

FALL

2022

CITY OF SAN FERNANDO

DEPT. OF RECREATION & COMMUNITY SERVICES



PROGRAM &
SERVICE GUIDE

THE CITY OF
SAN FERNANDO

 SFRecreation

 OfficialCityOfSanFernando

CITY OF SAN FERNANDO

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.



DEPARTMENT OFFICES

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

CONTACT US

Recreation@sfcity.org
(818) 898-1290 | Mon - Fri, 9-5pm



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VISIT

[SFCITY.ORG/SFRECREATION](https://www.sfcity.org/sfrecreation)

TO DOWNLOAD THIS CURRENT
ISSUE TO YOUR PHONE



FACILITIES & RENTALS

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.

Pacoima Wash Natural Park
801 Eighth Street

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 our website sfcity.org/sfrecreation for additional information or call us at (818) 898-1290 for location availability.





RECREATION SCHOLARSHIP PROGRAM

Scholarships cover 50% of the cost of the activity.

The San Fernando City Council established a Recreation Scholarship Program (RSP) to assist families wishing to participate in the fee-based programs offered to San Fernando residents. RSP assistance is available to San Fernando residents for all recreational programs offered by the Recreation and Community Services Department, including programs for youth, adults, and seniors.



TO APPLY

[SFCITY.ORG/SFRECREATION](https://www.sfcity.org/sfrecreation)

ELIGIBILITY

Must be a resident of the City of San Fernando

Complete a brief self-certifying form

Include a San Fernando Water Bill

Assistance will be available on a first-come, first-serve basis

Program begins July 1, 2022



RECREATION

COMMUNITY CLASSES

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 | Sat. | 9am
Las Palmas Park | \$45

CYNDY'S MIXED LINE DANCE CLASS

Explore different styles of Line Dance with a variety of music including country, pop, rock & roll and big band.

Ages: 18+

Oct. 18- Dec. 16
8-week session | Tue. | 2pm
Recreation Park | \$15

MUSIC CLASS

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

Ages: 18+

Monthly | Tue. | 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).

Sept. 9 - Oct. 22
Sat. | 11:00am
Rudy Ortega Park | Free



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



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 | Wed. | 6:30pm
Recreation Park | \$15

Zoom Class option available at registration



3 WINS FITNESS

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

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

Oct. 8- Oct. 22

Oct. 29 - Nov. 12

Dec. 3 - Dec 17

3-week sessions | Sat. | 8:15am - 12pm

Pioneer Park | Ages 3-5: \$40 - \$45

Ages 6-17, \$50 - \$55



YOUTH EVOLUTION SPORTS CLINICS

The sports clinic program is a 4-week introduction to Basketball and Soccer for kids ages 3-11. 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

Oct. 10 - Nov.7 (no class 10/31)

Nov. 28 - Dec. 19

4-week session | Mon. | \$55 -\$60 | 5-7:20pm

Soccer

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

4 week session | Thu. | \$55-\$60 | 5-7:20pm



YOUTH BASKETBALL

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.

Ages: 7-16

8-week league | Weekday Practices

Sat. games

Recreation/ Las Palmas Park | \$70 - \$80

MISSION CITY BASEBALL

Ages: 3-14

March – May. 2023

Foal 3-4 \$110, \$120

Shetland 5-6 \$120, \$130

Baseball 7-14 \$130, \$140

Softball 7-16 \$130, \$140

\$20 off before 12/31/22

RSP eligible

COACHES NEEDED



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+

Sept. 30 - Dec. 16

12- week sessions | Wed. or Fri. | 7pm
Las Palmas Park | \$60

CULTURAL ARTS & EVENTS

MARIACHI MASTER APPRENTICE PROGRAM

MMAF 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.



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 | Thu. | 7pm
Las Palmas Park | \$10

CULTURAL ARTS & EVENTS

EVENTS

SAN FERNANDO VALLEY MILE & DIA DE LOS MUERTOS FESTIVAL

Join us at the Anthem Blue Cross San Fernando Valley Mile & Día de los Muertos Festival!

Begin the race at the start line on Maclay and 8th St. and finish off on 3rd St. at our Día de los Muertos Festival.

Enjoy artisan and food vendors, entertainment & altars in remembrance of your loved ones.

Sat. Oct. 29 | 8am-4pm

Register for the race at
www.sfcity.org/sfrecreation

FREE Training sessions on Saturdays – 8:30am
El Cariso Community Regional Park
All fitness levels are welcome– Ages 5+



HOLIDAY TREE LIGHTING

Join us this holiday season at the annual Holiday Tree Lighting held in Downtown San Fernando.

