

The Leaflet

Fall 2023

City News and Recreation Guide

CITY CHARTS THE
PATH FORWARD

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City Adds Affordable
Housing Options
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A MESSAGE FROM CITY MANAGER **DEBRA ROSE**

We sometimes hear that government should be run like a business.

There's important differences between how businesses operate and how a city functions. A business seeks to maximize profits, while Lake Forest and other cities seek to best serve residents. Cities are also subject to different laws, such as the Brown Act, which requires all of our business be conducted publicly except for discussions regarding litigation, personnel matters and real estate transactions.

But businesses certainly offer some examples that cities can follow. Lake Forest has always valued careful, long-term financial planning. That mindset created a program that allowed development-related revenue to fund the bulk of the construction of the Lake Forest Sports Park and Civic Center. It also guided Lake Forest to becoming one of the largest debt-free cities in the state.

Lake Forest also borrowed another tool from the private sector: a long-term Strategic Business Plan. The Strategic Business Plan is built with the results of the biennial Community Satisfaction Survey and input from the City Council. We create the plan early in the budget process to ensure our projects, programs, and spending priorities align with our City goals, that Lake Forest remains:

- A livable city that is well planned, attractive, and safe.
- A city that is engaged, informed, and technologically current.
- A city government that is fiscally sustainable and well-run with committed staff.

It's a seven-year plan that we regularly review and revisit. We're in the early stages of the fiscal year 2021 through 2028 Strategic Business Plan. To date, we've completed 48 of the initiatives – and we're adding 54 with this budget cycle's update.

You can see the Strategic Business Plan at www.lakeforestca.gov. I appreciate your trust and support in allowing us to serve you.

Debra Rose



MEETINGS AT A GLANCE

CITY COUNCIL MEETINGS

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

COMMUNITY SERVICES COMMISSION MEETINGS*

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

PLANNING COMMISSION MEETINGS*

The Planning Commission meets on the Thursday after the first Tuesday.

TRAFFIC AND PARKING COMMISSION MEETINGS*

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

All meetings will start at 6:30 pm

*Subject to change; visit all agendas at:

www.lakeforestca.gov/agendas

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

LAKE FOREST CONTINUES ADDING AFFORDABLE HOUSING

More than 120 individuals and families will have affordable housing once the Mountain View Project on Raymond Way and the Portola Senior Apartments at Glenn Ranch Road and Saddleback Ranch Road is completed in fall of 2023.

Both communities offer affordable housing to those making 30-50 percent of the Area Median Income (AMI). Mountain View will have 71 one-, two-, and three-bedroom apartments. The Portola Senior Apartments, the City's first mixed-use development, will have 57 one-bedroom units and a variety of other services for seniors 62 and over.

Ensuring that economic and housing initiatives provide opportunities for all residents is one of the elements of the Lake Forest Strategic Plan. Two additional housing projects are in the works:

- The Meadows Seniors Apartments is a 65-unit, two-story Californian contemporary style residential community with elevator service under construction off Bake Parkway. See meadowsseniors.com for more information.



- In June, City Council agreed to give Families Forward, an organization that aims to help end homelessness, \$1.8 million to buy and renovate buildings for residents in need. The nonprofit plans to purchase a fourplex property, a multifamily home, and renovate it to fit the needs of families. This is the City's newest affordable housing project, following the Meadows Senior Apartments which is under construction on Bake Parkway. See www.families-forward.org for more information about the organization.

Visit bit.ly/AffordableHousingLF to learn more about each affordable housing project in Lake Forest.



A LOOK INSIDE LOCAL GOVERNMENT

Learn how decisions are made, how city funds are allocated, and how departments operate on a daily basis at the Lake Forest Academy.

The City hosts a free in-depth course once a year in the fall, providing residents with a general overview of City operations and departments. The Academy meets once a week on Wednesdays for eight evenings. Sessions are from 6 p.m. – 8 p.m. and focus on different aspects of the City including:

- City Manager's Office/City Clerk's Office/Information Technology
- Finance

- Public Works
- Community Development/Economic Development
- Management Services (Community Services, Communications and Marketing, HR)
- Utilities
- Public Safety (Orange County Fire Authority and Orange County Sheriff's Department)

The 2023 Lake Forest Academy begins Wednesday, September 13 at the Lake Forest Civic Center. Visit lakeforestca.gov/lakeforestacademy to register for this year's session.

LAKE FOREST HOSTS HOMELESS RESOURCES INFORMATION NIGHT

More than 90 people had the opportunity to meet with a dozen non-profit agencies on the front lines of fighting homelessness in Orange County during the Lake Forest Homeless Information Night in June.

Ninety percent of respondents to the 2023 Lake Forest Resident and Business Satisfaction Survey said addressing homelessness was the most important task facing the City's Community Services Department, which manages Lake Forest parks and community programs. Lake Forest, like many cities, relies on a team of specially trained OC Sheriff's Deputies and outreach workers from the non-profit Mercy House to get to know homeless individuals and offer placement in housing or treatment, whichever is appropriate. The City Council in June approved funding for a new staff member who will work with homeless individuals as well.

Among the non-profit organizations that attended the Lake Forest meeting were the County of Orange, the United Way, Saddleback Church, South County Outreach, Mercy House, and the Friendship Shelter from Laguna Beach. Current case law, *Martin v. Boise*, makes dealing with individuals experiencing homelessness a challenge. Individuals cannot be forced into housing or treatment, which is why it is important for the teams to build the individuals' trust and help guide them into proper programs.



The event included a presentation from Christina Weckerly Ramirez, the Orange County Outreach and Engagement Division Manager. The Outreach and Engagement team helps individuals experiencing homelessness. Those in need of help can call (800) 364-2221.

The County also has OC Links, a behavioral health services line available 24 hours a day, seven days a week. OC Links uses trained Behavioral Health Clinicians to provide information, referrals, links to programs, education, and other resources. The clinicians can even dispatch field evaluation teams. Callers to OC Links, (855) 625-4657, can those needing help, or family members or friends.

The June event was the City's third forum. The first garnered residents' input about the homeless issue. The second allowed homeless resource providers to explain their programs, while the June event allowed attendees to speak directly the service providers. Future events will be announced on the City's social media channels. For more information about the City programs regarding homelessness, search for "homeless" at www.lakeforestca.gov

Second Chance for Paws: THE PET ADOPTION CENTER

Connecting adoptable pets with loving people and the resources they need to be a family for life is the mission of the Pet Adoption Center of Orange County in Lake Forest.

For four years, Lake Forest has contracted with PAC-OC to provide the best possible care and services for stray and abandoned dogs in the community. The City Council approved a new agreement with PAC-OC after its previous agreement expired on June 30, providing the nonprofit with \$19,000 in funding for a one-year term.

The funds provided by the City will help PAC-OC with veterinary care, rehabilitation, and other specialized services. The Adoption Center, in Suites E and F at 24331 Muirlands Boulevard, offers a variety of services to assist with the adoption and care of a pet including, low-cost spay/neuter services, vaccinations, microchipping,

counseling to those who would like to keep their pets but have difficulties, and housing for dogs.

PAC-OC also has volunteer opportunities for students 16-17 years old, with an adult volunteering with them. Visit www.adoptocpets.org or email info@adoptocpets.org for more information on adopting a dog, volunteer opportunities, and other services.

Pet Adoption Center by the Numbers 2022-23

- 8** Dogs adopted by Lake Forest families
- 9** Lake Forest Community Events
- 14** Free/low cost Vaccinations
- 15** Pet Adoption Education Events



CITY COUNCIL APPROVES BALANCED BUDGET, KEEPS LAKE FOREST DEBT FREE

The Lake Forest City Council in June approved a two-year budget that shows General Fund revenue exceeding General Fund expenditures in both fiscal years, with a \$53.77 million minimum reserve.

The Fiscal Year 2023-25 operating budget maintains City services at current levels. Total revenues are projected to be \$76.9 million in FY 23-24 and \$78.2 million in FY 24-25. Total expenditures are budgeted at \$76.5 million in FY 23-24 and \$74.2 million in FY 24-25.

Not only does Lake Forest remain debt-free, the seven-year Master Financial Plan and Financial Forecast projects an accumulated \$16.5 million operating surplus.

The City's budget works hand-in-hand with the Lake Forest Strategic Plan. Projects in the budget must meet the Strategic Plan goals of creating and maintaining a City that is:

- Well planned, attractive, and safe.
- Engaged, informed, and technologically current.
- Fiscally sustainable and well-run with committed staff.

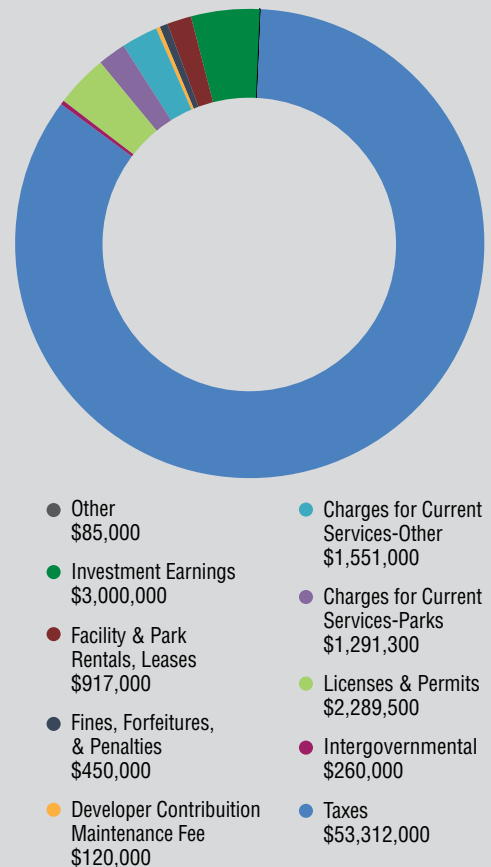
The City's largest single source of revenue for the General Fund is property taxes. Property taxes are expected to generate \$24.9 million in Fiscal Year 2023-24 and \$26.4 million in Fiscal Year 2024-25. Sales taxes are the second largest single-source of General Fund income, anticipated to generate \$19.5 million in Fiscal Year 2023-24 and \$19.9 million in Fiscal Year 2024-25.

