



CITY OF SAN FERNANDO

Dept. of Recreation & Community Services

SUMMER 2022

**Program &
Service Guide**

THE CITY OF
SAN FERNANDO

 [SFRecreation](#)

 [OfficialCityOfSanFernando](#)

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.

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Special Interests



DEPARTMENT OFFICES

RECREATION PARK | 208 Park Ave.

LAS PALMAS PARK | 505 S. Huntington St.

CONTACT US

www.sfcity.org

Recreation@sfcity.org

(818) 898-1290 | Mon - Fri, 9-5pm

FACILITIES & RENTALS

RECREATION FACILITIES

The City of San Fernando has seven parks, three of which have 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. Visit the website for additional information or call us at (818) 898-1290 for location availability.



RECREATION

COMMUNITY

Karate



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.

Ages: 5-16
Monthly

Saturday | 9am
Las Palmas Park | \$45

MUSIC CLASS



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

Ages: 18+
Monthly

Tuesday | 9am
Las Palmas Park | \$20



ART OF NATURE WORKSHOPS BY MOSS FARMS

Participate in creative experiences as we reconnect the nature of humans through the arts. Through earth-centered activities, natural pigment art projects and engaging storytelling , our connection to a larger world is illuminated, ultimately making a more resilient, diverse and equitable community. Workshops run 60-90 minutes and are for all ages (minors must be accompanied by an adult).

Resumes in September

Saturday | 11:00am
Rudy Ortega Park | Free

Schedule

September 10
September 17
September 24
October 1
October 8
October 15
October 22
October 29

RECREATION

FITNESS CLASSES

Total Body Conditioning



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.

Ages: 18+
Monthly

Mon-Thu | 7:00pm
Recreation Park | \$50

Zumba



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.

Ages: 18+
Monthly

Mondays | 5pm
Recreation Park | \$20

Tue or Thu | 7pm
Recreation Park | \$20

Fridays | 6pm
Recreation Park | \$20



3 WINS FITNESS PROGRAM

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).

Ages: 18+
Weekly

Mon, Wed, Fri | 8:15am
Recreation Park | Free

Inclusive Zumba

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.

Ages: 16+
Monthly

Wednesdays | 6:30pm
Recreation Park | \$15

Zoom Class option available at registration

RECREATION

YOUTH SPORTS

Johnny Allen Tennis



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.

Ages: 3-17
3-week sessions

Saturdays | 8:15am - 12pm
Pioneer Park | Ages 3-5: \$40 - \$45
Ages 6-17, \$50 - \$55

Jul. 9 - 23
Jul. 30 - Aug. 13
Aug. 20 - Sept. 10 (no class 9/3)
Sept. 17 - Oct. 1

Mission City Fall Ball



The league provides baseball program for kids ages 3-14.

MANAGERS & COACHES NEEDED!
Discount applied to registration. Call the office for more info.

September-November | Las Palmas Park

Foal (3-4) | \$80/ \$90
Shetland (5-6) | \$90/\$100
7-14 | \$100/\$110
Team Registration | \$1200/team

Youth Evolution Sports Clinics

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.

Ages: 3-11

Basketball | Mondays | \$55 -\$60 | 5-7:20pm

Summer Sessions

Jul. 11- Aug. 1

Aug. 22 - Sept. 19
(no class 9/5)

Fall Sessions

Oct. 10 - Nov. 7

(no class 10/31)
Nov. 28 - Dec. 19

Soccer | Thursdays | \$55-\$60 | 5-7:20pm

Summer Sessions

Jul. 7- Jul.28

Aug. 18 - Sept. 8
Sept. 29 - Oct. 20

Fall Sessions

Nov. 10 - Dec. 8
(no class 11/24)



Mission City Baseball Clinic

The clinic program is a 4-week introduction to baseball for kids ages 3-14. 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.

Ages: 3-14

July 18 - Aug. 12, 2022

Tuesday/Thursday | 6pm
Las Palmas Park | \$65- \$70

CULTURAL ARTS & EVENTS

Folklorico



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.

Ages: 5+
12- week sessions
Jul. 1 - Sept. 16

Wed or Fri | 7pm
Las Palmas Park | \$60

Aztec Dance



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.

Ages: 5+
Monthly

Thursday | 7pm
Las Palmas Park | \$10



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, and the City of San Fernando. Led by Master Musicians from Mariachi Los Camperos.

