Fruitridge Aquatic Center
4000 Fruitridge Road
$1.00 plus public swim fees

New Aquatic Center
8025 Waterman Road
$2.00 plus public swim fees

Available weekends at public swim
Also available for pool rentals

916-395-0601
southgaterecandpark.net

@southgaterecandpark
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To register for classes, see page 46 or visit southgaterecandpark.net
There are two things you count on every summer. There will be heat, and Southgate Recreation & Park District will be here with some cool fun. This summer is even better. The opening of Pat O’Brien Community Center and New Aquatic Facility is taking fun to a whole new level—inside and out.

**More ways for everyone to enjoy the water**

The New Aquatic Center gives the District a chance to bring some of the latest innovations in water fun to our community.

We’ll start with the new sprayground. Take the idea of a playground and add water to create an experience everyone—even those who can’t swim—can enjoy.

In the spirit of making the water accessible for all, the New Aquatic Center features a zero-entry pool that makes getting in and out easy for young and old alike. Both the New Aquatic Center and Fruitridge Aquatic Center also feature ADA-compliant lifts that provide access for community members in wheelchairs.

And while the pools will still provide water aerobics, lap swimming and swim team training, we’re also offering some very different ideas in water-based fitness at the New Aquatic Center. And you won’t find classes like these anywhere else in the Sacramento region.

- **Float Fit** – Uses floating BOGA FiTMAT® boards to improve strength and balance by combining yoga and resistance training. Don’t be shy; classes are designed for all fitness levels.

- **Aqua Spin** – Our new in-water cycles blend aerobic and strength training in sweat-free classes that are fun for all fitness levels.

- **Mermaid Training** – Yes, you read that correctly. One of our instructors happens to be a mermaid performer, and she’s agreed to share her secrets in this special class. Bubble kisses anyone?

Group swimming classes and private lessons are available through the summer at both aquatic centers. We start with Parent & Me classes for our newest swimmers and go through classes and lessons for kids, teens, and adults.

**No summer boredom allowed!**

There are plenty of activities to keep kids busy throughout the summer. In addition to our regular summer camps,
SPOTLIGHT

Check the schedule section for details on all our upcoming events.

Summer fun isn’t just for kids

With the Pat O’Brien Community Center opening, we’re actively hiring special interest instructors so that we can expand our adult programs to reach more interest areas and ages. New activities on tap for this summer include:

- **Volleyball** – More chances to bump, set, and spike. Come out and join us for our new recreation volleyball league, meeting up on Tuesday evenings at Pat O’Brien Community Center, or drop by the center on Friday evenings for open volleyball. We’re still offering our competitive league play on Thursday evenings at Jose Rizal Community Center, too. All volleyball leagues are co-ed.
- **Men’s basketball league** – We hear you’ve got game, so come out and show us how it’s done. The new men’s league will meet at Pat O’Brien Community Center this summer and fall.
- **Fitness fun for all** – While we plan to add more, there are plenty of fitness classes for adults of all ages and fitness levels—everything from High-Intensity Interval Training to Tai Chi for Seniors. Yoga? Yes. Body sculpting? Sure. Hula? Hello, of course!

Look for details on times, dates, and costs for all activities in the schedule section of this Southgator.

Come on out and join us. Stay fit. Have fun. And make new friends this summer!

Make fun a family thing

If you scream for ice cream, make sure to come out for our Ice Cream Family Splash night at the Fruitridge Aquatic Center. Get your fill with all-you-can-eat ice cream sundaes and swim off the calories. Or just come out for an evening of swimming at a once-a-month Friday Night Lights event at the New Aquatic Center.

You’ll also want to make sure to catch our outdoor movie nights. They’re happening in and out of the water again this year—behind the Jose Rizal Community Center, at Pat O’Brien Community Center, and at float-in movie nights at both aquatic centers.

Coming this fall, join our aquatic staff for the third annual Splashing Pumpkins events. This year, the Halloween-themed event will be happening at the New Aquatic Center on October 12.

To register for classes, see page 46 or visit southgaterecandpark.net
My Pet Dog Show

Presented by Southgate Recreation & Park District. Break out the pup wardrobe and show off your dog’s dazzling style for a best-dressed prize. Or enter in the best trick or fastest dog competition. This event is open to canine pets of all ages, shapes, and sizes. Pets must be friendly and on a leash at all times. For more information or to preregister your dog, call (916) 395-0601 or visit southgaterecandpark.net.

Date:
Saturday, September 7
Time:
10 a.m.-12 p.m.
Location:
Don & Brenda Nottoli Dog Park
Fee:
Registration is required, but participation is FREE!
Schedule:
10-10:30 a.m.
Register for competition, vendor booths open
10:40 a.m.
Competitions begin
11:45 a.m.
Awards ceremony

National Night Out

Since 1984, the country celebrates National Night Out every first Tuesday in August. The annual event raises awareness about efforts to prevent crime in neighborhoods by bringing together neighbors, police departments, neighborhood watch programs, drug prevention programs, and many other agencies for a night of community and awareness. Please join Southgate Recreation & Park District and our partners for this year’s National Night Out on August 6, 2019, from 5:30 to 8 p.m. at Fruitridge Community Park, 4000 Fruitridge Rd, Sacramento 95820. There will be live music, entertainment, free food, and much more!

Date:
Tuesday, August 6
Time:
5:30-8 p.m.
Location:
Fruitridge Community Park
For more information, please call (916) 395-0601.
**Family Movie Night**

Join family and friends for this free viewing at 7:45 p.m. behind the Jose Rizal Community Center and under the stars. You are welcome to bring lawn chairs, blankets, and snacks, as long as no trash or belongings are left behind. Every child in attendance will receive a free raffle ticket for a drawing with small prizes in celebration of the Southgate Library Reading Program.

For more information, please call (916) 422-7610 or (916) 395-0601.

**Dates:**
- Friday, June 28 – Mary Poppins Returns
- Friday, July 26 – How to Train Your Dragon
- Friday, August 30 – Dumbo

**Time:**
- 7:45 p.m.

**Location:**
Jose Rizal Community Center, 7320 Florin Mall Drive

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**Fishing in the City**

Fish On!! Southgate Recreation and Park District will be having its biannual Fishing in the City event this summer on Saturday, August 24, 2019, from 8 a.m. to noon. Get your fishing poles ready to catch some catfish! Join us and the California Department of Fish and Wildlife for this fun and exciting event. This is a great opportunity for children, ages 5 through 15, who have had little to no exposure to fishing. There will be prizes for first fish, smallest fish, and largest fish caught, along with other raffle prizes. Registration for this event is FREE!

The fishing event begins at 8:30 a.m. after the fishing clinic put on by the California Department of Fish and Wildlife. DFW will have fishing poles and bait available for use after your child participates in the clinic.

**Date:**
Saturday, August 24

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

**Location:**
Florin Creek Park

**Ages:**
5 - 15

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**Halloween**

Join us Thursday, October 31 from 5:30 to 8 p.m. for a SPOOK-tacular Halloween evening with your family and friends. Southgate Recreation & Park District will be hosting this event at our Jose P. Rizal Community Center AND Pat O’Brien Community Center. We will be offering games, arts and crafts, photo booth, haunted house, and a candy walk where kids can fill up their pillowcases with some of their favorite candy.

**Date:**
Thursday, October 31

**Time:**
5:30-8 p.m.

**Location:**
Rizal Community Center, 7320 Florin Mall Drive
AND Pat O’Brien Community Center, 8025 Waterman Road

**Fee:**
$5 per child
Float-In Movie Nights

Stay cool on a hot summer night and enjoy some of your favorite flicks at our popular Float-In Movie Nights. Some of the classics will be projected on the big screen while you join your family and friends for a night at the pool.

Our Themed Party Packages Make Birthday Fun Easy

Do you want to try something new for your child’s birthday party this year? Our Incredible Party Package and Ultimate Party Package offer unique activities that will give your guest of honor and birthday guests an unforgettable two-hour party experience. You can choose the party theme your child will love from the following:

- Super Hero
- Cars
- Monster Trucks
- Video Games
- Dinosaurs
- Disney Princess
- Unicorn
- Mermaid
- My Little Pony
- Ballerina

Special themes for toddlers:
- Minnie Mouse
- Mickey Mouse
- Sesame Street
- Paw Patrol
- Thomas the Train

Party packages are available at all Southgate facilities and are a perfect opportunity to host a great party for any age.

Choose two from the following activity options: arts and crafts, sports activities, or carnival games. Or choose recreation swimming as the only activity.

Parties are available on Saturdays and Sundays from 10 a.m. to noon; noon to 2 p.m.; and 2 to 4 p.m. All birthday parties must be booked 30 days in advance and paid in full at the time of rental. Please call Jose P. Rizal Community Center for more information at 916-395-0601.

<table>
<thead>
<tr>
<th>Party Packages:</th>
<th>Dates:</th>
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<tr>
<td>Incredible Party Package:</td>
<td>Friday, July 5</td>
<td>Hotel Transylvania 3 @ Fruitridge Aquatic Center</td>
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<tr>
<td></td>
<td>Friday, July 19</td>
<td>Incredibles 2 @ New Aquatic Center</td>
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<td></td>
<td>Friday, August 2</td>
<td>Ralph Breaks the Internet @ Fruitridge Aquatic Center</td>
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<td>7:30-10 p.m.</td>
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Incredible Party Package:
The first hour includes two activities or one hour of recreation swimming. The second hour is set aside for your party celebration. Cost covers party host(s), supervised activities, tables, chairs, party tablecloth, plates, cups, and napkins.
- $175: Up to 10 children
- $225: 11-20 children

Ultimate Party Package:
Pizza makes all the difference. The first hour includes two activities or one hour of recreation swimming. The second hour is set aside for a pizza party celebration. Cost covers party host(s), supervised activities, tables, chairs, party tablecloth, plates, cups, napkins, and four extra-large pizzas and drinks.
- $225: Up to 10 children
- $300: 11-20 children
The Bradley Method® of Natural Childbirth

Are you an expectant mom or dad who wants to play an active role in your childbirth experience, one of the most important days of your life?

The Bradley Method® of Natural Childbirth allows you to do exactly that by being informed and able to make decisions that are right for your family, providing you with a positive and healthy start.

This 12-week series of classes focuses on staying low-risk through nutrition and pregnancy exercises, increasing the options you have available during your labor and delivery, and empowering couples by making them aware of their choice options.

The Bradley Method is an evidence- and experience-based series of classes that prepares soon-to-be-moms physically, mentally, and emotionally to have the healthiest and safest birth. These comprehensive childbirth classes provide information on relaxation techniques, how to reduce and/or eliminate pain in labor, nutrition, pregnancy exercises, interacting with your medical provider, birth plans, the physiology and psychology of labor and interventions, how your partner can be a great coach, communication between partners, as well as early bonding with your baby and breastfeeding—all in a fun, supportive, and interactive environment.

