

Fair Oaks Recreation & Park District

# Activity Guide

Winter/Spring 2024



FAIR OAKS  
RECREATION & PARK DISTRICT



[forpd.org](http://forpd.org) | (916) 966-1036 | 4150 Temescal St. | @FORPD



# FAIR OAKS

## RECREATION & PARK DISTRICT

4150 Temescal St. Fair Oaks, CA 95628

916-966-1036 | [www.forpd.org](http://www.forpd.org)

Parks on Call: 916-240-3651

Emergency Reporting: Dial 9-1-1

Dog Park Status:  [@phoenixdogpark](http://phoenixdogpark)

Bike Park Status:  [@FOBikePark](http://FOBikePark)

## CONNECT WITH US

For a complete list of staff contacts please visit [forpd.org/Directory.aspx](http://forpd.org/Directory.aspx). For general mailbox email registration@forpd.org or call (916) 966-1036. To reach a team member by e-mail, use the person's first letter of their first name followed by their last name @forpd.org.

Mike Aho	District Administrator	916-633-0577
Nick Davison, CPRP	Recreation Manager	916-536-6413
Jennifer Larkin	Admin. Services Manager	916-633-0560
Jen Schuler	Arts & Entmt. Manager	916-241-3819
Sean Ventura	Parks & Facilities Manager	916-536-6370

 **@FORPD**

 **@fairoakspark**

 **@forpd**



### FORPD Notification List

Join for all the happenings related to FORPD!



### Community Partners

Visit [forpd.org/partners](http://forpd.org/partners) for a list of Fair Oaks groups.

## TABLE OF CONTENTS

Preschool.....	3
Camps.....	3
Education & Enrichment.....	4
Arts & Culture.....	5-6
Athletics & Adventure.....	7-8
Sports Leagues.....	8
Fitness & Wellness.....	9
Community Events.....	10
Indoor & Outdoor Rentals.....	11

## BOARD OF DIRECTORS

The FORPD Board meets on the 3rd Wednesday of every month at 6 PM. Meetings are held in a hybrid format, in-person at the Fair Oaks Water District (10326 Fair Oaks Blvd.) and via Zoom.

**Meeting Dates: 1/17 | 2/21 | 3/20 | 4/17**

It is advised to contact the Administrative Office before attending, as Board meeting dates and times are subject to change. View the complete agenda for each Board Meeting at [forpd.org/AgendaCenter](http://forpd.org/AgendaCenter) agendas are posted no later than 72 hours before the meeting date.

### Board of Directors

Darren Mounts, Chair  
Term: Dec. 2020 - Dec. 2024

Ralph Carhart, Vice Chair  
Term: Dec. 2022 - Dec. 2026

Delinda Tamagni, Director  
Term: Dec. 2020 - Dec. 2024

John O'Farrell, Director  
Term: Dec. 2020 - Dec. 2024

Raymond James Irwin, Director  
Term: Dec. 2022 - Dec. 2026

## REGISTRATION & DISTRICT INFORMATION

### Six Ways to Register

- **Online:** Visit [forpd.org/register](http://forpd.org/register)
- **Walk-In:** M-F, 9:00a-5:00p
- **Mail-In & Drop Box:** Accepted with a completed registration form and correct fees (check or credit card).
- **Phone-In:** 916-966-1036.
- **Fax-In:** 916-966-9863- Accepted with a completed registration form and credit card #.

### General Information

- The District reserves the right to cancel or modify any class and/or program.
- Classes may be canceled three (3) business days prior to the start date if minimum enrollment is not met. Register early to avoid cancellation.
- Senior Discount (ages 55+): Discount available on select programs.
- Each class/program/event may have special requirements, restrictions, and/or policies. View the details online or call 916-966-1036.

### Refund Policy

- The District reserves the right to adjust the refund policy. The policy does not apply to events, vendors, and select programs. Email [registration@forpd.org](mailto:registration@forpd.org) for clarification.
- All refunds are required to submit a refund/transfer request form.
- A full refund will be issued if the District cancels the program or for medical reasons.
- No refunds will be issued after the class or program has had its second meeting.
- Any online convenience fee is non-refundable.

### Photos & Video Disclaimer

The Fair Oaks Recreation & Park District (FORPD) reserves the right to photograph or video facilities, activities, events, and program participants for potential future use. All photos and videos remain the property of FORPD and may be used for publicity and promotional purposes. If you do not want your picture or video taken, please tell the photographer/videographer. If the picture/video has already been taken, please call 916 966-1036, and the photo/video will be removed from our files.

