YOUR PLACE TO

Recreate!



CORDOVA RECREATION & PARK DISTRICT



SPECIAL EVENTS, SPORTS LEAGUES & MORE INSIDE

FALL/WINTER 2023-24 RECREATION GUIDE

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Message FROM GENERAL MANAGER



Cordova Recreation & Park District (CRPD) is excited to celebrate our 65th Anniversary this year! We remain committed to providing extraordinary customer service and are proud to be serving District residents including Gold River, Larchmont, Mather, Rancho Cordova, Riviera East and Rosemont since 1958.

This comprehensive Recreation Guide is one way that helps us serve you better. You will find a diverse and wide range of sport and leisure activities, children's enrichment programs, special events and a park guide to locate CRPD parks and facilities to serve your recreation and social needs. These recreational opportunities enhance the quality of life for our community.

This time of year is perfect to join team sports like Jr. NBA Basketball or NFL Youth Flag Football. You can also take a leisure class like Tai Chi or Country Line Dance to stay healthy while meeting new people with similar interests. We are always looking for new opportunities and unique, fun programs to offer our residents of all ages. If you have an idea about an activity you would like us to offer, please feel free to reach out and share your thoughts with our recreation staff or by emailing us at customerservice@crpd.com.

It is an honor to serve our community with these enrichment opportunities and award winning parks.

Thank you for your support and participation!

















www.crpd.com

WANT TO BECOME A SPONSOR?

CRPD is focused on community, health and connectivity. What better way to build brand awareness and meaningful relationships with local families than by supporting CRPD's well-attended annual events and programs?

Sponsorships help to ensure the success of these events and bring recognition to your company.

If your company or organization would like more information about our sponsorship program, please contact communications@crpd.com or call 916-842-3318.



Hagan Community Center 2197 Chase Drive | 916-369-9844

Neil Orchard Senior Activities Center 3480 Routier Road | 916-366-3133

Mather Sports Complex

3755 Schriever Avenue | 916-362-1704

Cordova Golf Course

9425 Jackson Road | 916-362-1196

Park Services

2197 Chase Drive | 916-363-0350

NEW LOCATION! District Administrative Office

11070 White Rock Road, Suite 130 Rancho Cordova, CA 95670

Email

customerservice@crpd.com

CRPD BOARD OF DIRECTORS

Michael Yearwood, Chairperson myearwood@crpd.com

Brian Danzl, Vice-Chairperson bdanzl@crpd.com

Rick Sloan, Secretary rsloan@crpd.com

Daniel Langan, Director dlangan@crpd.com

Mark Matus, Director mmatus@crpd.com

PMRID OVERSIGHT COMMITTEE MEMBERS

Bonnie Domeny, Chair

Larchmont/Riviera East (Zone B)

Taylor Haven

Rancho Cordova (Zone A)

Lauren Ledesma

Rancho Cordova (Zone A)

Traci Michel

Gold River (Zone C)

Lauren Padilla

Rosemont (Zone B)



PHOTO CREDIT

PHOTOS ARE BY CRPD OR VOLUNTEER **PHOTOGRAPHERS**

RICK MANESS & PATRICK OWEN

Community SPECIAL EVENTS







Saturday, September 23 ● 8:30 - 10:30 a.m. HAGAN COMMUNITY DOG PARK

Join us for an interactive, fun-filled day designed especially for dogs and the people who love them! This event features resource and information booths, vaccine clinic and prizes.

For more information, >> visit crpd.com or scan QR code



Contact Lara Nall at Inall@crpd.com for vendor information.

Event activities are subject to change.



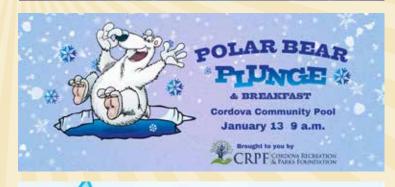


Saturday, December 2 • 9 a.m. & 10 a.m.



Bring the whole family for pancakes, sausage, coffee, juice

and cocoa! Bring the kids to visit Mr. & Mrs. Claus to share holiday wishes and take a picture in our festive photo booth! There will be a craft area for children to work on a special holiday project. Admission is \$5 per person ages 2+.





Join us for a FREE egg hunt, inflatables, games, music and more!

MANY THANKS TO OUR GENEROUS EVENT Sponsors

WANT TO BE AN EVENT SPONSOR?

Contact us at communications@crpd.com or 916.842.3318







Alignment Healthcare

















REGISTRATION FOR 2023-24 SCHOOL YEAR IS NOW OPEN!

Our preschool program is full STEAM ahead! STEAM includes the subjects of science, technology, engineering, art and math. Our program prepares your little learners with hands-on activities that encourage collaboration, critical thinking and creativity.

Contact 916-369-9844 or email customerservice@crpd.com for more information or to register.

REQUIREMENTS:

- · Birth certificate and immunization record for new students
- Children must be at least 3 and potty trained by September 1 to enroll in Micro and Nano
- Children must be at least 4 and potty trained by September 1 to enroll in Mega

Location: Hagan Community Center - Building #3

ACTIVITY	CLASS	DAYS	DATES	TIME	FEE
3161	Mega	Mon, Wed, Fri	Sept. 6 - May 8	8:30 - 11:30 a.m.	\$2,520/yr*
3162	Micro	Tues & Thurs	Sept. 5 - May 9	8:30 - 11:30 a.m.	\$1,876/yr*
3163	Nano	Tues & Thurs	Sept. 5 - May 9	12:30 - 3:30 p.m.	\$1,876/yr*

^{*}Plus \$55 registration fee

Cordova STEAM Open House

Registered students are invited to see their classroom and meet their teacher. Grown-ups will be able to ask questions to both teacher and admin staff.

Location: Hagan Community Center - Building #3

ACTIVITY	DAYS	DATES	TIME
3165	Wed	Aug. 23	6:15 - 7:15 p.m.
3166	Thurs	Aug. 24	6:15 - 7:15 p.m.



To register and more information scan QR code





PUBLIC SWIM GENERAL INFORMATION

Entrance fee is for all who enter the pool area, not just swimmers. Punch cards can be purchased at each pool location and the Hagan Community Center, Large groups of 20 or more, or field trip groups must pre-arrange details or risk being denied entry.

Call 916-369-9844 or email customerservice@crpd.com for more information.

CORDOVA COMMUNITY POOL

2197 Chase Drive • 916-839-3786

The Cordova Community Pool features two swimming pools. The activity pool has splash features and a sloped entry with depths that vary from zero to four feet. The competition pool provides eight deep lanes, two shallow lanes, a diving board and has depths that vary from 3.5 to 12 feet. The complex features picnic tables, an open grass area, bleachers and a shade canopy. Only Coast Guard approved life vests allowed in activity pool, not competition pool.

Hours (excluding holidays)*

DAYS	DATES	TIME	ENTRANCE FEE
Fri	Aug. 11 - Sept. 1	4:30 - 7 p.m.	\$5/person or Season Pass
Weekends	July 29 - Oct. 1	1 - 5 p.m.	\$5/person or Season Pass

^{*}Pool will operate 1-5 p.m. on Labor Day.

LINCOLN VILLAGE COMMUNITY POOL

3450 Routier Road • 916-520-1649

Features one swimming pool. The pool has a sloped entry, and depths ranging from zero to 5.5 feet. This facility is surrounded by open grass areas and a shade canopy.

Hours

DAYS	DATES	TIME	ENTRANCE FEE
Weekends	July 29 - Sept. 3	1 - 5 p.m.	\$3/person or \$22/10-visit

^{*}Pool will operate 1-5 p.m. on Labor Day.

CONNECT with 1/8









WHITE ROCK COMMUNITY SPLASH PARK

10488 White Rock Road • 916-369-9844

Stay cool this summer at the dynamic and interactive splash park featuring a large dump bucket, waterslides, canons, water jets and much more. Due to OSHA requirements: Riders must be at least 42" tall to ride the small orange slide and at least 46" tall to ride the longer, yellow slide. Adults and children not tall enough for slides can enter for free and play in the spray areas. Park operation is subject to weather conditions. Maximum capacity is 70 people.

Splash Park Hours

-		
DAYS	DATES	SLIDE FEES
Weekends	July 29 - Sept. 3	\$1/session (cash only)
Holiday	Labor Day	\$1/session (cash only)

SEASON



PASSES

Buy a season pass and enjoy both the Cordova Community Pool and the Lincoln Village Pool all season!

\$72 INDIVIDUAL PASS

\$198 FAMILY PASS*

* Family of Four: \$50 each additional person, must reside in same household

PUNCH CARDS

10-visit punch card: \$22

Lincoln Village Community Pool Only

COMMUNITY SPLASH PADS

Great for keeping you and your family cool in the hot summer months, our spray parks have water features that spray, sprinkle and drop!

Heron Landing Community Park	11750 Justinian Drive
Stone Creek Community Park	3625 Spoto Drive
Sunridge Park	4041 Borderlands Drive
The Village Green	3141 Bridgeway Drive

Splash Pad Hours

DAYS	DATES	TIME
Fri-Sun	May & Sept.	10 a.m 7 p.m.
Mon-Sun	June - Aug.	10 a.m 7 p.m.



Adulfa events

FAMILY SWIM NIGHTS

Ages: All

Beat the heat and bring the family for a discounted night at the pool! Dress for the theme and get ready for fun, games and more!

Location: Lincoln Village Community Pool

DAYS	DATES	TIME	THEME	FEE
Fri	Aug. 11	5 - 7 p.m.	End of Summer BBQ	\$1/person

DOGGIE DAY AT THE POOL

Ages: All Dogs

Bring your canine companions for a night of fun at the pool! Dogs are allowed to swim and frolic in the pool. For the water-shy, there's abundant lawn for romping and doggie socializing. Attendees must provide written proof of a current animal license for their dog(s).

Location: Lincoln Village Community Pool

DAYS	DATES	TIME	FEE
Sat	Sept. 9	10 - 11:30 a.m.	\$5/dog

FLOATING PUMPKIN PATCH

Ages: All

Hunt for your pumpkin in the pool this year! Once you pick your pumpkin, you can decorate it at our pumpkin decorating station. The pool is open for public swim throughout the event. There will be carnival games and story times. Costumes are encouraged!

Location: Cordova Community Pool

DAYS	DATES	TIME	FEE
Sat	Oct. 7	11 a.m 1 p.m.	\$10/person

Water Aerobics

With CRPD Staff

Ages: 12+

Our pools offer the perfect balance of deep and shallow water for an effective aerobic workout that is easy on your joints. Deep water provides resistance for your movements, while shallow water accommodates those who do not wish to fully immerse themselves. All swim levels welcome! Punch cards may be purchased at the Hagan Community Center, Neil Orchard Senior Activities Center or at the Mather Sports Center. Equipment available on-site.

Location: Cordova Community Pool - Deep Water

ACTIVITY	DAYS	DATES	TIME	FEE
4211	Mon-Thurs	Aug. 7 - 17	6:30 - 7:20 p.m.	\$10/class or \$64/8-visit punch card

Lap Swim

Stay in shape and enjoy the Cordova Community Pool with our lap swimming program. Our 25-yard competition pool is heated to a comfortable 78 degrees. Lanes are first-come, first- served and you may be required to share a lap swimming lane during peak times. There are dedicated lap lanes every day during public swim hours.

Location: Cordova Community Pool

DAYS	DATES	TIME	FEE
Fri	Aug. 11 - Sept. 1	4:30 - 7 p.m.	\$44/10-visit punch card or Season Pass
Weekends	July 29 - Oct. 1	1 - 5 p.m.	\$44/10-visit punch card or Season Pass

^{*}Monofins and snorkels only allowed during 10 a.m. - 1 p.m.

Lifeguard Training with AED/02/Title 22 First Aid Ages: 15+

This American Red Cross course is a combination of Lifeguard Training, CPR for the Professional Rescuer, Administering Emergency Oxygen and First Aid for Public Safety Personnel (Title 22). This complete course provides all certifications necessary to obtain employment as a lifeguard in the State of California.

Prerequisites: The required swimming skills include 300 yards continuously swimming (12 laps), tread water for 2 minutes without hands and perform a 20-yard swim and 10 lb. brick retrieval in 7 feet of water. Must be 15 years old by the last day of class.

*This class requires 7 hours of online course work before the first day of class.

One week before the class you will be emailed the pre-course login information.

