

RECREATION AND COMMUNITY SERVICES DEPARTMENT

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**SPRING
INTO
ACTION**

RECREATION FACILITIES

Recreation Park

208 Park Ave.

818.898.1290

Mon-Thurs: 9:00am-1:00pm &
3:00pm-6:00pm

Fri: 9:00am-12:00pm

Las Palmas Park

505 S. Huntington St.

818.898.7340

Mon-Fri: 9:00am-5:00pm



**Parks
Make
Life
Better!**

VISIT US AT:

Recreation

and Community Services

sfcity.org



Healthy San Fernando

HealthySanFernando.com

For more information on all
programs and special events,
please call (818) 898-1290.

FITNESS & WELLNESS

FIT PASS CLASSES

Recreation Park

YOGA

Thursday | 8:15am

Enhance flexibility, coordination, balance, and muscle tone with the principles of yoga. Mat required.

MAT PILATES

Tuesday | 8:15am

Improve your posture, balance, and coordination while exhaling your way to a stronger body. Mat required.

TOTAL BODY CONDITIONING

Wednesday | 6:30pm

Engage in moderate-to-high intensity cardio and resistance exercises in this full-body workout.

ZUMBA PASS CLASSES

Recreation Park



ZUMBA

Monday & Wednesday | 5:20pm

Tuesday & Thursday | 6:30pm

Dance to non-stop choreographed routines to improve cardiovascular endurance!

Purchase Fit / Zumba Pass at Recreation Park



FREE FITNESS PROGRAMS

Recreation Park

SENIOR FITNESS

Monday, Wednesday, Friday | 8:15am

Targets fall prevention and improves the quality of daily living through balance, strength, and flexibility exercises.

HEALTHY YOU

Monday & Wednesday | 9:30am

Health education classes to help with nutrition, stress, and healthy living.

ADULT OUTDOOR FITNESS

Monday, Wednesday, Friday | 8:15am

Improve your muscular fitness, cardiovascular endurance, balance, and agility. Designed for all levels.



Nationally
Recognized
by First Lady
Michelle Obama



Las Palmas Park

ZUMBA

Thursday | 10:00am

This low-intensity class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.

DIABETES EMPOWERMENT EDUCATION PROGRAM

Monday | 10:00am

This interactive and fun program provides seniors with information and practical skills to help manage diabetes.

SPRING into ACTION
with 20% DISCOUNT

ON 2017 FIT/ZUMBA PASS!

**Parks
Make
Life
Better!**

Limit 1 coupon per person per promotion
May not be used with any other coupon or offer
Must present coupon in person at Recreation Park to be redeemed

SPORTS & ACTIVITIES

IN SEASON SPORTS

Register Now

ADULT VOLLEYBALL

Advanced: Tuesday

Beginner / Intermediate: Thursday

\$30 / person | \$25 / person before April 7th

Season begins week of April 11th at Recreation Park.

Advanced league must attend evaluation game: April 4th



ADULT SOFTBALL

Coed: Tuesday

Men's Wooden Bat: Wednesday

Games start at 7pm @ Recreation Park

\$350 / team | \$325 / returning team

TENNIS

Pioneer Park

NJTP Pee Wee | Ages 3-7

Saturday | 9:30am—10:30am

\$30 / 4 week session

NJTP Adult | Ages 18+

Saturday | 8:30am—9:30am

\$30 / 4 week session

NJTL Classes | Ages 8-18

Monday | 3:15pm—4:45pm

\$10 / 8 week session

Information: Coach Barbara

818.434.9650 / 818.294.2671

SOCCER / CLUB FUTBOLITO

Ages 11-15: Youth Co-ed

Information: Freddy Tapia

818.217.0858

KARATE

Traditional Lima Lama martial arts

Wednesday | 6:00pm—8:30pm

Saturday | 10:00am—12:30pm

\$40 / Monthly;

gi belt additional fee

UPCOMING SUMMER SPORTS

TINY TYKES BASKETBALL CLINIC

July 11th—August 17th | Tuesday & Thursday

Ages 4-6: \$70 City Residents / \$80 Non City Residents

YOUTH BASKETBALL

Ages 7-17: \$85 City Residents / \$95 Non City Residents

Player evaluations: May 15th - May 20th

Parent meeting: June 8th

Practice begins week of June 12th

YOUTH CHEER

Ages 5-13: \$80 City Residents / \$90 Non-Residents

Returning Cheerleaders:

\$60 City Residents / \$70 Non-City Residents

Season begins week of June 12th



ADULT VOLLEYBALL

Advanced: Tuesday

Beginner / Intermediate: Thursday

Registration begins June 15th | Season begins July

ADULT SOFTBALL

Coed: Tuesday

Men Wooden Bat: Wednesday

Registration begins May 15th | Season begins June

SPECIAL OLYMPICS-TRI VALLEY

February—June (Ages 8+)

BASKETBALL

Las Palmas Park | Tuesday | 7:00pm

Information: 661.253.2121

TEENS FOR A BETTER COMMUNITY (TBC)

TBC inspires, supports and engages youth to achieve their fullest potential as productive citizens. TBC provides opportunities for leadership skills, character development and scenarios to explore individual strengths and talents. Examples include: community service projects, seasonal day camps, special events, and various recreation programs.

