

THE Leaflet

CITY NEWS AND RECREATION GUIDE



Winter 2022/23



*Nectar, the City's mascot, enjoys
a sled ride down Mt. Pittsford.*

SNOWFEST RETURNS ON JANUARY 28.

PG. 5

**COMMUNITY-
BOOSTING PROGRAMS
HEADED YOUR WAY**

PG. 4

**SENIOR AFFORDABLE
HOUSING UNITS
UNDERWAY**

PG. 7

**RECREATION
GUIDE**

PG. 14





A Message From City Manager DEBRA ROSE

We've always referred to the Civic Center campus as "The Community's 100-Year Home," and it was wonderful this year to have the pandemic behind us and see that vision come to fruition. We happily watched residents celebrate marriages and birthdays in the Community Center, seniors gather for lunch, bingo, and friendship in The Clubhouse, and actors and singers of all ages take to the stage in the Performing Arts Center.

Nothing says "home" as much as decorating for the holidays and hosting a special event, so on behalf of the City of Lake Forest, I'd like to invite you all to our 2nd Annual Holiday Tree Lighting. The event will begin at 4 p.m. on Saturday, December 3 and includes free rides, entertainment, arts and crafts, vendors selling food, and more. We'll light the tree as the sun sets, and I have a feeling we'll even get a visit from a special, jolly visitor, too.

More details will be posted on our website, which you'll see has been redesigned and updated. Transparency is one of the City's core values, and key to that is ensuring that information is easy to find on our website. The search function on the new site is improved and the site will soon have a chat bot that will answer questions, too. The City's mobile app and Ask Lake Forest features are also being updated. You can read more about the new site and other tools on Page 3.

The holidays are always a time of reflection and change as a new year begins. I hope that you and your family found as much satisfaction and happiness in 2022 as we at the City found while serving you. Please join us to celebrate the holidays at the Civic Center – your 100-Year Home – on December 3.

Debra Rose



MEETINGS AT A GLANCE

CITY COUNCIL MEETINGS

The City Council meets the first and third Tuesday of each month

COMMUNITY SERVICES COMMISSION MEETINGS*

The Community Services Commission meets on the Wednesday after the first Tuesday

PLANNING COMMISSION MEETINGS*

The Planning Commission meets on the Thursday after the first Tuesday

TRAFFIC AND PARKING COMMISSION MEETINGS*

The Traffic and Parking Commission meets on the Monday before the first Tuesday of each month.

All meetings will start at 6:30 pm

*Subject to change; visit all agendas at:

www.LakeForestCA.gov/agendas

The Leaflet is an official publication of the City of Lake Forest and is distributed as a public service to Lake Forest homes and businesses. The City welcomes your comments and questions regarding The Leaflet.

NEW WEBSITE PROMISES TO EASE ACCESS TO INFORMATION

It's the same web address, www.lakeforestca.gov—but with a brand new look for Lake Forest's City website. The new site is loaded and optimized with information that you can see on your desktop, phone or tablet.

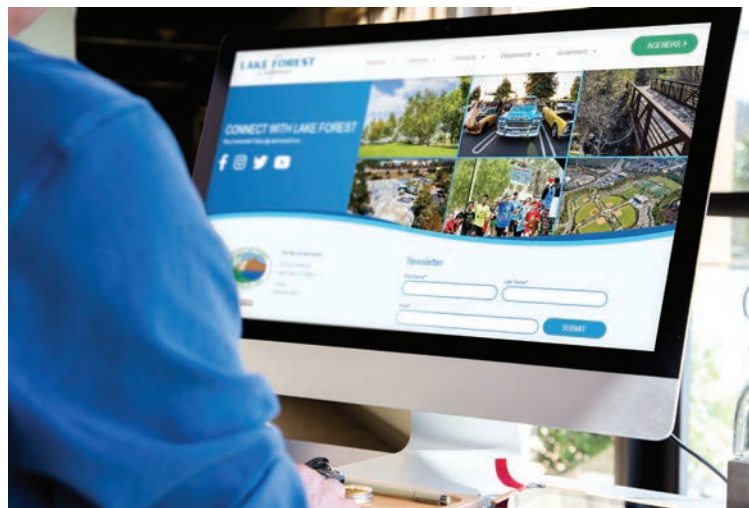
More information than ever is at the tips of your fingers through the City's new website, which went live in October. The new site, designed by Orange-based 360 Civic, is the first complete upgrade in a decade. It brings an improved search function that will suggest likely pages as users type in characters. The page also features prominent links to the most-visited pages.

Calendars and City news features are also easy to find.

Coming soon are a chatbot feature that will allow website users to type a question and receive their sought-after information in an automated response, as well as a new mobile app and Ask Lake Forest issue-reporting system.

The design is also more attractive, and all of the City's sites – the Sports Park, Etnies Skatepark, and the Economic Development Division – share the same design to make it easier for residents to navigate and better brand the City.

More than 637,000 users accessed the site for 738,000 visits since January 2022. The City's main page was the most-visited page with 72,610 visits, followed by the Sports Park and Recreation Center and Adult Softball pages.



POP-UP CITY HALL SHOWS UP FOR RESIDENTS

Have a question for City Hall? Maybe a suggestion? Visit a Pop-Up City Hall! Two Pop-Up City Halls are scheduled in coming months: one at the Chamber of Commerce "Elf Yourself" 5k on November 19, and another at the Farmers Market on February 8. Both events will be held at the Lake Forest Sports Park, 28000 Rancho Parkway.

PopCity Halls are designed to make the City more transparent and accessible to residents. They are staffed by members of the City's Communications and Marketing staff and often at least one City Council member.

The "Elf Yourself" Fun Run happens at 9 a.m. on Saturday, November 19. The Pop-Up City Hall will be part of the After-Run Expo.

The Farmers Market Pop-Up City Hall will be Wednesday, February 8, from 4 p.m. to 8 p.m.



JOIN THE "ELF YOURSELF" FUN RUN

Join about 1,000 participants dressed in their best holiday gear (or elf costumes) as they run, jog, or stroll around the course during the 5k. The After-Run Expo, one of the largest in OC, follows the 5k and features samples from local businesses, games/activities for kids to enjoy, a pet parade, a Zumba demonstration, and other fun activities. A portion of the proceeds go to participating Lake Forest Chamber of Commerce nonprofits.

Join the fun by registering for the race on Active.com. Every runner (and walker) will receive a bib and race swag.

The Elf Run is November 19. Visit www.lakeforestchamber.com for details.



LAKE FOREST APPROVES COMMUNITY-BOOSTING PROGRAMS

B1G1 Gift cards and Catalytic Converter Programs Headed Your Way

Lake Forest residents will soon be able to buy a community gift card and get a second card of the same value free, under a program approved by the City Council in October. The cards would be redeemable at any local business that signs up to participate in the program.

The Council at the same meeting also approved two programs to help residents protect their vehicles from catalytic converter theft. Once fully implemented, residents will be able to have their catalytic converters painted and etched for free or receive a \$250 rebate towards the purchase and installation of a theft deterrent metal plate.

Community Gift Cards

The Community Gift Card Program is designed to help restaurants, hospitality businesses, and other local businesses rebound from the COVID-19 pandemic. Residents will be able to buy a card for \$25, \$50, or \$100 online and receive a second digital card of equal value. The cards could then be used at participating Lake Forest restaurants and local businesses. The Council allocated \$575,000 for the program, which will pay for the gift cards as well for assistance in marketing the program by the Lake Forest Chamber of Commerce.

City staff will work to get the Community Gift Card Program set up in time for residents to buy the cards for the holidays, and a link will be posted on the City's website, www.lakeforestca.gov. Similar programs have been produced in cities across California as a way to help businesses rebound from COVID-19 restrictions and their associated economic ripple effects.

Visit www.bit.ly/LFBOGO for more information about the gift card program.

Catalytic Converter Anti-Theft Programs

Residents now have more incentive to take steps to protect their vehicle's catalytic converters. Catalytic converters are targeted for thefts nationwide because they contain precious metals that fetch a high recycling value. In 2021, about 10 catalytic converters were



reported stolen in Lake Forest each month.

Under the program, residents who take their high-target vehicle to a pre-approved shop can have their vehicle identification number etched on the converter for free. The etching deters thieves because law enforcement can link a stolen converter back to the owner. Residents will also have the option of purchasing and having a local shop install a metal theft deterrent shield over their catalytic converter. Residents that opt for the shield program will receive a \$250 rebate on their purchase, so long as the shield is installed by a participating local business. City staff hope to have the catalytic converter programs up and running by December 2022.

The Council, which already approved an ordinance requiring anyone in possession of catalytic converter to prove they acquired it legally, approved a \$59,000 budget for the anti-theft programs.

Watch the City's website, www.lakeforestca.gov, for more information about the anti-theft program.

Coming Soon!

Community Gift Card Program

See if your business is eligible to participate.

Register by scanning the QR Code



CITY PRAISED FOR SANTIAGO CANYON SAFETY PROJECT

Installation of guardrails, reflectors, lane buffers, and rumble strips on treacherous parts of Santiago Canyon Road earned Lake Forest the top award from the American Society of Civil Engineers (ASCE).

The County of Orange and the City partnered to design and implement safety measures after they reviewed a collection of data on traffic accidents along the highway. They launched the highway safety improvement project in 2018 and focused on measures that would enhance driver awareness, improve safety for road users (including bicyclists), and reduce the likelihood of accidents. The safety improvements were completed in April 2021.

Lake Forest City Council and the Public Works department accepted the 2022 Outstanding Safety/Resilience Project Award from ASCE at the September 6 City Council meeting.

This is the City's third ASCE "Outstanding Project Award" in the past three years.

ELECTRIC BICYCLES

Electric bicycles are riding an incredible wave of popularity – although the two-wheeled vehicles are not always popular with motorists. Did you know e-bikes fall into different classes – and each class has its own set of regulations set by the California Vehicle Code?

See the City's new e-bike web page at <https://bit.ly/EBikeSafety> to learn the rules of the road and pick up some valuable safety tips.





LAKE FOREST CIVIC CENTER

- Performing Arts Center - For Rent and Events
 - <https://bit.ly/LFPerformingArts>
- Conference/Community Center – For Rent
 - <https://bit.ly/LFCommCenter>
- The Clubhouse Senior Center - Activities M-TH
 - <https://bit.ly/LFClubhouse>

The Civic Center, the Community's 100-Year Home, opened in 2019 and was built primarily with developer fees, not tax dollars or debt.



949-461-3400
100 Civic Center Dr.
www.LakeForestCA.gov





ENTRY DRIVE ELEVATION (EAST)

DEVELOPMENT OF 65 SENIOR AFFORDABLE HOUSING UNITS IS UNDERWAY

The Meadows will provide 65 affordable apartments to seniors 62 years or more earning between 30-50 percent of the Area Median Income (AMI).

C&C Development and The Waterford Group are the developers of the project, which will offer 52 one-bedroom and 13 two-bedroom apartments right off Bake Parkway. Both firms have developed affordable communities throughout Southern California over the past 30 years and currently own and operate 3,000 affordable units within the region.

The Meadows Senior Affordable Apartments is the fourth affordable housing community in Lake Forest:

- The Arroyo at Baker Ranch, completed in 2015, offers 189 affordable family units.

- The Mountain View community is under construction on Raymond off El Toro Road is a multifamily affordable housing project that will consist of 71 units, eight units being reserved for individuals and families in the region who are experiencing or at risk of homelessness.
- The Portola Senior Apartments, at Glenn Ranch Road and Saddleback Ranch Road, will offer an additional 57 affordable apartments to Lake Forest once finished.

Completion of the Mountain View and Portola Senior projects is anticipated in 2023. The Meadows affordable housing project is anticipated to be completed in late 2023 / early 2024.

Visit <https://bit.ly/AffordableHousingLF> to learn more about each project or how to apply for affordable housing.

NEIGHBORS HELPING NEIGHBORS

Ever wonder what you would do in a natural disaster – like an earthquake or a wildfire? Are you prepared?

When a large disaster happens, our first responders, because of the sheer numbers of people involved, may not be available to help immediately. That's when we need to rely on ourselves, our families, and our neighbors. Would you know what to do?

The City of Lake Forest offers the FEMA CERT training program to any Lake Forest residents. CERT stands for Community Emergency Response Team. The program meets on Wednesday evenings for about 2.5 to 3 hours for seven classes and ends with a disaster drill on a Saturday.

You will learn how to prepare your home and family to better face a disaster and how to help your neighbors. You will also meet some very interesting people, including first responders who help teach the classes and give demonstrations. Upcoming classes begin January 11, 2023.

For more information or to register, email Sr. Management Analyst Sharlyn De La Paz at SDeLaPaz@lakeforestca.gov



EXPAND THE FOREST—A Landscape Improvement Program

Expand the Forest is a landscape-improvement project that encourages citizen participation in tree planting and provides an opportunity to enhance the City's urban forest.

An Expand the Forest memorial tree is \$93. The application includes an approved tree palette and available parks. Citizen sponsors receive a formal Certificate of Dedication signed by the City Council.

The spring planting season is March 1 to June 1. Visit www.lakeforestca.gov/en/departments/public-works/expand-forest for more details and an application.

How to Participate and Apply

An application is required for participants of the Expand the Forest program. The application includes a selected tree palette of approved trees and available parks. Note that each park is preplanned to accommodate specific tree types and locations, so not all types of trees will be available for all parks.

Submit an application indicating your tree and park preference, along with a check for \$93 made out to "The City of Lake Forest." The fee includes a 15 gallon tree, location study, planting, staking, fertilization, and other maintenance as needed.



