

The Leaflet

Summer 2023

City News and Recreation Guide

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A MESSAGE FROM CITY MANAGER DEBRA ROSE

Summer in Lake Forest is always something to look forward to. After this year's record rains, it's even easier to appreciate the warm weather and the opportunity to get outside.

With that in mind, I've put together my list of the Top 5 Summer Activities in Lake Forest:

1. **Summer Concerts.** One in June, July, and August – live music you can dance to, good food, and great crowds make the City's Summer Concert Series a favorite. A close second: Kids Movies in the Park those same months.
2. **The City's great parks.** Lake Forest has 31 parks spread throughout the City, allowing residents to let kids enjoy some great play equipment (Cherry Park is a favorite), take a stroll through butterfly gardens and around a pond (Veterans Park), or play some pickleball and take in a great sunset (Portola Park).
3. **A camp out!** You can camp for a night at our Sports Park during the Family Campout. The Campout in July features games, crafts, and songs. Bring your own tent and sleeping bag, but dinner, dessert, and breakfast are provided.
4. **The Parade.** The Fourth of July Parade has been a tradition longer than Lake Forest has been a City. It's always a great event that emphasizes our hometown pride. The El Toro Chargers 5K and Kiwanis Pancake Breakfast help, too.
5. **The Lake Forest Farmers Market.** Take a summer evening stroll and enjoy the Lake Forest Farmers Market. The Market is 4 p.m. to 8 p.m. on Wednesdays at the Sports Park, 28000 Rancho Parkway. It has farm-fresh fruits and veggies, of course, but also eggs, honey, beef jerky, hummus, tamales, and more.

This is just my Top 5 – I'm sure you have a few favorites of your own. I look forward to seeing you at one of our fabulous events this summer

For information on these events and more, see www.lakeforestca.gov

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*.

2023 SURVEY: RESIDENTS HAPPY WITH QUALITY OF LIFE, CITY SERVICES

Nearly 90 percent of residents say the quality of life in Lake Forest is “excellent” or “good,” according to the 2023 Community Satisfaction Survey. More than 80 percent gave the City the same high marks in providing municipal services.

The City used True North Research for the 2023 survey. The surveys, taken every other year since 1998, provide a counterbalance to the City’s informal feedback tools, such as “Ask Lake Forest” and social media, by providing a more statistically reliable understanding of the community’s satisfaction, priorities, and concerns. Survey results are used as a foundation for the City’s Strategic Business Plan, Capital Improvement Plan, and two-year budget.

Between January 3 and January 12, 2023, 885 randomly selected residents who are registered to vote were surveyed by True North. Additionally, 202 businesses were surveyed. Prospective participants were reached via phone call, email, and text messaging. Surveys were collected via telephone and online. The Resident portion of the survey had a margin of error of +/- 3.3 percent, while the Business portion had a margin of error of +/- 6.8 percent.

Of the business responses received, 80 percent rated the business climate in Lake Forest as “excellent” or “good,” and 91 percent indicated they are satisfied with the City’s efforts to provide municipal services.

When asked what one thing Lake Forest could do to make the City a better place to live, “Not sure/cannot think of anything” was the top answer, given by 12.4 percent of the respondents. Additionally, 12 percent of the respondents said “Attract new restaurants/stores,” and 11.7 percent said “Address homeless, poverty issues.” To see more about the City’s response to homelessness, see www.lakeforestca.gov/homelessresources.

Asked what could be done to improve the business climate, most business respondents – 52.6 percent – said “no changes” or “not sure.”

Each survey compares the City’s performance to previous years, giving the City insights into how the needs and concerns of the residents and businesses have evolved over time. True North President Dr. Timothy McLarney said residents’ attitudes about the City have remained stable the last few years.

Visit www.lakeforestca.gov/special-studies to see the 2023 survey report, as well as the results of previous surveys.



CATALYTIC CONVERTER THEFT DETERRENT PROGRAMS

Protect yourself from being a victim

Receive a \$250 Gift Card

from the Lake Forest Shield Program

The Lake Forest Shield Program residents offset the costs of purchasing and installing a catalytic converter theft deterrent shield on their vehicles. The program provides a gift card that can only be used at participating Lake Forest businesses that install a MillerCat or Get Cat Security shield.

Receive Free Etching & Painting

Residents and local businesses with fleet vehicles can apply to have their catalytic converters painted and etched with the VIN number for free. Painting and etching can help deter thieves and assist law enforcement in prosecuting criminals that steal the valuable part. Both services are provided by Lake Forest businesses that signed up to participate in the City’s program.

Only vehicles registered to a Lake Forest address via DMV registration are eligible to participate in the programs.

Apply at
lakeforestca.gov/CatGrant

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>

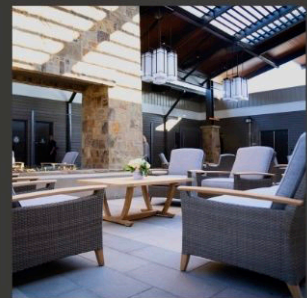
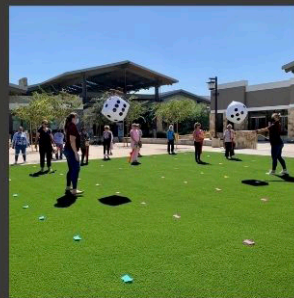
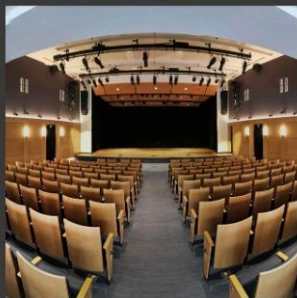
Conference/Community Center

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

CAPTAIN CHRISTINE BERRYMAN SELECTED AS CHIEF OF LAKE FOREST POLICE SERVICES

Captain Christine Berryman has been selected as the new Chief of Lake Forest Police Services. She began her new assignment in March.

"I am humbled and honored to be afforded this opportunity," Captain Berryman said. "The Lake Forest community holds a special place in my heart as I served here on patrol; and now, having the privilege to lead our dedicated men and women of Lake Forest Police Services in what I consider my hometown, magnifies those sentiments."

Lake Forest contracts with the OC Sheriff's Department for law-enforcement services. Including supervisors, investigators, deputies, and non-sworn personnel, about 50 OCSD members serve the City full time. The Chief of Police Services is selected by the City Manager.

Captain Berryman joined the Sheriff's Department in 2000 and worked as a deputy in Custody Operations and Patrol Operations. As a patrol deputy, she served six years in the City of Lake Forest where she worked in numerous details including: Special Enforcement Team, Critical Incident Response Team, and assisted the Vice Unit. She was a Field Training Officer for new patrol deputies and earned the Mothers Against Drunk Driving award, as well as the Deputy of the Year award.

Captain Berryman promoted to investigator and worked in Background Investigations, Aliso Viejo General Investigations, and the Special Victims Detail.

In 2019, Captain Berryman promoted to sergeant, and worked Custody Operations, Patrol Operations, and Internal Affairs. She also served in Sheriff's Administration, where she worked on specific assignments from the Undersheriff and Sheriff.

Most recently, Captain Berryman served as the captain for the Professional Standards Division, overseeing the Backgrounds Unit, the Carry Concealed Weapons (CCW) Unit, and Human Resources.

Captain Berryman has a Master's Degree in Behavioral Science from the California State University of Dominguez Hills and a Bachelor's Degree in Criminology, Law, and Society from the University of California, Irvine.

Captain Berryman, the City's first female Chief of Police Services, replaces former Chief of Police Services Chad Taylor, who was promoted to Commander and oversees the main jail in Santa Ana.



SIGN UP FOR THE SHERIFF'S TEAM OF ACTIVE RETIRED SENIORS (STARS)

Lake Forest Needs STARS!

Are you ready to be a STARS volunteer in your community?

The Sheriff's Team of Active Retired Seniors (STARS) is a senior citizen volunteer program through the City of Lake Forest. It was founded in 1997 to assist the City and Lake Forest Police Services.

STARS assist the City and Sheriff's Department by helping with Neighborhood Watch programs, business checks, home vacation checks, by providing clerical support in the Lake Forest City substation, and more.

To qualify, you must be a Lake Forest resident willing to donate four to six hours a week and possess a California driver's license. Volunteers must also have a clean background, pass an initial physical exam, and provide a letter from their physician stating they are in satisfactory health and can perform the duties required in the STARS program.

Visit bit.ly/VolunteerSTARS for more information or call (949) 282-5215.

TRAFFIC IMPROVEMENT PROJECTS PLANNED

Improvements to 10 Lake Forest intersections are anticipated to be finished over the next three years. The improvement projects aim to mitigate the traffic impacts from previously approved County of Orange and Lake Forest developments. The projects are included in the City's 2021-28 Capital Improvement Program, with funding provided by the County of Orange Foothill Circulation Phasing Plan, the Lake Forest Transportation Mitigation Program, and The Meadows development agreement. The City anticipates construction to start in Spring 2023 and has staggered the work schedule to eliminate construction being done all at the same time.

1

Bake and Baffin Bay

This project is complete. Raised medians were added on Baffin Bay to restrict left turns and increase traffic safety.

5

Bake/Irvine Blvd/Trabuco

The City plans to widen on eastbound Bake Pkwy to add dual left turn lanes and a dedicated right turn lane. In addition, widening will occur on northbound Irvine Blvd. to add a 4th through lane that includes a shared through-right turn option. Construction is anticipated for the 2025 calendar year. This is contingent upon Southern California Edison relocating the transmission poles on westbound Bake Pkwy.

2

El Toro/Santa Margarita/Portola

This project is under construction. The City is widening to add dual left and right turn lanes on El Toro Road. Completion is anticipated for fall 2023.

6

Bake/Toledo

Widening will occur northbound on Toledo Way and add dual left turn lanes and a shared through-right turn lane. Construction is anticipated for the 2024 calendar year.

3

Los Alisos/Rockfield

The City will restripe westbound lanes of Los Alisos Blvd to include a shared through-right turn lane. Construction is anticipated to begin in winter 2023 and end in spring 2024.

7

Bake/Jeronimo

The City of Irvine is leading this project. Both cities plan to widen to add a shared through-right turn lane northbound on Jeronimo and add dual left turn lanes in every direction that does not have them. The City of Lake Forest plans to build an aesthetically pleasing retaining wall on the landscaped slope along Jeronimo that is adjacent to the Lake Forest Keys property to help with the widening of the shared through-right turn lane. Construction is anticipated for the 2026 calendar year.

4

Lake Forest/Rancho

Restriping will occur on southbound lanes of Rancho Pkwy to accommodate a shared through-right turn lane. Construction is anticipated begin in winter 2023 and end in spring 2024.

