

The Leaflet

Spring 2023

City News and Recreation Guide

YEAR IN
REVIEW, 2022

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Baker Ranch Community Park

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Low-Cost Home
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A MESSAGE FROM CITY MANAGER **DEBRA ROSE**

I hope everyone had a safe and fun New Year with their friends and family. The start of 2023 was a wet one, with several storms bringing heavy rain to Southern and Northern California. Both areas saw flooding along the coastline and in major cities. Thankfully, Lake Forest was not impacted by any of the severe weather conditions.

The City identifies potential threats and how to mitigate them through the creation of our Local Hazard Mitigation Plan. We assess our local creeks, rail crossings, and other potentially problematic areas in the City and develop a plan to reduce the level of severity of any incidents that may occur. We are updating that plan now. See www.lakeforestca.gov for more details.

This is also the time of year we begin to work on our budget. Our healthy budget allows us to allocate funds to projects such as park renovations and innovative programs such as the community gift card program. To help stimulate our local economy after the impacts of COVID-19, the City launched its first buy-one-get-one gift card good at local businesses. The initiative benefits both Lake Forest businesses and residents. Nearly 40 restaurants and retail stores registered, and 702 gift cards were purchased within the first month of the launch. You can read more about the program in this issue.

Your input is encouraged as we put together our 2023-25 two-year budget. Please watch for updates on the City's website, www.lakeforestca.gov, and social media channels. With the success of 2022, I'm excited to see what 2023 brings. As always, thank you for the opportunity to serve you.

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*.

CITY LAUNCHES CATALYTIC CONVERTER PROTECTION PROGRAM

The City of Lake Forest aims to reduce catalytic converter thefts by paying local repair shops to paint and etch identifying information onto the smog-reducing devices on residents' cars or shield them completely with metal plates.

Thefts of catalytic converters are up dramatically across the country because thieves can recycle precious metals in the devices for hundreds of dollars. Lake Forest averaged about 10 thefts a month when the City Council approved the theft-deterrent plans in October of 2022. The programs launched in late January of this year.

Repair shops in Lake Forest can get \$125 to paint and etch the Vehicle Identification Number (VIN) onto the catalytic converter of residents' vehicles, which makes it possible for authorities to prosecute anyone who steals the device. Residents can also get a \$250 gift card to help cover the costs of having a local shop install a shield to block access to their catalytic converter. The work must be performed at shops that applied to participate in the program and have been vetted by the City. Two are already approved for the etching and three for the shield installation.

The City Council approved \$30,000 for the etching program, enough to mark an estimated 240 vehicles, and \$30,000 for the shield program, enough to offset the costs of 113 shield installations. Visit www.lakeforestca.gov/en/CatGrant for more information.



BUY ONE, GET ONE (BOGO) PROGRAM STIMULATES LOCAL ECONOMY

Local restaurants and retail businesses have received more than \$119,000 in revenue since the launch of the City's buy-one-get-one gift card program in December 2022. The program has allowed not only businesses but Lake Forest residents to reap the benefits.

The initiative has caught the eye of many and received praise. Those who buy an electronic gift card of \$25, \$50, or \$100 will receive a bonus card of equal value from the City. The cards can be used at any participating Lake Forest business. Residents have purchased more than 3,500 in gift cards so far, circulating \$300,000 in funds (BOGO + residents).

Over 40 restaurants, retail, automotive, and personal care businesses have enrolled –and the list continues to grow. Local businesses can participate in the program if they qualify and accept MasterCard credit card payments.

The Community Gift Card Program is designed to help restaurants, hospitality businesses, and other local stores rebound from COVID-19. City Council approved the \$565,000 program in early October last year. Funding for the initiative was supplied by the City's healthy, general fund. Visit lakeforestca.gov/GiftCard to purchase gift cards or apply for the program.

Community Gift Card Program

Purchase
gift cards
–OR–
apply for the
program!



SCAN ME





AFFORDABLE HOUSING PROJECT SET FOR 2023 FINISH

Drywall is up, windows and balcony railings are in, and siding installation is underway at the 71-unit Mountain View affordable housing project off Raymond Way.

Construction has been ongoing since the groundbreaking in March 2022, allowing the project to be on track to finish in the summer of 2023.

Mountain View will offer one-, two-, and three-bedroom homes to individuals and families with a household income ranging from 30 to 60 percent of the area median income. Eight units will be reserved for those experiencing or at risk of homelessness in the region.

The application and eligibility process for Mountain View will begin in February/March. National Community Renaissance (National CORE) will handle all housing inquiries and applications. Those interested in the project can sign up for the property mailing list at bit.ly/MountainViewLF, and National CORE will email a flyer once the development nears completion.

Lake Forest has two more affordable housing projects in the works. The Senior Apartments at The Portola Center are under construction, and funding for the Senior Apartments at The Meadows was approved by City Council late last year. These two projects will add 122 units to the City once finished.

Visit bit.ly/AffordableHousingLF to learn more about each project or how to apply for housing.

LOW-COST HOME IMPROVEMENT LOANS AVAILABLE

Does your home need new stucco, windows, roofs, or other improvements? You might qualify for a zero-percent, deferred-interest home-improvement loan or a 3 percent interest loan through the City's Housing Rehabilitation Program.

The City Council funds the program with federal Community Development Block Grants (CDBG) funds to ensure residents can live in safe, efficient homes. Most home improvement items are eligible for assistance, such as plumbing, electrical, energy and weatherization items, garage doors, fumigation, flooring, and other items necessary for the health and safety of occupants.

Mobile home owners can receive up to \$15,000 and single-family homeowners can receive up to \$30,000. The zero-percent interest deferred loan has no monthly payments. Total payment is due if the resident is no longer residing in the home, at the time of sale, refinance, or transfer of title. The 3 percent interest loan requires monthly payments and is fully amortized over 15 years.

Homeowners interested in participating in the Housing Rehabilitation Program should pick up an application at City Hall or download an application at www.lakeforestca.gov/325/Housing-Rehabilitation-Loan-Program. Return completed applications to Theresa Dobbs, 100 Civic Center Dr., Lake Forest, 92630.

Contact Theresa Dobbs at (714) 461-3473 or at tdobbs@lakeforestca.gov for more information.

TO QUALIFY

Applicants must:

- Live on the property
- Did not receive previous home improvement assistance from the City
- Meet the asset limitation
- Have sufficient equity in the home

INCOME LIMITS

- 1-Person household \$ 75,900
- 2-Person household \$ 86,750
- 3-Person household \$ 97,600
- 4-Person household \$108,400
- 5-Person household \$117,100
- 6-Person Household \$125,750
- 7-Person Household \$134,450
- 8-Person Household \$143,100

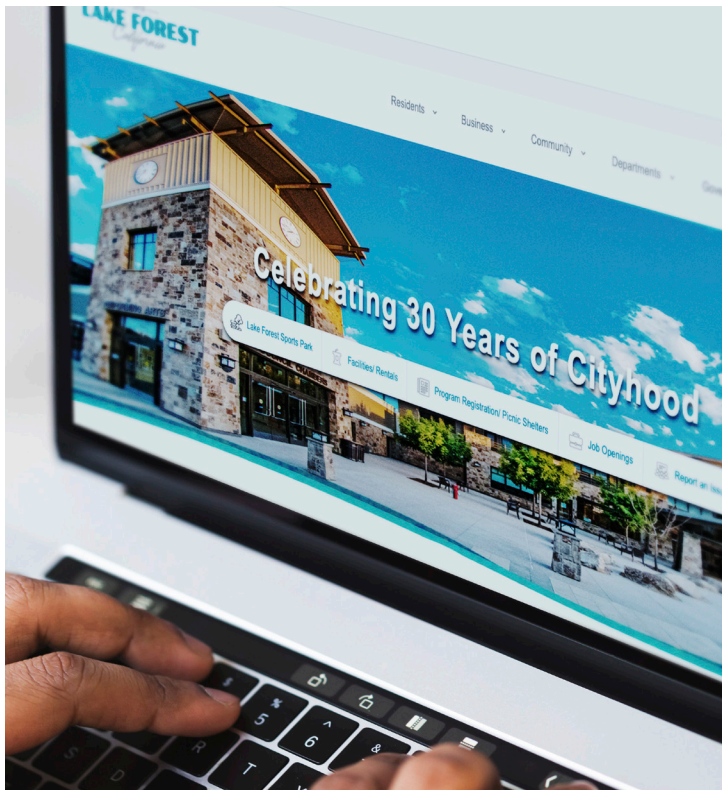
LAKE FOREST LAUNCHES NEW WEBSITE

Those who go to www.lakeforestca.gov can find useful City information more quickly than ever, in a clean, easy to navigate layout.

The new City website is a comprehensive resource for both residents and visitors. The website provides information on city services, events, and news, as well as resources for businesses and community organizations. Since the launch in October 2022, 44,900 users have looked at the various pages in 64,000 sessions proving to be a widely used tool for the Lake Forest population.

The website includes a calendar of events that showcases upcoming community events such as festivals and concerts, as well as meetings and agendas for City Council and other government meetings. The new layout was modeled to showcase the most-used features tracked through Google analytics for 2022 to provide the most user-friendly interface.

In addition, the website provides detailed information on City services and departments, including Economic Development, Public Works, Community Services, and Community Development. Visitors can also find information on Lake Forest parks and recreational activities, as well as resources for businesses, such as permits and licenses.



NEW AND IMPROVED CITY APP

Lake Forest has a new and improved City App for your phone or tablet. It is in the Google and Apple stores free of charge. Simply visit the City website at www.lakeforestca.gov and click the City App link. The App will have the ability to report an issue, show the City calendar of events, and give access to all City meeting agendas. For example, users will be able to submit an image of graffiti and it will be geo tagged and sent to staff for quick removal. Users of the current City App will need to download the new app to replace the current version.