SPRING PLANTING SEASON IS MARCH 1 TO JUNE 1

Visit www.lakeforestca.gov/en/departments/public-works/expand-forest



SPONSORS	TREE SPECIES	LOCATION	DEDICATION
Rebecca Israel	Sycamore	Peachwood Park	In loving memory of Alan Israel, a physician, healer and humorist
Rebecca Israel	Crape Myrtle	Peachwood Park	In loving memory of Eugene Zimmerman, welcome home faithful servant
The Dalat Family	Crape Myrtle	Cavanaugh Park	Diego of the Dalat family, my best friend for many years
Marci Magnuson and CJ Vars	Sycamore	Concourse Park	In loving memory of Michael Saavedra. An amazing son, brother, uncle, nephew, grandson and friend
Teillet Family	Crape Myrtle	Concourse Park	In loving memory of Mamie Louissette
Canyon Democrat Friends	Crape Myrtle	Concourse Park	In honor of the amazing Krinsky family - Marv, Annie and David
Lawrence& Cathy Fitzpatrick; Steven & Noie Dewey	Crape Myrtle	Peachwood Park	In loving memory of our sister, Judy Fitzpatrick Pickney
The Chavez Family	Crape Myrtle	Concourse Park	In loving memory of Mary Ann Bible - mother, grandmother and friend
The Rogers Family	Crape Myrtle	Peachwood Park	In loving memory of Janice Rogers, beloved wife, mother and grandmother. You will forever live in our hearts
Clay & Kelsey Kinsey	Magnolia	Peachwood Park	In loving memory of Cru Tilden Cummings - Happy 5th Birthday
Clay & Kelsey Kinsey	Magnolia	Peachwood Park	In loving memory of our beautiful baby boy, Jack Everett Kinsey
Saddleback Church Transformed Bible Study Group	Magnolia	Rancho Serrano Park	In loving memory of Kristin McDonald, a faithful daughter, wife, mother, friend and prayer warrior. You will be forever missed!



Anna Krinsky's tree was planted in Ranchwood Park



Rebecca Israel's two trees were planted in Peachwood Park.

SPONSORS	TREE SPECIES	LOCATION	DEDICATION
Tom, Kim, Mike, Maria, Alan, Linda, George, Sylvia, Jon, Billie, Louis, Elizabeth & Donna	Magnolia	Vintage Park	We loved Stephen and Diana Spicer, who loved and served Jesus! "Well Done Good and Faithful Servant" Matthew 25:23
Tom, Kim, Mike, Maria, Alan, Linda, George, Sylvia, Jon, Billie, Louis, Elizabeth & Donna	Crape Myrtle	Vintage Park	We loved Stephen and Diana Spicer, who loved and served Jesus! "Well Done Good and Faithful Servant" Matthew 25:23
Love, Mom (Nancy Navarro)	Crape Myrtle	El Toro Park	Happy Heavenly 25th Birthday Nathan. We love you and miss you always forever
El Toro High School Instrumental Music & Guard Executive Booster Board	Sycamore	Rancho Serrano Park	In memory of our beloved Brian Paul Higgins. The best view comes after the hardest climb
Lake Forest Elementary School Staff	Crape Myrtle	Ranchwood Park	In loving memory of our dear Grandma Mary, caring friend and devoted volunteer
Family and Friends	Crape Myrtle	Rimgate Park	In loving memory of Tanja Kamarullah
Charles Shaffer	Canary Island Pine	Concourse Park	Dedicated to my wife, Shannon Marie Shaffer, whom I love forever with all my heart and soul. Happy 50th Birthday. May you always have fair breezes, following seas and be at the top of the world.
Carolina Naranjo and Natalia Zabala	Crape Myrtle	Tamarisk Park	In loving memory of husband and father Diego Zabala. We miss you every day of our lives.



CASHING IN WHEN YOU RECYCLE

Every bottle and can you recycle eases the strain on our natural resources. And when it comes to recycling you have options. Using your curbside blue recycling cart is one way to help the environment but you can also cash in when recycling.

California Refund Value (CRV) is the amount paid by consumers when purchasing beverages in containers from retailers. The CRV is paid back to consumers when they recycle eligible aluminum, plastic, glass, and bi-metal beverage containers at certified recycling centers. Below is a list of local certified centers where you can redeem your CRV.

For more information about redeeming CRV, visit the City's website at lakeforestca.gov/293/Trash-Recycling or CalRecycle at <https://calrecycle.ca.gov/BevContainer/Consumers/>.

CRV RECYCLING CENTERS

PONCE RECYCLING

21751 Lake Forest Dr
Lake Forest, CA 92630
(714)794-7542

PONCE RECYCLING

27730 Santa Margarita
Pkwy
Mission Viejo, CA 93691
(714)794-7542

NEXT GENERATION RECYCLING

27771 Center Dr
Mission Viejo, CA 92692
(714)580-4502

RECYCLING SPOT (BEHIND COSTCO)

115 Technology Dr
Irvine, CA 92618
(818)203-3035



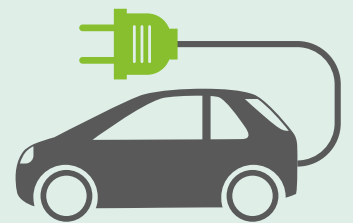
RECHARGE YOUR VEHICLE AT CITY HALL

Thirteen electric vehicle charging stations are available for public use across the Civic Center campus.

Plug in your electric car when visiting the campus for an event, information request, or just to recharge. It is \$0.30/kWh and no fee is assessed while charging your vehicle.

The electric vehicle charging stations is a part of the Civic Center's Leadership in Energy and Environmental Design (LEED) infrastructure. No taxpayer dollars were used to develop the Civic Center Campus and its amenities.

The Chargepoint stations are on both floors of the Civic Center parking deck, and on the west side of City Hall near Police Services. The Civic Center is at 100 Civic Center Dr.



LOCAL DISTRICTS EASE DROUGHT PAIN IN LAKE FOREST

You can't watch the news, turn on the radio, even drive down the freeway without hearing or seeing the ominous message: California is in a drought. Save water.

Southern California typically gets its water from two sources: the Colorado River Aqueduct and the State Water Project, which imports water from Northern California. The Metropolitan Water District (MWD) in Los Angeles brings the water from both sources to Orange County. Both sources are suffering from drought.

In Los Angeles, residents were forced to cut back on outdoor watering. The Las Virgenes Water District in Calabasas even went as far as to put flow-reducing discs in the water meters of customers – including celebrities – who used too much water.

The story in Lake Forest isn't as dire because of steps taken by the City's two primary water districts, El Toro Water District and Irvine Ranch Water District.

El Toro Water District (ETWD)

El Toro was founded in 1960 and serves nearly 50,000 customers in the western portion of Lake Forest and portions of Laguna Hills, Mission Viejo, and Aliso Viejo. ETWD also serves all of Laguna Woods.

El Toro was an early provider of recycled water, which frees up supplies for drinking (potable) uses. The district's distribution system contains more than 170 miles of pipelines and thousands of valves, fire hydrants, and water meters, along with eight pump stations and six reservoirs.

ETWD maintains 158 miles of sewer collection pipelines and 11 sewer pump stations. The district operates a plant that can recycle up to 6 million gallons of water a day and maintains 25 miles of recycled water pipelines. El Toro's water recycling projects have reduced potable drinking water demands by more than 500 million gallons a year.

The District's water supply is diversified among recycled water (17.5 percent), water from the Baker Treatment Plant in Lake Forest (39.5 percent), and imported MWD water (43 percent.)

El Toro has a demonstration garden to show homeowners that water-saving plants can be colorful and beautiful at its headquarters, 24251 Los Alisos, and water-saving tips and rebates at www.etwd.com

Irvine Ranch Water District (IRWD)

Irvine Ranch Water District covers 20 percent of Orange County – 181 square miles – and serves 447,000 residents. That number swells to 600,000 during the day, including businesses.

In 1990, IRWD received 66 percent of its water supply from MWD, meeting 14 percent of its demand with recycled water.

Today, IRWD imports just 18 percent of its water, and has doubled its water recycling to meet 28 percent of the district's demand.

IRWD points to major investments to help shield customers from the impact of drought:

- 27 drinking water wells and 5 treatment plants
- 5 recycled water reservoirs and 37 drinking water tanks for storage
- 25 million gallons of recycled water produced daily

The investments continue. The district received a \$12.2 million federal grant to increase the capacity at its Syphon (recycled water) Reservoir by nearly 10 times. That will allow the district to bank recycled water and use it as necessary.

Water efficiency has increased over the years. In 1990, the district used 70,000 acre feet of water to serve a population of 114,000. In 2021, 447,000 were served with just 94,000 acre feet.

IRWD also has rebates available, and even offers consultations with landscape designers to change water-thirsty turf areas into water-efficient gardens. Visit www.irwd.com





HOME IMPROVEMENT AND REPAIR AFFECTS THE ENVIRONMENT

Did you know that some of your home improvements and repairs can affect the environment? By practicing healthy household habits, homeowners can keep common pollutants off the ground and out of storm drains. Chemicals that run into the gutter reach storm drains, which run to our creeks and ultimately the ocean untreated. Many hazardous materials that may be used in and around residences during routine maintenance activities include:

- Oils
- Paints
- Cleaners
- Bleaches
- Pesticides
- Glues
- Solvents

Homeowners can adopt the following healthy household habits to keep storm drains and the ocean clear of polluted runoff. It is especially important as winter approaches because rain can carry the chemicals off driveways and other surfaces and into the watershed.

Required Activities

- Clean out painting equipment in an area where the waste can be contained and properly disposed of. Latex-based paints can enter the sewer while oil-based needs to be brought to a hazardous waste center
- Rinse off cement mixers and cement laden tools in a contained washout area. Dispose of dried concrete waste in household trash

- If safe, contain clean up and properly dispose of all hazardous waste spills. If unsafe conditions exist, call 911 to activate a proper response team
- Household hazardous materials must be stored indoors or under cover, and in closed and labeled containers. Dispose of them at a household hazardous waste center
- Household wash waters (e.g. washing machine waste, mop water) must be disposed of in the sanitary sewer
- It is preferred that pool and spa water is discharged to the sanitary sewer. However, pool and spa water may be discharged to the storm drain if residual chlorine is less than 0.1 mg/L, the pH is between 6.5 and 8.5, and the water is free of any unusual coloration, dirt, or algae. Call 714-834-6107 to obtain information on a pool drain permit. Pool filter media must be contained and disposed of properly

Recommended Actions

- Only purchase the types and amounts of materials needed
- Share unused portions of products with neighbors or community programs

Visit www.h2oc.org/ for more information about keeping our waterways clean. Lake Forest is a member of H2OC. H2OC is a cooperative stormwater program that includes the County of Orange, Orange County Flood Control District (OCFCD), and all 34 cities in Orange County.

BAKER RANCH Community Park



When OC Family magazine ranked Orange County's 10 best playgrounds a few years back, Baker Ranch Community Park made the list. That's no small feat considering Lake Forest is just one of 34 cities in the OC, and Baker Ranch Community just one of 32 parks in the City.

But the accolades are well earned. Baker Ranch Community is a unique park that can make adults feel like kids again. The centerpiece: a huge tunnel slide guaranteed to provide thrills and laughter on the trip from the elevated play areas to the soft landing surface.

And that's not the only slide at the park – Baker Ranch also has a spiral circular slide. But wait, there's more: a third, smaller slide away from the main activity center is perfect for the park's smaller visitors.

Sliding not your child's thing? There's a rock to climb, full basketball court, baseball/softball diamond, and huge grassy area.

Reassuring for parents, the park also includes a parking lot and restrooms. Rounding out a full day: barbecue areas, picnic tables, and shaded picnic areas. Dogs are welcome, too, on a leash.

FEATURED AMENITIES

- Barbeque
- Baseball / Softball Field
- Basketball Court
- Multi-Use Field
- Park Shelter for Reservation
- Picnic Areas
- Playground
- Restrooms
- Soccer Field

HOURS

Park Hours are Dawn to Dusk

ADDRESS

26380 Rancho Parkway S, Lake Forest, CA 92630

For more information on picnic shelter reservations, please call (949) 461-3450.

**Visit www.bit.ly/LFParks
for information about all of Lake Forest's
31 parks—including the amenities they offer.**

Winter 2022/23 Recreation Program Guide

December, January, February



See page 17
for more information
on Snowfest 2023!

WINTER 2022/23 REGISTRATION DATES

RESIDENT: Begins at 8 am, Tuesday, November 22, 2022

NON-RESIDENT: Begins at 8 am, Tuesday, November 29, 2022

Community Services Winter Quarter Holiday Schedule

Please visit the City website www.LakeForestCA.gov to confirm the days and times the Lake Forest Sports Park & Recreation Center and the Etnies Skatepark of Lake Forest are open over the Winter Quarter. The Civic Center Complex will be closed on the following Winter Quarter Holidays:

CHRISTMAS DAY OBSERVED
Monday, December 26, 2022

NEW YEAR'S DAY OBSERVED
Monday, January 2, 2023

MARTIN LUTHER KING DAY
Monday, January 16, 2023

PRESIDENTS' DAY
Monday, February 20, 2023

For general questions regarding Community Services Programs, visit www.lfcommunityservices.com.
You can still register for programs when the Community Services offices are closed on holidays or after hours.
Visit www.lfparksandrecca.com for 24/7 online registration.