THROUGHOUT THE CITY

8

Lake Forest/Jeronimo

The City plans to widen lanes southbound on Jeronimo to accommodate more space for the shared through-right turn lane. Construction is anticipated for fall 2023.

1

Bake Parkway

4

Lake Forest Drive

2

241

El Toro Road

5

Trabuco Road

6

7

8

9

El Toro/Jeronimo and the El Toro Raised Medians Project

Widening will occur on El Toro Road to add dual left turn lanes. The project will push the curve back on the southbound corner of Jeronimo to add a shared through-right turn lane. Construction is anticipated to begin in the winter 2024 and end in the spring 2025.

9

10

Los Alisos Muirlands

This project will add dual left turn lanes in all directions and a stand-alone pedestrian/bicycle bridge on both side of existing Muirlands bridge. This design allows the City to address all road users and minimize widening impacts. Construction is anticipated for the 2025 calendar year.

10

3



AFFORDABLE HOUSING CONTINUES TO GROW IN LAKE FOREST

A couple of key affordable housing projects in Lake Forest are nearing completion. Lake Forest has three affordable housing projects in the works, two of which are close to opening.

The Portola Senior Apartments at Glenn Ranch Road and Saddleback Ranch Road is now accepting applications for potential residents. The Portola Senior Apartments offer one-bedroom units for seniors earning 50 percent or less of the Area Medium Income (AMI). Community features include a resident clubhouse with a community kitchen, beautifully landscaped courtyards, elevators, a common area with Wi-Fi access, and resident services. The Portola Senior project, at Saddleback and Glenn Ranch roads, is also the City's first mixed-use development, and will have dining and retail shops on the first floor.

Those interested in applying for a unit can visit www.portolaseniorapt.com.

The Mountain View Community on Raymond Way off El Toro Road will finish construction in September 2023. The application process for the Mountain View project will begin in summer 2023. Mountain View will have one-, two-, and three-bedroom apartments. They will be open to residents who earn 30 percent, 40 percent, 50 percent, and 60 percent of the Area Median Income.

The Meadows Senior Affordable Apartments on Bake Parkway is the City's newest housing project. C&C Development and Waterford Group are the developers of the site. Building permits were obtained and the developers are working on the site's infrastructures, which include the water and sewer line and elevator pit.

See bit.ly/AffordableHousingLF to learn more about the City's affordable housing communities.



SUMMER SEES HIGHEST NUMBER OF LOST PETS

It takes a village to deal with the current challenges facing residents with pets. The Pet Adoption Center of Orange County (PAC-OC) in Lake Forest is a part of that village. Residents may see the Pet Adoption Center at community events or on social media @adoptocpets. The Center helps residents with awareness, prevention, rehoming, and dog adoptions, based on individual pets' and families' needs.

Community education is an important part of the Center's mission, and the first step to managing the variety of issues becoming more commonplace throughout Lake Forest. The post-pandemic environment and economic difficulties brought about changes in the ability of many members of the public to manage their pets. This has led to increased intake at the OC Animal Care and other shelters and more animals on the streets heading into the traditionally difficult summer season — where the upcoming July 4th holiday is the single biggest shelter intake time of the year.

An ounce of prevention is worth a pound of cure. Make sure to always keep an ID tag/collar on your pets. Remember to follow the leash laws for dogs, as unexpected situations may happen in an instant, which can make your dog react and run.

Microchipping your pet is a great preventative measure. Don't rely on a microchip alone to bring your pet home. Keep those ID tags on. Some people who find animals don't take them to a location such as a veterinarian or animal shelter, where there is a microchip scanner. Even then microchips are occasionally missed on scans.

If your pet does get lost, at Lake Forest's contracted shelter, OC Animal Care in Tustin, residents are no longer allowed into the shelter to look for them. That makes it more important than ever to prevent pets from getting lost in the first place. To search for your pet at OCAC, contact the main phone number, (714) 935-6848 from 8 p.m. to 5 p.m. After-hours, call (714) 259-1122, and check www.ocpetinfo.com to see if your pet appears online.

Meanwhile, get out into the community, post your pet on NextDoor, Pawboost, LostMyDoggie and Lake Forest Facebook groups. It's more than likely that community support will be your best resource in finding a lost pet. For more information on the PAC-OC and its services see www.adoptocpets.org. For questions, email lfhelp@adoptocpets.org. The City of Lake Forest provides an annual grant to the Pet Adoption Center, which makes up a small portion of the overall budget for the facility.



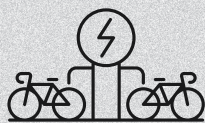
ADOPT US!

Almond and Nina are a bonded, adoptable pair available at The Pet Adoption Center of Orange County (PAC-OC). They are Cairn Terrier mixes and would love for you to open your heart and your home! They are looking for a quiet home with no children.

If you can help, please fill out an application today at www.adoptocpets.org



ALL ABOUT E-BIKES



WHAT IS AN E-BIKE?

An electronic bicycle with fully operable pedals and an electric motor

DOES THE CITY REGULATE E-BIKE SPEEDS AND OPERATION?

Yes!

WHAT SHOULD I DO IF I SEE E-BIKES DRIVEN RECKLESSLY?

Contact the OC Sheriff's Department at 949-770-6011

HOW FAST CAN E-BIKES BE DRIVEN?

Public street:
Up to the posted speed limit. If no posted speed limit, up to 10mph.

Public sidewalks, park paths, trails, and walkways:
Up to 5mph, but must yield to safety of pedestrians.



www.lake-forest.360civic.com/en/departments/public-safety/electric-bicycles?

COMMUNITY HEROES OF LAKE FOREST

Lake Forest is home to generous, talented, and amazing residents. Anyone can be a hero through kind, selfless acts, hard work, or outstanding achievement. Every hero is a valued and an inspiring member of the community. The City of Lake Forest honors residents through its Community Heroes program. Here are just two of the latest:

Adin Boyer is a 22-year-old contestant on American Idol who is also a music theory teacher at Orange County School of the Arts. Adin grew up in Lake Forest and is classically trained on the piano. He became well-known internationally after his musical comedy videos on TikTok garnered millions of views. Adin was diagnosed at the age of 2 with autism and by going on American Idol, he hopes to further his musical career and spread awareness for the neurodivergent community. Stay connected with Adin's journey by following him on Instagram @adinboyer and TikTok @pianoified.

John Wirth, a Lake Forest resident since 1980, encourages others to pick up while catching up. After seeing trash in the park when spending time with his granddaughter, John resolved to pick up trash in the area around his home. He regularly takes walks around his neighborhood to get exercise and brings his trash bags to help beautify the community. Join the inspiring group of picker-uppers at Lake Forest Trash Walkers on Facebook or start walking with friends and family.

Do you know an inspiring resident of Lake Forest? Nominate a hero by emailing pio@lakeforestca.gov. View past Community Heroes at www.lakeforestca.gov/en/communityheroes or on the City's YouTube channel: @CityofLakeForestCA1991.



The ABC's Of Water Safety

The weather is heating up and swimming season will be here soon! Approximately 3,700 people die from drowning in the U.S. every year. It is the leading cause of unintentional injury deaths for children between 1 and 4.

The Orange County Fire Authority encourages residents to learn the ABCs of water safety to prevent drowning.

A IS FOR ACTIVE ADULT SUPERVISION

No one should ever swim alone. If a child goes missing, check the water first. Every second counts. Do not rely on floaties or other swimming aids. Keep infants and toddlers within an arm's reach. Children can drown in less than 2 inches of water in less than 20 seconds.

B IS FOR BARRIERS

All swimming areas should be enclosed by proper fencing. Multiple layers of protection are best: fences, gates, door alarms, locks, and safety covers. Put away chairs, tables, or other items a child could use to climb over the fence.

C IS FOR CLASSES

Swimming lessons could save someone's life. Teach children to enter the pool feet first and to never run, jump, or push others on pool decks. Learn CPR and first aid. Always keep a phone nearby in the event of an emergency.

Visit www.ocfa.org/SafetyPrograms/DrowningPrevention.aspx or call (714) 573-6200 for more information on water safety.





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. Visit www.lakeforestca.gov/en/departments/public-works/expand-forest for more details and an application.

SPONSORS	DEDICATION	TREE SPECIES	PARK
Barbara, Julie, Marcy & Margaret, "The Herd"	In loving memory of Carol Lloyd, a wonderful friend	Crape Myrtle (pink)	Peachwood Park
Patricia Balen and Arthur Black	Rob Balen and Nicole Dubois, who worked together to make a better future	Tristania	Alton Park
The Joy Family	In loving memory of a special friend and neighbor, Steve Frague	Crape Myrtle (white)	Concourse Park
Miles, Justine, Odin, Liley, and Dorothy	In loving memory of Jolene Smith	Crape Myrtle (pink)	Vintage Park
Libby, Diane, JoAnn, Kathi, Linda, Nancy, Carol, Sue, Gloria, Stephanie and Diane L.	In loving memory of Carol Lloyd, an amazing friend and fellow yoginee	Crape Myrtle (white)	Regency Park
Libby, Diane, JoAnn, Kathi, Linda, Nancy, Carol, Sue, Gloria, Stephanie and Diane L.	In loving memory of Carol Lloyd, an amazing friend and fellow yoginee	Crape Myrtle (pink)	Regency Park
Libby, Diane, JoAnn, Kathi, Linda, Nancy, Carol, Sue, Gloria, Stephanie and Diane L.	In loving memory of Carol Lloyd, an amazing friend and fellow yoginee	Crape Myrtle (purple)	Regency Park
Barbara Meade	In loving memory of my mom and dad who loved to walk in the park and watch the birds.	Sycamore	Rancho Serrano Park
Linda, Bill, Mitchell & Erik Tolman	In loving memory of Glen D. Woodmansee, an amazing father and grandfather who filled our lives with song	Magnolia	Regency Park
Joyce Woodmansee	In loving memory of Glen D. Woodmansee, an amazing father and grandfather who filled our lives with song	Magnolia	Regency Park
Paul, Laura, Nathan, and Sara Woodmansee	In loving memory of Glen D. Woodmansee, an amazing father and grandfather who filled our lives with song	Magnolia	Regency Park
Ozden Family	In loving memory of our nephew SSG Daniel Isshak US Army Ranger Hawija, Iraq 3 Oct 2006	Canary Island Pine	Alton Park
Ozden Family	In loving memory of our nephew SSG Daniel Isshak US Army Ranger Hawija, Iraq 3 Oct 2006	Magnolia	Cavanaugh Park
Ozden Family	In loving memory of our nephew SSG Daniel Isshak US Army Ranger Hawija, Iraq 3 Oct 2006	Canary Island Pine	Peachwood Park
Ozden Family	In loving memory of our nephew SSG Daniel Isshak US Army Ranger Hawija, Iraq 3 Oct 2006	Magnolia	Ranchwood Park
Ozden Family	In loving memory of our nephew SSG Daniel Isshak US Army Ranger Hawija, Iraq 3 Oct 2006	Canary Island Pine	Veteran's Park
Nancy Barr	In loving memory of Virginia Barr	Crape Myrtle (purple)	Vintage Park
Julia Bartling	Besides our father's son, Jesus, the best gift I have received is you my brother, Ross Skinner. I love you buddy forever.	Crape Myrtle (white)	Concourse Park
Diane Skinner	With heartfelt gratitude to Ross Skinner for being my loving son. You are my forever gift from Jesus, our God. Thank you.	Magnolia	Concourse Park
Love, Amy, Jon and Susan	In loving memory of Natalie and Bill Gibbons	Magnolia	Peachwood Park

FREE HOUSEHOLD HAZARDOUS WASTE DROPOFF SET FOR JUNE 17-18

Many common products we use in our daily lives contain hazardous materials and require special care to dispose. This type of refuse is called Household Hazardous Waste (HHW). Though we may not think of things like batteries, paint, motor oil, pesticides, electronics, or household cleaners as hazardous, their chemical composition and properties can make them a danger to our safety, as well as to our creeks, lakes, and the ocean.

