

Carmichael

  /CarmichaelRec

RECREATION &
PARK DISTRICT

ACTIVITY GUIDE | SPRING/SUMMER 2024



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District Office

5750 Grant Ave., Carmichael, CA 95608
 Phone: (916) 485-5322
 Email: info@carmichaelpark.com
 Office Hours: By appointment only
Park Maintenance Shop: (916) 481-0603

La Sierra Recreation Office

5325 Engle Road, Suite 100, Carmichael, CA 95608
 Phone: (916) 483-7826
 Email: lsoffice@carmichaelpark.com
 Office Hours: 8:30am-5pm; Closed from 1-2pm
Park Maintenance Shop: (916) 487-6234

Sacramento County Board Supervisor

Honorable Rich Desmond, District 3

Advisory Board of Directors

Joyce Carroll: Chair
 Chris Ives: Vice Chair
 Joe Leavitt
 Joel Levine
 Martin Ross

The Advisory Board meets the third Thursday of every month at 6pm in the Clubhouse at Carmichael Park, 5750 Grant Avenue in Carmichael or remotely via Zoom. The meetings are open to the public and agendas are posted at carmichaelpark.com.

Management Staff

Mike Blondino: District Administrator
 Alaina Lofthus: Recreation Services Manager
 Ingrid Penney: Administrative Services Manager
 James Perry: Park Services Manager

Recreation Staff

Miranda Ellis: Recreation Supervisor
 Regina Hill: Customer Service Representative
 Erin Johnson: Recreation Coordinator
 Marianna Panagiotou: Customer Service Representative
 Brooke De Los Santos: Recreation Coordinator
 Tyler Tulowitzki: Recreation Coordinator
 Cameron Wiggins: Recreation Supervisor

Park Staff

Darren Bewley: Maintenance Worker
 Wes Buda: Maintenance Worker
 Miike Edwards: Maintenance Worker
 Curtis LaDuke: Maintenance Worker
 Matthew Owens: Maintenance Worker
 Clinton Salas: Grounds Lead-Worker
 Michael Steinbrenner: Maintenance Worker

Administrative Staff

Ty Campbell: Bookkeeper
 Sharon Reneau: Payroll/Account Clerk

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. 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.



Joyce Carroll
Chair



Chris Ives
Vice Chair



Joe Leavitt



Joel Levine



Martin Ross

Letter from the District Administrator



Dear Carmichael Community,

I hope this letter finds you well. There are several exciting updates and initiatives I'd like to share with you regarding our community and the ongoing efforts of the Carmichael Recreation and Park District (CRPD).

First, I'm pleased to announce the upcoming installation of a new Electronic Reader Board on Fair Oaks Blvd at Carmichael Park, expected in late March or early April. This addition, made possible through park in-lieu fees, will enhance communication and engagement within our community.

Additionally, I want to inform you about the warranty repair work scheduled for the Carmichael Park Tennis Courts. Due to a faulty coating, the courts will be closed for approximately a month. However, I want to reassure you that this repair work falls under warranty, so no district funds will be expended. Closure dates will be posted in advance on our social media accounts, website, and at the courts.

In response to valuable feedback from the public and our sponsors, we're launching a new pilot program for the Concert in the Park Series, now scheduled for late spring and early fall. This program will feature new days and times to better accommodate everyone and mitigate the effects of the summer heat. More details can be found inside this guide.

Furthermore, I'm thrilled to announce the completion of the first project funded by the Measure G Bond. The repair and recoating of Wings 200 through 600 at La Sierra were finished \$400,000 under budget, ensuring every student in the classrooms of the California Montessori Program are now protected from leaks.

We've also made significant progress in managing the \$10,000,00 Series I bond projects effectively by hiring the Cumming Group. Together, we're working on various projects, including renovating the outdated playgrounds at Glancy Oaks

Park and Cardinal Oaks Park. In addition, pathways in these parks will be updated to meet ADA standards. Cardinal Oaks will also see additional lighting and a parking lot (with ARPA funding through Supervisor Desmond's Office) added. Major projects are also planned for Carmichael Park, including the renovation of the Tiny Tot Playground near the Veteran's Memorial Hall, repaving several areas of the park, adding a new restroom near the Carmichael Park Tennis Courts, and converting two tennis courts to six pickleball courts.

CRPD staff is in the process of bids for the Phase II re-roofing for LSCC, completing all roofing work at the center this upcoming spring. Additionally, I'm pleased to report that the Bond Oversight Committee has met twice to review our bond spending, ensuring transparency and accountability.

On another note, we've updated our facility rental policies and fees, which were approved by the Advisory Board last November. For more information, please visit our website.

