

RECREATION AND COMMUNITY SERVICES DEPARTMENT

**JOIN US THIS
SUMMER!**



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**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

VISIT US AT:

sfcity.org



SUMMER

FUN!



DAY CAMP

NEW ACTIVITIES
EVERY WEEK!

Monday-Friday

7am-6pm

Ages: 5-13

OPEN ENROLLMENT

FIT PASS CLASSES

at Recreation Park



TRX

Monday | 5:30pm

Build lean muscle, tighten core, and boost your metabolism with TRX suspension training.



TOTAL BODY CONDITIONING

Wednesday | 6:30pm

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



YOGA

Tuesday, Thursday | 8:15am

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



CYCLING

Wednesday | 9:30am

Burn calories & increase cardiovascular endurance with this vigorous workout on stationary bikes.

FREE FITNESS PROGRAMS

at 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.



at Las Palmas Park

FREE 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.

ZUMBA PASS CLASSES

at Recreation Park



ZUMBA

Monday & Wednesday | 5:20pm

Tuesday & Thursday | 6:30pm

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



FREE

FITNESS PROMO WEEK

JULY 24th-28th

Try all classes at no cost



COMMUNITY PARK CLEAN-UPS

Help keep our community parks beautiful

Information: 818.898.1290



HEALTHY COOKING

at Las Palmas Park

COOKING CLASS

June 27th, July 25th, August 29th & September 26th

11:00am—12:30pm

Join us twice a month and learn how to create healthy meals and snacks on a budget.

SPORTS & ACTIVITIES

SUMMER SPORTS

at Recreation / Las Palmas/ Pioneer Park

ADULT VOLLEYBALL

Advanced: Tuesday
Beginner / Intermediate: Thursday
\$30 / person
Season: July—September

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
Season: June—September

TENNIS

NJTP Pee Wee | Ages 3-7
Saturday | 9:30am—10:30am
\$30 / 4 week session NJTP Adult | Ages 18+
Saturday | 8:30am—9:30am
NJTL Classes | Ages 8-18 \$30 / 4 week session
Monday | 3:15pm—4:45pm *Information: Coach Barbara*
\$10 / 8 week session 818.434.9650 / 818.294.2671

ADULT SOFTBALL

Coed: Tuesday
Men's Wooden Bat: Wednesday
\$350 / team | \$325 / returning team
Season begins June 13th

YOUTH CHEER

Ages 5-13: \$80 City Residents / \$90 Non-Residents
Season: June—September

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 FALL SPORTS

ADULT VOLLEYBALL / OCTOBER

Advanced: Tuesday
Beginner / Intermediate: Thursday
\$30 / person | \$25 before September 18th

ADULT SOFTBALL / SEPTEMBER

Coed: Tuesday
Men's Wooden Bat: Wednesday
Registration begins August 21st

TEENS FOR A BETTER COMMUNITY (TBC)

Inspires youth to achieve full potential as productive citizens while developing character and leadership skills.

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 | \$5 Monthly Supply Fee
\$35 City Residents / \$40 Non-Residents / Monthly
Integrated arts class for elementary level aged children with / without disabilities. Meets at Las Palmas Park

LINE DANCE

Fridays | 10:30am
\$10 / 8-week session
Meets at Recreation Park

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

MARIACHI MASTER APPRENTICE PROGRAM

Unites youth ages 11 to 18 with mariachi music masters.



SENIOR PROGRAMS

COMMUNITY SERVICES PROGRAMS

at 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

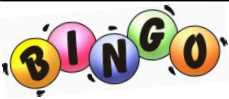
Food assistance (1 free food kit) for low-income senior citizens (ages 60+). Proof of income and identification required to qualify.

LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

Conducted by L.A. Regional Food Bank



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 ACTIVITIES

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



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

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.

TRANSIT SERVICES

CITY OF SAN FERNANDO TROLLEY

Convenient and affordable transportation within the city.

Information: 818.898.1290

MISSION CITY TRANSIT

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

Information: 818.366.4119

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