Public safety remains the City's top priority, and the Lake Forest spending plan reflects that. Public safety is the largest single General Fund expenditure in both fiscal years: \$23.6 million in 2023-24 and \$24.7 in 2024-25. The City contracts with the Orange County Sheriff's Department for law-enforcement services, which accounts for a large portion of the Public Safety budget.

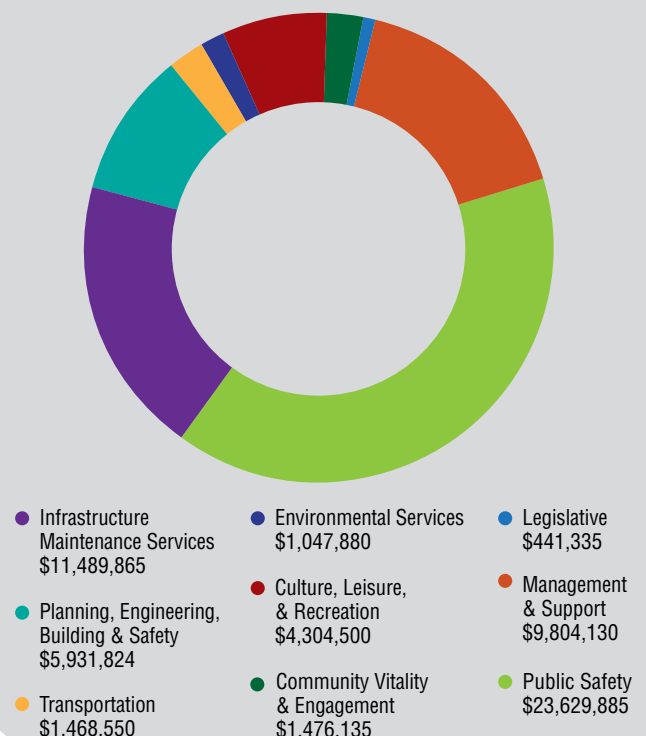
Capital improvement projects are planned in a separate budget. For the 2023-2025 budget cycle, the Capital Improvement Plan includes 35 proposed projects, totaling \$21.2 million in infrastructure investment. These projects include 16 park improvement projects, nine street improvement projects, nine traffic improvement projects, and one environmental project.

See www.lakeforestca.gov/budget.

FISCAL YEAR 2023-24 General Fund Revenues



FISCAL YEAR 2023-24 General Fund Expenditures Major Program Area



STRATEGIC BUSINESS PLAN GUIDES CITY SPENDING, PROJECTS

City leaders and staff are focused on three clear, long-range goals to ensure Lake Forest remains:

- A livable city that is well planned, attractive, and safe.
- A city that is engaged, informed, and technologically current.
- A city government that is fiscally sustainable and well-run with committed staff.

Through the City's budget-planning process, strategies are developed to ensure the goals are met, and projects and programs are developed to implement the strategies. The projects and programs are then identified and included in the City's budget. The City Council receives regular updates on the progress made on the plan's projects.

Input to the Strategic Business Plan was gathered through the City's biennial Community Satisfaction Survey, interviews with City Council members and a Strengths, Weaknesses, Opportunities, and Threats ("SWOT") exercise facilitated by a consultant.

See the entire Strategic Business Plan at www.lakeforestca.gov

Here is a sampling of some of the 54 projects in the plan:



PARKS

Conduct preliminary studies and concepts for a trail connecting Nature Park to the Meadows Development. In the biennial survey, 38 percent of residents would like to see more park amenities and walking trails. Addresses Goal A: A livable city that is well planned, attractive, and safe.



"STAY IN LAKE FOREST"

Procure marketing consultant and initiate a "Stay in Lake Forest" campaign to bolster occupancy rates and assist hotels recovering from the COVID-19 pandemic. Promoting/advertising Lake Forest businesses were the most common suggestions provided by residents for improving the local business climate. Addresses Goal A: A livable city that is well planned, attractive, and safe.



RECREATION OPPORTUNITIES

Convert one of the hockey rinks in Foothill Ranch Park to Box Lacrosse. Providing recreation opportunities to a wide range of users is an important issue for residents in 2023 resident survey. Addresses Goal A: A livable city that is well planned, attractive, and safe.



ETNIES SKATEPARK OF LAKE FOREST

Plan and host celebration of the 20th Anniversary of Etnies Skatepark of Lake Forest. The survey found providing community events is important to residents. Addresses Goal B: Our connected city is engaged, informed, and technologically current.



ORANGE COUNTY SHERIFF'S DEPARTMENT

Develop standard for assessing staffing needs for the Orange County Sheriff's Department (OCSd) contract and the potential of adding deputies. Addresses Goal C: A city government that is fiscally sustainable and well-run with committed staff.



SHOPPING TRENDS

Other projects include a study of the City's current shopping center inventory with recommendations on changes to meet current shopper needs and other trends, procuring a private parking enforcement service that will help ensure street sweeping is effective, and traffic improvements throughout the City. Addresses Goal A: A livable city that is well planned, attractive, and safe.

APPLICATIONS FOR PRIDE PAINT PROGRAM ARE NOW AVAILABLE

Maintain and improve the character of your home through the City's Neighborhood Pride Paint Program, which aims to enhance the aesthetic quality and property values within the community.

The program is funded by a Community Development Block Grant and provides qualified residents the opportunity to have the exterior of their home painted at no cost to the homeowner.

The award of grants to eligible applicants will be based on random selection. Due to funding constraints, the number of grants awarded each year is limited.

TO QUALIFY:

1. Properties must be owner-occupied.
2. The single-family home or mobile home must be in need of painting as determined by the City.
3. The existing exterior paint must be lead-free.
4. Owners may not have assets in excess of \$120,000, excluding the value of the home.
5. Homeowners must not exceed maximum income limits in the previous two years, as determined by the U.S. Department of Housing and Urban Development based on household size.

Maximum Income Limit by Household Size

Loan Eligibility Income Limits (effective June 15, 2023)

| Household Size | Annual Household Income Limit* | Household Size | Annual Household Income Limit* |
|----------------|--------------------------------|----------------|--------------------------------|
| 1 | \$80,400 | 5 | \$124,000 |
| 2 | \$91,850 | 6 | \$133,200 |
| 3 | \$103,350 | 7 | \$134,450 |
| 4 | \$114,800 | 8 | \$151,550 |

*Based on "Moderate-Income" = 80%-120% of median household income in Santa Ana-Anaheim-Irvine, CA HUD Metro Fair Market Rents Area

Homes will be tested to determine if lead-based paint is present prior to acceptance. If lead-based paint is found, the homeowner will be offered the opportunity to apply for a housing rehabilitation loan to implement lead abatement measures and repainting.

See www.lakeforestca.gov/en/departments/community-development/housing/neighborhood-pride-paint-program for the application.

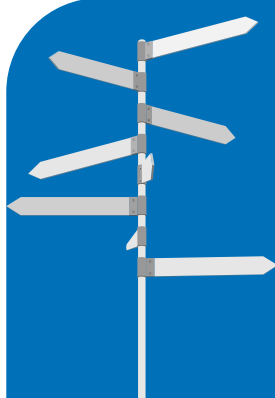


Blazing a Blue Trail: NEW BLUE STREET SIGNS SET FOR LAKE FOREST

Residents passing Baffin Bay on Bake Parkway now see bright blue street signs that will line more City streets in coming months.

More than 300 overhead traffic signal signs and 2,300 street name signs in Lake Forest will be switched from green to blue as part of the Citywide Street Name Sign Project. The new blue street signs are highly reflective and no longer need a bulb to stay illuminated, saving the City \$38,000 a year in street sign maintenance costs.

The City Council approved \$300,000 for the Citywide Street Name Sign Project, but staff expects to propose a budget adjustment once the quote for the project is finalized in fall 2023. The City plans to install the new signs in certain areas of Southwest Lake Forest first and continue the installation in other neighborhoods over the course of the project.



Did You Know?

The City of Lake Forest has nearly 15,300 traffic signs throughout the City's 16.79-mile radius.

DEPUTIES ON THE LOOKOUT FOR ILLEGAL, UNSAFE E-BIKE RIDING

E-bikes can be a great mode of transportation, if ridden properly. The Orange County Sheriff's Department launched a special e-bike enforcement in June to ensure e-bikes are ridden safely and legally—and so far, it's making an impact.

A special-enforcement detail of motorcycle deputies from Lake Forest and Rancho Santa Margarita impounded five electric Sur Ron motorcycles in Foothill Ranch because those off-road, electric motorcycles are not street-legal. The team also issued 64 citations, although not all of them were e-bike related.