Location: Hagan Community Center & Cordova Community Pool

ACTIVITY	DAYS	DATES	TIME	FEE
4311	Mon-Thurs	Mar. 25 - 28, 2024	8 a.m 6 p.m.	\$253/person

^{*}Does NOT include Title 22 or Administering Emergency Oxygen



REGISTRATION INFO & TIPS

- ➤ Session registration closes at 5 p.m. on the Thursday prior to the first day. \$5 late fee for all registrations taken after deadline.
- ▶ Most swimmers will take each level more than once.
- ► Swim attire, sunscreen and towel highly recommended.
- ► Goggles and swim caps optional (no snorkel masks).
- ► Swim-diapers required for children who wear a diaper.
- ▶ We will not transfer, refund or credit students for missed lessons.



GROWNUP & ME GROUP LESSONS

Shrimps: (Ages 6 mo-3 yrs)

Beginning lessons for infants and toddlers. Emphasis on water adjustment, floating, bubbles, going underwater, holding breath, kicking and arm movement through songs and games. Requires adult participation in the water.

Seahorses: (Ages 3-5 yrs)

Swim readiness class for young children. It introduces floating, bubbles, going underwater, holding breath, kicking, arm strokes, glides, body position and entering and exiting water. Requires adult participation in the water.

GROUP LESSONS FOR BEGINNERS

Tadpoles: Level 1 (Ages 3-5 yrs)

Swim readiness class for young children who are ready to swim with the instructor(s). It introduces floating, bubbles, going underwater, holding breath, kicking, arm strokes, glides, body position and entering and exiting the water.

Guppies: Level 2 (Ages 3-5 yrs)

For young children who are able to glide 2 body lengths, roll over and float for 3 seconds with support. Emphasis on breath control, rhythmic breathing, floating, gliding, sculling, forward propulsion, kicking, arm strokes and basic safety.

Lobsters: Level 1 + 2 (Ages 6-14 yrs)

For first-time swimmers. Emphasis on entering and exiting the water, submerging, breath control, rhythmic breathing, floating, gliding, sculling, forward propulsion, kicking, arm strokes and basic safety.

GROUP LESSONS FOR INTERMEDIATE

Turtles: Level 3 (Ages 4-14 yrs)

For swimmers who are able to float or tread for 15 seconds and swim 5 body lengths unsupported. Emphasis on rhythmic and rotary breathing, floating, treading, sculling, forward propulsion and water safety. It introduces freestyle, backstroke and elementary backstroke.



FALL SWIM LESSONS

Check www.crpd.com for information on Fall swim lessons at the Cordova Community Pool this September! Two options will be available in the evenings: Mondays/Wednesdays and Tuesdays/ Thursdays.

ACTIVITY	SESSION	DAYS	DATI	ES
4951	1	Mon & Wed	Aug. 28-Se	ept. 25*
4952	2	Tues & Thurs	Aug. 29-Se	ept. 21*
	4:45	5:15	5:45	6:15
Shrimps			✓	✓
Seahorse	✓			
Tadpoles		✓	✓	
Guppies	✓			✓
Lobsters	✓	✓		✓
Turtles		✓	✓	

^{*}No class 9/4



Group Fee\$68/class for 8 lessons
Private Fee\$99/class for 4 lessons
Each lesson is 25 minutes.

See www.crpd.com for private lesson dates.



2023

FALL SWIM CONDITIONING CLINICS

With Cordova Blue Marlins

Continue working with coaches on the technique of each stroke while harnessing turns and speed in the water. Spend time fine-tuning starts and conditioning for the next season.

Location: Cordova Community Pool

Ages: 10 & Under

ACTIVITY	DAYS	DATES	TIME	FEE
4731	Mon & Wed	Aug. 28 - Sept. 25*	4:45 - 5:30 p.m.	\$62
4732	Tues & Thurs	Aug. 29 - Sept. 21	4:45 - 5:30 p.m.	\$62

Ages: 11-18

ACTIVITY	DAYS	DATES	TIME	FEE
4733	Mon & Wed	Aug. 28 - Sept. 25*	5:30 - 7:15 p.m.	\$90
4734	Tues & Thurs	Aug. 29 - Sept. 21	5:30 - 7:15 p.m.	\$90

^{*}No clinics 9/4

SYNCHRO FALL CLINICS

With Cordova Cordettes

Ages: 5-18

Take this early opportunity to learn new figures and stay conditioned for the next season. Coaches will spend time fine-tuning skills and enhancing already mastered synchro technique.

Location: Cordova Community Pool

Novice

ACTIVITY	DAYS	DATES	TIME	FEE
4831	Mon & Wed	Sept. 6 - Sept. 27	5:30 - 6:15 p.m.	\$62

Intermediate

ACTIVITY	DAYS	DATES	TIME	FEE
4832	Mon & Wed	Sept. 6 - Sept. 27	6:15 - 7:30 p.m.	\$90

2024

CORDOVA BLUE MARLINS





Join us for a summer of competitive swimming. The Blue Marlins are a summer recreational swim team that competes against other Sacramento area teams. Practice times vary. Specific information is in the team handbook found at www.cordovabluemarlins.com. Swim meets are Saturdays in June and July. The teams are open to beginners through experienced swimmers between the ages of 5 and 18. Swimmers must be able to swim without assistance: 25 yards (ages 10 & under) or 50 yards (ages 11-18). *Space is limited*.

Check our website for additional information.

REGISTRATION OPENS FEB. 26, 2024!

CORDOVA CORDETTES

Location: Cordova Community Pool



Join our recreational synchronized swim team! Coaches will teach swimmers the sport that combines dance, gymnastics and endurance in the water. Swim meet dates vary in June and July. The team is open to beginners through experienced swimmers between the ages of 5 and 18. Swimmers must be comfortable in deep water and able to swim without assistance: 25 yards (ages 10 & under) or 50 yards (ages 11-18).

REGISTRATION OPENS FEB. 26, 2024!

SWIM TEAM OPEN HOUSE SATURDAYS

Thinking about joining a swim team? Come visit the Cordova Community Pool to meet the coaches and take the swim test. Swimmers must be able to swim without assistance: 25 yards (ages 10 & under) or 50 yards (ages 11-18).

Location: Cordova Community Pool

Cordova Blue Marlins

ACTIVITY	DAYS	DATES	TIME	FEE
4720	Sat	2/10, 2/17 or 3/9	10:30 a.m Noon	Free

Cordova Cordettes

ACTIVITY	DAYS	DATES	TIME	FEE
4820	Sat	2/10, 2/17 or 3/9	10:30 a.m Noon	Free

PEE WEE SPORTS

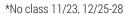
With CRPD Youth Sports Coaches

Ages: 3-6 Fee: \$60/session Activity: 3700

Designed specifically for first timers, these child-friendly, 5-week sessions focus on sports fundamentals and general game knowledge and prepare children for organized team sports. Parent participation is encouraged. Each session meets one day per week. If you are interested in multiple days, register for multiple sessions. Be sure to sign up early to secure your spot! Locations vary depending on the class.

Location: Mather Sports Complex (MSC); Stone Creek Community Park (SCCP), Heron Landing Community Park (HLCP), Rosemont Community Park (RCP)

SPORT	inity Parl	DATES	TIME	LOCATION	FEE
SPUNI	DATO	2023	TIVE	LOCATION	ree
Ninjas	Mon	Sept. 11 - Oct. 9	4-4:45 p.m.	MSC	\$60
Soccer	Tues	Sept. 11 - Oct. 9	4-4:45 p.m.	RCP	\$60
Soccer	Tues	Sept. 12 - Oct. 10	5-5:45 p.m.	RCP	\$60
Flag Football	Wed	Sept. 12 - Oct. 10	4-4:45 p.m.	HLCP	\$60
Flag Football	Wed	Sept. 13 - Oct. 11	5-5:45 p.m.	HLCP	\$60
Tee Ball	Thurs	Sept. 14 - Oct. 12	4-4:45 p.m.	MSC	\$60
Tee Ball	Thurs	Sept. 14 - Oct. 12	5-5:45 p.m.	MSC	\$60
Basketball	Mon	Oct. 23 - Nov. 20	4-4:45 p.m.	MSC	\$60
Basketball	Mon	Oct. 23 - Nov. 20	5-5:45 p.m.	MSC	\$60
Sports Palooza	Tues	Oct. 24 - Nov. 21	4-4:45 p.m.	HLCP	\$60
Sports Palooza	Tues	Oct. 24 - Nov. 21	5-5:45 p.m.	HLCP	\$60
Indoor Soccer	Wed	Oct. 25 - Nov. 22	4-4:45 p.m.	MSC	\$60
Indoor Soccer	Wed	Oct. 25 - Nov. 22	5-5:45 p.m.	MSC	\$60
Winter Olympic Games	Thurs	Oct. 26 - Nov. 30*	4-4:45 p.m.	MSC	\$60
Winter Olympic Games	Thurs	Oct. 26 - Nov. 30*	5-5:45 p.m.	MSC	\$60
Ninjas	Mon	Dec. 4 - Jan. 8*	4-4:45 p.m.	MSC	\$48
Basketball	Tues	Dec. 5 - Jan. 9*	4-4:45 p.m.	MSC	\$48
Basketball	Tues	Dec. 5 - Jan. 9*	5-5:45 p.m.	MSC	\$48
Indoor Track & Field	Wed	Dec. 6 - Jan. 10*	4-4:45 p.m.	MSC	\$60
Indoor Track & Field	Wed	Dec. 6 - Jan.10*	5-5:45 p.m.	MSC	\$60
Sports Palooza	Thurs	Dec. 7 - Jan. 11*	4-4:45 p.m.	MSC	\$60
Sports Palooza	Thurs	Dec. 7 - Jan. 11*	5-5:45 p.m.	MSC	\$60
		2024			
Ninjas	Mon	Jan. 22 - Feb. 12	4-4:45 p.m.	MSC	\$60
Hockey	Tues	Jan. 23 - Feb. 20	4-4:45 p.m.	MSC	\$60
Indoor Flag Football	Tues	Jan. 23 - Feb. 20	5 - 5:45 p.m.	MSC	\$60
Soccer	Wed	Jan. 24 - Feb. 21	4-4:45 p.m.	SCCP	\$60
Soccer	Wed	Jan. 24 - Feb. 21	5-5:45 p.m.	SCCP	\$60
Kickball	Thurs	Jan. 25 - Feb. 22	4-4:45 p.m.	MSC	\$60
Kickball	Thurs	Jan. 25 - Feb. 22	5-5:45 p.m.	MSC	\$60
Ninjas	Mon	Feb. 26 - Mar. 25	4-4:45 p.m.	MSC	\$60
Tee Ball	Tues	Mar. 5 - Apr. 2	5 - 5:45 p.m.	MSC	\$60
Tee Ball	Tues	Mar. 5 - Apr. 2	4-4:45 p.m.	MSC	\$60
Flag Football	Wed	Mar. 6 - Apr. 3	5 - 5:45 p.m.	SCCP	\$60
Flag Football	Wed	Mar. 6 - Apr.3	4-4:45 p.m.	SCCP	\$60





Dee Wee SPORTS & LEAGUES



SOCCER LEAGUE

Ages: 4-6

Fee: \$125 (\$140 after registration deadline)

Join us for our Pee Wee Soccer league! This is an instructional 4 v. 4, six-week soccer league. Players will be separated into small teams where volunteer coaches will teach them the fundamentals of the game in a safe, fun, and enriching environment. Each team will have a one-hour practice during the week (Monday-Friday) based on the volunteer coach's availability and games will be played on Saturdays. Interested in coaching? Contact us at 916-362-1704 or nsinor@crpd.com.

Location: Mather Sports Complex - Synthetic Turf Soccer Fields

ACTIVITY	REG. DEADLINE	SEASON	DAYS	GAME TIMES
7006	Jan. 28	Mar. 2 - Apr. 13*	Sat	10 a.m Noon
*No game 3/	30			

Skills Clinic (Players & Coaches): February 10, 10 - 11:30 a.m.

TRACK & FIELD CLUB

Ages: 3-6

Fee: \$125 (\$140 after registration deadline)



Join us for this brand-new Pee Wee Track and Field! This club was created based on the popular demand for our Pee Wee Track sessions. This is an instructional club where participants meet once weekly for practice and have two meets during the season. Track and Field events will include running, hurdles, baton relay races, discus, javelin and shot put. Volunteer coaches will help run meets and teach the fundamentals of each event in a safe, fun, and enriching environment. Participants will practice once a week on Wednesdays and meets will also be held on Wednesdays. Interested in volunteer coaching? Contact us at 916-362-1704 or nsinor@crpd.com.

Location: Stone Creek Community Park

ACTIVITY	REG. DEADLINE	SEASON	DAYS	TIME
7006	Apr. 3	Apr. 17 - May 22	Wed	5 - 6 p.m.



