

CARMICHAEL RECREATION & PARK DISTRICT

ACTIVITY GUIDE

FALL/WINTER 2024-25



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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

Chris Ives: Chair

Joel Levine: Vice Chair

Martin Ross

Joe Leavitt

Lisa Mattos

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

Frank Carrion: Recreation Coordinator

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

Mitchell Botts: Park Maintenance Worker I

Darren Bewley: Park Maintenance Worker II

Wes Buda: Park Maintenance Worker II

Mike Edwards: Park Maintenance Worker II

Curtis LaDuke: Park Maintenance Worker II

Carlos Lott: Park Maintenance Worker

Matthew Owens: Park Maintenance Worker II

Clinton Salas: Lead-Worker Parks

Administrative Staff

Kristina Hall: Human Resource Technician

Ty Campbell: Finance Technician

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.



Chris Ives
Chair



Joel Levine
Vice Chair



Martin Ross



Lisa Mattos



Joe Leavitt

Letter from the District Administrator

Dear Carmichael Community,

I hope this letter finds you well. It is with mixed emotions that I write my final letter to the community, as I will be retiring on December 6th. Over the past five years at CRPD, we have experienced numerous changes that have positively impacted the Carmichael community and will continue to do so in the future.

Since my last letter, we have had some exciting developments, and I want to update you on them.

In response to valuable feedback from the public and our sponsors, we launched a new pilot program for Concerts in the Park. The new spring concert dates were extremely successful, and we look forward to the upcoming fall dates, all while avoiding the extremely hot summer weather.

I'd also like to share many of the Measure G projects that you will see coming to our park system in the near future. We have hired landscape architects for projects at Cardinal Oaks, Glancy Oaks, La Sierra, and Carmichael Park. These projects include replacing the outdated playgrounds at Glancy Oaks Park and Cardinal Oaks Park. Additionally, pathways in these parks will be updated to meet ADA standards. Cardinal Oaks will also see additional lighting and a new parking lot added (with ARPA funding through Supervisor Desmond's Office). At La Sierra Community Center, there will be a renovation of the soccer field (including the two baseball fields) and the final phase of re-roofing and replacement of old/outdated HVAC systems. Major projects are also planned for Carmichael Park, including the replacement of the Tiny Tot Playground near the Veteran's Memorial Hall, repaving several areas of the park, adding a new restroom near the tennis courts, and converting two tennis courts to pickleball courts. For several of these projects, we will be seeking public input, especially when replacing the existing playgrounds at Cardinal, Glancy, and Carmichael Parks. Furthermore, I'm thrilled to announce that the LSCC Phase II re-roofing is complete and once again came in under budget!

Additionally, CRPD still has the Series II and III bond sales that will fund projects at Del Campo, Sutter-Jensen, Bird Track, Jan, O'Donnell, and Patriots Parks. It will also see the paving of the parking lots at La Serra Community Center and Carmichael Park. The Advisory Board and staff are also working on improvements for the Schweitzer Grove Nature Area in the coming years using non-Measure G funds.

Even with all of that going on, the Advisory Board and staff have been working with the public on a rendering and cost analysis for a skatepark at Carmichael Park. The skatepark has been part of the Carmichael Park

Master Plan since 2014. The Advisory Board funded the rendering and cost analysis through non-Measure G funds. We had two well attended focus groups and a community meeting to gather insights from skaters and other community members. The next step will be working with the supporters of the skatepark on fundraising for the construction of this new amenity.

Finally, we used non-Measure G funds to purchase and install an electronic reader board on Fair Oaks Blvd in Carmichael Park. This will allow us to communicate our events and programs with the public on a more consistent (and colorful) basis.

There is so much more going on with our recreation programs, building rentals, and special events than in previous years, as our staff has continued to re-imagine what we provide to the community. It's a team effort between our parks, recreation and administrative staff that makes it all happen, along with the great leadership of our Advisory Board. 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. Remember that our monthly Advisory Board meetings are on the third Thursday of the month (6 pm) at the Carmichael Clubhouse at Carmichael Park (5750 Grant Ave.) and can be attended in-person or online.