Lastly, as I look towards retirement this December, the CRPD Advisory Board and Sacramento County Supervisor Rich Desmond will initiate the recruitment process for a new District Administrator. Stay tuned for updates on this in the next Activity Guide.

As we continue our journey forward, I encourage you to stay connected with us through our website and social media channels. Join us on Facebook and Instagram to stay informed about upcoming events and exciting developments within our community.

Thank you for your continued support and involvement in making Carmichael a vibrant and thriving community.

Warm regards,
Mike Blondino, District Administrator

**LEARN MORE ABOUT
MEASURE G AT
CARMICHAELPARK.COM**

**MEASURE
G**

Carmichael Parks Foundation

The Carmichael Parks Foundation is a non-profit public charity that believes recreation is vital to the well-being of our community. We are committed to supporting the Carmichael Recreation and Park District in expanding recreational opportunities for all, be it through scholarships, new program development, or park improvements. Our priority this year is to expand opportunities that are of interest to middle school aged kids and young teens, so they have greater access to experiences that promote personal growth and confidence.

We are grateful to have incredible community partners who support us in our efforts, including the Kiwanis Club of Carmichael, the Rotary Club of Carmichael, the San Juan Unified School District, the Carmichael Chamber of Commerce, and our many volunteers. And of course, we couldn't do what we do without the generosity of our donors. Thank you all - we wouldn't exist without you!



THIS IS YOUR YEAR To support Carmichael parks and programs for local youth



To learn more about the Foundation's goals and activities, or to become involved as a member, volunteer, or donor, visit our website at carmichaelparksfoundation.org. And follow us on Facebook and Instagram. We would love to have you join us!



THANK YOU

2024 SPECIAL EVENT SPONSORS!



MORE SPONSORSHIPS NOW AVAILABLE!

Contact alaina@carmichaelpark.com for more information.



WE'RE HIRING!

Summer Camp Leaders

Check out our website for more information on how to apply or email info@carmichaelpark.com



www.carmichaelpark.com

CONCERTS IN THE PARK

Carmichael Park
5750 Grant Ave



Spring Saturdays
5:30-7:30pm

May 4: Dyana and the Cherry Kings

May 11: Keep on Truckin'

May 18: Maya Latin Tribute Band

May 25: Locked and Loaded

June 8: AKA Live

June 15: Wasted Space

Fall Fridays
6:00-8:00pm

Sept 6: The Wayside

Sept 13: David Perez Band

Sept 20: Blackwater

Sept 27: Todd Morgan



FOOD TRUCK Night

INTERNATIONAL FOOD TRUCK NIGHT
GRAND RE-OPENING
 Thursday, March 14th
 5-8pm

1ST THURSDAY OF THE MONTH 5-8PM
CARMICHAEL PARK, 5750 GRANT AVE.

Bring your appetite to Carmichael Park the first Thursday Each Month for some delicious food! Please visit carmichaelpark.com or follow us on facebook & Instagram for monthly food truck line up information. Events are held rain or shine April- September.



Farmers' Market

Bringing the farm to you every week!
 Sundays from 9am-2pm

Location: Carmichael Park, 5750 Grant Avenue

Carmichael Farmers' Market is a Certified Farmers' Market at Carmichael Park! Open every Sunday, year-round, rain or shine! The market offers freshly picked, seasonal produce grown by small family farms in the region! There is a wide variety of fruits and vegetables, honey, eggs, meat, herbs, olive oil, cheese, and olives. Come get to know your farmers and learn about their farming practices. Enjoy the many craft food vendors offering hummus, yogurt, veggie dips, sauerkraut, salsa, fish, rubs, pies, cookies, bread, scones, and more!

The market is a great place to shop and stock up while enjoying the many food trucks and craft corner! Crafters offer jewelry, hand-knitted hats and scarfs, baskets, wind chimes, art, and so much more.



Interested in being a vendor?

Contact the Market Manager at commonkettle@gmail.com for more information.

Carmichael Recreation & Park District



Breakfast with the Bunny



Here comes Peter Cottontail, hopping down the bunny trail to Carmichael Park! Join the Easter Bunny and the Kiwanis Club of Carmichael for a yummy pancake breakfast, crafts, pictures with the bunny, and more!

Times
 8AM, 9AM,
 OR 10AM

Saturday
 MARCH
 30TH

Tickets
 \$5/PER
 PERSON

Carmichael Park: 5750 Grant Ave. Carmichael 95608



Register Online:
CARMICHAELPARK.COM



Community Band Festival

Saturday, June 1 • 12-6pm

Location: Carmichael Park, Daniel Bishop Memorial Pavilion

The annual Community Band Festival at Carmichael Park will be held at the Daniel Bishop Memorial Pavilion on the weekend of June 4th and 5th between 12pm and 6pm. Up to 15 community concert bands from the greater Sacramento Region and beyond will be performing during the festival. **Please check svsba.net for this year's lineup.** This is not a CRPD sponsored program.