4TH OF JULY PARADE VOLUNTEER COMMITTEE

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

ARE YOU INTERESTED IN VOLUNTEERING?
JOIN THIS GROUP OF PARADE HISTORIANS
AND MAKE A DIFFERENCE!

THE FIRST MEETING IS MONDAY, FEBRUARY 6.

MEETINGS ARE HELD THE FIRST MONDAY OF
THE MONTH AT 6:00 PM AT THE CLUBHOUSE
SENIOR CENTER, 100 CIVIC CENTER DRIVE.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

FOR MORE INFORMATION, CONTACT
COURTNEY WYSOCKI
CWYSOCKI@LAKEFORESTCA.GOV





DUMP DAYS

Lake Forest teamed with Caltrans, CR&R, Saddleback Church and Sen. Dave Min's office to host three dump days throughout the year. More than 800 people dropped off nearly 45 tons of materials at the events.

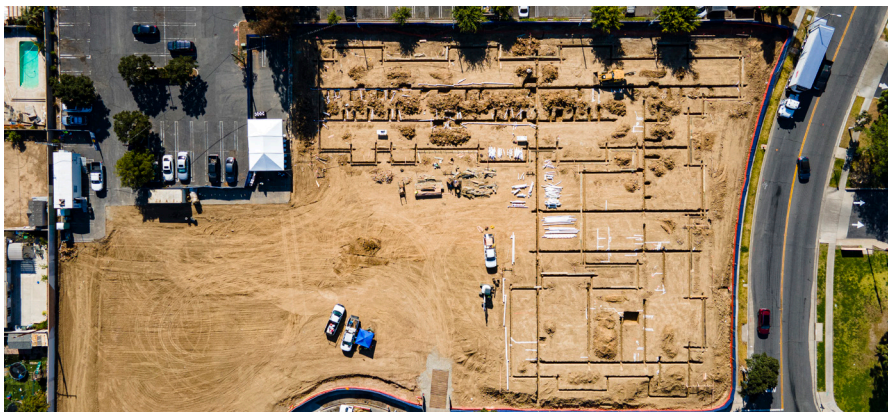


YEAR IN REVIEW

2022 was a busy year in Lake Forest. The City implemented several new initiatives to sustain the City's quality of life and economic development.

2022 saw the ground breakings for two housing projects: Mountain View and Portola Senior Apartments. Both projects will add 128 affordable housing units to Lake Forest once they are completed. The City Council also approved funding for the Meadows Senior Apartments, the fourth affordable-housing community in Lake Forest. The Meadows project, on Bake Parkway, will offer 65 units to seniors earning between 30 percent and 60 percent of the area's median income.

AFFORDABLE HOUSING



GENERAL PLAN UPDATE

2022

The city has rolled out several projects to improve the quality of life, infrastructure, and economic development.

Lake Forest's General Plan, which guides future development, was updated. For the first time, the plan created mixed-use zones in the city. This encourages landowners to invest in their properties to create new projects the public demands.



PARK IMPROVEMENTS

The City completed playground resurfacing at Baker Ranch Community Park and El Toro Park, installing new cushioned surface material to improve safety. A flagpole with an American flag was installed at Veterans Park and construction for the last five parks of the Neighborhood Park Renovations project was initiated in 2022.





INFRASTRUCTURE MAINTENANCE

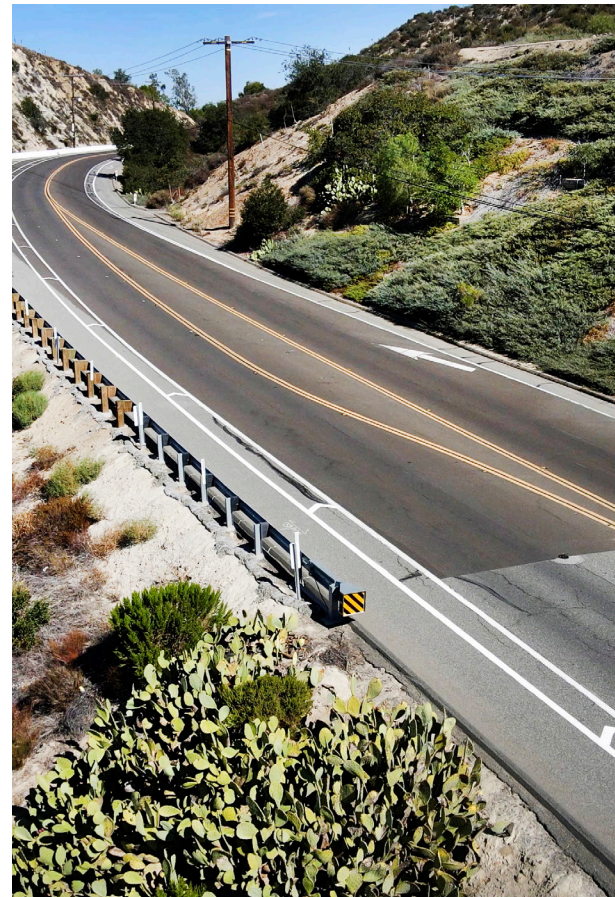
The City enhanced Lake Forest's overall visual character in 2022 by maintaining critical infrastructure. Glenn Ranch Road from Portola Parkway to the City limits was resurfaced, Foothill Ranch communities were slurry sealed, and nearly 200 sidewalk repairs were made Citywide as a part of the Safe Step Improvement Project.

2022 YEAR IN REVIEW

NEIGHBORHOOD FOCUS



The City in 2022 launched the Southwest Lake Forest Task Force Project. Residents in certain areas of Southwest Lake Forest were surveyed by a consulting firm hired by the City to gain insight about neighborhood issues. An action plan was developed on the data collected and solutions to residents' concerns, such as additional lighting are completed or underway. In addition, the area will be the first to see installation of new blue street signs. The signs, with the City logo, will be installed in coming months.



LIGHTING UP THE HOLIDAYS

Congratulations to the winners of the 2022 home decorating contests!

For Halloween, Renee Wilson on Cranbrooke Drive took first place with a life-size Disney Halloween Spooktacular. The entry garnered 1,920 votes for first place, with a score of 4.91 out of five stars.

For the Christmas holidays, Steve Ward on Barton Street, a five-time Holiday Lights entrant, took first place with an incredible 3,526 votes for first place. The Ward home featured more than 18,000 lights choreographed with traditional and nightmarish Christmas songs that those viewing could hear by tuning their radio to 90.3 FM. Votes gave the Wards a score of 4.68 out of five stars.

The Wilson and Ward families will receive yard signs proclaiming them the 2022 Holiday Lights champs. Watch the City's social media for more contests.



The Pet Adoption Center
of Orange County
Pets. Family. For Life.



PET ADOPTION CENTER HERE TO HELP

Lake Forest has a unique collaboration with The Pet Adoption Center of Orange County (PAC-OC) for the benefit of Lake Forest residents and their pets. While OC Animal Care (OCAC) in Tustin is the municipal animal shelter responsible for providing animal control and sheltering services to the City, the PAC-OC in Lake Forest is a resource that supplements animal care assistance for residents. The PAC-OC provides education, prevention, and other resources based on individual pets and families' needs.

OCAC is the contact for pickup of stray, injured, and dead animals, licensing, and locating your lost pet. Call (714) 935-6848 from 8 am-5 pm. For after-hours field services needs, call (714) 259-1122, or visit www.ocpetinfo.com for more information.

If you find a stray cat, unless it is sick or injured, OCAC recommends taking it to a vet to scan for a microchip, then placing it back where you found it, to find its way home. For more information on lost or found pets, read: www.ocpetinfo.com/news/what-do-if-you-lose-or-find-pet.

The PAC-OC helps provide dog adoptions, assist residents in need with rehoming their pets and other assistance such as obtaining low-cost pet care services to Lake Forest residents through clinic events, as well as for individual needs.

Look for PAC-OC throughout the community in 2023 as they sponsor or participate in events. The center has many volunteer opportunities for adults, as well as for students 16-17 years old—with an adult volunteering with them.

The PAC-OC tries to help Lake Forest owners with their pets prior to taking them to the County shelter. If the PAC-OC is unable to assist, we can provide referrals to other resources. PAC-OC also offers counseling to those who would like to keep their pets but are having difficulties. Stray or abandoned pets must go to OC Animal Care.

For more information on events, adopting, individual assistance, and volunteer opportunities, visit www.adoptocpets.org. For questions, email lfhelp@adoptocpets.org.



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
Frank & Rita Picone	Crape Myrtle (purple)	Peachwood Park	In loving memory of Fred L. Seyford, our dear friend
The Alhanati Family	Canary Island Pine	Rancho Serrano Park	In loving memory of Michael Scott Alhanati, forever in our hearts.
Barbara and Michael Varma	Sycamore	Cavanaugh Park	For bird watchers Ginger & Mary Ann
Debra, Ali, Katie & Mike Okano	Sycamore	Concourse Park	In loving memory of our beloved dog, Pepsi
Mike & Tracy Ross	Crape Myrtle (purple)	Alton Park	In loving memory of Donna Richardson Gottschalkson
Sheila McMullin	Magnolia	Ranchwood Park	In loving memory of Judith Joy Momyer Tunell
Friends and Neighbors	Crape Myrtle (purple)	Ranchwood Park	In loving memory of Sergio Villegas

GREEN SPRING CLEANING AND GARDENING

Have you noticed that your garage, your patio, and all around your home, there is a buildup of dirt and debris? Perhaps you have seen garden pests on your favorite flowers? As the spring weather urges you to start working outdoors, it is important to remember that anything that gets washed down to the gutter ends up in our local creeks, lakes, and the ocean. Utilizing green alternatives can protect local resources from pollution such as pesticides.