As I mentioned earlier, my long career in the parks and recreation field is coming to an end. My first job in the profession was as a 15-year-old youth basketball coach, and I could not have imagined then that I would have a 43-year career. I found the perfect ending spot for my career in overseeing the Carmichael Recreation and Park District. The Advisory Board, staff, Parks Foundation, and community have been welcoming and supportive throughout my time here.

The search for my replacement is well underway, and the plan is to have the new District Administrator in place this November. I look forward to spending some of my time here in Carmichael in the future taking part in volunteer efforts. This isn't goodbye, just see you around!

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 excited to be launching two new after school programs at both Will Rogers and John Barret Middle Schools this Fall - a Dramatic Arts program in collaboration with the B Street Theater and a STEM Robotics program in collaboration with Superior Sports Sacramento.

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. We couldn't do what we do without the generosity of our donors. Thank you all!



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



Visit our website at carmichaelparksfoundation.org to learn more about the Foundation's goals and activities. And follow us on Facebook and Instagram.



SHARE YOUR PARK PICTURES

with us 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.



WE'RE HIRING!
Youth Sports Coaches & Event Monitors

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

CONCERTS IN THE PARK

Carmichael Park, 5750 Grant Ave



Fall Fridays
6:00-8:00pm

- Sept 6: The Wayside
- Sept 13: David Perez Band
- Sept 20: Legal Addiction
- Sept 27: Todd Morgan



CARMICHAEL RECREATION & PARK DISTRICT

Founder's HARVEST FESTIVAL

Saturday, October 5th | 10am - 2pm

Enjoy the Free Family-Friendly Activities!

CARMICHAEL PARK: 5750 GRANT AVE. CARMICHAEL, CA 95608

LIVE ENTERTAINMENT - FOOD TRUCKS - CRAFT VENDORS
KIDS ZONE - PUMPKIN PATCH - PETTING ZOO - CAR SHOW

WOULD YOU LIKE TO BE A PART OF THE FOUNDER'S HARVEST FESTIVAL?
SPONSORSHIPS AND VENDOR BOOTHS ARE AVAILABLE, PLEASE VISIT
CARMICHAELPARK.COM





FOOD ✨
TRUCK
Night



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.



WALL OF HONOR
AT PATRIOTS PARK

SATURDAY, NOVEMBER 2ND | 10:00AM
LOCATION: 6825 PALM AVE. FAIR OAKS, CA 95628

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. 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.



CARMICHAEL'S ANNUAL

Holiday Tree Lighting

THURSDAY

DECEMBER

5TH

4:30PM-7:30PM

Carmichael Park 5750 GRANT AVE. CARMICHAEL, CA 95608

LIVE MUSIC | ARTS & CRAFTS | FOOD TRUCKS

PHOTOS WITH SANTA | TREE LIGHTS AT 6:15PM

FOOD DONATIONS ACCEPTED! ALL CANNED GOODS COLLECTED ARE DONATED TO THE SAN JUAN UNIFIED SCHOOL DISTRICT FOOD CLOSET





HANDMADE ITEMS | JEWELRY
HOME DECOR | CANDLES | & MORE

OVER 60 LOCAL VENDORS	FREE ADMISSION
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Gibbons Community Center
4701 Gibbons Drive-Carmichael, CA

For more information or vendor inquiries please contact
Brandon at (916) 972-0339 or bstoakley@morpd.com

**St. John's 46th Annual Holiday Show of Hands
Arts & Crafts Christmas Sale**

Location: St. John the Evangelist School, 5701 Locust Ave. Carmichael

St. John's will soon be hosting their 46th annual "A Holiday Show of Hands", an arts and crafts Christmas sale featuring custom work by over one hundred-fifty craftsmen and artists. Special features include our Beauty Boutique, Antiques and Collectibles, Man Cave, Gourmet Pavilion, and our ever popular Silent Auction!

- Friday, December 6 | (Early Bird), 5pm-9pm: \$10**
- Saturday, December 7 | 9am-5pm, Free Admission**
- Sunday, December 8 | 9am-3pm, Free Admission**

For more information go to: www.holidayshowofhands.com
or [www.facebook.com @HolidayShowOfHands](https://www.facebook.com/HolidayShowOfHands)

This is not a CRPD sponsored program.