Residents who see unsafe behavior can call the OC Sheriff's non-emergency line at (949)770-6011.

"We know that residents are concerned about unsafe e-bike riding in the community," said OCSO Captain Christine Berryman, the City's Chief of Police Services. "Our department has made it a priority to ensure that parents and riders of all ages are aware of the regulations for e-bike use, and deputies are being proactive in enforcing the California Vehicle Code."

Different types of e-bikes are available on the market. Each type has its own regulations and restrictions. Visit www.ocsheriff.gov/e-bikesafety to learn more about each type of e-bike, safety considerations, and rules to follow.



Ride

SAFE

TIPS TO KEEP YOU SAFE

S

A

F

E

Secure your helmet.

Allow extra time to stop and watch your speed.

Follow the rules of the road.

Eyes up. Distractions down.

E-BIKE: Know your type

| VEHICLE TYPE | Pedal Operated | Maximum Motor Assisted Speed (MPH) |
|-------------------------|----------------|--|
| BICYCLE | YES | N/A |
| TYPE 1 - E-BIKE | YES | 20 |
| TYPE 2 - E-BIKE | NO | 20 |
| TYPE 3 - E-BIKE | YES | 28 <small>MINIMUM AGE 16</small> |
| MOPED/MOTORIZED BICYCLE | NO | N/A <small>MINIMUM AGE 16 LICENSE REQUIRED</small> |

E-BIKE: Know your type

| | | VEHICLE TYPE | | | | |
|---------|------------------------------------|--------------|---------------|---------------|---------------|-------------------------|
| | | BICYCLE | TYPE 1 E-BIKE | TYPE 2 E-BIKE | TYPE 3 E-BIKE | MOPED/MOTORIZED BICYCLE |
| VEHICLE | Pedal Operated | YES | YES | NO | YES | NO |
| | Maximum Motor Assisted Speed (MPH) | N/A | 20 | 20 | 28 | N/A |
| | Minimum Age (Years) | N/A | N/A | N/A | 16 | 16 |
| | Driver's License | NO | NO | NO | NO | YES |
| | License Plate | NO | NO | NO | NO | YES |
| | Helmet Required | UNDER 18 | UNDER 18 | UNDER 18 | YES | YES |

We are committed to partnering with you to keep our communities safe!



CITY PAYS TO PROTECT CATALYTIC CONVERTERS

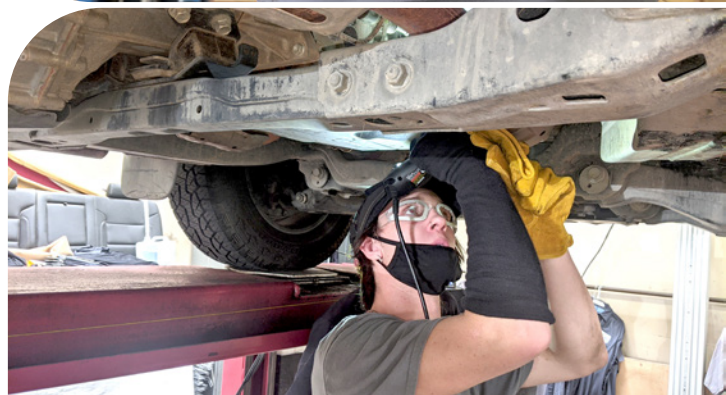
Any vehicle built after 1975 has a catalytic converter to reduce smog-causing emissions. But crooks know the devices contain precious metals like platinum, rhodium, and palladium – all more valuable than gold.

That's why catalytic converter thefts are spiking nationwide. And thieves know how to get under a vehicle and cut one out in less than a minute.

The best way to prevent catalytic converter theft is park your car in a secure area, such as your garage. But that's not always possible – one man reported his converter was stolen while his vehicle was in the parking lot of a busy South County golf course while he played a round!

The Lake Forest City Council launched an innovative program that will pay for residents to etch their vehicle identification number (VIN) into their catalytic converter. That makes the device less attractive to thieves because law enforcement can identify them as stolen. For high-target vehicles, the City will pay to have the device covered by a metal shield.

So far, nearly 190 applications for the etching have been approved, along with more than 100 shield applications. See www.lakeforestca.gov/catgrant for details and the application.



A technician etches a vehicle identification number into a catalytic converter at a Lake Forest shop.



S.T.A.R.S. Hiring Process

The hiring process consists of the following:

- Completion of a City employment application.
- Providing a copy of a valid California Driver's License.
- Completion of a STARS interest form.
- Participation in an oral board interview, conducted by the STARS Program Coordinator and Community Policing Supervisor.
- Successful completion of a background check including a criminal history check and a DMV check.
- Completion of orientation and training program.

LAKE FOREST NEEDS S.T.A.R.S.

The Sheriff's Team of Active Retired Seniors (STARS) is looking for senior citizen volunteers to assist Lake Forest Police Services.

STARS help the City and the Sheriff's Department with business checks, home vacation checks, Neighborhood Watch programs, and provide clerical support in the Lake Forest City Hall substation.

Volunteers must be a Lake Forest resident willing to volunteer four to six hours weekly, possess a California driver's license, pass a background check and physical exam, and provide a letter stating they are in satisfactory health.

Visit www.lakeforestca.gov/stars or call (949) 461-3545 for more information on the program.





TRASH CAN DIET TIPS: REDUCE FOOD WASTE

Have you put your black trash can on a diet? Putting your trash can on a diet is in accordance with the state law that mandates food scraps go into the green can for recycling. The goal is to reduce the organic material in the black bin headed to the state's landfills, where organic waste emits 20 percent of California's methane.

Some people keep a commercially available food-waste bin on their counter for food scraps; others keep a container in the freezer, then move the scraps to their green can before pickup day. But like many diets, the solution can be simple: less intake.

Plan your shopping trips and menus carefully to ensure you do not buy too much food or prepare more than you'll need. That will create excess waste.

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.

Household Hazardous Waste Collection Centers NOW ACCEPTING SMOKE AND CARBON MONOXIDE DETECTORS

OC Waste & Recycling (OCWR) is now accepting smoke alarms and carbon monoxide detectors from Orange County residents for free recycling at all four County-operated Household Hazardous Waste Collection Centers (HHWCC).

The safe disposal of household smoke detectors is important, but often limited, as they commonly contain trace amounts of radioactive material. The devices contain circuit boards and other components made from gold and metals that can be recycled. OCWR's new service provides a convenient option specific to OC residents. Smoke detectors removed from businesses will not be accepted due to permit regulations.

Disposal is via drive-through. Residents simply place items in the trunk and head over to a HHWCC. Upon arrival, trained staff will collect the detectors for recycling.

Visits to HHWCCs present an opportunity to dispose of other unwanted household hazardous waste such as e-waste, paint, pesticides, household chemicals, automotive products, batteries, or e-cigarette cartridges. E-waste such as televisions, tablets, old cell phones, and computers are also accepted. Plus, residents are encouraged to ask for a FREE battery collection recycling bucket, available while supplies last.

For information on the proper disposal of household hazardous waste visit www.OClandfills.com/hazardous-waste. For general recycling questions visit www.OCRecycleGuide.com.



Household Hazardous Waste Collection Centers

All collection centers are open:
9 a.m. to 3 p.m.
Tuesday through Saturday,
(except holidays and rainy days)

The closest HHWCC is in Irvine

Irvine Collection Center
6411 Oak Canyon, 92618

Other HHWCC's

Anaheim Collection Center
1071 N. Blue Gum Street, 92806

Huntington Beach Collection Center
17121 Nichols Lane, 92647, Gate 6

San Juan Capistrano Collection Center
32250 Avenida La Pata, 92675

EXPAND THE FOREST— A LANDSCAPE IMPROVEMENT PROGRAM

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

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

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



| SPONSORS | DEDICATION | TREE SPECIES | PARK |
|--|---|-----------------------|---------------------|
| The Lowell Family | In loving memory of Larry Schrock, a wonderful father and grandfather | Canary Island Pine | Ranchwood Park |
| The Leavy Family | In loving memory of Brittany Fujiyama | Crape Myrtle (purple) | Darrin Park |
| Richelle Richter | In memory of my late husband, Nicholas J. Richter, nature lover | Canary Island Pine | Peachwood Park |
| Richelle Richter | In memory of my late husband, Nicholas J. Richter, nature lover | Crape Myrtle (purple) | Rancho Serrano Park |
| Richelle Richter | For the love of my pets - past, present and future | Canary Island Pine | Vintage Park |
| Your Family - All of Us | Abby - Always in our hearts - run, jump & play little girl | Crape Myrtle (pink) | Rancho Serrano Park |
| The Brown Family | For Bella Blue, a beloved family member and Great Dane | Crape Myrtle (purple) | Alton Park |
| Mom and Dad | In loving memory of Nicholas Norman Alderson Bennett | Magnolia | Vintage Park |
| Wife, daughters, and grandchildren | In loving memory of Johnny Johnson | Magnolia | Alton Park |
| Chuck & Holly Nan | In loving memory of Marguerite Nan | Crape Myrtle (pink) | Alton Park |
| Vicki - Mom, Shelby - Sister, Jaxx - baby son | In loving memory of William Jacob, loving son, brother and father | Crape Myrtle (white) | Alton Park |
| Charlotte Zappala | In loving memory of my sister, Carolyn Lee Primo | Magnolia | Peachwood Park |
| Charlotte Zappala | In loving memory of my brother, Bruce Dennis Aday | Sycamore | Peachwood Park |
| The Sage and Freerks Families | In loving memory of Randy Allen (Jeremiah 17:7-8) | Crape Myrtle | Concourse Park |
| With admiration and love from your family | Lisa Hoover - for 38 years of selfless dedication to her students | Magnolia | Concourse Park |
| Chandrikaa & Krishnamenon | In loving memory of Kandaih Pratheepan, the best dad and a great friend | Crape Myrtle (purple) | Regency Park |
| Her children: Armand, Ron, Dan, Joe, David, Tom and Debi | In memory of our mom who loved us more than any words can express and loved so deeply, Clara Susan Calmelat, 08-11-1922 to 02-20-2023 | Crape Myrtle (purple) | Peachwood Park |

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.

