

WINTER BROCHURE

Creating a Healthier San Fernando



CITY OF SAN FERNANDO

Table of Contents

Community Services • pg 2

Cultural Arts • pg 3

Sports • pg 4

Fitness & Wellness • pg 5

Senior Services • pg 6-7

Upcoming • pg 8

Mission Statement

Our mission is to develop and implement programs and activities that provide for the well-being and personal development of the City's residents. Our staff is dedicated to creating those experiences that provide for good citizenship, a sense of community and better quality of life.

Locations

Recreation Park (RP)

208 Park Ave.

San Fernando, CA 91340

Las Palmas Park (LP)

505 S. Huntington St.

San Fernando, CA 91340

Contact Us

Recreation@sfcity.org

(818) 898-1290

www.sfcity.org

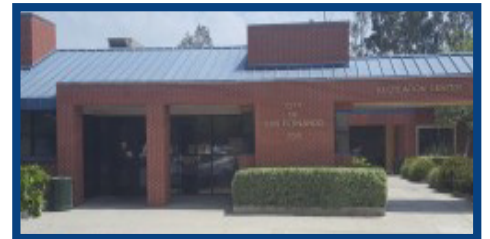
Community Services

NEW ONLINE REGISTRATION

Online registration will be available for all programs starting February 2020 at WWW.SFCITY.ORG

RECREATIONAL FACILITIES

The City of San Fernando offers 7 park facilities to help provide recreational and community services; all facilities are within a 2-mile radius. Activity rooms may be reserved for private use. Our park facilities include: Layne Park, Pioneer Park, Recreation Park, Las Palmas Park, Rudy Ortega Sr. Park, Casa de Lopez Adobe, and Cesar E. Chavez Memorial.



FACILITY RENTALS

Whether you are planning a small meeting or large wedding, the City of San Fernando provides the ideal setting for your event. Indoor locations are available for private rentals Sunday-Friday 9am-10pm and Saturday 9am-12am. Call to check availability & make a reservation. Visit our website for additional information or call us at (818) 898-1290.

TRANSPORTATION SERVICES

MISSION CITY TRANSIT (DIAL-A-RIDE)

The Mission City Transit (MCT) is a shared curb to curb community service. This service is available to anyone by appointment. Only residents of the City of San Fernando can use the MCT to approved medical sites outside City limits. Call the reservation line at (818) 366-4119.

CITYRIDE

Cityride is a transportation assistance program for individuals age 65 or older and qualified persons with disabilities residing in the City of Los Angeles and select areas of Los Angeles County. Visit ladottransit.com/cityride for more information.

CITY OF SAN FERNANDO TROLLEY

The City of San Fernando Trolley is a convenient and affordable trolley service that runs daily and consists of 28 stops throughout the City's residential and commercial areas. Stops include the Cesar E. Chavez Learning Academies, Home Depot Shopping Center, and Swap Meet. Visit sfcity.org for actual route and stops. Download the Ride SF application to locate the trolley in real time. Fee: \$0.25 per ride



Cultural Arts

MUSIC

MARIACHI MASTER APPRENTICE PROGRAM (MMAP)

MMAP unites community youth with Grammy Award winning master musicians to preserve the mariachi music genre.

MMAP is proud to be supported in part by the National Endowment for the Arts, California Arts Council, and the City of San Fernando.

Led by Master Musicians Mariachi Los Camperos.

Limited space available. Call for enrollment information.

<u>Day</u>	<u>Time</u>	<u>Location</u>
T	5:00-9:00pm	TBD



MUSIC CLASS (ages 18 & up)

Learn to play a guitar or mandolin, singing techniques and participate in community presentations. Class is led by Violeta Quintero.

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Fees</u>
T	9:30-11:30am	LP-Arts & Crafts	\$21/month



DANCE

LINE DANCE (ages 18 & up)

Come learn to line dance from a group of fun-loving dancers. Each dance is broken down step by step whereby participants increase their balance, coordination, and endurance. All skill levels are welcome. No partner is required.