FOUNDER'S HARVEST FESTIVAL

SATURDAY, OCTOBER 5, 10AM-3PM

LOCATION: CARMICHAEL PARK

This harvest-filled festival will feature a kid zone, live music, car show, food trucks, vendors, and more!

WOULD YOU LIKE TO BE A PART OF FOUNDER'S HARVEST FESTIVAL?

Sponsorships are available; please contact Miranda Ellis at (916) 879-2525 for more information.

CARMICHAEL & MISSION OAKS RECREATION & PARK DISTRICTS

RED, WHITE, & BLUE CELEBRATION

SATURDAY, JUNE 29TH

LA SIERRA COMMUNITY CENTER

EVENT: 6-9PM FIREWORKS: 9:30PM

COME ENJOY FOOD TRUCKS, KID ZONE,
LIVE BAND, BEER GARDEN, AND A
SPECTACULAR FIREWORKS SHOW!



FOR MORE INFO: CARMICHAELPARK.COM



BUCKFAMILY
AUTOMOTIVE





Koobs Nature Area

The Koobs Nature Area is a nearly 5-acre nature reserve nestled in the heart of Carmichael. It is home to native flora and fauna, including many species of birds. On the first Saturday of the month, from March to October, the Kiwanis Club of Carmichael opens up the Koobs Nature Area from 10am – 2pm for themed days filled with science and art activities for kids. They welcome families to explore the nature area while learning more about our natural environment. The Koobs Nature Area is also home to a Vietnam War Memorial and the Kiwanis Club of Carmichael hosts two annual ceremonies for Memorial Day and Veteran’s Day. The public open days at the Koobs Nature Area are free to attend. It is located at 5325 Engle Road, next to the La Sierra Community Center. This is a project of the Kiwanis Club of Carmichael. *This is not a CRPD sponsored program.*



Carmichael Community Garden

Located at Sutter-Jensen Community Park off of Sutter Avenue, the garden exists to promote a positive environment for community members with a passion for working outdoors to share information and gardening techniques and build camaraderie. The community garden features 62 20’x 20’ plots that are renewed annually and are available on an application basis to families, individuals and community organizations. It’s a wonderful way to develop a hobby, give back to the community, or practice some outdoor creativity! **For more information, check out our website carmichaelpark.com/community-garden.**



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 a unique and tactile educational opportunity that we encourage you to experience. 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 us at carmichaelpark.com to read more about the pathway.**

Workday Volunteers

The Friends of the Jensen Botanical Garden hold workdays on the second Saturday of each month from 9am-1pm. Bring your work gloves and hand pruners. **For more information about the workdays at the Jensen Botanical Garden please contact Beverly Scott at beverly.scott52@yahoo.com or at (916) 607-6597.**

Stay Connected!

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 of the social media networks below! You can also log on to our website at carmichaelpark.com. Stay connected!

  **[/CarmichaelRec](https://www.facebook.com/CarmichaelRec)**

Subscribe to Our Newsletter



Get involved and stay connected with updated news about the District and community.

Visit our website at carmichaelpark.com to view and sign up for our newsletter.





LEISURE ENRICHMENT

Carmichael SENIOR CITIZENS CLUB

Location: Carmichael Clubhouse, 5750 Grant Avenue

2nd & 4th Thursdays of the month • 10AM-2PM

Activities Include:

- Potluck lunches
- Entertainment
- Casino Bus Trips
- Bingo
- Rummage Sales
- Theatre Outings
- And More!

Call Valerie at (916) 487-5525
for more information.

This is not a CRPD sponsored program.

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,
email info@carmichaelpark.com*



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.

Support Carmichael Dog Park

Do you and your dog love the dog park at Carmichael Park? Please consider supporting the dog park with donations or volunteerism.

For more information, email us at info@carmichaelpark.com or call (916) 483-7826.



JOIN OUR TEAM OF INSTRUCTORS!

Do you have an idea for a great class to offer the 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, email info@carmichaelpark.com or call (916) 483-7826.



R=Resident and NR=Non Residents

Residents of the District receive a discount for specific programs.



BOCCE BALL COURTS

The bocce ball courts (2) at Carmichael Park are available for exclusive use through a facility rental.

If you're interested in reserving the courts, please email info@carmichaelpark.com or call (916) 483-7826.

Tai Chi for Seniors

Location: Veteran's Hall

Ages: 50-89

Monthly Fee: 1 day per week = \$40(R) / \$42(NR)

2 days per week = \$70(R) / \$74(NR)

Exercise for seniors: Tai Chi, Chi Gong, light strengthening exercises (similar to Silver Sneakers).