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

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



MARIACHI
@ LOS
CAMPEROS

KEEP **ARTS**
IN SCHOOLS
VOLUNTARY CONTRIBUTION FUND

CULTURAL ARTS & EVENTS



RED, WHITE, & LIGHTS LASER SHOW

After several years of hiatus, the Fourth of July Celebration returns to San Fernando! The “RED, WHITE, AND LIGHTS” LASER SHOW kicks off the 4th of July weekend and takes place in the Downtown San Fernando. Come ready to celebrate! The festivities will feature activities for the entire family, including:

- **Tina Michelle and the Rhinestone Cowboys** will bring you live music and line dancing demonstrations.
- Amazing artisan vendors and crafters will have unique goods for sale.
- Family activities and carnival games for the young and young at heart.
- Food trucks and on-site chefs will prepare delectable cuisine.
- The night will culminate with a spectacular Laser Show to light up San Fernando’s spirit!

MOVIES IN THE PARK

Grab a blanket or your favorite lawn chair and join us for this Summer’s FREE Movies in the Park series!

Kids Activities at 6:30pm
7:00pm- 10:00pm

King Richard

July 22, 2022 | Pioneer Park

Encanto

July 29, 2022 | Las Palmas Park

Jurassic Park

August 5, 2022 | Rudy Ortega Park



CULTURAL ARTS & EVENTS

DIA DE LOS MUERTOS SAN FERNANDO VALLEY MILE RUN

Register for the Anthem Blue Cross Dia de los Muertos San Fernando Valley Mile Run!

Vendors, Food, Entertainment & Altars in remembrance of your loved ones

Saturday, October 29, 2022



FREE Training sessions on Saturdays – 8:30am

El Cariso Community Regional Park

All Fitness Levels are welcome– Ages 5+

INAUGURACIÓN DE LA CAMPANA DE LA LIBERTAD

Join us to inaugurate La Campana de la Libertad at City Hall! “Cura” Miguel Hidalgo rang the bell to declare Mexico’s independence from Spanish colonialism, making it a symbol of Mexican history.

Saturday, July 30, 2022

117 Maclay St.

5:00pm-7:00pm



CITY CONCERTS

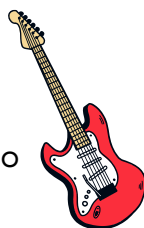
Come enjoy the summer nights with us!

Downtown Concert Richie Valens Tribute

August 27 | Downtown San Fernando

6:00 - 9:00pm | Viva La Bamba

Get transported back in time with Viva La Bamba! This signature Rock n Roll act will take you through the timeless sounds of Ritchie Valens, 50’s and 60s, Rock N Roll, and Latin Rock that we love and hear today.



End of Summer Concert

September 11 | Las Palmas Park

6:00 - 8:00pm

JOIN US AS WE CELEBRATE

*City of San Fernando's
111th Birthday*

AUGUST 31, 2022

**AT
CASA DE LOPEZ
ADOBE**

6PM-8PM

THE CITY OF
SAN FERNANDO

COMMUNITY SERVICES

COMMUNITY & YOUTH SERVICES

General info for camping:

What you'll need for these overnight events:

- Extra set of clothes
- Pillow
- Sleeping bag or blanket
- Flashlight
- Reusable water bottle
- Sneakers or hiking shoes
- Lawn chair (recommended)
- Extra set of clothes
- Bug Spray

Tents and sleeping mats will be provided.

More information will be provided.

All minors must be accompanied by adult.



Overnight Camping at Rudy Ortega Park

Ever camped out with your family before? Come learn the fundamentals of camping in a safe environment at Rudy Ortega Park.

Learn how to raise a tent, start a fire, make s'mores, safety tips, and more.

Tents & sleeping mats provided by National Parks Conservation Association.

Staff & SFPD Explorers will be providing security.

Saturday, July 16 at 4:00pm to Sunday, July 17 at 12:00pm

Rudy Ortega Park | Free | REGISTER TODAY!

Joshua Tree - The Ultimate Camping Experience

Join us for the ultimate camping experience! Joshua Tree National Park may sound scary but feel safe knowing staff will be guiding you. Transportation provided.

Individuals, couples, groups of friends and families of all ages are welcome.

Sat., November 5 - Sun., November 6
Joshua Tree National Park | Free

Registration begins August 1st.