### Americans with Disabilities

If you are interested in taking part in one of our programs and need special arrangements (i.e. vision, hearing), please call the District Office at 916-966-1036 one week prior to the start of the class/program.

## FAIR OAKS PRESCHOOL

### 2024-2025 School Year

Open enrollment for the 2024-2025 school year will take place April 25, 2024 beginning at 9:00a.

Contact the Preschool Director, Mary Stoakley, at [mstoakley@forpd.org](mailto:mstoakley@forpd.org) or visit [forpd.org/preschool](http://forpd.org/preschool) for complete details.



### Registration & Tuition

A yearly non-refundable registration fee of \$95 is due at the time of registration. Required paperwork will be completed following registration.

Tuition is paid on a monthly basis and the child is registered from Aug. 2024-May 2025 unless formal withdrawal is submitted.

### Class Offerings

Fair Oaks Preschool's focus is on the social development of children ages three (3) through five (5) years old.

**M/W/F AM (Ages 4-5) & M/W/F PM (Ages 3.5-5):** The four and five-year-old classes are based upon a nine-month curriculum designed to prepare a child for elementary school. Cooperation and sharing are emphasized in games, music and movement, arts and crafts, academics, and supervised free play throughout the year. The PM class strikes a happy balance between our two other class options.

**Tu/Th AM (Ages 3-4):** This three and four-year-old recreation-oriented program is a good introduction to group activities. Children will experience simple arts and crafts, show and tell, circle time, organized games, and supervised free play.

Class	Day	Time	Fee
M/W/F AM Class	M/W/F	9:00a-12:00p	\$315
M/W/F PM Class	M/W/F	1:30p-4:30p	\$315
Tu/Th AM Class	Tu/Th	9:00a-12:00p	\$265

## School Break Camps

### CAMP FAIR OAKS

#### School Break Camps

Ages: 6-11 | \$125 | McMillan Center

When school is out, come have a blast with Camp Fair Oaks! Your child will enjoy a variety of games, sports, activities, and crafts all while making memories to last a lifetime.

Class Name	Day	Date	Time
Presidents Break	M-Th	2/19-2/22	7:30a-1:30p
Spring Break	M-Th	3/25-3/28	7:30a-1:30p

**Save the Date**

**Summer Registration Opens April 1, 2024**

## Hiring for Summer

Looking for a fun, dynamic, and high-energy job for the summer? We're hiring stellar people like you!

**Apply Starting February 1, 2024**  
**Job Begins May/June 2024**



#### Camp Fair Oaks Summer Break Camps

Registration opens for Tiny Turtles, CFO Summer Camp, and Counselors in Training on April 1, 2024 at 9:00a.

Registration will CLOSE on the THURSDAY before the desired session of camp at 5:00p OR when capacity has been met, whichever comes first.

**Tiny Turtles Summer Camp (Ages 3-5):** Perfect for the first-time camper! Activities include movement, music, group games, arts & crafts, and more! Must be fully potty-trained.

**CFO Summer Break Camp (Ages 6-11):** Stay cool all summer long with field trips, group activities, crafts, sports, games, and much more!

**Counselors in Training (CIT) (Ages 12-15):** Learn what it takes to become a counselor, gain leadership skills, and create fun memories!

Class Name	Day	Weekly	Time
Tiny Turtles	M/Tu/W	6/24-7/24*	8:30a-12:30p
CFO Summer	M-F	6/10-8/2	7:30a-5:30p
C.I.T.	M-F	6/10-8/2	7:30a-5:30p

\*No Camp 7/1-7/5



## BABYSITTING SAFETY



Build a safe and successful babysitting business. Covers getting started, leadership, caregiving, safety & prevention, playtime and first aid tips.

Ages 11-15 | \$63 + \$10 Material Fee

Tu/W 3/5-3/6 5:30p-8:00p

## BABYSITTING CPR

Teaches child & infant CPR.  
No certification, participation card only.

Ages 11-14 | \$38 + \$5 Material Fee

F 3/8 5:00p-7:00p

## PEDIATRIC CPR, AED & FIRST AID CERT.



Come learn/ renew your Pediatric First Aid/CPR/AED skills. EMSA approved. HSI Pediatric First Aid, Child, Infant and Adult CPR/AED program.