Why are these classes so invaluable? Because birth matters. Your baby’s birth experience can affect his or her health and well-being for a lifetime. Having a birth with no or minimal interventions or medications helps your baby get the best start possible. When interventions or a cesarean (C-section) become necessary, it is important for couples to know what to advocate for to help your baby make a smooth transition to life outside the womb.

Bradley Method classes are designed to teach you to trust in and work with your body, while providing current research so that you can effectively and positively communicate with your medical team about your desires for your birth. Classes include a mix of lectures, group discussions, activities, labor rehearsals, handouts, videos, and relaxation exercises. Instructor-to-student ratios are purposefully kept small so that couples receive the personal attention and support they need during this special time in their lives.

A Bradley Method class is a terrific place to meet other like-minded parents who have similar goals. Many couples continue to get together long after the series ends, and a reunion is planned once all of the couples in the series have given birth, providing an opportunity to meet each other’s new bundle of joys and share birth stories. Bradley couples (as well as other new parents in the community) are welcome to attend Southgate’s free “Baby & Me Playgroup,” intended for moms and/or dads of babies up to one year old. Playgroups are held on the first and third Thursday of each month from 10-11 a.m. at the Pat O’Brien Community Center. See page 40 for additional details.

To register for Southgate’s upcoming September-December Bradley Method series, see page 43. Classes are held on Wednesday evenings at the Pat O’Brien Community Center.

Ice Cream Family Splash

The Southgate aquatic staff invites your family to attend this very special family event. All-you-can-eat ice cream sundaes and swimming make for a perfect summer evening! Ice cream, toppings, whipped cream, and cherries will be provided. This family event is strictly limited to children accompanied by their parent(s) or guardian(s). All regular pool rules apply.

**Date:**
Friday, July 26

**Time:**
5:30-8 p.m.

**Location:**
Fruitridge Aquatic Center
Friday Night Lights

The New Aquatic Center will stay open late for public swim one Friday each month. Bring your family and friends to cool off on these hot summer evenings!

**Dates/Times:**
- 1:30-8 p.m.
- Friday, July 12
- 4-8 p.m.
- Friday, August 9

Flag Football teaches boys and girls ages 5-14 (5-7, 8-10, 11-14) the fundamentals of football, good sportsmanship, and teamwork. All players will receive an NFL Flag Football reversible jersey, mouthpiece, certificate of participation, and trophy. Practices will take place during the week and games will be played on Saturdays.

**Registration:**
Now – Aug. 10

**League Dates:**
Aug. 17 – Nov. 9

**Evaluation Day:**
Saturday, August 17
@ Countryside Park
(All Ages: 9-11 a.m.)

**Location:**
Countryside Park

**Fee:**
$95 per player

NFL Youth Flag Football

Splashing Pumpkins

Southgate Aquatic Staff invites your family to attend our third Halloween-themed Splashing Pumpkins event. Join us Saturday, October 12 from 1 to 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

**Upcoming Sports:**
- Tennis: June 12 – July 17
- Soccer: Aug. 6 – Sept. 10
- Football: Sept. 17 – Oct. 22

**Itty Bitty Sports**

The Itty-Bitty Sports Program is for children ages 3.5 to 5 and their parents. This is a parent-participation program, where the children and their parents move from station to station learning the fundamentals required for each sport. With the help of trained instructors, this program builds confidence and motor skills and offers a positive early introduction to sports. This is a fun way to spend quality time with your child in a noncompetitive environment. 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.

**Date:**
Saturday, October 12

**Time:**
1-3 p.m.

**Location:** New Aquatic Center

**Fee:** $5.00 per child

**Days/Times:** October 12, 2019, 1 – 3 p.m.
R.E.C. VAN

It’s time to get your family up and outside for some real-life recreation fun!

With busy schedules and alluring electronics inside the home, it’s often difficult to give your children the time outdoors you enjoyed as a child. But with a little help from the R.E.C. Van, you can find ample adventures at a Southgate Park near you.

Plan an evening for the whole family! Use the R.E.C Van events to get your crew off the couch and out into the sun for some healthy, free, warm-weather fun. R.E.C. Van events are focused on the whole family. Teach your child how to throw and catch, play a game of corn hole, or create a special craft together.

While you’re playing, stop by the information table to find out more about what Southgate Recreation & Park District offers and more special events to come. Start with play and stay for a movie. There are two movie dates left this summer: July 9 and August 15. Pack your snacks and blanket and enjoy a movie under the stars.

R.E.C. Van is also available to rent for your next event. With so many activities, your next party is sure to be a hit!

For more information on the R.E.C. Van schedule or rental guidelines, please call (916) 395-0601.

R.E.C. VAN RENTAL FEES

| Under 30 People | $95/hour |
| 30-50 People    | $110/hour |
| 51-100 People   | $125/hour |

*All R.E.C. Van rentals require a 2 hour minimum rental.

DATE | PARK LOCATION | FROM | TO |
--- | --- | --- | --- |
6/13 | WildHawk Golf Club (Movie – Sherlock Gnomes) | 6 p.m. | 10 p.m. |
6/18 | Don & Brenda Nottoli Park | 6 p.m. | 8 p.m. |
6/20 | Tamarindo Park | 6 p.m. | 8 p.m. |
6/25 | Calvine Crossing Park | 6 p.m. | 8 p.m. |
6/27 | Rutter Park | 6 p.m. | 8 p.m. |
7/2 | Cochran Park | 6 p.m. | 8 p.m. |
7/9 | Pat O’Brien Community Center (Movie – The Lego Movie 2) | 6 p.m. | 10 p.m. |
7/11 | Countryside Park | 6 p.m. | 8 p.m. |
7/16 | Southgate Library | 6 p.m. | 8 p.m. |
7/18 | Illa Collin Park | 6 p.m. | 8 p.m. |
7/23 | Toby Johnson Park | 6 p.m. | 8 p.m. |
7/25 | Cottonwood Park | 6 p.m. | 8 p.m. |
7/30 | Nicholas Park | 6 p.m. | 8 p.m. |
8/1 | Norman Waters Park | 6 p.m. | 8 p.m. |
8/6 | National Night Out: Fruitridge Park | 5:30 p.m. | 8 p.m. |
8/13 | Southgate Library | 6 p.m. | 8 p.m. |
8/15 | Florin Creek Park (Movie – How to Train Your Dragon: The Hidden World) | 6 p.m. | 10 p.m. |
Sacramento Raiders Youth Football and Cheer

The Sacramento Raiders Youth Football and Cheer has been serving the South Sacramento area for almost 30 years. The Sacramento Raiders were founded in 1990 by eight coaches and parents that wanted to give back to their community.

They felt that creating this organization would help local kids stay off the streets and give them a sense of purpose and belonging. The Sacramento Raider’s goal is to provide a football and cheer program in a safe, learning environment.

Supervised by excellent volunteer coaches and staff, the Raiders focus on helping children achieve in education, discipline, self-esteem, and good sportsmanship, as well as playing in an organized sport. When asked what her organization provides to local kids in the area, President Bernice Nunnelly said, “Our program provides youth in our area the chance to experience the exhilarating sensation of belonging and succeeding, while at the same time building character and feeling confident and good about their abilities.”

The Sacramento Raiders serve over 200 participants per season ranging from ages 5 to 14. The organization hosts fall leagues and participates in many spring camps to get players geared up for the season. The Raiders offer both a recreation and competitive (tackle) league, so no matter what your child’s level of experience and abilities are, there is a place for him or her to have fun and compete.

When asked what she hopes her players take away from playing with her organization, Nunnelly said, “All I want is for all our kids to grow up feeling good about themselves, continue their education, become model citizens that give back to their community, and grow up to be role models themselves for the youth. We teach them they can be anything that they want to be if they work hard and have a positive attitude.”

The Sacramento Raiders Youth Football and Cheer are led by a board of directors and coaches for both their football and cheer programs. The Raiders also incorporate and encourage parent participation as much as possible.

Last season all the Raiders divisions made it to playoffs, with the cadet football division taking home the championship! The Raider cheer divisions also placed first in their league cheer competition, with their pee wee division (ages 10-11) moving on to JAMZ NATIONALS Cheer Competition in Las Vegas, where they placed third.

We here at Southgate are so very proud of the Sacramento Raiders, not only for all their amazing achievements, but also for all their hard work and dedication to the community over the years.

This year, the Raiders regular season kicks off on July 21 at Nicholas Park. All dates and events will be noted on the Raider’s Facebook page and website, so check them out for sign-up dates and fees.

Facebook: Sacramento Raiders / Website: www.sacraiders.com / PH: (916) 494-3521 / Mail: 8425 De Rosa Ct. Sacto Ca 95828
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 ............. www.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 five 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 rlouinter@southgaterecandpark.net.
DISTRICT PROJECTS AND PLANNING

We're pleased to announce that the Jimmie R. Yee Park located in the Caselman Ranch Subdivision is complete and open to the public. District staff, dignitaries, and the community, along with special guest, former Sacramento County Supervisor Jimmie R. Yee, joined together for the grand opening celebration on April 27, 2019. The three-acre neighborhood park has shade structures, a half-basketball court, playgrounds, and open turf areas. Come out and enjoy your new park!
DON AND BRENDA NOTTOLI COMMUNITY PARK AT THE VINEYARD POINT SUBDIVISION

Don and Brenda Nottoli Community Park is open to the public. After nearly three years of planning and construction, the park is now ready for the spotlight. Supervisor Don Nottoli, his wife Brenda, and friends, officially opened the park during the grand opening celebration on May 18, 2019. The community came together to enjoy, games, activities, lunch, and most important, the park!

Nottoli Park features sports fields with LED lighting, two tennis courts, a basketball court, and a half-basketball court. The new playgrounds are exciting and sure to inspire creative play opportunities. The turf, trees, and landscaping are growing in nicely and will add shade and color through the years. The park also has fantastic shade structures that are ready for your next party. Please contact the District for rental information.
PAT O’BRIEN COMMUNITY CENTER, AQUATIC CENTER AND DISTRICT SUPPORT FACILITY

Southgate Recreation & Park District is proud to unveil the stunning new Pat O’Brien Community Center, New Aquatic Center, and District Support Facility to the community! This full-service, 10-acre facility will deliver a multitude of year-round activities for all ages, including youth and adult special interest classes, fitness and aquatic programs, before and after-school care, special events, facility rentals for your next meeting, party or celebration, and much more.

