Rolling into Fall

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Cars that Care  Page 7
Halloween Festivities  Pages 6-7

www.southgaterecandpark.net
Not Sure How to Register? Let Us Help You!
A Step-By-Step Guide to Registering Online for Activities and Special Interest Classes

First Time Users
- Go to: http://activenet.active.com/southgaterecandpark
- Click “Create an Account” in the upper right corner.
- Check to see if you already have an account. (If you have registered for classes previously, you probably have an account.)

Have an Account?

No
- Fill in the information in the “Create an Account” screen.
- Once you create an account, click “Home Page”.
- In the Activities Search Bar, enter a keyword of the activity that interests you.
- In the far right column labeled “Action”, click the “More” button to see all class dates, times, and locations.

Yes
- Go to: http://activenet.active.com/southgaterecandpark
- Click “Sign In” in the upper right corner.
- In the Activities Search Bar, enter a keyword of the activity that interests you.
- In the far right column labeled “Action”, click the “More” button to see all class dates, times, and locations.

Returning Users
- Go to: http://activenet.active.com/southgaterecandpark
- Click “Sign In” in the upper right corner.
- In the Activities Search Bar, enter a keyword of the activity that interests you.
- In the far right column labeled “Action”, click the “More” button to see all class dates, times, and locations.

Forgot Your Password?
- Go to: http://activenet.active.com/southgaterecandpark
- Click “Sign In” in the upper right corner.
- Enter your email as your login username, Click “Forgot your Password?”
- If you have an account, you will be prompted to enter your email address again. Your password will be emailed to you.

Still Have Questions?
Call us at 916-526-0234

Please note: Preregistration is required for all classes.
Classes will be cancelled one week prior to the class start date if minimum numbers are not met.
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The summer openings of the New Aquatic Center and Pat O’Brien Community Center really revved up the fun in our community. This fall, you’ll find plenty of action in both locations.

While we’re throwing the spotlight on the newest additions to our community, many of the classes and events featured here are also happening at Fruitridge and Rizal Community Centers.

New Aquatic Center
The kids may be back in school, but there’s still plenty happening at the new pool through the end of October. Activities include lap swimming and Saturday group swim lessons for the ages 6 months and up and private lessons for all ages and abilities.

The popularity of our new Float Fit, Aqua Spin, and Water Aerobic classes continues to grow. By participant request, we’re lengthening some class times to 45 minutes. We’re also working on ways to expand class sizes so that more can join in the fitness fun.

Activities for Little Ones
We offer activities geared to our youngest community members and their families, like our Baby & Me Playgroup for parents/caregivers and babies up to 18 months old. Baby & Me happens the first Thursday of each month from 10 - 11 a.m. It’s a great way to meet fellow parents and help babies get an early start on socialization skills. And it’s free!

Future NBA and WNBA stars can get off to an early start with Hoop N’ Holler, for boys and girls ages 3 to 5 and their parents. These energy-burning classes are offered once a week for 45 minutes. See page 26 for details.

Book Your Next Event
Don’t forget! Both new facilities are available to rent for your next event. Visit the Parks & Facilities section of our website (SouthgateRecandPark.net) to learn more.
**Adult Sports and Fitness**

The new community center is quickly becoming a destination for sports and fitness enthusiasts. Classes like Zumba, hatha yoga, dance, high-intensity interval training (HIIT), and adult self-defense are filling up fast—check out the class guide for details and be sure to sign up soon.

We’re also featuring team sports activities Monday through Wednesday evenings:

**Monday – Co-Ed Basketball Drop-In**

Come out for some drop-in hoop action every Monday evening from 7:15 – 10:15 p.m. The cost is $5 per session. Our goal is to set up a league, so bring your friends out to get things rolling!

**Tuesday – Co-Ed Rec Volleyball League**

There’s been so much interest that we’ve set up a co-ed rec league on Tuesdays from 6:30 to 9:30 p.m. Cost is $250 per team.

**Wednesday – Women’s Volleyball Drop-In**

Help us get some league action going at Pat O’Brien by coming out for drop-in sessions every Wednesday from 7 – 10 p.m. Sessions are for players over age 18 and cost per session is $5. Go to page 31 for more details.

**Kids and Teens**

After sitting in the classroom, kids and teens need to move and have fun. Martial arts, yoga, dance classes…the options are endless! We also offer youth recreation sports leagues, sports camps, and fun special events like our pizza-making workshop. See page 27 for details.

**Seniors**

Since staying active is one of the best ways you can live a long and healthy life, we offer a growing variety of classes and activities geared to seniors but open to interested adults of all ages. Our walking and fitness classes—including our very popular Tai Chi, Walk with Ease, Aqua Spin, and Young at Heart—are great ways to get out of the house, make new friends, and stay healthy. We offer enough choices that you’re bound to find something that you’ll enjoy. Check out pages 34-35 for details.

**Learning Opportunities**

Keep your mind limber and fit, too, by taking advantage of some of the classes now available at the Pat O’Brien Community Center. This fall, we’re offering classes covering nutrition and food safety, meditation, cookie and cupcake decorating, watercolor painting, and more. Check out pages 22-35 for details and sign up today!

**Teach Us Something New**

We’re always looking for ways to bring new ideas into the community. If you have a special skill and the qualifications to teach it to others, we’d love to hear from you. To learn more, visit the “Employment & Volunteer Opportunities” page in the “About SRPD” section of our website: SouthgateRecandPark.net. Questions? Contact 916-526-0234 ext. 109 for more information.
Splashing Pumpkins

Southgate Aquatic Staff invites your family to attend our third Halloween-themed Splashing Pumpkins event. Join us Saturday, October 12 from 1 – 3 p.m. at the New Aquatic Center for a chance to swim to your choice of pumpkin. This family event is strictly limited to children accompanied by their parent(s) or guardian(s). Children under age 6 must be accompanied by an adult at all times, including in the water. All regular pool rules apply. *This event will be cancelled if it rains.

**Location:** New Aquatic Center

**Fee:** $5.00 per child

**Days/Times:** October 12, 2019, 1 – 3 p.m.

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Wii Like to Play

Pat O’Brien Community Center will transform into gamer heaven for our Wii Like to Play Game Night! This will be a safe and secure space for your child/children aged 6 – 14 to participate in video games, board games, arts and crafts and more! Snacks will be provided at each event. Select Fridays every month (September 6 & 20, October 11 & 25, November 1 & 15, December 13) from 6:30 – 9:30 p.m. This is a drop-in event. Call (916) 526-0234 for more details!

**Dates:**
September 6 & 20,
October 11 & 25,
November 1 & 15,
December 13

**Time:**
6:30 – 9:30 p.m.

**Location:**
Pat O’Brien Community Center,
8025 Waterman Road

**Ages:**
6 – 14

**Fee:**
$5 per child

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Spookfest

This event features Halloween arts and crafts, family-friendly carnival games, a photo booth, and a trick or treat candy walk where kids can fill up their pillowcases with yummy treats. Dress up to compete in the costume contest. Children under 13 must be accompanied by an adult. Adult admission is free when accompanying children.

**Date:**
Saturday, October 12

**Time:**
3-6 p.m.

**Location:**
Pat O’Brien Community Center,
8025 Waterman Road

**Fee:**
$5 per child
Halloween Carnival & Haunted House

Join us Thursday, October 31 from 5:30 – 8 p.m. for an evening of Halloween fun with your family and friends. Compete in a costume contest and Halloween-themed carnival games. Test your bravery in our haunted house. Enjoy food and drinks from our concession stand and eat dinner while watching a kid-appropriate Halloween film. The evening also includes arts and crafts, a photo booth, and a candy walk where kids can fill their pillowcases with some of their favorite candy. Children under 13 must be accompanied by an adult. Adult admission is free when accompanying children.

Cars that Care

On November 9, 2019, Southgate Recreation & Park District will hold its first Cars that Care car show from 9 a.m. – 3 p.m. at Pat O’Brien Community Center, 8025 Waterman Road. The event will feature classic cars and trucks made before 1975. There will also be food trucks, raffle prizes, a REC Van kids zone, vendor booths, and more.

This fun fundraising event and toy drive supports the District’s Evening with Santa event, which is happening on December 13 at Jose P. Rizal Community Center, 7320 Florin Mall Drive. Bring a new unwrapped gift for a child age 0 to 17 to share with a local child attending this year’s Evening for Santa event.

Each year, our Evening with Santa program provides up to 350 District residents with dinner prepared by The Embarcadero Lions Club. The evening also includes prize raffles, entertainment, and gifts for each child in the family. Kids also have the chance to win a bicycle donated by the CHP and gift cards provided by local merchants. Every Evening with Santa program is a one-of-a-kind event for kids and families. District residents who qualify for financial assistance enter to be selected as one of the evening’s participants. See page 8 for details on registering to attend this year’s event.

If you are interested in bringing out your vehicle, registration through October 4 is $20.00, plus a $10.00 unwrapped gift. If registering after October 4, the fee is $30.00 per vehicle, plus a $10.00 unwrapped gift. Please note that all vehicles must be driven in as we do not have space for trailers. If you are interested in being a vendor, the fee is $50.00 per space and all spaces will be inside Pat O’Brien Community Center.

For more information, please contact Cheryl at 916-395-0601 ext. 15.

Date:
Saturday, November 9
Time:
9 a.m.-3 p.m.
Location:
Pat O’Brien Community Center, 8025 Waterman Road
Registration: Evening with Santa

Date:
Wednesday, November 6

Time & Location:
9 a.m. – 5 p.m.
Jose P. Rizal Community Center
9 a.m. – 2 p.m.
Fruitridge Community Center

Notification Date:
Friday, November 15

Registration for the Evening with Santa event will take place on Wednesday, November 6, 2019, between 9 a.m. and 5 p.m. at the Jose P. Rizal Community Center, 7320 Florin Mall Drive and 9 a.m. – 2 p.m. at the Fruitridge Community Center, 4000 Fruitridge Road. There is room for only 350 people at this magical evening with Santa, taking place December 13 at Jose P. Rizal Community Center. We’ll take all applications we receive November 6 and hold a drawing to fill the available spaces. Those who are selected in the random drawing will be contacted by Friday, November 15. To register, you must reside within the District boundaries and qualify for assistance. Please bring your identification with current address or identification plus utility bill or property tax bill with the current address and name to prove residency. Proof of financial assistance is also required (WIC, EBT – Electronic Benefit transfer, food stamps, MediCal, Child Action, Free or Reduced Lunch). This event is limited to children 0-17 years of age, and two adults per family may accompany the children.

Fishing in the City

Southgate Recreation and Park District will hold its first Fishing in the City event for 2020 on January 25 at the Florin Creek Park pond. Over 300 pounds of trout will be planted! There will be a raffle for kids to win fishing poles, tackle boxes, gift cards, and more. This is a great opportunity for children, ages 5-15, who have never experienced fishing. Children don’t need a fishing license to participate, and the California Department of Fish and Wildlife will have fishing poles and bait available for those who need it. Along with the raffle prizes, children can win prizes for the first fish, smallest fish, and largest fish caught. Event registration is FREE!