Here are a few helpful tips to clean and protect your home using common household items, while also protecting our local creeks, lakes, and the ocean!



GREEN GARDENING AND PEST CONTROL

A combination of preventative maintenance and green insect repellents can keep insects out of your home and garden. Insects are looking for food, water and shelter – if you eliminate these necessities, they won't forage in your home or your garden!

- Keep plants trimmed at least three or four feet away from doors and window frames to eliminate these common pest entrances.
- Trim overhanging tree limbs that might provide an insect or rodent on-ramp to your home.
- Check the areas around your home for any debris or garbage – identify anything that could be used by pests as shelter – and get rid of it.

Did you know a variety of common household items can be used to repel insects?

- The strong smell of garlic and cayenne can be used to deter a variety of bugs, especially aphids. Chopping 6 cloves of garlic and mixing them with 1 tbsp. of baby shampoo in 4 cups of water in a spray bottle creates an effective repellent for your rose bushes.

GREEN CLEANING

Using green cleaning methods can prevent the transfer of pollutants to the storm drain system!

- Use a broom and a dustpan to clean your patio and outdoor walkways instead of a hose.
- Use a spray nozzle on your hose with an automatic shut-off and turn the flow of water completely off when not actively washing down your automobile.
- Cleaning your patio furniture on your lawn or other landscaped areas can save you water by providing your plants with a drink, and it keeps our gutters clean too!

- Mixing 5 tablespoons of dish soap with 4 cups of water in a spray bottle can be used to deter aphids and spider mites.
- Spices like black pepper, chili pepper, dill, ginger and paprika contain capsaicin, which repels spider mites and other insects. Make a solution of 2 tablespoons red pepper, 6 drops of dish soap and 4 cups of water for deterring insects on your growing vegetables.
- Coffee and crushed eggshells can be sprinkled around the base of plants to repel ants, snails, and slugs (and they are great on azaleas, rhododendrons, camellias, gardenias and even blueberries!).
- To keep wasps away from ripening fruit, fill several cans with equal parts ammonia and water, and hang them among your fruit trees.
- Crushed mint, bay leaves, cloves and eucalyptus wrapped in small cheesecloth squares can also be hung in your home and your garden as a natural repellent.

- Wash vehicles over pervious surfaces like lawns and gravel areas. If unpaved areas are not available, block and/or divert wash water towards other landscaped areas, like planters. If using cleaners (such as acid based wheel cleaners), use a rag to wipe them on and off, do not rinse them off with water.
- Shake floor mats onto landscaping, into trash cans or vacuum to clean, never shake off in the gutter.



For more environmental resources including more ways to be involved, please visit www.h2oc.org.



LAKE FOREST ADDS NEW E-BIKE LAWS

The Lake Forest General Plan specifically encourages the City to support and promote safe bicycle use throughout the city.

But the key word is “safe.” The City routinely receives multiple reports of riders using electric bikes in a manner that’s anything but safe.

In fact, the City held a town hall meeting about electric bikes with the Orange County Sheriff’s Department and Providence Mission Hospital in 2021 after Mission’s trauma department reported an astronomic rise in e-bike injuries. It’s still happening: the hospital saw 198 e-bike injuries between January and October of 2022. That’s up from 113 in 2021 and 34 in 2020. Many of the injuries came when riders weren’t wearing helmets.

In response to the complaints, and accidents, the City launched a webpage dedicated to explaining the different types of e-bikes on the market and the requirements for each.

But education is not enough. The City continues to get complaints about unsafe e-bike use. The City Council strengthened ordinances on e-bike use in December. The key language in the ordinance is that “no person shall operate a bicycle or an electric bicycle in any manner that endangers any person ...”

Anyone riding a bike – including an e-bike – on a sidewalk must do so in a reasonable and prudent speed that does not endanger others. The speed limit on the street is 10 mph and 5 mph on sidewalks, according to the new ordinances. Finally, it also makes it clear that anyone under 18 must wear a helmet while riding an e-bike.

The City also asked the Orange County Sheriff’s Department to step up e-bike safety enforcement efforts. E-bikes can be impounded for unsafe use.

Those who see any cyclist – on any sort of bike – riding unsafely, should call the OCSO non-emergency line at (949) 770-6011.

Visit www.lakeforestca.gov/en/departments/public-safety/electric-bicycles for more information.



NEIGHBOR HELPING NEIGHBOR

The Lake Forest Community Emergency Response Team (CERT) is growing! Watch it grow – or better yet, come join the team.

The Lake Forest CERT program was established five years ago, and already has over 100 Lake Forest residents who have participated in the program.

CERT is a federal program that teach residents how to help each other in the wake of a major emergency. Participants in the free program attend a session a week for eight weeks, learning everything from emergency first aid to disaster psychology.

The success of the program allowed the creation of an Oversight Committee of Lake Forest residents/CERT graduates to assist in planning events and training. Two new trainers, from the CERT-LF team, are teaching the current course, which began in January.

Sign-ups are underway for future courses. Email Sr. Management Analyst Sharlyn de la Paz at sdelapaz@lakeforestca.gov if you’re interested in the classes starting in March and September. Check out the City website for more information.

STAY INFORMED

CERT members are passionate about informing and helping neighbors in emergency events. No one knows when an earthquake, wildfire, or other emergency event will hit. Being prepared and ready for the emergency can save the lives of families, friends and neighbors.

The first step: be informed and get official emergency alerts on your cell phone and radio:

- Lake Forest 1690AM
- Cox Communication Channel 861
- City of Lake Forest Nixle, www.nixle.com
- Alert OC, www.alertoc.org

LAKE FOREST CIVIC CENTER

City events, rental space, and more



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

For Event Rentals

Performing Arts Center

949-461-3457, <https://bit.ly/LFPerformingArts>

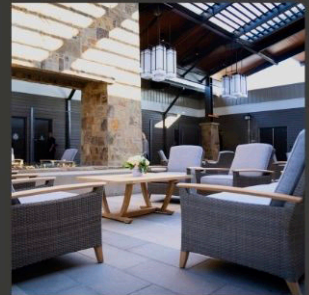
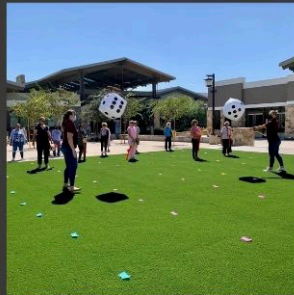
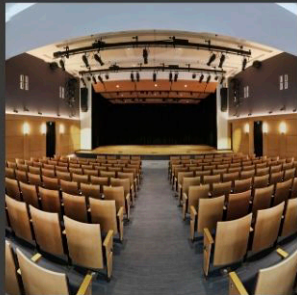
Conference/Community Center

949-461-3407, <https://bit.ly/LFCommCenter>

For Senior Activities M-TH

The Senior Clubhouse

949-461-3408, <https://bit.ly/LFClubhouse>



949-461-3400 | 100 Civic Center Dr. | www.lakeforestca.gov

2023 Pet Expo
April 22



see page 16 for more info.

Recreation Program Guide

March, April, May



SPRING 2023 REGISTRATION DATES

RESIDENTS:
Begins at 8 am, Tuesday,
February 14, 2023

NON-RESIDENTS:
Begins at 8 am, Tuesday,
February 21, 2023

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COMMUNITY SERVICES CONTACT INFORMATION

Community Services (949) 273-6960
www.lfcommunityservices.com

Community Center Rentals (949) 461-3407

**Etnies Skatepark
of Lake Forest** (949) 916-5870
www.etniesskatepark.com

**Lake Forest Sports Park &
Recreation Center** (949) 273-6960
www.lakeforestsportspark.com

**The Clubhouse
(Senior Center)** (949) 461-3408
www.lakeforestca.gov/seniors

**Saddleback College
Emeritus Registration** (949) 582-4835

**Irvine Valley College
Emeritus Registration** (949) 451-5555

**Saddleback Valley Unified School District
Recreation** (949) 460-2777

Sports Fields Hotline (949) 461-3595



**CHECK OUT OUR
NEW LOOK!**

We've re-designed our Recreation Program Guide to serve you better. We hope you like the new look!

COMMUNITY SERVICES SPRING HOLIDAY SCHEDULE

MEMORIAL DAY OBSERVED
Monday, May 29, 2023

Visit www.lakeforestca.gov
to confirm the holiday schedule.
The Civic Center Complex and
Recreation Services will be closed.

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.

**Parks
Make
Life
Better!**SM

**REGISTER
ONLINE**

WWW.LFPARKSANDRECCA.COM

**R = RESIDENT
NR= NON RESIDENT**



Bunny Blast

EGGSTRAVAGANZA

El Toro Park
23701 Los Alisos Blvd

Saturday, April 1
11 am-2 pm

egg stations*

bring your own bag or basket

carnival games

Pre-Sale Wristbands (before March 30) \$10

Day of Event Wristbands (if not sold out) \$15

Wristbands must be purchased **IN-PERSON** at the Lake Forest Recreation Center. **Cash Only.** Online registration is not accepted. ***First 1,000 participants **No refunds will be given for cancellations or lost wristbands.**

Orange County Supervisor Don Wagner
The City of Lake Forest
The Pet Adoption Center of Orange County

INVITE ALL ANIMAL LOVERS AND THEIR PETS TO THE 6TH ANNUAL

South County Pet Expo



Saturday, April 22nd 10:00am-2:00pm

Lake Forest Sports Park & Recreation Center

(28000 Rancho Pkwy, Lake Forest, Ca 92630)

FEATURING:

- A VARIETY OF ADOPTABLE PETS FROM MULTIPLE RESCUES
- AN ARRAY OF PET PRODUCTS, DEMONSTRATIONS, AND SERVICES
- FREE GIVEAWAYS AND A WEALTH OF PET-RELATED INFORMATION
- FOOD TRUCKS, MUSIC, AND FUN FOR THE WHOLE FAMILY

ADDITIONAL PARKING LOCATED AT SADDLEBACK CHURCH

FOR EVENT INFORMATION (INCLUDING VENDOR AND SPONSOR INFO): kfernandez@lakeforestca.gov



DONALD P. WAGNER
gov.com



CITY OF LAKE FOREST

Spring Boutique

A spring boutique with
local artisan vendors...