DAYS	DATES	TIMES
Mon & Thurs	Monthly	8:30-9:30am

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/disc-golf-course.



ADULT SPORTS LEAGUES



Register your team online at www.carmichaelpark.com/adult-sports or call (916) 483-7826 for more information.

Adult Volleyball Leagues

Location: La Sierra Gyms

Team Registration: \$275(R) / \$288(NR)

Teams are guaranteed a minimum of 8 games including playoffs. League champions receive championship t-shirts.

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

Adult Softball Leagues

Location: Carmichael Park, Ball Field 2

Team Registration: \$495(R) / \$520(NR)

Teams are guaranteed a minimum of 8 games and top teams make playoffs. League champions receive championship t-shirts.

LEAGUES	DAYS OF PLAY
Coed Recreation C	Fridays

Senior Coed Softball League

Location: Carmichael Park Fields 3 and 4

Season starts March 28

Are you interested in getting active, socializing with others and playing ball? The Senior Softball league features competitive play in a relaxed, fun atmosphere. The main objective each morning is to enjoy the game of softball in a park setting under sunshine and blue skies!

LEAGUES	DAYS OF PLAY	DATES	TIMES
Men 75+, Women 50+	Thursdays	3/28-9/12	9:30am & 10:45am

Adult Basketball Leagues

Location: La Sierra Gyms

5-on-5 Basketball Team Registration: \$530(R) / \$555(NR)

3-on-3 Basketball Team Registration: \$130(R) / \$136(NR)

5-on-5 teams are guaranteed a minimum of 8 games and playoff games for top 4 teams. League champions receive championship t-shirts. 3-on-3 teams are guaranteed 8 season games.

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 Indoor Pickleball Drop-In Program (5 Courts)

Location: La Sierra Community Center, Big Gym

Ages: All ages

Dates: 10/31/23-5/30/24

DAYS	TIMES	FEE
Tues & Thurs	9am-12pm	\$6/visit or \$40/10 visit punch card

Please visit us at carmichaelpark.com/pickleball-drop-in-program for updated information.





TINY TOTS

AGES: 3-5 YEARS | CARMICHAEL PARK, TINY TOTS ROOM, VETERAN'S HALL

Tiny Tots is all about discovery and encourages children to pursue new talents and interests while building confidence. We understand that children develop at different levels, therefore, we allow the children to proceed at their own pace. 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/tiny-tots-program.

Social Experiences

3-4 Year Olds

Monthly Fee: \$180(R) / \$190(NR)

DAYS	DATES	TIMES
Tues & Thurs	8/21/23-5/23/24	9am-12pm

Kindergarten Readiness

4-5 Year Olds

Monthly Fee: \$240(R) / \$250(NR)

DAYS	DATES	TIMES
Mon, Wed & Fri	8/19/23-5/24/24	9am-12pm

Registration for the 2024/2025 school year will begin Tuesday, April 16th

A parent information packet is available at carmichaelpark.com. Returning students have priority registration.

***For a list of program closure dates please see parent handbook. August rate is prorated due to start date.**



AGES 3-5

SUMMER TINY TOTS

Ages: 3-5

Are you looking for a fun experience for your preschooler this summer where they can continue their educational journey and meet new friends? Sign up for our Tiny Tot summer weekly sessions.

DAYS	DATES	TIMES	FEE
Mon-Thurs	6/17-8/1*	9am-12pm	\$100(R) / \$105(NR) /week

*No program 7/1-7/4

CARMICHAEL BEAVERS SWIM TEAM

Family, fun, and fitness!

Learn more



- ✓ SWIM TECHNIQUE
- ✓ SWIM MEETS
- ✓ STROKE CLINICS

AGES
4-18



CALL US! 916-546-8221

beavers.swim@gmail.com

www.cbsswim.com

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FAIR OAKS, CA 95628
(916) 961-6700

(Corner of Fair Oaks and Sunrise)

378 NORTH SUNRISE AVE.
SUITE 300
ROSEVILLE, CA 95661
(across from the Auto Mall entrance)
(916) 784-2255



bobscyclecenter.com





JUNE 10-AUGUST 9

SUMMER DAY CAMPS

VOYAGER CAMP
Ages: 5-8

EXPLORER CAMP
Ages: 9-11

TEEN CAMP
Ages: 12-14

LOCATION
La Sierra Community Center

TIMES
Open
7:30am-6pm
Mon-Fri

FEES
\$210(R) / \$220(NR)
per week
*This fee includes the cost of swimming and fieldtrips.

Are you looking for something active and exciting for your kids to do this summer? Our Summer Day Camps are what you need.