NOW OPEN!
To register for classes, see page 46 or visit southgaterecandpark.net
DISTRICT PROJECTS AND PLANNING

SOUTH OF FLORIN AREA (SOFA) BIKE & PEDESTRIAN IMPROVEMENT PROJECT-CONSTRUCTION UPDATE

The SOFA/Bike Pedestrian Improvement Project, which was a collaborative effort between the County of Sacramento and the District, is nearly complete. The intersection of Florin Mall Drive and Orange Avenue has been converted into a four-way stop with a crosswalk. Take a stroll on our Florin Creek trail from Florin Creek Park to Sheldon Park and beyond. You will notice new directional signage, trail lighting, bollards, and a security camera near the Highway 99 tunnel. There is also a dedicated bike lane and ADA ramp improvements on Florin Mall Drive, a bulb-out pedestrian crossing intersection at Florin Mall Drive and 66th Avenue, and a new sidewalk connection into Sheldon Park. The finishing touches should be completed this summer.

HERITAGE PARK & FLORIN FARM & OPEN SPACE PARK

A new park is coming to the Florin area. The County of Sacramento was the recipient of a grant from the State Department of Housing and Community Development (HCD) through the Housing Related Parks Program (HRPP). The County and the Southgate Recreation and Park District partnered to acquire 12.6 acres of land on two parcels north of Florin Road west of Mc Curdy Lane. “The County was happy to help Southgate in acquiring the land which has such great historical importance to the residents of Florin. We are thrilled that new public park space will be coming to the community,” says Judy Robinson, the Sacramento County Sustainability Manager.

The smaller parcel, 2.3-acres, fronts on Florin Road and wraps around Florin Creek. This property will be developed into a small neighborhood park with space for community gathering and a path adjacent to the creek. The larger 10.3-acre parcel is proposed for future farm and open space uses. The District is working to finalize improvement plans for the site and the next step will be to seek funding to build the park. In the meantime, District staff planted approximately 2 acres of California native pollinator flower seeds along the portion of the park facing Florin Blvd. You may notice the uncharacteristically colorful blooms as you pass by!
**NICHOLAS PARK PLAYGROUND RENOVATION PROJECT**

Sacramento Housing and Redevelopment Agency awarded the District a Community Development Block Grant of $150,000 for Nicholas Park, located at 6597 46th Street, to construct, purchase, and install new playground equipment and benches. The District hired HLA Design Group to produce conceptual playground layouts and construction plans. A workshop was held at Nicholas Elementary School in February where four playground designs were presented. Based on the feedback received, the District selected a preferred playground. The project has gone out to bid, and the District anticipates construction to begin this summer.

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**LARRY GURY COMMUNITY PARK**

The Larry Gury Community Park, previously known as Wildhawk West Subdivision Park, located south of Arnold Adreani Elementary School in the Vineyard Springs Community, continues to move along with design and development. Plans have received design review approval from Sacramento County. Improvement plans and building permits have been submitted for review. The District has paid for the vernal pool preservation and creation credits and has recently received a U.S. Army Corps of Engineers permit to develop the park site. The District is working diligently to move this project along, and we appreciate the community’s patience.
Bogies and Brews

After popular demand, Bogies & Brews is back! WildHawk will be holding its first Bogies & Brews of the year on Friday, June 14. Previous Bogies & Brews have featured such brewers as Track 7, Lagunitas, Ruhstaller, Sculpin, and others. If you’re a craft beer lover, this year’s lineup will not disappoint. The price can’t be beat either—$49 per player for nine holes of golf, cart, range balls, two craft beers of your choosing, plus brewery beer samplers on the course and a delicious BBQ afterward. Watch the wildhawkgolf.com website for upcoming Bogies & Brews or call WildHawk at (916) 688-4653 for more information.

Buy Your Range Plan for Maximum Practice

Summertime is the perfect time to buy your WildHawk Range Plan. With the long summer evenings, you can get in plenty of swings on the range. We offer three range plans—Silver, Gold, and Platinum—that run from the day of purchase until the end of the year. With the Silver plan, you get 100 balls every day for the prorated price of $174 if you buy in June. Want more practice? The Gold plan dispenses 200 balls a day for the prorated price of $200 in June. Trying to make the PGA Tour? Our Platinum range plan gives you 300 range balls a day, plus use of the grass tee in back of the range and the large practice green and bunker—all for the June prorated price of $349. Choose the range plan that best fits your practice style. No matter which plan you choose, you’re guaranteed to save money if you’re a regular range user. Every range plan holder also receives $5 twilight green fees. All range plans start on the day of purchase and expire on December 31, 2019.

Rent WildHawk Grille for Your Next Party

WildHawk Grille not only serves delicious food; it’s also a great venue for parties. The Grille has hosted birthday parties, retirement parties, holiday parties, baby showers, wedding receptions, and more. The WildHawk Grille has a full liquor license and offers a great selection of craft beers, as well as a Bose sound system inside and on the patio. The Grille has a creative menu from which to choose, or we can have our chefs prepare something just for you. The Grille is a great location if you live in the WildHawk or Southgate area, and offers plenty of parking. So please consider the WildHawk Grille for your next event or party. We’d love to have you. For more information, call (916) 688-4653.
You may not know the answer to that question now, but you might need to if the United States Golf Association (USGA) has its way. That’s because there is a movement underway to address pace of play by encouraging golfers to play from a tee location that’s more in line with their driving distance. It’s called the TEE IT FORWARD campaign. By playing from tees that are better suited to them, golfers have the chance to play a course at the same relative distance that a PGA Tour player would.

Golfers who hit approach shots with short and mid-irons instead of long irons and metal woods have a better chance of enjoyment. They also take fewer swings and, yes, shoot lower scores. TEE IT FORWARD is about changing people’s mindset in a positive way. Instead of playing WildHawk from the blue tees measuring 6,211 yards, consider playing the course from the white tees at 5,770 yards, or moving from the white to the green tees at 4,813, saving over 900 yards. The 6,700-yard course that most golfers play today is the equivalent to a PGA Tour playing an 8,100-yard course. Not too many pros would last long doing that.

Below are the TEE IT FORWARD guidelines for selecting the proper tees to play from based on driver distance.

### GUIDELINES FOR SELECTING TEES

<table>
<thead>
<tr>
<th>Driver Distance</th>
<th>Recommended 18-Hole Yardages</th>
</tr>
</thead>
<tbody>
<tr>
<td>275</td>
<td>6,700 – 6,900</td>
</tr>
<tr>
<td>250</td>
<td>6,200 – 6,400</td>
</tr>
<tr>
<td>225</td>
<td>5,800 – 6,000</td>
</tr>
<tr>
<td>200</td>
<td>5,200 – 5,400</td>
</tr>
<tr>
<td>175</td>
<td>4,400 – 4,600</td>
</tr>
<tr>
<td>150</td>
<td>3,500 – 3,700</td>
</tr>
<tr>
<td>125</td>
<td>2,800 – 3,000</td>
</tr>
<tr>
<td>100</td>
<td>2,100 – 2,300</td>
</tr>
</tbody>
</table>

According to the USGA, early testing of golfers who have used TEE IT FORWARD have expressed overwhelming support:

- 56% of golfers played faster
- 56% are likely to play golf more often
- 83% hit more lofted clubs into greens
- 85% had more fun
- 93% will TEE IT FORWARD again.

To learn more about TEE IT FORWARD and watch a video of Jack Nicklaus explaining why he likes the idea, visit www.usga.org/teeforward.
Swim Lessons

Southgate Recreation & Park District is proud to offer one of the finest and most comprehensive swim lesson programs in Sacramento. 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 Aquatic Supervisor at least two weeks before the first lesson to make any necessary arrangements. For further information, please call (916) 422-7610 x16.

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 8 days, with no classes on Fridays unless otherwise noted.
3. Class size is limited to six (6) students, with the exception of the Starfish level, which is limited to ten (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. In the event that a class is cancelled due to unforeseen circumstances, it will be made up on the next available Friday. You will be informed by your instructor if this occurs.
8. No class refunds will be issued after the class has begun. No Exceptions.

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-floating 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. Private instruction is offered during morning and evening lessons at the New Aquatic Center. Children under 3 years may require parent participation in the pool. These classes include four, 30-minute lessons.
**SWIM LESSON REGISTRATION**

*Swim Lesson Registration begins April 1, 2019.*

<table>
<thead>
<tr>
<th>SWIM LESSON FEES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRUITRIDGE AQUATIC CENTER</strong></td>
<td></td>
</tr>
<tr>
<td>Group Lessons: (2-weeks, M – Th)</td>
<td>$47</td>
</tr>
<tr>
<td>Discount Lessons: (1-week, M – F)</td>
<td>$26</td>
</tr>
<tr>
<td>Fall Lessons: (4-weeks, Saturdays)</td>
<td>$35</td>
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<tr>
<td>Private Lessons, fall: (4-weeks, Saturdays)</td>
<td>$75</td>
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<tr>
<td><strong>NEW AQUATIC CENTER</strong></td>
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<tr>
<td>Group Lessons: (2-weeks, M – Th)</td>
<td>$57</td>
</tr>
<tr>
<td>Private Lessons: (1-week, M – Th)</td>
<td>$90</td>
</tr>
<tr>
<td>Fall Lessons: (4-weeks, Saturdays)</td>
<td>$45</td>
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<table>
<thead>
<tr>
<th>SWIM LESSON SESSION DATES</th>
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<tbody>
<tr>
<td>Session 3: July 8 – July 18</td>
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</tr>
<tr>
<td>Session 4: July 22 – August 1</td>
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<td>Session 5: August 5 – August 15*</td>
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<tr>
<td>Fruitridge Discount Lessons: August 19 – August 23</td>
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<tr>
<td>September Fall Lessons: September 7 – September 28</td>
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<tr>
<td>October Fall Lessons: October 5 – October 26**</td>
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<tr>
<td><em>No morning lessons at the New Aquatic Center</em></td>
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<tr>
<td><strong>October Fall Lessons at New Aquatic Center only</strong></td>
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<table>
<thead>
<tr>
<th>PUBLIC SWIM HOURS</th>
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<tbody>
<tr>
<td><strong>NEW AQUATIC CENTER</strong></td>
<td></td>
</tr>
<tr>
<td>8025 Waterman Road, Sacramento, CA 95829</td>
<td></td>
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<tr>
<td><strong>June 3 – August 2, 2019</strong></td>
<td></td>
</tr>
<tr>
<td>Monday – Friday: 1:30 – 4 p.m.</td>
<td></td>
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<tr>
<td>Saturday &amp; Sunday: 1 – 4:30 p.m.</td>
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<tr>
<td><strong>August 3 – August 25, 2019</strong></td>
<td></td>
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<tr>
<td>Saturday &amp; Sunday: 1 – 4:30 p.m.</td>
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<tr>
<td><strong>PUBLIC SWIM FEES:</strong></td>
<td></td>
</tr>
<tr>
<td>0 – 17 years: $3.00</td>
<td></td>
</tr>
<tr>
<td>18+ years: $5.00</td>
<td></td>
</tr>
</tbody>
</table>

**Spray Play Hours**

Please see website for spray play hours.