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COMMUNITY SERVICES CONTACT INFORMATION

Community Services 273-6960
www.lfcommunityservices.com

Community Center Rentals 461-3407

Etnies Skatepark
of Lake Forest 916-5870
www.etniesskatepark.com

Lake Forest Sports Park &
Recreation Center 273-6960
www.lakeforestsportspark.com

The Clubhouse
(Senior Center) 461-3408
www.lakeforestca.gov/en/residents/senior-services/senior-clubhouse

Saddleback Emeritus
Registration 582-4835
IVC Emeritus Registration 451-5555

SVUSD
Recreation 460-2777
Sports Fields Hotline 461-3595

**Parks
Make
Life
Better!** SM

SAVE TIME!
Register Online at:
www.lfparksandrecca.com

City of Lake Forest
2nd Annual

Tree Lighting Ceremony

**Saturday,
December 3, 2022
4:00 pm**

- Live Entertainment
- Crafts
- Food Vendors
- Special Guests
- Tree Lighting Ceremony at dark (approx. 6:00pm)

Lake Forest Civic Center
100 Civic Center Drive, Lake Forest, CA 92630

City of Lake Forest

Letters to Santa

Have a jolly holly holiday season!

**Mail your letters to Santa by
Friday, December 2nd**

City Of Lake Forest
Attn: Santa Claus
100 Civic Center, Lake Forest, CA 92630

Please include a self-addressed stamped envelope for a returned letter. Letters must be received by December 2nd in order to receive a letter from Santa.

For more info: 949-461-3451



Breakfast with Santa

Join Santa Claus for a delicious breakfast or brunch! Enjoy farm-fresh eggs, honey cured bacon, sausage, fruit salad, bagels, pastries and spread. There will be good tidings and cheer along with holiday melodies, cookie decorating, and story-time with Santa.

Resident Fee: \$15 pp / Non-Resident Fee: \$20 pp

Location: Civic Center Campus, The Clubhouse (100 Civic Center Drive)

To Register: Online, Mail-in, Walk-In

For More Info Call: 273-6960

Act#:11341
Seating 1 Sat, Dec 3 8:30-10:30 am

Act#:11342
Seating 2 Sat, Dec 3 11:30am-1:30 pm

This event sells out quickly. Day-of registrations will not be accepted, so be sure to register early. Adults and children ages 3 and older must be registered. Children younger than 3 who would like a seat, to eat and participate in the fun must also be registered.

THE NORTH POLE IS CALLING! Pick Up, It's Santa Calling You!

As the holiday approaches, it signals the arrival of Santa! What better way to get your family in the spirit than with a phone call to your little ones from the jolly old, bearded man himself? If your little one would like to hear from Santa Claus, the City of Lake Forest will be happy to arrange it. Just fill out the North Pole Calling reservation form, available online at LFsportspark.com (as of November 1, 2022).

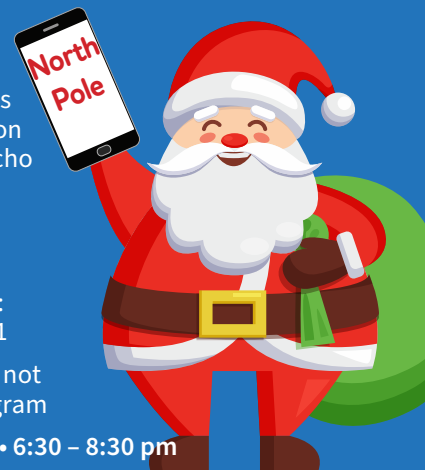
Mail in or walk in the completed form to the Lake Forest Sports Park and Recreation Center (28000 Rancho Parkway).

Fee: Free (Lake Forest residents only)

Reservation Deadline:
Thursday, December 1

Online Registration is not accepted for this program

Ages 3-8 • Wed, Dec 7 • 6:30 – 8:30 pm



For more info or to receive a North Pole Calling reservation form call: The Recreation Center at 273-6960

SnowFest 2023



Grab the kids, the camera, and your friends and come play in the snow!

Sleds and saucers will be available for you and your family to slide down Mount Pittsford. There will also be a free snow play area for kids 10 and under open during the entire event. Check out additional attractions and games at the event. Food and drinks are also available for a nominal fee. **Pre-registration is mandatory. Sledding wristbands are usually sold out by the time of the event.** Everyone who sleds down the hill must have a pre-purchased wristband and completed a waiver.

- Fee: \$10 per Sledder
(Purchase wristbands **IN-PERSON ONLY** at the Lake Forest Recreation Center, 28000 Rancho Parkway. Wristbands are for sledding only. Limited number of wristbands sold for each session. No refunds will be given for cancellations or lost wristbands. Online registration is not accepted for this program.)
- Location: Pittsford Park (21701 Pittsford Dr)

For more info call: The Lake Forest Recreation Center at 273-6960

Session 1	Families	Sat, Jan 28	10:30 am-11:45 pm
Session 2	Families	Sat, Jan 28	12:00-1:15 pm
Session 3	Families	Sat, Jan 28	1:30-2:45 pm

**Children must be 45" or taller to ride down the main hill by themselves. Children between 34" and 44" must ride with an adult to go down the main hill or may go down the smaller bunny hill. All children 33" and under may only ride down the bunny hill.*

****Rain date for this event is February 4.****

Bunco Nights

at The Clubhouse
Let the
Good Times Roll!



Join us for a fun night of Bunco! No skill is involved, just lots of luck! Enjoy appetizers, beverages, and prizes. Don't forget to dress up in theme!

December: Holiday Hoopla | February: Lucky in Love

Fee: \$12.00 Residents & Non-Residents

Location: The Clubhouse (100 Civic Center Dr)

To Register: Online, Mail-In, Walk-In

Act #:11347 Adults/Seniors Dec 9 Fri 6:30-9:00 pm

Act #:11348 Adults/Seniors Feb 3 Fri 6:30-9:00 pm

CERTIFIED Farmers Market



COME JOIN US FOR THE LAKE FOREST CERTIFIED FARMERS MARKET!

If you are interested in having a booth during the event or have questions related to the Farmers Market, please email info@lakeforestfarmersmarket.com or call (949) 273-6971.

Booths are available on a first come first serve basis and limited to one of each type of vendor to ensure variety. Homemade, local business, and produce vendors are preferred.

- Fee: Free to attend
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway) Parking lot area in front of the Recreation Center

For More Information email:
info@lakeforestfarmersmarket.com

Families Ongoing Wed 4:00-8:00 pm
***Weather Permitting**



Winter Break Camps

Creative Kids Club Winter Wonderland Camp

It's that time again—school's out, winter break is here, and the Creative Kids Club is here for a week of fun! The week-long camp consists of crafts, games, and a visit from the Game Truck. Participants must bring a snack and a lunch.

- Instructor: Lake Forest Staff
- Fee: \$200 Resident \$205 Non-Resident
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In

For more info call: The Recreation Center at 273-6960

Act#:11343 6-13yrs Jan 2-6 Mon-Fri 7:30am-6pm

2023 CAMP CANCELLATION POLICY AND FEE

- All Camp cancellations requesting refunds (for Little Wranglers, Creative Kids Club Camps and Lake Forest Sports Academy) must be submitted by 5pm on the Thursday prior to the first day of camp (Monday) will be assessed \$30 cancellation fee.
- All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee.
- All refund requests for Little Wranglers, Creative Kids Club Camps and Lake Forest Sports Academy must call the Recreation Supervisor at (949) 273-6975.

Preschool & School Aged Classes

Valentine Preschool Party

Spring is just around the corner, and love is in the air! It's time to thaw out that cold winter with fun games, crafts, music, and dancing. Our Valentine's party will be fun for one and all and will include tasty treats! Remember to wear Valentine's colors and to bring your Valentine Cards! Parent Participation Required.

- Instructor: Lake Forest Staff
- Fee: \$15 Resident \$20 Non-Resident
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11339 3-5 yrs Feb 11 Sat 10am - 12 pm

Holiday Preschool Party

Holiday Magic is coming! Mark your calendar for the most magical holiday party in the City of Lake Forest! Get into the holiday spirit with crafts, treats, and your favorite Christmas carols. Don't forget to wear an ugly Christmas Sweater! Parent participation required.

- Instructor: Lake Forest Staff
- Fee: \$15 Resident \$20 Non-Resident
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11340 3-5 yrs Dec 10 10 am - 12 pm

Music Together

Music Together Program is the Gold Standard in Early Childhood music and movement, Families participate together in songs, rhythmic activities, movement, and instrumental jam sessions. We create a fun, informal, musically rich social setting that supports different learning styles of children and adults.

- Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.
- Fee: \$190 Resident \$195 Non-Resident (10-week session)
- Material Fee: \$40
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 11362 Birth-4 yrs Jan 10-Mar 14 Tue 4:30-5:15 pm

Act#: 11363 Birth-4 yrs Jan 13-Mar 17 Fri 9:15-10:00 am

Act#: 11364 Birth-4 yrs Jan 13-Mar 17 Fri 10:15-11:00 am

Act#: 11365 Birth-4 yrs Jan 14-Mar 18 Sat 9:00-9:45 am

Rhythm Kids for Big Kids

In each weekly music class we drum, sing, move, and play to the rhythms inspired by musical traditions around the world. Students learn to compose, choreograph, and conduct as they play djembe drums, percussion instruments, and their voices ad their bodies Whether as a stand-alone or as a companion to private lessons, RK helps children develop the facility, repertoire, mastery, and creativity to be confident music students and music makers throughout their lives.

Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

- Fee: \$155 Resident \$160 Non-Resident (8-week session)
- Material Fee: \$40
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 11366 4-6 yrs Jan 14-Mar 4 Sat 10-10:45 am

Princess Ballet

This is a perfect introduction to the fundamentals of ballet and creative movement with elements of fun, fantasy, and lots of encouragement. Class also works on listening skills, coordination, balance, and musicality. Class includes storytime and one craft per half session. Ballet shoes required. Visit www.ocdanceproductions.com for more information. *Optional spring recital. Nominal costume fee applies. Contact info@ocdanceproductions.com for more information.

- Instructor: OC Dance Productions staff
- Fee: \$89 Resident \$94 Non-Resident (6-week session)
- Material Fee: \$5
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11367 3-5 yrs Jan 21-Feb 25 Sat 9:00-9:45 am

Ballet, Jazz & Tap Combo

Dancers will start as balanced dancers with exercises and instruction in beginning classical ballet, rhythmic tapping, and beginning jazz dance. Class also promotes musicality, coordination, balance, and grace. Ballet and tap shoes required. Visit www.ocdanceproductions.com for more information.*Optional spring recital. Nominal costume fee applies. Contact info@ocdanceproductions.com for more information.

- Instructor: OC Dance Productions staff
- Fee: \$89 Resident \$94 Non-Resident (6-week session)
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11368 3-6 yrs Jan 21-Feb 25 Sat 9:55-10:45 am



Ballet, Jazz & Tap Combo II

Dancers will start as balanced dancers with exercises and instruction in beginning classical ballet, rhythmic tapping, and beginning jazz dance. Class also promotes musicality, coordination, balance, and grace. Ballet and tap shoes required. Visit www.ocdanceproductions.com for more information. *Optional spring recital. Nominal costume fee applies. Contact info@ocdanceproductions.com for more information.

- Instructor: OC Dance Productions staff
- Fee: \$89 – Resident \$94 – Non-Resident(6-week session)
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11369 4-7 yrs Jan 21-Feb 25 Sat 10:50-11:35 am

Beginning Hip Hop

Dancers train in the basic fundamentals of hip hop, while creating awareness for personal technique and emphasis on coordination, rhythm, creativity, and fun. Class promotes strength, flexibility, coordination, self-confidence, and improves athletic ability. Appropriate for those new to hip hop or with little dance experience. Sneakers required. Visit www.ocdanceproductions.com for more information.*Optional spring recital. Nominal costume fee applies. Contact info@ocdanceproductions.com for more information.

- Instructor: OC Dance Productions staff
- Fee: \$89 Resident \$94 Non-Resident(6-week session)
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11370 4-7 yrs Jan 21-Feb 25 Sat 11:45 am-12:30 pm

Rhythmic Gymnastics—Beginners

Class combines the elegance and beauty of Ballet and Dance with the athleticism of gymnastics.

- Instructor: EuroGymnastics Staff
- Fee: \$90 Resident \$95 Non-Resident (4-week session)
- Material Fee: \$30
- Location: EuroGymnastics Rhythmic Academy
(26923 Fuerte Dr, Lake Forest)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11373 5 yrs + Dec 7-28 Mon 3:30-4:30 pm

Act#:11374 5 yrs + Jan 4-25 Mon 3:30-4:30 pm

Act#:11375 5 yrs + Feb 1-22 Mon 3:30-4:30 pm

Register Online at:
www.lfparksandrecca.com

Preschool Gymnastics— Pee Wee Gymnastics

This beginner level class will help students strengthen their muscles and better their gross motor skills such as running, jumping and climbing. Coaches will set up different stations each week in which students will learn different gymnastics skills using bars, vault and balance beam. This class is great for children who are ready to be in a structured class without parents' assistance.

- Instructor: Us Too Gymnastics
- Fee: \$72 Resident \$77 Non-Resident (4-week session)
- Location: Us Too Gymnastics Facility
(25 Spectrum Pointe Dr, Suite 405, Lake Forest)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11409 3.5-5 yrs Jan 10-Jan 31 Tue 11-11:50 am

Act#:11410 4-5.5 yrs Jan 11-Feb 1 Wed 11-11:50 am

Act#:11411 3.5-5 yrs Feb 7-Feb 28 Tue 11-11:50 am

Act#:11412 4-5.5 yrs Feb 8-Mar 1 Wed 11-11:50 am

Parent & Me— Pee Wee Gymnastics

During this class, little ones along with parents will have fun exploring the gym and going through age appropriate obstacle courses that are set up by our coach. Different activities each week will help children develop gross motor and social skills while increasing the parent-child bonding experience. Skills taught during class include: learning front rolls, hanging on bars, walking on balance beam and jumps on trampoline. Each child must have a parent/guardian participate during class.