Jewelry, Handmade Candles & Soaps,
Hand Painted Artwork, Home Decor, etc.

Saturday, April 22, 2022
10am-2pm

Lake Forest Sports Park
28000 Rancho Pkwy, Lake Forest 92630

For more information, Laura Lisack @ 949-461-3451

Hometown Hero Banners

★ ★ AVAILABLE ★ ★

Honor a loved one by displaying a military honoree banner at the Civic Center!

- A new banner (\$300) includes the honoree's name, a formal military photo and their armed forces branch. Extend the display of a 2022 Hometown Hero Banner for an additional year (\$150).
- Displayed on Civic Center Drive for one year.
- After one year, the banner is given to the sponsor or can be renewed for another year of display.

For more information, email Vicky Blethen at: vblethen@lakeforestca.gov



BUNCO NIGHTS

at The Clubhouse
100 Civic Center Dr



Friday, April 28
6:30-9:00 pm

PRIZES

BEVERAGES

APPETIZERS

Let the Good Times Roll!

Join us for a fun night of Bunco!
No skill is involved, just lots of luck!

\$12.00 Residents & Non-Residents

Register Online
Activity # 11615



ORGANIC Farmers' Market

Wednesdays
4:00-8:00 pm

*Weather Permitting



Lake Forest Sports Park & Recreation Center
28000 Rancho Parkway
Parking lot area in front of the Recreation Center

Interested in a booth space
or have questions related
to the Farmers Market?

Please email info@myoccfm.com or check the website at www.myoccfm.com.

Youth Classes



Preschool & School Aged Classes

ST. PATRICK'S DAY PRESCHOOL PARTY

3-5 YRS

Lucky you! You are invited to come join us for a wee bit o' fun! There will be Leprechauns, Shamrocks, Rainbows and a pot of gold! We have a lot of stories to be told! Come enjoy a St. Patrick's Day themed party with games, stories, crafts, and a delicious snack! Parent participation is required for this popular program.

Instructor: Lake Forest Staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$15 R | \$20 NR

Activity #	Dates	Days	Time
11635	3/11	Sat	11:00 am-12:00 pm

MUSIC TOGETHER

BIRTH-4 YRS

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.
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$190 R | \$195 NR (10-week session)

Material Fee: \$42

Activity #	Dates	Days	Time
11547	4/4-6/6	Tue	4:30-5:15 pm
11548	4/7-6/9	Fri	9:15-10:00 am
11549	4/7-6/9	Fri	10:15-11:00 am
11550	4/8-6/10	Sat	9:15-10:00 am

RHYTHM KIDS MUSIC TOGETHER

4-6 YRS

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 and 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.
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$160 R | \$165 NR (8-week session)

Material Fee: \$42

Activity #	Dates	Days	Time
11551	4/8-5/27	Sat	10:00-10:45 am

INTRO TO CIRCUS SKILLS

6-8 YRS | 9-12 YRS

Have you ever dreamt of running away and joining the circus? Here's your big break! Your little circus monkey will learn the basics of circus skills like Chinese plate spinning, feather balancing, comedic clowning, and more! On the final day of class, your little ones will perform the skills they've learned for the parents. This is one unique class you won't want to miss!

Instructor: OC Party Company
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$192 R | \$197 NR (6-week session)

Material Fee: \$15

Activity #	Ages	Dates	Days	Time
11631	6-8 yrs	3/1-4/5	Wed	4:00-5:00 pm
11633	9-12 yrs	3/1-4/5	Wed	5:30-6:30 pm
11632	6-8 yrs	4/12-5/17	Wed	4:00-5:00 pm
11634	9-12 yrs	4/12-5/17	Wed	5:30-6:30 pm

PRINCESS BEDTIME STORIES

2-12 YRS

Join us, cozy in your own bed on Zoom each week with characters like Elsa, Mirabel, Spiderman and more for a bedtime story! Each zoom will include 2-3 short bedtime stories: one relating to the character, and one classic that your child will know and love. Our characters will make a point to call out each individual child in every call so that they feel special. Make bedtime something to look forward to with this unique and personal series.

Instructor: OC Party Company
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$192 R | \$197 NR (6-week session)

Material Fee: \$15

Activity #	Dates	Days	Time
11629	3/5-4/ 9	Sun	7:15-8:00 pm
11630	4/16-5/21	Sun	7:15-8:00 pm

THE PRINCESS SERIES

3-8 YRS

Join our beloved children's characters for tea, storytelling, and coloring! Characters like Ariel, Elsa, Mirabel, and even Spiderman come to life for a weekly intimate gathering. Your little one will look forward to every Saturday morning with a new magical encounter they'll never forget.

Instructor: OC Party Company
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$192 R | \$197 NR (6-week session)

Material Fee: \$15

Activity #	Dates	Days	Time
11627	3/4-4/8	Sat	10:00-10:45 am
11628	4/15-5/20	Sat	10:00-10:45 am



PRINCESS BALLET

3-5 YRS

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. Contact info@ocdanceproductions.com for more information.

Instructor: OC Dance Productions staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$89 R | \$94 NR (6-week session)

\$74 R | \$79 NR (5-week session)

\$149 R | \$154 NR (11-week session)

Material Fee: \$5

Activity #	Dates	Days	Time
11575	3/4-4/15	Sat	9:00-9:45 am
11576	4/22-5/20	Sat	9:00-9:45 am
11577	3/4-5/20	Sat	9:00-9:45 am

Spring Break Camp

CREATIVE KIDS CLUB

Join us this April for one week of springtime fun at the City's Sprint Breakout Camp! The camp consists of a whole week of on-site crafts, games and other fun activities. Participants must bring a snack and lunch each day. No transfers or refunds for missed days. **Please see the camp refund policy.**

Instructor: Lake Forest Staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway, Lake Forest

\$200 R | \$205 NR

Activity #	Ages	Dates	Days	Time
11636	6-13 yrs	Apr 3-7	Mon-Fri	7:30am-6pm

2023 CAMP CANCELLATION POLICY

- All Camp cancellations requesting refunds must be submitted by 5pm on the Thursday prior to the first day of camp (Monday) and will be assessed a \$30 cancellation fee.
- All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee.
- All refund requests must call the Recreation Supervisor at (949) 273-6975.



BALLET, JAZZ, & TAP COMBO

3-6 YRS

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. Contact info@ocdanceproductions.com for more information.

Instructor: OC Dance Productions staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$89 R | \$94 NR (6-week session)

\$74 R | \$79 NR (5-week session)

\$149 R | \$154 NR (11-week session)

Activity #	Dates	Days	Time
11569	3/4-4/15	Sat	9:55-10:40 am
11570	4/22-5/20	Sat	9:55-10:40 am
11571	3/4-5/20	Sat	9:55-10:40 am

BALLET, JAZZ, & TAP COMBO II

4-7 YRS

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. Contact info@ocdanceproductions.com for more information.

Instructor: OC Dance Productions staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$89 R | \$94 NR (6-week session)

\$74 R | \$79 NR (5-week session)

\$149 R | \$154 NR (11-week session)

Activity #	Dates	Days	Time
11572	3/4-4/15	Sat	10:50-11:35 am
11573	4/22-5/20	Sat	10:50-11:35 am
11574	3/4-5/20	Sat	10:50-11:35 am

BEGINNING HIP HOP

4-7 YRS

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. Contact info@ocdanceproductions.com for more information.

Instructor: OC Dance Productions staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$89 R | \$94 NR (6-week session)

\$74 R | \$79 NR (5-week session)

\$149 R | \$154 NR (11-week session)

Activity #	Dates	Days	Time
11578	3/4-4/15	Sat	11:45 am-12:30 pm
11579	4/22-5/20	Sat	11:45 am-12:30 pm
11580	3/4-5/20	Sat	11:45 am-12:30 pm

MUSICAL THEATER SHOWCASE

5-9 YRS | 7-11 YRS

Students will work together to create a mini-musical to perform on the week of classes in theater! Throughout the session, students will focus on acting & singing exercises as well as dance technique & choreography to develop characters and create scenes. Musical is age-appropriate. Athletic attire and jazz shoes required.

Instructor: OC Dance Productions staff
Location: City of Lake Forest Performing Arts Center
100 Civic Center Dr

\$299 R | \$304 NR (10-week session)

Activity #	Ages	Dates	Days	Time
11611	5-9 yrs	3/30-6/1	Th	3:30-5:15 pm
11610	7-11 yrs	3/30-6/1	Th	5:30-7:15 pm

BEGINNING GUITAR & UKULELE ENSEMBLE FOR CHILDREN

8-13 YRS

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
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$109 R | \$114 NR (5-week session)

Activity #	Dates	Days	Time
11475	5/3-5/31	Wed	6:45-7:45 pm

BEGINNING GUITAR & UKULELE ENSEMBLE CLASS FOR TEENS AND ADULTS 14+ YRS

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
Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$109 R | \$114 NR (5-week session)

Activity #	Dates	Days	Time
11476	5/3-5/31	Wed	7:45-8:45 pm

RHYTHMIC GYMNASTICS—BEGINNERS 5+ YRS

Learn to dance to music with ribbons, hoops, balls and ropes. Improve your flexibility, strength and hand-eye coordination!