COMMUNITY SERVICES

COMMUNITY & YOUTH SERVICES

Summer Day Camp



Enjoy a fun filled summer camp with arts & crafts, science, water games, sports, and cooperative games. Registration Now Open!

Ages: 5-13
June 20-August 12

Mon-Fri | 7:30am-6pm |
Recreation Park | \$125 per child per week



Teens for a Better Community

During Summer the Teens for a Better Community convert to the Counselor-in-Training (CIT) program.

The CIT program assists with the summer day camp and has a pop-up booths at our city events.

Come visit our table at city events this summer and pick up an application for the 2022-2023 academic year.



For more information please email,
Yasmin Guillen | yguillen@sfcity.org
Graziella Jensen | gjensen@sfcity.org or
Juan Salas | jsalas@sfcity.org

Tutčint Youth Empowerment



COMPLETE REFERRAL:
WWW.PUKUU.ORG/TUTCINT



2022

FREE SUMMER PROGRAM!

FOR YOUTH AGES 12-17



**VARIOUS SATURDAYS OF
RECREATIONAL OUTINGS
& CAMPING!**



TUESDAYS:

FIELD TRIPS

WEDNESDAYS:

(ONLINE)

SUMMER READING PROGRAM
1-3 PM

THURSDAYS:

(BOTH IN PERSON & ONLINE)

CULTURAL PROGRAMMING AT
LAS PALMAS PARK IN SAN FERNANDO

INCLUDES:

DINNER: 5PM

PRESENTATIONS: 6-8PM

CALL OR TEXT (818) 639-3932 X 2003 FOR INFO

COMMUNITY SERVICES

SENIOR SERVICES

PARK AVE CLUB



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

Tuesdays | 9am
Recreation Park | Free
Bingo playing cards | \$6 or \$10 for 2



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.
July 10, 2022
August 7, 2022
September 11, 2022

Dance Schedule

Las Palmas Park
Saturdays, 7:00 p.m.
July 16, 2022
August 20, 2022
September 17, 2022

Senior Trips

Spanish Days Old | Santa Barbara | Sat. Aug 6th

Olvera Street | Los Angeles | Sun. Aug. 21st

Lobster Festival | Fountain Valley | Sat. Sept. 10

Napa Valley | Napa | Sun. Sep 18-Tue. Sept. 20

Crafty Ladies Club



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

Wednesdays | 9am
Las Palmas Park | Free

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

COMMUNITY SERVICES

Optum proudly
supports
the Las Palmas
Senior Center

Health care
made stronger.

Caring for 2 million
patients in California.

Visit optum.com/california
for more information.



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SENIOR SERVICES

Health & Wellness Programs



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.

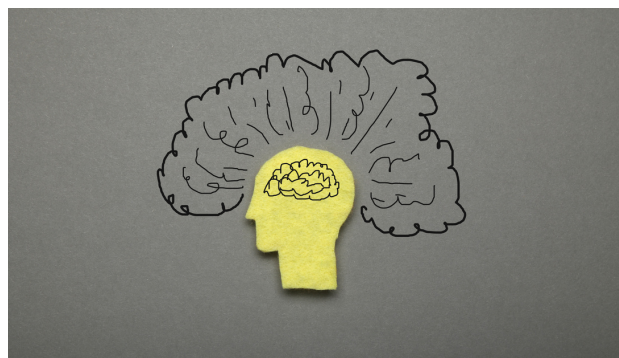
Platicas sobre la ansiedad

¿Sufre de inquietud, nerviosismo o pánicos?

Acompáñenos para aprender los diferentes tipos de ansiedad.

18 de septiembre | 9:30am

Las Palmas | Gratuito



Para mas information o para registrarse llame a el parque de Las Palmas Park (818) 898-7340.

COMMUNITY SERVICES

SENIOR SERVICES

Health & Wellness Programs



Diabetes Self-Management Program

You will understand your blood sugar level, how to manage stress and difficult emotions. Meets for 2 1/2 hours each week for six weeks and trains peer leaders and gives tools to live a healthier life.

Thursdays, July 28 - September 1 | 1 - 3:30pm
San Fernando Recreation Park Club Room | Free



Walk with Ease

Motivate yourself to get in shape through this program. Learn to walk safely and comfortably while improving your flexibility, strength and stamina.