2024 SPONSORSHIPS

**Still available for Founders Harvest
Festival, Wall of Honor &
Tree Lighting Special Events!**

We hope you will consider joining us as a sponsor
in 2024. If you are interested, please email us at
alaina@carmichaelpark.com



**SCAN THE CODE TO LEARN MY ABOUT
OUR AMAZING SPONSORS OR VISIT
WWW.CARMICHAELPARK.COM**

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.



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! —
Sign up for our newsletter on carmichaelpark.com to stay up to date.
f /CarmichaelRec
@carmichaelrec

SUPPORT OUR COMMUNITY

All year by becoming an Annual Special Events Sponsor. If you are interested in our 2025 sponsorship opportunities, email us at alaina@carmichaelpark.com





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.

Tai Chi for Seniors

Taught by: Terrence Nelson

Location: Carmichael Park, Veterans Hall

Tai Chi and exercises for seniors class includes basic Yang style Tai Chi and Qigong energy movements for better balance; traditional stretching and leg strengthening exercises; Silver Sneaker style strengthening exercises for both balance and physical strength. Be prepared to bring a lightweight ball to class (such as soccer, volleyball, 2 or 4 lb. medicine ball, etc.), wear loose-fitting clothes, and comfortable shoes.

For class closure dates please visit our website at carmichaelpark.com

DAYS	TIMES	MONTHLY FEE
Mon & Thurs	8:30-9:30am	1-day/week: \$40(R) / \$42(NR) 2-days/week: \$75(R) / \$79(NR)



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) 485-5322.



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.

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.



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Your #1 stop for e-Bikes

9920 FAIR OAKS BLVD
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





ADULT SPORTS LEAGUES



To register for all of 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) 483-7826. We also accept registration online or over the phone with a valid Visa or Mastercard. **For updated league registration dates please visit our adult sports page on our website at carmichaelpark.com/adult-sports.**

Adult Volleyball Leagues

Location: La Sierra Gyms

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

Winter Team Registration: TBD

Teams are guaranteed 8 games including regular season and playoffs. League champions receive championship t-shirts.

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

Adult Basketball Leagues

Location: La Sierra Gyms

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

Winter 5-on-5 Basketball Team Registration: TBD

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

Winter 3-on-3 Basketball Team Registration: TBD

5-on-5 teams are guaranteed 8 regular season games and playoff games for top 4 teams. 5-on-5 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

To join a free agent list visit carmichaelpark.com

Adult Indoor Pickleball Drop-In Program (5 Courts)

Location: La Sierra Community Center, Big Gym

Ages: All ages

Start Date: 10/29/24

Fee: 10-visit puch card: \$45(R) / \$47(NR)

DAYS	TIMES	FEE
Tues & Thurs	9am-12pm	One-day pass \$7(R) / \$8(NR)

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

Adult Softball Leagues

Location: Carmichael Park, Ball Field 2

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

Teams are guaranteed 8 regular season games and top teams make playoffs. League champions receive championship t-shirts.

LEAGUES	DAYS OF PLAY
Coed Recreation C	Fridays





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.** For clarification about the differences and/or age requirements of the classes, please reach out to the Recreation Supervisor at cwiggins@carmichaelpark.com.

Social Experiences

3-4 Year Olds. Participants must be 3 years old before September 1, 2024 to register.

Fees: Session 1: \$95(R) / \$100(NR)
 Session 2-10: \$190(R) / \$200(NR)
 \$50 Non-refundable registration fee

DAYS	DATES	TIMES
Tues & Thurs	8/20/24-5/22/25	9am-12pm

**For a list of program closure dates please see parent handbook*

Kindergarten Readiness

4-5 Year Olds. Participants must be 4 years old before September 1, 2024 to register.

Fees: Session 1: \$128(R) / \$134(NR)
 Session 2-10: \$255(R) / \$268(NR)
 \$50 Non-refundable registration fee

DAYS	DATES	TIMES
Mon, Wed & Fri	8/19/24-5/23/25	9am-12pm

**For a list of program closure dates please see parent handbook*



YOUTH PROGRAM PARTIAL SCHOLARSHIPS AVAILABLE!

