

THE CITY OF
SAN FERNANDO

**RECREATION & COMMUNITY SERVICES
PROGRAM & SERVICE GUIDE**

WINTER 2023



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.

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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

***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.

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.

FACILITIES

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



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.

ELIGIBILITY

Must be a resident of the City of San Fernando

Complete a brief self-certifying form

Include proof of residency

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

Program available through June 30, 2023



*APPLY AT
RECREATION PARK OR
[SFCITY.ORG/SFRECREATION](https://www.sfcity.org/sfrecreation)*

RECREATION

Community Classes



TECHNOLOGY WORKSHOP FOR PARENTS

Become a tech savvy parent. Join us for a 4-week series to become an expert on:

- How to create an email address
- Creating a parent portal
- Navigating your child's school portal
- How to stay safe online

Sign up for one of our winter sessions:

Session 1 | Tue | Jan. 10 - Jan. 31 | 9:30-11am

Session 2 | Tue. | Feb. 7- Feb. 28 | 9:30-11am

**Geared towards LAUSD parents*

Session 3 | Mar | Contact office to get added to the interest list

Childcare & snacks will be provided.

Sign up at Las Palmas Park or online at SFCITY.ORG/SFRecreation

For more information, call 818-898-7340.

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



MUSIC CLASS

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

Ages: 18+

Monthly | Tue. | 9am

Las Palmas Park | \$20

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. / 7pm

Recreation Park / \$60



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: 14+

Monthly

Mon., 5:30pm / 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+

Resumes Jan. 16, 2023

Weekly / Mon, Wed, Fri / 8:15am

Recreation Park / Free

RECREATION

Youth Sports



MISSION CITY BASEBALL

Ages: 3-14

Mar. - May 2023 / Las Palmas Park

Fool 3-4 \$110, \$120

Shetland 5-6 \$120, \$130

Baseball 7-14 \$130, \$140

Softball 7-16 \$130, \$140

RSP eligible

COACHES NEEDED

Call (818) 898-1290 to inquire

YOUTH EVOLUTION SPORTS CLINICS

The sports clinic program is a 4-week introduction to Basketball, Soccer and Flag Football for kids ages 2.5-11. 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. Clinics provided by Youth Evolution Activities.

Basketball / Ages 2.5 - 11

Jan. 23 - Feb. 13 & Mar. 6 - Mar.27

4-week session / Mon. / \$60 -\$65 / 3:45 - 6pm

Soccer / Ages 2.5 - 11

Jan. 24 - Feb. 14 & Mar. 7 - Mar. 28

4 week session / Tue. / \$60-\$65 / 3:10-4:40pm

Flag Football / Ages 6 - 11

Jan. 26 - Feb. 16 & Mar. 9 - Mar. 30

4 week session / Thu. / \$60-\$65 / 3:30-5pm



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

Jan - Mar

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

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

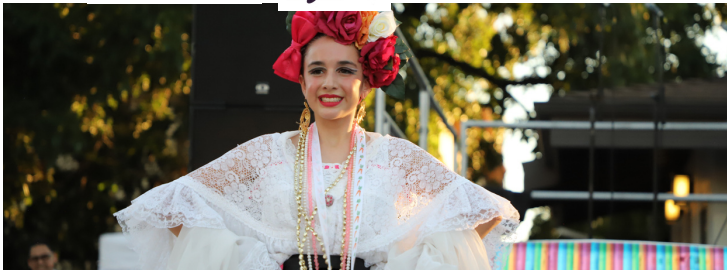
Ages 6-17, \$50 - \$55

CULTURAL ARTS & EVENTS

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.



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+

Jan. 13 - Apr. 7 (no class on 3/31)

12- week sessions / Wed. or Fri. / 7pm

Las Palmas Park / \$60-\$65



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 / Free/Drop In

COMMUNITY SERVICES

Seniors 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: \$42.00/year

Meeting Schedule

Las Palmas Park

Sun. / 1:30 p.m.