Date:
Saturday, January 25

Time:
8:15 a.m.-12 p.m.

Location:
Florin Creek Park,
7468 Persimmon Avenue

Fee:
FREE

There is a catch limit of five fish for this event.

Fishing event begins at 8:30 a.m. after the clinic put on by The California Department of Fish and Wildlife at 8:15 a.m.

For any questions regarding this event, please call (916) 395-0601.
Job Skills Workshop

Would you like to go to summer camp, run around on a playground, play sports—and get paid for it? Apply for a job working in recreation! We’re looking for energetic, motivated individuals for temporary seasonal employment and year-round opportunities. The Job Skills Workshop features information on how to make contacts, prepare for an interview, and increase your chances of getting hired. Applications for recreation positions will be accepted at this event. This FREE event is a don’t-miss opportunity for teens and young adults interested in working with the District.

Polar Plunge - Freezin’ for a Reason

The 9th annual “Polar Plunge” event will be held at the New Aquatic Center on Saturday, January 25, 2020, as a fundraiser to benefit spinal cord injury victim Nick Rouse. In 2008, Nick, a former Southgate Recreation & Park District Lifeguard, was injured while falling off of a rope swing at a Sacramento river, breaking his spine in two places resulting in paraplegia/borderline quadriplegia. Over one million people in the U.S. suffer spinal cord injuries each year. Approximately 11,000 of those injuries result in paraplegia. This event includes music, swimming, food, hot chocolate, and conversation with Nick, who will eagerly watch his family, friends, and community members plunge into the cool pool water in his honor. We hope you will join us for this meaningful “Freezin’ for a Reason” fundraiser! For more information, contact Julieann Rouse at 916-599-0873.

Date: Saturday, January 25
Time: Doors open for registration at 8 a.m. Countdown to Polar Plunge at 9 a.m. Raffle Prizes, Food, Drinks & Entertainment until 10 a.m.
Location: New Aquatic Center
Fee: $20.00 tax-deductible donation (payable at the event)
The Florin Historical Society hosted its annual Strawberry Festival on June 8, 2019, at Olde Florintown Park. This year’s event was not only the best one yet—with plenty of entertainment and delicious strawberry treats to go around—it also attracted the most people, with more than a thousand festival goers. From food trucks to live music and the classic car show, there was definitely something for everyone to enjoy! The Strawberry Festival’s raffle raised money for the Florin Historical Society scholarship fund, which helps cover college costs for deserving high school students who live in the District and hold a high GPA. The historical society is already gearing up for next year’s festival, scheduled for June 13, 2020, so mark your calendars and be sure to attend. For more information on the Strawberry Festival or how to be a vendor, please call The Florin Historical Society at 916-692-4069 or send an email to fhs111875@yahoo.com.

Jr. Giants

Great Hit!! This year, Junior Giants kicked off to a huge start, surpassing our participant goal by the end of the first week. For 2019, Junior Giants had 280 registered participants throughout three divisions: T-ball, minors and majors. This year Jr. Giants had six teams in each division that practiced Monday through Thursdays and played games on Friday nights and Saturday mornings. It was an exciting season that saw teams come into their own over the course of the summer and individually participants built up not only their baseball skills but also benefitted from S.T.E.M. (science, technology, engineering and math) education that is part of this great program!

Junior Giants is a free, volunteer-based, noncompetitive league that provides agencies and families a way to come together and teach the fundamentals of baseball along with character development, teamwork, leadership, confidence, and integrity. The program also focuses on health, education, and bullying prevention. We are excited to offer a softball division in 2020 and will have information regarding the upcoming 2020 season in the spring 2020 Southgator.
WINTER BREAK CAMP

Wondering how to keep your kids busy and happy during the upcoming holiday breaks? We’ve got you covered.

Our winter break camp will be available during Thanksgiving week and over the two-week holiday break. The camp offers kids’ games, fitness, nutrition, social interaction, S.T.E.M activities (Science, Technology, Engineering and Mathematics), arts and crafts, and plenty of fun. We offer morning and afternoon snacks and experienced staff to provide a safe and engaging environment. This adventure will be open at Pat O’Brien Community Center (8025 Waterman Rd) Monday – Friday, 7 a.m. – 6 p.m. Camp will be closed on November 28 and 29, December 25, and January 1. Prices for camp are $75 (under 25 hours) and $110 (26+ hours) for the week or $25 daily drop-in. Please call 916-526-0234 for more information.

JOIN US!
Location:
Pat O’Brien Community Center
Dates/Time:
Monday – Friday
7 a.m. – 6 p.m.
Fees:
$75 (under 25 hrs./wk.)
$110 (26+ hrs./wk.)
$25 daily drop-in
Southgate Soccer Club

Southgate Soccer Club has been serving the south Sacramento area for almost 45 years. The club was founded in 1979 by community volunteers who felt that creating this organization would give back to local kids and give them a sense of purpose and belonging.

Southgate Soccer Club helped establish what we know as Southgate Recreation, Inc. (SRI) to create and build a close working relationship with Southgate Recreation & Park District and improve recreation and youth sports opportunities for our community.

A seven-member board of trustees manages SRI with a mission to sponsor, promote, and initiate recreation, cultural, and educational activities for the residents of the Southgate community. Today, SRI continues with the same mission and grants sports field permits to member agencies. The sports agencies are given permits to allow for practice and league games throughout the year. Groups also work through SRI to obtain field

permits for Elk Grove and Sacramento City Unified School Districts.

Southgate Soccer Club is a nonprofit volunteer organization and a member club of the Cosumnes River Recreational Soccer League. This league focuses on recreational soccer for children in the surrounding south Sacramento area. Southgate Soccer Club’s goal is to teach kids love of the game, keep them active, and help them learn life skills by playing in a team sport. When asked what she hopes participants will learn and gain while playing with her organization, Club Manager Cherise Gallegos stated, “I hope all the kids gain great memories, new friendships, and learn how to be a responsible team player. I also hope the kids take away

skills on how to work together in a group setting and achieve a team goal.”

Southgate Soccer Club offers a fall league program that runs from August to December and serves kids ages 4 to 19. When asked what makes her club stand out, Gallegos said, “Our club offers an alternative to competitive sports programs that can be costly and not feasible for all families. We want to make sure all kids have the opportunity to play and enjoy a sport at a low cost.”

A group of volunteer board members who share a passion for the game manage Southgate Soccer Club and work hard on and off the field to make sure kids have a great recreational soccer experience. Southgate Soccer Club is excited to host its annual Jamboree, which includes scrimmage games, a soccer shootout competition, raffles, food, and lots of vendors. The Jamboree event is held at Jack Sheldon Park every year in the fall. Check out Southgate’s website for more information on how to register and be a part of this year’s Jamboree.
Community Resources

BASEBALL
Florin Little League ............................. 916-719-6220
Parkway Little League ............................. 916-416-7310

FOOTBALL
Sacramento Raiders Youth Organization ........ sacraiders.com

SOCCER
Fruitridge Soccer Club ............................. www.sysl.com
Parkway Soccer Club ............................. parkwaysoccerclub.com
Sacramento Super Soccer Adult League ....... 916-716-1227
Southgate Youth Soccer Club ..................... sysl.com
Vineyard Soccer Club ............................. www.elkgrovesoccer.com
Inter Rage Academy of Soccer ................. www.iracademysoccer.com

SOFTBALL
All American Sports Academy ................. allamericansportsacademy.net

SWIMMING
Sac Town Tsunami Swim Team .................... 916-215-7159

TENNIS
Southgate Tennis Club ............................. 916-531-6543

COMMUNITY GROUPS
Fletcher Farm Community Watch Assoc ........ 916-388-9585
Larchmont Lindale Neighborhood Assoc .... 916-383-5247
MOM’S Club (Sacto) ............................. momsclubsacsouthgate@yahoo.com
Parkway Estates Neighborhood Assoc ......... 916-421-7269
Parkway Estates North Neighborhood Assoc ........ 916-427-2540
River City Blue Star Moms ....................... rivercitybluestarmoms.com
South Oak Park Community Association ........ Facebook/SOPCA

Southarea Recreation, Inc (SRI)

Southarea Recreation, Inc. (SRI) was established to improve recreation and youth sports opportunities for the Southgate Recreation & Park District community. Managed by a seven-member Board of Trustees their mission is to sponsor, promote and initiate recreation, cultural and educational activities for the residents of the Southgate community.

SRI was established in 1976 at the request of the Southgate Soccer Club and the Southgate Aquatic Club to build a close working relationship with Southgate Recreation & Park District. Today, SRI continues with the same mission and grants sports field permits to member agencies. (See agencies listed). The sports agencies are given permits to allow for practice and league games throughout the year. Groups also work through SRI to obtain field permits for Elk Grove and Sacramento City Unified School Districts. Individuals interested in an opportunity to get involved and stay connected with youth and youth sports should consider participating on the Board of Trustees.

For more information about joining SRI, please contact Richard Lincoln, Recreation Manager, at rlincoln@southgaterecandpark.net.
**District Projects and Planning**

Sacramento Housing and Redevelopment Agency awarded the District a $150,000 Community Development Block Grant for Nicholas Park located at 6597 46th Street. The project consists of installing playground equipment for children ages 5 years and older within the existing northern playground area. In addition, the project will include adding an access ramp and some sidewalk repairs to improve Americans with Disabilities (ADA) access; replacing playground sand with wood fiber; and installing benches at select locations. At this time, a playground structure has been designed and selected, and the project has gone out to bid. The District anticipates construction to be completed this fall.

**Nicholas Park Playground Renovation Project**

Southgate Recreation & Park District prepared and submitted grant proposals to revitalize Nicholas Park and rebuild and reopen the Rutter Swim Center along with other improvements to Rutter Park. Proposals were due August 5, 2019, for the first of three rounds of grant funding. Community participation was vital to each grant to build a proposal that works for the community. So, thank you for showing up or completing our online survey! The grants are highly competitive, and we will not know if funds will be awarded to either project until the end of 2019. Even if we are not successful this time, what we learn will improve our chances in future grant cycles. The grants are funded as a result of Proposition 68, which voters approved on June 5, 2018. The measure authorized $4 billion in general obligation bonds for state and local parks, environmental protection, water infrastructure, and flood protection. The bulk of park funding is determined through the competitive Statewide Park Program (SPP), administered by California State Parks. It is a competitive grant that will award over $650 million across California to park projects in underserved communities; meaning the community has fewer than 3 acres of park space per 1,000 residents or the median household income is below $51,026. The District is excited about the SPP grant program as it represents a chance to revitalize parks in the District's historic neighborhoods. If you would like to learn more about these grant proposals, please contact Vince King at (916) 428-1171 or by email at vking@southgaterecandpark.net.

