

RECREATION AND COMMUNITY SERVICES DEPARTMENT

**EXPERIENCE OUR NEW
WINTER ACTIVITIES
& PROGRAMS!**

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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



2017
This is your year...
Make it count!



VISIT US AT:

www.sfcity.org — Healthy San Fernando — www.HealthySanFernando.com



For more information on all programs and special events, please call (818) 898-1290
Si necesita asistencia en la traducción, llama al (818) 898-1290



FITNESS & WELLNESS

FIT PASS CLASSES

Recreation Park

CYCLING

Monday | 6:30pm

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

STRENGTH & CARDIO

Monday | 5:15pm

Challenge your strength and endurance with this full-body workout using TRX® suspension trainers and stationary bikes.

YOGA

Thursday | 8:15am

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

MAT PILATES

Tuesday | 8:15am

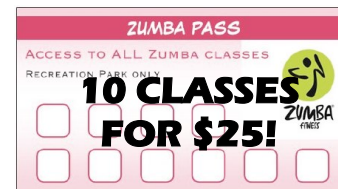
Improve your posture, balance, and coordination while exhaling your way to a stronger body. Mat required.

TOTAL BODY CONDITIONING

Wednesday | 6:30pm

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

Purchase Fit / Zumba Pass at Recreation Park



ZUMBA PASS CLASSES

Recreation Park



ZUMBA

Monday & Wednesday | 5:20pm

Tuesday & Thursday | 6:30pm

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



HEALTHY YOU

Monday & Wednesday | 9:30am

Health education classes to help with nutrition, stress, and healthy living. Begins January 30th.

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

FREE 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.

ARTS

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.

SPORTS & ACTIVITIES

IN SEASON SPORTS

Register Now

ADULT VOLLEYBALL

Beginner / Intermediate: Thursday

Advanced: Tuesday

\$30 / person | \$25 / person before January 13th

Season begins week of January 17th at Recreation Park



YOUTH BASKETBALL

Ages 5-8: \$80 City Residents / \$90 Non-Residents

Ages 9-17: \$85 City Residents / \$95 Non City Residents

Season begins December 12th

SOCCER / CLUB FUTBOLITO

Ages 11-15: Youth Co-ed

Information: Freddy Tapia

818.217.0858

TENNIS

Pioneer Park

NJTP Pee Wee | Ages 3-7

Saturday | 9:30am—10:30am

\$30 / 4 week session

NJTL Classes | Ages 8-18

Monday | 3:15pm—4:45pm

\$10 / 8 week session

NJTP Adult | Ages 18+

Saturday | 8:30am—9:30am

\$30 / 4 week session

Information: Coach Barbara

818.434.9650 / 818.294.2671

YOUTH CHEER

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

Season begins December 12th



UPCOMING SPORTS

ADULT SOFTBALL

Coed: Tuesday | Season begins March 7th

Men Wooden Bat: Wednesday | Season begins March

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

SPECIAL OLYMPICS-TRI VALLEY

February—June (Ages 8+)

Basketball & Bocce

Looking for volunteers!

Information: 661.253.2121

Free Basketball Clinic

January 21st | 3:00pm | Las Palmas

Pre-registration: 818.898.1290

KARATE

Traditional Lima Lama martial arts.

Wednesday | 6:00pm—8:30pm \$40 / Monthly;

Saturday | 10:00am—12:30pm gi belt additional fee

PARK CLEAN-UPS

**Parks
Make
Life
Better!**

Help keep our community parks beautiful!

Information: 818.898.1290

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

January 5, 2017

February 2, 2017

May 11, 2017

March 2, 2017

April 6, 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

COMMODITY SUPPLEMENTAL FOOD PROGRAM

January 9th, February 6th, March 6th | 9:00—11:00am

LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

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

AARP DRIVER SAFETY COURSES

January 5th & 12th, February 9th, March 2nd & 9th

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

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

Information: 818.898.7340



VOLUNTEER INCOME TAX ASSISTANT

January 28th—April 15th | 10:00am—2:00pm

CSUN School of Business provides

FREE income tax assistance to low income individuals, senior citizens, and the disabled.

Meets on Saturdays only.



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

Sessions begin January 23rd

STRETCH TO THE MUSIC

Monday & Wednesday | 9:30—10:30am

\$30 / 6 weeks

LIFTING & ENERGY

Tuesday | 8:00—9:30am

\$15 / 6 weeks

YOGA FOR SENIORS

Tuesday 9:30am

\$20 / 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

January 31st, February 28th, March 28th, 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

UPCOMING EVENTS



THE CITY OF SAN FERNANDO & TREEPEOPLE INVITE YOU TO PARTICIPATE IN A UNIQUE RESTORATION EXPERIENCE!

This beautiful park along the Pacoima Wash Greenway in the city of San Fernando, provides walking trails, stunning views of the Angeles Forest, & a shady picnic area under a grape arbor.

The park also diverts & cleans water running off of neighborhood streets.



JOIN US

801 Eight St. San Fernando 91340

January 21, 2017

9:00 AM - 12:00 PM

Please arrive at 8:45 to register.

Bring a water bottle, hat, sunscreen, wear closed-toe shoes & gloves if you have them.

Light snack & water will be provided.

You may register on-line at: <https://www.treepeople.org/volunteer>
or with the City of San Fernando at: laguila@sfcity.org



SPRING JAMBOREE!

Saturday

April 15, 2017

11:00am—2:00pm

Las Palmas Park

505 S. Huntington St.

San Fernando, CA 91340

Free

Arts & Crafts

Face Painting

Games

Prizes

JAM Session

Las Palmas Park : April 15, 2017 : 11:00am

Join us for a JAM session provided by the Ford Theatre

Foundation. JAM Sessions are fun and interactive events created around movement and music.