Lockers are available at the New Aquatic Center for day use. Participants must bring their own lock to secure items. Southgate is not responsible for lost or stolen items.

| FRUITRIDGE AQUATIC CENTER            |        |
| 4000 Fruitridge Road, Sacramento, CA 95820 |        |
| **June 17 – August 25, 2019**          |        |
| Monday – Friday: 1:30 – 4 p.m.        |        |
| Saturday – Sunday: 1 – 4:30 p.m.      |        |
| **PUBLIC SWIM FEES:**                 |        |
| 0 – 17 years: $1.00                   |        |
| 18+ years: $2.00                      |        |
| **HOLIDAY HOURS (BOTH POOLS):**       |        |
| Independence Day, July 4, 2019: 1 – 4:30 p.m. |        |
| **FUN RUN WRISTBAND FEES:**           |        |
| $1.00 Fruitridge Aquatic Center       |        |
| $2.00 New Aquatic Center              |        |
RUTTER SWIM CENTER TO CLOSE

Plans underway to replace Rutter Swim Center with new aquatic facility

After almost 50 years of service to our community, Rutter Swim Center will not be open for the summer of 2019. The Center, which was constructed and operated in a successful partnership between the Elk Grove Unified School District (EGUSD) and the Southgate Recreation & Park District (SRPD), requires extensive upgrades and repairs to meet safety and other functional requirements of a commercial swimming pool. However, because the swim facility was built in 1970 and requires significant upgrades to serve the community, it has been determined that repairs would not address the overall shortcomings of the pool and would therefore not be an effective long term use of very limited resources. Rather than making a significant investment to achieve a functioning 1970s-era facility, EGUSD and SRPD are working collaboratively to obtain approximately $2.6 million that are necessary to replace the current Rutter Swim Center with a modern swim facility to better serve the community.

AQUATICS SEASON PASS:

2019 Summer Aquatics Season Pass
This pass is valid for all recreation swim hours at the New Aquatic Center and Fruitridge Aquatic Center, including Family Night Lights through August 25, 2019. Passes are on sale now, and may be purchased in-person at the Pat O’Brien Community Center, as well as the New Aquatic Center and Fruitridge Aquatic Center. With a season pass, patrons have access to afternoon and evening recreational swim. NO REFUNDS ARE GIVEN FOR SEASON PASSES. PASSES ARE NON-TRANSFERRABLE. Note: Pass does not include inflatable wristbands (sold daily for $1 at the Fruitridge Aquatic Center / $2 at the New Aquatic Center).

Aquatics Season Pass
Adults 18 and over: $60;
Youth 0 – 17: $50
Free Swim Lessons!
FREE Swim Lessons Presented by Adams Pool Specialties

Southgate is happy to announce the continuation of FREE swim lessons at the Fruitridge Aquatic Center for the 2019 summer season! These free lessons are available to families living within a 1-mile radius of the Fruitridge Aquatic Center and are made possible thanks to Adams Pool Specialties, who donated money raised by their annual golf tournament. To qualify for FREE swim lessons, you must be a District resident, live within a 1-mile radius of the Fruitridge Community Center and be able to show proof of residency (ex. Utility bill, driver’s license, etc.). Sign-ups for FREE swim lessons must be done in-person at the Fruitridge Community and Aquatic Centers and Jose P. Rizal Community Center.

Free lessons are contingent upon the following requirements:
• Participants may only enroll for two sessions at a time
• Participants must attend a minimum of 75% of the classes during each session to be eligible to enroll in future free lessons
• Participants who do not attend the minimum requirement of classes in a session will be disenrolled from any future sessions they have already signed up for.

For more information, call (916) 395-0601.
FALL SWIM LESSONS
Southgate Recreation & Park District will be offering Fall Swim Lessons beginning in September. 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.

FRUITRIDGE AQUATIC CENTER FEES:
$35 group lessons
$75 private Lessons

NEW AQUATIC CENTER FEES:
$45 group lessons
$90 private Lessons

CLASS SCHEDULE:

FRUITRIDGE AQUATIC CENTER FEES:
$35 group lessons
$75 private Lessons

REGULAR SWIM LESSONS
Fruitridge Aquatic Center Morning Lessons
Classes meet Mondays - Thursdays, 30 minutes each – Group Lessons: $47 each

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Name</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 a.m.</td>
<td>Starfish</td>
<td>18166</td>
</tr>
<tr>
<td></td>
<td>Guppies</td>
<td>18174</td>
</tr>
<tr>
<td></td>
<td>Polliwogs</td>
<td>18178</td>
</tr>
<tr>
<td></td>
<td>Tadpoles</td>
<td>18218</td>
</tr>
<tr>
<td></td>
<td>Goldfish</td>
<td>18234</td>
</tr>
<tr>
<td>11:35 a.m.</td>
<td>Starfish</td>
<td>18175</td>
</tr>
<tr>
<td></td>
<td>Guppies</td>
<td>18181</td>
</tr>
<tr>
<td></td>
<td>Polliwogs</td>
<td>18208</td>
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<tr>
<td></td>
<td>Tadpoles</td>
<td>18219</td>
</tr>
<tr>
<td></td>
<td>Goldfish</td>
<td>18234</td>
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<tr>
<td>12:10 p.m.</td>
<td>Starfish</td>
<td>18176</td>
</tr>
<tr>
<td></td>
<td>Guppies</td>
<td>18188</td>
</tr>
<tr>
<td></td>
<td>Polliwogs</td>
<td>18205</td>
</tr>
<tr>
<td></td>
<td>Tadpoles</td>
<td>18237</td>
</tr>
<tr>
<td></td>
<td>Goldfish</td>
<td>18240</td>
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</table>

DISCOUNT SWIM LESSONS
Fruitridge Aquatic Center
Classes meet Monday - Friday, 25 minutes each
$26 each

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Name</th>
<th>Activity #</th>
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<tbody>
<tr>
<td>5:30 p.m.</td>
<td>Starfish</td>
<td>18149</td>
</tr>
<tr>
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<td>Guppies</td>
<td>18152</td>
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<tr>
<td></td>
<td>Polliwogs</td>
<td>18154</td>
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<tr>
<td></td>
<td>Tadpoles</td>
<td>18157</td>
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<tr>
<td>6 p.m.</td>
<td>Starfish</td>
<td>18148</td>
</tr>
<tr>
<td></td>
<td>Guppies</td>
<td>18150</td>
</tr>
<tr>
<td></td>
<td>Polliwogs</td>
<td>18153</td>
</tr>
<tr>
<td></td>
<td>Tadpoles</td>
<td>18155</td>
</tr>
<tr>
<td></td>
<td>Goldfish</td>
<td>18158</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Starfish</td>
<td>18151</td>
</tr>
<tr>
<td></td>
<td>Guppies</td>
<td>18153</td>
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<tr>
<td></td>
<td>Polliwogs</td>
<td>18156</td>
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<td>Tadpoles</td>
<td>18159</td>
</tr>
<tr>
<td></td>
<td>Goldfish</td>
<td>18159</td>
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</table>

Southgate Recreation & Park District will be offering Fall Swim Lessons beginning in September. 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.

FRUITRIDGE AQUATIC CENTER FEES:
$35 group lessons
$75 private Lessons

NEW AQUATIC CENTER FEES:
$45 group lessons
$90 private Lessons
### Fruitridge Aquatic Center Evening Lessons
Classes meet Mondays - Thursdays, 30 minutes each – Group Lessons: $47 each

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Name</th>
<th>Activity #</th>
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</thead>
<tbody>
<tr>
<td>4:30 p.m.</td>
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<tr>
<td></td>
<td>Guppies</td>
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<td></td>
<td>Polliwogs</td>
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<tr>
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<td>Tadpoles</td>
<td>18220</td>
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<td>Goldfish</td>
<td>18235</td>
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<td>5:05 p.m.</td>
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<td>18167</td>
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<tr>
<td></td>
<td>Guppies</td>
<td>18178</td>
</tr>
<tr>
<td></td>
<td>Polliwogs</td>
<td>18201</td>
</tr>
<tr>
<td></td>
<td>Tadpoles</td>
<td>- - - -</td>
</tr>
<tr>
<td></td>
<td>Goldfish</td>
<td>- - - -</td>
</tr>
<tr>
<td></td>
<td>Teen/Adult</td>
<td>18246</td>
</tr>
<tr>
<td>5:40 p.m.</td>
<td>Starfish</td>
<td>- - - -</td>
</tr>
<tr>
<td></td>
<td>Guppies</td>
<td>18179</td>
</tr>
<tr>
<td></td>
<td>Polliwogs</td>
<td>18202</td>
</tr>
<tr>
<td></td>
<td>Tadpoles</td>
<td>18221</td>
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<tr>
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<td>Goldfish</td>
<td>18236</td>
</tr>
</tbody>
</table>

### New Aquatic Center Morning Private Lessons
Classes meet Mondays - Thursdays, 30 minutes each – Private Lessons: $90 each

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Name</th>
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</thead>
<tbody>
<tr>
<td>10 a.m.</td>
<td>Private Lessons</td>
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<td>10:35 a.m.</td>
<td>Private Lessons</td>
<td>19124</td>
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<tr>
<td>11:10 a.m.</td>
<td>Private Lessons</td>
<td>19125</td>
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<tr>
<td>11:45 a.m.</td>
<td>Private Lessons</td>
<td>19126</td>
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<tr>
<td>12:20 p.m.</td>
<td>Private Lessons</td>
<td>19127</td>
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</table>

### New Aquatic Center Evening Private Lessons
Classes meet Mondays - Thursdays, 30 minutes each – Private Lessons: $90 each

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Name</th>
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<tbody>
<tr>
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<td>Private Lessons</td>
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<tr>
<td>5:05 p.m.</td>
<td>Private Lessons</td>
<td>19129</td>
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<tr>
<td>5:40 p.m.</td>
<td>Private Lessons</td>
<td>19130</td>
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<td>6:15 p.m.</td>
<td>Private Lessons</td>
<td>19131</td>
</tr>
<tr>
<td>6:50 p.m.</td>
<td>Private Lessons</td>
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</tr>
</tbody>
</table>

To register for classes, see page 46 or visit southgaterecandpark.net
# New Aquatic Center Morning Lessons