**Grant Proposition 68 Grant Application – Rutter Swim Center and Park & Nicholas Park**

Southgate Recreation & Park District prepared and submitted grant proposals to revitalize Nicholas Park and rebuild and reopen the Rutter Swim Center along with other improvements to Rutter Park. Proposals were due August 5, 2019, for the first of three rounds of grant funding. Community participation was vital to each grant to build a proposal that works for the community. So, thank you for showing up or completing our online survey! The grants are highly competitive, and we will not know if funds will be awarded to either project until the end of 2019. Even if we are not successful this time, what we learn will improve our chances in future grant cycles. The grants are funded as a result of Proposition 68, which voters approved on June 5, 2018. The measure authorized $4 billion in general obligation bonds for state and local parks, environmental protection, water infrastructure, and flood protection. The bulk of park funding is determined through the competitive Statewide Park Program (SPP), administered by California State Parks. It is a competitive grant that will award over $650 million across California to park projects in underserved communities; meaning the community has fewer than 3 acres of park space per 1,000 residents or the median household income is below $51,026. The District is excited about the SPP grant program as it represents a chance to revitalize parks in the District’s historic neighborhoods. If you would like to learn more about these grant proposals, please contact Vince King at (916) 428-1171 or by email at vking@southgaterecandpark.net.
LARRY GURY COMMUNITY PARK UPDATE

Larry Gury Community Park, located south of Arnold Adreani Elementary School in the Vineyard Springs Community, continues to move through the permitting process. Improvement plans and building permit applications have been submitted to the Sacramento County Building Permits and Inspections Office for review and approval. This is a time-consuming process and may involve multiple revisions before permits are issued. However, the District is working closely with all the permitting agencies to keep the project moving through the process. Once the District has building permits in place, the project will be put out to bid for construction. We understand that the neighborhood has been waiting a long time for this park and sincerely appreciate your patience. We hope to start construction of the park in late spring 2020.

JACK DAVIS PARK IMPROVEMENTS

Jack Davis Park has recently undergone significant improvements thanks to support from Kaiser Permanente. The new KaBOOM! Playground structure and Sacramento Kings basketball court are welcome additions to the South Oak Park neighborhood! The District and the Sacramento Housing and Redevelopment Agency (SHRA) are working to expand Jack Davis Park and make additional upgrades that include expanding the park with new turf, lighting, paths, and landscaping. Improvement plans have been completed and construction of the expanded park space is anticipated to begin in the spring of 2020.
Don and Brenda Nottoli Community Park is open! On Saturday, May 18, 2019, more than 300 people came out to celebrate the opening. They enjoyed two bounce houses, face painting, R.E.C. Van activities, arts and crafts, and many other activities. The park features two lighted sports fields, a dog park, tennis courts, lighted full basketball court and one-half basketball court, wheelchair accessible playground area, restrooms, and shaded picnic tables. Supervisor Don Nottoli, his wife Brenda, and friends attended the ribbon cutting officially welcoming the public to enjoy the new park.
WILDHAWK PLAYERS CLUB

EAGLE CLUB

$199
INDIVIDUAL
$375 SAVINGS
BASED ON PLAYING TEN ROUNDS

BENEFITS
$50 Weekends / $40 Weekdays
Free Birthday Round
8 Days Advanced Reservations
10% Off Merchandise
Two Complimentary Golf Passes
One Complimentary Golf Lesson
Four 2-for-1 Drink Coupons
10% Off Range Programs

BIRDIE CLUB

$170 SAVINGS
BASED ON PLAYING TEN ROUNDS

$99
INDIVIDUAL

BENEFITS
10% Off Green Fees/Carts
Free Birthday Round
8 Days Advanced Reservations
10% Off Merchandise
Two 2-for-1 Drink Coupons
10% Off Range Programs

HAWK ANNUAL PASS

$3100 WITH CART
$2400 WITHOUT CART

AGE 62 AND OVER
$2400 WITH CART
$2000 WITHOUT CART

BENEFITS
Unlimited Golf Seven Days a Week
8 days Advanced Reservations
10% Off Merchandise
Two Complimentary Golf Passes
One Complimentary Golf Lesson
Four 2-for-1 Drink Coupons
10% Off Range Programs
After years of anticipation, the Pat O’Brien Community Center and The New Aquatic Center are now open! On Saturday, May 25, 2019, Southgate Recreation & Park District staff hosted its long-awaited grand opening. Guests were welcomed with information on classes, tours of the facilities, REC Van activities for the kids, bounce houses, and demonstrations of indoor and outdoor activities being offered (for all ages). The crowd was treated to a lunch of hotdogs, chips, and beverages. Highlights of the day included the unveiling of the two pools, spray play area, and our new aquatics fun run. Pat O’Brien, his wife, family, and friends joined staff in this joyous ribbon cutting, and many attendees stayed on to enjoy the water.
WILDHAWK GOLF CLUB

Bogies and Brews

WildHawk Golf Club will be hosting Bogies & Brews Oktoberfest on Saturday, October 19, with a 3 p.m. shotgun start. Previous Bogies & Brews have featured most of the Sacramento region’s craft brewers, including Track 7, Device, New Glory, Knee Deep, and many others. Bogies & Brews features nine holes of fun scramble golf, three craft beers throughout the round, and a delicious BBQ at the finish. The price can’t be beat either, $54 per player for nine holes of golf, cart, range balls, one craft beer of your choosing plus three craft beer pour stations on the course, and a bratwurst barbecue. Watch the wildhawkgolf.com website for this event’s craft beer lineup—it will not disappoint. Call WildHawk at 916-688-4653 to sign up or visit www.wildhawkgolf.com for more information.

Wild Wahine Comes to WildHawk

A little bit of Hawaii came to WildHawk this past June 19, when 144 women descended upon WildHawk wearing various versions of Hawaiian garb to enjoy the annual Wild Wahine invitational golf tournament hosted by the WildHawk Women’s Club. Now in its 18th year, Wild Wahine is always a sellout, thanks to Karen Allejo of the Women’s Club. WildHawk staff also ensures the day is special by greeting the women in the parking lot when they arrive and transporting their clubs to their awaiting golf carts.

The women bring delicious foods and to enjoy throughout the day, and the day ends with a mouthwatering BBQ in the WildHawk Grille.

While it’s always fun, the Wild Wahine also serves as a fundraiser for junior golf and local charities, such as Loaves and Fishes.

The Wild Wahine is just one of many events that the WildHawk Women’s Club hosts each year. Their Halloween Tournament is just as festive and fun, as are all their holiday-themed events. Enjoying fun events is just one reason you should consider joining the WildHawk Women’s Club. The camaraderie is great throughout the year, and they play some serious golf, too. To get more information on the Women’s Club at WildHawk, visit us at www.wildhawkgolf.com and look under Clubs.

The First Tee Junior Program

Summer may be fading, but junior golf is still going strong. WildHawk runs its junior golf program through November with weekday and Saturday golf clinics that are perfect for an after-school activity. The clinics are six hourly sessions for $89.95. These clinics are a great way to get your child started in golf.

WildHawk instructors teach all the basics to get your young golfer hitting the ball in the air and knocking it in the cup.

WildHawk is an affiliate course of The First Tee of Greater Sacramento and follows all of The First Tee curriculum. Our weekday classes are Tuesdays for ages 5 - 8 and Thursdays for ages 9 - 17. Starting time for both classes is 4 p.m. The Saturday junior clinics begin at 9 a.m. for ages 5 - 8 and 10:30 a.m. for ages 9 - 17. All classes are one hour long.

For class dates, call the WildHawk Golf Club at 688-4653 or visit WildHawk at www.wildhawkgolf.com for more junior golf information.
WildHawk’s Players Club

The Players Club offers two options to play WildHawk as an annual member and receive some great discounts and benefits.

- The Eagle Club costs $199 to join, and members pay $40 weekdays and $50 weekends to play. Both fees include green fee and cart and are $8 off the normal price. Other benefits include advance reservations, early twilight rates, complimentary guest passes, two-for-one drink coupons, and more.

- The Players Club costs $99 per year to join. Players Club members receive a 10% discount on green fees and carts whenever they play. They also receive advance reservations, early twilight, a complimentary guest pass, two-for-one drink coupons, and more.

- WildHawk will continue to offer our Hawk Annual Pass plans in senior (62+) and nonsenior versions, which offer unlimited green fees anytime.

Stop in at WildHawk and pick up a brochure or visit us online at www.wildhawkgolf.com.

Join the WPA

October is the perfect time to join the WildHawk Players Association, or the WPA as it’s known at WildHawk. October is the start of the NCGA handicapping year, so you get 14 months of membership for the price of 12 by joining in October. All yearly memberships expire in December.

The WPA hosts tournaments like the match play and club championships, NCGA qualifying events, and other fun events throughout the year that allow members to have fun, play golf, and meet new people. So, if you’re looking to play some serious golf or just looking to play some fun events, consider joining the WPA. Visit www.wildhawkgolf.com for more club information.

AERIFICATION? WHAT IS THAT?

Twice every year, we aerify WildHawk greens. After working on golf courses for almost 50 years, I know that each spring and fall at least one golfer will ask, “Why are you aerifying the greens? They’re perfect right now!”

Yet it’s the fact that we aerate every spring and fall that keeps our greens in good condition. Greens aerification is the process of mechanically removing cores of soil and replacing them with sand top-dressing that is dragged into the open holes to leave a smooth surface upon healing. We add several soil amendments during the process, including fertilizer, gypsum, water penetrant, and bentgrass seed. The process increases the length and mass of turfgrass plant roots, which helps plants withstand the hot summers we typically experience.

The process also helps alleviate soil compaction and allows for better water and air movement through the soil, which contributes to healthier turfgrass. Healthier turfgrass can better withstand the pressures of pests, weather, and golf traffic on a busy public golf course.

While greens aeration is a very necessary practice, we recognize that it comes with drawbacks. Golfers become frustrated with the putting surfaces just after aerification and through the healing process, which usually takes about two weeks. The greens are somewhat bumpy and slow until they have fully recovered. To compensate for the inconvenience, our Wildhawk Golf Club often offers discounted rates during the first week following aerification.

Keeping putting greens in optimal condition is a yearlong battle that requires a great deal of effort and attention. Aerification is a very important part of that process. The next time you’re playing WildHawk Golf Club on a blistering hot August day, remember that it’s the maintenance crew’s hard work during aerification and throughout the year that makes it possible for you to enjoy some of the best-kept greens in the Sacramento area. We don’t like the inconvenience aerification causes golfers, but there is a method to our madness!

Sam Samuelson
C.G.C.S. WildHawk Golf Club
FALL SWIM LESSONS

Southgate Recreation & Park District will be offering Fall Swim Lessons on Saturday mornings beginning in September at the New Aquatic Center & Fruitridge Aquatic Center.