The Carmichael Parks Foundation has made it possible for participants in our youth programs to receive scholarships through the Sharon Ruffner Scholarship Fund. Go to carmichaelpark.com to apply now or email info@carmichaelpark.com for more information.



Visit our website now to apply!



KIDS HANGOUT AFTER SCHOOL PROGRAM



TO REGISTER

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 the Recreation Coordinator at bdelossantos@carmichaelpark.com.

FOR GRADES 1-8

FULL TIME Attending 4-5 days: \$105/week(R) / \$110/week(NR)
PART TIME Attending 1-3 days: \$85/week(R) / \$90/week(NR)

AFTER SCHOOL PROGRAM BEGINS WHEN WE PICK UP YOUR CHILD FROM SCHOOL AND CLOSSES AT 6PM.

Program runs throughout the school year ending June 13, 2025 and registration is ongoing.

DON'T SEE YOUR SCHOOL LISTED?

Email bdelossantos@carmichaelpark.com to see if we can pick up from your school.

The Kids Hangout After-School Program is held at La Sierra Community Center, Monday through Friday throughout the 2024/25 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.



PROGRAM OFFERED TO:

- Barrett
- Carmichael
- Deterding
- California Montessori Project (CMP) - Carmichael Campuss

(All schools are subject to change dependent on registration)

Transportation is provided from your child's school to La Sierra Community Center. We also provide additional transportation for those participating in after school sports, tutoring, music, scout programs, etc.



AGES: 5-12

Thanks giving

•BREAK•

KIDS HANGOUT CAMP

LA SIERRA COMMUNITY CENTER: KIDS HANGOUT

Looking for something fun for your children this Thanksgiving break?

Sign them up for Kids Hangout where your 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!

NOVEMBER
25TH - 27TH*
8am-6pm
\$120(R) / \$126(NR)



*Program is closed on November 28 & 29

Winter Break

AGES
5-12

KIDS HANGOUT CAMPS

LA SIERRA COMMUNITY CENTER: KIDS HANGOUT

WEEK 1: DEC 23-27*

8am-6pm | *Program closed December 24 & 25

WEEK 2: DEC 30-JAN 3*

8am-6pm | *Program closed December 31 & January 1



\$120(R)
\$126(NR)
per week

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 gyms, open field spaces, and playground! We are currently looking to book a field trip for the second week of camp!



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 Mommy/Daddy & 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.

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 KidzLove Soccer jersey

Tot/Pre-Soccer | AGES: 3-5.5 YRS

Chase the ball! Tot Soccer helps kids learn to be part of a structured group activity without a parent by their side. Realizing this can be difficult for young children, but our field-tested, age specific curriculum builds confidence and promotes physical development in a safe, supportive and fun environment. Tot Soccer focuses on helping kids develop their large motor skills through skill demonstrations and entertaining games like Bugs in the House! These games build skill and self-esteem and prepare tots to start running and kicking - just like the big kids! Tot Soccer classes are 35 minutes long and meet once a week.

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 goal-tending. 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. Best of all, each participant receives a Kidz Love Soccer jersey! Skillz & Scrimmages classes are 45 minutes long and meet once a week.

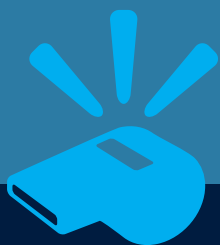
Location: Carmichael Park

PROGRAM	DAYS	DATES	TIMES	FEE
Mommy/Daddy & Me	Sat	10/5-11/9	4:30-5pm	\$165(R) / \$173(NR)
Tot/Pre-Soccer	Sat	10/5-11/9	3:50-4:25pm	\$165(R) / \$173(NR)
Soccer 1	Sat	10/5-11/9	2:05-2:55pm	\$165(R) / \$173(NR)
Soccer 2	Sat	10/5-11/9	3-3:45pm	\$165(R) / \$173(NR)

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 us at sports@carmichaelpark.com or (916) 483-7826 to learn how you can get involved.

All coaches must pass a fingerprint background check, drug screen, and a TB test. Fingerprint background check will be provided at the expense of CRPD. Program fees discounts available for parent volunteer coaches.