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Fees</u>
F	10:30-11:30am	RP-MPR	\$11/ 8-week session

AZTEC DANCE

Explore the music, choreography and poetry of this ancient dance tradition while understanding the history behind Danza. Mexica Danza is a form of art that helps build identity and self esteem through the use of culture, history, and the preservation of indigenous traditions. Call for enrollment information.

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Fees</u>
Th	7:00-8:00pm	LP-LC	\$11/ 8-week session

MEXICAN FOLKDANCE

Experience the classical style of Mexican Culture; learn the regional dance of Mexico through movement and music. Call for enrollment information.

Fee: \$62/ 12 - week session

<u>Level</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
Beginner/Inter	F	7:00-8:00pm	LP- Banquet
Advanced	W	7:00-8:00pm	LP- Banquet



ARTS

ALL ABILITIES ART CLASS (ages 5-10)

This class uses a fun shapes approach that is highly successful with individual learning styles.

For more information call 818-898-1290

The City of San Fernando Sports Programs are designed to be a source of fun and enjoyment for the community, while building character and self-esteem. We strive to teach life lessons that will have value beyond the playing field. We as recreation professionals are here to develop people's abilities to evolve their full potential, their talents and increase their skills in any recreational sport, and most importantly... life.

TINY TYKES BASKETBALL CLINIC (ages 4-6)

Participants will learn the fundamental skills of basketball including dribbling, passing, shooting and defense in preparation to move up into the Youth Basketball program. Clinic takes place at the Las Palmas Gym. Picture packets sold separately.

Fees: \$72 San Fernando Residents | \$82 Non-City Residents

<u>Season</u>	<u>Registration</u>	<u>Day</u>	<u>Time</u>
Summer	March	T/Th	6:00-7:00pm
Winter	August	T/Th	6:00-7:00pm

YOUTH BASKETBALL (ages 7-16)

Teams will play 5 on 5 with a maximum of 9 players on the roster. Registration includes one weekly practice and game, jersey, and trophy. Picture packets sold separately.

Fees: \$87 San Fernando Residents | \$97 Non-City Residents

<u>Season</u>	<u>Registration</u>	<u>Location</u>
Summer	March	RP & LP- Gym
Winter	August	LP- Gym



ADULT BASKETBALL (ages 18 & up)

Teams will play 5 on 5 with a maximum of 12 players on the roster. Matching team shirt/jersey with printed number on the back required.

Fee: \$310 team registration + cash forfeit fee due at registration

Referee Fee: paid to referee on game day

<u>Season</u>	<u>Registration</u>	<u>Location</u>
Spring	January	RP-Gym
Fall	July	RP-Gym

ADULT SOFTBALL (ages 18 & up)

Coed and Men's Wooden Bat League with a maximum of 16 players per roster.

Fee: \$360 per team + \$30 cash forfeit fee due at registration

Referee Fee: \$15 per team/game, paid before game time

Tuesday Night Coed: 7:00-10:30pm

Wednesday Night Men's Wooden Bat: 7:00-10:30pm

<u>Season</u>	<u>Registration</u>	<u>Location</u>
Spring	January	RP-Field
Summer	March	RP-Field
Fall	July	RP-Field

TINY TYKES SOCCER CLINIC (ages 4-6)

Participants will learn the fundamental skills of soccer including passing, receiving a pass, shooting, dribbling and goalkeeping in preparation to move up into the Youth Soccer program. Picture packets sold separately.

Fees: \$72 San Fernando Residents | \$82 Non-City Residents

<u>Season</u>	<u>Registration</u>	<u>Day</u>	<u>Time</u>
Spring	January	M/W	5:30-7:00pm
Fall	August	M/W	5:00-6:30pm

ADULT VOLLEYBALL OPEN PLAY (ages 18 & up)

Drop-in play during open gym hours from 6-9pm at Recreation Park. Seasonal tournaments announced throughout the season.