The Aquatics Department is dedicated to teaching every participant how to swim, regardless of age or ability. This is achieved by ensuring low student to teacher ratios and small class sizes, which allow for personal attention and feedback from instructors. Instructors use a combination of professional training techniques and years of teaching experience.

Participants with special needs should contact the Aquatics Recreation Supervisor at least two weeks before the first lesson to make any necessary arrangements. For further information, please call (916) 526-0204 x109.

FRUITRIDGE AQUATIC CENTER
4000 Fruitridge Road, Sacramento
Swim Lesson Fees:
$35 group lessons
$75 private Lessons

NEW AQUATIC CENTER
8025 Waterman Road, Sacramento
Swim Lesson Fees:
$45 group lessons
$90 private Lessons

FALL SWIM LESSON SESSION DATES: (Saturdays)
September Fall Lessons: September 7 – September 28
October Fall Lessons: October 5 – October 26**
** October Fall Lessons at New Aquatic Center only

For more information about aquatic program opportunities, please call (916) 526 – 0234.

Fall Lessons –
New Aquatic Center & Fruitridge Aquatic Center

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<thead>
<tr>
<th>Class Name</th>
<th>10 a.m.</th>
<th>10:35 a.m.</th>
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<td>Starfish</td>
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<td>Guppies</td>
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<td>Polliwogs</td>
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AQUATICS

SOUTHGATE SWIM LESSONS – Class Descriptions

Level 1: Starfish (6 mos. – 3 yrs., with parent participation)
This class is designed to adjust the child as well as the parent or guardian to the aquatic environment. Child must wear swim diaper and must be accompanied by a parent or guardian in the water at each session.

Level 2: Guppies (3 – 5 years)
This class is designed for the youngster who cannot float. Students will acquire skills such as front and back floating, arm strokes, flutter kick and submerging. Child must be three years old and mature enough to be in the water by themselves.

Level 3: Polliwogs (6 years and up)
This class is designed for the older youngster who cannot float. Students will acquire skills such as front and back floating, arm strokes, flutter kick and submerging. Child must be at least 6 years old.

Level 4: Tadpoles (6 years and up)
This class is designed for the youngster who has completed Guppies or Polliwogs or who can float on their front and back comfortably without assistance. This class will introduce the front and back crawl strokes.

Level 5: Goldfish (6 years and up)
This class is designed for students who have completed Tadpoles, or who are able to demonstrate back crawl arm action and at least 15 feet of front crawl. Students will work on improving coordination of the front and back crawl strokes while being introduced to rhythmic breathing and glides.

Level 6: Barracudas (6 years and up)
This class is designed for students who have successfully completed Goldfish, or who are able to demonstrate 30 feet of front crawl and back crawl. Students will begin learning rotary breathing, elementary backstroke, breaststroke, and dives.

Level 7: Dolphin/Shark (6 years and up)
This class is designed for students who have successfully completed Barracudas, or who are able to at a minimum swim 25 yards of front and back crawl and demonstrate the elementary backstroke and breaststroke. This class will continue to work on building swimming mechanics and endurance while introducing students to the butterfly stroke and flip turns.

Level 8: Teen & Adult Beginners (12 years & up)
This class is designed for non-floaters and beginning floaters. Classes develop floating ability and stroke technique.

Private Swim Lessons (all ages/abilities)
This class provides tailored one-on-one instruction for all ages and levels of ability. Children under 3 years may require parent participation in the pool. These classes include four, 30-minute lessons.

FALL SWIM LESSON GUIDELINES
1. Please arrive early and have your student ready for instruction. All classes begin and end as scheduled.
2. All group classes are 30 minutes. Each session is 4 days.
3. Class size is limited to 6 students, with the exception of the Starfish level, which is limited to 10 students.
4. We suggest that you select your 1st, 2nd, and 3rd choice for registration, as your first choice may not be honored if classes are full.
5. Classes may be added or deleted from class sessions depending on enrollment.
6. In the event that the level of instruction must be changed, please notify your current instructor, and make the necessary change with a cashier during regular registration hours. Level transfers must be completed within the first 2 days of instruction.
7. No class refunds will be issued after the class has begun.
AQUATICS SPECIALTY PROGRAMS

LAP SWIM
Lap swimming is a great low-impact workout that promotes cardiovascular fitness and a healthy lifestyle. Participants must be at least 16 years old, or 14-15 years old with adult supervision for lap swimming only. Must be able to swim 25 yards unassisted.

**Location:** New Aquatic Center

**Days/Times:** (September & October)
- Monday – Friday:
  - 6 – 9 a.m.
  - 11:30 a.m. – 1:30 p.m.
  - 4:30 – 8:30 p.m.
- Saturdays:
  - 10 a.m. – 12 p.m.

**Exceptions:**
- 9/2 (Labor Day): 12 – 4 p.m.
- 10/31 (Halloween): 11:30 a.m. – 1:30 p.m. only (no evening hours)

**Fees:**
- Daily Drop-in: $5/visit
- 10-visit Pass: $40/10-visits
- Monthly Pass: $35/month

**Lap Swim Pass Options**

Passes may be purchased in-person during business hours at the Pat O’Brien Community Center, New Aquatic Center, Joe P. Rizal Community Center, or Fruitridge Community Center. **PASSES ARE NON-REFUNDABLE AND NON-TRANSFERRABLE.** Passes may be used at the New Aquatic Center. **NOTE:** Punch Pass is valid for one year after purchase date.

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WATER AEROBICS
Join your friends for a fun and exciting exercise alternative! Our energetic instructor will guide you through a 45-minute low-impact workout that will increase your flexibility and range of motion while building cardiovascular fitness and muscular strength. Class is taught in shallow water and is suitable for all fitness levels.

**Location:** New Aquatic Center

**Days/Times:** Visit www.southgaterecandpark.net (click on “Online Registration”) for New Aquatic Center aquatic specialty class times, dates and prices.

AQUA SPIN
Aqua Spin is a unique cycling experience in shallow water that pairs the challenge of high-intensity cardio and full-body toning with the natural healing properties of the water. Adjustable resistance settings make it easy to adjust the bike to your capabilities and exercise level. Spaces are limited, register early! **Note:** Rubber water shoes are required.

**Location:** New Aquatic Center

**Days/Times:** Visit www.southgaterecandpark.net (click on “Online Registration”) for New Aquatic Center aquatic specialty class times, dates and prices.

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Preregistration is required for all classes.

Visit www.southgaterecandpark.net (click on “Online Registration”) for current class times, dates and prices.
FLOAT FIT
Float Fit is possibly the most unique class that you’ll try this year, providing a challenging on-water exercise workout for participants. Our instructors will guide you through a variety of resistance exercises on a floating board. Standing and exercising on the board will help develop your core strength and balance...not to mention that it’s fun! You may not even notice that you are exercising.

Location: New Aquatic Center
Days/Times: Visit www.southgaterecandpark.net (click on “Online Registration”) for New Aquatic Center aquatic specialty class times, dates and prices.

Preregistration is required for all classes.
Visit www.southgaterecandpark.net (click on “Online Registration”) for current class times, dates and prices.

SPECIAL INTEREST INSTRUCTOR OPPORTUNITIES
Southgate Recreation & Park District is currently seeking instructors to offer fun and exciting recreational and educational classes to our community. We offer classes for Adult, Youth, and Toddlers, as well as activities specifically designed for individuals over the age of 50. The following areas are suggestions for class proposals:

- Health & Fitness: Yoga, Dance, Aerobics, Gymnastics, etc.
- Music
- Performing Arts
- Dog Obedience
- Arts & Crafts
- Cooking
- Nature Activities
- Youth Camps

For more information, please contact Pat O’Brien Community Center at (916) 526-0234 ext. 109.
SPORTS & FITNESS

ITY BITTY BASKETBALL
The Itty Bitty Sports Program is for 3 to 5-year-olds and their parents. This is a parent participation program, where the children and their parents move from station to station learning the basic fundamentals required for each sport. With the help of trained instructors, this program builds confidence, motor skills and offers a positive early experience to sports. This is a fun way to spend quality time with your child and it’s a non-competitive program. Each registered child will receive a t-shirt on the first day of class and a certificate of completion on the last day of class.
Dates & Time: Jan. 8 – Feb. 12, 5:30 – 6:30 p.m.
Location: Jose P. Rizal Community Center
Ages: 3 – 5

HOOP N’ HOLLER
Burn some extra energy while shooting hoops and learning the game. Interactive basketball games and drills. Parent involvement encouraged.
Location: Pat O’Brien Community Center
Ages: 3 – 5

FALL BASKETBALL CAMP
The Southgate youth basketball camp is geared towards youth ages 6-14. We are looking for youth who are interested in the opportunity to enhance their basketball skills. This program is under the direction of the Southgate Staff. Instructors will give hands-on instruction in all areas of basketball including shooting, passing, ball handling, defense and teamwork.
Location: Pat O’Brien Community Center
Ages: 6 – 14

WINTER BASKETBALL CAMP
This basketball camp will provide effective basketball tools which will help youth become more skilled and confident players. Primary skills covered include footwork, ball handling, and shooting. The clinic concludes with a scrimmage incorporating skills learned throughout the day.
Location: Pat O’Brien Community Center
Ages: 8 – 14

SOUTHWEST YOUTH BASKETBALL LEAGUE - RECREATION
Youth Basketball is geared toward children ages 6 to 14 of all skill levels, to come together and play organized basketball in an encouraging atmosphere and just have fun! Skill development, fitness, teamwork, sportsmanship, participation and fun are the league’s focus. Participants will also learn great values and how to positively impact their community.
Practice will begin the week of December 9. League will run Jan 4 – March 14, Saturday mornings 9 a.m. – 3 p.m. Evaluation Day is on Saturday, December 7.
Location: Pat O’Brien Community Center
Ages: 6 – 14

KIDS & TEENS YOGA
Music, storytelling, and movement will be our focus in this class. Learn how to stretch and calm your mind in a fun way!
Location: Pat O’Brien Community Center
Ages: 10 – 15

Preregistration is required for all classes. Visit www.southgaterecandpark.net (click on “Online Registration”) for current class times, dates and prices.
YOUTH & TEENS

DANCE

ME & MY SHADOW
A parent participation class with an emphasis on bubbly fun! Activities include exercise and dance to music, along with colorful hoops, scarves, balls and props. This class is recommended for 3-year-olds getting ready for ‘First Steps in Dance’. Comfortable clothing is recommended.

Location: Encore! Dance Studio Studio, 9154 E. Stockton Blvd., Suite 100, Elk Grove

Ages: 2 – 3 (with participating adult)

FIRST STEPS IN DANCE
A bubbly fun class with colorful props (hoops, scarves, ribbon sticks, props) along with character acting through nursery rhymes and story dances. Early beginning for ballet with exploration in fast and slow music, as well as tap dance preparation by use of rhythm and balance. This class is designed as ‘drop-off’. Children must be potty-trained to attend. Girls wear PINK all leather ballet shoes, PINK or WHITE tights (with feet) and ANY COLOR leotard. Boys (same except) wear BLACK all leather ballet shoes.

