

CITY OF SAN FERNANDO

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# RECREATION & COMMUNITY SERVICES

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**PROGRAM & SERVICE GUIDE**  
***SPRING 2023***





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



# 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.

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## 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](http://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

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 | LAS PALMAS PARK OR [sfcity.org/sfrecreation](https://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 spring sessions:

Session 1 | Tue | April 4 - April 25 | 9:30 - 11am

Session 2 | Tue. | May 2 - May 23 | 5:00 - 6:30 pm

\*Geared towards LAUSD parents

Childcare & snacks will be provided.

Sign up at Las Palmas Park or online at  
[SFCITY.ORG/SFRecreation](http://SFCITY.ORG/SFRecreation)

For more information, call 818-898-7340.



### MUSIC CLASS

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

Ages: 18+

Monthly | Tue. | 9am

Las Palmas Park | \$20





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### LINE DANCING

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

Ages: 18+

April 6 - May 25

June 1 - July 20

8-week session | Thu. | 10am  
Recreation Park | \$20

### 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., 6:00pm | Wed., 6:00pm

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

“  
*WE ALL DANCE  
TO A  
DIFFERENT  
BEAT*  
”

-Leilani  
(Inclusive Zumba Instructor)



# RECREATION

*Sports*



## 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

April 17 - May 8

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

Soccer | Ages 2.5 - 11

April 18 - May 9

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

Flag Football | Ages 6 - 11

April 20 - May 11

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



## YOUTH BASKETBALL

Ages: 7-16

June - August 2023

\$70 Resident

\$80 Non-Resident

Sign up to be a coach and get a discount.

Call (818) 898-1290 to inquire.





## ADULT BASKETBALL

Ages: 18+

March - May

Wed. | Recreation Park

\$310 per team

\$34 Referee Fee per team/game

## 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

April to June

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

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

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

## 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



# mission city

## ORTHODONTICS

**BRACES**  
**ORTHODONTICS**  
for Children and Adults



**Eric L. Babayan, DDS**

**FREE Consultation**

444 S. BRAND BLVD., #104

SAN FERNANDO

**818-365-9827**

[www.MissionCityOrtho.com](http://www.MissionCityOrtho.com)

**invisalign** age 10





**BUILD  
YOUR BODY  
BUILD YOUR LIFE**

**SIGN UP FOR A  
COMPLIMENTARY CLASS!**



Sign up for a complimentary class today! Just send us an email with your name, number, email and preferred day and time you'd like to attend.

## OUR *SERVICES*

### GROUP CLASSES

High energy 55 minute workouts that host up to 24 participants at a time. Lower body. Upper body. Full body. 3 day splits to hit every muscle group 7 days a week. Where weightlifting meets bootcamp.

### PERSONAL TRAINING

Work closely with one of our personal trainers to help you reach your goals. Sign up today for one on one, semi private or partner training!

### NUTRITION COUNSELING

Get a comprehensive nutrition program with a dedicated coach keeping you on track!



## OUR *CONTACT*

-  UPLIFTEDATHLETICS@GMAIL.COM
-  (818) 928 - 7204
-  1023 PICO ST, SAN FERNANDO, CA 91340
-  WWW.UPLIFTEDATHLETICS.COM
-  @UPLIFTEDATHLETICS

**START YOUR  
TRAINING TODAY**



## ABOUT OUR *FACILITIES*

### GROUP CLASS FACILITY

Specifically designed to accommodate up to 24 participants for our group classes. Equipped with squat racks, benches, cable machines and much more to deliver the best workouts for our members.

### PERSONAL TRAINING FACILITY

A fully equipped private space dedicated to personal training. From squat racks to dumbbells, to cable machines: our personal training facility is the perfect place to start or continue your fitness journey.



 WEBSITE



 CLASS SCHEDULE

# COMMUNITY SERVICES

*Community & Youth Services*



## VETERANS BANNER PROGRAM

The City's Veteran Recognition Program was created to honor and recognize local U.S. Military Veterans that reside (current or previously) or have a family member that resides in the City of San Fernando. Veteran Banners will be displayed throughout the city beginning in May- before Memorial Day. The banners will come down in November- after Veteran's Day and will be returned to each applicant. Every year will have a new design.

Each banner will cost \$170\* or if you already have a banner from previous years, \$30 to rehang it. DEADLINE is April 14th.

\*Recreation Scholarship Program will reduce price to \$85.

Visit the City website for more information:  
[SFCITY.ORG/SFRecreation](http://SFCITY.ORG/SFRecreation)

## TUTCINT

Tutčint Youth Empowerment is now enrolling for our next six-month program. We aim to raise Academic Achievement, promote Cultural and Community engagement.

There are many upcoming trips to various California State Parks, events at UCLA, and an exciting summer program.



**Free Hybrid Program**  
for Youth 12-17 yrs

Now Enrolling for Six-Month Cohort  
March - August 2023

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

- Online Tutoring: Tuesdays
- Cultural Program: Thursdays
- Las Palmas Park-San Fernando  
(and Online via Zoom)
- Recreation/Outings: Monthly

(818) 639-3932 EXT. 2003

Complete Online Referral:  
[www.pukuu/tutcint/](http://www.pukuu/tutcint/)





# COMMUNITY SERVICES

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*Education  
Commission*

Education Commission assists the City Council with youth education matters to increase student achievement and safety.

Meets the last Tuesday of each month | 4:30 pm | Council Chambers: 117 Macneil St.

Members of the public are welcome to attend in person.

Meetings will be live-streamed via YouTube.

Subscribe now!