<u>Season</u>	<u>Location</u>
Spring	RP- Gym
Fall	RP- Gym

MISSION CITY PONY BASEBALL (ages 3-14)

Participants learn baseball fundamentals like batting, base running, fielding, and teamwork under PONY governing rules. All levels of players are welcome. Beginning and experienced players will be placed on teams equally to ensure a fun, competitive and learning environment

Registration includes games, uniform, trophy and a basic picture packet. For more information call the department office.

Fee: \$165 residents and \$185 non-residents

<u>Season</u>	<u>Registration</u>	<u>Location</u>
Spring	December	LP

PARTNERED SPORTS

TENNIS (ages 3 & up)

The Neighborhood Junior Tennis Program (NJTP) operates the community courts at Pioneer Park. The organization offers classes for all ages throughout the year.

For more information, contact Barbara at (818) 434-9650.

<u>League</u>	<u>Age</u>	<u>Day</u>	<u>Time</u>
Pee Wee	3-7	Sat	9:30 am
NJTP	8-18	T/Th	4:00pm
Ball Machine	18+	Sat	8:30pm

KARATE (ages 5 & up)

This class features a Limalama style of martial arts, which is a system of self-defense consisting of circular motions and movements with a specific curriculum of techniques and forms. It is characterized by flowing, dance-like movements and about 60% of its curriculum is based on hand techniques. Gi belt is an additional fee.

Fee: \$45/ month

<u>Day</u>	<u>Time</u>	<u>Location</u>
T	6:00-8:00pm	LP- Banquet Room
Sat	10:30am-12:30pm	LP-Banquet Room

Fitness & Wellness

FIT PASS CLASSES*

The FitPass* Program offers a variety of classes for all fitness levels year-round. Each pass is good for ten (10) classes of your choice, mix and match at your leisure. Pass cannot be shared and is only good for the fitness classes offered at Recreation Park. 20% off discount offered in January, April, July and October.

Fee: \$35 for 10 classes

FEARLESS BOXING*

All boxing, no kicking! Learn to box like a pro at any level of fitness. Focus on coordination, technique and strength building by mastering the fundamentals of boxing. Develop confidence and discipline while burning body fat, strengthening your core, toning your body and relieving stress. Gloves required.

<u>Ages</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
18 & up	M/W	7:00-8:00pm	RP



TOTAL BODY CONDITIONING*

Moderate-to high intensity full body workout designed for all fitness levels. Develop strength, balance and endurance through cardio and resistance training while increasing cardiovascular agility, burning calories and sculpting your body

<u>Ages</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
18 & up	T/W/Th	5:30-6:30pm	RP
18 & up	T/Th	7:00-8:00pm	RP

PRINCIPLES OF YOGA*

Increase flexibility through stretching, relaxation and breathing exercises all the while developing muscle tone and enhancing coordination and balance. Great class for beginners, mat required.

<u>Ages</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
18 & up	T	8:15-9:15am	RP-Gym
18 & up	Th	8:30-9:30am	RP-Gym

SPIN/CYCLING*

Saddle up and get ready to burn calories and increase cardiovascular endurance with vigorous workouts on stationary bikes. Ideal for all levels of fitness and experience, control the intensity or your workout and have fun!

<u>Ages</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
18 & up	M	5:30-6:30pm	RP-Outdoor Patio

ZUMBA*

Ditch the workout and join the dance party! Zumba combines low and high intensity dance moves through choreographed routines to offer an interval style, calorie burning dance fitness party suitable for all fitness levels.

<u>Ages</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
18 & up	M/T/W	5:20-6:20pm	RP
18 & up	Th	6:30-7:30pm	RR

BALANCE, STRENGTH & HEALTHY MIND

Strategically combined physical and brain exercises that will improve both the way you look and feel as well as enhance your balance and brain function to reduce the risk of falling and help maintain your independence. 10- week sessions run co-currently with the 3 Wins Fitness Program. Registration required.