VIZION CHEER CLASS

With Carlisa James

Ages: 5 - 10

Perfect for new cheerleaders, or those wanting to join a team for the first time. This fun and exciting class builds self-confidence while learning fundamental motions, cheers, jumps and stunts.

Location: Mather Sports Center - Dance Studio

ACTIVITY	LEVEL	DAYS	DATES	TIME	FEE
3716	Intro	Tues	Ongoing	6:20 - 7:20 p.m.	\$80

VIZION CHEER COMPETITION TEAM NET

With Carlisa James

Ages: 6 - 12

Fees: Uniform Package \$350 (includes shell, skirt or shorts, warmup

jacket, and pants, bow, bag, shoes)

Competition Fees: \$156 (3 Competition dates: 11/11, 12/16, 1/13) Must register by 9/1

Vizion Cheer Academy program is designed for individuals who are committed to their cheer journey and eager to showcase their skills. By joining this affordable program, cheerleaders can expect comprehensive training, valuable performance experience, and the chance to grow both as athletes and individuals. Must be able to commit September through January. Must be able to pay attention, listen and follow detailed instructions. Intro to cheer class is highly recommended for nonexperienced athletes. Additional fees will apply.

Location: Mather Sports Center - Dance Studio

ACTIVITY	LEVEL	DAYS	DATES	TIME	FEE
3717	Comp	Tues	Sept Jan.	7:30 - 8:30 p.m.	\$95

JUNIOR PICKLEBALL **BEGINNER & INTERMEDIATE**

With Coach Garth Ages: 6 - 14

These classes are geared for pickleball players who are brand new to the game or who have intermediate skills. One-hour, skill-based classes will cover the fundamentals of pickleball and prepare players for future competition.

Location: Eagle's Nest Park - Basketball Court

ACTIVITY	DAYS	DATES	TIME	FEE
3315	Thurs	Sept. 7 - Oct. 12	5:30 - 6:30 p.m.	\$65
3315	Thurs	Mar. 7 - Apr. 11	5:30 - 6:30 p.m.	\$65
3315	Thurs	May 9 - June 13	5:30 - 6:30 p.m.	\$65

Kingdom Taekwondo

With Master E.J. Harris

Ages: 3+

Fee: Dobok (Uniform): \$65; Belt Promotion (Optional): \$50-\$75 based on belt

Enroll today and learn Taekwondo with The Kingdom Martial Arts. Our awardwinning, life-changing, confidence-building program is perfect for ages 3 and up. Students learn self-defense skills, improve discipline, and have a lot of fun! Hope we see you in class soon!

Location: Mather Sports Center - Dance Room

ACTIVITY	DAYS	DATES	TIME	FEE			
LITTLE DRAGONS: AGES 3-5							
3710	Tues & Thurs	Monthly	4:45 - 5:15 p.m.	\$90/month			
	BEGINN	ER/ALL BELTS	: AGES 6-14				
3708	Mon & Wed	Monthly	5 - 6 p.m.	\$90/month			
3709	Tues & Thurs	Monthly	5:15 - 6:15 p.m.	\$90/month			

Kingdom Basketball

With Master E.J. Harris

Ages: 7 - 12

Join coach Harris (former college basketball player) for his skill-building monthly instructional basketball classes. Classes will focus on critical fundamental skills of the game and have your players walking away ready for the upcoming Jr. NBA basketball season. Get in the game today with Coach Harris!

Location: Mather Sports Center - Gym

ACTIVITY	DAYS	DATES	TIME	FEE
3701	Mon & Wed	Sept. 11 - Oct. 4	4:15 - 5 p.m.	\$100/month
3701	Mon & Wed	Jan. 8 - Jan. 31	4:15 - 5 p.m.	\$100/month
3701	Mon & Wed	Feb. 5 - Feb. 28	4:15 - 5 p.m.	\$100/month





SOCCERT FACTORY SITURNAL FACTORY With Vision Soccer Training Staff

CRPD is partnering with Vision Soccer Training to offer some of the best indoor futsal and outdoor soccer clinics in the Sacramento region for kids ages 2-12 years old. Each clinic is designed for a specific age group, guaranteeing maximum development. Futsal is recognized worldwide as the #1 way for soccer players to become more skillful. Futsal players perform better under pressure and can make in-the-game decisions quicker than their competitors that lack formal futsal training. Our training programs use various dynamics and fast-paced activities to help

Location: Mather Sports Center - Gym

ACTIVITY	CLASS TITLE	AGES	DAYS	TIME	FEE
3706	Toddler Ballers	2-3	Sat	1 - 1:40 p.m.	\$75/session
3703	Kinder Kickers	4 - 5	Sat	1:45 - 2:30 p.m.	\$75/session
3704	Juniors	6-8	Sat	2:35 - 3:20 p.m.	\$79/session
3705	Cadets	9 - 12	Sat	3:25 - 4:15 p.m.	\$79/session

players dramatically improve their skills in both futsal and soccer.

SESSION SCHEDULE

Session 1: November 18 - December 16*

Session 2: January 6 - January 27 Session 3: February 3 - February 24

*No class 11/25

SOCCER TRAINING: CORE SKILLS CLINICS

With Vision Soccer Training Staff

Ages: 2-12

Ages: 2 - 12

CRPD is partnering with Vision Soccer Training to offer some of the best soccer clinics in the Sacramento region, for kids ages 2-12 years old. Each clinic is designed for a specific age group, which guarantees maximum development. Vision Soccer training programs use various dynamics and fast-paced activities and games to help players dramatically improve their individual skills.

Location: Various

ACTIVITY	CLASS TITLE	AGES	DAYS	TIME	FEE
3706	Toddler Ballers	2-3	Sat	9 - 9:40 a.m.	\$68/session
3703	Kinder Kickers	4 - 5	Sat	9:50 - 10:35 a.m.	\$75/session
3704	Juniors	6 - 8	Sat	10:40 - 11:25 a.m.	\$75/session
3705	Cadets	9 - 12	Sat	11:30 a.m 12:20 p.m.	\$79/session

SESSION SCHEDULE

Session 1: March 4-25 Stone Creek Community Park
Session 2: April 15-May 6 Independence Community Park
Session 3: May 27-June 17 Heron Landing Community Park

Gymnastics

With Turns n Tumble

Does your child "tumble" around the house? Join this class to learn the proper form for cartwheels, somersaults, handstands and more! Your aspiring gymnast will develop balance and muscle strength, while benefiting from individualized instruction in this program. Attire: comfortable clothing.

Location: Hagan Community Center

ACTIVITY	AGES	DAYS	DATES	TIME	FEE
3111	3-5	Tues	Sept Feb.	3 - 3:45 p.m. or 4:30 - 5:15 p.m.	\$48*
3112	5+	Tues	Sept Feb.	3:45 - 4:30 p.m.	\$48*
3113	7+	Tues	Sept Feb.	5:15 - 5:45 p.m.	\$48*

*\$36 prorated fee for Nov., Dec. and Feb. No class 10/31, 11/21, 12/26 and 2/20.



WHERE ALL KIDS PLAY

We will help you find a sport your child will love!

The Rancho Cordova Athletic Association (RCAA) youth sports leagues are a great way for your child to stay physically active, learn the value of teamwork, make friends and have fun!

The RCAA leagues include softball and baseball, soccer, swimming, football, basketball and cheerleading!

Come be a part of our recreational leagues "Where All Kids Play."







BSATHLETHSS.ORG



Interested in Coaching?

If you are interested, please contact us at 916-307-6867 or nsinor@crpd.com.

Each team requires adult volunteer coach(es).



JUNIOR TENNIS CLINICS

With Coach Garth Ages: 6-14

Learn to Play tennis and have fun with your friends, with level 1 PTR (professional tennis registry) certified tennis Coach Garth! These classes are geared for tennis players who are brand new to tennis or who have intermediate skills. If you participated in My First Tennis Lesson or Learn to Play Tennis this is a great class to transition to. Tuesday classes are one-hour skill-based classes. Saturday classes are one-hour skill based and 1-hour match play, classes. Both classes are appropriate for beginners and intermediate players.

Location: Heron Landing Community Park - Tennis Courts

ACTIVITY	DAYS	DATES	TIME	FEE
3302	Tues	Sept. 5 - Oct. 10	5:30 - 6:30 p.m.	\$65
3303	Sat	Sept. 9 - Oct. 14	10:45 a.m 12:45 p.m.	\$90
3302	Tues	Mar. 5 - Apr. 9	5:30 - 6:30 p.m.	\$65
3303	Sat	Mar. 9 - Apr. 20*	10:45 a.m 12:45 p.m.	\$90

^{*}No class on 3/30

My First Tennis Lesson

With Coach KJ Song

Ages: 4-6

During this 6-week program which includes one class per week, kids will participate in fun activities while learning the fundamentals of tennis in a safe and supportive environment. With this program the use of "right-sized" equipment (regarding, weight, length, speed, and size) allows young players to learn and play more effectively. Some parent participation required.

Location: Heron Landing Community Park - Tennis Courts

ACTIVITY	DAYS	DATES	TIME	FEE
3300	Sat	Sept. 9 - Oct. 14	9:30 - 10:30 a.m.	\$70
3300	Sat	Mar. 9 - Apr. 20*	9:30 - 10:30 a.m.	\$70

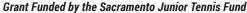
^{*}No class 3/30

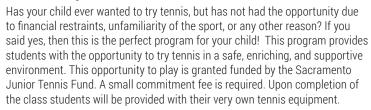
CONNECT with 18 f © @CordovaRPD



With Coach KJ Song

Ages: 7-12





Location: Heron Landing Community Park - Tennis Courts

ACTIVITY	DAYS	DATES	TIME	FEE
3301	Sat	Sept. 9 - Oct. 14	10:45 - 11:45 a.m.	\$12

Youth Tennis for Beginners

With Coach KJ Song

Ages: 6-8

During this 6-week program, children will learn basic tennis skills through participating in various trainings and fun games. There will be individual and team activities that will help kids develop personal and teamwork skills.

Location: Heron Landing Community Park - Tennis Courts

		,		
ACTIVITY	DAYS	DATES	TIME	FEE
3796	Sun	Mar. 10-Apr. 21*	9:15 - 10:15 a.m.	\$98
3796	Thurs	Mar. 14-Apr. 18	5 - 6 p.m.	\$98

^{*}No class 3/31

Youth Tennis for Intermediate Players

With Coach KJ Song

Ages: 7-13

In the 6-week program, students will meet once weekly and learn the fundamentals of tennis. Players will learn basic tennis skills by understanding the important "ball-hit" principle and move to more advanced techniques. Students will gain a better understanding of tennis and the principles of the game.

Location: Heron Landing Community Park - Tennis Courts

ACTIVITY	DAYS	DATES	TIME	FEE	
3797	Sun	Mar. 10-Apr. 21*	10:30 - 11:30 a.m.	\$100	
3797	Thurs	Mar. 14-Apr. 18	6:15 - 7:15 p.m.	\$100	

^{*}No class 3/31



Visit www.teamsideLine.com/cordova For detailed league information



NFL Youth Flag Football League

Divisions: Coed & Girls

Grades: Kindergarten-8th Grades

Our NFL Youth Flag Football League is a real touchdown. This league will teach the fundamentals of football, good sportsmanship,

and teamwork. Each participant will receive an NFL Flag jersey, shorts, and a certificate of participation. The season includes a player evaluation day and six or eight league games, dependent on the season. Each team requires two volunteer coaches and or team helpers. Practice schedule (day/time) is dependent on volunteer coach availability. Interested in coaching, please contact us at 916-362-1704 or nsinor@crpd.com.

Location: Heron Landing Community Park

FALL 2023-8-GAME LEAGUE

DIVISION	ACTIVITY	REG. DEADLINE	SEASON	DAYS	GAME TIMES	FEE
Co-Ed	7400	Sept. 3	Oct. 7 - Dec. 2	Sat	8a.m 3p.m.	\$140*
Girls	7400	Sept. 3	Oct. 7 - Dec. 2	Sat	8a.m 3p.m.	\$140*
*\$155 after registration deadline						

Evaluation Day: Friday, September 15, 5:30 - 7:30 p.m.

SPRING 2024-6-GAME LEAGUE

DIVISION	ACTIVITY	REG. DEADLINE	SEASON	DAYS	GAME TIMES	FEE
Co-Ed	7004	Mar. 31	Apr. 27 - June 8**	Sat	8a.m 3p.m.	\$125*
Girls	7004	Mar. 31	Apr. 27 - June 8**	Sat	8a.m 3p.m.	\$125*

^{*\$140} after registration deadline

Evaluation Day: Saturday, April 6, 10 a.m. - 12 p.m.