Ages 12+ | \$76 + \$20 Material Fee

Sa 2/3 8:00a-4:30p

Sa 4/6 8:00a-4:30p

## MEDICARE

Class will provide information on what is and is not covered by Medicare, the role of supplemental "Medi-Gap" plans, Medicare Advantage and proposed changes for 2024 and beyond.

Ages 50+ | \$3

Tu 3/19 10:00a-11:30a

Tu 4/16 10:00a-11:30a

## LITTLE CHICKS PLAYDATE



Valentine's



Dino-Mite



Spring Into Fun

Calling all toddlers and preschoolers! Join us for fun with your little one. Themed crafts, activities, play, and exploration will be provided. All children must be accompanied by an adult. Children under 18 months allowed with additional registered child.

Ages 1.5-5 | \$15

Valentine's Sa 2/3 10:00a-12:00p

Dino-Mite Sa 3/2 10:00a-12:00p

Spring Into Fun Sa 4/13 10:00a-12:00p

## KID'S DIY



Valentine's Sweets



Leprechaun Trap Making

Let's get creative! Join FORPD staff for a kid's hands-on DIY series. Create holiday-themed sweets, treats and/or crafts.

**Valentine's Sweets:** Create treats and crafts made with lots of love.

**Leprechaun Trap Making:** Make your own Leprechaun trap, bait, and participate in some extra sneaky fun.

Ages 6-12 | \$25

Valentines M 2/12 5:30p-6:30p

Leprechaun W 3/13 5:30p-6:30p

## TECH LEARNING & TROUBLESHOOTING



Learn how to use Uber, Facebook, scan QR codes and get help troubleshooting your devices.

Ages 50+ | Free

Tu 2/13 2:00p-4:00p

Tu 3/12 2:00p-4:00p

Tu 4/9 2:00p-4:00p

## BASIC HORSEMANSHIP



Students learn about major breeds of horses, horse care, grooming, saddling, handling and feeding horses. Each class includes a 30-minute riding lesson.

Ages 8-15 | \$195

F 1/5-1/26 4:00p-5:15p

F 2/2-2/23 4:00p-5:15p

F 3/8-3/29 4:00p-5:15p

F 4/5-4/26 4:00p-5:15p

## Rachel Anne Gray Memorial Scholarship

Three awards, in the amounts of \$1,500, \$1,000 & \$500, are given annually to deserving high school Seniors. See website for eligibility and submission requirements.

Application Deadline:  
Friday, February 16,  
2024 at 5PM.

For complete details  
and to apply, scan  
the QR code:





## FAMILY PAINT & SIP

Let's get creative! Have fun and connect with your family during this step-by-step guided painting class. No experience necessary.



1/27  
Mystic Falls



2/24  
Blue Butterfly



3/23  
Under the Sea



4/27  
In the Meadow

## ADULT PAINT & SIP

Enjoy some stress-free creativity! Sit back, socialize and sip to find your inner artist in this step-by-step guided paint class. No experience necessary.



1/18  
Up, Up and Away



2/8  
Sweet Cherry Tree



3/7  
Mt. Fuji



4/11  
Sailing

## BEAD WEAVING SKILLS SERIES

Learn various bead weaving skills to bump up your jewelry making skills.



1/27  
Daisy Chain Stitch



2/3  
Peyote Stitch



2/17  
Right Angel Weave



3/9  
Mandela

Ages 5+ | \$38 | Old Library

Sa	1/27	12:00p-2:00p
Sa	2/24	12:00p-2:00p
Sa	3/23	12:00p-2:00p
Sa	4/27	12:00p-2:00p

Ages 21+ | \$38 | Old Library

Th	1/18	6:00p-8:00p
Th	2/8	6:00p-8:00p
Th	3/7	6:30p-8:00p
Th	4/11	6:30p-8:00p

Ages 16+

\$38-42 + \$15 Material Fee

Sa	1/27	10:00a-11:30a
Sa	2/3	2:30p-4:30p
Sa	2/17	10:00a-11:30a
Sa	3/9	10:00a-11:30a

## DRYWALL CARVING



Learn how to carve a basic design into a 6x6 tile of drywall. Instructions on how to prep, use tools, decorate & seal your piece.

Ages 16+ | \$20 + \$10 Material Fee

Tu	1/30	6:00p-8:30p
Tu	2/6	6:00p-8:30p
Th	4/11	6:00p-8:30p

## BEADING 101



Create your own necklace or bracelet and learn basic construction and finishing techniques.