- Instructor: Us Too Gymnastics
- Fee: \$65 Resident \$70 Non-Resident (4-week session)
- Location: Us Too Gymnastics Facility
(25 Spectrum Pointe Dr, Suite 405, Lake Forest)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11403

1yr 3 mos-2yr 2mos Jan 10-Jan 31 Tue 9:00-9:45 am

Act#:11404

1yr 6 mos-3yr Jan 10-Jan 31 Tue 10:00-10:45 am

Act#:11405

1yr 6 mos-3 yr Jan 11-Feb 1 Wed 10:00-10:45 am

Act#:11406

1yr 3 mos-2yr 2mos Feb 7-Feb 28 Tue 9:00-9:45 am

Act#:11407

1yr 6 mos-3yr Feb 7-Feb 28 Tue 10:00-10:45 am

Act#:11408

1yr 6 mos-3 yr Feb 8-Mar 1 Wed 10:00-10:45 am

Children's Beginning Guitar & Ukulele Ensemble

Experience fun and easy musical interaction with other beginners in a friendly and supportive environment. Learn easy chords, strum styles, popular melodies and classic and current songs in this combination class. Bring your own guitar or ukulele to class.

- Instructor: Ron Gorman
- Fee: \$109 Resident \$114 Non-Resident (5-week session)
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 11371 8-13 yrs Feb 15-Mar 15 Wed 6:45-7:45 pm

Beginning Guitar & Ukulele Ensemble—Teens & Adults

Enjoy learning the guitar or ukulele in this new and exciting class. Beginners will learn a fun and easy musical notation called tablature. Students will also learn to play easy chords and many great songs. Bring your own guitar or ukulele to class.

- Instructor: Ron Gorman
- Fee: \$109 Resident \$114 Non-Resident (5-week session)
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 11372 14+ yrs Feb 15-Mar 15 Wed 7:45-8:45 pm

Skyhawks— Multi-SportTots

Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation required for 2-3.5 age group.



- Instructor: Skyhawks Staff
- Fee: \$145 Resident \$150 Non-Resident (8-week sessions)
- Location: Lake Forest Sports Park (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

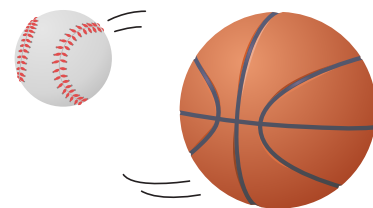
Act#: 11413 2-3.5 yrs Jan 14-Mar 4 Sat 9:00-9:40 am

Act#: 11414 3.5-4.5 yrs Jan 14-Mar 4 Sat 9:50-10:30 am

Act#: 11415 4.5-5 yrs Jan 14-Mar 4 Sat 10:40-11:20 am

Act#: 11416 2-3.5 yrs Jan 11-Mar 1 Wed 10:00-10:40 am

Act#: 11417 3.5-4.5 yrs Jan 11-Mar 1 Wed 10:50-11:30 am



Skyhawks—Multi-Sport

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of soccer, baseball, and basketball, along with vital life lessons such as sportsmanship and teamwork.



- Instructor: Skyhawks Staff
- Fee: \$145 Resident \$150 Non-Resident (8-week sessions)
- Location: Lake Forest Sports Park (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 11418 6-8 yrs Jan 14-Mar 4 Sat 11:30-12:10 pm

Skyhawks—Basketball

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressive curriculum, staff focuses on the whole player, teaching respect, teamwork, and responsibility. An active class of passing, shooting, dribbling, and rebounding makes this one of our most popular programs.



- Instructor: Skyhawks Staff
- Fee: \$155 Resident \$160 Non-Resident (8-week sessions)
- Location: Lake Forest Sports Park (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 11419 7-10 yrs Jan 12-Mar 2 Thu 6:00 - 7:00 pm

Skyhawks—HoopsterTots

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing, and teamwork. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.



- Instructor: Skyhawks Staff
- Fee: \$145 Resident \$150 Non-Resident (8-week sessions)
- Location: Lake Forest Sports Park (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 11420 3.5-4.5 yrs Jan 12-Mar 2 Thu 4:00-4:45 pm

Act#: 11421 4.5-6 yrs Jan 12-Mar 2 Thu 5:00-5:45 pm



Skyhawks—SoccerTots

SoccerTots is our flagship program! Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition.



- Instructor: Skyhawks Staff
- Fee: \$145 Resident \$150 Non-Resident (8-week sessions)
- Location: Lake Forest Sports Park (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 11422 2-3.5 yrs Jan 13-Mar 3 Fri 4:00-4:40 pm

Act#: 11423 3.5-4.5 yrs Jan 13-Mar 3 Fri 4:50-5:30 pm

Act#: 11424 4.5-5 yrs Jan 13-Mar 3 Fri 5:40-6:20 pm

Act#: 11429 2-3.5 yrs Jan 10-Feb 28 Tue 4:00-4:40 pm

Act#: 11425 3.5-4.5 yrs Jan 10-Feb 28 Tue 4:50-5:30 pm

Act#: 11426 4.5-5 yrs Jan 10-Feb 28 Tue 5:40-6:20 pm

Skyhawks—Soccer

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills.

- Instructor: Skyhawks Staff
- Fee: \$145 Resident \$150 Non-Resident (8-week sessions)
- Location: Lake Forest Sports Park (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 11427 6-8 yrs Jan 13-Mar 3 Fri 6:30-7:10 pm

Act#: 11428 6-8 yrs Jan 10-Feb 28 Tue 6:30-7:10 pm



SAVE TIME!

Register Online at:
www.lfparksandrecca.com

LAKE FOREST SPORTS PARK & RECREATION CENTER



The Lake Forest Sports Park & Recreation Center Gymnasium spreads 27,000 square feet with two hardwood floored basketball courts and two volleyball courts.

- Open Gym Daily Program
- Fee : Residents - \$5 Daily Non-Residents - \$10
Residents - \$120 Yearly Pass
Non-Residents - \$240 Yearly Pass

- Open Gym ID Card Replacement \$15

NEW MEMBERSHIPS ARE AVAILABLE FOR PURCHASE.

Basketball:

Monday-Friday 11 am–1pm
Monday (30 and older) 6:30 pm–9:30 pm
Saturday 3–6 pm

Volleyball:

Friday 6:30–9:30 pm
Saturday 6:30–9:30 pm
Sunday 10 am–2 pm

Pickleball:

Tuesday 8:30–10:30 am
Thursday 8:30–10:30 am

Futsal Soccer:

Thursday 6:30–9:30 pm

- All participants must be over the age of 14 or accompanied by a parent/guardian.
- A photo I.D. is required each time a participant attends Open Gym activities.
- No food or drink is allowed inside the gymnasium.
- Basketballs and volleyballs can be rented out for the exchange of an I.D.

Holiday Schedule:

- In observance of Thanksgiving, the park will be closed on Thursday, November 24, 2022.

- **FOLLOW US ON THESE SOCIAL MEDIA PLATFORMS:**



facebook.com/lfsportspark



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

Super Soccer Stars: 1-2 Year Olds - Parent & Me



A pre-soccer music and movement program for toddlers ages 1-2. This fun-filled class focuses on balance, coordination, upper and lower-body exercises, cognitive skills, and more. Parents participate and bond with their child through introduction to sport and soccer! No Class 2/18, 2/19.

- Instructor: Super Soccer Stars Staff
- Fee: \$138 Resident \$143 Non-Resident (6-week sessions)
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-in, Walk-In

For more info call: The Recreation Center at 273-6960

Act # 11386 1-2 yrs Jan 14-Feb 25 Sat 8:15-8:50 am

Act # 11387 1-2 yrs Jan 15-Feb 26 Sun 9:45-10:25 am

Super Soccer Stars: 2-3 Year Olds - Parent & Me



Activities are presented using imagery relatable to children at this age to support learning about the body and ball awareness. The primary focus of each 40-minute class is to introduce physical activities, rich language exposure and movements such as running, hopping and jumping. Classes include fun dribbling and shooting activities to teach positive social interaction and the basic skills of soccer!

- Instructor: Super Soccer Stars Staff
- Fee: \$138 Resident \$143 Non-Resident (6-week sessions)
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-in, Walk-In

For more info call: The Recreation Center at 273-6960

Act # 11388 2-3 yrs Jan 14-Feb 25 Sat 9:50-10:30 am

Act # 11389 2-3 yrs Jan 15-Feb 26 Sun 9:00-9:40 am

Super Soccer Stars: 3-4 Year Olds



The focal point at this age group is for your child to be comfortable with the ball by further developing soccer skills such as dribbling, shooting and the introduction of passing. 45 minute classes include partner activities to promote sharing, listening, respect and cooperation. Physical activities include dynamic exercises like moving with pace, changing directions and lateral agility. No Class 2/18, 2/19.

- Instructor: Super Soccer Stars Staff
- Fee: \$138 Resident \$143 Non-Resident (6-week sessions)
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-in, Walk-In

For more info call: The Recreation Center at 273-6960

Act # 11392 3-4 yrs Jan 14-Feb 25 Sat 9:00-9:45 am

Act # 11394 3-4 yrs Jan 15-Feb 26 Sun 10:35-11:20 am



Super Soccer Stars: Older 4-5 Year Olds



The primary focus of this class is body movement with the ball. The objectives are to continue development in basic dribbling, passing, receiving, and shooting techniques and to introduce juggling skills. Soccer Ball required. No Class 2/18, 2/19.

- Instructor: Super Soccer Stars Staff
- Fee: \$138 Resident \$143 Non-Resident (6-week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Parkway)

To Register: Online, Mail-in, Walk-In

For more info call: The Recreation Center at 273-6960

Act # 11395 4-5 yrs Jan 14-Feb 25 Sat 11:50-12:40 pm

Act # 11396 4-5 yrs Jan 15-Feb 26 Sun 11:25-12:15 pm

Super Soccer Stars: 5-7 Year Olds



The goal of the program at this stage is to improve children's elementary capacity through fun games, technical skill development and group activities. The primary focus is to increase familiarity of space to enable children to develop team skills in a game environment. Emphasis is placed on awareness of teammates constantly so that these skills can be easily transferred into the soccer game. Soccer Ball required. No Class 2/18, 2/19.

- Instructor: Super Soccer Stars Staff
- Fee: \$138 Resident \$143-Non Resident (6-week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Parkway)

To Register: Online, Mail-in, Walk-In

For more info call: The Recreation Center at 273-6960

Act # 11397 5-7 yrs Jan 14-Feb 25 Sat 10:45-11:45 am

Act # 11398 5-7 yrs Jan 15-Feb 26 Sun 12:20-1:20 pm

Soccer Stars United: Advanced Class (Ages 5-9)

This program is designed for players who are poised for a higher level of soccer instruction. Licensed and experienced coaches use specially developed curriculum to introduce sophisticated skills, provide technical improvement, and foster social development in a fun, non-competitive environment. Players should have previous soccer experience. Soccer Ball required. No Class 2/18, 2/19.

- Instructor: Super Soccer Stars Staff
- Fee: \$138 Resident \$143 Non-Resident (6-week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Parkway)

To Register: Online, Mail-in, Walk-In

For more info call: The Recreation Center at 273-6960

Act # 11399 5-9 yrs Jan 14-Feb 25 Sat 1:00-2:00pm

Peak Distance Project

This program is led by USA Track & Field certified and 2017 OC Register's Cross-Country Coach of the Year. All coaches are SVUSD certified. The Club's goal is to build confidence and fitness through physical activities to enjoy for the rest of your life. For a youth runner, it may be to prepare for high school Cross Country and/or Track & Field, or just to get off the couch. We've coached anyone from those wishing to be in shape, to Intermediate/High School Record Holders, to CIF Champions.

- Instructor: Coach Ken Chai
- Fee: \$95 Resident \$100 Non-Resident (Monthly) 3 days a week
- Location: Lake Forest Sports Park (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11400 8-16 yrs Jan 5-31 Mon/Wed/Thu 6:00-7:00 pm

Act#:11401 8-16 yrs Feb 1-28 Mon/Wed/Thu 6:00-7:00 pm

The Etiquette Factory: Manners, Character & Social Skills "Foundations"

The Etiquette Factory is a unique learning experience designed to change the world, one child at a time. We define manners as: Helping those around you to feel valued. Our exclusive program helps children understand why integrity, respect, empathy, and charity help our lives both personally and professionally. Over 50 different etiquette skills are taught using games, role play, props, music, activities, stories, and kind discussion. Some of the skills included are: Introductions, Dining Etiquette, Kindness, Tact, Conversation, Being a Guest, A Clean Mouth, Sincere Apologies and so much more! Who knew learning manners could be so much fun!

- Instructor: The Etiquette Factory
- Fee: \$145 Resident \$150 Non-Resident (5-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-in, Walk-in

For More info call: The Recreation Center at 273-6960

Act#:11436 5-9 yrs Feb 15-Mar 22 Wed 4:30-6:30 pm

Strategic Kids Winter Combo Camp

Come join Strategic Kids this winter for fun-themed day camps! Winter camp includes LEGO, chess, art, magic, and more activities. Lego includes fun STEM based lessons paired with Lego education engineering builds LEGO storytelling build activities will be paired with lessons on character development, symbols, settings, presentation skills, teamwork, and more! Participants also learn about the game of chess, using a GIANT chess set, exciting lessons for all skill levels will be taught along with tournaments, and fun outdoor games that reinforce lessons learned at camp!