Disposal of HHW into the curb and gutter, on the ground, down the drain, or in the trash is unsafe – and illegal. Examples of improper disposal of HHW can include washing paint brushes or pouring excess paint or motor oil into the curb and gutter, or rinsing tools used in a home improvement project (such as concrete or flat work) into an area drain (which also drains to the gutter). Used batteries and electronics placed in the trash can also cause fires in waste -hauling trucks, in waste facilities, and in landfills.

The danger of such disposal methods might not be immediately obvious, but improper disposal of these wastes can pollute the environment and pose a threat to human health. Hazardous chemicals dumped in the gutter or on the ground can seep into our groundwater or wash into our storm drains, which flow untreated to our creeks, lakes, and the ocean. Proper disposal of HHW is easy – store your waste in a dry, covered area until you have an opportunity to deliver it to a HHW collection event for free disposal and recycling.

The City of Lake Forest is hosting an HHW collection event on June 17-18, 2023 at El Toro High School, 25255 Toledo Avenue.

You can also drop off your HHW at one of Orange County's Household Hazardous Waste Collection Centers. For more information, call (714) 834-6752, or visit www.OCLandfills.com/hazardous-waste.

For more information on Household Hazardous Waste, or for more environmental resources including more ways to be involved, visit www.h2oc.org.

ACCEPTABLE ITEMS:

Hazardous Waste:

- Paint/painting supplies - latex, oil based, thinners, strippers, stains and finishes
- Automotive products - oil, antifreeze, brake and transmission fluid, automotive batteries
- Cleaning products - drain cleaner, oven cleaner, pool chemicals, bathroom cleaners
- Pesticides, herbicides - bug sprays, mouse and rat poison/bait, repellents
- Aerosol cans

Universal Waste:

- Electronics - TVs, computers monitors, stereo equipment, DVD players, handheld electronics, cell phones, cameras, printers, scanners, fax
- Household batteries (AAA, AA, C, D, 9-volt)
- Fluorescent tubes and bulbs (package to prevent breakage in transport)

Items Not accepted:

- Asbestos
- Business waste
- Explosives, ammunition, road flares, gasoline
- Radioactive materials
- Medical waste, or medical sharps (needles, lancets)
- Biological waste
- High pressure cylinders
- Trash, bulky items such as furniture or mattresses
- Pharmaceuticals, medication
- Propane tanks
- Helium tanks



PUT YOUR TRASH CAN ON A DIET

The black trash was always the go-to receptacle. Sure, glass and cardboard in the blue or brown recycle bin, yard trimmings in the green. Everything else straight into the black.

Well, it's time to put your trash can on a diet. And like any diet, it's all about food.

State law now mandates that food scraps go into the green can for recycling, rather than the bin headed to the landfill. Organic waste in landfills emits 20 percent of the state's methane.

Some people keep a commercially available food-waste bin on their counter for the scraps; others keep a container in the freezer. Need more ideas? See www.lakeforestca.gov/foodwasterecycling for more information and tips.

Put your trash can on a diet – it will be good for all of us.

TIPS AND TRICKS FOR KEEPING MOSQUITOES AT BAY

Are you tired of getting bitten by mosquitoes while enjoying a nice walk or relaxing on your porch with a cup of coffee? If so, you'll want to know some tips and tricks to keep these pesky insects out of your life.

One type of mosquito you should be aware of is the Aedes mosquito, also known as the ankle biter. These black and white striped mosquitoes are known for biting during the daytime and can be found in every city in Orange County.

While the Orange County Mosquito and Vector Control District (OCMVCD) conducts wide area treatments, smaller sources of water around your patio, yard, or indoor spaces can also attract mosquitoes. These insects only need a small amount of water to complete their life cycle, so it's important for every resident to take an active role in mosquito control.

OCMVCD, which serves all of Orange County and includes a Lake Forest representative on its Board of Directors, provides a range of resources to help residents take an active role in mosquito control. These resources are designed to help individuals and communities prevent the spread of mosquito-borne diseases and ensure a safe and healthy environment.

One of the most valuable resources OCMVCD offers is the DIY page, which provides step-by-step instructions on how to control mosquitoes in your yard. You can learn how to identify mosquito breeding sources, eliminate stagnant water and use insecticides safely and effectively.

For more information, visit www.ocvector.org

TAKE CHARGE OF YOUR HOME AND YARD

- Aedes mosquitoes thrive indoors and can lay eggs in and around containers, vases and even bamboo plants.
- Keep plant saucers dry.
- Keep your pet's water dishes clean.
- Don't over water your plants.
- Use EPA certified mosquito repellent and use before going outside.
- Wear long-sleeved clothing to prevent bites.
- Connect with your neighbors and spread the word about mosquito prevention.

Don't give mosquitoes a biting chance. Be diligent and make source reduction a weekly routine.

Invasive Aedes Mosquitoes

The Aedes mosquitoes are rapidly spreading throughout the state of California.

- 1** These aggressive day-biting mosquitoes prefer to feed on humans and can bite multiple times, leaving large, itchy welts/bumps.
- 2** They are impacting our quality of life by making our yards less enjoyable.
- 3** They transmit mosquito-borne diseases like Zika, dengue, yellow fever, and chikungunya.
- 4** They lay their eggs along the sides of containers and need very little water to reproduce. Their eggs can survive for years and will hatch in standing water when the conditions are right.

TIPS:

- Inspect containers and plant saucers weekly for any signs of mosquito breeding
- Dump and drain containers filled with standing water and toss unneeded containers
- Prevent bites—wear repellent containing DEET®, Picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone



SUMMER 2023

Recreation Program Guide

June, July, August



SUMMER 2023 REGISTRATION DATES

RESIDENTS:
Begins at 8 am, Tuesday,
May 23, 2023

NON-RESIDENTS:
Begins at 8 am, Tuesday,
May 30, 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.etnieskatepark.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

Sports Fields Hotline (949) 461-3595

COMMUNITY SERVICES **SUMMER HOLIDAY SCHEDULE**

INDEPENDENCE DAY
July 3-4, 2023
LABOR DAY
September 4, 2023

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

CHECK OUT OUR NEW LOOK!

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

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



SATURDAY, JUNE 24 @ 5:30PM

Jumping Jack Flash—Rolling Stones Tribute

jumpingjackflash.us

Lake Forest Sports Park and Recreation Center, 28000 Rancho Parkway



SATURDAY, JULY 22 @ 5:30PM

Tijuana Dogs—Rock/Dance/Party Band

www.tijuanadogs.com

Pittsford Park, 21701 Pittsford



SATURDAY, AUGUST 26 @ 5:30PM

The 90's Rock Show & Car Show—Grunge, alt-rock, and 90's pop-punk

www.90srockshow.com

Lake Forest Sports Park and Recreation Center, 28000 Rancho Parkway

If you have a classic car that you would like to show, please contact Ken Sipes at ksipes@lakeforestca.gov

—2023—
**MOVIES
IN THE
PARK**

- **JUNE 16**
DC League of Superpets
- **JULY 7**
Tom & Jerry The Movie
- **AUGUST 11**
Sonic 2 The Hedgehog

7:30PM

Lake Forest
Sports Park Common
Grass Area
28000 Rancho Parkway

FREE!

Bring your friends, family,
and a blanket!



2023 4TH OF JULY Magic of Lake Forest

Tuesday, July 4th - SCHEDULE OF EVENTS



29th Annual

4TH OF JULY PARADE

9:30AM • TUES, JULY 4

FREE!

ALL AGES
WELCOME!

PARADE VIEWING

Parade Start: corner of Toledo Way
and Ridge Route Drive

Parade End: on Serrano Road
and Ridge Route Drive

For additional information, call the Community
Services Department at (949) 461-3408.

Parking Information: In the shopping center of El Toro Road
and Serrano Road (Grocery Outlet). Parking can also be found
off Lake Forest Drive and Trabuco Road (Ralphs Shopping
Center) or Lake Forest Drive and Serrano Road (Rancho Cañada
Elementary School).

BE IN THE PARADE! REGISTER NOW!

Interested in being an entry in the parade?

We are looking for non-profit groups,
businesses, community organizations, car
clubs, etc. to participate in this patriotic event!

**Register online at bit.ly/3KYTXKb by
5:00pm, Monday, June 5.**

For more information, contact
Courtney Wysocki at
cwysocki@lakeforestca.gov or (949) 461-3439.



EL TORO CHARGERS 5K & 1K Run/Walk

7:00am

www.eltorochargers5k.org

Proceeds benefit the El Toro High
School Education Boosters
Program. The run starts and
finishes at the corner of Lake
Forest Drive & Chinook Drive.



KIWANIS PANCAKE BREAKFAST

7:00am to 10:00am

\$9 per person

Located in front of the El Toro
High School Gym

Proceeds benefit the Key Club-
youth volunteer groups.

BUNCO NIGHTS

at The Clubhouse
100 Civic Center Dr

PRIZES

APPETIZERS

BEVERAGES

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
Adults/Seniors

Register Online

11687 June 9	Fri	6:30-9 pm
11688 Aug 4	Fri	6:30-9 pm

ORGANIC Farmers' Market

*Weather
Permitting

Wednesdays
4:00-8:00 pm

FREE

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.

Family Campout

JULY 15-16

at the Sports Park
28000 Rancho Pkwy

Enjoy the evening playing games, making crafts,
and singing campfire songs under the night sky.

Bring your tents, sleeping bags, and
any other personal items.

Do not forget to bring your appetite because
dinner, dessert, and breakfast are included!