Ages 12+ | \$38 + \$15 Material Fee

Sa	1/20	6:00p-8:30p
Sa	3/23	1:00p-3:30p

## Kid's ART Festival



### Festival

A free community focus on creativity! See page 10 for complete details!



Be the first to know; join today! Scan to join the Arts & Entertainment Subscription List.





## MUVMENT STUDIOS DANCE



### Pre-School Dance

Ages: 3-6 | \$71 Per Month

#### Princess Ballerina:

Fun and imaginative way to introduce the world of ballet to your preschooler. Students must be potty trained.

#### Creative Movement:

Introduces the beginning fundamentals of ballet, jazz, and tumbling, integrating games and imaginative play.

### Youth Dance

Ages: 6-12 | Monthly Fee \$71

#### Jazz Fusion:

Jazz dance is a fast upbeat movement that is fun and energetic with fast footwork, big jumps, turns, and personality.

#### Ballet:

Study of grace, discipline, & elegance. Classes will go through a ballet barre warm-up, center, adagio, allegro, and reverence.

#### Contemporary:

Contemporary dance is a fusion of several dance styles including Jazz, Acro, Hip Hop, and Modern dance.

#### Acro Dance Fusion:

Acrobatic Dance is the fusion of classical dance technique and the precision and athleticism of acrobatic elements.

### Adult Dance

Ages: 18+ | Monthly Fee \$71

#### Jazz Fusion:

This Jazz Fusion class combines elements of modern and contemporary styles to create a uniquely soulful dance experience.

#### Ballroom:

Learn the elegance of ballroom dancing in this beginner friendly adult dance class.

#### Contemporary Fusion:

Combining the classic style of jazz dance with contemporary influences to create a captivating memory.

#### Hip Hop:

Join our Hip-Hop Grooves class to master the latest moves and trends in hip hop dance.

Class Name	Day	Time
Pre-School Princess Ballerina	W	4:00p-5:00p
Pre-School Creative Movement	M	4:00p-5:00p
Youth Jazz Fusion	M	4:00p-5:00p
Youth Ballet	W	4:00p-5:00p
Youth Contemporary	W	5:00p-6:00p
Youth Acro Dance Fusion	Tu	4:00p-5:00p
Adult Jazz Fusion	Tu	8:00p-9:00p
Adult Ballroom	W	4:00p-5:00p
Adult Contemporary	M	7:00p-8:00p
Adult Hip-Hop	Tu	7:00p-8:00p

## WILLY WONKA WORKSHOP

Come learn ten weeks of dance choreography for one hour a week and participate in the Fun World of Willy Wonka stage performance at the Royal Stage Theater on June 22, 2023.



\$237 (includes costume rental)

Ages: 4-10	W	4/3-6/19	5:00p-6:00p
Ages: 4-10	M	4/8-6/17	6:00p-7:00p
Ages: 7-12	W	4/3-6/19	6:00p-7:00p
Ages: 7-12	M	4/8-6/17	6:00p-7:00p

## LINE DANCING



Medically proven to exercise the mind and body. Line Dancing is beneficial for socialization, exercise, balance, and coordination. Intermediate-level class for experienced dancers only.

Ages: 18+ (ages 14-17 w/ registered adult)  
\$40 punch card or \$8 per class | Meristem

Weekly	Thursdays	On-Going	4:00p-5:00p
--------	-----------	----------	-------------

## SENIOR SING-A-LONG



Join in on an hour of fun! Sing the songs you know and love! Musical Pete will lead the singing, provide guitar accompaniment, and lyric sheets. A good time guaranteed!

Ages: 55+ | \$30 Monthly Fee or \$10 Drop-In

Weekly	Mondays	On-Going	4:00p-5:00p
--------	---------	----------	-------------

## UKULELE STRUMMERS



An all-levels Ukulele class. Join instructor Mike and friends for a relaxing evening of music - Ukulele style.

Ages: 15+ | \$30 Monthly Fee | McMillan Center

Weekly	Wednesday	On-Going	6:00p-7:30p
--------	-----------	----------	-------------

## JAM CLASS - GUITAR & BASS



Consider this a low pressure band practice! Bring your guitar or bass and learn to play alongside other musicians. It's time to jam!