Youth Street Hockey

Ages: 5-14

Score! Youth Street Hockey is back! Learn the fundamentals of street hockey, good sportsmanship, and teamwork

during this seven-game league. Each team requires a parent volunteer coach. Interested in coaching, please contact us at 916-362-1704.

Location: Mather Sports Complex - Street Hockey Rink

ACTIVITY	REG. DEADLINE	SEASON	DAYS	GAME TIMES	FEE			
7301	Nov. 26	Jan. 13 - Feb. 24	Sat	8 a.m 2 p.m.	\$125*			
*\$140 afte	*\$140 after registration deadline							

Skills Clinic Day: Saturday, December 9 • 9 - 11 a.m.



South SPORTS LEAGUES



Jr. NBA Youth Basketball League Grades: Kindergarten-5th Grade

They run, shoot, and they score! In partnership with the Jr. NBA, we are offering

our Jr. NBA Coed Youth Basketball league. This program includes one or two practices per week and six league games, dependent on the season and gym availability. Each team requires two volunteer coaches and/or team helpers. The practice schedule (day/time) is dependent on the volunteer coach and gym availability. Interested in coaching, please contact us at 916-362-1704 or nsinor@crpd.com.

Location: Mather Sports Center - Gym

SPRING 6-GAME LEAGUE

ACTIVITY	REG. DEADLINE	SEASON	DAYS	GAME TIMES	FEE
7002	Feb. 4	Mar. 2 - Apr. 13**	Sat	8a.m1 p.m.	\$125*

^{*\$140} after registration deadline

Skills Clinic Day: Saturday, February 10, 10 a.m. - 12 p.m.



Girls Youth Volleyball League

Grades: 5th-8th Grades

Bump, Set & Spike your way into our girl's youth volleyball league. Practices will concentrate on fundamental skill-building such as, passing, setting, serving, and spiking. Each team will have one practice a week,

and an 8-game guarantee during the season. Practice schedule (day/time) is dependent on volunteer coach and gym availability. Interested in coaching, please contact us at 916-362-1704 or nsinor@crpd.com.

Location: Mather Sports Center - Gym

SUMMER 8-GAME LEAGUE

ACTIVITY	REG. DEADLINE	SEASON	DAYS	GAME TIMES	FEE				
7005	Apr. 16	May 19 - July 7	Fri	5:30 - 7:30 p.m.	\$130*				
*\$145 afte	*\$145 after registration deadline								

Evaluation Day: Friday, April 28 • 5:30-7:30 p.m.

^{**}No games 5/25

^{*}No games 3/30



Youth ARTS & ENRICHMENT

BALLET RECITALS

December Winter Showcase

\$**5**Material fee

With Turns n Tumble

Location: Hagan Community Center

Baby Ballet

Ages: 18 months-3

Ballet is the foundation for many dances, so why not get an early start? Baby Ballet trains your little one in the fundamentals through well-known nursery rhymes!

ACTIVITY	DAYS	DATES	TIME	FEE
3124	Wed	Sept Feb.	3:45 - 4:15 p.m.	\$48/month*

Pre-Ballet

Ages: 3-5

In Pre-Ballet, your blooming dancer will learn proper ballet technique and terms in a fun and rewarding atmosphere. Attire: black leotard, pink footless tights, pink leather ballet slippers or bare feet, and/or white shirt, black shorts and black leather ballet slippers or bare feet.

ACTIVITY	DAYS	DATES	TIME	FEE
3122	Wed	Sept Feb.	4:15 - 5 p.m.	\$48/month*

Ballet 1

Ages: 6-14

Dancers will learn turns, leaps and jumps as they develop personal artistry, while enhancing their physical coordination. Attire: black leotard, pink or flesh-tone footless tights, flesh-tone leather ballet slippers or bare feet, and/or white shirt, black shorts and black leather ballet shoes or bare feet. No tutus or skirts allowed.

ACTIVITY	DAYS	DATES	TIME	FEE
3126	Wed	Sept Feb.	5 - 5:45 p.m.	\$48/month*

*\$36 prorated fee or Nov., Dec. and Feb. No class 11/22, 12/27 and 2/21.

Zumbini®

With Stephanie

Ages: 2 months-4 (Parent participation required)

Created by Zumba® and BabyFirst, the Zumbini® parent and child program combines music, dance and educational tools for 45 minutes of can't stopwon't stop bonding, learning and fun!

Location: Hagan Community Center - Building #1

ACTIVITY	DAYS	DATES	TIME	FEE
3142	Thurs	Ongoing	10 - 10:45 a.m.	\$40/month

Location: Rosemont Community Park

ACTIVITY	DAYS	DATES	TIME	FEE
3642	Fri	Aug. 4 - 25	4:30 - 5:15 p.m.	\$40/month
3642	Fri	Sept. 8 - 29	4:30 - 5:15 p.m.	\$40/month

Holiday Baking Clinic

With Little Chefs World

Ages: 4-18

Join us for a Holiday Baking Clinic! Students will create a delicious dessert in class to take home and share with friends and family. We curate fun holiday recipes for the students and incorporate kitchen safety, cooking skills, food preparation, and food safety. We look forward to cooking with your Little Chefs this Holiday season!

Location: Neil Orchard Senior Activities Center

ACTIVITY	DAYS	DATES	TIME	FEE
9900	Fri	Dec. 8 & Dec. 15	4 - 5 p.m.	\$40*

^{* \$30} material fee due to Instructor on first day of each session

Park Adventures

With CRPD Staff

Ages: 5-12

Join us for a fun morning of crafts, games, science and more!

March 11: Island Explorer: Kinetic Sandcastles, Make Your Own Volcano, Island Trivia
April 15: Desert Oasis: Sand Painting, Cactus Mosaic, Cactus Memory Game
May 13: Weird and Wacky: Tie Dye, Glow in the Dark Bouncy Ball, Yard Games

Location: Rosemont Community Park

ACTIVITY	DAYS	DATES	TIME	FEE
3630.03	Sat	Mar. 11	10 a.m Noon	\$15
3630.04	Sat	Apr. 15	10 a.m Noon	\$15
3630.05	Sat	May 13	10 a.m Noon	\$15

Barn Tours

With CRPD Staff

Our Barn is open, weather permitting, for educational tours! Staff will introduce you to our animals and share a brief history about each one. Bring a picnic and enjoy your lunch at nearby picnic tables in the park.

DAYS	DATES	TIME	FEE
Sat*	Ongoing	10 a.m Noon	\$1/person, cash only

^{*}Tours do not take place on holidays or in the rain

Story Walk with Brownie

Ages: 5-12

Families can visit the Hagan Community Barn to hear a nature story, learn about the Barn's farm friends and take a scavenger hunt or nature walk with staff.

ACTIVITY	DAYS	DATES	TIME	FEE
623.3	Fri	Sept. 22	4 - 5 p.m.	\$5/person
623.4	Fri	Oct. 20	5 - 6 p.m.	\$5/person
623.5	Fri	Nov. 17	5 - 6 p.m.	\$5/person
623.6	Fri	Mar. 22	5 - 6 p.m.	\$5/person







5% OFF when registering multiple children in the same household!

Discount applies only to Camp Cordova Camps.

ALL Camp Registration is Now Open!

CAMP CORDOVA FALL BREAK

With CRPD Staff

Ages: 6-12

Carve out some good times with our pumpkin themed camp. Join us for three action packed days of crafts, sports, cooking and games. This camp will be your campers' pick of the patch this break!

Location: Hagan Community Center

ACTIVITY	DAYS	DATES	TIME	FEE
513.1	Mon - Fri	Nov. 20 - 22	8 a.m 5 p.m.	\$105

KINGDOM BASKETBALL CAMP

With Master E.J. Harris

Ages: 7-12

Join coach Harris (former college basketball player) for his Basketball Spring Break Camp! Camp will focus on fundamental skills of the game. Get in the game today with Coach Harris! Optional camp shirts available for purchase from instructor.

Location: Mather Sports Complex - Gym

ACTIVITY	DAYS	DATES	TIME	FEE
5725	Mon-Wed	Nov. 20 - 22	9 a.m 12 p.m.	\$90
5725	Mon	Jan. 15	9 a.m 12 p.m.	\$30
5725	Mon-Fri	Dec. 18 - 22	9 a.m 12 p.m.	\$150
5725	Mon-Fri	Mar. 25 - 29	9 a.m 12 p.m.	\$150

CAMP CORDOVA WINTER BREAK

With CRPD Staff Ages: 6-12

School is out for the holidays and this camp is a great way for your child to keep busy! Our enthusiastic and experienced staff will lead activities such as arts & crafts, sports, cooking projects, games and most importantly a lot of FUN!

Location: Hagan Community Center

ACTIVITY	WEEK	DAYS	DATES	TIME	FEE
514.1	1	Mon - Fri	Dec. 18 - 22	8 a.m 5 p.m.	\$175
514.2	2	Tues - Fri	Dec. 26 - 29	8 a.m 5 p.m.	\$140
514.3	3	Tues - Fri	Jan. 2 - 5	8 a.m 5 p.m.	\$140

SPRING BREAK TENNIS CAMP

With Coach Garth

Ages: 6-14

Play tennis and have fun with level 1 PTR (Professional Tennis Registry) certified Coach Garth! This camp is for players who are new to tennis or who have intermediate skills. If you participated in My First Tennis Lesson or Learn to Play Tennis this is a great camp to transition into. Classes are three hours Monday through Friday.

Location: Heron Landing Community Park - Tennis Courts

ACTIVITY	DAYS	DATES	TIME	FEE
5702	Mon-Fri	Mar. 25 - 29	9 a.m 12 p.m.	\$130



Teen PROGRAMS



Teen Late Nights

With CRPD Staff Grades: 6th-12th

Fee: \$5/HYDE Out members, \$10/Non-Members

At this fun-filled event, you can participate in various activities such as karaoke, Xbox tournaments, pool and ping pong tournaments, or dodgeball. Food and drinks are included. Come on out and invite your friends! Nonmembers must register by Wednesday before.

ACTIVITY	DAYS	DATES	TIME	THEME
3171	Fri	Sept. 15	6 - 9 p.m.	Paint Night
3171	Fri	Oct. 20	6 - 9 p.m.	Fright Night
3171	Fri	Nov. 17	6 - 9 p.m.	Totally 80's
3171	Fri	Dec. 15	6 - 9 p.m.	Ugly Sweater
3171	Fri	Jan. 19	6 - 9 p.m.	Black Out
3171	Fri	Feb. 16	6 - 9 p.m.	Mystery Night
3171	Fri	Mar. 15	6 - 9 p.m.	Superheroes

You do not have to be a member of the HYDE Out program to participate in HYDE Out events.

2197 Chase Drive, Rancho Cordova

Mon-Fri | 3-6 p.m. | Follows the FCUSD calendar

LOCATION

THE HYDE OUT AFTER-SCHOOL PROGRAM

Grades: 6th-12th

Fee: \$55/School year, \$28/Semester

Looking for a place for your teen to hang after school? The HYDE Out offers a comfortable space for local teens to develop skills, discover new talents and meet new friends. The HYDE Out is located within walking distance from Mills Middle School and transportation is provided from Mitchell Middle School (limiting seating available).

For more information visit www.crpd.com/programs/teens/ or contact us at customerservice@crpd.com or 916-369-9844.

DAYS	DATES	TIME
Mon - Fri	Aug. 14 - May 17	3 - 6 p.m.*

^{*}Excludes holidays and school breaks

Career Workshops with CRPD

With Folsom Cordova Community Partnership (FCCP) Grades: 9th-12th

Learn about 2024 CRPD summer job and volunteer opportunities! This workshop includes resume basics, interview skills, mock interviews and more! Lunch is provided. Free Lifeguard Class for students at select neighboring schools who attend a workshop and pass the lifeguard swim test. CPR class is free for summer staff.

Location: Hagan Community Center

ACTIVITY	DAYS	DATES	TIME	FEE
3181	Sat	Feb. 3	9 a.m 3 p.m.	Free
3182	Sat	Mar. 9	9 a.m 3 p.m.	Free

Youth Game Nights

With CRPD Staff Grades: 5th-8th

Join us for an entertaining night of interactive games and snacks. Put your skills, knowledge, and sense of humor to the test with new and familiar favorites. Invite your friends and come ready for fun!

