

Recreation and Community Services Programs

Spring

Visit Us On



City of San Fernando

BREAKFAST
with the
BUNNY
at the
SPRING JAMBOREE

Saturday, April 20th

Las Palmas Park | 10:00am—1:00pm

Egg Hunt | Arts & Crafts | Bunny Photos | Drum Circle | Games

More Information: (818) 898-1290 / Sfcity.org

FITNESS & WELLNESS

FIT PASS CLASSES

Recreation Park

YOGA

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

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

TOTAL BODY CONDITIONING

Tuesday, Wednesday, Thursday | 5:30pm

Develop strength, balance, and flexibility while increasing your cardiovascular ability, burning calories, & sculpting your body.

ALL INCLUSIVE ZUMBA

Wednesday | 6:30pm

High-energy class tailored towards individuals with limited mobility or special needs. Class is open to individuals 14 years of age or older of all skill levels.

FIT PASS

ACCESS TO ALL FITNESS CLASSES
(EXCLUDING ZUMBA AND AQUATIC)

10 CLASSES

FOR \$30

20% OFF

For the month of April!

2-pass limit per person.
Discount may be applied
to fit pass only.

CYCLING

Monday | 5:30pm

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

ZUMBA

Monday & Wednesday | 5:20pm

Tuesday & Thursday | 6:30pm

Dance to non-stop choreographed routines that improve cardiovascular endurance.



FREE EXERCISE PROGRAMS

Recreation Park



CHAMPIONS FOR LIFE—SENIOR FITNESS

Monday, Wednesday, Friday | 8:15am

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

OUTDOOR FITNESS

Monday, Wednesday, Friday | 8:15am

Improves your muscular fitness, cardiovascular endurance, balance, & agility. Designed for all skill levels.

★ NEW WELLNESS PROGRAM

Las Palmas Park



May 13th—June 26th

WALK WITH EASE (*CAMINE CON GUSTO*)

Monday, Wednesday, Friday | 8:30am

Helps reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with WALK WITH EASE.

TRANSIT SERVICES

CITY OF SAN FERNANDO TROLLEY

Information: 818.898.1290

Convenient & affordable transportation within The City of San Fernando.

MISSION CITY TRANSIT

Information: 818.366.4119

Transportation within San Fernando & other targeted medical sites.

CITYRIDE

Information: 818.908.1901

Senior transportation for residents in surrounding San Fernando areas.

SPORTS & ACTIVITIES

SPRING SPORTS

Open Gym Hours: 818.898.1290

YOUTH SOCCER

\$75 City Resident / \$85 Non-resident
Ages 11—14 | Recreation & Las Palmas Park

FUTSAL

Monday | 4:30pm

Ages 11—14 | Las Palmas Park | FREE

KARATE (LIMA LAMA MARTIAL ARTS)

Tuesday | 6:00pm / Saturday | 10:00am

\$40 / Monthly | gi belt additional belt | Las Palmas Park

TENNIS

Pioneer Park | 818.434.9650

BALL MACHINE	NJTP PEE WEE	NJTL CLASS
Sat. 8:30am	Sat. 9:30am	Tu. & Th. 4:00pm
Adults Ages 18+	Ages 3—7	Ages 8—18
\$60 / 7wks	\$60 / 7wks	\$60 / 7wks

KIDZ LOVE SOCCER

Mommy/Daddy & Me | Ages 2—3^{1/2} yrs. | **5:45pm**

Tot/Pre Soccer | Ages 3^{1/2}—5yrs. | **5:00pm**

Soccer 1 | Ages 5—6yrs. | **4:15pm**

Soccer 2 | Ages 7—10yrs. | **3:30pm**

TINY TYKES BASKETBALL CLINIC

\$65 City Resident / \$75 Non-resident

Ages 4—6 | Session begins July 9th

CHEER

\$80 City Resident / \$90 Non-resident

Ages 5—12 | Season begins June 17th

YOUTH BASKETBALL

\$85 City Resident / \$95 Non-resident
Ages 7—17 | Assessments: May 21st & 22nd

ADULT VOLLEYBALL

Thursday | \$20 / person

ADULT SOFTBALL (COED & MEN'S)

\$325 Returning / \$350 New + \$30 cash forfeit bond

SUMMER CAMP

Registrations begin May 13th

Ages 5—13yrs

Session: June 17th—August 16th

Monday—Friday: 7:00am—6:00pm

City Resident Rate: \$95 / week (ea. child)

Non-resident Rate: \$125 / week (ea. Child)

Field trips not included in weekly rate.