\$15 R
\$20 NR

Every family member 4 years and older MUST be registered.
Act#: 11702 4 yrs+ Sat & Sun, Jul 15-16 5:30pm-10:00am

KIDS SUMMER CAMPS



Fun!

CREATIVE KIDS CLUB

6-13 YRS

It's that time of year again—schools out, and summer camp is IN! Join our Creative Kids Club for 8 awesome weeks of crafts, games, special guests and fun! Participants must bring snacks and a lunch. No transfers or refunds for missed days. **NO CAMP JULY 3-7.** *Please see City of Lake Forest Camp Refund Policy regarding cancellations.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$200 R | \$205 NR

Activity #	Dates	Days	Time
11661	6/12-6/16	Mon-Fri	7:30 am-6:00 pm
11667	6/19-6/23	Mon-Fri	7:30 am-6:00 pm
11671	6/26-6/30	Mon-Fri	7:30 am-6:00 pm
11672	7/10-7/14	Mon-Fri	7:30 am-6:00 pm
11673	7/17-7/21	Mon-Fri	7:30 am-6:00 pm
11674	7/24-7/28	Mon-Fri	7:30 am-6:00 pm
11675	7/31-8/4	Mon-Fri	7:30 am-6:00 pm
11676	8/7-8/11	Mon-Fri	7:30 am-6:00 pm

LITTLE WRANGLERS

3-6 YRS

"Giddy on Up!" and join us for fun-filled activities including music, crafts, games, circle time, and special visitors. Your little wrangler will play, imagine and create while engaging in age-appropriate activities staff has planned. No transfer or refunds for missed days. **ALL LITTLE WRANGLERS MUST BE POTTY TRAINED. NO CAMP JULY 3-7.** *Please see City of Lake Forest Camp Refund Policy regarding cancellations.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway Fee:

\$100 R | \$105 NR

Activity #	Dates	Days	Time
11677	6/12-6/16	Mon-Fri	9:00 am-12:00 pm
11678	6/19-6/23	Mon-Fri	9:00 am-12:00 pm
11679	6/26-6/30	Mon-Fri	9:00 am-12:00 pm
11680	7/10-7/14	Mon-Fri	9:00 am-12:00 pm
11681	7/17-7/21	Mon-Fri	9:00 am-12:00 pm
11682	7/24-7/28	Mon-Fri	9:00 am-12:00 pm
11683	7/31-8/4	Mon-Fri	9:00 am-12:00 pm
11684	8/7-8/11	Mon-Fri	9:00 am-12:00 pm

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.

Youth Classes



Preschool & School Aged Classes

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

\$160 R | \$165 NR

Material Fee: \$38

Activity #	Dates	Days	Time
11704	6/13-8/8	Tue	4:30-5:15 pm
11705	6/16-8/11	Fri	9:15-10:00 am
11706	6/16-8/11	Fri	10:15-11:00 am
11707	6/17-8/12	Sat	9:00-9:45 am



PRINCESS BALLET

3-6 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)

\$164 R | \$169 NR (12-week session)

Material Fee: \$5 half session, \$10 full session

Activity #	Dates	Days	Time
11820	6/10-7/15	Sat	9:00-9:45 am
11821	7/22-8/26	Sat	9:00-9:45 am
11822	6/10-8/26	Sat	9:00-9:45 am

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 are required.

Instructor: OC Dance Productions staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

\$164 R | \$169 NR (12-week session)

Activity #	Dates	Days	Time
11814	6/10-7/15	Sat	9:55-10:40 am
11815	7/22-8/26	Sat	9:55-10:40 am
11816	6/10-8/26	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)

\$164 R | \$169 NR (12-week session)

Activity #	Dates	Days	Time
11817	6/10-7/15	Sat	10:50-11:35 am
11818	7/22-8/26	Sat	10:50-11:35 am
11819	6/10-8/26	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)

\$164 R | \$169 NR (12-week session)

Activity #	Dates	Days	Time
11808	6/10-7/15	Sat	11:45 am-12:30 pm
11810	7/22-8/26	Sat	11:45 am-12:30 pm
11812	6/10-8/26	Sat	11:45 am-12:30 pm

POP STAR SING AND DANCE CAMP

5-9 YRS

Grab your glitter microphone and join us for our Pop Star-inspired camp! In our most popular camp, campers will learn lyrics to their favorite current (clean) songs by popular artists. These songs are paired with fun, jazz & hip hop based choreography. Pop stars will combine lyrics and choreographed dances while learning performance skills and stage presence like a true Pop Star. Campers will play themed games, make pop star crafts, and engage in OC Dances' award winning "I Am Kind" discussion and group activities. All songs and choreography are age-appropriate. Pop Star Performance for their VIP Fans on last day with photos! Daily crafts. Bring snack, water, sanitizer & wear closed-toed shoes. For more information on theme, camp, and instructors, visit www.ocdanceproductions.com.

Instructor: OC Dance Productions staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$199 R | \$204 NR

Material Fee: \$25

Activity #	Dates	Days	Time
11710	6/26-6/30	Mon-Fri	9:00 am-12:00 pm

ALL IN ONE DANCE CAMP

5-9 YRS

Participants have an action-packed week learning hip hop, jazz, and ballet while improving stamina, flexibility, and strength! Boys and girls will also enjoy fun games, daily crafts, kindness discussions, and learning a dance to perform. All songs and choreography are age appropriate. Final performance on last day of camp! Daily crafts. Bring snack, water & wear closed-toed shoes. For more information on camp & instructors, visit www.ocdanceproductions.com.

Instructor: OC Dance Productions staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$199 R | \$204 NR (1-week camp)

Material Fee: \$25

Activity #	Dates	Days	Time
11713	7/24-7/28	Mon-Fri	9:00 am-12:00 pm

SUMMER PRESCHOOL PARTY'S

4TH OF JULY PRESCHOOL PARTY

3-6 YRS

Red, white, and YOU! Come and celebrate our Country's Independence with crafts, music, games, dancing, and fun! Remember to wear patriotic colors to our preschool party. Parent participation is required.*Please see City of Lake Forest Camp Refund Policy regarding cancellations.

\$15 R | \$20 NR

Activity #	Dates	Days	Time
11685	7/1	Sat	11:00 am-1:00 pm

END OF SUMMER PRESCHOOL PARTY

3-6 YRS

It's time to celebrate the end of the Summer with activities that will keep your little wrangler entertained! There will be crafts, music, yummy treats, and fun! The staff has prepared 2 hours of exciting age-appropriate activities for all participants. We look forward to celebrating with you! Parent participation is required.*Please see City of Lake Forest Camp Refund Policy regarding cancellations.

\$15 R | \$20 NR

Activity #	Dates	Days	Time
11686	8/12	Sat	11:00 am-1:00 pm

PRINCESS ACADEMY "UNDER THE SEA" CAMP

3.5-7 YRS

Mermaid Princess Academy students will engage in a week of summer filled fun, that will include etiquette for children, and a beginning dance, themed around their favorite mermaid princess & friends. Princesses are trained with familiar songs, games, basic etiquette, stories, dance, and daily themed princess crafts. Princesses-in-training activities at the academy focus on poise, manners, grace, and kindness. Mermaid Soiree on the last day of camp. Daily crafts. Bring snack, water & wear closed-toed shoes. For more information on camp and instructors, visit www.ocdanceproductions.com

Instructor: OC Dance Productions staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$199 R | \$204 NR (1-week camp)

Material Fee: \$25

Activity #	Dates	Days	Time
11709	6/19-6/23	Mon-Fri	9:00 am-12:00 pm

YOUNG PIANO CLASS

3-5 YRS

Start your piano studies with our Glee parent and me class. We will use colored bells, pianos, and iPads (provided) to learn piano fundamentals including finger placement, piano note names, how to read music, and even Solfege.

Instructor: Glee Music Academy Staff

Location: Glee Music Academy
20902 Bake Pkwy, Suite 100

\$79 R | \$84 NR

Material Fee: \$59

Activity #	Dates	Days	Time
11871	6/10-6/24	Sat	10:15-11:00 am
11872	7/8-7/22	Sat	10:15-11:00 am
11873	8/12-8/26	Sat	10:15-11:00 am



CHILDREN'S MUSICAL THEATRE CAMP

6-10 YRS

Join the award-winning OC Dance Productions and their beloved staff for a week of musical theater featuring "Greatest Showman". Campers will enjoy a dance party and be introduced to the fun and exciting world of musical theater, Broadway style. Beginner level instruction in acting, vocals, and dance will develop characters while students learn articulation, projection, rhythm and basic choreography. Students will work with peers to produce a musical number or two. Daily activities also include themed crafts, imaginative theater and team building games, and our popular "I Am Kind" kindness discussions and activities. Performance for family on last day of camp. Daily crafts. Bring a snack, lunch, water & wear closed-toed shoes. For more information on camp and instructors, visit www.ocdanceproductions.com

Instructor: OC Dance Productions staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$279 R | \$284 NR (1-week camp)

Material Fee: \$35

Activity #	Dates	Days	Time
11712	7/17-7/21	Mon-Fri	9:00 am-3:00 pm

CHILDREN'S MUSICAL THEATRE CAMP

4-7 YRS

Join the award-winning OC Dance Productions and their beloved staff for a week of musical theater featuring "Little Mermaid"! Campers will enjoy a dance party and be introduced to the fun and exciting world of musical theater, Broadway style. Beginner level instruction in acting, vocals, and dance will develop characters while students learn articulation, projection, rhythm and basic choreography. Students will work with peers to produce a musical number or two from "Little Mermaid". Daily activities also include themed crafts, imaginative theater and team building games, and our popular "I Am Kind" kindness discussions and activities. Performance for family on last day of camp. Daily crafts. Bring lunch, water & wear closed-toed shoes. For more information on camp and instructors, visit www.ocdanceproductions.com

Instructor: OC Dance Productions staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$199 R | \$204 NR (1-week camp)

Material Fee: \$25

Activity #	Dates	Days	Time
11711	7/10-7/14	Mon-Fri	9:00 am-12:00 pm

THE PRINCESS AND THE PEA—1 WEEK THEATRE IMMERSION CAMP 6-12 YRS

Be in a musical—complete with lights, costumes, big dance numbers and memories to last a lifetime. Instructed by professionals in drama, dance, and voice, CKP is known for quality theatre education. CKP's signature Immersion Camp Experience is unique with actors acting in the show as well as helping to create sets/props and costume pieces. By the end of the week, they will have learned an entire 1-Act musical that they get to perform for friends and family!