ACTIVITY	DAYS	DATES	TIME	FEE
3131	Fri	Sept. 2	5 - 7 p.m.	Free
3131	Fri	Oct. 7	5 - 7 p.m.	Free
3131	Fri	Nov. 4	5 - 7 p.m.	Free

Outdoor Aventure Group

TEEN ADVENTURE GROUP (TAG)

With CRPD Staff Ages: 11-18

Fee: FREE for TAG Members / \$10 non-TAG Member

This program is comprised of 6th-12th graders who will work with CRPD staff to host outdoor community events and participate in various nature trips. TAG members will learn how to plan and execute events, participate in mentoring and career workshops and will have the opportunity to address youth and teen related issues pertaining to services and safe spaces. Staff will work with teens to develop positive life and decision-making skills, while learning to effect change through cultivation of leadership qualities by connecting with the community. In addition to volunteering and community service projects, the TAG members will have opportunities for biking, hiking, kayaking, camping and creating long lasting memories through outdoor adventures!

Location: Meet at Lincoln Village Community Park

ACTIVITY	DAYS	DATES	Trip
9002	Sat	Oct. 14	River Clean Up
9002	Sat, Sun, Mon	Feb. 17 - 19	Snow Camping & Snowshoeing
9002	Sat	Mar. 23	River Clean Up
9002	Sat	Apr. 13	Granite Arch Rock Climbing
9002	Sat	Mav 18	Tide Pooling

WHO CAN APPLY FOR TAG?

- ► Middle or high school students who go to school or reside within Cordova Recreation & Park District boundaries.
- ➤ Applications will be accepted throughout the year. Teens interested in attending the end of summer camping trip must meet attendance requirements; TAG members must attend at least three (3) meetings and two (2) special events.

TAG MEETINGS

Meeting Date/Time: Second Thursday of each month from 6 - 7:30 p.m.

Location: The Neil Orchard Senior Activities Center

3480 Routier Road, Sacramento

Additional workshops and meetings are scheduled throughout the year for TAG members.

BIKE LAB WORKSHOPS

With Bike Lab Staff

Ages: 11-18 Fee: FREE

Join Bike Lab to learn how to repair and maintain your bike and enjoy a group bike ride after. Visit our website for future Bike Lab workshop dates.

Location: Lincoln Village Community Park

ACTIVITY	DAYS	DATES	TIME
9002	Sat	Oct. 14	9 a.m Noon



WE'RE ALWAYS ADDING NEW AND EXCITING ACTIVITIES, SO STAY TUNED TO OUR WEBSITE TO FIND YOUR NEXT ADVENTURE!

This program funded by the Outdoor Equity Grants Program, created through AB 209 and administered by California State Parks,
Office of Grants and Local Services.



Adult Softball

Ages: 18+

Annual 2024 USA Softball Fee: \$30 (due at registration deadline)

Play Ball with us today at the Mather Sports Complex, in one of our popular adult softball leagues! We offer recreational or competitive Men's, Women's and Coed leagues. Sign up early to get your teams spot secured, as our leagues fill up fast.

Location: Mather Sports Complex - Softball Complex

ACTIVITY	SEASON	DAYS	START DATE	TIME	FEE	REG. DEADLINE
8404	Fall	Mon-Fri	Sept. 11	6-10 p.m.	\$515*	July 31
8304	Winter**	Mon-Fri	Nov. 20	6-10 p.m.	\$515*	Nov. 5
8304	Spring '23	Mon-Fri	Mar. 6	6-10 p.m.	\$525*	Feb. 4

^{*}Registration fee increases \$540 Fall, Winter / \$550 Spring '23 after deadline.

^{**}Double header league



Adult Basketball 5 v. 5

Ages: 18+ Fee: \$515

Game on! Join us for our recreation 5 v. 5 basketball league. Our leagues are geared for teams looking to get some court time in a safe, fun and friendly environment. Teams are guaranteed seven games and the top four teams in each division qualify for playoff games.

Location: Mather Sports Center - Gym

ACTIVITY	SEASON	DAYS	START DATE	TIME	REG. DEADLINE
8301	Men's Fall	Mon	Oct. 16	6-10 p.m.	Sept. 18
8301	Women's Fall	Tues	Oct. 17	6-10 p.m.	Sept. 18
8301	Men's Winter	Mon	Feb. 5	6-10 p.m.	Jan. 8
8301	Women's Winter	Tues	Feb. 6	6-10 p.m.	Jan. 8

Adult Volleyball

Ages: 18+ Fee: \$300

Bump, Set and Spike! Join us for our Women's and Coed Recreation volleyball leagues at the Mather Sports Center.

Location: Mather Sports Complex - Gym

ACTIVITY	SEASON	DAYS	START DATE	TIME	REG. DEADLINE
8303	Fall	Tues	Sept. 26	7-10 p.m.	Sept. 10
8303	Spring	Tues	Mar. 5	7-10 p.m.	Feb. 18

Adult Flag Football

Ages: 18+ Fee: \$475

Hut, Hut, hike on over to Mather Sports Complex for CRPD's adult flag football league! Played on the all-weather synthetic turf fields.

Location: Mather Sports Complex - Synthetic Turf Soccer Fields

ACTIVITY	SEASON	DAYS	START DATE	TIME	REG. DEADLINE
8302	Spring	Wed	Mar. 6	7-10 p.m.	Feb. 18

ADULT PICKLEBALL



Ages: 18+ Fee: \$150

Join us on the newly remodeled pickleball courts at Larchmont Community Park! This will be a self-officiated pickleball league in which teams of two play 8 league games followed up playoffs. The winning team receives championship t-shirts and bragging rights!

Location: Larchmont Community Park - Courts

ACTIVITY	SEASON	DAYS	START DATE	TIME	REG. DEADLINE
8500	Spring	Wed	Mar. 20	6 - 8 p.m.	Feb. 25

For league information such as registration packets, deadlines, schedules and scores please visit www.teamsideline.com/cordova



SMALL GROUP FITNESS TRAINING

With Jennifer Alton, NASM Senior Fitness Specialist

Ages: 18+

Bring water, towel and spongy foam or yoga mat.

Fee for 8-visit Punch Card: \$52/Member, \$57 Non-Member

Location: Neil Orchard Senior Activities Center

Floor Mat Pilates

This class focuses on breathing, balance, and core strength. Lengthen, strengthen, and stretch muscles in sync with your breath to feel improvements in brain, respiratory and circulatory functions.

ACTIVITY	DAYS	DATES	TIME
9308	Tues & Thurs	Ongoing	4:40 - 5:25 p.m.

Restorative Yoga for the Back

This class focuses on breathing, balance, and core strength. Lengthen, strengthen, and stretch muscles in sync with your breath to feel improvements in brain, respiratory and circulatory functions.

ACTIVITY	DAYS	DATES	TIME
9305	Tues & Thurs	Ongoing	5:30 - 6:30 p.m.

Active Aging Chair Yoga

A therapeutic combination of several yoga styles specifically tailored to older adults. Sitting on and standing tall with the chair can help balance and nurture the older spine, increasing flexibility and balance.

ACTIVITY	DAYS	DATES	TIME
9309	Tues & Thurs	Ongoing	3:45 - 4:30 p.m.

Active Aging Balance & Movement

Learn to challenge your body's muscular strength, flexibility, agility, balance, posture, and endurance. Improve daily living through functional movement patterns. Work at your own pace. Equipment provided.

ACTIVITY	DAYS	DATES	TIME
9310	Wed	Ongoing	2:45 - 3:30 p.m.

NOW HIRING!

For more info: Visit https://bit.ly/3oEhLHg or Scan OR code



ADULT PICKLEBALL



With Coach Garth

Ages: 18+

Classes cover an introduction to the main rules of pickleball, developing foundational techniques for basic shots, including serves, groundstrokes, dinks, volleys, lobs, and overheads. Each class includes a conditioning warmup, technique introduction and drills, a strategy exposure game, practice gameplay, and cool down.

Location: Eagle's Nest Park - Courts

ACTIVITY	DAYS	DATES	TIME	FEE
3315	Wed	Sept. 6 - Oct. 11	5:30 - 6:30 p.m.	\$70

Tennis for Adult and Senior Beginners

With Coach KJ Song

Ages: 18+

In this 6-week program, students will meet once weekly and learn the fundamentals of tennis. Players will learn basic tennis skills by understanding the important "ball-hit" principle. Students will gain an understanding of tennis and the basic principles of the game.

Location: Heron Landing Community Park - Tennis Courts

ACT	IVITY	DAYS	DATES	TIME	FEE
27	797	Thurs	Mar. 14 - Apr. 18	7:30 - 8:30 p.m.	\$110



Youth Tennis Programs PAGE 14

Friends Through Fitness

With Josie Glavich

Ages: 18+

This is an outdoor energetic and fun fitness class with strength training, cardio, core and flexibility. Instructor will provide a variety of different workouts each week in a friendly and positive atmosphere.

Location: Stone Creek Community Park - Amphitheater

ACTIVITY	DAYS	DATES	TIME	FEE
2531	Sat	Ongoing	9 - 10 a.m.	\$45/8-visit card
2531	Tues & Thurs	Ongoing	5:30 - 6:30 p.m.	\$45/8-visit card



Country Line Dance

With Toni Ages: 18+

Fee for 4-visit Punch Card: \$24

Designed for beginners and accomplished dancers, this class covers a full range of skills and routines. Each week participants will learn and practice steps and dances from both classic styles and the latest, most popular dances.

Location: Hagan Community Center - Building #1

ACTIVITY	DAYS	DATES	TIME
2111	Mon	Ongoing	7 - 8:30 p.m.

INTERESTED IN BEING AN INSTRUCTOR?

Please contact us at 916-369-9844 or customerservice@cprd.com

CONNECT with 18







@CordovaRPD

Cheng Man Ching Short Form Tai Chi

With Sacramento Cheng Man Ching Tai Chi Chuan Group Ages: 13+

Fee for 6-visit Punch Card: \$50*

Learn to focus on the health and martial aspects of Cheng Man Ch'ing's Tai Chi Chuan. We are a full Tai Chi curriculum school within the CMC tradition, teaching the 37 Movement short form, fixed and stepping push hands, two-man practice sets, Da Lu and San Shou. Attire: comfortable loose clothing and flatbottomed shoes. Punch card can be used for either class.

Location: Hagan Community Center - Building #1

ACTIVITY	DAYS	DATES	TIME			
SWORD FORM						
2141	Sat	Ongoing	8 - 9:25 a.m.			
INTERMEDIATE/ADVANCED						
2151	Sat	Ongoing	9:30 - 11 a.m.			

*\$10/drop in







Membership

CRPD offers a wide variety of fun and educational activities for active seniors throughout the District. For a membership fee of just \$10 per year, active seniors will receive discounts on classes and events, monthly newsletters and more. Non-Member costs: \$5 more per class at the Neil Orchard Senior Activities Center.

For more information call 916-366-3133. Membership is not required to participate in any CRPD activities.

WE ARE SILVER&FIT AND ACTIVE&FIT

The Silver&Fit and Active&Fit program is an exercise and healthy program specifically designed for adults ages 65+ who want to improve their quality of life through exercise and fun. Members of participating health plans may qualify for free or discounted fitness classes. Check with your insurance carrier to see if you are eligible. Virtual classes are not eligible.

Gward Winning Drogram GREEN THUMB LUNCH

Fee: \$5 in advance, \$6 day of / to-go*

Meals will include a soup with either a salad or sandwich and baked good. Please RSVP no later than the Friday before.

ACTIVITY	DAYS	DATE	TIME
9100	Wed & Fri	Weekly	11:30 a.m.

Holiday Closures:

November 23-24
December 18 - January 1



ON-GOING MEMBER ACTIVITIES

(Non-members pay \$1 drop-in fee per activity)

Activity	Days	Time
Library & Lounge	Daily	7:30 a.m Close
Jigsaw Puzzle Swap	Daily	7:30 a.m Close
Billiards	Daily	7:30 a.m Close
Bingo	Wed/Fri	12 - 2 p.m.
Hand & Foot**	Thurs	12:30 - 4:30 p.m.
Cordova Garden Club	1st Wed	10:30 a.m.
Senior Sewing Group	1st & 3rd Wed	1 - 4 p.m.
CIA	Tues	9:30 - 11:30 a.m.
Walking to Get Fit	Mon/Wed/Fri	Call for times
Knitting Group	Tues	9 - 11 a.m.

^{**}Must call to RSVP before attending card groups



SILVER SURFERS

With SeniorTechPal (Ashu Singla, retired Sr Director from Intel) Ages: 50+

These classes are for beginners. Use of computers included or students may bring their own. Seats are limited!

Technology Workshop

Ages: 50+

Learn how to use your phone to Zoom, schedule an Uber, or even calendar appointments. Everyday convenient features are available for your smartphone, laptop, tablet and other common devices – the workshop helps you navigate through those features with live working demonstrations. Topics are selected prior to the session.

ACTIVITY	DAYS	DATES	TIME
9600	2nd Wed	Ongoing	2 - 4 p.m.