Camp participants will have the opportunity to play various activities including sports, games, art, dance, and music. We also schedule trips for our campers to go swimming at the Antelope Aquatic Complex and venture out on thrilling fieldtrips (fieldtrip costs are included). Past fieldtrips have included John's Incredible Pizza, Rebounderz, Laser X, Fliptastic and many more! All of this is supervised by our experienced, positive, and fun staff.



REGISTRATION BEGINS APRIL 10
at the La Sierra Community Center's Recreation Office.



AGES 5-12

SPRING BREAK CAMP

Ages: 5-12

Location: La Sierra Community Center: Kid's Corner

Have a blast this Spring 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 out our La Sierra Community Center where our campers have the opportunity to play in our two gymnasiums, open field spaces, and playground!

DAYS	DATES	TIMES	FEE
Mon-Fri	3/25-3/29	7:30am-6pm	\$190(R) / \$200(NR)

CHESS WIZARDS

ages 6-12 *summer camp*

MONDAY-FRIDAY · JUNE 3-7

Location: La Sierra Community Center: Room 800

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

FEE: HALF DAY: \$384
FULL DAY: \$550

TIME:
HALF DAY AM: 9am-12pm
HALF DAY PM: 12-3pm
FULL DAY: 9am-3pm



KID'S HANGOUT AFTER SCHOOL PROGRAM

TO REGISTER & FOR MORE INFO

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



FOR GRADES 1-8

**MONDAY THROUGH FRIDAY
2023/24 SCHOOL YEAR**

FULL TIME 4 or 5 days = \$103/week(R) / \$108/week(NR)
PART TIME Any 3 days = \$83/week(R) / \$88/week(NR)



YOUTH SPORTS

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 ½ 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)

This is not a CRPD program.

Visit CarmichaelGirlsSoftball.com



THE SHARON RUFFNER YOUTH SCHOLARSHIP FUND

Partial Youth Scholarships Now Available!

To submit a scholarship application, visit our website at www.carmichaelpark.com or call (916) 483-7826 for more information.



SHARE YOUR PARK PICTURES WITH US!

Share your photos and you might make the next Activity Guide cover. We all know that parks make life better and we'd love to see that in action. Submit your picture on our website at carmichaelpark.com or by following the QR code.



Spring PROGRAMS

Spring Youth Beginners Volleyball Clinics

AGES 9-12

Location: La Sierra Community Center Gyms

These volleyball clinics focus on the fundamentals: Serving, Passing, Setting, Hitting, and Defense. Clinics will work progressively on skill building leading up to fun games the final weeks.



DATES	DAYS	TIMES	FEE
5/10-5/31	Fri	6-7:30pm	\$80(R) / \$84(NR)

Summer PROGRAMS

Summer Basketball Skills Camps | AGES 5-14

Location: La Sierra Community Center Gyms

If your child loves basketball, or maybe you're looking for an active sport that gets your young one moving around, this camp is for you. Our experienced basketball coaches emphasize fundamentals by providing detailed instruction on shooting, dribbling, passing and defense. Players will do drills, play fun games and scrimmage throughout the course of the camp. Our Junior Stars participants will also have the opportunity to practice and play on lowered hoops designed for reachable goals!

Summer Beginner Volleyball Skills Camps

AGES 9-12

Location: La Sierra Community Center Gyms

These volleyball clinics focus on the fundamentals: Serving, Passing, Setting, Hitting, and Defense. Clinics will work progressively on skill building leading up to fun games the final days.

DATES	DAYS	TIMES	FEE
7/15-7/19	Mon-Fri	9-11am	\$125(R) / \$131(NR)



JUNIOR STARS: AGES 5-7			
DATES	DAYS	TIMES	FEE
6/17-6/21	Mon-Fri	9-10am	\$105(R) / \$110(NR)

RISING STARS: AGES 8-10			
DATES	DAYS	TIMES	FEE
6/17-6/21	Mon-Fri	10:30am-12pm	\$115(R) / \$121(NR)

ALL STARS: AGES 11-14			
DATES	DAYS	TIMES	FEE
7/8-7/12	Mon-Fri	9-11am	\$125(R) / \$131(NR)



This instructional soccer experience includes age-appropriate activities: skill demonstrations, fun games, and instructional scrimmages conducted in a non-competitive, recreational format. Perfect for first time players while being fun and engaging for kids with some experience. Shin guards are required for all classes except Parent & Me.

Kidz Love Soccer class status hotline 1-888-372-5803. To receive cancellation notifications on your smartphone, download the free Kidz Love Soccer app.