Classes meet Mondays - Thursdays, 30 minutes each – Group Lessons: $57 each

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Name</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Starfish</td>
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<tr>
<td></td>
<td>Guppies</td>
<td>18864</td>
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<tr>
<td></td>
<td>Polliwogs</td>
<td>18904</td>
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<tr>
<td></td>
<td>Teen &amp; Adult</td>
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<tr>
<td>10 a.m.</td>
<td>Goldfish</td>
<td>19015</td>
</tr>
<tr>
<td></td>
<td>Barracudas</td>
<td>19049</td>
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<tr>
<td></td>
<td>Dolphin/Shark</td>
<td>19068</td>
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<tr>
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<td>19072</td>
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<td></td>
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<td>19076</td>
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<td></td>
<td>Guppies</td>
<td>18865</td>
</tr>
<tr>
<td></td>
<td>Polliwogs</td>
<td>18905</td>
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<tr>
<td></td>
<td>Teen &amp; Adult</td>
<td>-</td>
</tr>
<tr>
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## New Aquatic Center Evening Lessons

Classes meet Mondays - Thursdays, 30 minutes each – Group Lessons: $57 each

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<th>7/8 – 7/18</th>
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To register for classes, see page 46 or visit southgaterecandpark.net

Southgate Recreation & Park District / 29
JUNIOR LIFEGUARD PROGRAM
Learn to become a Lifeguard! Work with our staff to learn rescue and scanning techniques, accident prevention and safety skills. Participants must be able to swim at least 25 yards and tread water for 1 minute. NOTE: Optional volunteer hours may extend through mid-August.
Location: Fruitridge Aquatic Center
Fee: $70 includes participant t-shirt & materials
Age: 12 – 15

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<td>18106</td>
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<td>M – Th</td>
<td>11 a.m. – 12:30 p.m.</td>
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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: Fruitridge Aquatic Center
Fee: $35 per session
Drop-in Rate: $6

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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: Fruitridge Aquatic Center
Fee: $5 per visit
Session: 6/17 – 8/15 (Note: no lap swim 7/1 – 7/4)
Days/Time: M – Th, 11 a.m. – 1:15 p.m.

ICE CREAM FAMILY SPLASH
The Southgate Aquatic Staff invites your family to attend this very special aquatic family event. All-You-Can-Eat ice cream sundaes and swimming makes a perfect summer evening! Ice cream, toppings, whipped cream and cherries will be provided. This family event is strictly limited to children accompanied by their parent(s) or guardian(s). All regular pool rules apply.
Fee: Adults $6 / Children $4

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FLOAT-IN MOVIE NIGHTS
Stay cool on a hot summer night and enjoy some of your favorite flicks at our popular Float-in Movie Nights. Some of the classics will be projected on the big screen while you join your family and friends for a night at the pool.
Fee: Adults $6 / Children $4

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AQUA SPIN (shallow water)
Want an out of the box fitness experience? Aqua Spin is a cycling experience in 4’ of water that pairs the challenge of 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.
Location: New Aquatic Center
Fee: $40 per session OR $15 drop-in rate (if space is available)
Days/Times: Check website for current Aqua Spin schedule: www.southgaterecandpark.net

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 & Fruitridge Aquatic Center
Fee: Daily Drop-in: $5 per visit
Days/Times: Check website for current lap swim schedule: www.southgaterecandpark.net

LAP SWIM PASS OPTIONS
Passes may be purchased in-person during business hours at the Jose P. Rizal Community Center, Pat O’Brien Community Center, New Aquatic Center, Fruitridge Community Center, or Fruitridge Aquatic Center. NO REFUNDS ARE GIVEN FOR PASSES. PASSES ARE NON-TRANSFERABLE. Passes may be used at the following pools: Fruitridge Aquatic Center & New Aquatic Center. NOTE: Punch Pass is valid for one year after purchase date.
Fee: 10-visit Pass: $40/10-visits
Monthly Pass: $35/month

WATER AEROBICS (shallow water)
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
Fee: $20 per session OR $6 drop-in rate
Days/Times: Check website for current Water Aerobics schedule: www.southgaterecandpark.net

SWIM INSTRUCTOR MENTOR PROGRAM
Get a jump start on your future as a Swim Instructor! Participants will build leadership skills and learn how to teach children swimming and water safety skills. In addition to completing land and water training, participants will shadow current Swim Instructors while gaining practical experience teaching lessons. NOTE: Optional volunteer hours may extend through mid-August.
Location: New Aquatic Center
Fee: $65
Age: 12–15

WATER POLO CLINIC
This clinic is designed to teach children ages 10-18 the fundamentals of Water Polo. Learn the rules, regulations, and technique for playing this exciting fast-paced game. Participants will practice using a series of drills and scrimmage matches to exercise their skills. Participants must be able to swim at least 25 yards and tread water for 1 minute.
Location: New Aquatic Center
Fee: $45
Age: 10-18

JUNIOR LIFEGUARD PROGRAM
Learn to become a Lifeguard! Work with our staff to learn rescue and scanning techniques, accident prevention and safety skills. Participants must be able to swim at least 25 yards and tread water for 1 minute. NOTE: Optional volunteer hours may extend through mid-August.
Location: New Aquatic Center
Fee: $70 includes participant t-shirt & materials
Age: 12-15

To register for classes, see page 46 or visit southgaterecandpark.net
MERMAID SCHOOL
Learn to be a real swimming mermaid with Mermaid Ashley. First, participants will learn a basic mermaid body roll and how to put on a monofin & tailskin. Next, participants will learn the basics of posing as a mermaid on dry land and then swimming, where you will put that body roll to work underwater. Water tricks such as tail slaps, mermaid kisses, barrel rolls, and group tricks will also be introduced. Don’t miss out on this one-of-a-kind experience!

Monofin Required: Participants should either bring their own tail/monofin or rent one. Monofin rental is available for a $25 fee that is payable to the instructor on the day of the class. There are a limited number of monofins available, please contact 916-526-0236 to reserve one prior to the class date.

Location: New Aquatic Center
Fee: $45
Age: 10 years and up (must be a strong swimmer)

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
Fee: $40 per session OR $15 drop-in rate
Days/Times: Check website for current Float Fit schedule: www.southgaterecandpark.net

WATER BOARD YOGA
Water Board Yoga combines strength and balance-building exercises with the relaxation of water and yoga. The integration of posture and breath on a moveable surface is the ultimate way to practice going with the flow! Adaptable for all fitness levels.

Instructor: Natalie Bowman
Location: New Aquatic Center
Fee: $80 per 4-week session OR $25 drop-in rate (if space is available)
Days/Times: Check website for current Water Board Yoga schedule: www.southgaterecandpark.net
POOL RENTALS
Looking for a great place to hold your summer party that’s refreshing and cool? Rent one of our pools! Fruitridge Aquatic Center and our New Aquatic Center are available to rent for pool parties on Saturday and Sunday mornings/evenings. The minimum rental duration is two hours and the price includes lifeguards. All rentals must be made in-person at least two weeks prior to the rental. Please call (916) 395-0601 to check for availability and more information.

NOTE: Full payment is due at the time of the reservation.

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<th>Fruitridge Pirate Slide Rental*</th>
<th>New Aquatic Ctr. Activity Only**</th>
<th>New Aquatic Ctr. Activity &amp; Lap Pool</th>
<th>New Aquatic Ctr. Lap Pool Only</th>
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*Flat rate when booked with rental package. Subject to availability.
**New Aquatic Center Activity Only includes zero entry pool and splash pad.

FRIDAY NIGHT LIGHTS
The New Aquatic Center will stay open late for Public Swim one Friday each month. Bring your family & friends to cool off on these hot summer evenings!

Days/Times: 1:30 – 8 p.m.
July 12, 2019
August 9, 2019  *Hour change: 4 – 8 p.m.*

FLOAT-IN MOVIE NIGHTS
Stay cool on a hot summer night and enjoy some of your favorite flicks at our popular Float-in Movie Nights. Some of the classics will be projected on the big screen while you join your family and friends for a night at the pool.

Fee: Adults $6 / Children $4

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**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, Toddler and 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 Rizal Community Center at (916) 395-0601.

**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

**Fee:** $49/month ($38.50 uniform fee payable to instructor)

**Days:** Thursdays, 5:30 – 6:30 p.m.

**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 the technical aspect of self-defense but instill the value of discipline, dedication, perseverance, and self-confidence. Students must present proof they have completed that Introduction to Karate class. *This is a drop-in class; you may participate in any single one-hour class per week.*

**Location:** International Karate Federation, 8946 Vintage Park Drive

**Ages:** 6 & up

**Fee:** $50/month

**Days:** Mondays, 5 – 6 p.m.

**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

**Fee:** $49/month ($38.50 uniform fee payable to instructor)

**Days:** Wednesdays, 6 – 7 p.m.

**SUMMER YOUTH SPORTS CAMPS**
Southgate’s sports camp introduces your child/ren to the world of sports. This will help build your child’s motor skills, eye and hand coordination, agility and many sports specific skills. Each day is filled with skills drills and daily competitions. These sport camps offer beginner to intermediate players the opportunity to build a solid foundation. Boys and Girls will receive positive reinforcement throughout the day. Sports covered will include: Basketball, Football, Soccer and Baseball

**Location:** Rizal Community Center, 7320 Florin Mall Drive

**Fee:** $95 per camp

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<th>CODE</th>
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<td>19538</td>
<td>7/8 – 7/12</td>
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<td>19542</td>
<td>8/5 – 8/9</td>
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To register for classes, see page 46 or visit southgaterecandpark.net
YOUTH BEGINNING TENNIS (6 week class)
This class is for the young player age 7 to 13, who has little or no experience playing tennis. The class covers basic strokes such as forehand, backhand, and serving. Students will also be taught basic singles and doubles strategies, and how to keep score. Each student must bring two new (unopened) cans of tennis balls. Minimum enrollment must be met. Class time is subject to change due to enrollment.
Location: Vintage Park Tennis Courts
Fee: $40
Visit website for additional details: www.southgaterecandpark.net

YOUTH INTERMEDIATE TENNIS (6 week class)
This class is for the young player age 8 to 17, who has some experience and proficiency in tennis. Each student enrolled should have taken Youth Beginning Tennis, or an equivalent class, and have a good groundstroke and understanding of basic tennis strategies. Each student must bring two new (unopened) cans of tennis balls. Minimum enrollment must be met. Class time is subject to change due to enrollment.
Location: Vintage Park Tennis Courts
Fee: $40
Visit website for additional details: www.southgaterecandpark.net

ITTY BITTY SPORTS (6-week class)
The Itty Bitty Sports Program is for 3.5 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 noncompetitive 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.
Fee: $50

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<tr>
<td>18083</td>
<td>8/6–9/10</td>
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<td>5:30–6:30 p.m.</td>
<td>Nottoli Park</td>
<td>Soccer</td>
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<td>18081</td>
<td>9/17–10/22</td>
<td>T</td>
<td>5:30–6:30 p.m.</td>
<td>Churchill Downs</td>
<td>Football</td>
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</table>

NFL YOUTH FLAG FOOTBALL
Flag Football teaches boys and girls ages 5-14 the fundamentals of football, good sportsmanship and teamwork. All players will receive a NFL Flag Football reversible jersey, mouthpiece, certificate of participation and a trophy. Practices will take place during the week and games will be played on Saturdays.
Location: Countryside Park
Registration Signups: 5/1 – 8/10
Evaluation Day: 8/10 at Countryside Park
9 a.m. – 5–8 year olds; 10 a.m. – 9–11 year olds; 11 a.m. – 12–14 year olds
Fee: $95

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<td>19342</td>
<td>8/17 – 11/9</td>
<td>Sa</td>
<td>9 a.m. – 4 p.m.</td>
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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. Fees payable to the instructor at the start of each class.
Location: Jose P. Rizal Community Center, 7320 Florin Mall Dr. & Florin Creek Community Center, 7460 Persimmon Ave.