Event Rentals

Performing Arts Center

A state-of-the-art 200-seat theater with professional sound and lighting.

Call 949-461-3457 or visit bit.ly/LFPACRentalFees

Conference/Community Center

A grand facility with several banquet and meeting rooms as well as a beautiful courtyard.

Call 949-461-3407 or visit bit.ly/LFCommCenter

Senior Activities M-TH

The Senior Clubhouse

Call 949-461-3408 or visit bit.ly/LFClubhouse



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

FALL 2023

SEPTEMBER, OCTOBER, NOVEMBER

SPOOKTACULAR

October 28, 2023

Recreation Program Guide



FALL 2023

REGISTRATION DATES

RESIDENTS:

BEGINS AT 8 AM, TUESDAY,
AUGUST 22, 2023

NON-RESIDENTS:

BEGINS AT 8 AM, TUESDAY,
AUGUST 29, 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 FALL HOLIDAY SCHEDULE

LABOR DAY
September 4, 2023
THANKSGIVING DAY
November 23-24, 2023

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



For general questions regarding Community
Services Programs, visit
www.lfcommunityservices.com.

You can still register for programs when the
Community Services offices are closed on
holidays or after hours.

Visit www.lfparksandrecca.com for
24/7 online registration.

**Parks
Make
Life
Better!**

**REGISTER
ONLINE**

WWW.LFPARKSANDRECCA.COM

**R = RESIDENT
NR= NON RESIDENT**



SPOOKTACULAR



★ **October 28, 2023**
3pm - 7pm

- **FOOD TRUCKS**
- **TRUNK-OR-TREAT**
- **INDOOR INFLATABLES**
- **AND MORE!**
- **CREEPY CRAFTS**

Lake Forest Recreation Center
28000 Rancho Parkway

Wristbands sold at the Lake Forest Sports Park beginning Friday, September 1, 2023. No online sales for this event.

Fee until Friday, October 27:
\$15 residents | \$20 non-residents
Day of Event Fee:
\$25 residents | \$30 non-residents
Children under 3
and parents are free!

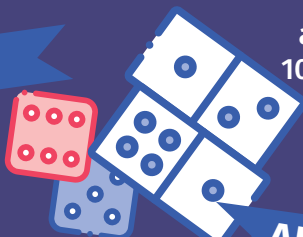


BUNCO NIGHTS



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
Activity # 11919:

Friday, October 13, 6:30-9 pm



ORGANIC Farmers' Market

*Weather
Permitting

Wednesdays
4:00-8:00 pm



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.

Preschool & School Aged Classes



MUSICAL THEATRE SHOWCASE

6-12 YRS

The perfect experience for your young performer! Throughout the session students will create a mini-musical to perform on the last day of class! Students will focus on acting & singing exercises as well as dance technique & choreography to develop characters and create scenes. Athletic attire and jazz shoes required. Find this session's musical selection and more Info at www.socaarts.com.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$329 R | \$334 NR (11-week session)

| Activity # | Date | Day | Time |
|------------|-----------|-----|--------------|
| 12065 | 9/7-11/30 | Thu | 3:30-5:15 PM |

HOCUS POCUS HALLOWEEN COSTUME PARTY

3-6 YRS

All the little ghosts, goblins, witches, and pumpkins are invited to this frightfully fun costume preschool party. There will be ghoulish games, spooky songs, creepy crafts, and a not-so-scary story. Your little one is in for a treat, and that is not a trick! Do not forget to dress up in your favorite costume. Get ready for a wicked good time! PARENT PARTICIPATION IS REQUIRED.

Instructor: Lake Forest City Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$15R | \$20NR (1-day workshop)

| Activity # | Date | Day | Time |
|------------|-------|-----|------------------|
| 11916 | 10/21 | Sat | 11:00 am-1:00 pm |

TURKEY AND PIE, OH MY! PRESCHOOL PARTY

3-6 YRS

Gobble, Gobble! It's turkey time! We are celebrating the best way of all – with pie! Get ready to fill up on fun with games, songs, crafts, and stories. Not to mention a treat you are sure to be thankful for. PARENT PARTICIPATION IS REQUIRED.

Instructor: Lake Forest City Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$15R | \$20NR (1-day workshop)

| Activity # | Date | Day | Time |
|------------|-------|-----|-------------------|
| 11917 | 11/18 | Sat | 11:00 am -1:00 pm |

RHYTHM KIDS MUSIC TOGETHER

4-6 YRS

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

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

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

Material Fee: \$40

| Activity # | Dates | Days | Time |
|------------|-----------|------|--------------|
| 11968 | 9/19-11/7 | Tue | 5:10-5:50 pm |

MUSIC TOGETHER

BIRTH-4 YRS

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

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

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$195 R | \$200 NR (10-week session)

Material Fee: \$40

| Activity # | Dates | Days | Time |
|------------|------------|------|----------------|
| 11957 | 9/19-11/21 | Tue | 10:30-11:15 am |
| 11958 | 9/19-11/21 | Tue | 4:15-5:00 pm |
| 11961 | 9/22-11/24 | Fri | 9:15-10:00 am |
| 11963 | 9/22-11/24 | Fri | 10:15-11:00 am |
| 11965 | 9/23-11/25 | Sat | 9:00-9:45 am |
| 11966 | 9/23-11/25 | Sat | 10:00-10:45 am |

BALLET, JAZZ, & TAP COMBO A

3-6 YRS

Participants will learn the fundamentals of ballet, jazz, and tap in a fun, non-competitive environment. Activities and choreography also improve gross motor skills, rhythm, strength, and flexibility. Leotard, tights, and ballet and tap shoes required. Optional holiday recital with nominal fee. Must be enrolled September-December to participate—recital registration deadline 9/30. Parents are asked to remain on site, but outside dance room during class. More info: www.socaarts.com

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$169 R | \$174 NR (11-week session)

| Activity # | Dates | Days | Time |
|------------|-----------|------|---------------|
| 11996 | 9/9-12/12 | Sat | 9:55-10:40 am |

BALLET, JAZZ, & TAP COMBO B

4-7 YRS

Participants will learn the fundamentals of ballet, jazz, and tap in a fun, non-competitive environment. Activities and choreography also improve gross motor skills, rhythm, strength, and flexibility. Leotard, tights, and ballet and tap shoes required. Optional holiday recital with nominal fee. Must be enrolled September-December to participate—recital registration deadline 9/30. Parents are asked to remain on site, but outside dance room during class. More info: www.socaarts.com

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$169 R | \$174 NR (11-week session)

| Activity # | Dates | Days | Time |
|------------|-----------|------|----------------|
| 11997 | 9/9-12/12 | Sat | 10:50-11:35 am |

HIP HOP

4-7 YRS

An upbeat, popular class for children! Dancers learn beginning hip hop and basic tumbling skills incorporated in dance combinations. Class helps improve coordination, rhythm, gross motor skills, and agility. All movement and songs are age-appropriate. Athletic attire and sneakers required. Optional holiday recital with nominal fee. Must be enrolled September-December to participate—recital registration deadline 9/30. Parents are asked to remain on site, but outside dance room during class. More info: www.socaarts.com

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$169 R | \$174 NR (11-week session)

| Activity # | Dates | Days | Time |
|------------|-----------|------|----------------|
| 11998 | 9/9-12/12 | Sat | 11:45-12:30 pm |

PRINCESS BALLET

3-6 YRS

Dancers learn beginning ballet with an element of fantasy in this princess-themed class for the budding ballerina. Instruction promotes coordination, rhythm, and listening skills. Class includes short princess storytime and one craft. Leotard, tights, and ballet shoes required. \$5 material fee due on first day of class. Optional holiday recital with nominal fee. Must be enrolled September-December to participate, recital registration deadline 9/30. Parents are asked to remain on site but outside dance room during class. More info: www.socaarts.com.