Technology 1:1 Troubleshooting

Ages: 50+

Annoying little technology issues can often be solved by some simple changes to the settings on your devices (Smartphone, Tablet, Laptop....). Reserve your spot in 1:1 troubleshooting session and bring your devices that need troubleshooting with you. You can also use the session to learn about features on your devices.

ACTIVITY	DAYS	DATES	TIME
9600	2nd Wed	Ongoing	2 - 4 p.m.

GIFT Certificates

Give the gift of health and well-being! CRPD gift certificates can be purchased for any amount and redeemed for any program, class or service.

Two easy ways to purchase:

- ► In-person at any of our community centers
- ▶ By phone at 916-369-9844

Creative Card Making with Judy

With Judy Pinner

Ages: 50+

Monthly Fee: \$20 Member, \$25/Non-Member

Join us for a fun-filled session of creativity, connection, and card making! Bring your imagination and leave with a collection of personalized cards ready to share with family and friends. No prior experience is required, and all materials will be provided. \$5 material fee due at the beginning of each month.

ACTIVITY	DAYS	DATES	TIME
9404	1st & 3rd Wed	Monthly	9:30 - 11:30 a.m.

Knitting & Crochet

Ages: 50+

Free for members

A social group for participants to work on their knitting and crochet projects in a relaxed, self-guided setting. No instructor, bring your own materials.

ACTIVITY	DAYS	DATES	TIME
9403	Tues	Ongoing	9 - 11 a.m.



CIA-Cordova Independent Artist

Ages: 50+

Fee: Free for members

Enjoy a rewarding and successful journey creating art in an open studio format. No instructor, simply community members coming together to create and share their experiences and knowledge in their particular medium.

ACTIVITY	DAYS	DATES	TIME
9401	Tues	Ongoing	9:30 - 11:30 a.m.

Wire Wrap Jewelry Making

With Deborah Kelly

Ages: 50+

Fee: \$70/Member, \$75/Non-Member

Learn the basics of handcrafted jewelry! Using tools and wire to construct your own jewelry pieces from the beginning. Projects include rings, bracelets, chains, and more.

ACTIVITY	SESSION	DAYS	DATES	TIME
9400	Sept./Oct.	Fri	Ongoing	3 - 4:30 p.m.
9400	Nov./Dec.	Fri	Ongoing	3 - 4:30 p.m.
9400	Jan./Feb.	Fri	Ongoing	3 - 4:30 p.m.

Sewing

Ages: 50+

Fee: Free for members

Enjoy a rewarding journey of creating in fabric in an open studio format. No instructor! Just like-minded people coming together to create and share their experiences and knowledge through artistic endeavors.

ACTIVITY	DAYS	DATES	TIME
9402	1st & 3rd Mon	Monthly	1 - 4 p.m.

Line Dance (Beginner/Intermediate)

With Phyllis and Norm Gifford

Ages: 50+

Fee for a 10-visit Punch Card: \$50/Member, \$55/Non-Member

Round up your friends and get in line for a great time! In this class you will learn both classic and popular modern line dances. There are three times to choose from to meet your ability level. No partner needed!

ACTIVITY	DAYS	DATES	TIME		
		BEGINNER			
9306	Tues	Ongoing	1:15 - 1:45 p.m.		
	ADVANCED BEGINNER				
9306	Tues	Ongoing	1:45 - 2:15 p.m.		
INTERMEDIATE					
9306	Tues	Ongoing	2:15 - 2:45 p.m.		

Advanced Country Line Dance

With Vicki Camblin

Ages: 50+

Fee for a 10-visit Punch Card: \$40/Member, \$45/Non-Member

Join our lively group of line dancers! These classes are not meant for beginners. Student must meet with instructor prior to registering for class.

ACTIVITY	DAYS	DATES	TIME
9307	Thurs	Ongoing	1 - 3:30 p.m.



Extended Travel with Collette

Join Jay Fehan from Collette for an informational presentation on a variety of exciting Collette Travel options. Information on upcoming trips will be presented as well as taking suggestions for future offered trips.

ACTIVITY	DAYS	DATE	TIME
9700	Mon	Oct. 30	1 p.m.

Estate Planning/Wills & Trusts

Planning for the future is crucial and estate planning is particularly important for seniors. An advocate from the Senior Legal Hotline of Northern California will walk you through this complex process. There will be a short O&A session afterwards

ACTIVITY	DAYS	DATE	TIME
9700	Mon	Jan. 22	1 p.m.

Get Up 'N Go Travel Presentation

Ready to get up and go? Learn about upcoming motorcoach trips and give input on what future trips you'd like to see us offer.

ACTIVITY	DAYS	DATE	TIME
9700	Mon	Jan. 29	1 p.m.

Tennant's Rights/Eviction Protection

"Can my landlord evict me for complaining about the conditions of my apartment?" "Do I have the right to request a parking spot that is closer due to my disability?" "How do I respond to a 3-day notice to pay rent or quit?

ACTIVITY	DAYS	DATE	TIME
9700	Mon	Feb. 12	1 p.m.

Social Security

This presentation will be about Social Security retirement benefits. The advocate from Legal Services of Northern California will go over eligibility rules as well as eligibility requirements, including what it means to receive benefits before, during, or after normal retirement age and eligibility requirements to receive spouse's, divorced spouse's, or widow's/widower's benefits.

ACTIVITY	DAYS	DATE	TIME
9700	Mon	Mar. 11	1 p.m.

Presentations are open to all ages.

Please RSVP either online or by calling 916-366-3133 for these free presentations as space is limited.

Presentations are held at the Neil Orchard Senior Activities Center.





Unless otherwise noted, all senior programs will be held at the Neil Orchard Senior Activities Center.

Beginning Kundalini Yoga

With Adam Batten

Ages: 50+

Monthly Fee: \$35/Member, \$40/Non-Member

This yoga class is very adaptable for all participants and levels of flexibility. We focus on breathing, stretching, and it is very active. Participants will gain lung capacity, flexibility, and learn to address stress.

ACTIVITY	DAYS	DATES	TIME
9301	Mon, Wed, Fri	Monthly	9:15 - 10:15 a.m.

Walking To Get Fit

Ages: 50+

Fee: FREE, registration is required.

Enjoy the safety and companionship of walking in a group while reducing your risk of serious diseases like heart disease, stroke, diabetes and more. This social walking group is suitable for anyone looking to add physical activity into their regular routine; must be able to walk unassisted.

Location: Lincoln Village Community Park

ACTIVITY	DAYS	DATES	TIME
9302	Mon, Wed, Fri	Ongoing	10 - 11 a.m.

Zumba Gold

With Lidia Mondragon

Ages: 50+

Fee for 8-visit Punch Card: \$35/Member, \$40/Non-Member

This easy-to-follow community-oriented dance and fitness class is invigorating and exhilarating. Zumba Gold provides modified, low-impact moves for active seniors and beginners. Bring a towel and a water bottle. New students please arrive 15 minutes early.

ACTIVITY	DAYS	DATES	TIME
9303	Tues & Thurs	Ongoing	Noon - 1 p.m.

Cheng Man Ching Short Form Tai Chi

With Golden Jade Tai Chi Chuan

Ages: 50+

Fee for 6-visit Punch Card: \$40/Member, \$45/Non-Member

Learn to focus on health, balance, and the interior Qigong (Chi Kung) aspects of Tai Chi Chuan. Soft flowing movements will be taught designed for the various athletic and age levels of each student. Attire: comfortable loose clothing and flat-bottomed shoes.

ACTIVITY	DAYS	DATES	TIME
	BEGI	NNER	
9312	Tues	Ongoing	9 - 10 a.m.
	ADVA	NCED	
9312	Thurs	Ongoing	9 - 10 a.m.

Intermediate/Advanced Tai Chi

With Kathy Villegas

Ages: 50+

Fee for 10-visit Punch Card: \$50/Member, \$55/Non-Member

Often described as "meditation in motion," the gentle flowing movements of Tai Chi are excellent for stress reduction, improving balance, flexibility and circulation. Please bring water, wear loose comfortable clothing and soft soled shoes. These classes are not meant for beginners.

ACTIV	ITY DAYS	DATES	TIME
930	4 Mon	July-Sept.*, Ja	nMar. 10:30 - 11:15 a.m.

^{*}No classes Oct.-Dec.

Exercise

With Adam Batten

Ages: 50+

Monthly Fee: \$30/Member, \$35/Non-Member

Improve body composition, flexibility, strength and endurance while increasing energy and reducing stress in this fun, low-impact program designed for active seniors.

ACTIVITY	DAYS	DATES	TIME
9300	Mon, Wed, Fri	Ongoing	8 - 9 a.m.





Events are held at the Neil Orchard Senior Activities Center. We encourage you to purchase tickets in advance as some events sell out quickly.

Fees: \$8/Member, \$10/Non-Member

*No tickets sold on day of event unless noted otherwise

Senior Citizens Day

Join us as we support, honor, and show our appreciation to our seniors and their positive contributions to the community.

ACTIVITY	DAYS	DATE	TIME
9026	Wed	Aug. 23	11:30 a.m.

Cheeseburger Day

Celebrate one of America's favorite sandwiches! The sizzling fresh cheeseburgers will be served with all the fixings, potato salad, fresh fruit, and a beverage.

ACTIVITY	DAYS	DATE	TIME
3103	Wed	Sept. 20	11:30 a.m.

Halloween Bash

The werewolves will howl, the monsters will mash! It's time to celebrate with a Halloween Bash! Come dressed in your spooky best and be ready to eat, drink, and be scary!

ACTIVITY	DAYS	DATE	TIME
9206	Wed	Oct. 25	11:30 a.m.

Celebrating Veterans Day

Join us as we show our appreciation for the men and women who served to keep America safe and free. Enjoy a delicious luncheon featuring a slice of apple pie a la mode. **Event is FREE for Veterans but must RSVP by 11/1.**

ACTIVITY	DAYS	DATE	TIME
9204	Wed	Nov. 8	11:30 a.m.



Thanksgiving Feast

Put on your stretchiest pants and come over for a Thanksgiving Feast served with all the fixings! End the meal with a slice of delicious pumpkin pie.

ACTIVITY	DAYS	DATE	TIME
9202	Wed	Nov. 15	11:30 a.m.

Winter Wonderland

Eat, drink and be merry. You're invited to join us for our annual Winter Wonderland. Make sure to be on your best behavior though, you never know who'll drop in for a visit!

ACTIVITY	DAYS	DATE	TIME
9200	Wed	Dec. 13	11:30 a.m.

Lunar New Year Celebration

Enjoy a delicious feast while learning about the various cultures that participate in this time-honored celebration of family, food, and good wishes.

Α	CTIVITY	DAYS	DATE	TIME
	9201	Wed	Feb. 7	11:30 a.m.

Mardi Gras Celebration

Beads, masks and all that jazz. Enjoy a Cajun inspired menu with live entertainment!

ACTIVITY	DAYS	DATE	TIME
9205	Wed	Feb. 21	11:30 a.m.

Thank You Sponsors!

See page 5 for a list of sponsors that make these events happen.



COLLETTE TRIPS 2024

All rates include Roundtrip Transfer to Airport, Roundtrip Air, Air Taxes and Fees/Surcharges, and Hotel Transfers. Please contact Lara Nall at 916-366-3133 for more information.

SUNNY PORTUGAL

10 Days/ 13 Meals

Highlights: Portuguese Riviera, Lisbon, Belem, Óbidos, Sintra, Arraiolos, Cork factory, Evora, Winery, Alentejo, Monsaraz, Lagos, Algarve, Faro, Tavira, four UNESCO World Heritage Sites, Azeitao.

ACTIVITY	DATE	FEE
9006	Mar. 19 - 28	Double \$2,999; Single \$3,499; Triple \$2,669

^{*}Prices good until September 20

DISCOVER WASHINGTON D.C.

10 Days/ 13 Meals

Highlights: U.S. Capitol Building tour, World War II Memorial, Washington National Cathedral, Ford's Theater, Arlington National Cemetery, Mount Vernon, Old Town Alexandria, Vietnam Veteran's Memorial. White House visitors center. Smithsonian Institute.

ACTIVITY	DATE	FEE
9005	Mar. 19 - 28	Double \$2,599; Single \$3,099; Triple \$2,569
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^{*}Prices good until November 17

COWBOY COUNTRY USA

8 Days/ 10 Meals

Highlights: Enjoy stunning views of the American West as you make your way through Yellowstone, Grand Teton National Park's Crazy Horse Memorial, Mt. Rushmore and more!