Food and Artisan Vendors
Entertainment
Photos with Santa
Lighting of the Tree

Sat. Dec. 3rd | 5-9pm



COMMUNITY SERVICES

COMMUNITY

TUTCINT



**Free Hybrid Program
for Youth 12-17 years**
(Online & In-Person)



**Now Enrolling For Six-Month
Cohort
Aug 2022-Feb 2023**



Creating Social Justice leaders by reclaiming
our Indigenous Knowledges, and focusing on
a holistic approach to well-being



- **Online Tutoring:** Tuesdays Online
- **Cultural Program:** Thursdays in
Person @ Las Palmas Park~
San Fernando & Online
- **Recreation/Outings:** Alt. Saturdays

(818) 639-3932 EXT 2003 Complete Referral:
www.pukuu/tutcint/



**Programa Híbrido
Gratuito para Jóvenes
de 12-17 años**
(En línea y en persona)



**Ahora inscribiendo para
la cohorte de seis meses
Agosto 2022-Febrero 2023**



El programa se enfocará en creando
líderes de justicia social por medio del
restablecimiento de nuestro
conocimiento indígena, y centrándonos
en un bienestar holístico.



- **Tutoría:** Martes en línea
- **Programa Cultural:** Jueves en
persona @ Parque Las Palmas~
San Fernando y en línea
- **Recreación:** Sábados alternativos

(818) 639-3932 EXT 2003 Complete Referral:
www.pukuu/tutcint/



PARENT AND ME PAINTING

Come out and bring your children to a fun parent and me class
with Lisa Davis.

Dec. 10
Sat. | 11am-1pm
Las Palmas Park | Free

Registration begins November 1st.
For more information to call Las Palmas Park 818-898-7362

COMMUNITY SERVICES

YOUTH SERVICES

TEENS FOR A BETTER COMMUNITY

Teens for a Better Community includes interactive activities with local organizations and monthly meetings. Every hour participating in T.B.C. can count towards service learning or volunteer hours. The meetings are held the first Thursday of every month, so come join the fun.

If you would like to register for the program or get updates and information please fill out the [Teens for a Better Community 2022-2023 google form.](#)

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



WINTER CAMP

Enjoy a fun filled winter break with arts & crafts, science, sports, and cooperative games. Registration Now Open!

Ages: 5-13

Dec. 19 - Jan. 4

Weekly | Mon.-Fri. | 7:30am-5:30pm

Recreation Park | \$85 per child per week





COMMUNITY SERVICES

SENIOR SERVICES

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

Sun. | 1:30 p.m.

Oct. 2, 2022

Nov. 6, 2022

Dec. 4, 2022

Dance Schedule

Las Palmas Park

Sat. | 7:00 p.m.

Oct. 15, 2022

Nov. 19, 2022

Dec. TBD, 2022

Senior Trips

Pirates Adventure | October 8 |

Member: \$95/Non member: \$105

Fee includes transportation & admission for the 3-course dinner show.

Bus departs from First Street, at 2pm and returns at 8:30pm

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

CALLING ALL VOLUNTEERS!

Be part of the team! Volunteers are needed in many roles, such as helping in the kitchen, serving meals in the Banquet Room, signing-in seniors, cleaning, or leading an activity.

Volunteer must:

- Enjoy working with seniors.
- Must be at least 18 years of age.

Call us today for more information:
818-898-7340

PARK AVE CLUB

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

Tue. | 9am

Recreation Park | Free

Bingo playing cards | \$6 or \$10 for 2

CRAFTY LADIES

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

Wed. | 9am

Las Palmas Park | Free

COMMUNITY SERVICES

SENIOR SERVICES HEALTH & WELLNESS

Talleres de Salud Mental

Edades: 18+

Las clases son dirigidas por Carmen Castro, promotora del LA County DMH.

Pláticas sobre la ansiedad

¿Sufre de inquietud, nerviosismo o pánicos? Acompáñenos para aprender los diferentes tipos de ansiedad

11 de oct. | 9:30am

Las Palmas Park | gratis

26 de oct. | 9:30am

Recreation Park | gratis



Clases de ingles

¡Aprendamos un segundo idioma!
Espacio limitado.

lun. y mié. | 11:30am

Las Palmas Park | gratis

Sesión 1 | 26 de sept. - 2 de nov.

La clase aprenderá a decir números, identificar figuras y sustantivos (nombres).

Sesión 2 | 7 de nov. a 14 de dic.

La clase desarrollará las habilidades lingüísticas necesarias en la vida diaria.

La depresión estacional

Conozcamos los periodos estacionales de la depresión y como nos afectan en algunos periodos de nuestra vida.

8 de nov. | 9:30am

Las Palmas Park | gratis

30 de nov. | 9:30am

Recreation Park | gratis

Celebrando el bienestar emocional

¡Siéntase bien! Acompáñenos a tomar un momento a valorar los elementos más sencillo al alcance.