Instructor: SoCa Arts Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$169 R | \$174 NR (11-week session) | Material Fee: \$5

| Activity # | Dates | Days | Time |
|------------|-----------|------|--------------|
| 11999 | 9/9-12/12 | Sat | 9:00-9:45 AM |

BEGINNING GUITAR & UKULELE ENSEMBLE FOR CHILDREN

8-13 YRS

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

Instructor: Ron Gorman

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

| Activity # | Dates | Days | Time |
|------------|-------------|------|--------------|
| 12032 | 10/18-11/15 | Wed | 6:45-7:45 pm |

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

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

Instructor: Ron Gorman

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

| Activity # | Dates | Days | Time |
|------------|-------------|------|--------------|
| 12033 | 10/18-11/15 | 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 |
|------------|------------|------|--------------|
| 12058 | 9/7-9/28 | Thu | 4:00-4:50 pm |
| 12059 | 10/5-10/25 | Thu | 4:00-4:50 pm |
| 12060 | 11/2-11/30 | 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 |
|------------|------------|------|--------------|
| 12055 | 9/7-9/28 | Thu | 5:00-5:50 pm |
| 12056 | 10/5-10/25 | Thu | 5:00-5:50 pm |
| 12057 | 11/2-11/30 | 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 |
|------------|------------|------|--------------|
| 12052 | 9/7-9/28 | Thu | 5:00-6:30 pm |
| 12053 | 10/5-10/25 | Thu | 5:00-6:30 pm |
| 12054 | 11/2-11/30 | Thu | 5:00-6:30 pm |

RHYTHMIC GYMNASTICS—BEGINNERS 5+ YRS

Join this Olympic sport, which combines the athleticism of gymnastics with the elegance of dance. Become stronger and more flexible and learn how to dance with ribbons, hoops, balls, and ropes.

Instructor: EuroGymnastics Staff

Location: EuroGymnastics Rhythmic Academy
26923 Fuerte Dr

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

\$110 R / \$120 NR (5-week session)

Material Fee: \$30 (4-week session) | \$40 (5-week session)

| Activity # | Dates | Days | Time |
|------------|------------|------|--------------|
| 11951 | 9/6-9/27 | Wed | 3:30-4:30 pm |
| 11952 | 10/4-10/25 | Wed | 3:30-4:30 pm |
| 11954 | 11/1-11/29 | Wed | 3:30-4:30 pm |

BREAKTHROUGH SPORTS VOLLEYBALL TRAINING ACADEMY

2ND-5TH GRADE | 6TH- 9TH GRADE

The Breakthrough Sports Training Academy is weekly training for youth volleyball players of ALL skill levels at an affordable price. With more than 20 years of experience creating youth programming for professional sports teams (LA Clippers, KC Chiefs, Anaheim Ducks), Breakthrough Sports brings their award-winning training to Lake Forest. Breakthrough Sport coach, Brenton Smith (coaching assistant at UofA) will help participants improve mechanics, volleyball IQ and most of all confidence in a FUN environment. A new curriculum will be designed weekly to work on all aspects of volleyball in addition to strength building exercises.

Instructor: Breakthrough Sports Staff

Location: Lake Forest Sports Park
28000 Rancho Parkway

\$85 R | \$90 NR (4-week sessions)

| Activity # | Ages | Dates | Days | Time |
|------------|---------------|------------|------|--------------|
| 12028 | 2nd-5th grade | 9/10-10/1 | Sun | 2:00-3:00 pm |
| 12030 | 6th-9th grade | 9/10-10/1 | Sun | 3:00-4:00 pm |
| 12029 | 2nd-5th grade | 10/8-10/29 | Sun | 2:00-3:00 pm |
| 12031 | 6th-9th grade | 10/8-10/29 | Sun | 3:00-4:00 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.

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

| Activity # | Ages | Dates | Days | Time |
|------------|-------------|-----------|------|----------------|
| 11942 | 2-3.5 yrs | 9/23-12/2 | Sat | 9:00-9:40 am |
| 11943 | 3.5-4.5 yrs | 9/23-12/2 | Sat | 9:50-10:30 am |
| 11944 | 4.5-5 yrs | 9/23-12/2 | 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.

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

| Activity # | Dates | Days | Time |
|------------|-----------|------|----------------|
| 11945 | 9/23-12/2 | 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.

6-8 yrs: \$109 R | \$114- NR (5-week sessions)

9-12 yrs: \$119 R | \$124- NR (5-week sessions)

| Activity # | Ages | Dates | Days | Time |
|------------|----------|------------|------|--------------|
| 11934 | 6-8 yrs | 9/14-10/12 | Thu | 5:40-6:20 pm |
| 11935 | 9-12 yrs | 9/14-10/12 | Thu | 6:30-7:30 pm |
| 11936 | 6-8 yrs | 11/2-12/7 | Thu | 5:40-6:20 pm |
| 11937 | 9-12 yrs | 11/2-12/7 | Thu | 6:30-7:30 pm |
| 11938 | 6-8 yrs | 9/12-10/10 | Tue | 5:40-6:20 pm |
| 11939 | 9-12 yrs | 9/12-10/10 | Tue | 6:30-7:30 pm |
| 11940 | 6-8 yrs | 11/7-12/5 | Tue | 5:40-6:20 pm |
| 11941 | 9-12 yrs | 11/7-12/5 | Tue | 6:30-7:30 pm |

HOOPSTER TOTS

3.5-4.5 YRS | 4.5-5 YRS

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

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

| Activity # | Ages | Dates | Days | Time |
|------------|-------------|------------|------|--------------|
| 11949 | 3.5-4.5 yrs | 9/14-10/12 | Thu | 4:00-4:40 pm |
| 11950 | 4.5-5 yrs | 9/14-10/12 | Thu | 4:50-5:30 pm |
| 11953 | 3.5-4.5 yrs | 11/2-12/7 | Thu | 4:00-4:40 pm |
| 11955 | 4.5-5 yrs | 11/2-12/7 | Thu | 4:50-5:30 pm |
| 11956 | 3.5-4.5 yrs | 9/12-10/10 | Tue | 4:00-4:40 pm |
| 11959 | 4.5-5 yrs | 9/12-10/10 | Tue | 4:50-5:30 pm |
| 11962 | 3.5-4.5 yrs | 11/7-12/5 | Tue | 4:00-4:40 pm |
| 11964 | 4.5-5 yrs | 11/7-12/5 | Tue | 4:50-5:30 pm |

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

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.

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

| Activity # | Ages | Dates | Days | Time |
|------------|-------------|------------|------|--------------|
| 11967 | 2-3.5 yrs | 9/15-10/13 | Fri | 4-4:40 pm |
| 11969 | 3.5-4.5 yrs | 9/15-10/13 | Fri | 4:50-5:30 pm |
| 11970 | 4.5-5 yrs | 9/15-10/13 | Fri | 5:40-6:20 pm |
| 11971 | 2-3.5 yrs | 11/3-12/8 | Fri | 4-4:40 pm |
| 11972 | 3.5-4.5 yrs | 11/3-12/8 | Fri | 4:50-5:30 pm |
| 12000 | 4.5-5 yrs | 11/3-12/8 | Fri | 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.

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

| Activity # | Dates | Days | Time |
|------------|---------|------------|------------------|
| 12001 | 6-8 yrs | 9/15-10/13 | Fri 6:30-7:10 pm |
| 12002 | 6-8 yrs | 11/3-12/8 | Fri 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!

\$230 R | \$235 NR (10-week sessions)

| Activity # | Dates | Days | Time |
|------------|------------|------|----------------|
| 12003 | 9/9-11/11 | Sat | 9:00-9:40 am |
| 12004 | 9/9-11/11 | Sat | 11:30-12:10 pm |
| 12005 | 9/10-11/12 | 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!

\$230 R | \$235 NR (10 week sessions)

| Activity # | Dates | Days | Time |
|------------|------------|------|---------------|
| 12006 | 9/9-11/11 | Sat | 8:15-8:55 am |
| 12007 | 9/9-11/11 | Sat | 9:50-10:30 am |
| 12008 | 9/10-11/12 | 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.

\$230 R | \$235 NR (10 week sessions)

| Activity # | Dates | Days | Time |
|------------|------------|------|----------------|
| 12009 | 9/9-11/11 | Sat | 9:00-9:45 am |
| 12010 | 9/9-11/11 | Sat | 10:35-11:20 am |
| 12011 | 9/10-11/12 | 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.

\$230 R | \$235 NR (10 week sessions)

| Activity # | Dates | Days | Time |
|------------|------------|------|----------------|
| 12012 | 9/9-11/11 | Sat | 9:50-10:40 am |
| 12013 | 9/9-11/11 | Sat | 12:15-1:05 pm |
| 12014 | 9/10-11/12 | 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.

\$230 R | \$235 NR (10 week sessions)

| Activity # | Dates | Days | Time |
|------------|------------|------|----------------|
| 12015 | 9/9-11/11 | Sat | 10:45-11:45 am |
| 12016 | 9/10-11/12 | 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.