Jan. 8 / Feb. 5. / Mar. 5

Dance Schedule

Las Palmas Park

Sat. / 7:00 p.m.

Feb. 11 / Mar. 18

Senior Trips

San Antonio Winery / Feb. 14

Pancho Villa Rest / Mar. 12

Agua Caliente Casino- Palm Springs / Mar. 25

San Diego Safari Park / Apr. 15

For more information on trips, please call (818) 898-7340.

PARK AVE CLUB

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

Starts starts on February 7

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

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

COMMUNITY SERVICES

Seniors Services

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

MOVEMENT FOR LIFE

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

Starting Feb. 1

Monthly / Wed. / 9am

Las Palmas Park / \$10

WALKABLE WEDNESDAYS

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

Weekly / Wed. / 8:30am

Las Palmas Park - Picnic Tables / Free



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

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COMMUNITY SERVICES

Seniors Services



STUDIO FOR SENIORS

Join Lisa Davis for a 60-minute workshop focusing on experimenting with art materials. Supplies will be provided

Fri. / 9:30am

Las Palmas / \$10 for 4-week series

Feb. 10 / Explore with charcoal and pastels

Feb. 24 / Express yourself through paint

Mar. 10 / Create a 3-dimensional work of art with clay

Mar. 24 / Explore with watercolors

AGE WELL SAFETY TIPS

Let's drink and talk. Join us for a talk on how to prepare for any type of emergency while enjoying a cup of coffee.

Jan. 23 / Jan. 30

Mon. / 10am

Las Palmas / Free

LOTERIA FOR SENIORS

A traditional Mexican game of chance. The rules of the game are similar to bingo. Prizes provided to the winners.

Jan. 23 | Feb. 27 | Mar. 20

Mon. / 11am

Las Palmas / \$5 for 3 games



COMMUNITY SERVICES

Seniors Services

ELDERLY NUTRITION PROGRAM

Mon. - Fri. / 11am to 12pm

Las Palmas / Free

Dining room opens at 10am

Must be 60 years or older to participate

To register call (818) 654-8990 or email

COUNTYMEALS@ONEGENERATION.ORG

Provided by One Generation



Las Palmas Park
Senior Lunch Program
505 S. Huntington St.
San Fernando, CA 91340



LAS PALMAS LUNCH PROGRAM

VOLUNTEERS NEEDED!

**Weekdays
10am to 12:30pm**

**Interested in
joining us?**

Email
volunteer@onegeneration.org
or call 818-708-6668.

We look forward to having you join us
one day a week or a few days a week.

WE NEED HELP WITH:

- Greeting guests & helping them check-in
- Handing out lunch tickets
- Updating the kitchen with an updated count of meal tickets distributed
- Setting up and overseeing registration



LAS PALMAS MONTHLY BIRTHDAY CELEBRATION

Come join us on the 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.

MATINEE

Fools Rush In / Feb. 22 / 12pm

Las Palmas Park / Free

Popcorn will be provided



COMING THIS SPRING

Sports and Events from April - June



SPRING JAMBOREE

The Hunt is On!

Save the date for our annual Spring Jamboree!

Easter Egg Hunt, Food, Entertainment, and more.

April 8, 2023

SPORTS

Registrations open up for...

Summer Youth Basketball

June-August

Ages: 7-16 | Jun.- Aug.

Registration opens: Mar. 6, 2023

Mission City Baseball Clinic

Ages: 3-14 | July-August | 4-week clinic

Registration opens: Jun. 5, 2023

Youth Clinics

Registration ongoing

SENIOR YOGA

Coming this Spring!

For more information contact Las Palmas Park at (818) 898-7340.



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+

Returning March 2023

Thu. / 10am

For more information contact Recreation Park at (818) 898-1290.

SPECIAL INTEREST



CASA LOPEZ ADOBE

Guided Tours are back! First tour of the year is on January 22nd.

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.



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