Instructor: EuroGymnastics Staff
Location: EuroGymnastics Rhythmic Academy
26923 Fuerte Dr, Lake Forest

\$90 R | \$95 NR (4-week session)

\$115 R / \$120 NR (5-week session)

Material Fee: \$30 (4-week session) | \$35 (5-week session)

Activity #	Dates	Days	Time
11538	3/8-3/29	Wed	3:30-4:30 pm
11539	4/5-4/26	Wed	3:30-4:30 pm
11540	5/3-5/31	Wed	3:30-4:30 pm

PRESCHOOL GYMNASTICS—(PEE WEE GYMNASTICS) 3.5-5 YRS | 4-5.5 YRS

This beginners 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
Location: Us Too Gymnastics Facility
25 Spectrum Pointe Dr, St. 405, Lake Forest

\$75 R | \$80 NR (4-week session)

Activity #	Ages	Dates	Days	Time
11592	3.5-5 yrs	3/7-3/28	Tue	11:10 am-12:00 pm
11595	4-5.5 yrs	3/8-3/29	Wed	11:10 am-12:00 pm
11593	3.5-5 yrs	4/11-5/2	Tue	11:10 am-12:00 pm
11596	4-5.5 yrs	4/12-5/3	Wed	11:10 am-12:00 pm
11594	3.5-5 yrs	5/9-5/30	Tue	11:10 am-12:00 pm
11597	4-5.5 yrs	5/10-5/31	Wed	11:10 am-12:00 pm



LAKE FOREST SPORTS PARK & RECREATION CENTER



- 27,000 square feet
- 2 Basketball Courts
- 2 Volleyball Courts

OPEN GYM Daily Program

NEW MEMBERSHIPS AVAILABLE NOW.

Residents	Non-Residents
\$5 Daily	\$10 Daily
\$120 Yearly Pass	\$240 Yearly Pass
Open Gym ID Card Replacement \$15	

Basketball:

Monday-Friday	11:00 am-1:00 pm
Monday (30 and older)	6:30 pm-9:30 pm
Saturday	3:00-6:00 pm

Volleyball:

Friday	6:30-9:30 pm
Saturday	6:30-9:30 pm
Sunday	10:00 am-2:00 pm

Pickleball:

Tuesday	8:30-10:30 am
Thursday	8:30-10:30 am

Futsal Soccer:

Thursday	6:30-9:30 pm
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- 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 CLOSURE: Sunday, April 9, Easter

FOLLOW US



@lfsportspark @lakeforest_sportspark

Lake Forest Sports Park
28000 Rancho Parkway, Lake Forest

SKYHAWKS YOUTH SPORTS



BASKETBALL

6-8 YRS | 9-12 YRS

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.

6-8 yrs: \$105 R | \$110- NR (5-week sessions)

9-12 yrs: \$115 R | \$120- NR (5-week sessions)

Activity #	Ages	Dates	Days	Time
11514	6-8 yrs	3/23-4/20	Thu	5:40-6:20 pm
11515	9-12 yrs	3/23-4/20	Thu	6:30-7:30 pm
11516	6-8 yrs	5/11-6/8	Thu	5:40-6:20 pm
11517	9-12 yrs	5/11-6/8	Thu	6:30-7:30 pm

HOOPSTER TOTS

3.5-4.5 YRS | 4.5-5 YRS

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.

\$105 R | \$110 NR (5-week sessions)

Activity #	Ages	Dates	Days	Time
11518	3.5-4.5 yrs	3/23-4/20	Thu	4:00-4:40 pm
11519	4.5-5 yrs	3/23-4/20	Thu	4:50-5:30 pm
11520	3.5-4.5 yrs	5/11-6/8	Thu	4:00-4:40 pm
11521	4.5-5 yrs	5/11-6/8	Thu	4:50-5:30 pm

MULTI-SPORT TOTS

2-3.5 YRS | 3.5-4.5 YRS | 4.5-5 YRS

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.

\$159 R | \$164- NR (9-week sessions)

Activity #	Ages	Dates	Days	Time
11508	2-3.5 yrs	3/25-5/27	Sat	9:00-9:40 am
11509	3.5-4.5 yrs	3/25-5/27	Sat	9:50-10:30 am
11510	4.5-5 yrs	3/25-5/27	Sat	10:40-11:20 am
11511	2-3.5 yrs	3/22-5/17	Wed	10:00-10:40 am
11512	3.5-4.5 yrs	3/22-5/17	Wed	10:50-11:30 am

MULTI-SPORT

6-8 YRS

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.

\$159 R | \$164 NR (9-week sessions)

Activity #	Dates	Days	Time
11513	3/25-5/27	Sat	11:30-12:10 pm

SOCCER TOTS 2-3.5 YRS | 3.5-4.5 YRS | 4.5-5 YRS

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.

\$105 R | \$110 NR (5-week sessions)

Activity #	Ages	Dates	Days	Time
11522	2-3.5 yrs	3/24-4/21	Fri	4:00-4:40 pm
11526	3.5-4.5 yrs	3/24-4/21	Fri	4:50-5:30 pm
11530	4.5-5 yrs	3/24-4/21	Fri	5:40-6:20 pm
11523	2-3.5 yrs	5/12-6/9	Fri	4:00-4:40 pm
11527	3.5-4.5 yrs	5/12-6/9	Fri	4:50-5:30 pm
11531	4.5-5 yrs	5/12-6/9	Fri	5:40-6:20 pm
11524	2-3.5 yrs	3/21-4/18	Tue	4:00-4:40 pm
11528	3.5-4.5 yrs	3/21-4/18	Tue	4:50-5:30 pm
11532	4.5-5 yrs	3/21-4/18	Tue	5:40-6:20 pm
11525	2-3.5 yrs	5/9-6/6	Tue	4:00-4:40 pm
11529	3.5-4.5 yrs	5/9-6/6	Tue	4:50-5:30 pm
11533	4.5-5 yrs	5/9-6/6	Tue	5:40-6:20 pm

SOCCER

6-8 YRS

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.

\$105 R | \$110- NR (5-week sessions)

Activity #	Dates	Days	Time
11534	3/24-4/21	Fri	6:30-7:10 pm
11535	5/12-6/9	Fri	6:30-7:10 pm
11536	3/21-4/18	Tue	6:30-7:10 pm
11537	5/9-6/6	Tue	6:30-7:10 pm

SUPER SOCCER STARS



PARENT & ME

1-2 YRS

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!

\$115 – Resident, \$120 NR (5-week sessions)

Activity #	Dates	Days	Time
11477	3/4-4/1	Sat	9:00-9:40 am
11479	3/5-4/2	Sun	9:45-10:25 am
11478	4/15-5/13	Sat	9:00-9:40 am
11480	4/16-5/14	Sun	9:45-10:25 am

PARENT & ME

2-3 YRS

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!

\$115 R | \$120 NR (5 week sessions)

Activity #	Dates	Days	Time
11481	3/4-4/1	Sat	8:15-8:55 am
11482	3/4-4/1	Sat	9:50-10:30am
11483	3/5-4/2	Sun	9:00-9:40 am
11484	4/15-5/13	Sat	8:15-8:55 am
11485	4/15-5/13	Sat	9:50-10:30am
11486	4/16-5/14	Sun	9:00-9:40 am

SUPER SOCCER STARS

3-4 YRS

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.

\$115 R | \$120 NR (5 week sessions)

Activity #	Dates	Days	Time
11487	3/4-4/1	Sat	9:00-9:45 am
11488	3/4-4/1	Sat	11:30-12:15pm
11489	3/5-4/2	Sun	10:35-11:20 am
11491	4/15-5/13	Sat	9:00-9:45 am
11493	4/15-5/13	Sat	11:30-12:15 pm
11494	4/16-5/14	Sun	10:35-11:20 am

SUPER SOCCER STARS

4-5 YRS

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.

\$115 R | \$120 NR (5 week sessions)

Activity #	Dates	Days	Time
11496	3/4-4/1	Sat	9:50-10:40 am
11497	3/4-4/1	Sat	10:35-11:25 am
11498	3/5-4/2	Sun	11:25-12:15 pm
11499	4/15-5/13	Sat	9:50-10:40 am
11500	4/15-5/13	Sat	10:35-11:25 am
11501	4/16-5/14	Sun	11:25-12:15 pm

SUPER SOCCER STARS

5-7 YRS

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.

\$115 R | \$120 NR (5 week sessions)

Activity #	Dates	Days	Time
11502	3/4-4/1	Sat	10:45-11:45 am
11503	3/5-4/2	Sun	12:20 - 1:20 pm
11504	4/15-5/13	Sat	10:45-11:45 am
11505	4/16-5/14	Sun	12:20 - 1:20 pm

SOCCER STARS UNITED— ADVANCED CLASS

5-9 YRS

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.