\$250 R | \$255 NR (10-week sessions)

| Activity # | Dates | Days | Time |
|------------|-----------|------|----------------|
| 12017 | 9/9-11/11 | Sat | 11:50-12:50 pm |

Super Soccer Stars classes are held at
Baker Ranch Community Park
26380 Rancho Parkway, Lake Forest



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 |
|----------------|--------------|

- 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: Thursday, November 23

FOLLOW US



@lfsportspark @lakeforest_sportspark

PARENT & ME (PEE WEE) GYMNASTICS

1.3-2.2 YRS | 1.6-3 YRS

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

Instructor: Us Too Gymnastics

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

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

| Activity # | Ages | Dates | Days | Time |
|------------|-------------|------------|------|----------------|
| 12034 | 1.3-2.2 yrs | 9/5-9/26 | Tue | 9:30-10:15 am |
| 12035 | 1.6-3 yrs | 9/5-9/26 | Tue | 10:20-11:05 am |
| 12036 | 1.6-3 yrs | 9/6-9/27 | Wed | 10:00-10:45 am |
| 12037 | 1.3-2.2 yrs | 10/3-10/24 | Tue | 9:30-10:15 am |
| 12038 | 1.6-3 yrs | 10/3-10/24 | Tue | 10:20-11:05 am |
| 12039 | 1.6-3 yrs | 10/4-10/25 | Wed | 10:00-10:45 am |
| 12040 | 1.3-2.2 yrs | 11/7-12/5 | Tue | 9:30-10:15 am |
| 12041 | 1.6-3 yrs | 11/7-12/5 | Tue | 10:20-11:05 am |
| 12042 | 1.6-3 yrs | 11/1-11/29 | Wed | 10:00-10:45 am |

PRESCHOOL GYMNASTICS— (PEE WEE GYMNASTICS)

3.5-5.5 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

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

| Activity # | Ages | Dates | Days | Time |
|------------|-------------|------------|------|-------------------|
| 12043 | 3.5-5.5 yrs | 9/5-9/26 | Tue | 11:10 am-12:00 pm |
| 12044 | 4.5-6 yrs | 9/7-9/28 | Thu | 2:30-3:15 pm |
| 12045 | 3.5-5.5 yrs | 10/3-10/24 | Tue | 11:10 am-12:00 pm |
| 12046 | 4.5-6 yrs | 10/5-10/26 | Thu | 2:30-3:15 pm |
| 12047 | 3.5-5.5 yrs | 11/7-12/5 | Tue | 11:10 am-12:00 pm |
| 12048 | 4.5-6 yrs | 11/2-11/30 | Thu | 2:30-3:15 pm |

REGISTRATION DATES



RESIDENTS: TUES., AUG. 22, 2023, 8:00 AM

NON-RESIDENTS: TUES., AUG. 29, 2023, 8:00 AM



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
28040 Glen Ranch Road

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

| Activity # | Dates | Days | Time |
|------------|------------|-------------|--------------|
| 12049 | 9/1-9/30 | Mon/Wed/Thu | 6:00-7:00 pm |
| 12050 | 10/1-10/31 | Mon/Wed/Thu | 6:00-7:00 pm |
| 12051 | 11/1-11/30 | Mon/Wed/Thu | 6:00-7:00 pm |

THE ETIQUETTE FACTORY: MANNERS, CHARACTER & SOCIAL SKILLS FOUNDATIONS

5-9 YRS

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, music, activities, stories, and discussion. Some of the skills included are: Introductions, Dining Etiquette, Kindness, Tact, Communication, Being a Guest, Sharing/Borrowing, 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 (6-week session)

Material Fee: \$20

| Activity # | Dates | Days | Time |
|------------|-----------|------|----------------|
| 11946 | 9/6-10/11 | Wed | 4:00pm-6:00 pm |



SPOOKY SCIENCE WITH BOO-IONERDS!

5-12 YRS

Come and join us on a journey where we learn about some creepy and crawly topics, from animals like bats and spiders, to things like skeletons. Your child will be up close and personal with the live/fresh/preserved organisms, perform some dissections, and engage in cool biology experiments using lab equipment/tools.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$150 R | \$155 NR (6-session class)

Material Fee : \$60

| Activity # | Dates | Days | Time |
|------------|-------------|------|--------------|
| 12019 | 10/18-11/29 | Wed | 4:15-5:15 pm |

DINOSAURS: FANTASTIC PREHISTORIC WORLD!

5-12 YRS

Dinosaurs ruled the earth for 180 million years. Your child will learn the role each of the major types of dinosaurs played in their ecosystems, and the traits that made them such successful organisms for so long. Your child will do cool paleontological activities and learn about biological processes.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$90 R | \$95 NR (2-day camp)

Material Fee: \$38

| Activity # | Dates | Days | Time |
|------------|-------------|---------|-----------------|
| 12021 | 11/20-11/21 | Mon-Tue | 9:00am-12:00 pm |

HUMAN BODY: WE ARE SUPER!

5-12 YRS

Come and join this fun and hands-on biology workshop for kids! Learn about our amazing human body from your heart, eyes, lungs, to your sense of hearing. Your child will be up close with fresh/preserved specimens, perform many dissections, and engage in cool biology activities using lab equipment/tools.

Fee: \$90 R | \$95 NR (2-day camp)

Material Fee: \$38

| Activity # | Dates | Days | Time |
|------------|-------------|---------|--------------|
| 12022 | 11/20-11/21 | Mon-Tue | 1:00-4:00 pm |

FROM DINOSAURS TO HUMAN BODY

5-12 YRS

Come and Join this fun and hands-on biology workshop for kids! Learn the role each of the major types of dinosaurs played in their ecosystems in the morning. Learn about our amazing human body from your heart, eyes, lungs, to your sense of hearing in the afternoon. Your child will be up close with fresh/preserved specimens, perform many dissections, and engage in cool biology/paleontological activities using lab equipment/tools.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$172 R | \$177 NR (2-day camp)

Material Fee: \$56

| Activity # | Dates | Days | Time |
|------------|-------------|---------|-----------------|
| 12023 | 11/20-11/21 | Mon-Tue | 9:00 am-4:00 PM |

MARINE ANIMALS: AMAZING WATERWORLD (PART II)

5-12 YRS

Come and join this fun and hands-on biology workshop for kids! Learn about many marine animals, from sharks, octopus, sea anemone, and more. Your child be up close with fresh/preserved organisms, perform many dissections and engage in cool biology experiments/activities. No need to take Marine Animals Part I to take this class.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

Fee: \$150 R | \$155 NR (6-session class)

Material Fee : \$60

| Activity # | Dates | Days | Time |
|------------|-----------|------|--------------|
| 12020 | 9/6-10/11 | Wed | 4:15-5:15 pm |



MARTIAL ARTS

3+ YRS

We specialize in "educational martial arts", in building children's character through martial arts. Children can develop focus, confidence, discipline, self-control, and physical fitness while having fun through martial arts training. We believe that accountability and teamwork with parents, teachers and instructors will help children to succeed. Our mission is to guide and inspire the students to cultivate confidence, respect, self-esteem, patience, and discipline. The 4-week or 12-week program includes two classes a week. Once registered, participants will need to contact CA Taekwondo in order to schedule the two classes per week that are suited for the student's age and level. For more information, please contact CA Taekwondo at (949)461-7898.

Instructor: CA Taekwondo Staff

Location: 29200 Portola Pkwy, Lake Forest

Activity# 12066: 4-Week Program \$175 R | \$180 NR

Activity# 12067: 12-Week Program \$495 R | \$500 NR

READING DEVELOPMENT— GRADES K-1

4.5-6.5 YRS

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

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

| Activity # | Dates | Days | Time |
|------------|------------|---------|--------------|
| 11981 | 9/6-10/4 | Mon/Wed | 3:30-4:25 pm |
| 11982 | 10/11-11/6 | Mon/Wed | 3:30-4:25 pm |
| 11983 | 11/13-12/8 | Mon/Wed | 3:30-4:25 pm |

READING DEVELOPMENT— GRADES 2-6

6.5-11.5 YRS

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

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

| Activity # | Dates | Days | Time |
|------------|------------|---------|--------------|
| 11984 | 9/6-10/4 | Mon/Wed | 4:30-5:25 pm |
| 11985 | 10/11-11/6 | Mon/Wed | 4:30-5:25 pm |
| 11986 | 11/13-12/8 | Mon/Wed | 4:30-5:25 pm |

MATH DEVELOPMENT— GRADES 2-6

6.5-11.5 YRS

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

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

| Activity # | Dates | Days | Time |
|------------|------------|---------|--------------|
| 11987 | 9/6-10/4 | Mon/Wed | 5:30-6:25 pm |
| 11988 | 10/11-11/6 | Mon/Wed | 5:30-6:25 pm |
| 11989 | 11/13-12/8 | Mon/Wed | 5:30-6:25 pm |

YOUNG EINSTEINS: BRAINY BOTS

6-9 YRS

Students enter the world of coding and robotics by learning how to build and program amazing robots.

Instructor: Brainstorm STEM Education

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$170 R | \$175 NR (6-week camp)

| Activity # | Dates | Days | Time |
|------------|-----------|------|--------------|
| 11994 | 9/7-10/12 | Thu | 3:30-4:30 pm |

ROBOTICS ACADEMY: INVENTOR

9-12 YRS

This class will explore engineering and inventing using the amazing LEGO Spike Prime Robots

Instructor: Brainstorm STEM Education

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$170 R | \$175 NR (6-week camp)

| Activity # | Dates | Days | Time |
|------------|-------------|------|--------------|
| 11995 | 10/19-11/30 | Thu | 3:30-4:30 pm |



Adult Classes

LUNCHTIME YOGA

18+ YRS

Vinyasa Flow all levels. It is a gentle yoga class that incorporates breath, tranquility, and mindful flow sequences. Students will move through sun salutations and add challenges to basic poses. All levels are welcome.

Instructor: Susan Sellers

Location: Lake Forest Community Center
100 Civic Center Dr.

\$100 R | \$105 NR (Every other Tuesday)

| Activity # | Dates | Days | Time |
|------------|-----------|------|----------------|
| 12068 | 9/5-11/14 | Tue | 12:00-12:55 PM |

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 training class. Learn the most up-to-date and effective training techniques from our certified and experienced training to improve communication between you and your dog. Dogs must be 5 months +.

Instructor: Clickstart Dog Academy staff

Location: Pittsford Park
21701 Pittsford Dr.