Location: Encore! Dance Studio Studio, 9154 E. Stockton Blvd., Suite 100, Elk Grove

Ages: 3 – 4 (without parent participation)

BALLET & TAP CLASS
This class is an introduction for the young dancer to ballet and tap dancing. Class includes basic beginning ballet steps and vocabulary, along with Tap sing-a-long routines. Girls wear PINK all leather ballet shoes, PINK or WHITE tights (with feet), BLACK VELCRO TAP SHOES and ANY COLOR leotard. Boys (same except) wear BLACK all leather ballet shoes, and BLACK OXFORD TAP SHOES. Dancers in this class need BOTH pairs of shoes on first day.

Location: Encore! Dance Studio Studio, 9154 E. Stockton Blvd., Suite 100, Elk Grove

Ages: 4.5 – 5.5

HIP HOP
Learn how to hip hop dance! Instructor Nyanda Dixon will teach kids current hip hop steps to music in a fun and supportive environment. Participants should wear comfortable clothing and sneakers.

Location: Pat O’Brien Community Center

Ages: 4 – 8 or 13 – 16

OTHER

BABY & ME PLAYGROUP
Our Baby & Me playgroup is a great way to find other parents in your community who are in the same stage of parenting and share your parenting experiences. Designed for babies up to 18 months old and their caregivers, this playgroup encourages you to socialize and learn while your baby is free to play with age-appropriate toys. This interactive playgroup will include discussion topics each week, which can be formed by your parenting questions. Please bring a playmat/blanket and toys for your baby.

Location: Pat O’Brien Community Center

Ages: 0 – 18 months (with participating adult)

Days/Time: 1st Thursday of each month, 10 – 11 a.m.

Note: This is a free drop-in program, preregistration is not required

PIZZA MAKING WORKSHOP
Join us for this hands-on pizza making class where participants will learn how to stretch dough, spread sauce and cheese, and apply toppings. All necessary supplies will be provided. Participants will enjoy eating their very own pizza after assembling it themselves.

Location: Pat O’Brien Community Center

Ages: 6 & up

BABYSITTER’S TRAINING
The American Red Cross Babysitter’s Training course includes hands-on activities, videos, and role-playing. Youth ages 11 to 15 will learn the basics of childcare, including first aid and CPR skills, diapering, feeding, and much more! Upon successful completion of course requirements, participants will receive the following certifications: Babysitter’s Training.

Location: Pat O’Brien Community Center

Ages: 10 – 15

Preregistration is required for all classes.
Visit www.southgaterecandpark.net (click on “Online Registration”) for current class times, dates and prices.

To register for classes, see page 38 or visit southgaterecandpark.net

Southgate Recreation & Park District / 27
MARTIAL ARTS

KID KICKS
This class is taught in a fun and games format. Children will learn the basics of blocking, punching and kicking. Children are taught in a fun, positive manner so they can enjoy martial arts while learning valuable life skills.
Location: Cerezo’s Martial Arts
7217 Florin Mall Drive
Ages: 4 – 7

INTRODUCTION TO KARATE
This introductory disciplined class covers the basics of karate. Students are taught basic punching, blocking and kicking techniques while focusing on self-defense, mental discipline and physical fitness techniques. Students who complete the Introduction to Karate course are eligible for the Southgate Karate Club.
Location: Pat O’Brien Community Center
Ages: 5 & up

SOUTHGATE KARATE CLUB
This class is designed to teach the students the sport as well as the art of Karate. Traditional training techniques focus not only on the technical aspect of self-defense, but also instill the value of discipline, dedication, perseverance, and self-confidence. Students must present proof they have completed the Introduction to Karate class.
Location: International Karate Federation
8946 Vintage Park Drive
Ages: 6 & up

CEREZO’S MARTIAL ARTS
This class is taught in a traditional format, teaching the basics of karate and jiu-jitsu. Children will learn the basics of blocking, punching and kicking with an emphasis on self-defense and bully prevention. This class gives the beginner aspect to the martial arts.
Location: Cerezo’s Martial Arts
7217 Florin Mall Drive
Ages: 8 – 13

Preregistration is required for all classes. Visit www.southgaterecandpark.net (click on “Online Registration”) for current class times, dates and prices.
Before and After School Program
Southgate Recreation and Park District, in cooperation with Elk Grove Unified School District offer before and after school programs in a safe and engaging environment for children in Kindergarten through 6th grade. Fun Factory is held at two locations, Mary Tsukamoto Elementary School and Maeola Beitzel Elementary School. It is our goal at Fun Factory to enrich the lives of children by providing a safe, supportive and structured environment. Our program promotes the social, physical and intellectual development of each child. We draw upon the most effective academic enrichment, physical fitness, nutritional and life skills programing to challenge children and make learning fun. We provide a healthy snack and homework assistance. For further information regarding this program, please feel free to call Timothy Burpee, Recreation Specialist II at 916-526-0234 ex. 104. We look forward to seeing your child in our program!

**Fees:** $40 Annual Registration Fee / Prices range from $50 - $250 per month, depending on how many hours are needed per month.

**Fun Factory Off-Track Camp:**
Southgate offers off-track camp opportunities to children attending year-round schools. We will follow the schedule for all school sites and hold the program at Pat O’Brien Community Center, Monday-Friday, 7 a.m. – 6 p.m. We will offer arts & crafts, games, team building, STEM activities and other events according to the time of year we are holding camp.

**Fees:** $110/week; $75/week (less than 25 hours); $25/day drop in.

**Camp Time:** 7 a.m. – 6 p.m.

**JUNIOR LEADERS (Ages 13-15)**
At both of our summer camp locations we also offer the Junior Leader program designed for ages 13-15 to gain valuable experience learning what it takes to be a recreation leader at Southgate Recreation and Park District.

**Fees:** $25 per week

**Camp Time:** varies by location
**HATHA YOGA**

Hatha Yoga focuses on breath, balance and strengthening. The class goes through a range of Asanas (poses) and includes a beginning and ending meditation. Be sure to bring your mat and some water. This class is for all levels, modifications are encouraged. Preregistration is required.

**Location:** Pat O’Brien Community Center

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**JAZZERCISE**

Jazzercise includes a combination of today’s popular music and easy-to-learn dance steps. This class will strengthen your heart while burning fat. It includes a warm-up, 30 minutes of aerobic exercise, strength training, and a cool down. Classes run Mondays – Thursdays from 6 – 7 p.m.

**Location:** Fletcher Farm Community Center

**Note:** Contact the Instructor, Irene Roltsch at (916) 683-2479 for more information or to register

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**HULA DANCE**

Want to try something new? Hula Dancing focuses on having fun and learning basic hula moves in a relaxed and casual atmosphere. Plus...it’s a great low-impact exercise! Instructor Dolly will teach participants basic hula dance moves to relaxing Hawaiian tunes. No experience is necessary.

**Location:** Pat O’Brien Community Center

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**ZUMBA**

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. The goal is simple: to work out, love working out, and to get hooked. Be sure to bring a sweat towel, comfortable clothing, athletic shoes, and water.

**Location:** (Drop-In Classes)

Jose P. Rizal Community Center

(Visit www.southgaterecandpark.net to register)

**Note:** (Monthly, Preregistration Required. Please visit www.southgaterecandpark.net to register)

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**HOW TO MEDITATE**

Meditation is the most direct means of experiencing our more spiritual nature. Greater concentration, creativity, peace and joy are the fruits of regular meditation, as well as decreased stress and greater health and well-being. These simple, proven, effective techniques allow you to lift your mind to a place of peace, inspiration and joy. We will practice deep breathing, yoga postures, visualization and learn a time-tested meditation technique of concentration.

**Location:** Pat O’Brien Community Center

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Preregistration is required for all classes. Visit www.southgaterecandpark.net (click on “Online Registration”) for current class times, dates and prices.

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To register for classes, see page 38 or visit southgaterecandpark.net
RHYTHM & MOTION
CARDIO DANCE FITNESS
Join us for a cardio-intensive dance class that uses a variety of music from around the world, creating a captivating class filled with fun moves for each song. No experience necessary.  
Location: Pat O’Brien Community Center

H.I.I.T. WORKOUT
High Intensity Interval Training has the fitness world buzzing! This workout has the potential to torch maximum calories in a minimum amount of time, by keeping your heart rate up. The class will offer intense bursts of exercise, followed by short, sometimes active, recovery periods. A heart-pumping fat burning fun workout that will challenge your entire body. Burn fat, build muscle and feel better about yourself. All levels are welcome!”  
Location: Pat O’Brien Community Center

ADULT SELF-DEFENSE
The emphasis of this class is to help build self-confidence, learn to be aware of your surroundings and master methods and skills to protect your safety. Karate is unique because it develops the individual physically as well as mentally. The techniques that you will learn will be simple and effective. Gain confidence and don’t be a target – learn to fight back! Women and men of all ages are welcome.  
Location: Pat O’Brien Community Center

CO-ED REC VOLLEYBALL (Drop-In)
Come join the Southgate Recreation & Park District Co-Ed Volleyball session. We offer a competitive – yet fun! – league. Games are played on Tuesday nights at the Pat O’Brien Community Center and leagues are offered throughout the year. Recreation volleyball is intended for beginners to intermediate players.  
Location: Pat O’Brien Community Center

CO-ED COMPETITIVE VOLLEYBALL
Ready to step your game up? Southgate offers a competitive volleyball league on Thursday nights at Rizal Community Center. This league is intended for more advanced players. Please call (916) 395-0601 ext. 15 for more details.  
Location: Jose P. Rizal Community Center

WOMEN’S VOLLEYBALL
Come join the Southgate Recreation & Park District Women’s Volleyball League. We offer a competitive, yet fun league. Games are played on Wednesday nights at the Pat O’Brien Community Center leagues and are offered throughout the year.  
Location: Pat O’Brien Community Center

PICKLE BALL
It’s never too late to learn a new sport. Pickleball is a cross between tennis, racquetball and ping pong. It’s easy to learn. Pickleball is a quick back-and-forth sport played to 11 points. The Jose P. Rizal Community Center Gym is a climate controlled, indoor facility, perfect for year-round play. Drop in on this new program on Monday, Wednesday or Friday between 12 – 3 p.m. Cost is $4.00 per visit.  
Location: Jose P. Rizal Community Center

Preregistration is required for all classes.  
Visit www.southgaterecandpark.net (click on “Online Registration”) for current class times, dates and prices.
HOW SAFE IS OUR FOOD?
It seems that every week there is some information on the news about a food being recalled or people getting sick due to contamination. Even foods that are healthy for us can harbor potentially dangerous substances. Learn how to protect yourself and your family from potential foodborne hazards by knowing what to look for while shopping, storing, and preparing your foods. Taught by Irene Roltsch, MS, who taught nutrition at Consumnes River and American River Colleges. She is also a Jazzercise instructor.
Location: Pat O’Brien Community Center