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<tr>
<th>DAYS</th>
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<th>FEES</th>
<th>INSTRUCTOR</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>M – F</td>
<td>9 – 10 a.m.</td>
<td>$2.50/class</td>
<td>Mireya Avalos</td>
<td>Rizal Comm. Center</td>
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ADULT BEGINNING TENNIS (6 week class)
This class is for the adult ages 18 and up, who has little or no experience playing tennis. It is also suitable as a refresher course for those returning to the game after several years of not playing. The class covers basic strokes such as forehand, backhand, and serving. Students will also be taught basic singles and doubles strategies, and how to keep score. Each student must bring two new (unopened) cans of tennis balls. Minimum enrollment must be met. Class time is subject to change due to enrollment.
Location: Vintage Park Tennis Courts
Fee: $40
Visit website for additional details: www.southgaterecandpark.net

ADULT INTERMEDIATE TENNIS (6 week class)
This class is for the adult player who has some experience and proficiency in tennis. Each student enrolled should have taken Beginning Tennis, or an equivalent class, and have a good groundstroke and understanding of basic tennis strategies. Each student must bring two new (unopened) cans of tennis balls. Minimum enrollment must be met. Class time is subject to change due to enrollment.
Location: Vintage Park Tennis Courts
Fee: $40
Visit website for additional details: www.southgaterecandpark.net

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, 8025 Waterman Rd.
Fee: $60

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<td>9/28/19</td>
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<td>9 a.m. – 3 p.m.</td>
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<td>9 a.m. – 3 p.m.</td>
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<tr>
<td>18562</td>
<td>12/14/19</td>
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JAZZERCISE
In 2019 Jazzercise, Inc., the company that catapulted “aerobic dance” to notoriety in the 1980’s, became the first-ever fitness brand to celebrate the 50-year mark. It has done so by developing fun and effective fitness routines that enhance the well-being of people of all ages. Throughout these 50 years, Jazzercise has continually evolved to incorporate the most current exercise research to enable students to reach their health and fitness goals.
A 60-minute class not only includes calorie-burning cardio with jazz, Latin, hip hop, and kickboxing moves, but also concentrates on core muscles, balance, and overall strength training. Music from many genres is used to keep classes current and fun. Instructors demonstrate both low and high impact versions so that everyone can exercise safely, no matter what their fitness level may be.
Learn more about Jazzercise at www.jazzercise.com. Contact instructor Irene Roltsch at 916-683-2479 for pricing information. There are special rates for seniors, students and spouses.
Registration: Contact Instructor, Irene Roltsch at (916) 683-2479 for more information.
Location: Fletcher Farm Comm. Ctr., 7245 Fletcher Farm Dr.
Fee: Varies with the number of sessions attended.
Fees are payable to the instructor at each class.

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ADULT COMPETITIVE CO-ED VOLLEYBALL LEAGUE (10 weeks)
Join the Southgate Recreation & Park District Competitive Co-Ed Volleyball League. We are looking for a competitive bunch who can bump, set and spike their way through the competition! We offer a competitive and fun environment with leagues available throughout the year. The winning team will be awarded their choice of Championship attire!
Location: Jose Rizal Community Center, 7320 Florin Mall Dr.
Fee: $250 per team

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<td>19527</td>
<td>8/15 – 11/7</td>
<td>Th</td>
<td>6:30 – 10:30 p.m.</td>
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PICKLE BALL
This exciting game is a great way to stay active and get a great work out. This game keeps your muscles moving, and most importantly, gets you active.

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<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
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<tr>
<td>MWF</td>
<td>8/19 – 12/20</td>
<td>12 – 3 p.m.</td>
<td>$4/class</td>
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Register early!
Preregistration is required for all classes.
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 Maela 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 programming 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 916-422-7610 ext. 12. 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.

Summer Camp 2019

It’s never too early to think about all the fun your child will have this summer! Make sure they are spending their summer with us at either of our two summer camp locations. Each day your child will enjoy playing in the park, arts & crafts, fitness activities, swimming, nutrition education and much more. We will provide morning and afternoon snack and free entry into the pool on a daily basis. An occasional fieldtrip will be taken at an additional cost.

PAT O’BRIEN SUMMER CAMP (Ages 5-12)

6/3/19 – 8/9/19
Location: Pat O’Brien Community Center, 8025 Waterman Rd, Sacramento
Fee: $90/week; $60/week (less than 25 hours); $25/day drop in
Camp Time: 7 a.m. – 6 p.m.
Note: A minimum of 15 participants must be registered per session.

FRUITRIDGE SUMMER CAMP (Ages 5-12)

6/17/19 – 8/16/19
Location: Fruitridge Community Center, 4000 Fruitridge Rd.
Fee: $55/week, $25/day drop in
Camp Time: 7:30 a.m. – 5:30 p.m.
EGUSD will be providing lunch every day through the Summer Lunch Program.

FUN FACTORY OFF-TRACK CAMP

Starting August 12, SRPD will offer 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.

Location: Pat O’Brien Community Center, 8025 Waterman Road
Fee: $110/week (full-time); $75/week (less than 25 hours); $25/day
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.

Fee: $25 per week
Camp Time: varies by location
FRUITRIDGE LATIN AMERICAN CLUB
AND BUS TRIPS
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.

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<th>DATE</th>
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<td>7/4</td>
<td>Th</td>
<td>Jackson Rancheria</td>
<td>9 a.m.</td>
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<tr>
<td>7/14</td>
<td>Su</td>
<td>Boom Town</td>
<td>8 a.m.</td>
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<td>7/24</td>
<td>W</td>
<td>Feather Falls</td>
<td>8:30 a.m.</td>
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<td>8/4</td>
<td>Su</td>
<td>Silver Legacy (Reno)</td>
<td>8 a.m.</td>
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<td>8/1</td>
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<td>Thunder Valley</td>
<td>9 a.m.</td>
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<td>Graton</td>
<td>8 a.m.</td>
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<td>Feather Falls</td>
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<td>Jackson Rancheria</td>
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<td>Red Hawk</td>
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<td>Graton</td>
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<td>Black Oak</td>
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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 for the whole day. For more information please contact Nora at 916-743-4028.

SUNSHINE CLUB PARTY DAYS

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<tr>
<th>THEME</th>
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<tr>
<td>Independence Day</td>
<td>7/3/19</td>
<td>6/28/19</td>
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*Birthday Celebrations are held on the second Friday of each month.
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.

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.
Dates:
Tuesday 8/13/2019 & Wednesday 8/14/2019, 9 a.m. – 1 p.m., Rizal Community Center

NEVER-TOO-LATE AEROBICS
This is a low-impact aerobics program designed specifically for individuals 50 years of age and older. This class aids in the improvement of circulation, mobility, flexibility, muscle tone, balance and posture. Please wear comfortable clothing and athletic shoes.
Location: Rizal Community Center, 7320 Florin Mall Drive
Fee: $2.25 per class (payable at the start of each class)
Days: M, W & F
Time: 10:15 – 11 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, 4000 Fruitridge Rd.
Fee: $48 ($35 supply fee payable to instructor)

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.

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

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
CHILDREN & YOUTH

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 12 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, 8025 Waterman Rd, Sacramento

**Ages:** 0-1 (w/participating adult)

**Fee:** FREE

**Days/Time:** 1st & 3rd Thursday of each month, 10 – 11 a.m.

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, 8025 Waterman Rd, Sacramento

**Ages:** 3 – 5 (w/participating adult)

**Fee:** $40/month

**Days/Time:** Wednesdays, 10:15 – 11 a.m.

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:** Pat O’Brien Community Center, 8025 Waterman Rd, Sacramento

**Ages:** 2 – 3 (w/participating adult)

**Fee:** $40/month

**Days/Time:** Thursdays, 7 – 7:30 p.m.

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, 8025 Waterman Rd, Sacramento

**Ages:** 10 – 15

**Fee:** $20/month

**Days/Time:** 2nd and 3rd Saturday of each month, 4 – 4:45 p.m.

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. Comfortable clothing is recommended. Girls:* Wear leather ballet shoe, tights (with feet), and leotard. *Boys: *Wear shorts, t-shirt, socks, and leather ballet shoes.

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

**Ages:** 3 – 4 (without parent participation)

**Fee:** $56/month

**Days/Time:** Thursdays, 5 – 5:45 p.m.

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 leather ballet shoes and soft-soled tap shoes, tights (with feet), and leotard. *Boys: *Wear shorts, t-shirt, socks, leather ballet shoes, and soft-soled tap shoes.

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

**Ages:** 4.5 – 5.5

**Fee:** $56/month

**Days/Time:** Thursdays, 6 – 6:50 p.m.

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, 8025 Waterman Rd, Sacramento

**Ages:** 5 & up

**Fee:** $50/month

**Days/Time:** Tuesdays, 5 – 6 p.m.

Girl’s Youth Volleyball Clinic
Girl’s youth volleyball teaches girls in grades 3rd – 8th the basics of the sport. We will focus on developing skills such as bumping, setting, and serving of the volleyball. Volunteer coaches will also work with players on the importance of teamwork and good sportsmanship. All players will receive a t-shirt and certificate of participation.

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

**Fee:** $70

**Visit website for additional details: www.southgaterecandpark.net**

Preregistration is required for all classes.
ADULTS

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. *NOTE: This class is a 2-week series offered on the 2nd & 3rd Saturday of each month.*

**Location:** Pat O’Brien Community Center  
**Fee:** $24

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.

**Location:** Pat O’Brien Community Center  
**Days/Time:** Tuesdays, 6:30 – 7:30 p.m.  
**Fee:** $15/month

Sculpt Class
Join instructor Natalie Bowman for an intense cardio and strength class which strategically uses weights in yoga poses to support balance and flexibility, giving your abdominals a serious workout while supporting yoga poses.