Instructor: Creative Kids Playhouse Staff
Location: Lake Forest Performing Arts Center
100 Civic Center

\$195 R | \$200 NR (1-week camp)

Activity #	Dates	Days	Time
11774	7/10-7/14	Mon-Fri	9:00 am-12:30 pm

BRAVO PLAYERS GUILD SUMMER PRODUCTION OF DISNEY'S HIGH SCHOOL MUSICAL, JR! 10+ YRS

Join Bravo Players Guild for an accelerated summer production of Disney's High School Musical Jr! Participants will learn and practice core elements of musical theater (singing, acting, and dancing) as we bring this smash hit musical to life. These rehearsals will run in an "intensive-style" as the show will be performed for friends and family at the end of three weeks! Auditions for the roles will be held on the first day of rehearsal. Everyone will play an important part because "We're All in This Together!" Whether you have a seasoned thespian or theater newbie, this will definitely be the "Start of Something New" with an opportunity hone skills or acquire new experience.

Instructor: Bravo Players Staff
Location: Lake Forest Performing Arts Center
100 Civic Center

\$299 R | \$304 NR

Material Fee: \$100

Activity #	Dates	Days	Time
11778	6/12-6/30	Mon-Fri	3:00 pm-6:00 pm

BEGINNING GUITAR 10+ YRS

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman
Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
11756	7/16-8/23	Wed	7:45-8:45 pm

PRE-GLEE SHOW CHOIR 4-7 YRS

Introduce your son/daughter to a world of music and performing through our exciting singing class. Your son/daughter will learn music basics such as rhythm, notes, and dynamics through singing and dancing. Parents are welcome to watch the entire class. If you want to extend your experience, be sure to stay for the next big show.

Instructor: Glee Music Academy Staff
Location: Glee Music Academy
20902 Bake Pkwy, Suite 100

\$99 R | \$104 NR

Material Fee: \$10

Activity #	Dates	Days	Time
11862	6/8-6/29	Thu	4:00-4:50 pm
11863	7/6-8/3	Thu	4:00-4:50 pm
11864	8/10-8/31	Thu	4:00-4:50 pm

GLEE CLUB SHOW CHOIR 8-12 YRS

We teach songs with simple harmonies and we will develop their ear and give them confidence in reading music. By using upbeat or popular music, we make the Glee experience educational without our students even realizing how much they are learning. If you want to extend your experience, be sure to stay for the next big show.

Instructor: Glee Music Academy Staff
Location: Glee Music Academy
20902 Bake Pkwy, Suite 100

\$99 R | \$104 NR

Material Fee: \$10

Activity #	Dates	Days	Time
11865	6/8-6/29	Thu	5:00-5:50 pm
11866	7/6-8/3	Thu	5:00-5:50 pm
11867	8/10-8/31	Thu	5:00-5:50 pm

GLEE TEAM SHOW CHOIR 10-14 YRS

While most young people enjoy our Glee choir program because of the performing opportunities and social experience, we believe it is our job to offer a superior music education that includes sight singing, harmony, and ear training. Encouraging teachers and additional time, help students learn how to be true performers and build confidence as a performer and musician.

\$99 R | \$104 NR

Material Fee: \$10

Activity #	Dates	Days	Time
11868	6/8-6/29	Thu	5:00-6:30 pm
11869	7/6-8/3	Thu	5:00-6:30 pm
11870	8/10-8/31	Thu	5:00-6:30 pm

BEGINNING UKULELE

10+ YRS

Learn to play the Ukulele in a friendly and supportive environment. You will learn easy chords, how to read tablature and how to play different strum styles. No previous musical experience required. You must bring your own 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
11757	7/26-8/23	Wed	6:45-7:45 pm

RHYTHMIC GYMNASTICS—BEGINNERS 5-8 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)

Material Fee: \$30

Activity #	Dates	Days	Time
11847	6/7-6/28	Wed	3:30-4:30 pm
11848	8/9-8/30	Wed	3:30-4:30 pm

SUMMER CAMP RHYTHMIC GYMNASTICS

5-8 YRS

Learn a creative routine 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

\$250 R | \$255 NR

Material Fee: \$50

Activity #	Dates	Days	Time
11849	7/17-7/21	Mon-Fri	9:00am-12:00 pm
11850	7/24-7/28	Mon-Fri	9:00am-12:00 pm
11851	7/31-8/4	Mon-Fri	9:00am-12:00 pm

PRESCHOOL GYMNASTICS— (PEE WEE GYMNASTICS)

3.5-5 YRS | 4.5-6 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
11806	3.5-5.5 yrs	6/6-6/27	Tue	11:10 am-12:00 pm
11807	4.5-6 yrs	6/7-6/28	Wed	11:45 am-12:35 pm
11809	3.5-5.5 yrs	7/11-8/1	Tue	11:10 am-12:00 pm
11811	4.5-6 yrs	7/12-8/2	Wed	11:45 am-12:35 pm
11813	3.5-5.5 yrs	8/8-8/29	Tue	11:10 am-12:00 pm

PARENT & ME 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

Activity #	Ages	Dates	Days	Time
11790	1.3-2.2 yrs	6/6-6/27	Tue	9:30-10:15 am
11791	1.6-3 yrs	6/6-6/27	Tue	10:20-11:05 am
11794	1.6-3 yrs	6/7-6/28	Wed	10:00-10:45 am
11796	1.6-3 yrs	6/7-6/28	Wed	10:55-11:40 am
11797	1.3-2.2 yrs	7/11-8/1	Tue	9:30-10:15 am
11799	1.6-3 yrs	7/11-8/1	Tue	10:20-11:05 am
11800	1.6-3 yrs	7/12-8/2	Wed	10:00-10:45 am
11802	1.6-3 yrs	7/12-8/2	Wed	10:55-11:40 am
11803	1.3-2.2 yrs	8/8-8/29	Tue	9:30-10:15 am
11804	1.6-3 yrs	8/8-8/29	Tue	10:20-11:05 am
11805	1.6-3 yrs	8/9-8/30	Wed	10:00-10:45 am

REGISTRATION DATES



RESIDENTS: Tues., May 23, 2023, 8:00 am

NON-RESIDENTS: Tues., May 30, 2023, 8:00 am

**REGISTER
ONLINE**

WWW.LFPARKSANDRECCA.COM



FORENSIC SCIENCE— BIONERDS' WAY!

5-12 YRS

Come and join the fun to become a Forensic Scientist – Bionerds way! Your child will learn forensic and biology techniques, experiments, and activities to further deductive reasoning to uncover the truth following in the footsteps of Sherlock Holmes and Scotland Yard. Topics will include fingerprinting, DNA, trace evidence, dental forensic, and more.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$235 R | \$240 NR (1-week camp)

Lab Fee: \$85

Activity #	Dates	Days	Time
11714	6/26-6/30	Mon-Fri	9:00 am-12:00pm



SHINING SOCCER STARS— SPECIAL NEEDS 5-12 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. Soccer Ball required.

Instructor: Super Soccer Stars Staff

Location: Baker Ranch Community Park
26380 Rancho Parkway

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

Activity #	Dates	Days	Time
11754	6/10-7/1	Sat	1:00-2:00 pm
11755	7/15-8/12	Sat	1:00-2:00 pm

SUMMER KARATE KICKSTART

7-13 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
11884	7/31-9/4	Mon	5:00-5:30 pm

YOUTH CLIMBING PROGRAMS

2.5-18 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

\$265 R | \$270 NR (3x a week) | Ages 8-18 YRS

Material Fee: \$50

Activity #	Month	Days	Time
11874	June	Mon/Wed/Fri	4:30-6:30pm
11875	July	Mon/Wed/Fri	4:30-6:30pm
11876	August	Mon/Wed/Fri	4:30-6:30pm

\$210 R | \$215 NR (2x a week) | Ages 6-18 YRS

Material Fee: \$50

Activity #	Month	Days	Time
11877	June	Tu/Th	4:30-6:30pm
11878	July	Tu/Th	4:30-6:30pm
11879	August	Tu/Th	4:30-6:30pm

\$100 R | \$105 NR (1x a week) | Ages 2-6 YRS

Material Fee: \$50

Activity #	Month	Days	Time
11880	June	Sun	10:00 am-12:00 pm
11881	July	Sun	10:00 am-12:00 pm
11882	August	Sun	10:00 am-12:00 pm

MIX AND MATCH BIOLOGY

5-12 YRS

Come and join this fun and hands-on biology workshop for kids! These mix and match topics are not related, but interesting to learn. Learn about food biology, digestion system, decomposers, water creatures, and more. Your child will be up close with live/preserved organisms, perform some dissections and engage in cool biology experiments/activities.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$235 R | \$240 NR (1-week camp)

Lab Fee: \$85

Activity #	Dates	Days	Time
11708	6/26-6/30	Mon-Fri	1:00-4:00 pm



Lake Forest Sports Park
28000 Rancho Parkway, Lake Forest

SKYHAWKS YOUTH SPORTS



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.

\$149 R | \$154 NR | Skip Date: 7/1

Activity #	Ages	Dates	Days	Time
11759	2-3.5 yrs	6/24-8/19	Sat	9:00-9:40 am
11760	3.5-4.5 yrs	6/24-8/19	Sat	9:50-10:30 am
11761	4.5-5 yrs	6/24-8/19	Sat	10:40-11:20 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.

\$149 R | \$154 NR | Skip Date: 7/1

Activity #	Dates	Days	Time
11764	6/24-8/19	Sat	11:30-12:10 pm

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.

\$159 R | \$164 NR

Activity #	Ages	Dates	Days	Time
11768	6-8 yrs	6/22-8/10	Thu	5:40-6:20 pm
11770	9-12 yrs	6/22-8/10	Thu	6:30-7:30 pm

HOOPSTERTOTS

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.

\$149 R | \$154 NR

Activity #	Ages	Dates	Days	Time
11771	3.5-4.5 yrs	6/22-8/10	Thu	4:00-4:40 pm
11773	4.5-5 yrs	6/22-8/10	Thu	4:50-5:30 pm

SOCcertTOTS

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

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

\$149 R | \$154 NR

Activity #	Ages	Dates	Days	Time
11775	2-3.5 yrs	6/23-8/11	Fri	4:00-4:40 pm
11776	3.5-4.5 yrs	6/23-8/11	Fri	4:50-5:30 pm
11777	4.5 - 5 yrs	6/23-8/11	Fri	5:40-6:20 pm
11779	2-3.5 yrs	6/20-8/15	Tue	4:00-4:40 pm
11780	3.5-4.5 yrs	6/20-8/15	Tue	4:50-5:30 pm
11781	4.5-5 yrs	6/20-8/15	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.

\$149 R | \$154 NR

Activity #	Dates	Days	Time
11783	6/23-8/11	Fri	6:30-7:10 pm
11786	6/20-8/15	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!

