

RECREATION AND COMMUNITY SERVICES DEPARTMENT

HELLO FALL!

5K RELAY WALK / RUN



Coming October 28th

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VISIT US ON:

Sfcity.org



RECREATION FACILITIES

RECREATION PARK

208 Park Ave.

818.898.1290

LAS PALMAS PARK

505 S. Huntington St.

818.898.7340

FITNESS & WELLNESS

FIT PASS CLASSES

at Recreation Park



CYCLING

Wednesday | 9:30am

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



YOGA

Tuesday, Thursday | 8:15am

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



TOTAL BODY CONDITIONING

Wednesday | 6:30pm

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

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

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!



STRONG BY ZUMBA

Monday | 6:30PM

Work every muscle, feel the burn, and get stronger faster with music led-interval training.



WELLNESS CLASSES

at Las Palmas Park

NUTRITION 5

Tuesday | 10:00—11:00am | Free

Nutrition education class with topics on *Build a Healthy Plate*, *Planning Healthy Meals*, *Shopping on a Budget*, *What's on a Label*, and *Rethink your Drink*.



Northeast Valley Health Corporation
a californiahth center

DIABETES EMPOWERMENT EDUCATION PROGRAM

Monday | 10:00am

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

WALKING GROUP

Tuesday | 8:30am

Join others for a fun interactive walk.



COMMUNITY PARK CLEAN-UP

October 21st

8:30—10:30am

Recreation Park

6TH ANNUAL DIABETES EXPO

November 18th

10:00am—1:00pm

Recreation Park

SPORTS & ACTIVITIES

FALL SPORTS

at Recreation / Las Palmas/ Pioneer Park

ADULT VOLLEYBALL

Advanced: Tuesday
Beginner / Intermediate: Thursday
\$30 / person, \$25 before 10/6
Season: October—December

TENNIS

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

ADULT SOFTBALL

Coed: Tuesday
Men's Wooden Bat: Wednesday
\$350 / team | \$325 / returning team
Season Begins: September 26th

SOCCER / CLUB FUTBOLITO

Ages 11-15: Youth Co-ed
Information: Freddy Tapia
818.217.0858

KARATE

Traditional Lima Lama Martial Arts
Wednesday | 6:00—8:30pm
Saturday | 10:00am—12:30pm
\$40 / monthly | gi belt additional fee

UPCOMING WINTER SPORTS

at Recreation / Las Palmas/ Pioneer Park

YOUTH BASKETBALL

Ages 7-17: \$85 City Residents / \$95 Non City Residents
Register Now! \$5 off before 10/27

TINY TYKES BASKETBALL CLINIC (January)

January | 6 week clinic
Ages 4-6: \$70 City Residents / \$80 Non City Residents
Register Now! \$5 off before 10/27

YOUTH CHEER

Ages 5-13: \$80 City Residents / \$90 Non-Residents
Register Now! \$5 off before 10/27

ADULT VOLLEYBALL (January)

Advanced: Tuesday
Beginner / Intermediate: Thursday
\$30 / person, \$25 before January 12th

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 \$3.00

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

AARP DRIVER SAFETY COURSES

Oct. 12th, Nov. 2nd & 9th, Dec. 14th

\$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

Oct. 2nd, Nov. 6th, & Dec. 4th | 9:00—11:00am

Food assistance :

1 free food kit for low-income senior citizens (ages 60+)

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 & Friday | 9:30—11:30am

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 9:30—10:45am

Free / 6 weeks

LIFTING & ENERGY

Friday | 8:00—9:30am

\$15 / 6 weeks

ARTS & CRAFTS CLUB “The Cra ty 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