

CITY OF  
**SAN FERNANDO**  
DEPT. OF RECREATION & COMMUNITY SERVICES

Program and  
Service Guide

Winter 2022  
Edition







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## DEPARTMENT OFFICES

RECREATION PARK | 208 Park Ave.  
LAS PALMAS PARK | 505 S. Huntington St.

## MISSION STATEMENT

Our mission is to develop and implement programs and activities that provide for the well-being and personal development of the City's residents. Our staff is dedicated to creating those experiences that provide for good citizenship, sense of community and better quality of life.

## CONTACT US

[www.sfcity.org](http://www.sfcity.org) | [Recreation@sfcity.org](mailto:Recreation@sfcity.org)  
(818) 898-1290 | Mon - Fri, 9-5pm



# RECREATION FACILITIES

The City of San Fernando has seven parks, three of which have actual facilities or community centers. All facilities are within a 2-mile radius and accessible from public transit.

- Casa de Lopez Adobe, 1100 Pico St.
- Cesar E. Chavez Memorial, Truman & Wolfskill
- Las Palmas Park, 505 S. Huntington St.
- Layne Park, 120 N. Huntington St.
- Pioneer Park, 828 Harding St.
- Rudy Ortega Sr. Park, 2025 Fourth St.
- San Fernando Recreation Park, 208 Park Ave.
- 8th Street Natural Wash Park



## FACILITY RENTALS

Whether you are planning a small meeting or a large gathering, the City of San Fernando provides the ideal setting for your event. Indoor locations are available for private rentals Sunday - Friday, 9:00 a.m. to 10:00 p.m. and Saturdays 9:00 a.m. to 12:00 a.m. Visit the website for additional information or call us at (818) 898-1290.



# COMMUNITY SERVICES

## SENIOR SERVICES

### Social Clubs

#### Las Palmas Senior Club

A membership driven program designed to give seniors a place to gather and socialize. Club activities include monthly meetings and dances as well as excursions.

**Ages:** 55+

**Fees:** \$42.34/year (new members)

#### Meeting Schedule

Las Palmas Park  
Sundays, 1:30 p.m.  
January 9, 2022  
February 6, 2022  
March 6, 2022

#### Dance Schedule

Las Palmas Park  
Saturdays, 7:00 p.m.  
February 12, 2022  
March 12, 2022

For more information on becoming a member call (818) 898-7340.

#### Upcoming Senior Trips

The senior trips are sponsored by the Las Palmas Senior Club but are open to the general public as well. No membership required to register for a trip.

#### **Pancho Villa Restaturant**

Sunday Brunch & Show  
Sunday, January 16

#### **Viva Las Vegas!**

Escape to the iconic city of lights full of casinos, dining, shopping and sightseeing.  
Sunday, February 20 - Tuesday, February 22

#### **Catalina Island**

Enjoy the day exploring the island, take a tour, grab some lunch or relax by the beach.  
Saturday, March 12

For more information or trip registration call the trip office at Las Palmas Park (818) 898-7340.

#### Park Ave Club

Weekly social club gathers for crocheting, bingo and monthly potlucks. *Free*

Tuesdays at Recreation Park | 9am

**First meeting of the year: January 11, 2022**

#### Crafty Ladies Club

Weekly program focused on the art of the hook. Learn and share crochet, knitting and other fun crafting techniques. *Free*

Wednesdays at Las Palmas Park | 9am



#### Las Palmas Park Gardening Club

Join us in beautifying Las Palmas Park. De-stress and socialize while learning about sustainable gardening. Become a skilled gardener and if you're already an experienced gardener, share your own practical tips. *Free*

Meets every 1st & 3rd Wednesday of the month at Las Palmas Park | 11am

**First meeting of the year: February 2, 2022**





# COMMUNITY SERVICES

## SENIOR SERVICES

### Health & Wellness Programs

#### Walkable Wednesdays

Let's get active together! Join this FIT and FUN club that meets to complete a 30 minute walk. All levels are welcome.

Meets every Wednesday at Las Palmas Park Outdoor Pavillion | 8:30am

#### Senior Arts & Crafts Projects

Join us every month for a fun and creative Do-It-Yourself (DIY) project. Supplies and instruction included.

##### Painting with Yarn

Thursday, January 13 | 11:30am

##### Terracotta Pot Decorating

Thursday, February 10 | 11:30am

##### Fabric Decoupage Coasters

Thursday, March 10 | 11:30am

#### Talleres de Salud Mental

Fortalezca su salud mental y emocional a través de nuestros talleres. Las clases son proveídas por el Departamento de Salud Mental del Condado de Los Ángeles.