Instructor: Super Soccer Stars Staff

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

Activity #	Dates	Days	Time
11716	6/3-7/8	Sat	9:00-9:40 am
11717	6/4-7/9	Sun	9:45-10:25 am
11718	7/15-8/12	Sat	9:00-9:40 am
11719	7/16-8/13	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 session)

Activity #	Dates	Days	Time
11720	6/3-7/8	Sat	8:15-8:55 am
11721	6/3-7/8	Sat	9:50-10:30am
11722	6/4-7/9	Sun	9:00-9:40 am
11723	7/15-8/12	Sat	8:15-8:55 am
11724	7/15-8/12	Sat	9:50-10:30am
11725	7/16-8/13	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
11726	6/3-7/8	Sat	9:00-9:45 am
11727	6/3-7/8	Sat	11:30-12:15pm
11728	6/4-7/9	Sun	10:35-11:20 am
11729	7/15-8/12	Sat	9:00-9:45 am
11730	7/15-8/12	Sat	11:30-12:15 pm
11731	7/16-8/13	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 session)

Activity #	Dates	Days	Time
11732	6/3-7/8	Sat	9:50-10:40 am
11733	6/3-7/8	Sat	10:35-11:25 pm
11734	6/4-7/9	Sun	11:25-12:15 pm
11735	7/15-8/12	Sat	9:50-10:40 am
11736	7/15-8/12	Sat	10:35-11:25 pm
11737	7/16-8/13	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
11740	6/3-7/8	Sat	10:45-11:45 am
11741	6/4-7/9	Sun	12:20-1:20 pm
11742	7/15-8/12	Sat	10:45-11:45 am
11743	7/16-8/13	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 (5 week sessions)

Activity #	Dates	Days	Time
11745	6/3-7/8	Sat	11:50-12:50pm
11748	7/15-8/12	Sat	11:50-12:50pm

Baker Ranch Community Park
26380 Rancho Parkway, Lake Forest

FROM FORENSIC SCIENCE TO MIX MATCH BIOLOGY

5-12 YRS

Come and join this fun and hands-on biology workshop for kids! Learn about forensic science and solve mysteries in the morning. Learn about food biology, digestion system, decomposers, water creatures, and more in the afternoon. Your child will learn forensic technique and activities, be up close with live/preserved organisms, perform some dissections and engage in cool biology experiments/activities.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$440 R | \$445 NR (1-week camp)

Lab Fee: \$110

Activity #	Dates	Days	Time
11715	6/26-6/30	Mon-Fri	9:00 am-4:00 pm

CHESS WIZARDS INC. CAMP

6-12 YRS

Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, and work out your most powerful muscle - your brain! Our camps include fun team chess games, tournaments, and puzzles. Each participant receives a T-shirt, trophy, and puzzle folder. We include all the materials necessary, but full day kids should bring a lunch. Unleash your brain power and spend 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
11856	7/24-7/28	Mon-Fri	9:00 am-12:00 pm
11857	7/24-7/28	Mon-Fri	12:00-3:00 pm
11858	7/24-7/28	Mon-Fri	9:00 am-3:00 pm

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: Portola Park

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

Activity #	Dates	Days	Time
11750	7/5-7/27	Mon/Wed/Thu	6:00-7:00 pm
11751	8/2-8/31	Mon/Wed/Thu	6:00-7:00 pm

MANNERS, CHARACTER & SOCIAL SKILLS "FOUNDATION"

5-10 YRS

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

Instructor: The Etiquette Factory

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$145 R | \$150 NR

Material Fee: \$20

Activity #	Dates	Days	Time
11738	7/10-7/13	Mon-Thu	9:00 am-12:00 pm

LIFE SKILLS FOR PRE-TEENS

10-13 YRS

Our exclusive program helps teens understand why integrity, respect, empathy, and charity help our lives both personally and professionally. Through interactive lessons, we'll teach your teens essential life skills that will help them succeed in all areas of their lives. Some of the lessons covered include: Introductions, Etiquette in Public, First Impressions, Dining Etiquette, Peer Pressure, Acts of Kindness, Interview Skills, Personal Accountability, Social Media, Character Counts and MORE! \$20 supply fee.

Instructor: The Etiquette Factory

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$145 R | \$150 NR

Material Fee: \$20

Activity #	Dates	Days	Time
11739	7/17-7/21	Mon-Thu	9:00 am-12:00 pm



READING DEVELOPMENT GRADES K-1

4.5-6.5 YRS

Individualized to students needs. Specially-trained teachers test, structure and implement your child's program. Interactive audio lessons, skill cards, worksheets, and short stories assist the student along the path of reading mastery. First day is comprehensive testing. More info: claudia@readwritesolutions.com or (949) 263-0633.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
11782	6/13-6/28	Tues/Wed/Thurs	3:30-4:25 pm
11784	7/5-7/20	Tues/Wed/Thurs	3:30-4:25 pm
11785	7/25-8/9	Tues/Wed/Thurs	3:30-4:25 pm

READING DEVELOPMENT GRADES 2-6

6.5-11.5 YRS

Individualized to students needs. Improves comprehension, vocabulary, spelling and fluency. Specially-trained teachers test, structure and implement your child's program. First day is comprehensive testing. More info: claudia@readwritesolutions.com or (949) 263-0633.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Activity #	Dates	Days	Time
11787	6/13-6/28	Tues/Wed/Thurs	4:30-5:25 pm
11788	7/5-7/20	Tues/Wed/Thurs	4:30-5:25 pm
11789	7/25-8/9	Tues/Wed/Thurs	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

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

Activity #	Dates	Days	Time
11792	6/13-6/28	Tues/Wed/Thurs	5:30-6:25 pm
11793	7/5-7/20	Tues/Wed/Thurs	5:30-6:25 pm
11795	7/25-8/9	Tues/Wed/Thurs	5:30-6:25 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: TUESDAY, JULY 4TH

FOLLOW US



@lfsportspark @lakeforest_sportspark



SPEED READING & VOCABULARY BUILDING

11-16 YRS

Your child will read two to ten times faster and improve comprehension in this class! We will go over methods to increase speed, how to overcome reading roadblocks, and how to build comprehension and recall. Students will improve concentration and find self-confidence as well as develop an enjoyment for reading! More info: (949) 263-0633.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$140 R | \$145 NR

Activity #	Dates	Days	Time
11798	7/10-7/31	Mon	2:15-4:15 pm

STUDY SKILLS & TEST TAKING

11-16 YRS

Prepare for the new school year! Students will learn to be more productive during school and study time. We'll go over effective note taking skills, study techniques, smart approaches to test taking, concentration strategies, and how to get the most out of a textbook. More info: (949) 263-0633.

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$115 R | \$120 NR

Activity #	Dates	Days	Time
11801	7/10-7/31	Mon	4:30-6:00 pm

DISCOVER MAGIC—ORANGE WAND 6-12 YRS

A one-of-a-kind program, internationally recognized, and created by some of the top magicians of our time. For the Orange Wand course learn how to teleport objects, find hidden magical treasures and levitate a cup of popcorn and more. In this course students will learn the three parts that make up a magic trick with a special focus on presentation. Dynamite Dave from Total Kids Magic is the presenter and is well known for his comedy family magic shows throughout the US. For more information on this outstanding program check out www.discovermagic.com.

Instructor: Total Kids Magic Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$195 R | \$200 NR

Material Fee: \$40

Activity #	Dates	Days	Time
11744	7/17-7/21	Mon-Fri	9:00 am-12:00 pm

DISCOVER MAGIC—PURPLE WAND 6-12 YRS

A one-of-a-kind program, internationally recognized, and created by some of the top magicians of our time. For the Purple Wand Course learn how to read people's minds, make money appear and travel through time with a magic bandana. In this course students learn the 8 basic effects that make up all magic tricks. Dynamite Dave from Total Kids Magic is the presenter and is well known for his comedy family magic shows throughout the US. For more information on this outstanding program check out www.discovermagic.com.

Instructor: Total Kids Magic Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$195 R | \$200 NR

Material Fee: \$40

Activity #	Dates	Days	Time
11749	7/17-7/21	Mon-Fri	1:00-4:00 pm

Adult Classes

Adult Classes



CLICKSTART CANINE MANNERS— GROUP DOG TRAINING

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

\$325 R | \$330 NR (6-week session)

Activity #	Dates	Days	Time
11758	7/20-8/1	Tue	5:30-6:30 pm

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 workout appeals to all levels of fitness in a trendy, non-intimidating and exciting environment. The workout consists of 7/3-minute stations. Members have a one-minute active break between rounds with 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

\$104 R | \$109 NR (8-week session)

Activity #	Dates	Days	Time
11859	6/5-7/24	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

\$104 R | \$109 NR (8-week session)

Activity #	Dates	Days	Time
11860	6/5-7/24	Mon	7:00-7:30 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

\$70 R | \$75 NR (5-week session)

Activity #	Dates	Days	Time
11752	6/13-7/18	Tue	7:45-8:45 pm
11753	8/1-8/29	Tue	7:45-8:45 pm



ZUMBA® GOLD + TONING FOR BEGINNERS

18+ YRS

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

Instructor: Angie Velez

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Activity #	Package	Cost
11766	5-class package	\$30 R \$35 NR
11767	10-class package	\$50 R \$55 NR
11769	15-class package	\$75 R \$80 NR
11772	20-class package	\$100 R \$105 NR

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

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
11762	6/1-6/27	Tue/Thu	6:00-6:45 pm
11763	6/29-7/27	Tue/Thu	6:00-6:45 pm
11765	8/1-8/24	Tue/Thu	6:00-6:45 pm

“WHO’S BALL IS IT?” DOUBLES CLINIC FOLLOWED BY A NEWBIE/ BEGINNER ROUND ROBIN

14+ YRS

“Who’s ball is it?” doubles clinic will start at 8 am. At 9 am the Mixed Team Round Robin will start. This event is for “newer” and beginner 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

\$70 R | \$75 NR

Activity #	Dates	Days	Time
11827	7/8	Sat	8:00-11:00am

REGISTRATION DATES



RESIDENTS: Tues., May 23, 2023, 8:00 am

NON-RESIDENTS: Tues., May 30, 2023, 8:00 am

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

\$55 R | \$60 NR

Activity #	Dates	Days	Time
11826	7/15	Sat	8:00-10:00am

COMPETITIVE DOUBLES INTERMEDIATE PICKLEBALL CLASS 14+ YRS

This class will focus on how to facilitate effective doubles strategy with your partner. Learn to control your opponent with both placement and 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

\$165 R | \$170 NR

Activity #	Dates	Days	Time
11828	6/7-7/12	Wed	8:00-9:00am

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

\$55 R | \$60 NR

Activity #	Dates	Days	Time
11825	6/17	Sat	8:00-10:00am

COMPETITIVE DOUBLES INTERMEDIATE PICKLEBALL CLINIC 14+ YRS

This clinic will focus on how to facilitate effective doubles strategy with your partner. Learn to control your opponent with both placement and 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

\$55 R | \$60 NR

Activity #	Dates	Days	Time
11824	6/17	Sat	10:15 am-12:15 pm
11829	7/15	Sat	10:15 am-12:15 pm

LEARN TO PLAY BEGINNER PICKLEBALL CLASS 14+ YRS

This 6-week 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

\$165 R | \$170 NR

Activity #	Dates	Days	Time
11823	6/7-7/12	Wed	9:15 am-10:15 am



**REGISTER
ONLINE**

WWW.LFPARKSANDRECCA.COM



Etnies

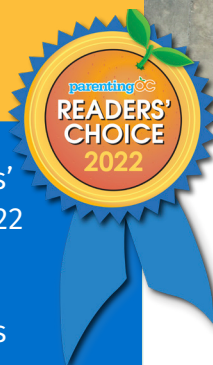
SKATEPARK OF LAKE FOREST

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



SUMMER 2023 SKATEPARK HOURS & HOLIDAYS

(Beginning Thursday, June 1, 2023)

Monday - Sunday 10am - 9pm

The Skatepark will be closed on Tuesday, July 4 in observance of Independence Day.