Fee: \$25 /wks

<u>Ages</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
18 & up	F	9:30-10:30am	RP

ALL INCLUSIVE ZUMBA*

Same high energy, calorie burning dance party modified for individuals with limited mobility or special needs. Class features a themed class and potluck once a month to encourage family participation; a parent or guardian must accompany the registered participant. Class is open to the public

<u>Ages</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
14 & up	W	6:30-7:30pm	RP-MPR

3 WINS FITNESS

A nationally recognized community exercise program focused on promoting healthy and active lifestyles by encouraging participants to take control of their health at any age. The program is led by Kinesiology students from CSUN and offers a structured curriculum modified to four levels of fitness: Introductory (basic, modified exercise), Beginner (moderate intensity), Advance (high intensity), Senior Fitness (champions for life).

Champions for Life Senior Fitness targets fall prevention and improvement of the quality of daily living through muscular strength, balance and flexibility exercises.

<u>Ages</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
18 & Up	M/W/F	8:15-9:15am	RP



LEISURE

6 Week Sessions*

Winter Session: January 13th - February 21st

Spring Session 1: March 2nd - April 10th

Spring Session 2: April 20th - May 22nd

STRETCH TO THE MUSIC*

This low-impact class emphasizes on strength training, flexibility, balance and endurance. Suggested to bring 1-2lb weights and yoga mat.

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Fee</u>
M/W	9:30-10:45am	LP-Gym	\$31/session

LIFTING & ENERGY TRAINING*

Gain confidence, flexibility, and power through strength training along with the art of ancient Shaolin Kung Fu & Chi Gong.

Resistance band, yoga mat, and towel required for class

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Fee</u>
F	8:15-9:45am	LP-Gym	\$16/session



PICKLEBALL

Pickleball is a paddle sport that combines elements of badminton, tennis and table tennis. Come practice during open play hours. Optional equipment rental. Ask about our introductory class.

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Fee</u>
T/Th	11:30am-1:00pm	LP-Gym	FREE

CARDIO DANCE + PUMP CLASS

This cardio class combines dance movements with weights to increase your endurance and your muscle strength. Suggested to bring 1-2lb. weights. Sponsored by Anthem.

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Fee</u>
Th	8:30-9:30am	LP-Gym	FREE

ZUMBA

Dance to a choreographed routine tailored for older adults. Sponsored by SCAN Health Plan and HealthCare Partners.

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Fee</u>
T	10:00-11:00am	LP-Gym	FREE



BINGO

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Fee</u>
M/W/F	10:00-11:00am	LP-Gym	\$3/1 card
T	9:45-10:45am	RP-Club Room	\$4/1 card or \$6/2 cards

RECREATION LOUNGE

Equipped with two billiard tables and ample space for playing card games and dominos. NO GAMBLING ALLOWED. * ID required to participate

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Fee</u>
M - F	8:00am-2:00pm	LP	FREE

KARAOKE

Bring your best voice and sing popular songs from the past.

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Fee</u>
1st/3rd F	10:00am-12:30pm	LP-Banquet	FREE
F	6:00pm-8:00pm	LP-Learning Ctr	FREE



Senior Services

CLUBS

THE CRAFTY LADIES CLUB

Come learn different crocheting projects.

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Fee</u>
W	9:00-11:00am	LP-Arts & Crafts	FREE

PARK AVENUE CLUB

Gather weekly for crocheting, bingo and monthly potlucks.

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Fee</u>
T	9:00-11:30am	RP Club Room	FREE



LAS PALMAS SENIOR CLUB

Designed to give seniors a place to gather and socialize. They have monthly meetings, dances and trips. Become a member by calling (818) 898-7340.

Membership: \$36/ year or \$18/ 6 Months.

Membership not required to participate in any of the activities/ programs.