Ages: 12+ | \$123 Monthly Fee + \$10 Material Fee | The Hut

Weekly	Wednesday	On-Going	8:00p-9:00p
--------	-----------	----------	-------------



## YOUTH SOCCER



### Kidz Love Soccer Programs

Ages: 2-10 | \$146 | Fair Oaks Park

**Parent & Me (Ages 2-3.5):** Participate in fun, age-appropriate activities, while helping your child develop their skills.

**Tot/Pre (Ages 3.5-5):** Learn the basic techniques of the game while building self-esteem.

**Soccer 1 (Ages 5-6):** Players will learn dribbling, passing, defense and shooting goals! Perfect for first time players while being fun and engaging for kids with some experience.

**Soccer 2 (Ages 6-7):** Skillz & Scrimmages teaches advanced skill building such as dribbling, passing and shooting in a team format, as well as an introduction to goal-tending.

Class Name	Day	Date	Time
Parent & Me	F	3/15-4/26	6:05p-6:35p
Tot/Pre	F	1/19-3/1	3:10p-3:45p
Tot/Pre	F	3/15-4/26	5:25p-6:00p
Soccer 1	F	1/19-3/1	3:50p-4:35p
Soccer 1	F	3/15-4/26	3:45p-4:30p
Soccer 2	F	1/19-3/1	4:40p-5:25p
Soccer 2	F	3/15-4/26	4:35p-5:20p

### Vision Soccer Programs

Ages: 2-12 | \$78 | Fair Oaks Park



**Toddle Ballers (Ages 2-3):** Learn basic skills such as using your feet to run with a ball, develop coordination and dexterity, and introduce your child to group socialization.

**Kinder Kickers (Ages 4-5):** Learn the fundamental skills of the game, improve self-confidence, understand group interactions and team work.

**Juniors (Ages 6-8):** Introduces and refines core soccer skills, but more attention is focused on skill development and precision.

**Cadets (Ages 9-12):** Challenges players as they work through a series of exercises that introduce basic to advanced 1v1 foot skills and small group tactics.

Class Name	Day	Date	Time
Toddle Ballers	Th	3/14-4/4	4:15p-4:55p
Toddle Ballers	Th	4/18-5/9	4:15p-4:55p
Kinder Kickers	Th	3/14-4/4	5:00p-5:45p
Kinder Kickers	Th	4/18-5/9	5:00p-5:45p
Juniors	Th	3/14-4/4	5:50p-6:35p
Juniors	Th	4/18-5/9	5:50p-6:35p
Cadets	Th	3/15-4/4	6:40p-7:30p
Cadets	Th	4/18-5/9	6:40p-7:30p

## SKYHAWKS SPORTS



**Flag Football:** Using curriculum developed by the experts from USA football, coaches will teach skills like passing, receiving, kicking, and flag pulling.

**Volleyball:** Skyhawks takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. Learn bumping, setting, spiking, hitting, and serving.

**\$93-\$102 | Fair Oaks Park**

Class Name	Ages	Day	Dates	Time
Flag Football	5-8	Tu	4/16-5/14	3:45p-4:45p
Flag Football	6-12	Tu	3/5-4/2	3:45p-5:15p
Flag Football	9-12	Tu	4/16-5/14	5:00p-6:00p
Volleyball	8-10	F	4/19-5/17	3:45p-4:45p
Volleyball	9-13	F	3/8-4/5	3:45p-5:15p
Volleyball	11-14	F	4/19-5/17	5:00p-6:00p

## H.I.T.S. TENNIS

H.I.T.S. is USTA's premier beginner's tennis youth program that incorporates the fundamentals of a team sport while placing an emphasis on life skill enrichment.



**Ages: 5-10 | \$56**

**M 3/4-4/1 5:00p-5:50p**

## TINY TOT SPORTS



**Multi-Sports**



**T-Ball**

Your young athlete will learn the basics of playing on a team and develop the fundamental skills of the sport. Come play the Tiny Tot way!

**Multi-Sports:** Covers baseball, basketball, football, and soccer.

**T-Ball:** Weekly progressions of T-Ball skills and drills.

**Ages: 3-5 | \$45**

Multi-Sports	Sa	3/9-4/13*	9:00a-9:45a
T-Ball	Sa	3/9-4/13*	10:00a-10:45a

\*No Class 3/30



## KAYAKING

**Learn to Kayak (Ages 5+):** Exploring the lake's hidden spots (Lake Natoma - Folsom area) while learning the basics of how to be under your own power on the water. Beginners are welcome. All kayaking equipment is provided.

