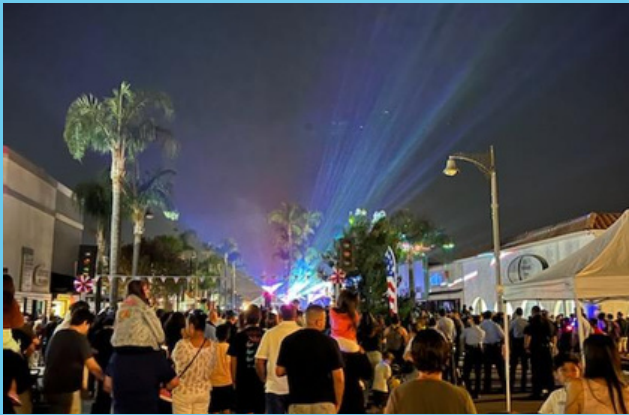


# CITY OF SAN FERNANDO

RECREATION & COMMUNITY SERVICES

PROGRAM &  
SERVICE  
GUIDE

SUMMER  
2023







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# 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. 9-5 PM**

**Visit [SFCITY.org/SFRecreation](http://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](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 St.





# 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 based on availability



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



# RECREATION

## LEISURE & 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

### LINE DANCING

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

Ages: 18+

Jun. 1- Jul. 20 (in-session)

Aug 2 - Sept 20 (Wednesdays)

8-week session | Wed. | 10am

Recreation Park | \$25

### MUSIC CLASS

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

Ages: 18+

Monthly | Tue. | 9am

Las Palmas Park | \$20



### 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

### 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

Las Palmas Park | Free



# RECREATION

## 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

Jul. to Sep.

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 BASEBALLLL SUMMER CLINIC

The baseball summer clinic will focus on skill development and conditioning to prepare athletes for league play in the Fall and Spring.

Ages: 3-14

4-week session | Jul. 18 – Aug. 10 | Tue/Thu | 6-7:30pm

Las Palmas Park | \$65 - \$70





# RECREATION SPORTS

## VOLLEYBALL OPEN GYM

Bump, set & spike! Volleyball open gym is a free drop-in program for adults.

Thu. | 5-9pm | Recreation Park

## YOUTH BASKETBALL

(In-Season)

Jun. - Aug. 2023

Games are played on Saturdays

Recreation Park | 9am-5pm

Winter 2024 registrations open in August for ages 7-14. Pre-season trainings and evaluations scheduled in November. Season runs January - March 2024.



## YOUTH EVOLUTION SPORTS CLINICS

Youth Evolution Sports Clinics are open to youth that want to learn and develop athlete fundamentals with an emphasis on fun and fair play. Program is highly recommended for youth who want an alternative to competitive leagues. The on-going four-week program will emphasize practicing good sportsmanship, the importance of dedication, and more importantly FUN.

Clinics are held at one of the City parks, the location will be listed on the registration receipt.

### Basketball

Level 1-3 | Ages 3.5 - 11 | 4:45p-6:50p

Jun 12 - Jul 3 | Jul 17 - Aug 7

Mon. | \$60 - \$65

### Soccer

Level 1-3 | Ages 3.5-11 | 4:45p - 6:50p

Jun. 13 - Jul. 11 | Jul 25 - Aug 15

Tue. | \$60 - \$65

### Flag Football

Level 1-3 | Ages 6-11 | 4:15p - 6:30p

Jun. 15 - Jul. 6 | Jul 20 - Aug 10

Thu. | \$60 - \$65





# RECREATION

## SPORTS COMING THIS FALL

### ADULT BASKETBALL

The Wednesday night league is designed for adults ages 18 & up. Teams will play 5 on 5 with a maximum of 12 players on the roster.

Team registrations open July 3rd

Sep. - Nov. 2023

Wed. | Recreation Park | \$310 per team

(No individual registrations accepted)



### MISSION CITY FALL BALL

New to baseball? Fall Ball is a great opportunity for new athletes to try out the sport and for seasoned players to refine their skills before the spring season. Practices are held during the week and games will be played on the weekends (Sat/Sun).