FATS: THE GOOD, BAD, AND THE UGLY
Your health is closely tied to diet and lifestyle choices. For that reason, many of us have been told to decrease our fat intake. That may not always be the best strategy. Certain types of fat are essential for good health, while others worsen conditions like blood cholesterol levels, heart disease, and can even increase your risk for type-2 diabetes. Learn which fats are beneficial versus detrimental, where they are found, and how to make sure you are getting the right amount of each in your diet. Taught by Irene Roltsch, MS, who taught nutrition at Consumnes River and American River Colleges. She is also a Jazzercise instructor.
Location: Pat O’Brien Community Center

CUPCAKE DECORATING
This is an introductory course to learn the basic techniques of how to decorate cupcakes by using buttercream and applying the Wilton Method. No experience necessary, just the interest and enthusiasm to learn some exciting ways of cupcake decorating. Students may bring own materials (list provided by instructor), or pay an additional $12.00 materials fee to instructor for student kit.
Location: Pat O’Brien Community Center

COOKIE DECORATING
Learn to create and decorate your own cookies by applying the Wilton Method. No experience necessary. Students may bring own materials (list provided by instructor), or pay an additional $14.00 materials fee to instructor for student kit.
Location: Pat O’Brien Community Center

WATERCOLOR FOR BEGINNERS
Create beautiful landscapes and still life with watercolors. Students will learn various techniques from dry brushing to color mixing, using landscapes, still life, floral and people to practice and apply techniques. Students go home with their own creation after every class.
Location: Pat O’Brien Community Center

Preregistration is required for all classes. Visit www.southgaterecandpark.net (click on “Online Registration”) for current class times, dates and prices.
ADULT AND PEDIATRIC FIRST AID/CPR/AED
This American Red Cross course trains lay responders to recognize and care for life-threatening respiratory or cardiac emergencies in adults, infants, and children and care for a variety of first aid emergencies. Upon successful completion of course requirements, participants will receive the following certifications: “Adult and Pediatric First Aid/CPR/AED”
Location: Pat O’Brien Community Center

DOG FIRST AID
Created for conscientious pet owners, this class provides guidance in emergency situations until veterinary care is available. Topics include: symptoms/care for injuries and health conditions, instructions for creating a pet first aid kit and an emergency preparedness kit, checking a conscious and unconscious dog, performing Rescue Breathing, Choking, and CPR procedures for dogs, and more!
Location: Pat O’Brien Community Center

THE BRADLEY METHOD® OF NATURAL CHILDBIRTH
Did you know that over 87% of Bradley births are unmedicated? During this 12-week series of classes, participants will learn about all aspects of having a healthy pregnancy and a natural birth, including nutrition, exercise, relaxation, communication with your birth team, the postpartum period, and how to get off to a great start with breastfeeding. In addition, classes will explore:
- How to reduce unnecessary interventions and how to handle interventions if they become medically necessary
- Making a birth plan
- Understanding the stages of labor
- How your partner can be a great coach
Location: Pat O’Brien Community Center

Preregistration is required for all classes. Visit www.southgaterecandpark.net (click on “Online Registration”) for current class times, dates and prices.
FRUITRIDGE LATIN AMERICAN CLUB
Come join the Fruitridge Latin American Club at the Fruitridge Community Center each afternoon for socializing with friends in Spanish and making new acquaintances while playing cards and other board games. Members can partake in bi-monthly excursions to California and Nevada Casinos. For more information and pick up/drop off locations, contact Roberto at 916-952-9319. 
Location: Fruitridge Community Center

DATA DAY LOCATION TIME
10/6 Su Graton 8 a.m.
10/16 W Feather Falls 8:30 a.m.
10/27 Su Silver Legacy (Reno) 8 a.m.
11/6 W Red Hawk 8:30 a.m.
11/17 Su Black Oak 8 a.m.
12/4 W Feather Falls 8:30 a.m.
12/15 Su Graton 8 a.m.

WATERCOLOR FOR SENIORS
Create beautiful landscapes and still life with watercolors. Students will learn various techniques from dry brushing to color mixing, using landscapes, still life, floral and people to practice and apply techniques. Students go home with their own creation after every class.
Location: Fruitridge Community Center & Pat O’Brien Community Center

FRUITRIDGE BRIDGE CLUB
Join our Bridge group for a day of fun while socializing with friends. The club meets each Wednesday of the month from 11 a.m. – 3 p.m. This club does not meet June thru August.
Location: Fruitridge Community Center

FRUITRIDGE PINOCCHLE CLUB
The Fruitridge Pinochle Card Players gather every Monday, Wednesday and Thursday from 12 – 3 p.m. for a lively afternoon of pinochle. Players of all levels are encouraged to attend and participate.
Location: Fruitridge Community Center

BID WHIST CARD GROUP
Bid whist is a partnership trick-taking variant of the classic card game whist. As indicated by the name, bid whist adds a bidding element to the game that is not present in classic whist. It is generally accepted that the game of bridge came from the game of whist. Group meets Tuesdays from 12 – 3 p.m. at the Fruitridge Community Center.
Location: Fruitridge Community Center

FRUITRIDGE SEWING GROUP
All ages are welcome to join the Southgate Sewing Group. Participants should bring their own supplies, sewing machine and current or unfinished projects to work on. An iron and ironing board is always set up. There is no instructor provided, but Nora, the facilitator, is very helpful and members are encouraged to assist one another. This is a great place to sew, knit, crochet and chat while making new friends and finishing projects. This group meets every Wednesday at the Fruitridge Community Center from 9 a.m. to 3 p.m. Come for an hour or the whole day. For more information please contact Nora at 916-743-4028.
*Note: There will be no facilitator on the second Wednesday of each month.
Location: Fruitridge Community Center

SIT & FIT
Sit & Fit is a chair exercise class for seniors, incorporating movements designed to increase balance, strength, and flexibility. Participants exercise to music and follow a combination of moves which enhance daily living skills/activities. This class also incorporates body sculpting using light weights and bands.
Location: Pat O’Brien Community Center

YOUNG AT HEART FITNESS
This fitness class is designed for seniors who wish to improve their balance, build strength, increase mobility, and decrease aches and pain. Focus is on building your confidence in performing full-body exercises. Instructor Paulette Douglas starts participants off slowly, focusing on form, technique, and progress over time.
Location: Pat O’Brien Community Center

TAI CHI FOR SENIORS
Based on Sun Style Tai Chi, this class incorporates gentle, flowing movements to increase muscular strength, protect joints, and improve balance, flexibility and heart/lung activity. Scientific studies have shown this program to relieve pain/stiffness, improve physical function and lower stress. Instructor is Paulette Douglas.
Location: Pat O’Brien Community Center

DATE DAY LOCATION TIME
10/6 Su Graton 8 a.m.
10/16 W Feather Falls 8:30 a.m.
10/27 Su Silver Legacy (Reno) 8 a.m.
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11/17 Su Black Oak 8 a.m.
12/4 W Feather Falls 8:30 a.m.
12/15 Su Graton 8 a.m.
**OVER 50 CLUB**

The Fruitridge Over 50 Club meets each Friday from 1 – 3 p.m. at the Fruitridge Community Center. The first part of the regular meeting is a discussion on upcoming activities, birthday celebrations, a white elephant raffle, entertainment options, and potluck planning. The second part of the meeting includes Bingo and social activities. Everyone over the age of 50 is encouraged to come and join in the fun. For more information call (916) 743-7934.

**Over 50 Club Monthly Event Schedule**

- **First Friday** – Meeting, Birthday, and Bingo
- **Second Friday** – Mystery Gift Raffle and Bingo
- **Third Friday** – Meeting and Bingo
- **Last Friday** – Meeting, Potluck* and Bingo

*Note: There will be no Potluck on Fridays the Center is closed for Holidays.

**Location:** Fruitridge Community Center

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**WALK WITH EASE**

Walk With Ease is a six-week program that teaches you how to safely make physical activity part of your everyday life. The program is designed to help relieve arthritis pain, but is suitable for anyone looking to make physical activity part of their regular routine. Each session meets for six weeks, three times per week, lasting about one hour. Classes are led by a trained instructor and begin with a brief discussion of a health/wellness topic. Regular walks can help keep you fit and reduce your risk of serious diseases, like heart disease, stroke, diabetes and more. All you need to get started are comfortable clothes and supportive shoes!

**Location:** Fruitridge Community Center  
Pat O’Brien Community Center

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**AARP DRIVER SAFETY PROGRAM**

Learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today’s increasingly challenging driving environment. The course fee is non-refundable: $15 for AARP members or $20 for non-AARP members. To register, or if you have any questions, please contact instructor Reggie Toran at (916) 897-9432 or rtoran818@comcast.net.

**Location:** Jose P. Rizal Community Center

**Upcoming Dates:**

1. **Tuesday 11/12/2019 & Wednesday 11/13/2019, 9 a.m. – 1 p.m., Rizal Community Center**
2. **Tuesday 1/14/2020 & Wednesday 1/15/2020, 9 a.m. – 1 p.m., Rizal Community Center**

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**NEVER-TOO-LATE AEROBICS**

This is a low-impact aerobics program designed specifically for individuals 50 years of age and older. Never-Too-Late-Aerobics aids in the improvement of circulation, mobility, flexibility, muscle tone, balance and posture. Please wear comfortable clothing and athletic shoes. Drop-in Mondays – Fridays, classes run from 10:15 – 11 a.m. Drop-in cost is $2.25 per visit.

**Location:** Jose P. Rizal Community Center

**NTLA 10-PUNCH PASS**

This pass is valid for all Never-Too-Late-Aerobics hours and may be purchased in-person at the Jose P. Rizal Community Center. **Pass is valid for one year after purchase date. NO REFUNDS ARE GIVEN FOR PASSES. PASSES ARE NON-TRANSFERRABLE.**

**Fee:** $20 per 10-visit punch pass
EMLPYEE CORNER

New Employees

Brianna Blaschke, Communications and Marketing Specialist

Brianna started with Southgate in June 2019. Brianna has over five years of experience in communications and marketing. She previously worked at Billabong as a key account Sales Coordinator and The Diplomat Steakhouse as Event Concierge. Brianna received Bachelor of Arts in Political Science and Bachelor of Arts in Sociology from Chapman University. In her free time Brianna likes rock climbing, hiking, being outdoors and trying different types of food. Brianna not only brings experience and knowledge but great attitude and a keen sense of fashion and style to the team. Welcome to the team Brianna!