**Sunset/Full Moon Paddles (Ages 5+):** Glide silently across the lake and soak in twilight's peaceful enchantment. We'll run through basic paddling techniques and safety considerations before setting off to cut our quiet paths across the water in this most unique kayaking experience.

**Learn to Kayak for Boomers (Ages 50+):** Kayak outings for folks over 50. Adventure and exploration are not just for teenagers! Kayaking is great for fitness and easy on the body. Join us for your first time or your best time in these stress free outings.

**\$92 | Black Miners Ravine**

Class Name	Day	Date	Time
Learn to Kayak	Su	3/10	11:00a-2:00p
Learn to Kayak	Sa	4/13	10:00a-1:00p
Learn to Kayak	F	4/26	10:00a-1:00p
Sunset/Full Moon	Sa	3/16	5:00p-8:00p
Sunset/Full Moon	Su	4/21	5:30p-8:30p
Learn to Kayak 50+	Su	3/10	11:00a-1:00p
Learn to Kayak 50+	Sa	4/13	11:00a-2:00p
Learn to Kayak 50+	F	4/26	10:00a-1:00p

## GET UP N' GO MOTORCOACH TRIPS

Trips include roundtrip charter bus transportation with an on-board restroom, driver gratuity, refreshments, and admission, when applicable. Check online for complete additional details.



\$125

**Cheese Farm Tour, Tasting, & Shopping**

Tu | 3/19  
8:00a Departure

Deadline to  
Register: 2/23



\$75

**Cherry Blossom Festival**

Su | 4/14  
9:00a Departure

Deadline to  
Register: 3/29



\$150

**Spring Mystery Trip**

Th | 5/23  
TBA Departure

Deadline to  
Register: 4/26

## Seeking Coaches

March-May | 2 Practices a Week  
\$1,000 Stipend (paid at completion of season)

### Requirements

**Age:** 16+

**Experience:** Works well w/  
children, knowledge of soccer.

### Apply

**Application Deadline:** 1/20  
**Applications:** [forpd.org/Jobs](http://forpd.org/Jobs)



## Sports Leagues



### ADULT SOFTBALL

Put on your cleats and grab your glove! Whether you're a seasoned player or a beginner, there's a place for you on the field. Sign up a team or join our free agent list.



**Join the Free  
Agent List**



### League

Ages: 18+ | \$485 Per Team

Four (4) leagues are offered during the year, Spring, Early and Late Summer, and Fall Double Header. Divisions offered are Men's C & D and Co-ed C & D.

### League Information

**Location:** Fair Oaks Park Softball Fields

**Game Days:** Tuesdays (Men's) | Wednesdays (Co-ed)

**Game Times:** 6:20p-9:20p

**Number of Games:** Minimum of 8 games

**Roster:** A minimum of 10 players per team



## GENTLE FLOW YOGA

Explore our inclusive, trauma-informed gentle flow hatha yoga class, suitable for all levels. Find serenity through gentle movements, deep breathing, and mindfulness. On-going weekly class.

Ages: 15+ | \$15 Per Class or  
Monthly Pass Available

W 1/3-3/27 4:30-5:30p



## MINDFUL MEDITATION

Join our inclusive mindfulness meditation class, welcoming beginners and practitioners of all levels. Cultivate inner peace, presence, and well-being in a supportive environment. On-going weekly class.

Ages: 15+ | \$13 Per Class  
Monthly Pass Available

F 1/5-3/29 7:30a-8:15a



## STRENGTHENING YOGA

Yoga support for your entire body. Expect to experience increased strength & flexibility in your bones and organs as well as your muscles. Class is on-going.

Ages: 18+  
\$63 Punchcard (good for 6 classes)

F 1/5-4/26 9:00a-10:30a



## STRESS-FREE BLISS



Discover HeartMath's stress and anxiety reduction techniques. Learn and practice them with us for lasting calm and confidence in your daily life.

Ages 12+ | \$83

Th	2/1	6:00p-7:30p
Th	2/8	6:00p-7:30p
Th	2/15	6:30p-7:30p
Th	2/22	6:30p-7:30p

## FOXY FITNESS



Fun and easy to follow aerobic class is perfect for beginners and active older adults. Focuses on motion dexterity, balance, and feeling connected to others.