Pee Wee Basketball | K & 1ST GRADE

Location: La Sierra Gyms

Players will learn new skills by running drills, having practices and playing short games using lowered hoops. Includes a program t-shirt. Games start Saturday 1/11/25.

SEASON	DAYS	REGISTRATION DATES	TIMES	FEE
K GRADE BOYS & GIRLS				
1/11-3/1	Sat	11/22-1/11	9-10:10am	\$105(R) / \$110(NR)
1ST GRADE BOYS & GIRLS				
1/11-3/1	Sat	11/22-1/11	10:20-11:30:am	\$105(R) / \$110(NR)

Notes: Register by 12/13 to receive your camp shirt on the first day of the program. Late registrations are not guaranteed a shirt, but we will provide if possible.

Amazing Athletes

Visit our website
carmichaelpark.com **for more information on programming for 2-6 year olds!**



CARMICHAEL LITTLE LEAGUE

- Boys and girls ages 4-18 years old welcome!
- Multiple levels of play
- Check our website for registration dates
- Home field located at the La Sierra Community Center, 5325 Engle Road, Carmichael, CA 95608

This is not a CRPD program.

Sign up at carmichaellittleleague.com

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 (Check website for registration dates.)
- All Stars: June-July
- Fall Ball: Aug-Nov (Check website for registration dates.)
- Separate Competitive Program: Jan-Dec (Tryouts Nov)

This is not a CRPD program.

Visit CarmichaelGirlsSoftball.com

YOUTH PROGRAM PARTIAL SCHOLARSHIPS AVAILABLE!

The Carmichael Parks Foundation has made it possible for participants in our youth programs to receive scholarships through the Sharon Ruffner Scholarship Fund. Go to carmichaelpark.com to apply now or email info@carmichaelpark.com for more information.

Visit our website to apply!



ELEMENTARY SCHOOL



To register for all of our youth 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) 483-7826. We also accept registration online or over the phone with a valid Visa or Mastercard.

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

Elementary Volleyball | GRADES 4-6

Location: La Sierra Community Center Gyms

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 13th at 4:30-6pm

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

SEASON	DAYS	REGISTRATION DATES	FEE
9/13-10/25	Fri	8/9-9/13*	\$120(R) / \$130(NR)

*Must be registered by 9/8 to receive a shirt

Boys Elementary Basketball League

GRADES 2 & 3 AND GRADES 4-6

Location: La Sierra Community Center Gyms

Practices & Games: Players practice on Fridays at La Sierra Community Center for one hour between 4-8pm. Parents will be notified of their child's practice time prior to the first practice date. First practice is 1/10. Games start Saturday 1/18.

SEASON	DAYS	REGISTRATION DATES	FEE
Starts 1/10	Fri & Sat	11/1-12/30	\$155(R) / \$165(NR)*

*Fee includes a player reversible jersey

Girls Elementary Basketball League

GRADES 2 & 3 AND GRADES 4-6

Location: La Sierra Community Center Gyms

Practices & Games: Players practice on Fridays at La Sierra Community Center for one hour between 4-8pm. Parents will be notified of their child's practice time prior to the first practice date. First practice is 1/10. Games start Saturday 1/20.

SEASON	DAYS	REGISTRATION DATES	FEE
Starts 1/10	Fri & Sat	11/1-12/30	\$155(R) / \$165(NR)*

*Fee includes a player reversible jersey



R=Resident and NR=Non Residents

Residents of the District receive a discount for specific programs. Please see page 23 for the District boundary map.



MIDDLE SCHOOL



To register for all of our youth 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) 483-7826. We also accept registration online or over the phone with a valid Visa or Mastercard.

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

Middle School Volleyball | GRADES 6-8

Participants practice twice a week at their school and play games once or twice a week at La Sierra Community Center against other local middle schools. Includes a t-shirt.

Information Meeting: Barrett Tuesday 8/20, Rogers Wednesday 8/21, in the MP Room, 2:50pm-3:20pm*.

Practice & Games: Practice will begin the week of 9/3, but specific 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. Games will start the week of 9/23.

SEASON STARTS	REGISTRATION DATES	FEE
9/3	8/9-8/30	\$160/participant



*Meeting day/time may change. Visit carmichaelpark.com for updates.