\$125 R | \$130 NR (10-week sessions)

Activity #	Dates	Days	Time
11506	3/4-4/1	Sat	11:50-12:50pm
11507	4/15-5/13	Sat	11:50-12:50pm

**Baker Ranch Community Park
26380 Rancho Parkway, Lake Forest**

PEAK DISTANCE PROJECT

8-16 YRS

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
Location: Lake Forest Sports Park
28000 Rancho Parkway

\$95 R | \$100 NR (Monthly) 3 days a week

Activity #	Dates	Days	Time
11562	3/1-3/31	Mon/Wed/Thu	6:00-7:00 pm
11563	4/1-4/30	Mon/Wed/Thu	6:00-7:00 pm
11564	5/1-5/31	Mon/Wed/Thu	6:00-7:00 pm

PARENT & ME (PEE WEE) GYMNASTICS

1.3-2.2 YRS | 1.6-3 YRS

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
Location: Us Too Gymnastics Facility
25 Spectrum Pointe Dr, St. 405, Lake Forest

\$70 R | \$75 NR (4-week session)

Activity #	Ages	Dates	Days	Time
11583	1.3-2.2 yrs	3/7-3/28	Tue	9:30-10:15 am
11584	1.6-3 yrs	3/7-3/28	Tue	10:15-11:00 am
11585	1.6-3 yrs	3/8-3/29	Wed	10:00-10:45 am
11586	1.3-2.2 yrs	4/11-5/2	Tue	9:30-10:15 am
11588	1.6-3 yrs	4/11-5/2	Tue	10:15-11:00 am
11590	1.6-3 yrs	4/12-5/3	Wed	10:00-10:45 am
11587	1.3-2.2 yrs	5/9-5/30	Tue	9:30-10:15 am
11589	1.6-3 yrs	5/9-5/30	Tue	10:15-11:00 am
11591	1.6-3 yrs	5/10-5/31	Wed	10:00-10:45 am

REGISTRATION DATES



RESIDENTS: Tues., February 14, 2023

NON-RESIDENTS: Tues., February 21, 2023

THE ETIQUETTE FACTORY: MANNERS, CHARACTER & SOCIAL SKILLS "VALUING OTHERS"

5-9 YRS

Our exclusive program helps children understand why integrity, respect, empathy, and charity help our lives both personally and professionally. Through games, role play, activities, discussion and stories, our exclusive program will teach children practical ways they can value and respect other as well as build character within themselves. Some of the topics covered will be: Acts of Kindness, Personal Responsibility, Etiquette with Family, Guests and Neighbors, Manners in Public and at Social Events, and so much more!

Instructor: The Etiquette Factory
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$145 R | \$150 NR (5-week session)

Material Fee: \$20

Activity #	Dates	Days	Time
11561	3/25-4/15	Sat	9:00am-12:00 pm

BIONERDS: BIOENGINEERING: DESIGNING LIFE!

5-12 YRS

Come and join this fun and hands-on biology workshop for kids! Learn how to design and create something to improve life itself, such as prosthetics, medical equipment, genetic modification, bioenergy, and more! Your child will be exposed to engineering concept related to biology and perform cool biology activities.

Instructor: Bionerds Staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$132 R | \$137 NR (6-session class)

Material Fee : \$54

Activity #	Dates	Days	Time
11568	3/3-4/14	Fri	4:15-5:15pm



BIONERDS: CAMPING SCIENCE: CONNECTING WITH NATURE 5-12 YRS

Come and join our exciting hands-on workshop to help your child recognize and appreciate the living world just outside their window. We will discuss camping-related topics, such as wildlife, survival, sun power, rocks and more. Your child will be up close with live/preserved organisms and engage in cool camping-related activities.

Instructor: Bionerds Staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$132 R | \$137 NR (6-session class)

Material Fee : \$54

Activity #	Dates	Days	Time
11567	4/21-5/26	Fri	4:15-5:15pm

SPRING KARATE KICKSTART 6-12 YRS

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
Location: PKSA Karate OC
20382 Barents Sea Circle, Lake Forest

\$129 R | \$134-NR (6-week session)

Activity #	Dates	Days	Time
11552	4/17-5/22	Mon	5:00-5:30 pm

READING DEVELOPMENT— GRADES K-1 4.5-6.5 YRS

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
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$169 R | \$174-NR (8-week session)

Activity #	Dates	Days	Time
11541	2/27-3/22	Mon/Wed	3:30-4:25 pm
11542	4/10-5/3	Mon/Wed	3:30-4:25 pm

READING DEVELOPMENT— GRADES 2-6 6.5-11.5 YRS

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
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$169 R | \$174-NR (8-week session)

Activity #	Dates	Days	Time
11543	2/27-3/22	Mon/Wed	4:30-5:25 pm
11544	4/10-5/3	Mon/Wed	4:30-5:25 pm

MATH DEVELOPMENT— GRADES 2-6 6.5-11.5 YRS

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: + ? × ÷, fraction operations, prime numbers, factoring concepts, decimals, algebra, and geometry skills. More info: claudia@readwritesolutions.com or (949) 263-0633.

Instructor: Readwrite Staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$169 R | \$174-NR (8-week session)

Activity #	Dates	Days	Time
11545	2/27-3/22	Mon/Wed	5:30-6:25 pm
11546	4/10-5/3	Mon/Wed	5:30-6:25 pm

CHESS WIZARDS SPRING BREAK CAMP 6-12 YRS

Join us this spring 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 also recess time, snacks, tournaments, and puzzles. Each camper receives a trophy, and puzzle folder. We include all the materials necessary for your child to participate. Unleash your brain power and spend part of your vacation with Chess Wizards!

Instructor: Chess Wizards Staff
Location: Lake Forest Recreation Center
28000 Rancho Parkway

AM/PM Session: \$321 R | \$326 NR (1-week camp)

Full Day Session: \$464 R | \$469 NR (1-week camp)

Activity #	Dates	Days	Time
11612	4/3-4/7	Mon-Fri	9:00 am-12:00pm
11613	4/3-4/7	Mon-Fri	12:00-3pm
11614	4/3-4/7	Mon-Fri	9:00am-3:00pm

**REGISTER
ONLINE**

WWW.LFPARKSANDRECCA.COM



YOUNG EINSTEINS: STEM LAB

6-9 YRS

Our young scientists will learn all about Science, Technology, Engineering and Math in this class.

Instructor: Brainstorm STEM Education
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$160 R | \$165 NR (6-week camp)

Activity #	Dates	Days	Time
11582	3/8-4/19	Wed	3:00-4:00 pm

ROBOTICS: ADVENTURES IN ENGINEERING

9-12 YRS

Explore the exciting world of robotics by programming and engineering LEGO® MindStorm robots.

Instructor: Brainstorm STEM Education
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$140 R | \$145 NR (6-week camp)

Activity #	Dates	Days	Time
11581	4/26-5/31	Wed	3:00-4:00 pm

YOUTH CLIMBING PROGRAMS

3-18 YRS

Our programs foster a love for climbing while encouraging the growth of confidence, leadership, and athletic skills in a fun and safe environment.

Instructor: Aesthetic Climbing Gym Staff
Location: Aesthetic Climbing Gym
26794 Vista Terrace

Material Fee: \$40

\$225 R | \$230 NR (3x a week)

Activity #	Dates	Days	Time
11639	March	M/W/F	4:30-6:30 pm
11640	April	M/W/F	4:30-6:30 pm
11641	May	M/W/F	4:30-6:30 pm

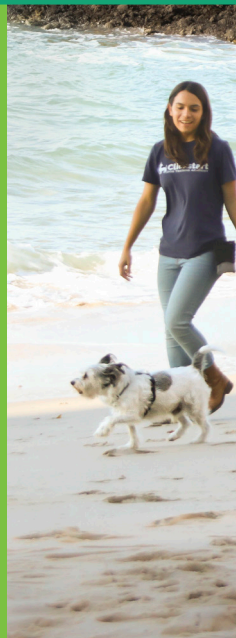
\$180 R/ \$185 NR (2x a week)

Activity #	Dates	Days	Time
11642	March	T/TH	4:30-6:30 pm
11643	April	T/TH	4:30-6:30 pm
11644	May	T/TH	4:30-6:30 pm

\$100 R/ \$105 NR (1x a week)

Activity #	Dates	Days	Time
11645	March	Sun	11:00 am-12:00 pm
11646	April	Sun	11:00 am-12:00 pm
11647	May	Sun	11:00 am-12:00 pm

Adult Classes



BASIC COMMUNICATION WITH CLICKSTART DOG TRAINING ACADEMY

18+ YRS

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
Location: Pittsford Park
21701 Pittsford Dr.

\$295 R | \$300 NR (6-week session)

Activity #	Dates	Days	Time
11565	3/7-4/11	Tue	5:30-6:30 pm

CLICKSTART ADVANCED SKILLS—GROUP DOG TRAINING

18+ YRS

Earn your AKC Canine Good Citizen title with this 6-week advanced class that is full of fun and challenging training tasks. In preparation for test day on May 30th your dog will learn how to walk calmly past other dogs, sit politely for petting, perform a 20ft. stay, and so much more. Dog must be 5 months+.

Instructor: Clickstart Dog Academy staff
Location: Pittsford Park
21701 Pittsford Dr.