**Location:** Pat O’Brien Community Center  
**Days/Time:** Saturdays, 2:45 – 3:30 p.m.  
**Fee:** $30 per 4-week session

Hula Dance
Want to try something new? Hula Dancing focus 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  
**Fee:** $40

**CODE SESSION DAYS TIME**  
19315 7/10 – 7/31 W 4 – 5 p.m.

Adult Recreation Co-ed Volleyball League
Come join the Southgate Recreation & Park District Co-Ed Volleyball League. We offer a competitive and fun environment with leagues available throughout the year. The winning team will be awarded Championship T-shirts!

**Location:** Pat O’Brien Community Center  
**Fee:** $250.00 per team

**CODE SESSION DAYS TIME**  
19532 8/13 – 11/5 T 6:30 – 10:30 p.m.

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 teaches nutrition at Consumnes River and American River Colleges. She is also a Jazzercise instructor.

**Location:** Pat O’Brien Community Center, 8025 Waterman Rd, Sacramento  
**Fee:** $25

**CODE SESSION DAYS TIME**  
19615 10/3 Th 7:45 – 9:15 p.m.

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 teaches nutrition at Consumnes River and American River Colleges. She is also a Jazzercise instructor.

**Location:** Pat O’Brien Community Center, 8025 Waterman Rd, Sacramento  
**Fee:** $25

**CODE SESSION DAYS TIME**  
19615 10/3 Th 7:45 – 9:15 p.m.

Preregistration is required for all classes.
ADULTS continued

HIIT 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 that is the main goal. All levels are Welcome!

Location: Pat O’Brien Community Center,
Fee: $30/month
Days/Time: Mondays & Wednesdays, 9 – 10 a.m.

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 which has the ability to develop the individual physically as well as mentally. The techniques that you will learn will be simple and effective. Stop being afraid and being a victim learn to fight back. Women and men of all ages are welcome.

Location: Pat O’Brien Community Center,
8025 Waterman Rd, Sacramento
Fee: $25/month
Days/Time: Tuesdays, 9 – 10 a.m.

Check website for dates and times

Zumba
Zumba is a dance fitness program that provides a fun atmosphere using Latin and Hip-Hop flavors. Using easy to follow moves, Zumba promotes the perfect balance of cardiovascular training and interval training to burn calories and stay in shape. 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: Pat O’Brien Community Center,
8025 Waterman Rd, Sacramento
Fee: $15 per monthly session (Mondays or Wednesdays)
Days/Time: Mondays or Wednesdays 6 – 7 p.m.

Rhythm & Motion Cardio Dance Fitness
Join us for a cardio-intense 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,
Fee: $15/month
Days/Time: Fridays, 10 – 11 a.m.

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,
8025 Waterman Rd, Sacramento
Fee: $25 plus materials fee

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<thead>
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<th>DAYS</th>
<th>TIME</th>
</tr>
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<tbody>
<tr>
<td>18603</td>
<td>10/26</td>
<td>Sa</td>
<td>10 – 11:30 a.m.</td>
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</tbody>
</table>

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,
8025 Waterman Rd, Sacramento
Fee: $25 plus materials fee

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<tr>
<th>CODE</th>
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</tr>
</thead>
<tbody>
<tr>
<td>19316</td>
<td>7/27</td>
<td>Sa</td>
<td>10 – 11:30 a.m.</td>
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</tbody>
</table>

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,
8025 Waterman Rd, Sacramento
Fee: $48 ($35 supply fee payable to instructor)

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<tr>
<th>CODE</th>
<th>SESSION</th>
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<tr>
<td>17985</td>
<td>9/5 – 9/26</td>
<td>Th</td>
<td>1–3 p.m.</td>
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</tbody>
</table>
The Bradley Method® of Natural Childbirth
Did you know that over 87% of Bradley births are unmedicated? Register soon as space is limited. For more information regarding the Bradley Method®, visit: www.bradleybirth.com.
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, 8025 Waterman Rd, Sacramento
**Fee:** $250/couple (includes 125-page Student Workbook)
**Days/Time:** Wednesdays, 9/25-12/11 (no class 11/27), 7:15 – 9:15 p.m.

SENIORS
Sit & Fit
Sit & Fit is a comprehensive 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. In addition, this class incorporates body sculpting using light weights and bands.
**Location:** Pat O’Brien Community Center, 8025 Waterman Rd, Sacramento
**Days/Time:** Fridays, 8:30 – 9:30 a.m.
**Fee:** $15/month
**Check website for dates and times**

Walk With Ease
Walk With ease teaches you how to safely make physical activity part of your everyday life. The program is designed to help relieve arthritis pain, and suitable for anyone looking to make physical activity part of your 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:** Pat O’Brien Community Center, 8025 Waterman Rd, Sacramento
**Fee:** $5 per 6-week session (includes participant manual)
**Check website for dates and times**

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 slow, focusing on form, technique, and progress over time.
**Location:** Pat O’Brien Community Center, 8025 Waterman Rd, Sacramento
**Fee:** $15/month
**Days/Time:** Mondays, 8:30 – 9:30 a.m.
**Check website for dates and times**

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, 8025 Waterman Rd, Sacramento
**Fee:** $15/month
**Days/Time:** Wednesdays, 8:30 – 9:30 a.m.
**Check website for dates and times**

Preregistration is required for all classes.
EMLOYEE CORNER

New Employees

Brittney Teems, Recreation Specialist II
Brittney Teems has worked for the District’s aquatics division in various positions since May 2012. In February 2019, Brittney was promoted to full-time position of Recreation Specialist II. In this new role, she assists with planning and implementing aquatics programs and special interest classes. Outside of work, Brittney enjoys swimming, water polo, playing with her dog, and Dungeons and Dragons. Brittney graduated from California State University, Sacramento with a Bachelor of Science in kinesiology (exercise science focus). Brittney is also a lifeguarding instructor through the American Red Cross and a high school swim team coach.

Cheryl Denton, Recreation Supervisor
For the last 32 years, Cheryl worked for the Hayward Area Recreation & Park District where she worked with a variety of programs involving kids, teens, adults, seniors, sports, and special events. At the end of 2018, Cheryl joined the District as Recreation Leader and became a Recreation Supervisor in January 2019. She graduated from Arroyo High School in San Lorenzo, California. In her free time, Cheryl likes to practice her photography skills by taking pictures of animals and scenery. She also likes to travel and play competitive softball. Cheryl’s deep knowledge in recreation sports makes her great addition to the team.

Daniel Giammona, Parks Manager
Dan joined the District in March 2019 as the new Parks Manager. He comes to Southgate with more than 20 years of experience in the field, making him a valuable addition to the team. Dan was the Golf Course Superintendent for City of Sacramento’s golf courses for 8 years before moving over to Parks where he served 8 years as the Parks Superintendent and was later promoted to Parks Manager. He moved to the Hayward Area Recreation and Parks District where he served as the Manager of Golf Operations and later took on the responsibilities of the Parks and Building Maintenance Superintendent. Dan is an active 28-year Class A Certified Member of the Golf Course Superintendents Association of America and holds a Pesticide Control Adviser License as well as a Qualified Applicator Certificate through the California Department of Pesticide Regulation that he has maintained for more than 25 years. Dan graduated from California State University, Chico earning a Bachelor of Science in Ornamental Horticulture. When Dan is not at work, he enjoys traveling and boating with his family, spending time with friends, riding motorcycles, and playing golf.
Employee Anniversaries

Paula Hansen, Administration Manager, celebrates 25 years with Southgate Recreation & Park District. Before being promoted to Administration Manager in 1998, she held positions as Business Services Assistant and Business Supervisor. Paula is responsible for directing the administrative services for the District including the management of financial operations, human resources, information technology, and supporting other departments with their operations. During her time at Southgate, she has been involved in the financing and administration of many of Southgate’s outstanding projects and programs. The District appreciates her dedication and commitment to Southgate Recreation & Park District.

Ward Winchell, General Manager, celebrates 30 years with Southgate Recreation & Park District. He was hired as Business Supervisor in June 1989. Ward was promoted to Superintendent of Administration and Assistant General Manager before he was appointed General Manager in 2004. During his tenure at Southgate, he has overseen tremendous growth in the District including the construction of 24 parks, two community centers, the Gerry Green Head Start, three aquatic facilities, WildHawk Golf Club, and numerous award-winning projects and programs. Ward’s leadership and commitment to the community are an asset to Southgate Recreation & Park District.

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

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 contact Rizal Community Center at (916) 395-0601.

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 contact the Administrative Office at (916) 428-1171 or visit our website at www.southgaterecandpark.net.
HOW AND WHERE TO REGISTER

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 TO USE ONLINE REGISTRATION
(For first time use only)
- 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
EASY ONLINE REGISTRATION:
www.southgaterecandpark.net

Name_________________________________________________________ Phone (home)_____________________________
Address______________________________________________________ (work)______________________________
City/State/Zip__________________________________________________ Email______________________________

☐ Please e-mail me information about upcoming Southgate Recreation & Park District activities!

CLASS REGISTRATION
PARTICIPANT’S NAME DOB (IF UNDER 18) CLASS NAME CLASS CODES SESSION DATES FEE
1st choice 2nd choice 3rd choice

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 46 or visit southgaterecandpark.net

Southgate Recreation & Park District / 47
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.

To register for classes, see page 46 or visit southgaterecandpark.net
Florin East Grammar School

8383 Florin Road
35-150 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 46 or visit southgaterecandpark.net
Pat O’Brien Community Center

This newly constructed 12,900 square-foot community center offers a state-of-the-art facility for your next community event or private party. The Pat O’Brien center has a large multipurpose room/gymnasium that can accommodate a full court basketball game, but also transform at night for your child’s birthday or a wedding reception. In addition to the large room, the center features two adjacent meeting rooms that can be divided to host smaller, more intimate gatherings. Off the meeting rooms is our spacious event patio, the perfect addition to your event.

The beautiful new community center is located next to the New Aquatic Center, splashpad, and playground. With plenty of parking available for your guests, this is the place to have your next event. Minimum rental time is two hours. All rentals include tables, chairs, and our welcoming staff. Reservations must be made 30 days in advance. To check availability, please call (916) 395-0601.

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.

