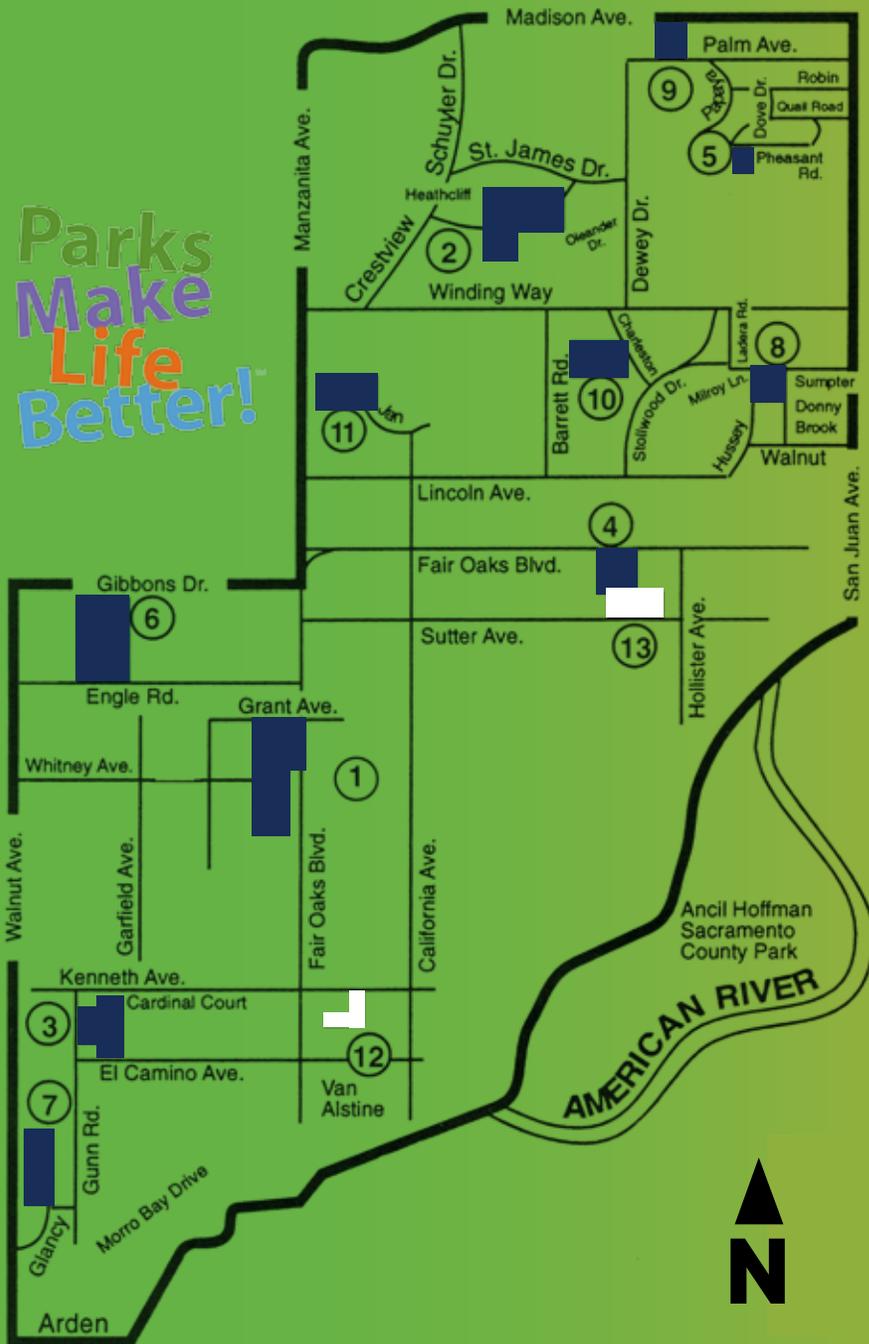
DEVELOPED PARK SITES

1. **Carmichael Park:** 5750 Grant Avenue
2. **Del Campo Park:** End of Heathcliff Drive
3. **Cardinal Oaks Park:** On El Camino near Garfield
4. **Charles C. Jensen Botanical Garden:** 8520 Fair Oaks Blvd
5. **Bird Track Park:** West end of Pheasant Road
6. **La Sierra Community Center:** 5325 Engle Road
7. **Glancy Oaks Park:** 5292 Glancy Drive
8. **Schweitzer Grove Nature Area:** Off Sumpter
9. **Patriots Park:** 6827 Palm Avenue, Fair Oaks, CA 95628
10. **O'Donnell Heritage Park:** 6618 Rappahannock Way
11. **Jan Park:** 4310 Jan Drive

UNDEVELOPED PARK SITES

12. **Capra Park Site:** 6600 Kenneth Avenue
13. **Sutter Park Site, Community Garden:** Located near Sutter and Hollister Avenue

Parks
Make
Life
Better!



DISTRICT FACILITIES

CARMICHAEL PARK

5750 Grant Avenue

Carmichael, CA 95608-3744 (38 Acres)

- **Administrative Office**
(916) 485-5322
- **Maintenance Office**
(916) 481-0603
- **Community Clubhouse**
- **Veteran's Memorial Building**
- **5 Ball Fields (One lighted)**
- **6 Tennis Courts (Lighted)**
- **Basketball Court (Lighted)**
- **Horseshoe Pits**
- **Bandshell**
- **Group Picnic Shelter**
- **3 Playgrounds**
- **1 acre Off Leash Dog Park**
- **9 Hole Disc Golf Course**

LA SIERRA COMMUNITY CENTER

5325 Engle Road, Suite 100

Carmichael, CA 95608-3091 (36 Acres)

- **Recreation Office**
(916) 483-7826
- **Maintenance Shop**
(916) 487-6234
- **John D. Smith Community Hall**
- **Meeting Rooms**
- **2 Gymnasiums**
- **1 Playground**
- **Soccer Fields**
- **Ball Fields**
- **Basketball Courts**
- **Chautauqua Playhouse**
(916) 489-7529
- **Sacramento Fine Arts Center**
(916) 971-3713
- **Therapeutic Recreation Services**
(916) 484-2044



5750 Grant Avenue
Carmichael, CA 95608-3779

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The Carmichael Parks Foundation presents the 2nd Annual

Antiques & Bubbles & Brunch

at La Sierra Community Center, John Smith Hall

Save The
Date

April 23,
2017

For more details and information please visit:
carmichaelparksfoundation.org

Benefiting:

Carmichael parks youth scholarships and
beautification projects

The Carmichael Recreation and Park District Foundation is a 501 (c) (3) non profit Public Benefit Corporation, Fed Tax ID 26-4274059. Your donation to the Foundation is tax deductible to the fullest extent allowed by law.