\$350 R | \$355 NR (6-week session)

Activity #	Dates	Days	Time
11566	4/25-5/30	Tue	5:30-6:30 pm

**REGISTER
ONLINE**

WWW.LFPARKSANDRECCA.COM





KB30

15+ YRS

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
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$120 R | \$125 NR (8-week session)

Activity #	Dates	Days	Time
11608	3/13-5/1	Mon	6:30-7:00 pm

RESET WITH MINDFULNESS MEDITATION

15+ YRS

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
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$120 R | \$125 NR (8-week session)

Activity #	Dates	Days	Time
11609	3/13-5/1	Mon	7:15-8:00 pm

YIN YOGA

18+ YRS

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 www.inspireyogaoc.com

Instructor: Amy Harper
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$84 R | \$89 NR (6-week session)

Activity #	Dates	Days	Time
11560	3/7-4/11	Tue	7:45-8:45 pm



GET OFF YOUR BOOTY CAMP

18+ YRS

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
Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$108 R | \$113 NR (8-class sessions)

Activity #	Dates	Days	Time
11553	3/7-3/30	Tue/Thu	6:00-6:45 pm
11554	4/4-4/27	Tue/Thu	6:00-6:45 pm
11555	5/2-5/25	Tue/Thu	6:00-6:45 pm

ZUMBA® GOLD+ TONING FOR BEGINNERS

18+ YRS

This 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

Activity #	Package	Cost
11556	5-class package	\$30 R \$35 NR
11557	10-class package	\$50 R \$55 NR
11558	15-class package	\$75 R \$80 NR
11559	20-class package	\$100 R \$105 NR

Dates	Days	Time
Ongoing	Tue	6:00-7:00 pm
Ongoing	Sat	10:00-11:00 am

MEN'S ROUND ROBIN-INTERMEDIATE/HIGH INTERMEDIATE (LEVEL 3.0-4.0)

14+ YRS

This Tournament is for solid intermediate to high Intermediate players. This is an individual event (no teams). You will play with each individual. The top 4 players will have a playoff. This will be determined by wins vs losses then total points. Prizes will be awarded for the top 3 players.

Instructor: Shelly and Kevin Booth
Location: Portola Park
28040 Glenn Ranch Road, Lake Forest

\$50 R | \$55-NR (1-day tournament)

Activity #	Dates	Days	Time
11598	4/22	Sat	11:30 am

"PLACEMENT OVER POWER" CLINIC AND MIXED TEAM ROUND ROBIN-INTERMEDIATE/HIGH INTERMEDIATE (LEVEL 3.0-4.0)

14+ YRS

"Controlling your Opponent" through placement vs power clinic will start at 8 am. At 9 am the Mixed Team Round Robin will start. This event is for solid intermediate to high Intermediate players. This is a team event. HOWEVER, if you would like to play but don't have a partner please sign up and we will place singles together to form a team. The top 4 teams will have a playoff. This will be determined by wins vs losses then total points. Prizes will be awarded for the top 3 teams.

Instructor: Shelly and Kevin Booth
Location: Portola Park
28040 Glenn Ranch Road, Lake Forest

\$70 R | \$75 NR (1-class session)

Activity #	Dates	Days	Time
11599	5/20	Sat	8:00 am

"LEVEL UP YOUR DOUBLES GAME" INTERMEDIATE PICKLEBALL CLASS

14+ YRS

This 6-week class will focus on how to facilitate effective doubles strategy with your partner. Learn to control your opponent with placement over power, when to attack and when to defend, and fine tuning your soft game to become "unattackable". These "Next Level" components will build confidence and improve your overall performance for greater success on the court.

Instructor: Shelly and Kevin Booth
Location: Portola Park
28040 Glenn Ranch Road, Lake Forest

\$165 R | \$170 NR (6-week session)

Activity #	Dates	Days	Time
11600	3/8-4/12	Wed	9:15-10:15am
11601	4/26-5/31	Wed	9:15-10:15am

PICKLEBALL BFF- “BALANCE, FOOTWORK AND FITNESS”

14+ YRS

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

Location: Portola Park
28040 Glenn Ranch Road, Lake Forest

\$30 R | \$35 NR (1 Day Class)

Activity #	Dates	Days	Time
11602	3/11	Sat	12:30-1:30pm

LEARN TO PLAY PICKLEBALL CLINIC

14+ YRS

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

Location: Portola Park
28040 Glenn Ranch Road, Lake Forest

\$55 R | \$60 NR (6-week class)

Activity #	Dates	Days	Time
11603	3/11	Sat	10:15-12:15 pm

LEARN TO PLAY PICKLEBALL CLASS

14+ YRS

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

Location: Portola Park
28040 Glenn Ranch Road, Lake Forest

\$165 R | \$170 NR (1 Day Class)

Activity #	Dates	Days	Time
11604	3/8-4/12	Wed	8:00-9:00am
11605	4/26-5/31	Wed	8:00-9:00am



WOMEN'S ROUND ROBIN-BEGINNER/HIGH BEGINNER (LEVEL 2.5-3.0)

14+ YRS

This Women's Round Robin Tournament is for those newer to Pickleball or those that have played (a little or a lot) but lack consistency in their game. This is an individual event (no teams). You will play with each individual. The top 4 players will have a playoff. This will be determined by wins vs losses then total points. Prizes will be awarded for the top 3 players.

Instructor: Shelly and Kevin Booth

Location: Portola Park
28040 Glenn Ranch Road, Lake Forest

\$50 R | \$ 55-NR (1-day tournament)

Activity #	Dates	Days	Time
11606	4/22	Sat	7:30am

“PLACEMENT OVER POWER” CLINIC— FOLLOWED BY A MIXED TEAM ROUND ROBIN- INTERMEDIATE/HIGH INTERMEDIATE (LEVEL 3.0-4.0)

14+ YRS

“Controlling your Opponent” through placement vs power clinic will start at 8 am. At 9 am the Mixed Team Round Robin will start. This event is for solid intermediate to high Intermediate players. This is a team event. HOWEVER, if you would like to play but don't have a partner please sign up and we will place singles together to form a team. The top 4 teams will have a playoff. This will be determined by wins vs losses then total points. Prizes will be awarded for the top 3 teams.

Instructor: Shelly and Kevin Booth

Location: Portola Park
28040 Glenn Ranch Road, Lake Forest

\$70 R | \$75 NR (1-day tournament)

Activity #	Dates	Days	Time
11607	5/20	Sat	8:00 am



SKATEPARK OF LAKE FOREST

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



SPRING 2023 SKATEPARK HOURS & HOLIDAYS

(Beginning Monday, March 20, 2023)

Monday - Friday: 11am - 9pm

Saturday & Sunday: 10am to 9pm

*In the case of inclement weather, please
call ahead to see if the Park is open.*

www.EtniesSkatePark.com

20028 Lake Forest Dr. Lake Forest, CA 92630
(949) 916-5870

FOLLOW US



PRIVATE SKATEBOARD AND ROLLER SKATE LESSONS **4+ YRS**

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.

Equipment needed: Skateboard or roller skates, helmet, elbow/knee pads.

\$50 per hour. Can include up to two students.

For more info or to schedule a private lesson call the skatepark at (949) 916-5870





ETNIES SPRING BREAK SKATE CAMP 5-17 YRS

Skate camp is designed to cover skateboarding basics as well as many other fun camp activities! The week of fun will include skateboard instruction, games, and lunch. 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. Each participant will design and print their own official Etnies Skatepark of Lake Forest t-shirt.

Campers can hone their 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.

All camp activities will be held by experienced Skatepark staff that has a proven successful track record in improving skateboard skills.

Equipment needed: skateboard, helmet, elbow/knee pads, and enough water to last for the duration of the camp.

\$249.00 per person | Limited to 25 campers per session.

Activity #	Dates	Days	Time
11648	4/3-4/7	Mon-Fri	10:00 am-2:00 pm

MEMORIAL DAY SKATE CAMP 5-17 YRS

Choose to spend this Memorial Day one of the best skate camps around! Lunch, drinks, and snacks are provided. The day of fun will include skateboard instruction, games, and lunch.

Equipment needed: skateboard, helmet, elbow/knee pads, and enough water to last for the duration of the camp.

\$49 per person | Limited to 25 campers per session.

Activity #	Dates	Days	Time
11649	5/29	Mon	10:00 am-2:00 pm

HOMETOWN HERO'S SKATE CONTEST

All Ages

Saturday, May 13
3:00 – 7:00 pm

Offering divisions for skaters of all ages!

Showcase your talent in both the street and flow course of the Etnies Skatepark of Lake Forest.

\$25
(Includes Lunch)

Please visit etnies skatepark.com for more detailed event information.



SKATEPARK SAFETY/ETIQUETTE CLASS

4+ YRS

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.

Free | 15-Minute Course

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.

Special Needs



Down Syndrome Achievement Centers
educate. inspire. believe.

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! If you'd like more information, email orangecounty@gigisplayhouse.org or contact Lake Forest Recreation Supervisor Kevin Fernandez.

www.gigisplayhouse.org/gigisathome/calendar/

Free

SPRING SHINDIG & resource Fair

SATURDAY, MARCH 4
12:00 - 2:00 PM

Free

- LEARN ABOUT LOCAL PROGRAMS
- VENDORS
- INFORMATION
- DJ NOAH HOSTING ON-SITE DANCE PARTY

THE
BIGGEST
SPECIAL
NEEDS
EVENT OF
THE YEAR!

Lake Forest Clubhouse
100 Civic Center Dr.

Vendor Registration: email kfernandez@lakeforestca.gov

SHINING SOCCER STARS— SPECIAL NEEDS

5-10 YRS

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. For more info call: (949) 273-6978 or email kfernandez@lakeforestca.gov *No class July 3.