SPRING: SATURDAYS AT CARMICHAEL PARK

PROGRAM	DATES	TIMES	FEE
Mommy/Daddy & Me	3/30-5/11	4:35-5:05pm	\$166(R) / \$174(NR)
Tot/Pre-Soccer	3/30-5/11	3:55-4:30pm	\$166(R) / \$174(NR)
Soccer 1	3/30-5/11	2:15-3pm	\$166(R) / \$174(NR)
Soccer 2	3/30-5/11	3:05-3:50pm	\$166(R) / \$174(NR)

Mommy/Daddy & Me Soccer | AGES: 2-3.5 YRS

The fun happens on the field, so don't just watch from the sidelines! Here is your chance to join in your toddler's introduction to the world's most popular sport. You'll participate in fun, age-appropriate activities, and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week. Adult participation is required. All participants receive a Kidz Love Soccer jersey!

Tot/Pre-Soccer | AGES: 3.5-5 YRS

Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of the game while building self-esteem. Children learn to follow instructions in a nurturing, age-appropriate environment. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Soccer 1: Techniques & Teamwork | AGES: 5-6 YRS

Players will learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Perfect for first time players while being fun and engaging for kids with some experience. All participants receive a Kidz Love Soccer jersey! Shin guards are required after the first meeting.

Soccer 2: Skillz & Scrimmages | AGES: 7-10 YRS

A great introduction to competitive soccer, Skillz and Scrimmages teaches advanced skill building such as dribbling, passing, and shooting in a team format, as well as an introduction to goaltending. Kids will scrimmage and learn to play together as a team. From defense and mid-field to forward and goalie...kids get exposure to playing every position and have a blast doing it. Appropriate for players of varying skill levels. And... best of all, each participant receives a Kidz Love Soccer jersey! Skillz & Scrimmages classes are 45 minutes long and meet once a week.

SUMMER: SATURDAYS AT CARMICHAEL PARK

PROGRAM	DATES	TIMES	FEE
Mommy/Daddy & Me	6/8-7/20	4:35-5:05pm	\$166(R) / \$174(NR)
Tot/Pre-Soccer	6/8-7/20	3:55-4:30pm	\$166(R) / \$174(NR)
Soccer 1	6/8-7/20	2:15-3pm	\$166(R) / \$174(NR)
Soccer 2	6/8-7/20	3:05-3:50pm	\$166(R) / \$174(NR)

THE SHARON RUFFNER YOUTH SCHOLARSHIP FUND

Partial Youth Scholarships Now Available!



To submit a scholarship application, visit our website at www.carmichaelpark.com or call (916) 483-7826 for more information.



A REGIONAL ARTS CENTER IN YOUR NEIGHBORHOOD!

Tuesdays-Friday: 11am-3pm

Saturdays: 11am-5pm

5330-B Gibbons Drive, Carmichael, CA 95608

(916) 971-3713 • sacfinearts.org • Galleries | Gift Shop | Classes

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



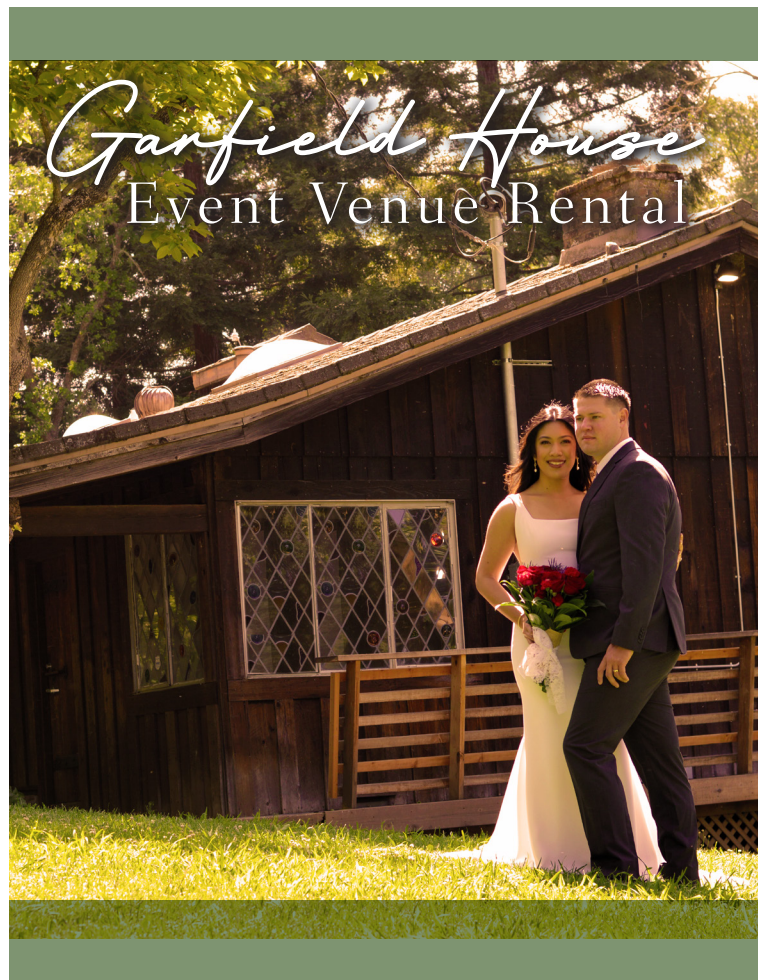
Keeping the Arts Alive in Carmichael!