Registrations open Aug. 1st

Sep. - Nov. 2023

Las Palmas Park | Check website for fees





**BUILD  
YOUR BODY  
BUILD YOUR LIFE**

## 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**



**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.

## 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

### 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.

**Tutčint Youth Empowerment Summer Program**  
**June 28-July 27, 2023**

**Reading Program**  
@ San Fernando Library  
Wednesdays from 1-3 pm

**Cultural Program**  
@ Las Palmas Park Learning Ctr  
Thursdays from 6:00-7:45 pm

**Recreational Family Outings**  
@ Various CA State Parks  
Occasional Saturdays





For more information please contact:  
victor.mendoza@pukuu.org  
(818) 639-3932 ext 2003

**pukuu**  
CULTURAL COMMUNITY SERVICES



### TEENS FOR A BETTER COMMUNITY/ COUNSELOR-IN-TRAINING (CIT)

During Summer, the Teens for a Better Community converts into the Counselor-in-Training (CIT) program. The CIT program assists with the Summer Day Camp and volunteers at pop-up booths during City-wide events. Every hour you volunteer with us counts towards your Community Service Learning hours. Get a head start on your hours while learning valuable skills working with the community and City staff!

Email [CMoreno@sfcity.org](mailto:CMoreno@sfcity.org) for more information.

## DAY CAMP

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

Registration now open

Ages: 5-13

Jun. 20 - Aug. 11

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

Recreation Park

Residents: \$115 per child/per week

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

## 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

4:30pm | 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](#).





# 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

#### Meeting Schedule

Las Palmas Park

Sun. | 1:30 p.m.

Jul. 9 | Aug. 6 | Sep. 10

#### Dance Schedule

Las Palmas Park

Sat. | 7:00 p.m.

Jul. 15, 5pm | \$25 MEM/ \$35 NON-MEM

Aug. 19, 7pm | \$15 MEM/ \$25 NON-MEM

Sep. 16, 7pm | \$15 MEM/ \$25 NON-MEM

#### Senior Trips

July 8 | Santa Fe Springs Swap Meet

July 29 | Chumash Casino

Aug 5 | Old Spanish Days – Fiesta, Santa Barbara

Aug 12 | Dodgers vs. Rockies | Fernando

Valenzuela Bobblehead

Sep 9 | Medieval Times Dinner & Tournament

Sep 30 | Balboa Park, San Diego

### **CALLING ALL VOLUNTEERS!**

Be a part of the team! Volunteers must be 18 years of age, enjoy working with seniors, and willing to work in a variety of areas such as: meal services, participant check-in, room setup/tear down, and as activity lead.

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

Park Bingo | 9:45am-11am

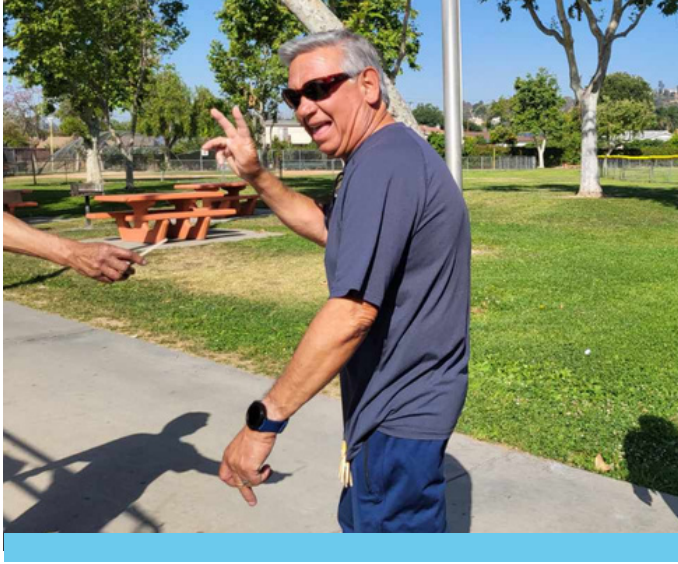
Bingo playing cards | \$6 or 2/\$1

### **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



## CHAIR ZUMBA

Chair Zumba combines low to mid intensity dance moves through choreographed routines to offer an interval style, calorie burning dance fitness party suitable for all fitness levels. All of the routines are done by sitting on a chair and includes some exercises leaning on a chair.