	<u>Day</u>	<u>Time</u>	<u>Location</u>
Meeting	1st Sun of mo.	1:30-3:00pm	LP
Office Hours	M/W	9:00-11:00am	LP
Senior Dances	February 15	7:00pm-12:00am	LP
	March 14	7:00pm-12:00am	LP
	April 18	7:00pm-12:00am	LP

SENIOR TRIPS

Stop by one of the Recreation Centers and pick up a list of the latest trips. For more information or to sign up call Las Palmas Park (818)898-7340

Upcoming Trips

Discover South Dakota- October 9-15, 2020

Book by April 2nd and Save



NUTRITION

ELDERLY NUTRITION PROGRAM

Offers seniors the opportunity to socialize with others as well as eat a nutritious meal. Home delivered meals are also available through the HDM program. Registration is required. For more information, contact YWCA San Gabriel Valley Senior Services at (626) 960-2995.

<u>Day</u>	<u>Time</u>	<u>Location</u>	<u>Donation</u>
M-F	9:00am-1:00pm	LP-Banquet	\$3 seniors (60+) \$5 non-seniors

COMMODITY SUPPLEMENTAL FOOD PROGRAM

Food Assistance: 1 free food kit for low-income senior citizens (ages 60+). Conducted by L.A. Regional Food Bank. Eligibility is based on income

<u>Day</u>	<u>Time</u>	<u>Location</u>
January 6th	9:00am-12pm	LP
February 3rd	9:00am-12pm	LP
March 2nd	9:00am-12pm	LP



Upcoming

KICK OFF THE 2020 HEALTHY SAN FERNANDO CAMPAIGN

HEART, MIND, & SOUL HEALTH AND WELLNESS COMMUNITY FAIR

**SATURDAY, FEBRUARY 22
10 - 1 PM**

**SAN FERNANDO RECREATION PARK
208 PARK AVENUE
SAN FERNANDO, CA**

Join us for this free event to improve your health and wellbeing!

**Pop Up Farmers Market
Oral Health Services
Blood Pressure & Glucose Screenings
Exercise & Fitness Demos
Many more!**



For more information, call us at 818.904.5566

SUMMER CAMP

AGES 5-13

JUNE 15th- AUGUST 14th

REGISTRATIONS BEGIN MAY 4th

THE CITY OF SAN FERNANDO



MISSION CITY PONY BASEBALL



**REGISTRATION FOR THE
SPRING 2020 SEASON IS
NOW OPEN**

Fee: \$165.00 for residents, and \$185.00 for non-residents. Fees include practices, games, uniform, trophy, and pictures. Proof of residency and age of child is required at the time of registration.

GET INVOLVED

A new Pony Baseball League is forming for youth in and around the Las Palmas Park Community.

**Volunteer
Team Managers,
Coaches and Team
Parents Needed**

**Pony Baseball
Divisions**
3 to 4 Yrs. T-Ball
5 to 6 Yrs. Shetland
7 to 8 Yrs. Pinto
9 to 10 Yrs. Mustang
11 to 12 Yrs. Bronco
13 to 14 Yrs. Pony

RECREATION AND COMMUNITY SERVICES

505 S. Huntington Street
San Fernando, CA 91340

For information call or email:
818-898-1290
Recreation@sfcity.org

SAVE THE DATE

SPRING JAMBOREE

Saturday, April 11th

Bunny Photos, Egg Hunt, Games, Arts & Crafts & More

For More Information:
818-898-1290
www.sfcity.org

VITA
VOLUNTEER INCOME TAX
ASSISTANCE CLINIC

FREE INCOME TAX PREPARATION

THE CITY OF SAN FERNANDO

JANUARY 25, 2020 TO APRIL 11, 2020
FROM 10:00AM TO 2:00PM
AT LAS PALMAS PARK

Metro presents

San Fernando Street Festival

Nocturnal Ride

SAVE THE DATE

**Saturday
October 31, 2020**

WALK BIKE ROLL

**OPEN STREETS
MADE POSSIBLE BY**

Metro

THE CITY OF SAN FERNANDO