- Instructor: Strategic Kids Staff
- Fee: \$229 Resident \$234 Non-Resident (1-week camp)
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-in, Walk-in

For More info call: The Recreation Center at 273-6960

Act#:11376 5-12 yrs Dec 19-23 Mon-Fri 9:00am-12:00pm



Chess Wizards Inc. Winter Camp

Chess Wizards has been teaching the game of chess since 2002. Join us this winter for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain! Our camps include fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary for your child to participate, but full day kids should bring a lunch. Unleash your brain power and spend part of your vacation with Chess Wizards!

- Instructor: Chess Wizards Staff
- Fee: AM/PM Session:
\$250 Resident \$255 Non-Resident (4-day camp)
- Full Day Session:
\$365 Resident \$370 Non-Resident (4-day camp)
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11457 6-12 yrs Dec 27-30 Tue-Fri 9:00am-12:00pm

Act#:11458 6-12 yrs Dec 27-30 Tue-Fri 12:00-3:00pm

Act#:11459 6-12 yrs Dec 27-30 Tue-Fri 9:00am-3:00pm



Bionerds: Mix and Match Biology

Come and join this fun and hands-on biology workshop for kids! Learn about food biology, digestion system, worms, beetles, and water creatures. Your child will get up close with live/fresh/preserved specimens, perform some dissections, and engage in cool biology experiments/activities.

- Instructor: Bionerds Staff
- Fee: \$176 Resident \$181 Non-Resident (8-session class)
- Material Fee : \$72
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-in, Walk-in

For More info call: The Recreation Center at 273-6960

Act#:11381 5-12 yrs Dec 2-Feb 24 Fri 4:15-5:15pm

Young Einstein's: Mystery Science

Each day children get to explore different mysterious science principles through awesome experiments.

- Instructor: Brainstorm STEM Education
- Fee: \$259 Resident \$264 Non-Resident (4-day camp)
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-in, Walk-in

For More info call: The Recreation Center at 273-6960

Act#:11450 6-9 yrs Dec 27-30 Tues-Fri 9:00am-12:00 pm

LEGO Engineering: Jedi & Superheroes

Design and create amazing vehicles and contraptions from the popular theme of Star Wars and heroes.

- Instructor: Brainstorm STEM Education
- Fee: \$319 Resident \$324 Non-Resident (5-day camp)
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-in, Walk-in

For More info call: The Recreation Center at 273-6960

Act#:11452 6-9 yrs Jan 2-6 Mon-Fri 9:00am-12:00 pm



YouTube Masters

Learn the software and skills to become the next YouTube star in this creative and engaging class.

- Instructor: Brainstorm STEM Education
- Fee: \$259 Resident \$264 Non-Resident (4-day camp)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-in, Walk-in

For More info call: The Recreation Center at 273-6960

Act#:11451 9-12 yrs Dec 27-30 Tues-Fri 1:00pm-4:00 pm



Robotics Academy: Inventor

This class will explore engineering and inventing using the LEGO Spike Prime Robotics system.

- Instructor: Brainstorm STEM Education
- Fee: \$319 Resident \$324 Non-Resident (5-day camp)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-in, Walk-in

For More info call: The Recreation Center at 273-6960

Act#:11453 9-12 yrs Jan 2-6 Mon-Fri 1:00pm-4:00 pm

Reading Development–Grades K-1

This individualized phonics based reading program can make the difference between a student who struggles or one who succeeds. We identify skill gaps with comprehensive first-day testing. Skill-based curriculum and instruction assists to bring skills to mastery. More info: claudia@readwritesolutions.com or 949-263-0633.

- Instructor: Readwrite Staff
- Fee: \$169 Resident \$174 Non-Resident (8-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-in, Walk-in

For More info call: The Recreation Center at 273-6960

Act#:11454 4.5-6.5 yrs Jan 18-Feb 15 Mon/Wed 3:30-4:25 pm

Reading Development–Grades 2-6

Improve comprehension, vocabulary, spelling, and fluency. This individually designed program is based on results of comprehensive first-day testing to identify skill gaps. Our skill based curriculum assists struggling students and challenges advanced students. More info: claudia@readwritesolutions.com or 949-263-0633.

- Instructor: Readwrite Staff
- Fee: \$169 Resident \$174 Non-Resident (8-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-in, Walk-in

For More info call: The Recreation Center at 273-6960

Act#:11455 6.5-11.5 yrs Jan 18-Feb 15 Mon/Wed 4:30-5:25 pm

Math Development—Grades 2-6

Comprehensive first-day testing identifies skill gaps. With this information an individualized program is designed for each student. Components of the program include basic and advanced: $+$ $-$ \times \div , fraction operations, prime numbers, factoring concepts, decimals, algebra, and geometry skills. More info: claudia@readwritesolutions.com or 949-263-0633.

- Instructor: Readwrite Staff
- Fee: \$169 Resident \$174 Non-Resident (8-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-in, Walk-in

For More info call: The Recreation Center at 273-6960

Act#:11456 6.5-11.5 yrs Jan 18-Feb 15 Mon/Wed 5:30-6:25 pm

SAVE TIME!

Register Online at:

www.lfparksandrecca.com

Winter Karate Kickstart

A 6-week introduction to karate for beginners. Learn the basics of self-defense in a fun, engaging atmosphere that fosters focus, fitness, confidence, teamwork and respect for others as well as themselves. Don't just do something fun, give them skills for life!

- Instructor: PKSA Staff
- Fee: \$129 Resident \$134 Non-Resident (6-week session)
- Location: PKSA Karate OC 20382 Barents Sea Circle, Lake Forest

To Register: Online, Mail-in, Walk-in

For More info call: The Recreation Center at 273-6960

Act#:11380 6-12 yrs Jan 2-Feb 6 Mon 5:00-5:30 pm

Pinocchio—A One Act Musical

Be in a musical! Your actors will have a fantastic time in this classic story, following Pinocchio's journey to becoming a real boy. Creative Kids Playhouse instructors are professionals focused on theatre education in a fun and encouraging environment. Every child enrolled will get a speaking part. If enrollment is high we will have 2 casts.

- Instructor: Creative Kids Playhouse Staff
- Fee: \$185 Resident \$190 Non-Resident
- Location: Lake Forest Performing Arts Center (100 Civic Center)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11449 6-12 yrs Jan 11- Feb 25 W 4:30 pm-6:00 pm

Pickleball for Kids Clinic

This youth beginner clinic will focus on 3 strokes (dink, serve and serve return), basic rules and scoring designed to get your child playing this fun game. The last 15 minutes will be game play. Paddles and balls will be provided. Tennis shoes are highly recommended.

- Instructor: Shelly and Kevin Booth
- Fee: \$55 Resident \$60 Non-Resident (1 Day Class)
- Location: Portola Park (28040 Glenn Ranch Road, Lake Forest)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11448 8-12 yrs Feb 18 Sat 12:30-2:00pm



Adult Classes

Basic Communication with Clickstart Dog Training Academy

Build a rock-solid foundation for both ends of the leash with this 6-week outdoor group class. Learn the most up-to-date and effective training techniques from our certified and experienced trainers to improve communication between you and your dog. For dogs 5+ months.

- Instructor: Clickstart Dog Academy staff
- Fee: \$275 Resident \$280 Non-Resident (6-week session)
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11402 18+ yrs Jan 3-Feb 7 Tue 5:30-6:30 pm

KB30

The KB30 is a 30-minute action packed boxing/kickboxing circuit workout. Fast paced, challenging and empowering. This one-of-a-kind appeals to all levels of fitness in a trendy, non-intimidating exciting environment. The workout consists of 7/3-minute stations. Members have a one-minute active break between rounds and a stretch yoga to recover. The workout includes cardio, weight training, core exercises plus kicks and punches. Each 30-minute session will be led by a personal trainer and will be tailored to an individual's fitness level. The workouts change each day. Burnout from boredom is a thing of the past.

- Instructor: Gina Soni
- Fee (8-week session): \$120 Resident \$125 Non-Resident
Fee (4-week session): \$60 Resident \$65 Non-Resident
- Location: Lake Forest Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11430 15+ yrs Jan 9-Mar 6 Mon 6:30-7:00 pm

Act#:11431 15+ yrs Jan 9-Jan 30 Mon 6:30-7:00 pm

Act#:11432 15+ yrs Feb 6-Mar 6 Mon 6:30-7:00 pm

WINTER 2022/23 REGISTRATION DATES

RESIDENTS

Tuesday, November 22, 2022 @ 8 am

NON-RESIDENTS

Tuesday, November 29, 2022 @ 8 am

Reset with Mindfulness Meditation

In this class we will practice meditation exercises using breathing and mindfulness yoga helping us change distracted thinking to focused thinking and feel the present moment. This course will help us become more aware of thoughts, feelings, and body sensations so that instead of feeling overwhelmed by them, we will be better able to manage them. Experience the mental mood and health benefits of meditation many studies have shown.

- Instructor: Gina Soni
- Fee (8-week session): \$120 Resident \$125 Non-Resident
Fee (4-week session) \$60 Resident \$65 Non-Resident
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11433 15+ yrs Jan 9-Mar 6 Mon 7:15-8:00 pm

Act#:11434 15+ yrs Jan 9-Jan 30 Mon 7:15-8:00 pm

Act#:11435 15+ yrs Feb 6-Mar 6 Mon 7:15-8:00 pm

Zumba® Gold + Toning for Beginners

The Zumba® Gold + Toning program fuses hypnotic Latin Rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that is effective and easy to do. The routines feature interval training where fast and slow rhythms and light weights** are combined to tone and sculpt the body, improve muscle strength, flexibility, balance and coordination while burning calories. The class is designed for beginners, active older adults or anyone interested in an easy-to-follow fitness program. Zumba Gold® creates a party like atmosphere. It is fun, different, easy and effective. It's great for the mind, body and soul! Walk in ready to have a blast and tone up - leave exhilarated and empowered! ** PARTICIPANTS MUST BRING THEIR OWN 1-2 POUND WEIGHTS TO CLASS. These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor. Bring receipt to first class.

- Instructor: Angie Velez
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 11382

5-class package —\$30 Resident / \$35 Non-Resident

Act#: 11383

10-class package—\$50 Resident / \$55 Non-Resident

Act#: 11384

15-class package —\$75 Resident / \$80 Non-Resident

Act#: 11385

20-class package— \$100Resident / \$105 Non-Resident

18+ yrs Ongoing Tue 6:00-7:00 pm

18+ yrs Ongoing Sat 10:00-11:00 am

Get Off Your Booty Camp

Get in shape "Boot camp style". Experience full-body high intensity workouts that will improve your aerobic capacity, increase your metabolism, increase your flexibility, and get you to a healthier and stronger YOU. Our class is a results-driven conditioning program that focuses on developing lean, toned, and healthy bodies with the use of your own body weight and a variety of exercise equipment. This class is designed for most fitness levels. Work at your own pace while you push yourself to the next level. This will be a fun and effective workout in a positive atmosphere with great upbeat music. Not your typical boot camp! Must bring your own mats and water. For more info, please visit: www.Endeavourpt.com.

- Instructor: Maryam Stevenson
- Fee (4-class sessions):\$54 Resident \$59 Non-Resident
Fee (8-class sessions) \$108 Resident \$113 Non-Resident
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11377 18+ yrs Dec 6-15 Tue/Thu 6:00-6:45 pm

Act#:11378 18+ yrs Jan 3-26 Tue/Thu 6:00-6:45 pm

Act#:11379 18+ yrs Feb 2-28 Tue/Thu 6:00-6:45 pm



Yin Yoga

A series of long-held (2-4 minutes), passive, floor poses that focus on the spine and other areas rich in connective tissue. Huge therapeutic benefits include increased circulation, improved flexibility, stress and anxiety reduction, rehabilitation from injury, and much more. Appropriate for all skill levels and body types. Bring a yoga mat. Blocks, blankets and a bolster are strongly recommended, and orders are taken at first meeting. For more information visit www.inspireyogaoc.com.

- Instructor: Amy Harper
- Fee (10-week session): \$120 Resident \$125 Non-Resident
- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11460 18+ yrs Dec 6-Feb 21 Tue 7:45-8:45 pm



Defense to Offense Pickleball Clinic

This Intermediate/Advanced clinic will focus on doubles strategy, shot selection and shot placement. Learn how to make better shot choices that will allow you to recover and transition from a defensive position to a neutral and ultimately offensive position. Tennis shoes are highly recommended.

- Instructor: Shelly and Kevin Booth
- Fee: \$55-Resident \$60 Non-Resident (1-class session)
- Location: Portola Park
(28040 Glenn Ranch Road, Lake Forest)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11437 14+ yrs Dec 12 Sat 8:00-10:00am

Offensive Volleys and Attacks Pickleball Clinic

This Intermediate/Advanced clinic will focus on identifying offensive opportunities such as what shot to hit based on your court and ball position and when to speed up the shot and initiate the attack. Tennis shoes are highly recommended.

- Instructor: Shelly and Kevin Booth
- Fee: \$55 Resident \$60 Non-Resident (1 Day Class)
- Location: Portola Park
(28040 Glenn Ranch Road, Lake Forest)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11445 14+ yrs Jan 21 Sat 8:00-10:00am

Pickleball BFF- “Balance, Footwork and Fitness”

This 60-minute class will focus on the importance of balance, footwork, fitness and injury prevention and how it relates to your Pickleball game. Pickleball has been the fastest growing sport for the last 4-5 years. People of all ages, health and fitness levels are transitioning out of other sports or are coming “out of retirement” to play this fun and addicting sport. With this increased level of activity is an increase in the number of Pickleball related injuries. Typically these injuries are a product of poor balance, reduced range of motion, reduced muscle strength, overplaying and lack of recovery time. Injury prevention and better conditioning is a sure way to improve your fitness, balance and footwork which will allow you to feel stronger, move with confidence and “level up” your game.