5325 Engle Road, Suite 110, Carmichael, CA 95608

For more info & tickets call (916) 489-PLAY (7529)

or visit cplayhouse.org

Email tickets at tickets@cplayhouse.org





REGISTRATION INFO

PROGRAM & CLASS

Registration Information

Residents of the District will receive a discount for specific programs. Please see page 23 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, Suite 100, Carmichael, CA 95608



Phone

A completed registration form to appropriate office:

La Sierra Recreation Office

Phone: (916) 483-7826

Kid's Hangout Program

Call for registration packet (916) 483-7826



Walk-In Registration

Will be taken at La Sierra Offices: 5325 Engle Rd, Suite 100 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 ensure 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!
- ▶ Refund Policy: View our full Refund Policy at carmichaelpark.com.
- ▶ 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:

- ▶ April 1
- ▶ May 27
- ▶ June 19
- ▶ July 4
- ▶ September 2



FACILITY RENTALS

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

LA SIERRA COMMUNITY CENTER FACILITIES

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



John Smith Hall

This newly renovated, large venue is perfect for wedding receptions, fundraisers, crab feeds, class reunions, and large community events. Included with the rental:

- Commercial Kitchen
- 12' rectangular tables
- 60" round tables
- White resin folding chairs



Cypress Room

This newly renovated venue is ideal for birthdays, baby showers, community group gatherings, and other small parties. Included with the rental:

- Commercial Kitchen
- 8' rectangular tables
- Blue molded- plastic chairs



Room 800

This 961 square foot facility is best suited for meetings & trainings, classes and small parties. Included with the rental:

- 8' rectangular tables
- Brown folding chairs

CARMICHAEL PARK FACILITIES

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



Community Clubhouse

A medium-sized event space perfect for club meetings, fundraisers, parties, and other gatherings. Included with the rental:

- Kitchen
- White resin folding chairs
- 6' white rectangular tables



Veteran's Memorial Hall & North Room

This medium-sized venue presents unique event opportunities with its "retro" charm. Perfect for parties, fundraisers, and group gatherings. Included with the rental:

- Kitchen
- 12' rectangular tables
- Blue molded-plastic chairs



Raymond & Hazel Nay Memorial Picnic Area

This large gathering area is ideal for a family picnic or simply celebrated "days in the park" with your office or community group. Located in the back of the park, this space is wonderfully shaded and includes counter tops, electrical outlets, and one large barbecue grill. Dining capacity is 250.

Visit carmichaelpark.com for a complete listing of facilities, fees and policies.

With all paid rentals CRPD provides a Facility Monitor.



Garfield House Event Venue Rental

Host your private event at the secluded Garfield House. Located inside of Sutter-Jensen Community Park, the house sits on a hill overlooking the natural olive groves and the Charles C. Jensen Botanical Gardens. The 1,900 square foot wooded home is the perfect venue for intimate weddings, family reunions, company retreats, picnics and other celebrations.



For more information visit
carmichaelpark.com or call (916) 483-7826



Therapeutic RECREATION SERVICES

PHYSICAL & DEVELOPMENTAL PROGRAMS

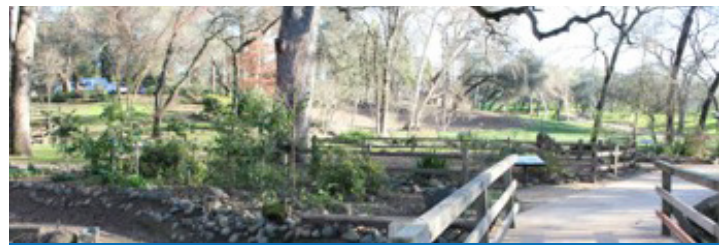
Therapeutic Recreation Services (TRS) provides year-round therapeutic recreation programs for people with disabilities throughout Sacramento County. Programs are provided at community centers, parks, and various locations throughout the County, as well as virtually online via Zoom. Programs include social opportunities, classes, special events, sports training, and community outings.

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

Park Police & Security Concerns

FEC Park Police and Rangers patrol our parks daily providing security and law enforcement services. If you would like to report observations, complaints and tips to the Park Police, please contact them at pop@fecrecpark.com.

**For emergencies, call 911.
For non-emergencies call (916) 874-5115**



Help Us Maintain Your Parks!

