

Recreation and Community Services
Spring 2018 Programs

Happy Spring

Park Facilities

Recreation Park
208 Park Ave.

Las Palmas Park
505 S. Huntington St.

Pioneer Park
828 Harding St.

Layne Park
120 N. Huntington St.

Rudy Ortega Sr. Park
2025 Fourth St.

Casa de Lopez Adobe
1100 Pico St.

Cesar E. Chavez Memorial
Wolfskill St. and Truman St.

Pacoima Wash Natural Park
8th St. and Newton St.



**Parks
Make
Life
Better!**

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

Para mas información, llame al (818) 898-1290.

FITNESS & WELLNESS

FIT PASS CLASSES

at Recreation Park

CYCLING

Monday | 5:30pm

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

YOGA

Tuesday | 8:15am, Thursday | 8:30am

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

CROSSFIT / CARDIO TRAINING

Tuesday, Thursday | 5:30pm

Sculpt your body, tone up, and increase your cardiovascular ability through total-body training.

TRX STRENGTH TRAINING

Wednesday | 5:30pm

Develop strength, balance, flexibility, and core stability using your own body weight with the TRX suspensions.



FIT PASS required; may be purchased at Recreation park.

FREE EXERCISE PROGRAM

at Recreation Park

3 WINS
fitness

CHAMPIONS FOR LIFE - SENIOR FITNESS

Monday, Wednesday, Friday | 8:15am

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

OUTDOOR FITNESS

Monday, Wednesday, Friday | 8:15am

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



MORE FREE EXERCISE PROGRAMS

at Las Palmas Park

WALKING GROUP

Tuesday | 8:20am

Join others for a fun interactive walk.

A MATTER OF BALANCE

Friday | 8:30am | Spanish

Learn to change your environment to reduce fall risk factors and set goals to increase strength and balance.



ZUMBA PASS CLASSES

at Recreation Park

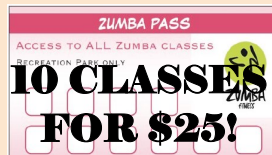


ZUMBA

Monday, Wednesday | 5:20pm

Tuesday, Thursday | 6:30pm

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



ZUMBA PASS required; may be purchased at Recreation park.

TRANSIT SERVICES

CITY OF SAN FERNANDO TROLLEY

Convenient and affordable transportation within the city.

[Information: 818.898.1290](tel:818.898.1290)

MISSION CITY TRANSIT

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

[Information: 818.366.4119](tel: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](tel:818.908.1901)

SPORTS & ACTIVITIES

SPRING SPORTS

at Recreation / Las Palmas/ Pioneer Park

ADULT VOLLEYBALL

Beginner / Intermediate: Thursday

Open play: Thursdays 6-9pm

@ Recreation Park

ADULT SOFTBALL

Coed: Tuesday | Men's Wooden Bat: Wednesday

Games: 7-10pm @ Recreation Park

KARATE (TRADITIONAL LIMA LAMA MARTIAL ARTS)

Wednesday | 6:00pm—8:30pm

Saturday | 10:00am—12:30pm

\$40 / Monthly | gi belt additional fee

@ Las Palmas Park

TENNIS

NJTP Pee Wee | Ages 3-7

NJTL Classes | Ages 8-18

Saturday | 9:30am—10:30am

Monday | 3:15pm—4:45pm

\$30 / 4 week session

\$10 / 8 week session

NJTP Adult | Ages 18+

@ Pioneer Park

Saturday | 8:30am—9:30am

Information: Coach Barbara

\$30 / 4 week session

818.434.9650 / 818.294.2671

UPCOMING SUMMER SPORTS

at Recreation / Las Palmas/ Pioneer Park

ADULT VOLLEYBALL (JUNE)

Beginner / Intermediate: Thursday

Fees: \$30 / person

ADULT SOFTBALL (MAY)

Coed: Tuesday | Men's Wooden Bat: Wednesday

Fees: \$350 New Team / \$325 Returning Team

YOUTH BASKETBALL (JUNE)

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

Registration period: 2/26—7/14

TINY TYKES BASKETBALL CLINIC (JULY)

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

Registration period: 2/26—7/13

YOUTH CHEER (JUNE)

Ages 5-12: \$80 City Residents / \$90 Non-Residents

Discount for returning cheerleaders

Registration period: 2/26—7/14

SIGN UP
get active!