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Assembly Capacity</th>
<th>Banquet Capacity</th>
<th>Hourly Standard</th>
<th>Hourly Weekend Security</th>
<th>Hourly Meeting Room</th>
<th>Kitchen*</th>
<th>Amphitheater or Garden/Patio*</th>
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<tr>
<td>Pat O’Brien Community Center</td>
<td>8025 Waterman Road</td>
<td>350</td>
<td>300</td>
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<td>$400.00</td>
<td>$60</td>
<td>$50.00</td>
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<td>Jose Rizal Community Center</td>
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<td>300</td>
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<td>60/54/50</td>
<td>$100.00</td>
<td>$180.00</td>
<td>$50-$140</td>
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<tr>
<td>Florin Creek Recreation Center</td>
<td>7460 Persimmon Avenue</td>
<td>150</td>
<td>120</td>
<td>$145.00</td>
<td>$225.00</td>
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<tr>
<td>Fletcher Farm Community Center</td>
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<td>90</td>
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<td>$175.00</td>
<td>n/a</td>
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“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

## Southgate Recreation & Park District

### Golf Course
- **Wildhawk Golf Club**, 7713 Vineyard Rd.

### Community Centers
- **Crofoot Center**, 7259 Circle Parkway
- **District Administrative Office**, 6000 Orange Ave.
- **Fletcher Farm Community Center**, 7265 Fletcher Farm Dr.
- **Florin Creek Recreation Center**, 7460 Persimmon Ave.
- **Frutigard Community Center**, 4000 Frutigard Rd.
- **Joe P. Rital Community Center**, 7320 Florin Mall Dr.
- **Florin East Grammar School**, 3835 Florin Rd.
- **Pat O'Brien Community Center**, 8025 Waterman Rd.

### Public & Water Activities
- **Frutigard Aquatic Center**, 4000 Frutigard Rd.
- **New Aquatic Center**, 8025 Waterman Rd.

### Parks
- **Boulevard Glen Park**, Caymus Dr. & Tributary Parkway
- **Bowling Green Park**, Wesley & 6th Ave.
- **Bradshaw Vineyards Park**, Vineland Park Dr. & Fall Valley Way
- **Brittan Park**, Brittan Park Dr. & Kentshire Way
- **Calvista Crossing Park**, Almaden Dr. & November Way
- **Calvista Station Park**, New Park Dr. & New Ridge Ct.
- **Carlisle Woods Park**, Carlisle Ave. & Caymus Dr.
- **Caymus Park**, Caymus & Vintage Park Dr.
- **Churchill Downs Community Park**, Vintage Park Dr. & Waterman Rd.
- **Cottonwood Park**, Willow Creek Ct. & Willow Grove Way
- **Country Club Park**, Meadowlawn Dr. & Power Inn Rd.
- **Crofoot Park**, 7259 Circle Parkway
- **Don & Brenda Notoli Community Park**, 9435 Harfield Dr.
- **Florin Creek Park**, 7460 Persimmon Ave.
- **Fountain Plaza Park**, El Pinelo Ave. & Hobson Way
- **Frutigard Community Park**, 4000 Frutigard Rd.
- **Harden Park**, Harden & Andor Ct.
- **Illa Collins Park**, Vintage Park Dr. & Finest Co.
- **Jack W. Davis Park**, 16th Ave. & 44th St.
- **Jack N. Sheldon Park**, Orange Ave. & Florin Mall Dr.
- **Jimmie R. Yee Park**, 8755 Nakaya Way
- **Kennedy Park**, 7027 Briggs Dr.
- **Kenneth B. Royal Park**, B. & C. Parkways
- **Little Hawk Park**, Sorrento Dr. & O'Farrell Way
- **Nicholas Park & Softball Complex**, 47th Ave. & 46th St.
- **Norman S. Waters Park**, Elsie Ave. & Sunrise Greens Dr.
- **Olde Florin Park**, Floris Rd. & Mckimber St.
- **Pacific Park**, 6020 141st St.
- **Robert D. Cochran Park**, Westby Dr. & Waterman Rd.
- **Rutgers Park**, 7350 Parmelee Hwy Dr.
- **Silver Leaf Park**, Country Ranch Dr. & Silver Meadow Way
- **Sky Park**, 5th & Sky Parkways
- **Southwoods Park**, Valley Wood Dr.
- **Sunrise Florin Park**, 7245 Fletcher Farm Dr.
- **Tamarack Park**, Togawoods & Tamarack Dr.
- **Toby Johnson Park**, Bonita & Cutter Way
- **Vineyard Park**, Grand Cru Dr.
- **Vintage Park**, Helmsdale Way & Vintage Park Dr.
- **Willow Park**, Iona Way & Summer Sunrise Dr.
- **Woodyham Park**, Horn Man Dr. & Orange Ave.

### Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Address</th>
<th>Features</th>
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<tbody>
<tr>
<td>Driving Range, Grill</td>
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<tr>
<td>Main Office</td>
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<tr>
<td>Beautiful Architecture</td>
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<tr>
<td>Senior Programs</td>
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<tr>
<td>Gymnasium</td>
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<tr>
<td>Historic School</td>
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<tr>
<td>Gymnasium</td>
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<tr>
<td>Waterside, Sprayground</td>
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<tr>
<td>Wetlands, Trail, Open space</td>
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<tr>
<td>Approx 1 mile Creek Trail</td>
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<tr>
<td>Approx 4.5 mile Greenbelt Trail</td>
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<tr>
<td>Sand volleyball</td>
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<tr>
<td>Full Court Basketball</td>
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<tr>
<td>Thematic Playground</td>
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<tr>
<td>Pond, Boats, Court</td>
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<tr>
<td>Shuffleboard</td>
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<tr>
<td>Blacktop games</td>
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<tr>
<td>2 Softball/Baseball Fields</td>
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<tr>
<td>Community Garden</td>
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<tr>
<td>Horseshoes, Petanque Court</td>
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<tr>
<td>Horseshoes</td>
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<tr>
<td>Basketball Full Courts</td>
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<tr>
<td>Horseshoes</td>
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<tr>
<td>Sand volleyball</td>
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</tbody>
</table>

To register for classes, see page 46 or visit southgaterecandpark.net
No. Golf Course
41 Wild Hawk Golf Club, 7713 Vineyard Rd.

No. Community Centers
11 Crofoot Center, 7259 Circle Parkway
13 Jose P. Rical Community Center, 7320 Florin Mall Dr.
17 Florin East Grammar School, 8383 Florin Rd.
2 Fruitridge Community Center, 4000 Fruitridge Rd.
12 Florin Creek Recreation Center, 7460 Persimmon Ave.
18 Fletcher Farm Community Center, 7245 Fletcher Farm Dr.

No. Pools & Water Activities
2 Fruitridge Aquatic Center, 4000 Fruitridge Rd.

No. Trails, Parkways and Open Space
15 Florin Creek Bike Trail, Florin Creek Park to Rutter Park
17 Howard P. Tillotson Parkway, Countryside Park to Smedberg Middle School
27 Laguna Creek Parkway, Vineyard Rd. at Laguna Creek
42 Dunmore Park Preserve Area, Excelsior Rd.
11 Bouldin Glen Park, Caymus Dr. & Tillotson Parkway
2 Bowling Green Park, Wesley Ave. & 49th Ave.
27 Bradshaw Vineyards Park, Vintage Park Drive and Fall Valley Way
31 Brittan Park, Brittan Park Dr. & Kentshire Way
44 Calvine Crossing Park, Almadine Drive and Obsidian Way
28 Calvine Station Park, New Point Dr. & New Ridge Ct.
23 Carlisle Woods Park, Carlisle Ave. & Caymus Dr.
33 Caymus Park, Caymus Dr. & Vintage Park Dr.
37 Churchill Downs Community Park, Vintage Park Dr. & Waterman Rd.
26 Cottonwood Park, Wolfboro Ct. & Willow Grove Way
No. Parks-Continued

24. Countryside Community Park, Meadowhaven Dr. & Power Inn Rd.
11. Crofoot Park, 7250 Circle Parkway
46. Don & Brenda Nottoli Community Park, 9485 Hanfield Dr.
12. Florin Creek Park, 7460 Persimmon Ave.
5. Fountain Plaza Park, El Paraiso Ave. & Hobnail Way
2. Fruitridge Community Park, 4000 Fruitridge Rd.
29. Hardester Park, Hardester Dr. & Ardith Dr.
32. Ila Collin Park, Vintage Park Dr. & Fintown Ct.
14. Jack N. Sheldon Park, Orange Ave. & Florin Mall Dr.
47. Jimmie R. Yee Park, 8755 Nakota Way
1. Jack Davis Park, 16th Ave. & 44th St.
9. Kennedy Park, 7037 Briggs Dr.
10. Kenneth B. Royal Park, B & C Parkways
40. Little Hawke Park, Sorenstam Dr & Omeara Way
7. Nicholas Park & Softball Complex, 47th Ave. & 48th St.

No. Parks-Continued

19. Norman Waters Park, Elsie Ave. & Sunrise Greens Dr.
17. Olde Florin Park, Florin Rd. & McComber St.
4. Pacific Park, 8201 41st St.
36. Robert D. Cochran Park, Westray Dr. & Waterman Rd.
16. Rutter Park, 7350 Palmer House Dr.
38. Silver Leaf Park, Country Ranch Dr. & Silver Meadow Way
8. Sky Park, 6th & Sky Parkways
20. Southwoods Park, Valley Wood Dr.
18. Sunrise Florin Park, 7245 Fletcher Farm Dr.
21. Tamarindo Park, Tiogawoods Dr. & Tamarindo Bay Dr.
25. Toby Johnson Park, Boron Way & Cutler Way
35. Vineyard Park, Grand Cru Dr.
30. Vintage Park, Helmsdale Way & Vintage Park Drive
22. Willowood Park, Iona Way & Summer Sunset Dr.
13. Woody Hampton Park, Florin Mall Dr. & Orange Ave.

To register for classes, see page 46 or visit southgaterecandpark.net
Southgate’s Summer Events

**JUNE 28**
Family Movie Night
“Mary Poppins Returns”
Jose Rizal Community Center
7:45 p.m.

**JULY 5**
Float-In Movie Night
“Hotel Transylvania 3”
Fruitridge Aquatic Center
7:30 – 10:00 p.m.

**JULY 9**
REC Van Movie Night
“The Lego Movie 2”
Pat O’Brien Park
6 – 10 p.m.

**JULY 19**
Float-In Movie Night
“Incredibles 2”
New Aquatic Center
7:30 – 10 p.m.

**JULY 26**
Ice Cream Family Splash
Fruitridge Aquatic Center
5:30 – 8 p.m.

**JULY 26**
Family Movie Night
“How to Train Your Dragon”
Jose Rizal Community Center
7:45 p.m.

**AUGUST 2**
Float-In Movie Night
“Ralph Breaks the Internet”
Fruitridge Aquatic Center
7:30 – 10 p.m.

**AUGUST 6**
National Night Out
Fruitridge Park
5:30 – 8 p.m.

**AUGUST 15**
REC Van Movie Night
“How to Train Your Dragon: The Hidden World”
Florin Creek Park
6 – 10 p.m.

**AUGUST 24**
Fishing in the City
Florin Creek Park
8 a.m. – 12 p.m.

**AUGUST 30**
Family Movie Night
“Dumbo”
Jose Rizal Community Center
7:45 p.m.

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

**OCTOBER 31**
Halloween Carnival
Jose Rizal & Pat O’Brien Community Centers
5:30 – 8 p.m.

For more special events information visit southgaterecandpark.net