Walking in the park and notice graffiti, vandalism or other maintenance issues? Call the Maintenance Line and leave a detailed message describing your observation, including your contact information, in case we need to follow up.

Park Maintenance Line: (916) 481-0603



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
- ▶ 2 Bocce Ball Courts

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

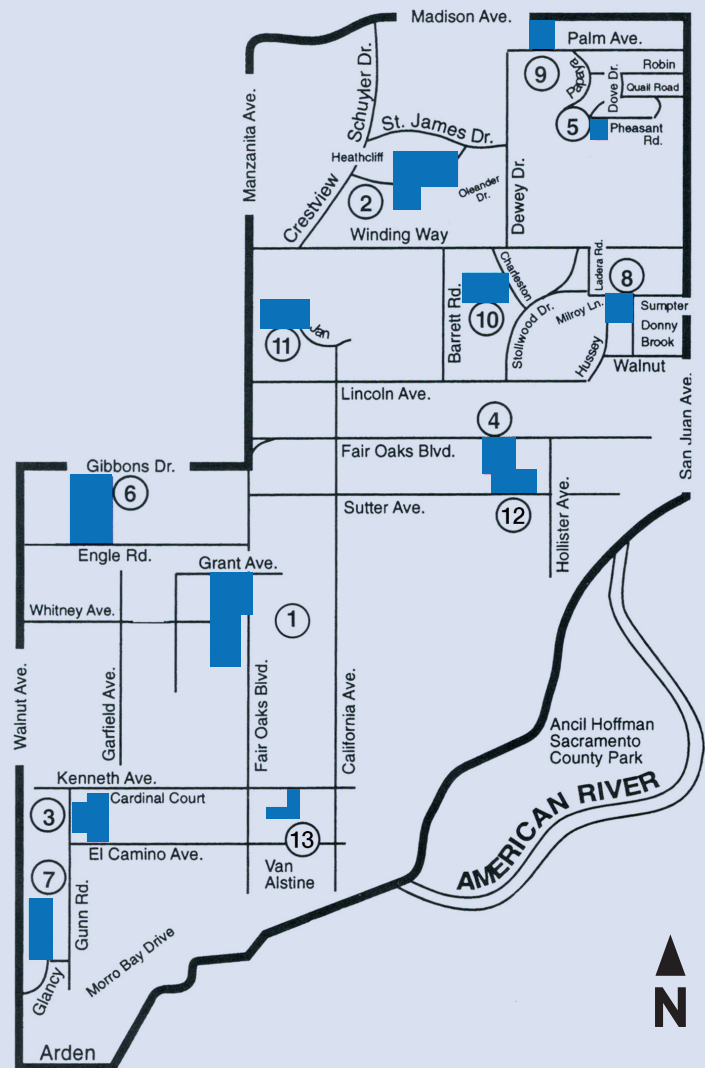


Developed Park Sites

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
12. Sutter-Jensen Community Park: 6917 Sutter Avenue

Undeveloped Park Sites

13. Capra Park Site: 6600 Kenneth Avenue





Big Day of Giving MAY 2

Save the dates and help celebrate Carmichael Park Foundation's 14th year of service supporting recreational options in our community!

Get ready for another 24 hours of fun and philanthropy. **The next Big Day of Giving will be held on Thursday, May 2, 2024, from midnight to midnight.**

Big Day of Giving is a **BIG DEAL** for non-profit organizations like the Carmichael Parks Foundation.

Every year, hundreds of local nonprofits like ours participate in Big Day of Giving to raise funds to support our causes and make life better in the Sacramento region.



Carmichael Parks Foundation Public Charity 501(c)(3) - Tax ID 26-4274059



SCAN ME!

Give online on May 2, or schedule a gift in advance starting April 18. Minimum donation is just \$10, but every gift, no matter the size, makes a difference!

IT'S BACK! AND YOU DON'T WANT TO MISS IT!

Join us on Saturday, September 7, 2024 for the return of Dinner in the Park.

5th

DINNER

in the Park

A CARMICHAEL GOURMET DINNER
AND FUND A NEED FOR YOUTH SCHOLARSHIPS AND PARK BEAUTIFICATION

This elegant event features music, wine and appetizers in Carmichael's Sutter-Jensen Community Garden followed by a gourmet meal provided by Hawks Restaurant in the beautiful Charles Jensen Botanical Garden. After dinner, dance the night away under stars to the music of Todd Morgan and the Emblems.

SCAN ME!



A good time will be had by all!

Tickets available soon. Visit our website, carmichaelparksfoundation.org, for more information.

For sponsorship information please contact Heidi Hull at 916.804.7200.



Carmichael Parks Foundation Public Charity 501(c)(3) - Tax ID 26-4274059