MEETINGS: 6:00—7:30pm:

April 6, 2017

May 11, 2017

SENIOR PROGRAMS

COMMUNITY SERVICES PROGRAMS

Las Palmas Park

NUTRITION PROGRAM

Monday—Friday | 9:00am

Ages 60+: Suggested donation \$2.00

Pre-registration required. Partially funded by Los Angeles County Community & Senior Services

AARP DRIVER SAFETY COURSES

April 6th, May 4th & 11th, June 8th, July 6th & 13th

\$15 (AARP members) / \$20 (Non-members)

Refresh driving skills and possibly qualify for a discount on your car insurance.

[Information: 818.898.7340](#)

COMMODITY SUPPLEMENTAL FOOD PROGRAM

April 3rd, May 1st, June 5th | 9:00—11:00am

Food assistance (1 free food kit) for low-income senior citizens (ages 60+). Proof of income and identification required to qualify.

LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

Conducted by L.A. Regional Food Bank

SENIOR ACTIVITIES

BINGO

Participants play for prizes, no cash prizes.



Recreation Park:

Tuesday | 9:30am | \$4/card or \$6/2cards

Las Palmas Park:

Monday, Wednesday, Friday | 10:00am | \$1/card

SENIOR FITNESS CLASSES @ Las Palmas Park

Improve confidence, flexibility, and strength

STRETCH TO THE MUSIC

Monday & Wednesday | 9:30—10:30am

\$30 / 6 weeks

YOGA FOR SENIORS

Tuesday 9:30am

\$20 / 6 weeks

LIFTING & ENERGY

Tuesday | 8:00—9:30am

\$15 / 6 weeks

LAS PALMAS SENIOR CLUB

Board Members Available:

Monday/Tuesday/Friday | 9:30am—12pm

Membership is \$36 per year/ \$18 per 6 months

Socialize with monthly meetings, dances and trips

Meets at Las Palmas Park

ARTS & CRAFTS CLUB “The Crafty Ladies”

Wednesday | 9:00am | Free

Share crochet techniques and enjoy special projects

Meets at Las Palmas Park



RECREATION LOUNGE @ Las Palmas Park

Play card games, dominos, or billiards. Room is equipped with game tables. No Gambling Allowed.

PARK AVE CLUB @ Recreation Park

Tuesday | 9:00am | Free

Gathers for crocheting, bingo and monthly potlucks.

HEALTH

HEALTHY COOKING CLASSES @ Las Palmas Park

April 25th, May 30th, & June 27th | 11:00am—12:30pm



Learn the basic nutritional needs that are recommended for children, teens, adults, and seniors.

WALKING FOR BETTER HEALTH

Monday 8:30am | FREE

Lose weight, get to know your neighbors, and reduce stress. Provided by the Northeast Valley Health Corp.

[Pre-registration: Tatiana](#)

818.365.8086 ext. 52203

TRANSIT SERVICES

MISSION CITY TRANSIT

Transportation within San Fernando and targeted medical sites outside the City.

[Information: 818.366.4119](#)

CITY OF SAN FERNANDO TROLLEY

Convenient and affordable transportation within the city.

[Information: 818.898.1290](#)

CITYRIDE

Senior transportation for those living in the surrounding San Fernando areas: Arleta, Chatsworth, Granada Hills, Lake View Terrace, Mission Hills, Northridge, Pacoima, Panorama City, Sunland, and Tujunga.

[Information: 818.908.1901](#)

ARTS

PROGRAMS

MUSIC CLASS

Tuesday | 9:30—11:30am

\$20 / Monthly

Learn instrument and singing techniques. Open for adults and seniors. Meets at Las Palmas Park

ALL ABILITIES ART CLASS

Thursdays | 4:00pm

\$35 City Residents / \$40 Non-Residents / Monthly

Integrated arts class for elementary school aged children with and without disabilities! Additional \$5 monthly art supply fee. Meets at Las Palmas Park

LINE DANCE

Fridays | 10:30am

\$10 / 8-week session

Learn basic Line Dancing. Meets at Recreation Park

MARIACHI MASTER APPRENTICE PROGRAM

Unites youth ages 11 to 18 with mariachi music masters.

Information: 818.361.7155



AZTEC DANCE

Thursday | 7:00pm

\$10 / 8-week session

Explore the music and poetry of ancient traditions. Meets at Las Palmas Park

MEXICAN FOLKDANCE

Beginner / Intermediate: Friday | 7:00pm

Intermediate / Advanced: Wednesday | 7:00pm

\$45 / 12-week session

Ages 5+. Meets at Las Palmas Park

UPCOMING EVENTS

SPRING JAMBOREE

Las Palmas Park | Saturday | April 15th | 11:00am | FREE



SENIOR EXPO

Las Palmas Park | Friday | May 19th | 9:00am | FREE



MOVIE FRIDAYS

Las Palmas Park | Last Friday of every month | 1:00pm | FREE 11:00am | FREE

Experience classic historic movie presentations every month and enjoy a bag of free hot popcorn!