TEENS FOR A BETTER COMMUNITY (TBC)

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

Upcoming meeting dates at Las Palmas Park:

March 1st: How to Complete an Employment Application

April 5th: How to Approach an Interview

May 3rd: Mock Interviews - Practice in an Interview Setting

SUMMER DAY CAMP

Ages: 5-13, Registration start date: May 7th

\$95 City Residents / \$125 Non-Residents

(per week/per child)

Program Dates:

June 11th—August 10th

Monday—Friday, 7am—6pm (closed on trip days)

ARTS

CULTURAL 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 6+. Meets at Las Palmas Park

MARIACHI MASTER APPRENTICE PROGRAM

Unites youth ages 11 to 18 with mariachi music masters.

**KEEP ARTS
IN SCHOOLS**
VOLUNTARY CONTRIBUTION FUND

**California
POETRY
OUT LOUD**



**CALIFORNIA
ARTS COUNCIL**
A CALIFORNIA STATE AGENCY



**National
Endowment
for the Arts**
arts.gov

SENIOR PROGRAMS

COMMUNITY SERVICES PROGRAMS

at Las Palmas Park

NUTRITION PROGRAM

Monday—Friday | 9:00am

Ages 60+: Suggested donation \$3.00

Pre-registration required. Home delivered meals available; contact YWCA San Gabriel Valley Senior Services at (626) 960-2995. Partially funded by Los Angeles County Community & Senior Services.

COMMODITY SUPPLEMENTAL FOOD PROGRAM

March 5, May 7, June 4, July 2 | 9:00am

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

CSUN VITA CLINIC

January 27—April 14 | 10:00am

CSUN School of Business provides **FREE** income tax assistance for low income individuals, senior citizens, and those with disabilities. Meets Saturdays only.

AARP DRIVER SAFETY COURSES

March 8 & 15 | 11am—3pm | 8-Hr Course

April 12 | 11am—3pm | 4-Hr Refresher Course

May 10 & 17 | 11am—3pm | 8-Hr Course

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

Refresh your driving skills and possibly qualify for a discount on your car insurance. [Information: 818.898.7340](http://www.aarp.org)



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

March 5—April 13 | April 16—May 25

Improve confidence, flexibility, and strength

ZUMBA

Thursday | 10am

\$18 / 6-Week Session

STRETCH TO THE MUSIC

Monday, Wednesday | 9:30am

\$30 / 6-Week Session

LIFTING & ENERGY TRAINING

Tuesday, Thursday | 8:15am

\$30 / 6-Week Session

SENIOR ACTIVITIES

ARTS & CRAFTS CLUB “The Crafty Ladies”

Wednesday | 9:00am | Free

Share crochet techniques and enjoy special projects
Meets at Las Palmas Park

KARAOKE

1st and 3rd Monday of the month | 10am | Free

Bring your best voice and sing popular songs from the past. Meets at Las Palmas Park

LAS PALMAS SENIOR CLUB

Board Members Available:

Monday, Friday | 9:30am

Membership is \$36 per year/ \$18 per 6 months
Socialize with monthly meetings, dances and trips
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



UPCOMING EVENTS

PARK CLEAN-UP

March 24 | 8:30—10:30am | Casa de Lopez Adobe

April 14 | 8:30—10:30am | Pacoima Wash Natural Park

Join in beautifying our local parks!

What to bring: Gloves, rakes, brooms, and/or non-powered equipment as well as sunscreen, water, and gardening appropriate clothing.

HELP WANTED

SENIOR EXPO

Las Palmas Park

May 18 | 9:00am—1:00pm

Join this year's theme: “Engage at Every Age”. Enjoy free health screenings, continental breakfast and lunch, entertainment, giveaways and more!

FREE