Instructor: Super Soccer Stars Staff
Location: Baker Ranch Community Park
26380 Rancho Parkway, Lake Forest

\$138 R | \$143 NR (6-week sessions)

Activity #	Dates	Days	Time
11067	6/4-7/9	Sat	12:00-1:00 pm
11068	7/24-8/21	Sat	12:00-1:00 pm

SOCIAL GROUP FOR CHILDREN ON THE AUTISM SPECTRUM

2-19 YRS

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! Call to set up an appointment. For more info call: Autism Behavior Services at (949) 581-0100. **.Online registration is not available for this program.**

Instructor: Natalie Taguchi-Solorio, M.Ed, PPS, BCBA
Location: Autism Behavior Services, Inc.
23701 Birtcher Drive, Lake Forest

\$75 per session R | \$80 per session NR

Dates	Days	Time
Ongoing	Mon-Sat	varies

**REGISTER
ONLINE**

WWW.LFPARKSANDRECCA.COM



MARTIAL ARTS FOR ALL

ALL AGES

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 family's goals! For more info and call: (949) 273-6978 or email kfernandez@lakeforestca.gov

Instructor: United Studios of Self Defense
Accredited Instructor
Location: United Studios of Self Defense
26756 Portola Pkwy. Ste. 2D, Lake Forest

Single Private Session - \$75

4-Week Program - \$275

12-Week Program - \$705



REGISTRATION DATES

RESIDENTS: Tues., February 14, 2023

NON-RESIDENTS: Tues., February 21, 2023

GYMNASTICS FOR KIDS WITH SPECIAL NEEDS

5+ YRS

Our gymnastics classes are specifically designed for children and teens with special needs (Autism, Down Syndrome, Cerebral Palsy, ADHD, etc.). Students will learn basic gymnastics skills such as handstands and cartwheels and other floor exercises. During class, students will work on social behaviors, taking turns, sharing equipment, and, more importantly, having fun. Please call to set a free assessment and discuss class placement. This special pricing is available to new members only. For more Info call: (949) 273-6978 or email kfernandez@lakeforestca.gov.

Instructor: Us Too Gym Staff

Location: Us Too Gymnastics

25 Spectrum Pointe Dr #405, Lake Forest

\$100/month (Four 45-minute sessions) Resident

\$105/month (Four 45-minute sessions) Non-Resident

Dates Time

Ongoing varies



LAKE FOREST LITTLE LEAGUE *Challenger Baseball*

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.

Registration Fee: \$35

The fees will cover the cost of team and individual photos, practice and field expenses. There is an optional uniform fee. There may 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, 2023.

Come join the Lake Forest Little League!

Register online at LFL.org

For more information email info@lfl.org.

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 apps.ocsd.org/Info/TakeMeHome

Welcome to The Clubhouse for Seniors



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | MARCH - MAY '23



Let's Celebrate Spring!

Spring is here at The Clubhouse and we have fun and exciting programs ahead! Please note that due to the uncertainty of COVID-19 at the time of print, all programs in The Clubhouse Calendar are subject to change. All programs and activities provided will be evaluated to ensure the proper health and safety precautions are taken for participants for the City of Lake Forest Community Services programs. For any questions or more information, please call (949) 461-3408.

THE CLUBHOUSE

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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.

Follow Us



@lakeforest.clubhouse

Located at the
Lake Forest Civic Center
100 Civic Center Drive
Lake Forest, CA 92630
(949) 461-3408

HOURS
Monday - Thursday
10:00 am - 3:00 pm

Adults— 50 Years & Better

Please Note: Unless otherwise noted, all classes are offered on site at The Clubhouse, 100 Civic Center Dr, Lake Forest



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.

Free

Dates	Days	Time
3/6	Mon	10:00 am-2:00 pm
4/3	Mon	10:00 am-2:00 pm
5/1	Mon	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.

Free

Dates	Days	Time
3/27	Mon	10:00 am-2:00 pm
4/24	Mon	10:00 am-2:00 pm
5/22	Mon	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.

Free

Days	Time
Thursdays	10:00 am-2:00 pm

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.

\$2 R | \$4 NR

Activity #	Dates	Days	Time
<i>Luck of the Leprechaun Luncheon</i>			
11622	3/16	Thu	12:00 pm
<i>Cloudy with a Chance of Meatballs</i>			
11623	4/27	Thu	12:00 pm
<i>Where the Wild Things Are</i>			
11624	5/25	Thu	12:00 pm

PECHANGA RESORT & CASINO EXCURSION

Adults/Seniors

Pechanga Resort & Casino has the largest casino floor on the West Coast, with 200,000 square feet of gaming space that features more than 4,500 state-of-the-art slot machines, 154 table games, and an ultra-modern 700-seat bingo facility. Explore their wide variety of dining options, from fine dining to casual dining to on-the-go fare, as well as their boutique shops carrying designer brand apparel and accessories. Activity fee includes transportation, snacks, and non-alcoholic refreshments.

\$25.00 Residents & Non-Residents

Activity #	Dates	Days	Time
11625	4/11	Thu	9:30 am-4:30 pm

**REGISTER
ONLINE**

WWW.LFPARKSANDRECCA.COM



Spring Into the 70's

\$15

Friday, April 14
5:00-8:00 pm

Get groovy and turn back time! Dance the night away, 70's style!

- DANCING
- FUN
- FOOD
- REFRESHMENTS

Activity #11626

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

Free

Dates	Days	Time
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.

Free

Dates	Days	Time
Ongoing	Mon/Wed/Thu	10:00 am-3:00 pm
Ongoing	Tue	10:00 am-12:30 pm

PING PONG

Break out 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.

FREE

Activity #	Dates	Days	Time
11637	Ongoing	Mon Tue Wed	10:00 am-3:00 pm 12:45 pm-3:00 pm 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!

\$2.00 Residents & Non-Residents

Activity #	Dates	Days	Time
Spring Bunny Canvas			
11616	3/21	Tue	10:30 am
Floral Wreath			
11617	4/18	Tue	10:30 am
Memorial Day Centerpiece			
11618	5/16	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!

Free

Activity #	Dates	Days	Time
DIY Décor—Fun Ideas to Style Your Garden Space			
11619	Mar 7	Tue	10:00-11:00 am
Prop Swap Day! (Bring plants/cuttings to swap with classmates)			
	Apr 4	Tue	10:00-11:00 am
The History of Gardening			
	May 2	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 1:00-3:30pm! Call Forest Lanes at (949) 770-0055.

Location: Forest Lanes
22771 Centre Dr

\$10 per resident senior (plus \$3 shoe rental)

\$12 per non-resident senior (plus \$3 shoe rental)

Dates	Days	Time
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.

FREE

Dates	Days	Time
<i>The Last Year of the War</i> by Susan Meissner		
3/16	Thu	9:30 am
<i>The Midnight Library</i> by Matt Haig		
4/20	Thu	10:00 am
<i>Lessons in Chemistry</i> by Bonnie Garmus		
5/18	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.

Free

Dates	Days	Time
3/20	Mon	10:00 am-12:00 pm
4/17	Mon	10:00 am-12:00 pm
5/15	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.

Interested individuals may call (949) 461-3408 to schedule a 20-minute appointment.

Free

Dates	Days	Time
5/11	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. To make an appointment call (949) 461-3408;

Free

Dates	Days	Time
3/2	Thu	1:00-3:00 pm
4/6	Thu	1:00-3:00 pm
5/4	Thu	1:00-3:00 pm

AARP DRIVER SAFETY REFRESHER COURSE

50+ YRS

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.

\$20 AARP Members; \$25 Non-Members

(Payment is due the day of the course. Checks are made payable to AARP.)

Activity #	Dates	Days	Time
11620	3/9	Thu	8:30 am-1:00 pm

AARP DRIVER SAFETY TWO-DAY COURSE

50+ YRS

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.

\$20 AARP Members; \$25 Non-Members

(Payment is due the first day of the course. Checks are made payable to AARP.)

Activity #	Dates	Days	Time
11621	4/24-4/25	Mon/Tue	8:30 am-1:00 pm



HICAP Health Insurance Counseling and Advocacy Program

TUESDAYS
10:00 am-1:00 pm

March 14
April 11
May 9

FREE

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

The Clubhouse, 100 Civic Center Dr

**To make an appointment, please call
(949) 461-3408. Leave your name and phone number.**

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.



Senior Emeritus Classes

SUMMER PRIORITY REGISTRATION

April 25th through April 28th, 2023

OPEN ENROLLMENT BEGINS

May 1st, 2023

CLASSES BEGIN

Week of May 31st

EMERITUS CLASSES are offered for active seniors through partnerships between the City, 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.

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 www.academics.ivc.edu/emmeritus or call (949) 367-8343 for more information. Class Schedule: 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 www.saddleback.edu/emmeritus or call (949) 582-4835 for more information. Class Schedule: www.saddleback.edu/cs

Once you have a Student ID and PIN #, please register at 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.



PHONE DIRECTORY

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

CITY OF LAKE FOREST Transportation Options for Seniors

The City of Lake Forest offers door-to-door transportation services to Lake Forest Senior Residents via the 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 own a vehicle? We have transportation for you with California Yellow Cab!

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).

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 (949) 461-3408 to make an appointment to register and take your photo for your ID for the City of Lake Forest Taxi Program.

\$10.00 Replacement Lost Card Fee



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

JOIN THE FUN!

FREE

From Your Residence to The Clubhouse
Monday – Thursday
10:00 am–2:00 pm

New participants, call The Clubhouse at (949) 461-3408.





HOW TO Register for Programs

SPRING 2023 Registration Dates

Lake Forest Residents: Tuesday, February 14, 2023 beginning at 8am | **Non-Residents:** Tuesday, February 21, 2023 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.

City of Lake Forest Community Services Program Registration Form

Photocopy if more than one registration form is needed



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.

DATE: _____

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

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: LFreonline@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

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POSTAL CUSTOMER

ECRWSS



4TH OF JULY



MOVIES IN THE PARK



ETNIES SKATEPARK

SUMMER Preview



4TH OF JULY



CONCERTS IN THE PARK

It may be Spring, but your City is busy planning
a great fun-filled summer for the
Lake Forest Community!