Ages 50+ | \$33

Tu/Th	1/2-1/30	9:00a-10:00a
Tu/Th	2/1, 2/27-29	9:00a-10:00a
Tu/Th	3/5-3/28	9:00a-10:00a
Tu/Th	4/2-4/30	9:00a-10:00a

\*Skip Date: 1/5

## ROLLINGWOOD YMCA FITNESS



Pilates



Glide



Total Body

**Pilates Reformer (Ages 16+):** You'll gain core strength, muscular endurance and overall better flexibility and range of motion with this amazing class.

**Glide Fitness (Ages 16+):** Improve your athletic ability, balance, coordination and joint stability in the exciting and innovative format. Note that you will get wet!

**Woman's Total Body Workout (Ages 16+):** This class provides an exciting mixture of interval training, cardio bursts, calisthenics/TRX, and strength training. In this format you will receive personalized measurements and nutritional feedback.

**\$83-\$103 Monthly Fee**

Class Name	Day	Time
Pilates Reformer (evening)	Tu	5:30p-6:30p
Pilates Reformer (morning)	F	6:30a-7:30a
Glide Fitness	Su	10:45a-11:45a
Woman's Total Body Workout	W	10:30a-11:30a



Interested in a class? Register a minimum of three (3) business days prior to the start date to avoid class cancellation due to potential low enrollment.

## ZUMBA® GOLD



This class focuses on warming up, building strength, and ends with stretching and relaxing. Designed for active seniors who are young at heart.

Ages 50+ | \$33

Tu/Th	1/2-1/30	9:00a-10:00a
Tu/Th	2/1, 2/27-29	9:00a-10:00a
Tu/Th	3/5-3/28	9:00a-10:00a
Tu/Th	4/2-4/30	9:00a-10:00a

\*Skip Date: 1/5

Page 9

# Community Events



## FAIR OAKS FARMERS' MARKET



Tuesdays

9:00a-2:00p | Fair Oaks Park

Offering freshly picked and seasonal produce, specialty food items, craft vendors, live music, and more. Open every Tuesday at Fair Oaks Park.

## SWEETHEART DANCE



Feb. 24

6:00p-8:00p | Grange Hall, OV

Inviting all littles to bring their favorite adult for dancing, crafts and light refreshments. Professional photos available for an additional fee. Upgrade to VIP to enhance your night.

\$15 per person | \$25 VIP

## FOOD TRUCK MANIA + POP UP

Drop by Fair Oaks Park on the first Thursday of every month, March through November, for an array of savory and sweet gourmet food trucks. Plus enjoy a new pop-up event each month.

5:00p-8:00p | Fair Oaks Park



March 7



April 4

## Women In Business Expo

Join us at the Women's Business Expo, a vibrant and empowering event celebrating female entrepreneurs and their businesses. Don't miss this opportunity to support and network with inspiring women in business, and discover unique, quality products and services to enrich your life.

## Spring Craft Fair

Discover handmade treasures and seasonal delights, perfect for sprucing up your home and gifting. Local artisans offer a wide range of unique items.

Now taking craft vendor applications. Deadline: 3/1



## Seeking Sponsors!

Sponsoring is a great way to advertise, an outstanding public image tool, and an interactive way to show support to your community. Email [events@forpd.org](mailto:events@forpd.org) for details.

## W.O.W. BUS



March 14 & April 11

The Wonderful Outdoor World Bus is visiting a park near you! Enjoy free crafts, games, and fun!

4:30p-5:30p

3/14 Little Phoenix Park

4/11 Jim Streng Park

## EASTER EGGSTRAVAGANZA



March 30

9:00a-12:00p | Fair Oaks Park

Children and their families will have an eggcellent time with free children's egg hunts (reservation required), pictures with the Bunny, petting zoo, crafts, and activity stations. Vendors and food trucks will also be on site!

## EGG STUFFING PARTY

March 21 | 5:30p-7:30p

Volunteers needed! Help our team get ready for the annual Fair Oaks Easter Eggstravaganza.

## FAMILY FIELD DAY



April 6

9:00a-12:00p | Fair Oaks Park

Families in Fair Oaks! Join the Fair Oaks Youth Advisory Board for a fun-filled Field Day event! Enjoy various outdoor games, activities, and more.

Fees & Additional Information Available February 1, 2024.

## KID'S ART FESTIVAL



April 20

11:00a-3:00p | Fair Oaks Park

Join us for a community focus on creativity! Make and take art, dance and music performances, art exhibit, food trucks, and more. Presented by Fair Oaks Recreation & Park District and San Juan Unified School District.