Full collection of our public meeting audio files, before May 11, 2020: available on Vimeo

## STUDENT SCHOLARSHIP PROGRAM

The Annual Student Scholarship Program was formed to assist deserving youths/students in San Fernando who are seeking postsecondary education. The program awards a minimum of eight scholarships annually.

The description and eligibility guidelines of the scholarships are available on the Education Commission City's webpage at

<https://ci.san-fernando.ca.us/commissions-boards/#education>

### Members:

Chair Nicole Mohr

Vice-chair Angeles Zobel-Rodriguez

Commissioner David Govea

Commissioner Olivia Robledo

Commissioner Laurel Rodrriguez



For more information, call (818) 898-1290





## DAY CAMP

Enjoy a fun filled summer with arts & crafts, science, sports, weekly theme activities and more!

Registration opens Monday, May 15th.

Ages: 5-13

June. 20 - August 11

Mon. - Fri. | 7:30am-6pm | Recreation Park

Residents: \$115 per child/per week

Non-Residents: \$130 per child/per week

## 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 once a month, so come join the fun!

If you would like to register for the program or get updates and information please email Juan Salas at [jsalas@sfcity.org](mailto:jsalas@sfcity.org)

Next Meeting: TBD. Email Juan to be emailed the date and time.

“  
THE BEST  
PART OF  
CAMP IS  
GOING TO  
THE POOL

”  
- Camper



# 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: \$42.00/year

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

## PARK AVE CLUB

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

Tue. | 9am  
Recreation Park | Free

Park Bingo | 9:45am-11am  
Bingo playing cards | \$6 or 2/\$10

## 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*

### Senior Trips

San Diego Safari Park | Apr. 15  
Catalina Island | May 20  
Morongo Casino | May 27

### Meeting Schedule

Las Palmas Park  
Sun. | 1:30 p.m.  
Apr. 2 | May 7 | Jun 4

### Dance Schedule

Las Palmas Park  
Sat. | 7:00 p.m.  
Apr. 22 | May 13 | Jun 17





# 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.

Monthly | Wed. | 9am  
Las Palmas Park | \$10







## CHAIR YOGA

Chair Yoga is a form of exercise specifically geared towards the elderly. Benefits include increased mobility and flexibility, improved mental health, and reduced stiffness and stress.

Monthly | Fri | 9am  
Las Palmas | \$30/month

## WALKABLE WEDNESDAYS

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

Health care made stronger.

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



## 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](mailto:COUNTYMEALS@ONEGENERATION.ORG)  
Provided by One Generation

## SENIOR EXPO

Join us at the senior expo. Enjoy continental breakfast, doc talks, free health screenings, art therapy activities, live performances, and mini workouts.

May 19 | 9am-1pm  
Las Palmas Park

## TECH WEDNESDAYS FOR SENIORS

Having trouble using your smart device? Do you need the confidence to get started? We can help! Learn how to download an application, set up an email and more. Call in or set up an in person appointment.

## PARK BINGO

Fri. | 11am to 12pm  
Las Palmas | Bingo playing cards -\$6 or \$10 for 2

## MOTHER'S DAY TEA PARTY

Join us in celebrating all mothers with refreshments, a good atmosphere, and a craft.  
Please bring your own cup and saucer for tea.  
Dress for the occasion.  
Photo Booth sponsored by Regal Medical Group

Seniors 55+

Space is limited. Registration starts April 3.

Wed. May 10 | 12pm to 2pm  
Las Palmas | \$5

For more information, call 818.898.7340

## 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+ | 10:00am-11:00am  
We'll sing happy birthday at 10:15am.



**ONE**generation  
Share the Care™

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](mailto: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





# CULTURAL ARTS

## 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+

January 13 – April 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





# EVENTS

THE CITY OF  
**SAN FERNANDO**



Pac Urban Village

# SPRING

FREE  
ENTRY

## • JAMBOREE •



EGG HUNT  
STARTS AT  
10:45AM

## SATURDAY, APRIL 8

**ARTS & CRAFTS**

**GAMES**

**FOOD**

**10AM - 1PM**

LAS PALMAS PARK  
505 S. HUNTINGTON ST.  
SAN FERNANDO, CA. 91340

**ROCK CLIMBING  
WALL**

(TENNIS SHOES  
REQUIRED)

**&**

**PHOTO WITH THE  
BUNNY**

FOR MORE INFORMATION PLEASE CALL (818)-898-1290

# COMING THIS SUMMER

*July to  
September*

## MIDSUMMER NIGHT LIGHTS

The "Midsummer Night Lights" kicks off the 4th of July weekend and Laser Show in Downtown San Fernando.  
Come ready to celebrate!

Saturday, July 1, 2023



## MOVIES IN THE PARK

Fridays from 6:00pm-10:00pm

The Goonies | July 21 | Las Palmas Park  
Lilo & Stitch | July 28 | Pioneer Park  
The Jungle Book | August 4 | Las Palmas Park



## CONCERTS IN THE PARK

Saturdays from 6:00pm - 8:00pm

Latin American | August 12 | Las Palmas Park  
Performance by Miriam Neblina

Motown | August 19 | Las Palmas Park  
Performance by Stone Soul

Classic Hits | August 26 | Downtown SF | 7-9pm  
Performance by La Rue Sounds Band

## CITY'S BIRTHDAY

Come join us as we celebrate City of San Fernando's 112th Birthday.

August 31, 2023

More information to come!



# SPECIAL INTEREST



## CASA LOPEZ ADOBE

Guided Tours are back!

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

April 22, May 20, June 24 | 5 - 8pm 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.