ACTIVITY	DATE	FEE
9005	Feb.15 - 26	Double \$4,099; Single \$5,099; Triple \$3,869

^{*}Prices good until December 11

- All trips include roundtrip charter bus transportation with on-board restroom from the Neil Orchard Senior Activities Center, driver gratuity and refreshments on the bus
- Seating is assigned by staff. If special accommodations are needed, please contact Lara Nall at 916-366-3133 or Inall@crpd.com
- · Minors must be accompanied by a paying adult
- Charter bus can accommodate wheelchair and walkers, participants in wheelchairs must provide at least 30 days advance noticed to ensure a bus with a wheelchair lift is reserved (walkers will be stored under the bus during travel)

MYSTERY TRIP

There's no earthly way of knowing which direction they are going! Exploring new places and embracing the sense of wonder is a fantastic way to reconnect with our inner child.

Activity Level: Moderate, wear comfortable shoes.
Registration Cancellation deadline is September 19

ACTIVITY	DAYS	DATE	TIME	FEE
9000	Thurs	Oct. 19	8 a.m 6 p.m.	\$125

SAN FRANCISCO SHOPPING TRIP

Kick off the holiday season with a day of shopping, dining, and sightseeing in San Francisco. You have your choice of being dropped off in beautiful and bustling Union Square or at the festive Pier 39 to experience one of the most recognizable waterfronts in the world.

Activity Level: Moderate/Strenuous

Registration Cancellation deadline is October 30

ACTIVITY	DAYS	DATE	TIME	FEE
9000	Thurs	Nov. 16	8 a.m 6 p.m.	\$75

NEVADA CITY VICTORIAN CHRISTMAS

Welcome the holiday season in style in historic Nevada City, Sierra where each year the town's picturesque downtown transforms into a genuine Christmas card come to life. Join us for the one and only Victorian Christmas, where the enticing aromas of roasted chestnuts and hearty holiday foods fill the air and the lamp-lit streets overflow with authentic Christmas treasures.

Activity Level: Moderate/Strenuous

Registration Cancellation deadline is November 3

ACTIVITY	DAYS	DATE	TIME	FEE
9000	Sun	Dec. 3	8 a.m 6 p.m.	\$65



- Indoor High School Basketball Court with 2 Cross Courts
- Indoor Main Volleyball Court with 3 Cross Courts
- 3 Racquetball Courts
- 2 Weight Rooms and 1 Cardio Room
- Dance Studio
- Lockers

Outdoor Amenities

- 3 Synthetic Turf Softball/Baseball Fields
- 2 Synthetic Turf Soccer/Multi-Use Fields
- 1 Natural Turf Baseball Field
- Skate Park
- · Children's Playground
- Pétangue Courts
- Picnic Areas

PLAZA SKATE PARK

Open sunrise to sunset for skateboards, bike riders, in-line skaters, roller skaters and scooters. Available to rent hourly, please contact the Mather Sports Center at 916-362-1704.

SPORTS & LEAGUES

League information may be picked-up at Mather Sports Center, or downloaded from www.teamsideline.com/cordova or seen on pages 15 and 20.

EVENTS & TOURNAMENTS

Mather Sports Complex is a regional sports destination with synthetic turf sports fields, a full-size basketball gym, cardio and weight rooms, racquetball courts, a dance studio and a natural turf baseball field available to rent.

Visit crpd.com/rentals for rental information.

PÉTANQUE (PAY-TONK) COURTS

Similar to bocce ball, pétanque is a form of boules, where the goal is to throw a hollow metal ball as close as possible to a small wooden ball called a cochonnet or jack. Local clubs Sactown Petangue and Club Français De Sacramento meet at the Mather Sports Complex regularly. Club Français meets officially every Thursday and Sunday at 1 p.m. (10 a.m. June-Sept.) Both clubs host competitive and casual pétanque tournaments at least once a month, among other social events.

For more information, visit www.sactownpetangue.com.

3755 Schriever Avenue, Mather | 916-362-1704

Monday-Friday: 12 - 9 p.m.

Saturday & Sunday: 8 a.m. - 6 p.m.

Rates

Good all day for all indoor amenities

- \$6 drop-in
- \$3 Student drop-in. Student drop-in fee is for students 18 and younger. (Must show a valid school I.D. card)
- \$37/10-visit punch card (Expires one year after purchase date)
- \$3 Military (Must show valid military ID)

Memberships

To qualify for a group membership rate, at least 10 people from a business/organization/complex/ association/etc. must initially sign up at the same time to establish the group. Once established, all persons associated with the group qualify for the group rate. Must show proof of association with the group or military (i.e. ID badge/card, Military I.D., business card, pay stub, etc.).

Individual: \$26/month **Groups or Military: \$21/person per month**







9425 Jackson Road, Sacramento, CA | 916-362-1196 www.cordovagc.com | Daily • Sunrise - Sunset



Book your tee time at www.cordovagc.com



GREEN FEES & RATES

18-HOLE FEE				
MON-FRI	FEE	WEEKENDS/HOLIDAYS	FEE	
Regular	\$26	Regular	\$31	
Seniors, Vets, First Responders	\$22	Seniors, Vets, First Responders	\$27	
Twilight (after 3 p.m.)	\$17	Twilight (after 3 p.m.)	\$22	
Last Light (2 hrs before sunset)	\$11	Last Light (2 hrs before sunset)	\$11	
Junior (15 & Under)	\$15	Junior (15 & Under)	\$15	
		Youth on Course	\$5	

9-HOLE FEE				
MON-FRI	FEE	WEEKENDS/HOLIDAYS	FEE	
Regular	\$17	Regular	\$19	
Twilight (after 3 p.m.)	\$15	Twilight (after 3 p.m.)	\$17	
Last Light (2 hrs before sunset)	\$11	Last Light (2 hrs before sunset)	\$11	
Junior (15 & Under)	\$10	Junior (15 & Under)	\$10	
		Youth on Course	\$3	

RENTAL RATES				
9-HOLE	FEE	18-HOLE	FEE	
Power Cart	\$11 per rider	Power Cart	\$16 per rider	
Push Cart	\$6	Push Cart	\$8	
Golf Clubs	\$6	Golf Clubs	\$11	

DRIVING RANGE			
BUCKET	FEE		
Large Bucket (110 balls)	\$12		
Medium Bucket (75 balls)	\$10		
Small Bucket (30 balls)	\$5		
Range Key Deposit	\$5		
Range Key Deposit	\$5		

NOW OPEN!



916-822-4176
Catering, Business Lunches, Craft Beers on Tap!

Doordash available.





Tournaments

Groups and individuals interested in scheduling a tournament can make reservations by calling 916-362-1196.

Follow @cordovagolfcourse on Instagram & Facebook







PRIVATE GOLF LESSONS



Whether you're a beginner or an avid golfer, you are invited to participate in golf lessons at Cordova Golf Course. We can help you learn to play or significantly improve your game. Our Professional Golf Instructors customize instruction tailored to your skill level and will help you achieve your personal goals.

Adult Lessons (Ages 18+)

With Jack Rovane, PGA

30-Minutes \$50

With Denise Fass, PGA 30-Minutes 1 Hour

\$50

\$100

With Don Levin, Instructor

1 Hour \$100

Junior Lessons (Ages 6-17)

With Jack Rovane, PGA

30-Minutes \$40

With Denise Fass, PGA

30-Minutes 1 Hour \$40 \$80

With Don Levin, Instructor

30-Minutes \$40

Youth On Course



Golf teaches important social, mental and physical skills. Providing youth with access to affordable golf is key to these endless learning opportunities. Youth On Course members can play golf for \$5 or less! For more information or to register your child, please visit www.youthoncourse.org.

Mon-Fri Hours	Sat-Sun Hours	Fee
After 11 a.m.	After 12 p.m.	\$5 for 18 holes*
After 11 a.m.	After 12 p.m.	\$3 for 9 holes*

^{*}Price available for active members only.

GOLF CLINICS

First Tee Junior Clinics With Jack Rovane, PGA



As a proud member of the First Tee of Greater Sacramento, we offer Junior Golf Clinics to both novice and experienced young golfers. Instruction focuses on golf fundamentals, promotes positive self-esteem, sportsmanship and healthy habits. Golfers are introduced to the First Tee Nine Core Values, which represent some of the many inherently positive values connected to the game of golf. These are incorporated throughout the program and parents are encouraged to reinforce these behaviors outside the course. Our PGA Professional Instructor, Jack Rovane, and his staff are passionate about the game and excited to teach a new generation of golfers.

AGES	DAYS	DATES	TIME	FEE
6-18	1st & 3rd Sat every month	Ongoing*	10-11 a.m.	\$15/player, per day

*Subject to weather conditions. During periods of wet weather, visit facebook.com/cordovagolfcourse or call 916-362-1196 (option 1) one hour prior to class for updates on weather conditions and course closure.

INSTRUCTIONAL SERIES

With Denise Fass, PGA

Fine-tune your swing, enhance your shot-making, learn golf strategy (and more!) with our instructional program series. Whether you're new to golf or looking for a competitive edge, Coach Denise offers a wide spectrum of instructional packages for golfers of all ages and abilities. Choose a private lesson series or grab some friends and start a group series!

Junior Series

2.5 Series (150 min.) \$250

Adult Series

5 Series (300 min.)
\$450

Junior Groups

SERIES	GOLFERS	FEE
2.5 Series (150 min.)	1-3 Golfers	\$75/Golfer
2.5 Series (150 min.)	4-6 Golfers	\$65/Golfer

Adult Groups

SERIES	GOLFERS	FEE
5 Series (300 min.)	2 Golfers	\$275/Golfer
5 Series (300 min.)	3 Golfers	\$250/Golfer
5 Series (300 min.)	4 Golfers	\$225/Golfer

Operation 36 With Denise Fass, PGA



Learning to play golf can be an overwhelming and frustrating experience without a clear plan! Operation 36 provides beginners with the most effective developmental programs and technology to learn the game of golf. Become a skilled golfer with Coach Denise and follow the motivating roadmap to shooting Par (36) and better for 9 holes!

AGES	DAYS	DATES	FEE
6-Adult	Ongoing	Year-Round	\$360/session

For more information regarding orientation(s) and instructor availability, please contact the Pro Shop at 916-362-1196 or email our team at cordovagc@crpd.com.



WHITE ROCK SPLASH PARK PARTIES

Time Slots: 5:30 - 7:30 p.m.

Ages: All

Fee: Packages start at \$350

Dump bucket, water slides and canons, oh my! These water park features are sure to keep your party cool. Rental options include: Splash Park access only, Splash Park and Clubhouse or Splash Park and Pavilion. Host up to 70 people from Memorial Day to Labor Day. Water Access from 5:35 - 7:25 p.m.

Taking reservations starting April 1, 2024



PARTY AT THE HYDE OUT

Ages: Ideal for ages 11+ Fee: \$94/hour

The HYDE Out is the ideal spot for tweens and teens to celebrate any occasion! Our facility offers various gaming tables, gaming consoles and board games. Package includes one staff member to oversee equipment.

PARTIES AT THE BARN

Ages: Ideal for ages 4+ Fee: Packages start at \$250

Enjoy interacting with our farm friends at your next event! Package includes an all-day reservation at a basic picnic area, one (1) hour in the Hagan Community Barn for up to 15 children, animal meet and greet, a tour of the grounds and craft time with our Barn staff. Schedule your kiddo's next party at the Barn!



POOL parties:

Have a splashin" good time during your pool party! When it heats up, choose from the Cordova Community Pool or the Lincoln Village Community Pool to celebrate.

Taking reservations starting April 1, 2024 Ages: All

Cordova Community Pool

Fee: Packages start at \$172/hour

Features two swimming pools. The activity pool has splash features and a sloped entry with depths that vary from zero to four feet. The competition pool provides eight (8 deep lanes, two shallow lanes, a diving board and has depths that vary from 3.5 to 12 feet). The facility features picnic tables, an open grass area, bleachers and a shade canopy.

Lincoln Village Community Pool

Fee: Packages start at \$88/hour

Features one swimming pool. The pool has a sloped entry with depths ranging from zero to 5.5 feet. This facility is surrounded by open grass areas and a shade canopy.

Private Pool Parties

Time Slots: 9 a.m. - Noon ; 5:30 - 8 p.m. Saturdays & Sundays Cordova Community Pool Fee: Packages start at \$172/hour Lincoln Village Community Pool Fee: Packages start at \$88/hour



Public Swim Pool Parties



Time Slots: 1 - 5 p.m. Saturdays & Sundays

Cordova Community Pool & Lincoln Village Community Pool Fee includes up to 20 guests and dedicated space including two tables, 15 folding chairs and two shade canopies and access to the full facility including loungers and additional chairs.