- Instructor: Shelly and Kevin Booth
- Fee: \$30 Resident \$35 Non-Resident (1-class session)
- Location: Portola Park
(28040 Glenn Ranch Road, Lake Forest)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11446 8-12 yrs Jan 21 Sat 12:30-1:30pm

“Drills and Skills” Pickleball

This Intermediate skills specific class is designed to focus on 1-2 skills per class with targeted drills to improve your shot consistency and reduce unforced errors. This class will help build confidence in your stroke production through repetition and improve your overall performance for greater success on the court. No class on December 28.

- Instructor: Shelly and Kevin Booth
- Fee (6-week session): \$165 Resident \$170 Non-Resident
Fee (5-week session): \$140-Resident \$145-Non-Resident
- Location: Portola Park
(28040 Glenn Ranch Road, Lake Forest)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11438 14+ yrs Dec 7-Jan 18 Wed 9:30-10:30am

Act#:11439 14+ yrs Jan 25-Feb 22 Wed 9:30-10:30am

“Shots” ATP, Ernie, Lob and Overhead Pickleball Clinic

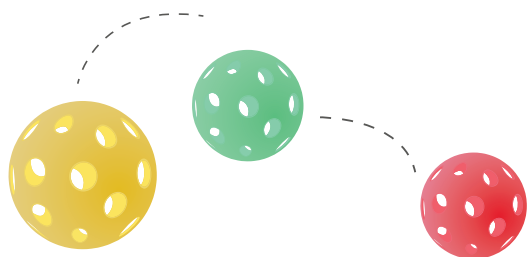
This Intermediate/Advanced clinic will focus on ATP's, Ernie's, Lobs and Overheads. These entertaining and highly effective shots require specialized footwork, patience and the element of surprise. Focus will be on stroke production, court position, shot angles and footwork needed to execute these consistently during play. Tennis shoes are highly recommended.

- Instructor: Shelly and Kevin Booth
- Fee: \$55 Resident \$60 Non-Resident (1 Day Class)
- Location: Portola Park
(28040 Glenn Ranch Road, Lake Forest)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#:11447 14+ yrs Feb 18 Sat 8:00-10:00am



Learn To Play Pickleball

This beginner class is for new players or those who play but lack consistency in their overall game. The focus will be on stroke mechanics, basic skill development, rules and scoring designed to get you on the court ready to play. Paddles and balls will be provided. Tennis shoes are highly recommended

- Instructor: Shelly and Kevin Booth
- Fee (7-week session): \$165-Resident \$170-Non-Resident
Fee (5-week session): \$140-Resident \$145-Non-Resident
- Location: Portola Park
(28040 Glenn Ranch Road, Lake Forest)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 11443 14+ yrs Dec 7-Jan 18 Wed 8:15-9:15am

Act#: 11444 14+ yrs Jan 25-Feb 22 Wed 8:15-9:15am

Learn to Play Pickleball Clinic

This beginner clinic is for new players or those who play but lack consistency in their overall game. The focus will be on stroke mechanics, basic skill development, rules and scoring designed to get you on the court ready to play. Paddles and balls will be provided. Tennis shoes are highly recommended.

- Instructor: Shelly and Kevin Booth
- Fee: \$55-Resident \$60-Non-Resident (1 Day Class)
- Location: Portola Park
(28040 Glenn Ranch Road, Lake Forest)

To Register: Online, Mail-In, Walk-In

For more info call: The Recreation Center at 273-6960

Act#: 11440 14+ yrs Dec 10 Sat 10:15 am-12:15 pm

Act#: 11441 14+ yrs Jan 21 Sat 10:15 am-12:15 pm

Act#: 11442 14+ yrs Feb 18 Sat 10:15 am-12:15 pm



SAVE TIME!

Register Online at:

www.lfparksandrecca.com

WINTER 2022/23 REGISTRATION DATES

RESIDENTS

Tuesday, November 22, 2022 @ 8 am

NON-RESIDENTS

Tuesday, November 29, 2022 @ 8 am



Award Winning World Class Skateboard Facility

“Best Skatepark in OC” Readers’ Choice 2018, 2019, 2020, 2021, 2022—Parenting OC Magazine

“Best Skatepark in OC” Editor’s Choice 2017—Parenting OC Magazine

“#1 Family Friendly Skatepark” Reader’s Choice 2016—Parenting OC Magazine

Come visit Lake Forest’s own award-winning, world-class skateboard facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders from around the world.

- Location: 20028 Lake Forest Dr. Lake Forest, CA 92630
- Phone: (949) 916-5870
In the case of inclement weather, please call ahead to see if the Park is open.

WINTER 2022/23 SKATEPARK HOURS AND HOLIDAYS

(Beginning Thursday, December 1, 2022)

Monday - Thursday: 11am - 8pm

Friday - Saturday: 10am to 9pm • Sunday: 10am - 8pm
Closed at 6pm Sat., December 24, 2022 (Christmas Eve)

Closed Sun., December 25, 2022 (Christmas Day)
Closed at 6pm Sat., December 31, 2022 (New Year’s Eve)
Open at 12pm Sun., January 1, 2023 (New Year’s Day)

For more information visit the skatepark website at www.Etnieskatepark.com

Follow us on Instagram,
Facebook, and Twitter





Etnies Winter Skate Camp

Choose this Winter break to spend at one of the best skate camps around! We have been offering camps since 2003 and have worked hard to make it an experience to remember. Lunch, drinks, and snacks are provided daily. Specific clinics covered during camp include: the basics of ollies; how to kick flip; how to grind; bowl riding; and skating transitions. All camp activities will be held by experienced Skatepark staff that has a proven successful track record in improving skateboard skills. Hone your skills on a variety of the best Skatepark terrain around including the skull bowl, the flow bowl, two large flow courses, Orange County's only cradle, and world class street areas. Each participant will design and print their own official Etnies Skatepark of Lake Forest t-shirt. Skate camp is designed to cover skateboarding basics as well as many other fun camp activities! The day of fun will include skateboard instruction, games, and lunch. Please make sure your camper brings a skateboard, helmet, elbow/knee pads, and enough water to last for the duration of the camp.

- Fee: \$249.00 per person
- Limited to 20 per session
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#:11344 5-17 yrs Dec 26-30 Mon-Fri 10:00 am-2:00pm

Act#:11345 5-17 yrs Jan 2-6 Mon-Fri 10:00 am-2:00pm

CANCELLATION and USE POLICY

If a class is cancelled due to weather or other circumstances, a make-up class will be scheduled for participants at the next available date.

Skatepark program participants will need a waiver/membership form filled out before entering the skatepark. The membership is based on a calendar year, and it is valid from January 1 to December 31. Program participants enrolled in skate classes, camps, or special events will have membership fees waived during the duration of the program. However, if the participant would like to use the skatepark outside of designated program times, they are required to pay the membership fee.

PRIVATE SKATE LESSONS



SCAN FOR MORE INFO



\$50/HOUR

VISIT ETNIES SKATEPARK OFFICE OR CALL (949) 916-5870
TO SCHEDULE YOUR LESSON TODAY!



Private Skateboard Lessons

If you are just learning or an advanced rider wanting to increase skills for competitions, our private lessons can help you achieve your goals. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Lessons are taught by experienced staff who specialize in teaching lessons catered to everyone.

- Instructor: Skatepark Staff
- Equipment needed: Skateboard, helmet, elbow/knee pads.
- Fee: \$50 per hour and can include up to two students for that price
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Walk-In or schedule a private lesson by calling the skatepark at (949) 916-5870 with your desired lesson time. For More Info Call: Etnies Skatepark of Lake Forest at 916-5870

Ages: 4 and up

Skatepark Safety/ Etiquette Class

We understand that the Skatepark can be intimidating to new users, and that is why we offer a free 15-minute Skatepark Safety/Etiquette course. This course teaches new users how to identify potential Skatepark hazards, general Skatepark etiquette, and how to have the most fun possible while riding the world famous Etnies Skatepark of Lake Forest! This class is available on a drop-in basis and is instructed by experienced Skatepark Staff.

- Instructor: Skatepark Staff
- Fee: Free
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The Skatepark at 916-5870

Ages: 4 and up

HAVE YOUR BIRTHDAY PARTY AT etnies

SKATEPARK OF LAKE FOREST

Three birthday party
packages available

www.etniesskatepark.com



WINTER 2022/23 REGISTRATION DATES

RESIDENTS

Tuesday, November 22, 2022 @ 8 am

NON-RESIDENTS

Tuesday, November 29, 2022 @ 8 am

Special Needs

The City of Lake Forest provides a comprehensive special needs program. We work closely with local Lake Forest businesses to offer the special needs community fulfilling classes and socialization opportunities. The City hosts quarterly dances, networking events for special needs professionals, and a yearly resource fair for caregivers and special needs recipients. Our inclusive efforts ensure that accommodations are made for all special needs individuals to enjoy participating in any program the City offers.



The Not-So-Silent Night Dance

Silent Night?! Think again! Come on down and help us celebrate a holiday hooplah like no other! We'll have a DJ spinning tunes, crafts, snacks, and even a very special tree which you all will help us decorate. Don't forget to wear your dancing shoes and favorite holiday-themed attire for the photo booth!

- Fee: Free!
- Location: Lake Forest Clubhouse (100 Civic Center Dr.)

To Register: Online, Mail-In, Walk-In
For more info call: 273-6978 or email
kfernandez@lakeforestca.gov

Act#: 11364 10 years-adult Dec 10 Sat 6:00-8:00 pm

GiGi's Playhouse— At Home Classes

The City of Lake Forest and GiGi's Playhouse have partnered up to offer an assortment of FREE Virtual and On-Demand recreational and educational classes available from the safety of your own home! There are a wide variety of programs available: yoga, cooking, art, music, fine motor, gross motor, sign language and fitness. At GiGi's Playhouse, they are always working towards their "Best of All." GiGi's Playhouse changes lives through consistent delivery of free educational, therapeutic-based and career development programs for individuals with Down syndrome of all ages, their families and the community. Every program at GiGi's Playhouse is always 100% free, so there's nothing to lose by signing up! Click on the link below to RSVP today. If you'd like more information, email orangecounty@gigisplayhouse.org or contact Lake Forest Recreation Supervisor Kevin Fernandez.



- Location: www.gigisplayhouse.org/gigisathome/calendar/
- Fee: Free!

Social Group for Children on the Autism Spectrum

Developed by Rosa Patterson, Psy.D., BCBA, the Learn About Friends and Feelings (L.A.F.F.) social groups assist children on the autism spectrum. The groups are based on the principles of Applied Behavior Analysis and focus on social-emotional and behavioral growth. Areas addressed are play, social language, social reciprocity, perspective taking, problem solving, social relatedness, and much more!

- Instructor: Behavior Analyst - TBD
- Fee: \$75 per session – Resident
- \$80 per session – Non-Resident
- Location: Autism Behavior Services, Inc.,
23701 Birtcher Drive, Lake Forest

To Register: Call to set up an appointment. Online registration is not available for this program.

For more info call: Autism Behavior Services at (949) 581-0100

2-19 yrs Ongoing Mon-Sat varies



Martial arts for all: A martial arts program for children and adults with special needs

United Studios of Self Defense prides itself on being able to work with students of all ages with different needs and goals. Our program is designed to use individualized martial arts curriculum that is tailored to each person's learning style, needs, and learning pace. The program will consist of a single 30-minute private session each week (1-4 students per scheduled session), allowing a student the dedicated time and attention to detail needed to refine their skills. Students will also be given the option to participate in group classes, which are determined by age. All classes are held at our location that provides a distraction free environment to maximize learning and student development. We look forward to helping to reach you and your families goals!

- Instructor: United Studios of Self Defense Accredited Instructor
- Location: United Studios of Self Defense
(26756 Portola Pkwy. Ste. 2D)
- Fees: Single Private Session - \$75
4-Week Program - \$275
12-Week Program - \$705

For more Info and To Register call: 273-6978 or email kfernandez@lakeforestca.gov

Gymnastics for Kids with Special Needs

Our gymnastics classes are specifically designed for children and teens with disabilities (Autism, Down Syndrome, Cerebral Palsy, ADHD, etc.). Students will learn basic gymnastics skills such as jumps on our 30ft. trampoline, handstand, cartwheels, and other floor exercises. During class, students will improve their social skills by taking turns, sharing equipment, and following directions. Please call to set a free assessment and discuss class placement. This special pricing is available to new members only.

- Instructor: Us Too Gym Staff
- Fee: \$110/month (Four 45-minute sessions) Resident
\$115/month (Four 45-minute sessions) Non-Resident
- Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

For more Info and To Register call: 273-6978 or email kfernandez@lakeforestca.gov

5 yrs and older Ongoing varies



Shining Soccer Stars— Special Needs

The Shining Stars Program at Super Soccer Stars uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities. Our philosophy is one of re-identification from that of an individual with “special needs,” to that of a soccer player. Using a developmentally appropriate curriculum designed by licensed educators and therapists, we work on promoting the complete growth of each individual while encouraging players to improve at their own pace. By providing a safe space to learn through this curriculum, we’re able to enhance social interactions between players and empower them to confidently play the beautiful game.