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 LESSONS— SKATEBOARD AND ROLLER SKATE

4+ YRS

Sometimes the skatepark can be an intimidating place, but the good news is that we've got you covered! Whether you are a beginner just taking your first steps, or an intermediate rider learning to fly, our private lessons can help you achieve your skateboarding goals. All lessons are taught by certified instructors with years of experience riding the bowls and streets of Etnies Skatepark. Private lessons are offered any time the skatepark is open, so give us a call to schedule one or drop-in anytime and see which instructors are available.

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





SKATEPARK OF LAKE FOREST

SUMMER PROGRAMS



SUMMER SKATE CAMPS

PRIVATE SKATE LESSONS

BIRTHDAY PARTIES

COMMUNITY EVENTS



VISIT WWW.ETNIESSKATEPARK.COM OR CALL (949) 916-6978

ETNIES SUMMER SKATE CAMP— GREAT FOR BEGINNERS

5-17 YRS

Choose this summer break to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Make friends and learn the basics of skateboarding in a fun and supportive environment. Each participant will receive a limited edition Etnies Skatepark Summer Camp T-shirt. **Lunch, snacks, water, and Gatorade are provided daily.**

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

Please make sure your camper brings a skateboard, helmet, elbow/knee pads, and enough water to last for the duration of the camp.

\$249.00 per person | Limited to 20 campers per session.

Activity #	Dates	Days	Time
11834	6/5-6/9	Mon-Fri	10:00 am-2:00 pm
11835	6/12-6/16	Mon-Fri	10:00 am-2:00 pm
11836	6/19-6/23	Mon-Fri	10:00 am-2:00 pm
11837	6/26-6/30	Mon-Fri	10:00 am-2:00 pm
11838	7/3-7/7	Mon-Fri	10:00 am-2:00 pm
11839	7/10-7/14	Mon-Fri	10:00 am-2:00 pm
11840	7/17-7/21	Mon-Fri	10:00 am-2:00 pm
11841	7/24-7/28	Mon-Fri	10:00 am-2:00 pm
11842	7/31-8/4	Mon-Fri	10:00 am-2:00 pm
11846	8/7-8/11	Mon-Fri	10:00 am-2:00 pm

LABOR DAY SKATE CAMP

5-17 YRS

Choose this Labor Day to spend at one of the best skate camps around! Skateboard instruction, games, and a full day of fun. Lunch, drinks and snacks are provided. A great way to spend the day off from school!

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

\$55 per person | Limited to 20 campers per session.

Activity #	Dates	Days	Time
11852	9/4	Mon	10:00 am-2:00 pm

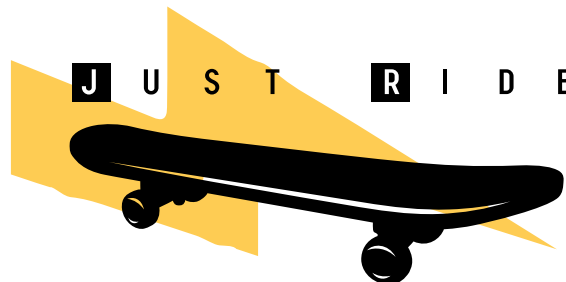
NECTAR'S PRESCHOOL SKATE SCHOOL— GREAT FOR YOUNG BEGINNERS

3-6 YRS

This program is geared specifically to younger riders as an introduction to skateboarding and the Skatepark. Students will navigate through the Skatepark with their instructor using Nectar's interactive game board. The game board will help students learn beginner skills, general skateboard safety, and how to have fun and make friends inside a skatepark. We will also host skateboard-related crafts, and an ice cream party on the final day of camp. Skateboard, helmet, elbow/knee pads are required.

\$75 per person | Limited to 5 students per session.

Activity #	Dates	Days	Time
11831	6/13, 6/15	Tue, Thu	10:00 am-12:00 pm
11832	6/27, 6/29	Tue, Thu	10:00 am-12:00 pm
11833	7/11, 7/13	Tue, Thu	10:00 am-12:00 pm
11844	7/25, 7/27	Tue, Thu	10:00 am-12:00 pm
11845	8/1, 8/3	Tue, Thu	10:00 am-12:00 pm



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.

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.

Pre-register at the Skatepark or online. For more info call, The Skatepark at (949) 916-5870.

Free | 15-Minute Course



GO SKATEBOARDING DAY



- FREE ENTRY
- CONTESTS
- GIVEAWAYS
- FREE FOOD



JUNE 21

4pm - 6pm

www.etniesskatepark.com
or call us at (949) 916-5870

HAVE YOUR BIRTHDAY PARTY AT etnies

SKATEPARK OF LAKE FOREST

Three birthday party
packages available

www.etniesskatepark.com





ETNIES SKATEPARK OF LAKE FOREST

ANNUAL SUMMER CAMPOUT

AUGUST 4TH - AUGUST 5TH

10PM - 7AM

FULLY SUPERVISED BY CITY STAFF

www.etniesskatepark.com or call us at (949) 916-5870



THE GATHERING ARTISTS—MUSICIANS—SKATERS

**ALL
AGES**

July 22, 2023

6pm-9pm



**\$5
ENTRY**

Calling all artists, musicians, and skaters!

Join us for "The Gathering" at Etnies Skatepark, where we'll come together for a day of community, expression, and creativity. Come skate the park's flowing terrain while enjoying live music performances from a diverse lineup of talented artists. Immerse yourself in the creative atmosphere as you explore stunning artwork from local artists across a range of styles and mediums.

Bring your board, or simply soak up the entertainment and inspiration that surrounds you. Don't miss this unique opportunity to connect with fellow creatives and celebrate the intersection of art, music, and skating.

If you are interested in showcasing your artwork please contact ssewart@lakeforestca.gov.

Food and drink available for nominal fee

www.etniesskatepark.com or call us at (949) 916-5870



Etnies Skatepark of Lake Forest, 20028 Lake Forest Dr

Special Needs



SUMMER BUDDIES

BBQ

Saturday, June 10

6pm-8pm

@ The Lake Forest Clubhouse

(100 Civic Center Dr. Lake Forest Ca 92630)

ATTENDANCE
IS FREE!!!

SCAN FOR
INFO



FOR MORE INFO CONTACT RECREATION SUPERVISOR KEVIN FERNANDEZ
PHONE: (949) 273-6978 EMAIL: kfernandez@lakeforestca.gov



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

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: Behavior Analyst, TBD

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

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



TOPSOCCER

The Outreach Program for Soccer.

A community-based soccer program
for athletes, ages 4 to 30, with physical
and mental disabilities.

TOPSoccer emphasizes development, training,
and meaningful participation
rather than competition.

**IT'S ALL
ABOUT
FUN!**



For more info, please visit calsouth.com/topsoccer
or email Rick Trevers (Laguna Niguel Youth Soccer
Association) at Rick.Trevers@LNYSA.org or
Sandy Castillo at scastillo@calsouth.com

**REGISTER
ONLINE**

WWW.LFPARKSANDRECCA.COM



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

\$110/month (Four 45-minute sessions) Resident

\$115/month (Four 45-minute sessions) Non-Resident

Dates Time

Ongoing varies

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

Shooting Stars BASKETBALL

• FOR SPECIAL NEEDS ATHLETES •

● Little Dippers

Players who benefit from teen peer support.

● Mighty Dippers

Players that dribble, pass, and shoot with minimal support.

● Big Dippers

Teen-adult competitive basketball players.

Registration: on-site

Volunteer coaches, teens, & photographers are welcome!

Location: RSM or Los Alisos Intermediate Schools



For dates and location, please email Laurie & Richard Jimenez at SVUSDShootingStars@gmail.com



LAKE FOREST LITTLE LEAGUE Challenger Baseball

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

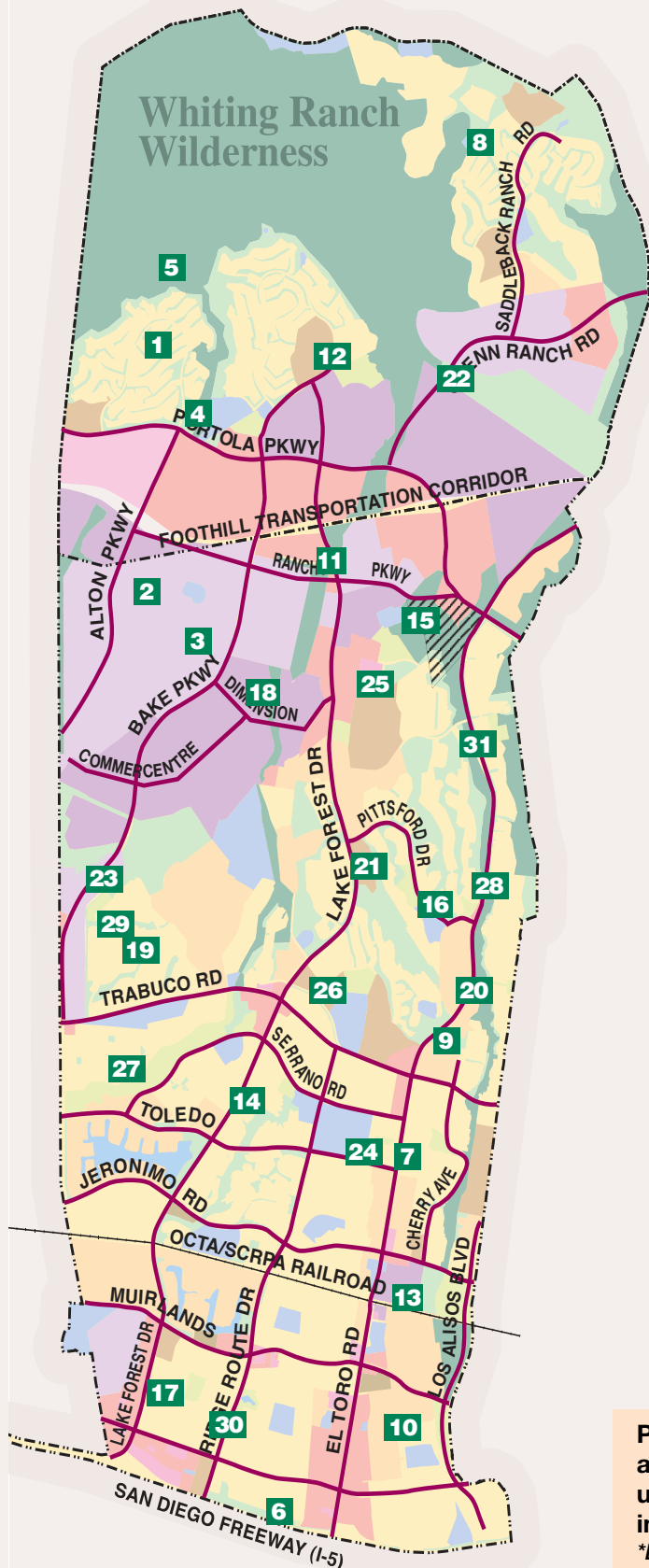
Children 6 to 18 years of age with any physical and/or developmental disability are welcome.