OUTDOOR PARTIES



Whether you're looking for a large open outdoor space, a sports field or beautiful picnic pavilion, CRPD has the perfect size location for your celebration.

>> See pages 33-35 for more information about our event spaces

AVAILABLE AMENITIES	Hagan Community Center 2197 Chase Drive		Neil Orchard Senior Activities Center 3480 Routier Road		White Rock Community Center
	Building 1: Main Room	Building 2: The HYDE Out	Multipurpose Room	Classroom	10488 White Rock Road
Maximum Capacity ¹	150	30	150	30	60
Restrooms	/	/	V	/	/
Tables/Chairs	\checkmark	/	\	~	/
Alcohol Permitted ²	/		V		
AC/Heating	\	/	\	/	/
Kitchen ³	Serving		Commercial		Serving
On-site Staff	/	/	/	/	
Park Adjacent	/	/	V	/	/
Icemaker ⁴			\		
Patio/Outside Area ³	/		/		
Projector Screen			/	~	
Linen Rental			V		
Parking	Lot	Lot	Lot/Street	Lot/Street	Lot/Street

1=Seated with Tables

2= Permit and Additional Fees Required

3= For an Additional Fee

4= Included with Kitchen Rentals

DEPOSITS

A \$200 cleaning and security deposit is required for the rental of all indoor CRPD facilities. If alcohol is being served, the cleaning and security fee is \$500. Deposit must be received in order to secure date(s). Building deposit will be refunded upon completion of the activity if the respective facility is returned to its original condition. Refund may take up to six (6) weeks for processing if paid by check or cash. Deposits made by credit card will take 2-3 business days to be refunded.

INSURANCE

All individuals, groups or organizations renting CRPD facilities will need to obtain a certificate of liability insurance in the minimum amount of \$1,000,000, naming the District as co-insured with an additional insured endorsement.

For more facility rental information, scan code.







This location is ideal for wedding receptions, reunions, dances, private parties and other group activities. The buildings are situated in a park setting surrounded by trees, ponds and footbridges which offer splendid scenery and recreational facilities.

Picnic areas, tennis courts, playgrounds and ballfields are also nearby.

Email: rentals@crpd.com or call 916-369-9844



This location is ideal for holding small business meetings or family gatherings. The Clubhouse is situated in a park setting with a small pavilion picnic area, tennis courts playgrounds and a popular children's splash park.

The White Rock Splash Park can be rented for an additional fee.

Email: rentals@crpd.com or call 916-369-9844

Meil Orchard SENIOR ACTIVITIES CENTER



This location is the perfect venue for your family or corporate event. Located next to the beautiful Lincoln Village Community Park. The Center can accommodate everything from an intimate family gathering to large community meetings, wedding receptions, reunions, dances, private parties and other group activities.

Call 916-366-3133





Reservation requests now available online! Visit crpd.com/rentals/rental-information for more info.

PAVILION/PICNIC RENTALS

Reservations available up to 1 year in advance

To reserve a picnic or pavilion area, call the Hagan Community Center at 916-369-9844, email rentals@crpd.com or reserve online. Daily use fees vary depending on the capacity and size of the picnic/pavilion area. Alcohol is only allowed in the reservable park spaces with a permit. Most parks and picnic areas are on a first-come, first-served basis.

CRPD recommends reserving the following pavilions and picnic areas in advance.

Reservable Pavilion/Picnic Areas Year Round

- Hagan Community Park: Picnic Areas and Pavilion
- · Heron Landing Community Park: Pavilion
- Independence Community Park: 3 Small Pavilions
- Labrynth Community Park: Pavilion
- · Lincoln Village Community Park: Picnic Area
- Rosemont Community Park: Pavilion
- Stone Creek Community Park: Pavilion and Amphitheater
- Sunridge Park: Pavilion
- The Village Green: Amphitheater
- White Rock Community Park: Pavilion



ATHLETIC FIELDS

CRPD has a number and variety of athletic facilities for sports practices and conditioning including baseball, softball and soccer. Prices vary. **Please visit crpd.com/rentals for full details.**

SPECIAL USE PERMITS (includes commercial use)

Groups of 150 or more and special events requiring exemptions must secure a Special Use Permit at least 60 days before an event. Additional information and permit applications are available on our resources webpage at www.crpd.com, by calling the Neil Orchard Senior Activities Center at 916-366-3133 or emailing rgaela@crpd.com.



Get ready for new parks!

With new development in our District comes new parks! Below are a few upcoming parks that are in various stages of park planning and development. For updates, please scan the QR code or visit our website at https://crpd.com/park-planning-development/construction-projects/.



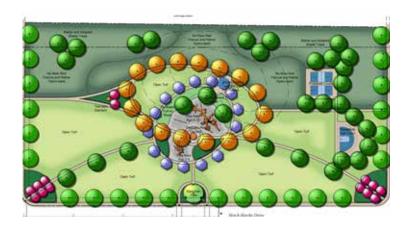


GOLD RUSH PARK

Gold Rush Park is located in the Rio del Oro Development south of White Rock Road. This neighborhood park is centered around a mining theme and includes multiple picnic areas, a gold rush-themed playground, multi-use turf areas, and drought tolerant plantings.

EXPLORATION PARK

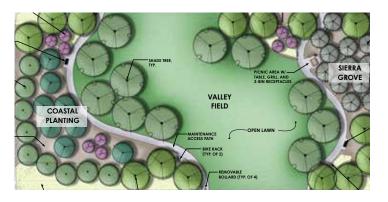
This park will be located in the Sunridge Village Development south of Douglas Road. The future neighborhood park includes: a 2-5 age play area, a 5-12 age play area, picnic areas, and multi-use turf. The play area in the center will have artistic, space-themed equipment and climbing structures.





HUMMINGBIRD PARK

Hummingbird Park is located within the Montelena Development south of Douglas Road. This nature-themed neighborhood park includes a half basketball court, picnic and play areas, and an oval turf gathering space for recreation.



ROCKROSE PARK

This 2.12-acre future neighborhood park is in the Arista del Sol Development south of Douglas Road. The park includes picnic areas, meandering walking paths, and landscaping. The design uses drought-tolerant vegetation, cobbles, and boulders to reduce water use and maintenance.

W.H. WILLIAMSON PARK

W.H Williamson Park is now open! This park was dedicated to CRPD by the Williamson Family and represents the last remaining parcels of the historic Williamson Ranch.

Visit W.H. Williamson Park at: 10551 Coloma Road, Rancho Cordova, CA 95670





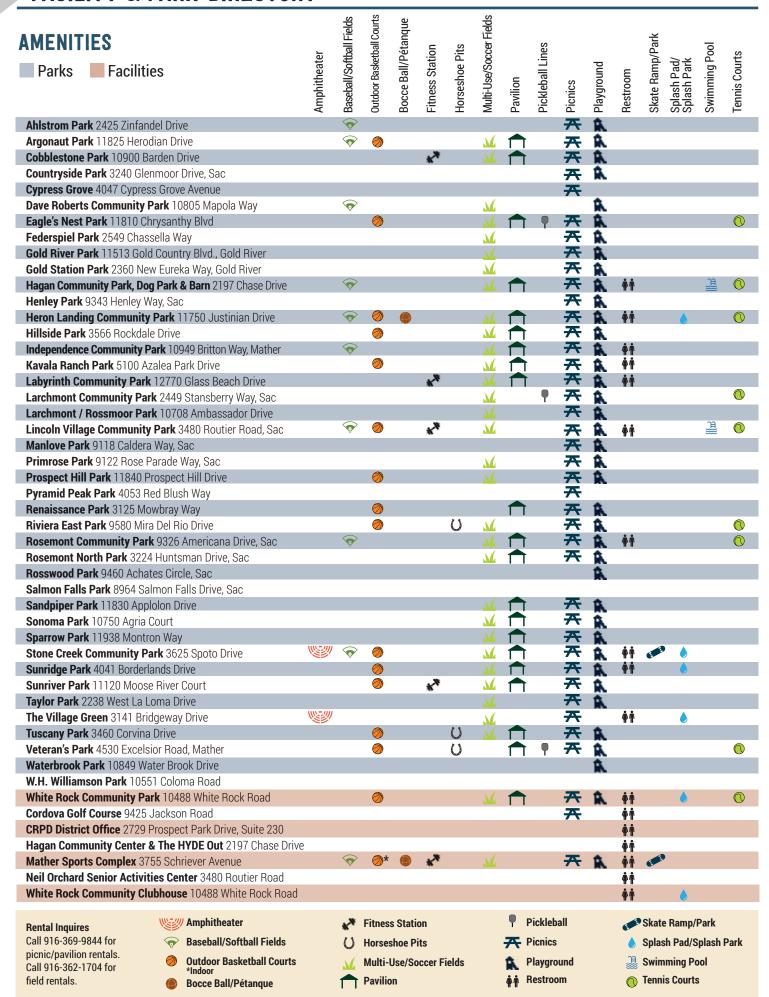
OPTIMIZED PLAN

An Optimized Plan is a strategic planning document that provides guidance over the next 10+ years. It studies the existing parks and recreation facilities and programs to identify a planning blueprint for making CRPD's current recreation and park offerings as perfect, effective, or functional as possible into the future.

A forward-thinking Optimized Plan will provide a long-term vision for CRPD as well as specific policies and standards to direct day-to-day decisions. It will set forth a framework that will allow CRPD to respond to new opportunities as they arise, to outline a process for continued improvement, and to ensure that adequate parks and recreation facilities meet the needs of current and future residents.

Learn more at https://crpd.com/optimizedplan/

FACILITY & PARK DIRECTORY





REGISTRATION and REFUND INFORMATION

HOW TO REGISTER



Online Registration

Visit www.crpd.com

Have Questions?

Visit crpd.com/register for step-by-step guide to registering online



In-person Registration

Hagan Community Center • 2197 Chase Drive Monday-Friday • 8 a.m. - 5 p.m.

Neil Orchard Senior Activities Center • 3480 Routier Rd Monday-Friday • 7:30 a.m. - 4 p.m. (Friday closes at 3:30 p.m.)

Mather Sports Complex • 3755 Schriever Ave Monday-Friday • 12 - 9 p.m. | Saturday & Sunday • 8 a.m. - 6 p.m.



Phone Registration

Call 916-369-9844, 916-366-3133 or 916-362-1704



Accepted Payment Methods

Accepted payment methods are Visa, MasterCard, Discover and American Express for all registration options. Cash and checks are accepted during in-person registration. Mather Sports Complex and Hagan Community Center also accepts contactless payments, such as Apple Pay and Google Pay.

PRE-REGISTRATION IS REQUIRED

Register early! Pre-registration helps us track the number of participants in a class. If the minimum number of students is not met, there is the chance a program will be canceled.

REFUND PROCEDURE

- Cordova Recreation & Park District (CRPD) reserves the right to cancel, combine or divide classes, change time, date or place of classes, change instructor or make other changes necessary.
- Those who fail to attend a class or "no show" will not be granted a refund. Refunds are only eligible if cancellation is received a minimum of 48 hours prior to the first class, unless otherwise noted.
- If CRPD cancels a class due to low enrollment, a full refund is issued.
- Refunds for cash and check payments will take 4-6 weeks to process.
- Refunds for credit card payments will take 2-3 business days to process.



Enriching the lives and communities of our residents through charitable gifts in support of recreation and park programs of the Cordova Recreation & Park District (CRPD).

Interested in becoming a member?

Becoming a member of the Cordova
Recreation & Parks Foundation (CRPF) means you are joining us to continue to improve our local community. Your membership provides valuable financial support to ensure those community members with limited resources have access to after-school programs, swim lessons, and sports programs for our local kids and teens. Your support helps seniors connect to classes and events that enrich their daily lives.

FEE ASSISTANCE PROGRAM

Brought to you by Cordova Recreation & Parks Foundation

We believe everyone should be able to benefit from our programs. Our Fee Assistance Program is here to help you get involved. Fee assistance is available to all who meet the following criteria:

- · Resident of CRPD.
- Can demonstrate a financial need that prevents the individual from participation in CRPD programs.
- Complete and return an application form at least 10 days prior to start of program. Forms are available at all District facilities and online.

Fee assistance is available to those who qualify as long as funds are available. Call **916-369-9844** or visit the Forms page at crpd.com for an application.

Want to help us assist those in need? Donations can be made online or at any CRPD location.

Learn more at https://crpdfoundation.org

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THIS RECREATION GUIDE IS BROUGHT TO YOU THROUGH SUPPORT FROM THE CORDOVA RECREATION & PARKS FOUNDATION.



See page 39 for more information on CRPF and our Fee Assistance Program.