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

| Activity # | Dates | Days | Time |
|------------|------------|------|--------------|
| 11993 | 9/19-10/17 | Tue | 5:00-6:00 pm |

YIN YOGA

18+ YRS

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

Instructor: Amy Harper

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$96 R | \$101 NR (6-week session)

| Activity # | Dates | Days | Time |
|------------|-------------|------|--------------|
| 11947 | 9/5-10/10 | Tue | 7:45-8:45 pm |
| 11948 | 10/24-11/28 | Tue | 7:45-8:45 pm |

GET OFF YOUR BOOTY CAMP

18+ YRS

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

Instructor: Maryam Stevenson

Location: Lake Forest Recreation Center
28000 Rancho Parkway

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

| Activity # | Dates | Days | Time |
|------------|------------|---------|--------------|
| 11990 | 9/5-9/28 | Tue/Thu | 6:00-6:45 pm |
| 11991 | 10/3-10/26 | Tue/Thu | 6:00-6:45 pm |
| 11992 | 11/2-11/30 | Tue/Thu | 6:00-6:45 pm |

BALLROOM DANCE (BASIC 1)

18+ YRS

Learn basic dance steps, swing, waltz, cha-cha or Fox trot and more. No partner needed.

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$90 R | \$95 NR

| Activity # | Dates | Days | Time |
|------------|------------|------|--------------|
| 12063 | 10/25-12/6 | Wed | 6:00-6:45 pm |

LATIN DANCE LEVEL 1

18+ YRS

Learn basic dance steps, Salsa, Merengue, Cha-Cha, & Bachata. No partner needed.

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$90 R | \$95 NR

| Activity # | Dates | Days | Time |
|------------|------------|------|--------------|
| 12062 | 10/25-12/6 | Wed | 7:00-7:45 pm |

BRIDE AND GROOM WEDDING FIRST DANCE LESSON

18+ YRS

The First Dance is choreographed and taught step-by-step so non-dancers will be dancing at their wedding.

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center
28000 Rancho Parkway

\$90 R | \$95 NR per couple

| Activity # | Dates | Days | Time |
|------------|-------|------|--------------|
| 12061 | 10/18 | Wed | 6:30-7:45 pm |

ZUMBA® GOLD+ TONING FOR BEGINNERS

18+ YRS

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

Instructor: Angie Velez

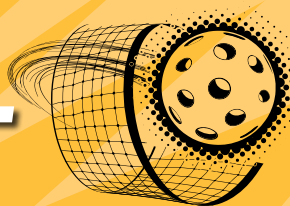
Location: Lake Forest Recreation Center
28000 Rancho Parkway

| Activity # | Package | Cost |
|------------|------------------|--------------------|
| 12024 | 5-class package | \$30 R \$35 NR |
| 12025 | 10-class package | \$50 R \$55 NR |
| 12026 | 15-class package | \$75 R \$80 NR |
| 12027 | 20-class package | \$100 R \$105 NR |

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

PICKLEBALL

Fun For All



Instructors

Shelly and Kevin Booth

at Portola Park, 28040 Glenn Ranch Road, Lake Forest

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.

\$155 R | \$160-NR

| Activity # | Dates | Days | Time |
|------------|-------------|------|---------------|
| 11973 | 10/25-11/29 | Wed | 9:30-10:30 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 recommended.

\$50 R | \$55 NR

| Activity # | Dates | Days | Time |
|------------|-------|------|---------------|
| 11975 | 9/16 | Sat | 8:00-10:00 am |
| 11974 | 10/21 | Sat | 8:00-10:00 am |

WHO'S BALL IS IT? INTERMEDIATE DOUBLE PLAY CLINIC

14+ YRS

This clinic will focus on determining who's ball is it to maximize court coverage both during offense and defense. Then you will learn how to safely move your opponents out of position through shot selection and placement to open up spaces on the court.

\$50 R | \$55 NR

| Activity # | Dates | Days | Time |
|------------|-------|------|-------------------|
| 12074 | 10/21 | Sat | 10:15 am-12:15 pm |

WHO'S BALL IS IT? INTERMEDIATE DOUBLE PLAY CLASS

14+ YRS

This class will focus on determining who's ball is it to maximize court coverage both during offense and defense. Then you will learn how to safely move your opponents out of position through shot selection and placement to open up spaces on the court.

\$155 R | \$160-NR

| Activity # | Dates | Days | Time |
|------------|-----------|------|---------------|
| 11979 | 9/6-10/11 | Sat | 9:30-10:30 am |

MIXED ROTATING PARTNERS ROUND ROBIN INTERMEDIATE LVL 3.0-3.5

14+ YRS

This Mixed Round Robin Tournament is for solid low-mid Intermediate players. This is an individual event (no teams). You will play with each individual. The top 4 players will have a playoff. This will be determined by wins vs losses then total points.

\$50 R | \$55 NR

| Activity # | Dates | Days | Time |
|------------|-------|------|---------|
| 11980 | 11/12 | Sun | 7:30 am |

PICKLEBALL IS FUN FOR ALL 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. Fun games will be played in the last 15 minutes of every class. Paddles and balls will be provided. Tennis shoes are highly recommended.

\$155 R | \$160 NR

| Activity # | Dates | Days | Time |
|------------|-------------|------|-----------------|
| 11978 | 9/6-10/11 | Wed | 8:15 am-9:15 am |
| 11976 | 10/25-11/29 | Wed | 8:15 am-9:15 am |

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.

\$50 R | \$55 NR

| Activity # | Dates | Days | Time |
|------------|-------|------|-------------------|
| 11977 | 9/16 | Sat | 10:15 am-12:15 pm |



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

FALL 2023 SKATEPARK HOURS & HOLIDAYS

(Beginning Tuesday, September 5, 2023)

Monday - Friday 11am - 9pm

Saturday - Sunday 10am - 9pm

The Skatepark will be closed on Thanksgiving Day, Thursday, November 23, 2023.

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



NIGHT OF THE LIVING SHRED

ALL AGES

The Night of the Living Shred will consist of 4 horror-themed best trick contests, costume contest, and live entertainment taking place throughout the skatepark. Please visit etnieskatepark.com for more details.

General Admission: Free

Contest Entry Fee: \$20

| Activity# | Date | Day | Time |
|-----------|-------|-----|---------------|
| 12069 | 10/21 | Sat | 7:00-10:00 pm |



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.

Instructor: Skatepark Staff

**Fee: Free | Limited to four per session
15 minute Course**

VETERANS DAY SKATE CAMP

5-17 YRS

Choose this Veterans Day to spend 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. The day of fun will include skateboard instruction, games, lunch, and a t shirt for the campers.

Instructor: qSkatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

Fee: \$55 per person | Limited to 20 kids per session

| Activity# | Date | Day | Time |
|-----------|-------|-----|------------------|
| 12070 | 11/10 | Fri | 10:00 am-2:00 pm |

ETNIES FALL SKATE CAMP

Choose this Thanksgiving 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. Learn the basics of ollies, flip tricks, grinding, bowl riding, and skating transitions. Hone your skills on a variety of the best Skatepark terrain around including the three bowls, two large flow courses, Orange County's only cradle, and a world class street course. Each participant will design and print a custom Etnies Skatepark of Lake Forest t-shirt. Lunch, drinks, and snacks are provided daily. Please send your camper with their own water bottle that they will be able to fill up with water or Gatorade throughout the duration of camp. Participants must provide their own skateboard and full protective gear consisting of a helmet, elbow pads, and knee pads. *No camp on Thursday, November 23, 2022 (Thanksgiving Day)

Instructor: Skatepark Staff

Equipment needed: Skateboard, helmet, elbow/knee pads

Fee: \$199 per person | Limited to 20 kids per session

| Activity# | Date | Day | Time |
|-----------|-------------|---------|------------------|
| 12071 | 11/20-11/24 | Mon-Fri | 10:00 am-2:00 pm |

PRIVATE SKATEBOARD LESSONS

4+ YRS

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

To Register: Please call the skatepark to schedule your lesson (949) 916-5870.

Instructor: Skatepark Staff

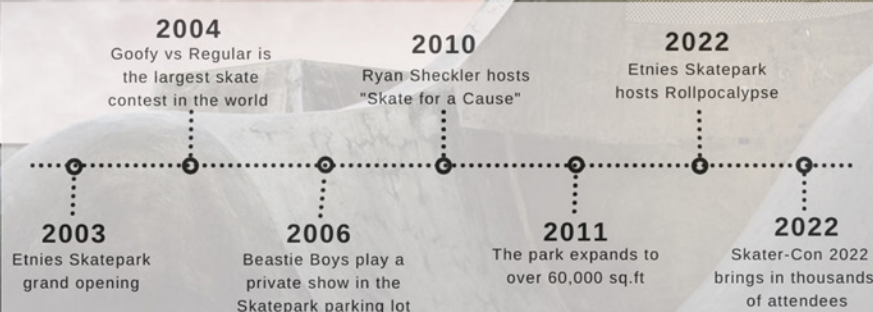
**Fee: \$50 per hour
(A max of two children are allowed per private lesson).**



etnies SKATEPARK OF LAKE FOREST

20 Year Anniversary Celebration
December 16, 2023
2pm-6pm

Carnival - Live Music - Pro Skaters - Giveaways - Expansion Kickoff



COMING 2024/2025:

SKATEPARK EXPANSION!