Employee Anniversaries

Alice Moreno, Community Service Worker II

Alice Moreno celebrates 15 years of service with Southgate Recreation and Park District. Alice joined Southgate in 2000, as a part-time site leader in the after-school program. She also worked in the senior programs at Fruitridge Community Center. Alice was promoted to full-time Community Service Worker in August 2004 and was promoted to Community Service worker II in December 2009. Alice spends her time assisting in planning, organizing and implementing our programs. Alice’s compassion and dedication makes her valuable part of the District.

Distinguished Budget Presentation Award

For the 13th consecutive year, Southgate Recreation & Park District received Distinguished Budget Presentation Award from the Government Finance Officers Association (GFOA) of the United States and Canada for the Fiscal Year 2018-2019 Final Budget. To receive the award, the budget must meet nationally recognized guidelines for effective budget presentation, including how well the budget serves as a policy document, an operations guide, a financial plan, and a communications device. The District is honored to receive this award, which reflects its commitment to excellence.
Employment Corner
You can now apply online for jobs with Southgate Recreation & Park District! Please visit our website for employment opportunities and upcoming summer positions. If you are looking for an opportunity to give back to your community, are passionate about working with children of all ages, or have a special craft you teach, then come work with us! Check online for updates on a variety of available positions with Southgate Recreation & Park District today. Apply online at: www.southgaterecandpark.net or apply in person for any of our exciting positions at 6000 Orange Avenue, Sacramento, CA 95823.
For more information, please contact our Administrative Office at (916) 428-1171.

Internship Opportunities
Are you interested in learning more about the field of Parks and Recreation? We hope you’ll consider joining our team by participating in an internship with Southgate Recreation & Park District. For more information, please call (916) 526-0234 ext 102.

Volunteer Opportunities
Are you looking for community service projects? Do you need service credits for school? Southgate Recreation & Park District offers opportunities for volunteers to participate in services, activities, events and programs. For more information, please call (916) 526-0234 ext 102 or visit our website at www.southgaterecandpark.net.
GENERAL CLASS INFORMATION
1. Pre-registration is recommended to ensure space availability.
2. The District will not phone or mail class confirmations. Participants will be notified if the class is canceled or changed. Receipts are provided for walk-in registration. If registering by mail, fax or phone you may request a receipt be mailed to you.
3. Refunds are granted at the discretion of the District, otherwise refunds will only be provided if an activity is canceled. Refunds take 30 days to process.
4. The District reserves the right to cancel or change program offerings at any time.

HOW AND WHERE TO REGISTER

HOW TO USE ONLINE REGISTRATION
- Go to: http://activenet.active.com/southgaterecandpark
- Click My Account/Login on left.
- Check to see if you already have an account. If you registered for classes previously, you probably have an account.
- Enter your e-mail as your login username, click “Forgotten?”
- If you have an account, you will be prompted to enter your e-mail address again. Your password will be e-mailed to you.
- If you do not have an account, fill in the information in the New Customer Section to create your account.

4 WAYS TO REGISTER

ONLINE
Convenient, 24 hours a day with a major credit card at southgaterecandpark.net.

MAIL-IN
Mail registration form and check or money order to Jose Rizal Community Center. Do not mail cash. Make checks payable to Southgate Recreation & Park District.

WALK-IN
Pay by check, money order or major credit card at Jose Rizal, Pat O’Brien or Fruitridge Community Center. Cash is accepted only at Jose Rizal and Pat O’Brien Community Centers.

FAX
Fax completed registration form with major credit card information to (916) 395-3934.

3 REGISTRATION LOCATIONS

Jose Rizal Community Center
7320 Florin Mall Drive, Sacramento, CA 95823
Phone (916) 395-0601 Fax (916) 395-3934
Monday–Friday 9 a.m. – 5 p.m.

Fruitridge Community Center
4000 Fruitridge Road, Sacramento, CA 95820
Phone (916) 422-7610 Fax (916) 394-0730
Monday–Friday 9 a.m. – 2 p.m.

Pat O’Brien Community Center
8025 Waterman Road, Sacramento, CA 95829
Phone (916) 526-0234
M–F 7 a.m. – 6:30 p.m., Sat. 9 a.m. – 1 p.m.
# EASY ONLINE REGISTRATION:
www.southgaterecandpark.net

## CLASS REGISTRATION

<table>
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<tr>
<th>PARTICIPANT’S NAME</th>
<th>DOB (IF UNDER 18)</th>
<th>CLASS NAME</th>
<th>CLASS CODES</th>
<th>SESSION DATES</th>
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PLEASE CHECK THIS BOX IF YOU WOULD LIKE TO ADD $1.00 OPERATION RECREATION SCHOLARSHIP FUND

TOTAL FEE ENCLOSED

## SPECIFY METHOD OF PAYMENT

Fax requires credit card)

- [ ] VISA
- [ ] MasterCard
- [ ] American Express
- [ ] Discover
- [ ] Check
- [ ] Money Order

Credit Card #______________________________ Card Security Code _____________ Expiration Date______________________

Signature__________________________________________________________________________ Date____________________________________

Register online with a credit card, or in person with cash, check or credit card at:

**Jose Rizal Community Center, 7320 Florin Mall Drive, Sacramento, CA 95823; Fax: (916) 395-3934**

Please record your child’s name on your check or money order and make your check payable to Southgate Recreation & Park District (SRPD). A $30 fee will be charged for all returned checks.

## AGREEMENT, WAIVER AND RELEASE

I have carefully read the description of the class(es) for which I/we are registering and in consideration for being permitted by the Southgate Recreation & Park District to participate in the above activity(ies), I hereby waive, release and discharge any and all claims for damages, personal injury, death or property damage which I may have, or which I may hereafter accrue to me, as a result of participation in said activity(ies). This release is intended to discharge in advance the above District (its officers, employees and agents) from any and all liability arising out of or connected in any way with my participation in said activity(ies), even though that liability may arise out of negligence or carelessness in 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 by 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 may incur as the result of my death or injury or property damage that I may sustain while participating in said activity(ies).

## PARENTAL CONSENT

(To be completed and signed by parent/guardian if participant is under 18 years of age.)

I hereby consent that my son/daughter,_____________________________________________participate in the above activity(ies), and I hereby execute that above agreement, waiver and release on his/her behalf. I state that said minor is physically able to participate in said activity(ies). I hereby agree to indemnify and hold harmless the person 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 any injury or property damage that said minor may sustain while participating in said activity.

## DISCLAIMER

I hereby recognize that the District reserves the right to take photographs at District activities and event, which photographs will be used solely for the purpose of District publications.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THIS IS A RELEASE OF LIABILITY AND CONTRACT BETWEEN MYSELF AND THE ABOVE PARK DISTRICT AND I SIGN OFF MY FREE WILL.

Signature__________________________________________________________________________ Date____________________________________

Printed Name__________________________________________________________________________ Date____________________________________

To register for classes, see page 38 or visit southgaterecandpark.net
We have a rental for almost any need and purpose accommodating 3 to 350 guests. Our facilities can host anything from an intimate neighborhood meeting to an elegant corporate banquet. All venues feature well-groomed outdoor park space, kitchen areas, include tables and chairs, and are audio/visual capable. Our well-trained staff caters to your needs ensuring maximum value and a worry-free experience. Visit Flickr.com/srpdfacilities/sets for more facility photos.

**Pat O’Brien Community Center**
8025 Waterman Road
300 Guests

New facility with a wonderful outdoor patio space, large kitchen and movable partitions with beautiful polished wood flooring perfect for sporting events, fun dance parties, and exercise classes. Meeting space with movable partitions for small parties and meetings.

**Jose P. Rizal Community Center**
7320 Florin Mall Drive
300-350 Guests

Large facility boasting a unique indoor/outdoor stage, large kitchen and beautiful polished wood flooring perfect for sporting events, fun dance parties, or large conferences.
Your Next event!

**Fruitridge Community Center**

4000 Fruitridge Road
200-250 Guests

Movable partitions enable this venue to be divided up to five private areas creating versatile options for conference breakout sessions, church groups, or confidential workshops. Swimming pool at this location.

**Florin Creek Recreation Center**

7460 Persimmon Ave
120-150 Guests

Vaulted exposed beam ceilings and gorgeous natural lighting with a large rear deck overlooking the park and outdoor amphitheater.
Florin East Grammar School
8383 Florin Road
35-450 Guests

This historic gem is a charming space with beautifully groomed grounds adding sophistication to reunions, wedding ceremonies, anniversaries, birthday celebrations and more.

Fletcher Farm Community Center
7245 Fletcher Farm Drive
70 - 90 Guests

The spacious main room at this location efficiently accommodates community meetings, luncheons, or receptions and has glass doors allowing the event to pour out to the large sunny patio.
Have a Splashing Time at the Pools

Plan ahead for your kid's dream pool party to beat the scorching heat this summer! Don’t worry about cleaning up the house or staying cool at your party, with our awesome water slides or fun diving board your event is sure to be a splash. Our aquatic facilities include lifeguards.

New Aquatic Center
8025 Waterman Road

Fruitridge Aquatic Center
4000 Fruitridge Road

To register for classes, see page 38 or visit southgaterecandpark.net
Facility Rentals

Did you know that Southgate Recreation & Park District’s community centers can be rented for special occasions and events? Individuals and organizations may rent buildings for wedding receptions, birthday parties, baptisms, dinners, luncheons, meetings, engagement parties, anniversaries, and other events. All our facilities include tables and chairs with experienced staff on site to assist with your event layout and breakdown.

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<tr>
<th>FACILITY INFORMATION</th>
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<tr>
<td><strong>Jose P. Rizal Community Center</strong></td>
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<td><strong>Address</strong></td>
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<tr>
<td>7320 Florin Mall Drive</td>
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<td><strong>Accommodates</strong></td>
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<td>Up to 300 guests—banquet style setup</td>
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<td><strong>Rentals</strong></td>
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<td>2 hr. minimum. Includes tables, chairs &amp; staff</td>
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These rates are for full packages only. Please call for individual room rates.