- Instructor: Super Soccer Stars Staff
- Fee (6-week sessions): \$138 Resident \$143 Non-Resident
- Location: Baker Ranch Community Park
(26380 Rancho Pkwy)

To Register: Mail-In, Walk-In, Online

Act #:11462 4-9yrs Jan 15-Feb 26 Sun 8:15 -8:50 am



Lake Forest Little League Challenger Baseball



Challenger Baseball is a Little League program for boys and girls with special needs.

Children 6 to 18 years of age with any physical and/or developmental disability are welcome.

COST:

The registration fee for Challenger players is \$35. The fees will cover the cost of team and individual photos, practice and field expenses. There is an optional uniform fee. There may be some incidental expenses (team party!), usually not exceed \$20 over the season.

PRACTICES:

One weekday afternoon at either Heroes Park or the Lake Forest Sports Park. The focus is skill-building, sportsmanship and teamwork.

GAMES:

Saturday mornings, March through May, 2022.

**Come join the Lake Forest
Little League!**

**Register online at LFL.org
For more information email info@lfl.org.**

Shooting Stars Basketball



This program provides special needs athletes three levels of play to support individual skill and determination.

Little Dippers - Players who benefit from teen peer support.

Mighty Dippers - Players that dribble, pass, and shoot with minimal support.

Big Dippers - Teen-adult competitive basketball players. Registration takes place on-site and is open during the winter and summer basketball seasons. Volunteer coaches, teens, and photographers are welcome!

- Location: RSM or Los Alisos Intermediate Schools

Please email Laurie & Richard Jimenez at SVUSDShootingStars@gmail.com for upcoming dates and location.



WHAT IS "TOPSoccer"?

TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes, ages 4 to 30, with physical and mental disabilities. TOPSoccer emphasizes development, training, and meaningful participation rather than competition.

IT'S ALL ABOUT FUN!

For more info, please contact: Rick Trevers
Laguna Niguel Youth Soccer Association
Rick.Trevers@LNYSA.org

Sandy Castillo:
scastillo@calsouth.com

or visit:
calsouth.com/topsoccer

Take Me HOME PROGRAM

The program assists law enforcement personnel by providing information about your loved ones, such as emergency contact information, detailed physical descriptions, photographs, communication abilities, routines, and behaviors. Individuals with Autism, Dementia, Alzheimer's Disease, and Down Syndrome are examples of members of our community who might benefit from this registry.

Take Me Home is available to residents who live in the Sheriff's Department 13 contract cities and unincorporated Orange County.

To register your loved one, please visit the following website:
apps.ocsd.org/Info/TakeMeHome



SAVE TIME!

Register Online at:
www.lfparksandrecca.com

Welcome to The Clubhouse!



Operating Hours:
Monday - Thursday, 10am - 3pm



Don't miss out on The Clubhouse Calendar!

The calendar is a great way to view the activities offered each month. If you are interested in receiving the free quarterly calendar through email, please call The Clubhouse at (949) 461-3408.



facebook.com/lakeforest.clubhouse @lakeforest.clubhouse

50 and Better Programs

Bagels & Bingo

Join us for bingo games and bagels from Bagels & Brew! Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in Bagels & Bingo. This is a one-time fee.

- Fee: Free
- For more info call: The Clubhouse at 461-3408
- Location: The Clubhouse (100 Civic Center Dr)

Seniors	Mon	Dec 5	10:00 am-2:00 pm
Seniors	Mon	Jan 9	10:00 am-2:00 pm
Seniors	Mon	Feb 6	10:00 am-2:00 pm

Bingo Mania

The Clubhouse hosts Bingo Mania the fourth Monday of every month. Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in Bingo Mania. This is a one-time fee.



- Fee: Free
- For more info call: The Clubhouse at 461-3408
- Location: The Clubhouse (100 Civic Center Dr)

Seniors	Mon	Dec 19	10:00 am-2:00 pm
Seniors	Mon	Jan 23	10:00 am-2:00 pm
Seniors	Mon	Feb 27	10:00 am-2:00 pm

Bingo Thursdays!

Feeling lucky? Join us for games of bingo every Thursday from 10 am to 2 pm! Please note, participants must purchase a \$2.00 bingo card from The Clubhouse to participate in Bingo Thursdays. This is a one-time fee.

- Fee: Free
- For more info call: The Clubhouse at 461-3408
- Location: The Clubhouse (100 Civic Center Dr)

Thursday Clubhouse Lunch

The Clubhouse offers a catered lunch every month! Join us for a delicious meal while playing Bingo Thursdays with your Clubhouse friends.

- Fee: \$2.00 Residents and \$4.00 Non-Residents
- To Register: Walk-In and Online

Holly Jolly Holiday Luncheon

Act #:11349 Seniors Dec 15 Thu 12:00 pm

Let's Go Camping!

Act #:11350 Seniors Jan 26 Thu 12:00 pm

Let's Fiesta!

Act #:11351 Seniors Feb 23 Thu 12:00 pm

Mission Inn Festival of Lights Excursion

The Mission Inn Hotel and Spa – Riverside Festival of Lights welcomes guests to experience holiday lights and decorations, live entertainment, and lots of goodies in Downtown Riverside. The Riverside Festival of Lights is a time-honored tradition for generations of Southern California residents.

- Fee: \$35.00 Residents & Non-Residents
- For more info call: The Clubhouse at 461-3408

Act #:11390

Families/Adults/Seniors Dec 8

Thu 3:00-9:00 pm

2023 Rose Parade Excursion

The 134th Rose Parade promises to be a parade full of flowers, music, floats, and fun! This year's theme is "Turning the Corner" so let's kick off your New Year in official grandstand seats located at 1350 E. Colorado Blvd. A boxed lunch will be served on the way home. Meal is included in excursion price.

- Fee: \$130.00 Residents & Non-Residents
- For more info call: The Clubhouse at 461-3408

Act #:11391

Families/Adults/Seniors Jan 2

Mon 6:00 am-2:00 pm

Ice Castle Masquerade Dance

There's snow place like a party at The Clubhouse! Come dance the night away, masquerade style! Enjoy a night filled with dancing, food, refreshments, and a lot of fun!

- Fee: \$15.00 Residents & Non-Residents
- Location: The Clubhouse (100 Civic Center Dr)
- For more info call: The Clubhouse at 461-3408

Act #:11393 Seniors Jan 20

Fri 5:00-8:00 pm

Senior Santa & Friends at The Clubhouse

'Tis the season to make someone's holiday special! Senior Santa & Friends operates in conjunction with the County of Orange Operation Santa Claus program. This "gift" giving program provides some cheer to older adults with multiple physical disabilities and income only slightly above the federal poverty level. All donations are tax deductible.

Items Needed

(Must Be New and Unused):

- Clothing, Blankets, and Household Items
- Nutritional Supplements (ie, Ensure and Glucerna)
- Gift Cards (grocery stores, department stores, and pharmacies)

Between November 1 and December 8, 2022, drop off your gift at The Clubhouse during operating hours.



Soundsations & Choralistics at The Clubhouse

Our very own El Toro High School has two outstanding vocal performance teams, Soundsations and Choralistics! There are over 50 students in these two singing and dancing groups, and they have won top honors and several gold level awards in their competitions!

- Fee: Free
- For more information call: The Clubhouse at 461-3408

Seniors Dec 8 Thursday 12:15pm

The Clubhouse Games and Fun!

The Clubhouse offers many fun games and activities to keep your brain active and promote positive socialization! Join us for the following programs:

- Brain Games (Sudoku, Crossword Puzzles, and Word Searches)
- Dominoes
- Mahjong
- Puzzles
- Rummikub
- Various Card Games and Books to Read
- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr)
- For more info call: The Clubhouse at 461-3408

Seniors Ongoing Mon-Thu 10:00 am-3:00 pm

Computer Lab Hours

The Clubhouse patrons may use the Computer Lab to check e-mail, surf the net, and practice computer skills to improve proficiency. Days and times subject to change due to program needs.

- Please note: There is no instructor on-site.
- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr)
- For more info call: The Clubhouse at 461-3408

Seniors Ongoing Mon/Wed/Thu 10:00 am-3:00 pm

Tue 10:00 am-12:30 pm

Ping Pong

Breakout your paddles and join us for a friendly game! Days and times subject to change due to program needs. Paddles and ping pong balls are available for rent for free. Please see The Clubhouse front desk to loan the specified items.

- Fee: FREE
- Location: The Clubhouse (100 Civic Center Dr)
- For more info call: The Clubhouse at 461-3408

Act#: 11463

Seniors	Ongoing	Mon	10:00 am-3:00 pm
		Tue	12:45 pm-3:00 pm
		Wed	10:00 am-12:15 pm



Crafty Crafters

The Clubhouse offers Crafty Crafters once a month on Tuesdays. Each class is designed to spark your creative and artistic side!

- Location: The Clubhouse (100 Civic Center Dr)
- Fee: \$2.00 Residents & Non-Residents
- To Register: Walk-In and Online
- For more info call: The Clubhouse at 461-3408

Wood Art Winter Tree

Act #:11352 Seniors Dec 20 Tue 10:30 am

Canvas Pom Pom Valentine's Day Heart

Act #:11353 Seniors Jan 17 Tue 10:30 am

Lucky Shamrock Broach

Act #:11354 Seniors Feb 21 Tue 10:30 am

The Clubhouse Garden Club

The Clubhouse Garden Club provides education, inspiration, and a sense of joy. Learn about exciting garden topics with your Clubhouse friends!

- Location: The Clubhouse (100 Civic Center Dr)
- Fee: Free
- To Register: Mail-In, Walk-In, and Online
- For more info call: The Clubhouse at 461-3408

Act #:11355

Pest and Disease Prevention

Seniors Dec 6 Tue 10:00-11:00 am

Water Better Not Wetter – Presentation by the University of California Master Gardener Program

Seniors Jan 10 Tue 10:00-11:00 am

Sustainable Gardening

Seniors Feb 7 Tue 10:00-11:00 am

Senior Bowling League at Forest Lanes

It's Jackpot Friday complete with games and bowling for all seniors! All skill levels are welcome. Form your own team or sign up individually. First time bowlers will receive a FREE session of bowling (Lake Forest senior residents only) on Fridays between 1-3:30pm!

- Fee: \$10 per resident senior (plus \$3 shoe rental)
\$12 per non-resident senior (plus \$3 shoe rental)
- Location: Forest Lanes (22771 Centre Dr)
- To Register Call: Forest Lanes at (949) 770-0055

Seniors Ongoing Fri 1:00-3:30 pm

Young At Heart— Lake Forest Book Club

The Young At Heart - Lake Forest Book Club meets once a month to discuss selected books. The City provides snacks for you to enjoy during each discussion. Registration is required for this program.

- Book Discussion Location: The Clubhouse (100 Civic Center Dr)
- For more info call: The Clubhouse at 461-3408

The Forest Lover by Susan Vreeland

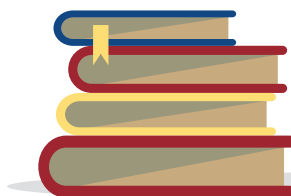
Seniors Dec 15 Thu 10:00 am

The Lost Letter by Jillian Cantor

Seniors Jan 19 Thu 10:00 am

The Queen's Gambit by Walter Tevis

Seniors Feb 16 Thu 10:00 am



Free Blood Pressure Checks

A blood pressure test measures the pressure in your arteries as your heart pumps and provides additional information about overall health. Healthcare professionals recommend that individuals over 40 receive a blood pressure screening once per year. The Clubhouse hosts free blood pressure checks on the third Monday of every month.

- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr)
- For more info call: The Clubhouse at 461-3408

Seniors Dec 19 Mon 10:00 am-12:00 pm

Seniors Jan 23 Mon 10:00 am-12:00 pm

Seniors Feb 27 Mon 10:00 am-12:00 pm

Medication Review

Make a one-on-one appointment to learn about your medications and supplements. The County of Orange Health Care Agency's consulting pharmacist, Bill Liu, will assess your medication regimen for efficacy, appropriateness, alert you to side effects, and identify any potential drug interactions. Remember to bring all your medications, vitamins, and supplements or a detailed list of medications you take.

- To Register: Interested individuals may call 461-3408 to schedule a 20-minute appointment.
- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr)

Seniors Feb 23 Thu 10:00 am-1:00 pm

Need Legal Advice?

An attorney from the Legal Aid Society of Orange County will provide free legal advice to seniors through the Orange County Senior Citizens Legal Advocacy Program (SCLAP) on a wide variety of issues including government benefits, health, housing, consumer problems, and elder abuse.

- To qualify for an appointment, you must be:
- Orange County resident
- 60 years of age or older
- US Citizen or Permanent Resident (if you are a permanent resident, you must present your green card at time of appointment)

Please note: SCLAP does not offer representation on criminal cases, class action lawsuits, drafting wills and trusts, or cases in which you want to sue for money.

Appointments are scheduled for 20 minutes. To receive the most out of your appointment, please write down questions for the attorney.

- Fee: Free
- Location: The Clubhouse (100 Civic Center Dr)
- To make an appointment call 461-3408

Seniors Dec 1 Thu 1:00-3:00 pm

Seniors Jan 5 Thu 1:00-3:00 pm

Seniors Feb 2 Thu 1:00-3:00 pm

Senior Emeritus Classes

EMERITUS CLASSES are offered for active seniors

through partnerships between the City and Irvine Valley College and Saddleback College.

The courses offered are especially designed to meet the educational and recreational interests of the 50+ population.

Registration is required for all Emeritus Classes through Irvine Valley College and Saddleback College.