Register online at LFL.org

For more information email info@lfl.org.



PARK GUIDE



		Acres	Barbecues	Baseball	Basketball	Multi-Use Fields	Picnic Tables	Playground	Restrooms	Soccer	Tennis Courts	Walking Path
1 Alton Park		2.3	4	1 ^{hc}			9 1 ^s	1				
2 Baker Ranch Community Park		8	2	1	1	1	10	1	1	1		
3 Barker Ranch Dog Park*		0.5										
4 Borrego Park		11	5	1 ^{fc}			11	1	1	1	1	
5 Borrego Overlook Park		1.6	3				5	1				
6 Cavanaugh Park		6.27		1 ^{hc}			1	1				
7 Cherry Park		4.5	3	1 ^{hc}			8 1 ^s	1				
8 Concourse Park		7	2	1 ^{hc}		1	4 2 ^s	2	1			1
9 Darrin Park		3.1	6	1 ^{hc}			11 1 ^s	1				
10 El Toro Park		10	2			1	7 1 ^s	1	1		2 ^L	
11 Etnies Skatepark of Lake Forest		5.3					4	1				
12 Foothill Ranch Community Park		15.5	2	1 ^{fc}			10	2	1	1	2	1
13 Heroes Park		12.4	1	4 ^L	1 ^L		5	1				
14 Lake Forest Park		2.3					1					
15 Lake Forest Sports Park/ Recreation Center		86	8	5	2	3	1	36 2 ^s	2	2	5	1
16 Montbury Park		3.5	1				2					
17 Mountain View Park		5.3	2	1	1 ^{fc}	1	9 1 ^s	2	1		2 ^L	
18 Nature Park		4.5					7 1 ^s					1
19 Peachwood Park		2.7					5 1 ^s	1				
20 Pebble Creek Park		1.9					1	1				
21 Pittsford Park		10	2				8 1 ^s	2	1		2	1
22 Portola Park		5										
23 Rancho Serrano Park		5.1	3				7		1			
24 Ranchwood Park		1.9		1 ^{hc}			1					
25 Regency Park		5								1		
26 Ringgate Park		5	1	1 ^{fc}			7 1 ^s	3	1		1	
27 Serrano Creek Park		44	3				13 1 ^s	1	1			1
28 Sundowner Park		0.8	1				2	1				
29 Tamarisk Park		11.2		1	1 ^{fc}		6	1	1			
30 Veterans Park		4.7					3					
31 Vintage Park		4.8	5	1 ^{fc}	1 ^{hc}		11	1				



park shelter available for reservation



under construction



gymnasium



roller rink

• ^{fc} full court • ^L lights
• ^{hc} half court • ^s shelter

Park hours are dawn to dusk*. Lighted athletic fields and tennis courts are open until 10 p.m. Park rules are posted in each park.

*Barker Ranch Dog Park is open 7am to 8pm

**Parks
Make
Life
Better!**

Welcome to The Clubhouse for Seniors



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CITY OF LAKE FOREST

THE CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | JUNE - AUGUST '23



Let's Celebrate Summer!

100 Civic Center Drive | Operating Hours: Monday through Thursday 10:00 AM - 3:00 PM | (949) 461-3408

50th
CLUBHOUSE

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



Adults—50 Years & Better

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
6/5	Mon	10:00 am-2:00 pm
7/10	Mon	10:00 am-2:00 pm
8/7	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
6/26	Mon	10:00 am-2:00 pm
7/24	Mon	10:00 am-2:00 pm
8/28	Mon	10:00 am-2:00 pm

BINGO THURSDAYS!

Feeling lucky? Join us for games of bingo every Thursday from 10:00 am to 2:00 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
Party in the USA			
11697	6/29	Thu	12:00 pm
Orange You Glad It's Summer			
11698	7/27	Thu	12:00 pm
Hula on Over			
11699	8/31	Thu	12:00 pm

THE RICHARD NIXON LIBRARY AND MUSEUM EXCURSION

Adults/Seniors

The Richard Nixon Library and Museum is the presidential library and burial site of Richard Nixon, the 37th president of the United States, and his wife, Pat Nixon. Located in Yorba Linda, California, on land that Nixon's family once owned, the library is one of 13 administered by the National Archives and Records Administration (NARA). The 9-acre campus houses more than 70 highly visual exhibits that take visitors through the life and career of America's 37th President, including a full-sized recreation of President Nixon's Oval Office and an original 12-foot-high section of the Berlin Wall. You can also walk through the presidential helicopter, take in the splendor of the White House East Room, and stroll through Pat Nixon's outdoor rose gardens.

\$50.00 Residents & Non-Residents

Activity #	Dates	Days	Time
11700	6/21	Wed	10:30 am-3:30 pm



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/Tue/Wed/Thu	10:00 am-3:00 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
11689	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
Patriotic Pots			
11690	6/20	Tue	10:30 am
Flamingo Snow Globes			
11691	7/18	Tue	10:30 am
Button Heart Tote			
11692	8/15	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
Wild World of Fungi			
11693	6/6	Tue	10:00-11:00 am
Homesteading			
11693	7/11	Tue	10:00-11:00 am
Pass the Plants (Presentation by the University of California Master Gardener Program)			
11693	8/1	Tue	10:00-11:00 am





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

Into Thin Air by Jon Krakauer

6/15 Thu 10:00 am

The Fire and the Ore by Olivia Hawker

7/20 Thu 10:00 am

The Girl in the Tower by Katherine Arden

8/17 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

6/19 Mon 10:00 am-12:00 pm

7/17 Mon 10:00 am-12:00 pm

8/21 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

8/24 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

6/1 Thu 1:00-3:00 pm

7/6 Thu 1:00-3:00 pm

8/3 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
11694	6/8	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
11695	8/28-8/29	Mon/Tue	8:30 am-1:00 pm



HICAP Health Insurance Counseling and Advocacy Program

TUESDAYS
10:00 am-1:00 pm

June 13
July 11
August 8

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.



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

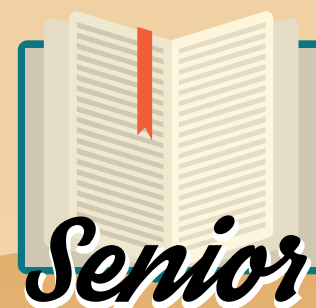
OCTA (Transportation) (800) 636-7433

Office on Aging (800) 510-2020

Orange Caregiver

Resource Center (800) 543-8312

Saddleback College/Emeritus (949) 582-4835



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.

See page 48
for classes!

SENIOR EMERITUS CLASSES

Irvine Valley College Classes

AQUA FITNESS TRAINING

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water and training to improve balance and cardiovascular fitness.

Location: Lake Forest Beach & Tennis Club
22921 Ridge Route Dr

Tic #	Dates	Days	Time
61830	5/30-8/8	Tue	2:00-3:20 pm
61950	6/1-8/10	Thu	2:00-3:15 pm

DYNA-BAND WORKOUT

Increase your strength and mobility using Dyna-bands. Dyna-bands or resistance bands (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Tic #	Dates	Days	Time
61875	5/30-8/8	Tue	12:00-1:20 pm

PHYSICAL FITNESS

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, and stretching and flexibility movements suited to the needs of the individual.

Tic #	Dates	Days	Time
61915	6/1-8/10	Thu	10:30-11:45 am

PILATES

Pilates strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination, and develops an increased sense of body awareness. Class includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Tic #	Dates	Days	Time
61860	5/30-8/8	Tue	10:30-11:50 am

STRENGTH & BALANCE

This course addresses the physical and mental health of the older, mature adult through the use of exercise and fitness aimed at maintaining an active, independent lifestyle.

Tic #	Dates	Days	Time
61960	6/5-8/7	Mon	10:30 am-12:00 pm

YOGA

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing, and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Tic #	Dates	Days	Time
61865	5/31-8/9	Wed	1:00-2:15 pm
61825	6/1-8/10	Thu	12:00-1:10 pm

Saddleback College Classes

INTERMEDIATE CLOTHING CONSTRUCTION

Clothing construction and pattern alterations. Examine and utilize commercial patterns, fabric textures, and principles of color design.

Tic #	Dates	Days	Time
12470	6/5-7/30	Wed	10:00 am-1:50 pm



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

Summer 2023 Registration Dates

Lake Forest Residents: Tuesday, May 23, 2023 beginning at 8am | **Non-Residents:** Tuesday, May 30, 2023, 2023 beginning at 8am

The City charges a non-refundable 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 ☐ NOI permit the use of activity/event photography and/or video of my child or myself for media promotion _____ ☐ YES ☐ NOPlease 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

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

POSTAL CUSTOMER

ECRWSS

LAKE FOREST SPOOKTACULAR

OCTOBER 28, 2023
3:00PM-7:00PM



LAKE FOREST SPORTS PARK
28000 RANCHO PARKWAY
(949) 273-6960

REGISTER FOR Fall FUN!



**RESIDENT
REGISTRATION**
begins
Tuesday,
August 22 @ 8am

**NON-RESIDENT
REGISTRATION**
begins
Tuesday,
August 28 @ 8am

**Fun &
Educational
Activities
for All Ages!**

- Youth
- Adult
- Seniors