Boys Middle School Basketball League | GRADES 6-8

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

Information Meeting: Barrett Tuesday 10/8, Rogers Wednesday 10/9, in the MP Room, 2:50pm-3:20pm*.

Practice & Games: Practice will begin the week of 11/4, but specific 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 & Rusch Park. Schedule will be handed out to players after all teams are formed. Games will start the week of 12/6.

SEASON STARTS	REGISTRATION DATES	FEE
11/4	10/1-10/29	\$165/participant

Girls Middle School Basketball League | GRADES 6-8

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

Information Meeting: Barrett Tuesday 1/14, Rogers Wednesday 1/15, in the MP Room, 2:50pm-3:20pm*.

Practice & Games: Practice will begin the week of 2/4 but specific 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 & Rusch Park. Schedule will be handed out to players after all teams are formed. Games will start the week of 3/7.

SEASON STARTS	REGISTRATION DATES	FEE
2/4	1/1-1/31	\$165/participant

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:

- ▶ September 2
- ▶ October 14
- ▶ November 11, 28, 29
- ▶ December 25
- ▶ January 1, 20

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.



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



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



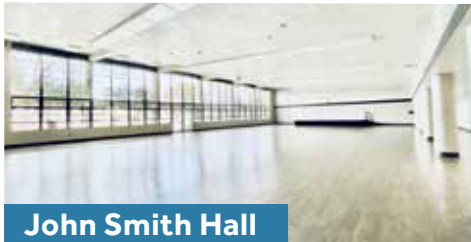


FACILITY RENTALS

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.

- Room Size: 98' x 63', 6,435 sq. ft.
- Assembly Capacity: 800
- Dining Capacity: 385
- Commercial Kitchen



Cypress Room

This newly renovated venue is ideal for birthdays, baby showers, community group gatherings, and other small parties.

- Room Size: 50' x 36', 1,814 sq. ft.
- Assembly Capacity: 230
- Dining Capacity: 115
- Commercial Kitchen



Room 800

This facility is best suited for meetings & trainings, classes and small parties.

- Room Size: 31' x 31', 961 sq. ft.
- Capacity: 50

CARMICHAEL PARK FACILITIES

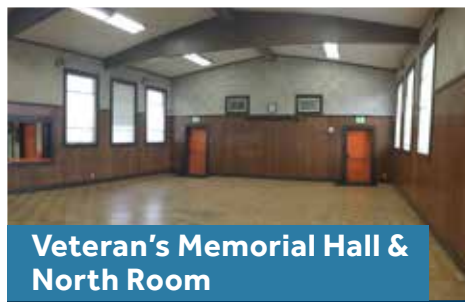
5750 Grant Avenue, Carmichael, CA 95608 • (916) 485-5322



Community Clubhouse

A medium-sized event space perfect for club meetings, fundraisers, parties, and other gatherings.

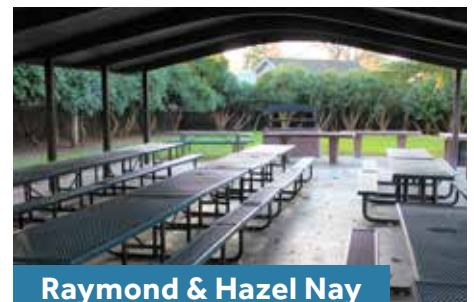
- Room Size: 80' x 56', 4,480 sq. ft.
- Assembly Capacity: 328
- Dining Capacity: 150
- Kitchen



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.

- | | |
|--------------------------|-------------------------|
| Main Hall: | North Room |
| • Room Size: 40' x 30' | • Room Size: 40' x 30' |
| • 1,200 sq. ft. | • 440 sq. ft. |
| • Assembly Capacity: 175 | • Assembly Capacity: 20 |
| • Dining Capacity: 81 | • Dining Capacity: 20 |
| • Kitchen | |



Raymond & Hazel Nay Memorial Picnic Area

This large gathering area is ideal for a family picnic, or simply celebrating "days in the park" with your office or community group. Located in the back of the park, this space is wonderfully shaded and includes countertops, electrical outlets, and one large BBQ grill.