**UPCOMING
SUMMER
SPORTS!**

CULTURAL ARTS

MUSIC CLASS

Tuesday | 9:30am | Las Palmas Park

\$20 monthly | Learn instrument and singing techniques.
Open for adults and seniors.

MEXICAN FOLKDANCE

Friday | 7:00pm | Beg. / Inter.

Wednesday | 7:00pm | Inter. / Adv.

Las Palmas Park

\$60 / 12wks | Ages 6+

AZTEC DANCE

Thursday | 7:00pm | Las Palmas Park

\$10 / 8wks | Explore the music of ancient traditions.

LINE DANCE

Friday | 10:30am | Recreation Park

\$10 / 8wks

ALL ABILITIES ART CLASS

Thursday | 4:00pm | Las Palmas Park

\$40 City Resident / \$45 Non-resident
Inclusive art class for all skill levels.

MARIACHI MASTER

APPRENTICE PROGRAM

Unites youth ages 8 to 22 with mariachi music masters.

NATIONAL
ENDOWMENT **the ARTS**
arts.gov

CALIFORNIA
ARTS COUNCIL
A CALIFORNIA STATE AGENCY

ARTSPLE
DRIVE THE ARTS
BUY THE
PLATE

California
**POETRY
OUT LOUD**

KEEP ARTS
IN SCHOOLS

COMMUNITY SERVICES

COMMUNITY SERVICES

Las Palmas Park

NUTRITION PROGRAM

Monday—Friday | 9:00am

Ages 60+ | Donation \$3 | Pre-registration required
For home delivered meals contact YWCA San Gabriel Valley Senior Services: 626.960.2995. Partially funded by Los Angeles County Community & Senior Services.

TEENS FOR A BETTER COMMUNITY (TBC)

March 7th | April 4th | May 2nd | 6:00pm

Inspires youth to achieve their full potential while developing character and leadership skills.

SENIOR FITNESS

SENIOR ZUMBA @ Las Palmas Park



Tuesday | 10:00am | FREE

Sponsored by SCAN Health Plan

STRETCH TO THE MUSIC @ Las Palmas Park

Monday & Wednesday | 9:30am

\$30 / 8wks

LIFTING & ENERGY TRAINING @ Las Palmas Park

Friday | 8:15am

\$15 / 8wks

CARDIO DANCE + PUMP @ Las Palmas Park



Thursday | 8:30am | FREE

By CareMore Health

PICKLEBALL @ Las Palmas Park

Tuesday & Thursday | 11:30am

\$15 monthly Fee includes equipment rental.

COMMODITY SUPPLEMENTAL

FOOD PROGRAM

March 4th | April 1st | May 6th | 9:00am

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



SENIOR ACTIVITIES

BINGO

Participants play for prizes (no cash).

Recreation Park: **Tu. | 9:30am | \$4/cd or \$6/2cds**

Las Palmas Park: **Mo. | Wed. | Fr. | 10:00am | \$3/cd**

Last Fr. of the month | \$1/cd

KARAOKE @ Las Palmas Park

1st & 3rd Monday of the month | 10:00am | FREE

LAS PALMAS SENIOR CLUB

\$36 yearly or \$18 / 6 months

Socialize with monthly meetings, dances, and trips.

THE CRAFTY LADIES CLUB @ Las Palmas Park

Wednesday | 9:00am | FREE

Share crochet techniques and enjoy special projects.

RECREATION LOUNGE @ Las Palmas Park

Play card games, dominoes, or billiards. Game tables provided. No gambling allowed.

PARK AVE CLUB @ Recreation Park

Tuesday | 9:00am | FREE

Enjoy crochet projects, bingo, and potlucks.

★UPCOMING HAPPENINGS

SFV OLDER ADULT TRANSPORTATION POP-UP
By Metro
Join us and learn everything there is to know about using public transportation.
Wednesday, April 17th
11:30am—1:30pm | Las Palmas Park
Information / RSVP: Lily (213) 922-2002 / onthemove@metro.net
Sign up for a FREE TAP Card.

ANNUAL SENIOR EXPO
Connect, Create, & Contribute!
Come celebrate Older American's
FREE Month with us.
Health Screenings • Healthy Tips
Continental Breakfast • Lunch • Giveaways
Friday, May 17th
9:00am—1:00pm | Las Palmas Park

CASA DE LOPEZ ADOBE
1100 Pico Street | San Fernando
Enjoy free guided tours of this historical landmark every fourth Sunday of the month.
Large groups / More Information:
(818) 898-1290
Recreation@sfcity.org