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<tr>
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<td>4000 Fruitridge Road</td>
<td>Assembly Capacity: 250</td>
<td>Banquet Capacity: 200</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Florin East Grammar School</td>
<td>8383 Florin Road</td>
<td>Assembly Capacity: 75/65/50</td>
<td>Banquet Capacity: 60/54/50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Florin Creek Recreation Center</td>
<td>7460 Persimmon Avenue</td>
<td>Assembly Capacity: 150</td>
<td>Banquet Capacity: 120</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fletcher Farm Community Center</td>
<td>7245 Fletcher Farm Drive</td>
<td>Assembly Capacity: 90</td>
<td>Banquet Capacity: 70</td>
</tr>
</tbody>
</table>

“Security” rates are required for events with alcohol. Prices are subject to change. For more information and weekly rates, please contact the Rizal Community Center at (916) 395-0601 or visit www.southgaterecandpark.net.
# Park and Facility Guide

## Facilities and Activities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wildhawk Golf Club, 7713 Vineyard Rd.</td>
<td>Driving range, Chipping</td>
</tr>
<tr>
<td>Southgate Recreation &amp; Park District</td>
<td></td>
</tr>
<tr>
<td>Crofoot Center, 7250 Crofoot Parkway</td>
<td></td>
</tr>
<tr>
<td>District Administrative Office, 6000 Orange Ave.</td>
<td>Main Office</td>
</tr>
<tr>
<td>Fletcher Farm Community Center, 7341 Fletcher Farm Dr.</td>
<td>Florin Artifacts</td>
</tr>
<tr>
<td>Florin Creek Recreation Center, 7450 Persimmon Ave.</td>
<td>Beautiful Architecture</td>
</tr>
<tr>
<td>Fruitridge Community Center, 4000 Fruitridge Rd.</td>
<td>Senior Programs</td>
</tr>
<tr>
<td>Joe P. Rizzi Community Center, 7320 Flori Mall Dr.</td>
<td>Gymnasium</td>
</tr>
<tr>
<td>Florin East Grammar School, 6385 Flori Rd.</td>
<td>Historic School</td>
</tr>
<tr>
<td>Pat O’Brien Community Center, 8025 Waterman Rd.</td>
<td>Gymnasium</td>
</tr>
<tr>
<td>Pools &amp; Water Activities</td>
<td></td>
</tr>
<tr>
<td>Fruitridge Aquatic Center, 4000 Fruitridge Rd.</td>
<td>Waterside, Pool</td>
</tr>
<tr>
<td>New Aquatic Center, 8025 Waterman Rd.</td>
<td>Diving boards, Sprinkler</td>
</tr>
<tr>
<td>Trails, Parkways and Open Space</td>
<td></td>
</tr>
<tr>
<td>Dunmore Park Preserve Area, Excelsior Rd.</td>
<td>Wetlands, Trail</td>
</tr>
<tr>
<td>Florida Creek Park, Park to Ritter Park</td>
<td>Approx 1 mile Creek Trail</td>
</tr>
<tr>
<td>Howard P. Tillotson Parkway, Country Park to Smelding Middle School</td>
<td>Approx 4.5 mile Greenbelt Trail</td>
</tr>
<tr>
<td>Laguna Creek Parkway, Vineyard Dr. at Laguna Creek</td>
<td>Approx 1 mile trail, Open space</td>
</tr>
<tr>
<td>Parks</td>
<td></td>
</tr>
<tr>
<td>Boulder Glen Park, Cumru Dr &amp; Trilock Parkwy</td>
<td>Thematic Playground</td>
</tr>
<tr>
<td>Bowling Green Park, Wedley &amp; 69th Ave.</td>
<td>Nature Area</td>
</tr>
<tr>
<td>Bradshaw Vineyards Park, Vineyard Park Dr &amp; Fall Valley Way</td>
<td>Thematic Playground</td>
</tr>
<tr>
<td>Britton Park, Britton Park Dr &amp; Kenmare Way</td>
<td>Rope Climbing Playground Equipment</td>
</tr>
<tr>
<td>Carville Crossing Park, Almadre Dr &amp; Ontario Dr</td>
<td></td>
</tr>
<tr>
<td>Carville Station Park, N New Park Dr &amp; New Ridge Dr.</td>
<td></td>
</tr>
<tr>
<td>Carlisle Woods Park, Carlisle Ave &amp; Cumru Dr.</td>
<td></td>
</tr>
<tr>
<td>Caymus Park, Caymus &amp; Vintage Park Dr.</td>
<td>Sand volleyball</td>
</tr>
<tr>
<td>Churchill Downs Community Park, Vintage Park Dr &amp; Waterman Rd.</td>
<td>Full Court Basketball</td>
</tr>
<tr>
<td>Cottonwood Park, Willow Ct &amp; Willow Grove Way</td>
<td></td>
</tr>
<tr>
<td>Countryside Community Park, Meadowhawk Dr &amp; Power Inn Rd.</td>
<td></td>
</tr>
<tr>
<td>Crofoot Park, 7250 Circle Parkway</td>
<td></td>
</tr>
<tr>
<td>Don &amp; Brenda Nottoli Community Park, 5485 Hanford Dr.</td>
<td>Pend, Pétanque Court</td>
</tr>
<tr>
<td>Fruitridge Park, 7450 Persimmon Ave.</td>
<td>Shuffleboard</td>
</tr>
<tr>
<td>Fountain Plaza Park, El Paseo Ave. &amp; Hobson Way</td>
<td></td>
</tr>
<tr>
<td>Fruitridge Community Park, 4000 Fruitridge Dr.</td>
<td></td>
</tr>
<tr>
<td>Hardester Park, Hardester &amp; Addis Dr.</td>
<td></td>
</tr>
<tr>
<td>Hahn Collins Park, Vintage Park Dr &amp; Finnmim Ct</td>
<td></td>
</tr>
<tr>
<td>Jack W. Davis Park, 16th Ave &amp; 44th St.</td>
<td>Handball court</td>
</tr>
<tr>
<td>Jack N. Sheldon Park, Orange Ave. &amp; Flori Mall Dr.</td>
<td></td>
</tr>
<tr>
<td>Jimmie R. Yee Park, 8755 Naraku Way.</td>
<td>Model airplane, Tennis Courts</td>
</tr>
<tr>
<td>Kennedy Park, 7017 Briggs Dr.</td>
<td>Thematic Playground</td>
</tr>
<tr>
<td>Kenneth B. Royal Park, E &amp; C Parkways</td>
<td></td>
</tr>
<tr>
<td>Little Hawk Park, Sorrenta Dr &amp; O’Meara Way</td>
<td></td>
</tr>
<tr>
<td>Nicholas Park &amp; Softball Complex, 41th Ave &amp; 46th St.</td>
<td>Backstop games</td>
</tr>
<tr>
<td>Norman S. Waters Park, Elsia Ave, &amp; Sunrise Greens Dr.</td>
<td></td>
</tr>
<tr>
<td>Olde Florin Park, Flinn Rd &amp; M-Comber St.</td>
<td>2 Softball/Baseball Fields</td>
</tr>
<tr>
<td>Pacific Park, 6020 441st St.</td>
<td></td>
</tr>
<tr>
<td>Rainier Park, MLC Dr. &amp; 41st Ave</td>
<td>Community Garden</td>
</tr>
<tr>
<td>Robert D. Cochran Park, Westby Dr &amp; Waterman Rd.</td>
<td></td>
</tr>
<tr>
<td>Ritter Park, 7340 Ritter Memo Dr.</td>
<td></td>
</tr>
<tr>
<td>Silver Leaf Park, Country Ranch Dr &amp; Silver Meadow Way</td>
<td></td>
</tr>
<tr>
<td>Sky Park, 5th &amp; Sky Parkways</td>
<td>Horseshoes, Pétanque Court</td>
</tr>
<tr>
<td>Southwood Park, Valley Wood Dr.</td>
<td></td>
</tr>
<tr>
<td>Sunrise Florin Park, 7245 Fletcher Farm Dr.</td>
<td>Horseshoes</td>
</tr>
<tr>
<td>Tamalindo Park, Togawoods &amp; Tamalindo Day Dr.</td>
<td></td>
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<tr>
<td>Toby Johnson Park, Bonn &amp; Cutler Way</td>
<td></td>
</tr>
<tr>
<td>Vineyard Park, Grand Cru Dr.</td>
<td></td>
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<tr>
<td>Vintage Park, Helmeceky Way &amp; Vintage Park Dr.</td>
<td></td>
</tr>
<tr>
<td>Willowood Park, Iona Way &amp; Summer Sunrise Dr.</td>
<td></td>
</tr>
<tr>
<td>Woodyhampton Park, Horn Held &amp; Orange Ave.</td>
<td>Sand volleyball</td>
</tr>
</tbody>
</table>

To register for classes, see page 38 or visit southgaterecandpark.net
<table>
<thead>
<tr>
<th>No.</th>
<th>Parks-Continued</th>
</tr>
</thead>
<tbody>
<tr>
<td>24</td>
<td>Countryside Community Park, Meadowhaven Dr. &amp; Power Inn Rd.</td>
</tr>
<tr>
<td>11</td>
<td>Crofoot Park, 7250 Circle Parkway</td>
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<tr>
<td>46</td>
<td>Don &amp; Brenda Nottoli Community Park, 9485 Hanfield Dr.</td>
</tr>
<tr>
<td>12</td>
<td>Florin Creek Park, 7460 Persimmon Ave.</td>
</tr>
<tr>
<td>5</td>
<td>Fountain Plaza Park, El Paraiso Ave. &amp; Hobnail Way</td>
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<tr>
<td>2</td>
<td>Fruitridge Community Park, 4000 Fruitridge Rd.</td>
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<tr>
<td>29</td>
<td>Hardester Park, Hardester Dr. &amp; Ardith Dr.</td>
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<td>32</td>
<td>Illa Collins Park, Vintage Park Dr. &amp; Fintown Ct.</td>
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<tr>
<td>14</td>
<td>Jack N. Sheldon Park, Orange Ave. &amp; Florin Mall Dr.</td>
</tr>
<tr>
<td>47</td>
<td>Jimmie R. Yee Park, 8755 Nakota Way</td>
</tr>
<tr>
<td>1</td>
<td>Jack Davis Park, 16th Ave. &amp; 44th St.</td>
</tr>
<tr>
<td>9</td>
<td>Kennedy Park, 7037 Briggs Dr.</td>
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<tr>
<td>10</td>
<td>Kenneth B. Royal Park, B &amp; C Parkways</td>
</tr>
<tr>
<td>40</td>
<td>Little Hawk Park, Sorenstam Dr. &amp; Oneaara Way</td>
</tr>
<tr>
<td>7</td>
<td>Nicholas Park &amp; Softball Complex, 47th Ave. &amp; 48th St.</td>
</tr>
</tbody>
</table>

To register for classes, see page 38 or visit southgaterecandpark.net
Southgate’s Fall Events

OCTOBER 12
Splashing Pumpkins
New Aquatic Center
1 – 3 p.m.

OCTOBER 12
Spookfest
Pat O’Brien Community Center
3 – 6 p.m.

OCTOBER 31
Halloween Carnival
Jose P. Rizal Community Center
5:30 – 8 p.m.

NOVEMBER 6
Registration for Evening with Santa
Jose Rizal Community Center
9 a.m. – 5 p.m.
Fruitridge Community Center
9 a.m. – 2 p.m.

NOVEMBER 9
Cars that Care
Pat O’Brien Community Center
9 a.m. – 3 p.m.

DECEMBER 13
Evening with Santa
Jose P. Rizal Community Center
6 – 8 p.m.

JANUARY 25
Fishing in the City
Florin Creek Park
8:15 a.m. – 12 p.m.

JANUARY 25
Polar Plunge
New Aquatic Center
8 – 10 a.m.

JANUARY 27
Job Skills Workshop
Pat O’Brien Community Center
5 – 7 p.m.

For more special events information visit southgaterecandpark.net