## PARKS

	Acres	Basketball Court	Bike Park	BBQ/Picnic Area	Disc Golf	Dog Park	Exercise Area	Horseshoe Pit	Playground	Rentable BBQ/Picnic	Restrooms	Splash Pad	Sports Field	Trail	Tennis / Pickleball
<b>Bannister Park</b> 3200 Bannister Rd.	5.3					X				X	X	X	X	X	
<b>Gum Ranch Park</b> 5600 Tuckeroo	8.93			X					X	X	X	X	X	X	X
<b>Fair Oaks Park</b> 11549 Fair Oaks Blvd.	26.7	X		X				X	X	X	X		X		
<b>Jim Streng Park</b> 8855 Swallow Way	.5								X						
<b>Little Phoenix Park</b> 9042 Phoenix Ave.	1.1									X					
<b>Madison Place Park</b> 5524 Cannes Way	.9									X					
<b>Miller Park</b> 8480 Sunset Ave.	9.5	X		X	X				X	X	X				X
<b>Montview Park</b> 4401 Minnesota Ave.	4.4								X		X				
<b>Phoenix Park</b> 9050 Sunset Ave.	65		X	X		X		X	X		X	X	X	X	
<b>Village Park</b> 4238 Main St.	1.3								X		X				

## INDOOR & OUTDOOR RENTALS

Are you looking for a space to host your next event? Fair Oaks Recreation & Park District provides rental spaces for gatherings of many different sizes and types! Check [forpd.org/rentals](http://forpd.org/rentals) for more information.

 The Fair Oaks Community Clubhouse, Village Hall, and Arts & Crafts Building will be closed through Winter 2024 for renovations. Interested in renting one of these facilities in 2025? Join our interest list to be notified when applications become available.

### Outdoor Picnic Rentals



**Fair Oaks Park BBQ Area**  
11549 Fair Oaks Blvd.  
Capacity: 200



**Miller Park BBQ Area**  
8480 Sunset Ave.  
Capacity: 45

### Indoor Facility Rentals



**McMillan Center**  
11549 Fair Oaks Blvd.  
Capacity: 50-150

### Miller Park Tennis Courts



**Miller Park Tennis Courts**  
8480 Sunset Ave.  
Courts: 8

### Athletic Fields



**Fair Oaks Softball Fields**  
11549 Fair Oaks Blvd.  
Fields: 2



**Multipurpose Fields**  
Locations Vary  
Fields: Varies by Location



**Gum Ranch Picnic Areas**  
5600 Tuckeroo Way  
Capacity: 30



**Miller Park Picnic Area**  
8480 Sunset Ave.  
Capacity: 20



ECRWSSEDDM  
Postal Customer - Local  
Fair Oaks, CA 95628  
Carrier Route

Non-Profit  
U.S. Postage  
PAID  
Permit No. 601  
Fair Oaks, CA  
95628

## Upcoming Events

### JANUARY

Tuesdays	Fair Oaks Farmers Market
1/17	FORPD Board of Directors Mtg.

### FEBRUARY

Tuesdays	Fair Oaks Farmers Market
2/21	FORPD Board of Directors Mtg.
2/24	Sweetheart Dance

### MARCH

Tuesdays	Fair Oaks Farmers Market
3/7	Women's Business Day
3/7	Food Truck Mania
3/14	WOW Bus
3/20	FORPD Board of Directors Mtg.
3/21	Egg Stuffing Party
3/30	Easter Eggstravaganza

### APRIL

Tuesdays	Fair Oaks Farmers Market
4/4	Spring Craft Fair
4/4	Food Truck Mania
4/6	Family Field Day
4/17	FORPD Board of Directors Mtg.
4/20	Kid's Art Festival

### MEASURE J

In November 2018 residents of Fair Oaks Recreation & Park District (FORPD) passed Measure J, a \$26.9 Million Dollar General Obligation Bond which will help fund major projects that will improve and expand the services provided by FORPD.

#### Stay Up to Date

View the Measure J webpage for community and construction updates, live footage of construction, and more by scanning the QR code or by visiting [forpd.org/measurej](http://forpd.org/measurej)



Scan Here

Fair Oaks Recreation & Park District  
**MEASURE J**



See page 10 for details.



[facebook.com/FORPD](https://www.facebook.com/FORPD)



[@fairoakspark](https://twitter.com/fairoakspark)



[@forpd](https://www.instagram.com/forpd)



[forpd.org](http://forpd.org)