Ages: 55+

Monthly | Thu. | 10:30am

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 levels are welcome.

Weekly | Wed. | 8:30am

Las Palmas Park – Picnic Tables | Free

## 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

# Optum



## Optum proudly supports Las Palmas



Caring for more  
than **2 million**  
patients in California.

Visit [optum.com/california](https://optum.com/california) for  
more information.



## 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



## 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

## 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

## PICKLEBALL

Come and experience the fastest-growing sport in the country. If you have played tennis or ping-pong, you are sure to enjoy this exciting new game! Beginners are trained and will practice with staff. All equipment provided.

Weekly | Mon. | 10am

Las Palmas | Free



**Do you have questions  
about Medicare  
Advantage?**

**Monica Ibanez**  
**(818) 497-5673**

[mibanez@scanhealthplan.com](mailto:mibanez@scanhealthplan.com)

Se habla Español  
License #0G09290

Calling this number will  
connect you to a licensed  
insurance agent/broker.



## **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 for an appointment.

## **PARK BINGO**

Fri. | 11am - 12pm

Las Palmas | Bingo playing cards -\$6 or \$10 for 2

## **SABADO DE CINE**

Recuerdos Perdidos segunda temporada  
sab. 8 de jul | 9:30 - 11:30am  
Las Palmas

Después de la proyección, habrá una sesión de preguntas y respuestas con un consejero experto en el tema de la enfermedad de Alzheimer y los recursos disponibles para ayudar.

\*Desayuno ligera gratuito.

Para confirmar su asistencia, llame al 818-898-7340.

## **LAS PALMAS MONTHLY BIRTHDAY CELEBRATION**

Come join us on the first Wednesday of the month to celebrate birthdays. Birthday cake, coffee and tea will be provided.

For Seniors 55+ | 10am-11am

We'll sing happy birthday at 10:15am.



## **SCAM & FRAUD PREVENTION**

Learn about the various types of scams that are targeting seniors, including:

- Identity theft
- Investments & marketplace scams
- Romance & social media scams
- Healthcare fraud

Learn practical strategies for protecting yourself and your loved ones.

Special guest: San Fernando Police Department

Fri, Jul. 14, Aug. 18 | 9:30 - 11am

Las Palmas Park

RSVP Today at 877-219-1873.

Sponsored by Avanti Insurance Solutions

**iPros**  
Insurance Professionals





# 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+

Jul. 7 - Sep. 22

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

## MOVIES IN THE PARK

Fridays from 6pm-10pm

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



## CONCERTS IN THE PARK

Saturdays from 6pm - 8pm

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

Join us as we celebrate the City of San Fernando's 112th birthday with live music and tours at the historic Casa de Lopez Adobe (Lopez Adobe).

Performances by Mariachi Master Apprentice Program and Mariachi Las Colibrí, an award-winning all female mariachi ensemble

August 31 | 6pm-8pm  
Casa de Lopez Adobe | 1100 Pico St.

## COMING THIS FALL

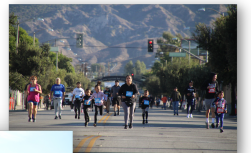
### Metro Open Streets

September 23, 2023



### San Fernando Valley Mile & Dia de los Muertos Festival

October 28, 2023



### Tree Lightning

December 2, 2023





# SPECIAL INTEREST

## CASA LOPEZ ADOBE

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.

Free Tours

Jul. 1, Aug. 26, Sep. 23 | 6-9pm or by appointment, call (818) 898-1290.

For more information on monthly events visit: [www.SFCity/SFRecreation.org](http://www.SFCity/SFRecreation.org)

## 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.