##### Parque Las Palmas, 9:30am

martes, 11 de enero- El Bienestar Emocional

martes, 8 de febrero- Depresión Estacional

martes, 8 de marzo- Prevención del Suicidio

##### Parque Recreation de San Fernando, 9:30am

miércoles, 26 de enero- Stigma de la Salud Mental

miércoles, 23 de febrero- Trastorno de Ansiedad

miércoles, 23 de marzo- Abuso Infantil

Para mas información llame al **Parque Las Palmas al (818) 898-7340.**

#### Partners In Care Wellness Club

Providing health education and self-management skills for seniors 60+.



##### Bingo-cize (Bilingual)

San Fernando Recreation Park Club Room

Tuesdays & Thursdays | 1 - 2pm

January 11 - March 17, 2022

##### Arthritis Foundation Exercise Program (Bilingual)

Las Palmas Park Gym

Monday & Wednesday | 2:30 - 3:30pm

February 14 - March 28, 2022

##### Tomando Control de su Salud (Español)

Parque Las Palmas Learning Center

Jueves | 1 - 3:30pm

abril 7 - mayo 12, 2022

*\*Ultimo dia para registrarse es el 13 de abril*

##### Healthier Living (English)

San Fernando Recreation Park Club Room

Tuesdays | 1 - 3:30pm

April 5 - May 10, 2022

*\*Last day to register is April 12*

#### Regal Thursdays at Las Palmas Park

Join the Regal team and become healthier and stronger. *Free*

##### Strength & Balance

Thursday, January 20 | 1pm

##### Heart Disease Awareness

Thursday, February 17 | 1pm

Improve the health of your heart through a healthy food demo, exercise session of Shao Chi and take advantage of a blood pressure check.



For more information and registration assistance please call **Las Palmas Park at (818) 898-7340.**



# COMMUNITY SERVICES

## YOUTH SERVICES

### Teens For a Better Community

Teens for a Better Community (TBC) Youth Leadership Program offers youth the opportunity to work side by side with Recreation staff to obtain valuable work experience and earn service hours. It is a great opportunity for current high school students to develop leadership skills and be a role model for our community.

During the Fall semester, our teens volunteered and participated at various community events. The teens participated at the City of San Fernando Movies at the Park, the Dia de Los Muertos Festival, Holiday Tree Lighting, Las Palmas Golden Fun League Bingo Night and at the LAPD San Fernando Gardens first annual haunted house & costume drive. Collectively they have volunteered over 100 hours.



Lastly, we want to thank everyone who donated to our Annual Canned Food Drive. All canned food was donated to MEND for their Christmas Program. This year the drive collected over 860 pounds of food.

If you would like to join the TBC Youth Leadership Program, please complete the online application at <https://tinyurl.com/TBC2021app>. All hours spent with the program will be recorded as community service hours and a certificate of completion will be awarded at the end of the program.

### Tutčint Youth Empowerment

In partnership with the City of San Fernando, the Fernandeno Tataviam Band of Mission Indians, and Pukúu Cultural Community Services offer Tutčint, a youth empowerment program based out of Las Palmas Park in the City of San Fernando. The program works with teens 13-17 years of age, from a variety of local middle and high schools.



Tutčint Youth Empowerment will return from winter break and resume Academic Support/ Tutoring on Wednesday, January 12, 2022. The program will focus on the theme of **Spirit and Community** which ties into the first Cultural Program of the year "Finding Your Medicine" on Thursday, January 13th with presenter Avril Cordova of AC and Associates.

Online program referrals can be completed on our website at [www.pukuu.org/tutcint/](http://www.pukuu.org/tutcint/). For more information call (818) 639-3932.



Teens For A Better Community





### Folklorico | Las Palmas Park | Ages 5+

Experience the classical style of Mexican Culture; learn regional dances of Mexico through movement and music. Participants will be separated into two categories, beginners and intermediate, and assigned a class day to attend.

12- week sessions | Wed or Fri , 7pm | \$60  
Jan. 12 - Mar. 30, 2022

### Mariachi Master Apprentice Program

MMAP unites community youth with Grammy Award-winning master musicians to preserve the mariachi music genre. The program is supported in part by the National Endowment for the Arts, California Arts Council, and the City of San Fernando. Led by Master Musicians from Mariachi Los Camperos.

Limited space available. Call (818) 898-1290 for enrollment information.