SPRING PRIORITY REGISTRATION November 14-17, 2022

OPEN ENROLLMENT BEGINS November 23, 2022

CLASSES BEGIN The week of January 16th, 2023

Irvine Valley College: New or returning students (those who skipped the fall or spring semester) will need to fill out the online Emeritus Application at <https://academics.ivc.edu/emmeritus> or call (949) 367-8343 for more information. Class Schedule: <https://www.ivc.edu/class-schedule>

Saddleback College: New or returning students (those who skipped the fall or spring semester) will need to fill out the online Emeritus Application at <https://www.saddleback.edu/emmeritus> or call (949) 582-4835 for more information. Class Schedule: <https://www.saddleback.edu/cs>

Once you have a Student ID and PIN #, please register at <https://mysite.socccd.edu>.

The South Orange County Community College District (SOCCCD) has a COVID-19 vaccination requirement for all students enrolling for in-person classes. This information can be found on the respective college Emeritus website.



HICAP

Health Insurance Counseling and Advocacy Program

HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you understand health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get unbiased information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

1. Your rights as a health care consumer
2. Medicare benefits, including how to appeal Medicare and HMO denials
3. Medicare and health insurance jargon
4. Private Medicare supplemental health insurance policy benefits and exclusions
5. HMOs and how they work including emergency assistance with denials
6. Long-term care insurance

To Make an Appointment, Please Call 461-3408 and Leave Your Name and Phone Number.

• **Fee: Free**

• **Location: The Clubhouse
(100 Civic Center Dr)**

Seniors	Dec 13	Tue	10:00 am-1:00 pm
Seniors	Jan 10	Tue	10:00 am-1:00 pm
Seniors	Feb 14	Tue	10:00 am-1:00 pm

NEED TO KNOW NUMBERS

AARP	(888) 687-2277
Access (Reservations/Information)	(877) 628-2232
Access (Eligibility)	(714) 560-5956
Age Well Senior Services, Inc.	(949) 855-8033
City of Lake Forest City Hall	(949) 461-3400
Council on Aging	(714) 479-0107
Non-Disabled Housing Information	(714) 480-2864
Elder/Disabled Adult Abuse	(800) 451-5155
Hazardous Waste, Disposal of Expired Unused Medicine & Old Cell Phones	(714) 834-4000
HICAP Services	(800) 434-0222
Human Services Information	211
Irvine Valley College/ Emeritus	(949) 367-8343
Meals on Wheels	(949) 380-0155 ext.12
Medicare Fraud Hot-line	(800) 447-8477
OCTA (Transportation)	(800) 636-7433
Office on Aging	(800) 510-2020
Orange Caregiver Resource Center	(800) 543-8312
Saddleback College/ Emeritus	(949) 582-4835



AARP Driver Safety Refresher Course

Would you like to be more confident behind the wheel? This instructional class is for the mature driver (50+) who has taken the eight-hour course within the last four years. You will learn better driving techniques, ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence after completing this great course. Please note: You must take AARP Driver's Safety Two-Day Course first.

- Fee: \$20.00 AARP Members; \$25.00 Non-Members
- (Payment is due the day of the course. Checks are made Payable to AARP.)
- Location: The Clubhouse (100 Civic Center Dr)
- For More Info Call: The Clubhouse at 461-3408
- To Register: Mail-In, Walk-In, and Online

Act #:11356

50 Years & Up Jan 12 Thu 8:30 am-1:00 pm

AARP Driver Safety Two-Day Course

Would you like to be more confident behind the wheel? This instructional class is for the mature driver (50+). You will learn better driving techniques, ways to spot and correct bad driving habits, save on auto insurance, and help to maintain mobility and independence after completing this great course.

- Fee: \$20.00 AARP Members; \$25.00 Non-Members
- (Payment is due the first day of the course. Checks are made payable to AARP.)
- Location: The Clubhouse (100 Civic Center Dr)
- For More Info Call: The Clubhouse at 461-3408
- To Register: Mail-In, Walk-In, and Online

Act #11357

50 Years & Up Feb 2-3 Thu & Fri 8:30 am-1:00 pm

WINTER 2022/23 REGISTRATION DATES

RESIDENTS

Tuesday, November 22, 2022 @ 8 am

NON-RESIDENTS

Tuesday, November 29, 2022 @ 8 am



City of Lake Forest Transportation Options

The City of Lake Forest offers door-to-door transportation services to Lake Forest Senior Residents via an Age Well Senior Services (AWSS) Bus and California Yellow Cab company.

For additional information call (949) 461-3408



California Yellow Cab

Are you 60 years or older? A resident of Lake Forest and do not drive or do not own a vehicle? We have transportation for you with CA Yellow Cab! There are three options:

- **\$2.00 One Way (\$4.00 Round Trip)**
Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc.
- **\$5.00 One Way (\$10.00 Round Trip)**
To and from non-emergency medical appointments to Saddleback Memorial Hospital, Mission Hospital, South County Orthopedic Specialist, Kaiser Hospital (Irvine), and Hoag Hospital (Irvine).
- **\$10.00 Lost Card Fee** - A \$10 fee will be charged to any taxi participant who has lost their card and requires a replacement card.

For new program users to take advantage of the Senior Taxi Cab program:

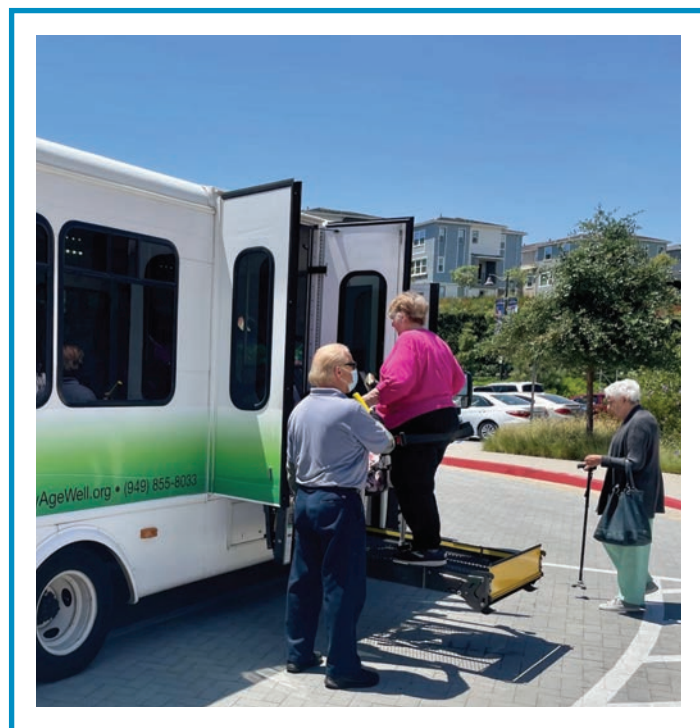
- You must have a current DMV Identification Card verifying that you're a Lake Forest resident to take part in this program.
- Call 461-3408 to make an appointment to register and take your photo ID for the City of Lake Forest Taxi Program.

Note: All Taxi passengers must be 60 years of age or better. It may take up to two weeks from the time you register for the program, and take your picture for your ID card, for the card to be valid for you to make a taxi reservation. Staff will call you to come pick up your card when it is ready to be used. Once you receive your Taxi ID card, you will be able to make a reservation, and pay the taxi driver directly with either cash or a credit card.

AWSS Bus Service

- **Fee: Free**
- **From your residence to The Clubhouse**
Monday – Thursday, 10 am–2 pm

For new participants, call The Clubhouse at 461-3408.





How to Register for Programs

Winter 2022/23 Registration Dates

Lake Forest Residents: Tuesday, November 22, 2022 beginning at 8am | **Non-Residents:** Tuesday, November 29, 2022 beginning at 8am

The City charges a 3% credit fee per credit card transaction receipt for online and counter registrations.

3 Easy Ways to Register

1 > Online Registration



To set up a family account in the City's registration system please go to:
www.lfparksandrecca.com

- ▶ You must provide an email address to build a family account.
- ▶ You will receive an auto-generated confirmation email with your new account login info.

We highly recommend you set up your account before registration begins.

2 > Mail-In Registration



Complete the registration form and enclose your check payable to "City of Lake Forest."
Please complete a registration form with a separate check for each program.

Attn: Program Registration - Lake Forest Sports Park & Recreation Center, 28000 Rancho Parkway, Lake Forest, CA 92630

3 > Walk-In Registration



Bring the program registration form, your check, cash or credit card to:

- ▶ Lake Forest Sports Park and Recreation Center, 28000 Rancho Parkway

General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
5. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.
6. Please allow for up to 30 days for your refund to be processed.

Refund Policy

1. A full refund (minus the 3% credit card fee) will be given for any activity cancelled by the City of Lake Forest; the 3% credit card fee is non-refundable.
2. Registrations for City of Lake Forest Excursions are non-transferable.
3. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
4. Refunds are not given for any program that may be cancelled by the patron with a fee of \$10 or less per participant (per receipted transaction).
5. All Camp cancellations requesting refunds (for Little Wranglers, Creative Kids Club camps and Lake Forest Rocks) must be submitted by 5 pm on the Thursday prior to the first day of camp (Monday) will be assessed \$30 cancellation fee. All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee. All refund requests for Little Wranglers and Creative Kids Club Camps must call the Recreation Supervisor at (949) 273-6975.
6. Requests for Gazebo Rental Refunds will only be granted if the rental day is rained out or if the request is received one full week prior to your rental date. A \$10 admin fee will be charged to complete the refund.

For more information or assistance, please contact us at (949) 273-6960

City of Lake Forest • Community Services Program Registration Form

Photocopy if more than one registration form is needed



HOW TO REGISTER

Primary Contact (Responsible adult for registering persons into courses)

Last Name: _____ First Name: _____ Male ☐ female ☐

Birthdate (Required) _____ Email (Required) _____

Street Address: _____ City, State, Zip: _____

Preferred Contact Phone Number: () _____ Emergency Phone: () _____

Emergency Contact Name: _____ Emergency Contact Phone: () _____

Other Family Members (Living with primary contact: spouse, children, etc.)

Children's birthdate must be filled out completely in order to process registrations.

Last Name	First Name	Birthdate	Gender
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment before sending program registration form

Activity #	Participant Name	Birthdate	Gender	Activity Name	Fees
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
Please send a separate check for each activity					Total Activity Fees

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.

I further agree to pay any and all costs incurred as a result of said treatment ☐ YES ☐ NO

I permit the use of activity/event photography and/or video of my child or myself for media promotion ☐ YES ☐ NO

Please contact me via email regarding upcoming city events and news at: ☐ YES ☐ NO

I fully understand that my participation in the City's programs exposes me to the risk of personal injury, death, communicable diseases, illnesses, viruses, or property damage. I hereby acknowledge that I am voluntarily participating in this program and agree to assume any such risks.

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

Signature (Parent or guardian must sign for those under 18 years of age) _____ DATE: _____

Mail this form with payment to - Attn: Program Registration

Lake Forest Sports Park & Recreation Center 28000 Rancho Parkway Lake Forest, CA 92630



Question or Comments on Registration?

Please Call: (949) 273-6960

Or email: LFreconline@lakeforestca.gov

Receipt of This Signed Form and Your Payment Confirms Your Registration Based Upon Availability Until The Activity is Full.

Office Use Only

Receipt #: _____ Paid by Check #: _____ Paid by Cash Amount: _____ Credit Card Type: _____ Initial/Date: _____



If You Need Special Assistance With Any Program, Please Call the Recreation Division @ (949) 273-6960

REFUND POLICY: In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction). Credit Card Fees are Non-Refundable.

NOT FOR EMERITUS PROGRAM REGISTRATION



City of Lake Forest
100 Civic Center Drive
Lake Forest, CA 92630

PRSRT STD
U.S. POSTAGE PAID
PERMIT NO. 104
LAKE FOREST, CA

POSTAL CUSTOMER

ECRWSS



REGISTER FOR SOME *Spring Fun!*

**RESIDENT REGISTRATION FOR
SPRING 2023 PROGRAMS BEGINS**
Tuesday, Feb 21 at 8:00 am

**NON-RESIDENT REGISTRATION FOR
SPRING 2023 PROGRAMS BEGINS**
Tuesday, Feb 28 at 8:00 am

Three easy ways to register for programs:



By mail



In Person

(Lake Forest Sports Park and
Recreation Center, 28000 Rancho Parkway)



Online (www.lfparksandrecca.com)

For more information call the
Lake Forest Sports
Park and Recreation Center at
(949) 273-6960 or email lfreconline@lakeforestca.gov

CITY TELEPHONE NUMBERS

Building Division	461-3470	Graffiti Hotline	461-3583
Building Inspection	461-3468	Housing	461-3569
City Clerk	461-3420	OC Animal Care ..	714-935-6848
City Council	461-3425	Notary	461-3420
City Manager's Office	461-3410	Planning	461-3535
Community Policing Center ...	461-3530	Public Works	461-3480
Community Preservation	461-3474	Recreation	461-3450
Economic Development	461-3567	Sports Park & Recreation Center ...	273-6960
Etnies Skatepark	916-5870		

FIND US ONLINE

City	LakeForestCA.gov
Economic Development	LakeForestBusiness.com Facebook.com/LakeForestBusiness
Etnies Skatepark of Lake Forest	EtniesSkatepark.com
LinkedIn	LinkedIn.com/in/City-of-Lake-Forest
Sports Park & Recreation Center	LFSportsPark.com

For more info call 949-273-6960 or visit our website at www.LakeForestCA.gov.
Follow us on Twitter @LakeForestCA, Instagram @CityofLakeForestCA, and Nextdoor.