Dining Capacity: 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)

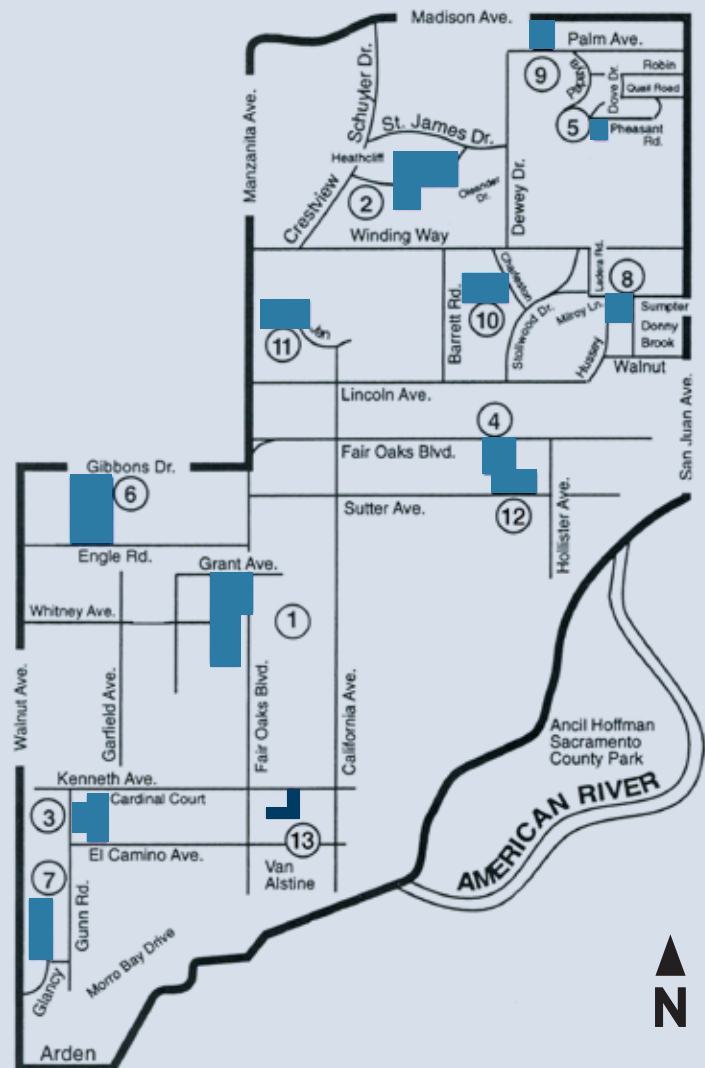
- ▶ Recreation Office: (916) 483-7826
- ▶ Maintenance Shop: (916) 487-6234
- ▶ John D. Smith Community Hall
- ▶ Meeting Rooms
- ▶ 2 Gymnasiums
- ▶ 1 Playground
- ▶ Soccer Fields
- ▶ Ball Fields
- ▶ Basketball Courts
- ▶ Chautauqua Playhouse: (916) 489-7529
- ▶ Sacramento Fine Arts Center: (916) 971-3713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

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





GET TO KNOW THE CARMICHAEL PARKS FOUNDATION



The ABCs of what we do!

All kids have the opportunity to participate!

We provide scholarships to help cover the fees for recreational programs. Since 2018 we've raised over \$117,000 and funded more than 2,200 scholarships.

Beautiful outdoor areas bring people together and give our community character.

Park beautification and improvements are a vital part of our mission. We've partnered with other community groups and organizations over the years to enhance park facilities. We're currently working with local veterans' groups to install a flagpole at the Veteran's Building in Carmichael Park.

Celebrate with annual community events.

We sponsor the annual events that so many members of our community attend free of charge, including:

- Breakfast with the Bunny
- Concerts in the Park
- Red, White and Blue Celebration and Fireworks Show
- Founder's Day
- Holiday Tree Lighting and Visit with Santa



To learn more about the Foundation's goals and activities, or to become involved as a member, volunteer, or donor, scan the barcode to the left, or visit our website at carmichaelparksfoundation.org.

And follow us on Facebook and Instagram!

We would love to have you join us!



Recognized by the Carmichael Chamber of Commerce
as their 2022 Nonprofit of the Year.