# CULTURAL ARTS & EVENTS

NATIONAL  
ENDOWMENT for the **ARTS**  
arts.gov



**MARIACHI**  
**LOS CAMPEROS**

**KEEP ARTS  
IN SCHOOLS**  
VOLUNTARY CONTRIBUTION FUND





**Aztec Dance | Las Palmas Park | Ages 5+**

Explore the music, choreography and poetry of this ancient dance tradition while understanding the history behind Danza. Mexica Danza is a form of art that helps build identity and self esteem through the use of culture, history, and the preservation of indigenous traditions.

Monthly | \$10 | Thursdays, 7pm



## CULTURAL ARTS & EVENTS

### Family Health Fair Series

The Family Health Fair Series will provide free health screenings, resources, exercise demonstrations and much more for the whole family. Save the dates, more information to follow!

Saturday, Jan. 29, 2022

Saturday, Feb. 26, 2022

Saturday, Mar. 26, 2022.



### Spring Jamboree- April 16, 2022

Family friendly event featuring arts & crafts, games & photos with the bunny.

*Free!*

Save  
the  
date





# RECREATION

## COMMUNITY & FITNESS CLASSES

### Jive Dance Class | Recreation Park | Ages 18+

A lively style of dance made popular by the rockabilly scene of the 1950's, performed to swing or rock and roll music. Get ready to stroll, bop and jive! No partner needed just the will to dance.

Second Tuesday of the Month | 5pm | \$20  
January 12, 2022

### Line Dance Class | Recreation Park | Ages 18+

Come learn to line dance from a group of fun-loving dancers. Each dance is broken down step by step whereby participants increase their balance, coordination, and endurance. All skill levels are welcome. No partner is required.

8-week sessions | Fridays, 10:30am | \$10  
Dec. 3 - Feb. 4, 2022  
Feb. 11 - April 8, 2022

### Music Class | Las Palmas Park | Ages 18+

Learn to play an instrument, singing techniques and participate in community presentations.

Monthly | Tuesdays, 9am | \$20

### Cycling | Recreation Park | Ages 18+

Saddle up and get ready to burn calories and increase cardiovascular endurance with vigorous workouts on stationary bikes. Ideal for all levels of fitness and experience, control the intensity or your workout and have fun!

Monthly | Mondays, 7pm | \$25

### Total Body Conditioning | Recreation Park | 18+

Moderate-to-high intensity full body workout designed for all fitness levels. Develop strength, balance and endurance through cardio and resistance training while increasing cardiovascular agility, burning calories and sculpting your body.

Monthly | Mon-Thu, 8:30am | \$50  
Monthly | Tue-Thu, 7:00pm | \$45

### Yoga | Recreation Park | Ages 18+

Increase flexibility through stretching, relaxation and breathing exercises all the while developing muscle tone and enhancing coordination and balance. Great classes for beginners, mat required.

Monthly | Tuesdays, 5:30pm | \$40  
Monthly | Fridays, 8am | \$40

### Inclusive Zumba | Recreation Park | Ages 16+

High energy, calorie burning dance party modified for individuals with limited mobility or special needs. A parent/guardian or caretaker must accompany the registered participant.

Monthly | Wednesdays, 6:30pm | \$15

### Zumba | Recreation Park | Ages 18+

Ditch the workout and join the dance party! Zumba combines low and high intensity dance moves through choreographed routines to offer an interval style, calorie burning dance fitness party suitable for all fitness levels.

Monthly | Mondays, 5pm | \$20  
Monthly | Tue/Thu, 7pm | \$40  
Monthly | Fridays, 6pm | \$20

### 3 Wins Fitness Program | Recreation Park | Ages 18+

A nationally recognized community exercise program focused on promoting healthy and active lifestyles. The program is led by Kinesiology students from CSUN and offers a structured curriculum modified to three levels of fitness: Introductory (basic, modified exercise), Beginner (moderate intensity), Advance (high intensity) and Senior Fitness (Champions for Life). *Begins January 19, 2022.*

Weekly | Mon, Wed & Fri, 8:15am | Free



# RECREATION

## YOUTH & ADULT SPORTS

### **Johnny Allen Tennis | Pioneer Park | Ages 3-17**

Participants will learn the basics of Tennis like hand-eye coordination and balance before moving into technique, placement and movement and advancing into competitive skills.

3-week sessions | Saturdays, 8:15am - 12pm

Ages 3-5, \$40 - \$45 | Ages 6-17, \$50 - \$55

Jan. 15 - 29, 2022

Feb. 12 - 26, 2022

Mar. 12 - 26, 2022

### **Karate | Las Palmas Park | Ages 5-16**

Class will teach the traditional form of martial arts known as Shotokan Karate. Sensei Paul Gale will focus on the basic techniques of punching, striking, kicking, blocking and partner drills. The class will emphasize calisthenics, stretching and overall respect towards others.