13 de dic. | 9:30am

Las Palmas Park | gratis



Para más información o para registrarse llame a el parque de Las Palmas (818) 898-7340.

COMMUNITY SERVICES

SENIOR SERVICES HEALTH & WELLNESS

STUDIO FOR SENIORS

Join Lisa Davis on the first Friday of the month for a 60-minute workshop focusing on experimenting with art materials.

Supplies will be provided

Oct. 7, Nov. 4, Dec. 2

Fri. | 9:30am

Las Palmas | \$10

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.

~~Sept. 26~~ ~~Nov. 4~~

Mon., Wed., Fri. | 9am

Las Palmas Park Outdoor Picnic Tables | Free



Call Las Palmas Park to be add the interest list for 2023



FRIDAY DOC TALK WITH REGAL MEDICAL GROUP

Healthy Talks with Dr. Khan
Bring your health and wellness questions for a chance to win a \$10 gift card.

Importance of Natural Food

Oct. 14 | 10am

Las Palmas Park | Free

Healthy Lifestyle

Dec. 9 | 10am

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

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.

Oct. 24 - Nov. 28
6-Week class | Mon. | 9am
Las Palmas Park | \$10

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.

Ages: 55+

Monthly | Thu. | 10:30am
Las Palmas Park | \$10
Must register monthly



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.

Ages: 55+

Monthly | Tue. | 10:30am
Las Palmas Park | FREE
Sponsored by Optum
Must register monthly



Optum proudly
supports
the Las Palmas
Senior Center

Health care
made stronger.

Caring for 2 million
patients in California.
Visit [optum.com/california](https://www.optum.com/california)
for more information.



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COMMUNITY SERVICES

SENIOR SERVICES SOCIALS

MARK YOUR CALENDAR FOR HOLIDAY FUN

Halloween Zumba with Joanne

Come dressed in your Halloween costume to be entered into the costume contest.

Ages: 18+



Oct. 21 | 5-7pm | Dancing from 5:30-6:30pm
Recreation Park Gym | \$5

Senior Halloween Celebration

Enjoy light refreshments and music.
Photobooth sponsored by Humana



Oct. 21 | 9:30am-12pm
Las Palmas Park | Free

Spirit Week

80's Day | Friday | Oct. 14 | 9am-1pm
Crazy Hair Day | Wed. | Nov. 2 | 9am-1pm
Holiday Hat Day | Tue. | Dec. 20 | 9am-1pm

Las Palmas Park | Free



Jingle Bell Rock-out

Join us for a fun filled morning of holiday activities. Show off your favorite festive sweater, create a holiday card, enjoy music, and much more.

Dec. 15 | 9am-1pm
Las Palmas Park | Free

MATINEE

Join us for an Antonio Banderas movie series this Fall.

*The Mask of Zorro | Oct. 12 | 12pm
*Desperado | Nov. 16 | 12pm
The 33 | Dec. 14 | 12pm

Las Palmas Park | Free

Popcorn will be provided

*Complimentary
popcorn by
welcare



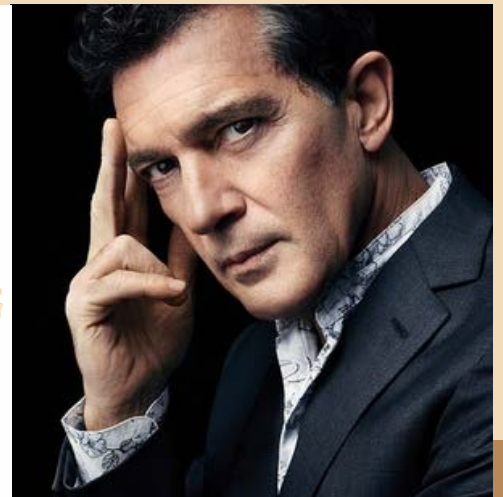
LAS PALMAS MONTHLY BIRTHDAY CELEBRATIONS

Come join us every first
Wednesday of the month to
celebrate birthdays. We'll be
giving out birthday cake,
coffee and tea will be
provided.

For Seniors 55+

9:30am-10:30am

We'll sing happy birthday at
10:00am.



SPECIAL INTEREST

CASA 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.

Last tour of the year is October 23rd

Due to the holidays there are no tours in Nov & Dec, tours resume in January 2023.

Special Event: Reflections from Box 150

Book signing and special presentation by Beverley Whitaker Rodgers, direct descendant of the Lopez family. Refreshments and tours of the Lopez Adobe to follow.

Sunday, October 23, 2022 | 2pm



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.

**[CLICK HERE TO ACCESS
OUR ONLINE
REGISTRATION SYSTEM](#)**