September 26 - November 4

Monday, Wednesday, Friday | 9am
Las Palmas Park Outdoor Picnic Tables | Free

Have Medicare Questions?

As your local agent I can assist you in making the right choice when considering your Medicare options. I am:



Certified with
Medicare Advantage
Plans



Licensed by the
CA Department
of Insurance



Experienced with the
complex Medicare
parts



Familiar with the
Hospitals, Medical
Groups and Doctors
in your community

iPros
Insurance Professionals
insurancepros.com

Vanessa Sahagun
Licensed Insurance Agent
Lic# 0G49200
Tel: 323-480-0545
Email: vsahagun@iprosteam.com

COMMUNITY SERVICES

Questions about Medicare?

Call today!
(818) 718-8987
(TTY 711)

Get your questions answered
or find a doctor near you by
calling a licensed agent at
Syndicated Insurance.



CA LIC #0C75528

SENIOR SERVICES

Health & Wellness Programs



Doc Talk with Regal Medical Group

Healthy Summer Camp with Dr. Khan

Importance of Natural Food

Monday, July 18 | 9:30am

Las Palmas Park | Free

Healthy Lifestyle

Monday, August 1 | 9:30am

Las Palmas Park | Free



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

COMMUNITY SERVICES

SENIOR SERVICES

Health & Wellness Programs



Studio for Seniors

60-minute workshop focusing on experimenting with art materials.

Fridays | July 15, July 29 & August 12 | 10am
Las Palmas Park | \$5 for 3 classes

Movement for Life

Come join our instructor, David Jimenez in a 6-week fun fitness challenge. Build your strength and endurance through challenging but rewarding workouts to help you feel independent.

6-Week class | Monday | 9:30am

Las Palmas Park | \$10

July 11 - August 15

August 29 - October 10

October 24 - November 28



Alignment Healthcare

1-888-979-2247 (TTY 711)

24 hours a day, 7 days a week

ALIGNMENTHEALTHCARE.COM

COMMUNITY SERVICES

SENIOR SERVICES

Health & Wellness Programs



Senior Zumba

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 | Tuesday | 10:30am

Las Palmas Park | FREE

sponsored by Optum
must register monthly



Chair Zumba

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 | Thursday | 10:30am

Las Palmas Park | \$10

must register monthly

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

San Fernando Medical Center

Nuestra Práctica se Basa en el Cuidado de Pacientes de la Tercera Edad



Sufre de... ✓ Diabetes Ofrecemos Nuevos Tratamientos
✓ Alta Presión ✓ Depresión ✓ Artritis
✓ Alto Colesterol ✓ Dificultad para Dormir



**RECIBA 1
MEDIDOR DIGITAL
DE PRESIÓN DE MUÑECA**

GRATIS

**Primeros en Llegar,
Primero en Servirle
Hasta Agotar existencias**

Para nuevos pacientes de la tercera edad 65 años o mayores con Medicare.



**Open House para conocer
a nuestro proveedor y personal**

Todos los Martes y Jueves
de 10:00 a 11:00

**LLAME PARA
UNA CITA**

Llame Para Más Información y Para Hacer una Cita

**Celebrando 20 Años de Servicios
Médicos Para Personas de la Tercera
Edad en Nuestra Comunidad**

**Transportación
¡GRATIS!**

**Recupérese! Mantengase Bien!
Siéntase Bien!**

Recupere su Independencia y su Salud!

- ✓ Evaluaciones Médicas
- ✓ Pruebas de Laboratorio
- ✓ Electrocardiogramas
- ✓ Exámenes Físicos

Aceptamos la mayoría de planes de salud para personas de la tercera edad:
MEDICARE, BRAND NEW DAY,
SCAN, HUMANA, BLUE CROSS
LA Care, Health Net y más

Trabajamos con el Hospital Providence Holly Cross

Dr. Robert Partovy
Medicina de la Tercera Edad



Lunes a Viernes
de 8:30AM a 5PM

818-361-3788

501 N. Maclay Ave. San Fernando, CA 91340

www.sanfernandomedical.com

SPECIAL INTEREST

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.



CASA LOPEZ ADOBE

LAS PALMAS SENIOR CLUB

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.

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

San Fernando Recreation and Community Services

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Programs

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New Account

Contact Us

Let us serve you better!
[Create an Account](#)
providing us with emergency contacts, allergy info & more

View our programs and activities