Monthly | Saturdays, 9-11am | \$45

### **Mission City Baseball & Softball | Ages 3-16**

Instructional program will focus on baseball and softball fundamentals and skill building. Youth will participate in team practices and games.

Jan - June, 2022 | \$100 - \$120

**Advance Team League**, interested coaches can register their full team for the program. Participation will include one (1) practice per week with games held on Sundays.

Jan - June, 2022 | \$1,400/team

### **Youth Basketball (Winter) | Ages 9-14**

League is designed to provide community youth with the opportunity to develop their skills, learn the importance of teamwork and good sportsmanship all while participating in healthy competition and having fun.

6-week program | Jan - Feb, 2022 | \$50 - \$60

### **Youth Evolution Sports Clinics | Ages 3-13**

The sports clinic program is a 4-week introduction to Basketball and Soccer for kids ages 3-13. Participants will learn fundamental concepts and focus on techniques using activities that build on each other and help gradually increase their ability to play the sport.

**Basketball** | Mondays, 5:30pm | \$55 - \$60

Jan. 24 - Feb. 14, 2022 | Las Palmas (ages 3 - 8)

Mar. 7 - Mar. 28, 2022 | Pioneer Park

**Soccer** | Thursdays, 5:30pm | \$55 - \$60

Jan. 27 - Feb. 17, 2022 | Recreation Park

Mar. 10 - Mar 31, 2022 | Recreation Park

### **Adult Coed Softball | Recreation Park | Ages 18+**

Fun, friendly and competitive adult coed league. Gather 16 of your friends and family and register for the upcoming season.

Weekly | Tuesdays, 7-10pm | \$250/team

Umpire Fees: \$20/team (cash) paid before each game

*The Spring 2022 will feature a short season due to Recreation Park closing for construction in April 2022. Season will be played through with no make-up games.*

**FOR MORE INFORMATION OR  
REGISTRATION LINK VISIT  
[SFCITY.ORG/SFRECREATION](https://SFCITY.ORG/SFRECREATION)**

### **Youth Sports Covid-19 Safety Protocols**

Our Youth Sports leagues will continue to follow the guidelines stipulated in the L.A. County Department of Public Health Youth Sports Health Order until further notice. Programming and schedules can change at any moment, staff will do their best to communicate changes in a timely manner.



# SPECIAL INTEREST

## Casa de Lopez Adobe

The two-story Monterey-type adobe town house was completed in 1883 by Valentin Lopez as a gift for his sister Catalina and her husband Geronimo Lopez. The family lived in the area long before the city of San Fernando was conceived and became known as the town's "first family." Members of the Lopez family lived in the adobe until 1962. The home was purchased from the Lopez family in 1970 and restored in 1974 as the original building for use as an early historical site, opening its doors to the public on April 5, 1975.



**Guided Tours | 4th Sunday of the month | 1 - 4pm  
or by appointment, call (818) 898-1290.**

## Cesar E. Chavez Memorial

The memorial honors the life, work and legacy of Cesar E. Chavez and includes artistic elements such as a mural, statues and eagle fountain which reflect the struggle of the farm workers.

*Open year-round for self-led tours.*



## San Fernando Recreation and Community Services

**CLICK HERE TO ACCESS OUR CONVENIENT  
ONLINE REGISTRATION SYSTEM ON MYREC.**



## Let's explore your Medicare plan options

- Discuss your specific health needs
- Review your plan options
- Walk through the enrollment process

As a local Anthem Medicare representative, I can help you choose a plan with the benefits you deserve for the coming year.

1-on-1 help in person, online, or over the phone



**Isabel Fuentes**  
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CA Lic. # 0D96598 Authorized Agent  
Hablo español.

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Hay disponibles servicios de traducción: póngase en contacto con el plan de salud o su agente. 我們提供翻譯服務；請聯絡您的醫療保健計劃或代理人。 For costs, exclusions, limitations, terms, and complete details of coverage, please contact your agent or the health plan. Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

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## FREE INCOME TAX PREPARATION

## LAS PALMAS PARK

January 29, 2022 - April 9, 2022  
Saturdays | 10:00 a.m. - 2:00 p.m.

To make an appointment, visit [csun.edu/vita](https://csun.edu/vita).

For more information or assistance, call  
**(818) 677-3688.**