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



SKATEPARK
etnies
SKATEPARK OF LAKE FOREST
BIRTHDAYS



For more info call: (949) 916-5870 or visit www.etniesskatepark.com

CANCELLATION and USE POLICY

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

Skatepark program participants will need a waiver/membership form filled out before entering the skatepark. The membership is based on a calendar year, and it is valid from January 1 to December 31.

Program participants enrolled in skate classes, camps, or special events will have membership fees waived during the duration of the program. However, if the participant would like to use the skatepark outside of designated program times, they are required to pay the membership fee.

Special Needs



MONSTER MASH HALLOWEEN DANCE

Grab your costume and come dance the night away while we celebrate the spookiest night of the year! There will be live music, games, snacks, and even a photo booth where you can take home a spooky souvenir.

Costumes aren't required, but prizes will be given out to the best dressed ghouls and gals! Bring your friends and come howl at the moon with us!

Location: Lake Forest Clubhouse
100 Civic Center Dr.

| Act#: | Date | Day | Time |
|-------|-------|-----|--------------|
| 12072 | 10/07 | Sat | 6:00-8:00 pm |



For more info call:
273-6978 or 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

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 |
|------------|-----------|------|--------------|
| 12018 | 9/9-11/11 | Sat | 1:00-2:00 pm |

SOCIAL GROUP FOR CHILDREN ON THE AUTISM SPECTRUM

2-19 YRS

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

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

Instructor: Natalie Taguchi-Solorio, M.Ed, PPS, BCBA

Location: Autism Behavior Services, Inc.
23701 Birtcher Drive, Lake Forest

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

| Dates | Days | Time |
|---------|---------|--------|
| Ongoing | Mon-Sat | varies |

REGISTRATION DATES



RESIDENTS: TUES., AUG. 22, 2023, 8:00 AM

NON-RESIDENTS: TUES., AUG. 29, 2023, 8:00 AM

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

Location: RSM or Los Alisos Intermediate Schools



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



MARTIAL ARTS FOR ALL

ALL AGES

A martial arts program for children and adults with special needs. United Studios of Self Defense prides itself on being able to work with students of all ages with different needs and goals. Our program is designed to use individualized martial arts curriculum that is tailored to each person's learning style, needs, and learning pace.

The program will consist of a single 30-minute private session each week (1-4 students per scheduled session), allowing a student the dedicated time and attention to detail needed to refine their skills. Students will also be given the option to participate in group classes, which are determined by age. All classes are held at our location that provides a distraction free environment to maximize learning and student development. We look forward to helping to reach you and your family's goals! For more Info and call: (949) 273-6978 or email kfernandez@lakeforestca.gov.

Instructor: United Studios of Self Defense
Accredited Instructor

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

Single Private Session - \$75

4-Week Program - \$275

12-Week Program - \$705

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



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.



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 scastrillo@calsouth.com

Welcome to The Clubhouse for Seniors



CITY OF LAKE FOREST

THE CLUBHOUSE CALENDAR



www.lakeforestca.gov/seniors | www.facebook.com/lakeforest.clubhouse | SEP - NOV '23



Let's Celebrate Fall!



SPECIAL HIGHLIGHTS INCLUDE:

FRIENDSGIVING CELEBRATION LUNCHEON
PALA CASINO EXCURSION
SENIOR SANTA AND FRIENDS
THE CLUBHOUSE GARDEN CLUB - FLORAL ARRANGEMENTS
THE CLUBHOUSE SENIOR RESOURCE FAIR
VETERANS DAY CELEBRATION - HOTDOGS & HEROES

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



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*Don't miss out
on The Clubhouse Calendar!*

The calendar is a great way to view the activities offered each month.

If you are interested in receiving the free quarterly calendar through email, please call The Clubhouse at (949) 461-3408.

Follow Us



@lakeforest.clubhouse

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

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

Adults— 50 Years & Better

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

BAGELS & BINGO

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

FREE

| Dates | Days | Time |
|-------|------|------------------|
| 9/11 | Mon | 10:00 am-2:00 pm |
| 10/2 | Mon | 10:00 am-2:00 pm |
| 11/6 | 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 |
|-------|------|------------------|
| 9/25 | Mon | 10:00 am-2:00 pm |
| 10/23 | Mon | 10:00 am-2:00 pm |
| 11/27 | 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 |

PALA CASINO EXCURSION

Experience non-stop fun with over 2,000 slot machines and table games, shopping, and many dining options at Pala Casino! Activity fee includes transportation, snacks, and non-alcoholic refreshments.

Fee: \$25 Residents & Non-Residents

| Activity # | Dates | Days | Time |
|------------|-------|------|-----------------|
| 11923 | 9/12 | Tue | 9:00 am-5:00 pm |

THURSDAY CLUBHOUSE LUNCH

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

\$2 R | \$4 NR

| Activity # | Dates | Days | Time |
|----------------------------|-------|------|----------|
| <i>Fall Flannel Fiesta</i> | | | |
| 11920 | 9/28 | Thu | 12:00 pm |
| <i>Ghoulish Delight</i> | | | |
| 11921 | 10/26 | Thu | 12:00 pm |

VETERANS DAY CELEBRATION— HEROES & HOTDOGS!

Join us for a Veterans Day Celebration during Thursday Bingo! A hotdog stand, desserts, and refreshments are provided. If you are a veteran, please send us your favorite photo from when you were in the military service! Email photos to Senior Recreation Supervisor, Courtney Wysocki, at cwysocki@lakeforestca.gov. You do not need to be a veteran to attend.

FREE

| Activity # | Dates | Days | Time |
|------------|-------|------|---------------|
| 11925 | 11/ 9 | Thu | 12:00-1:00 pm |



**Friendsgiving
Celebration**

**November 16
12:00 pm**
Activity #11922

Join us for a delicious turkey feast and all of the fixings!

Embrace the spirit of togetherness as we gather to share laughter and delicious food.

Fee until 3:00pm 11/15:
\$2.00 R | \$4.00 NR

Fee Day of Event:
\$6.00 R | \$8.00 NR

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 |

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 |

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 |
|------------|---------|------|-------------------|
| 11926 | Ongoing | Mon | 10:00 am-3:00 pm |
| | | Tue | 12:45 pm-3:00 pm |
| | | Wed | 10:00 am-12:15 pm |



The Clubhouse Senior Resource Fair

Providing the community with available resources including city services, community resources, health screenings, and non-profit groups.

The first 100 patrons to register will receive a gift!

| Activity # | Dates | Days | Time |
|------------|-------|------|------------------|
| 11924 | 10/16 | Mon | 10:00 am-1:00 pm |

CRAFTY CRAFTERS

Crafty Crafters is offered 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 |
|--------------------------------|-------|------|----------|
| Fall Garland | | | |
| 11927 | 9/19 | Tue | 10:30 am |
| Wooded Pumpkin Painting | | | |
| 11928 | 10/17 | Tue | 10:30 am |
| Cinnamon Stick Candles | | | |
| 11929 | 11/14 | 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 (9/5 & 10/3 classes) | \$5 Registration Fee (11/7 class)

| Activity # | Dates | Days | Time |
|---------------------------------|-------|------|----------------|
| Container Savvy | | | |
| 11930 | 9/5 | Tue | 10:00-11:00 am |
| Fruit Tree Care for Fall | | | |
| 12075 | 10/3 | Tue | 10:00-11:00 am |
| Floral Arrangements | | | |
| 11931 | 11/7 | Tue | 10:00-11:00 am |

FREE BLOOD PRESSURE CHECKS

A blood pressure test measures the pressure in your arteries as your heart pumps and provides 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 |
|-------|------|-------------------|
| 9/18 | Mon | 10:00 am-12:00 pm |
| 10/16 | Mon | 10:00 am-12:00 pm |
| 11/20 | Mon | 10:00 am-12:00 pm |

YOUNG AT HEART - LAKE FOREST BOOK CLUB

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

FREE

| Dates | Days | Time |
|---|------|----------|
| Maid by Stephanie Land | | |
| 9/21 | Thu | 10:00 am |
| The Book Woman's Daughter by Kim Michele Richardson | | |
| 10/19 | Thu | 10:00 am |
| Personal Librarian by Marie Benedict & Victoria Christopher Murray | | |
| 11/16 | Thu | 9:30 am |

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 |
|-------|------|------------------|
| 11/19 | 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 |
|-------|------|--------------|
| 9/7 | Thu | 1:00-3:00 pm |
| 10/5 | Thu | 1:00-3:00 pm |
| 11/2 | 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 |
|------------|-------|------|-----------------|
| 11932 | 9/14 | 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 |
|------------|-------------|---------|-----------------|
| 11933 | 10/30-10/31 | Mon/Tue | 8:30 am-1:00 pm |

**REGISTER
ONLINE**

WWW.LFPARKSANDRECCA.COM



Senior Santa & Friends at The Clubhouse

**'TIS THE SEASON TO MAKE
SOMEONE'S HOLIDAY SPECIAL!**
This "gift" giving program provides
some cheer to older adults
with multiple physical disabilities
and income only slightly above the
federal poverty level.

All donations are tax deductible. Senior Santa & Friends operates in conjunction with the County of Orange Operation Santa Claus program.

ITEMS NEEDED (Must Be New and Unused):

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

Drop off your gift between Nov. 6 and Dec. 7 at
The Clubhouse during operating hours.



SENIOR EMERITUS CLASSES

Instructor: Emeritus Staff
FREE

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 |
|-------|-----------|------|--------------|
| 65865 | 8/22-12/5 | Tue | 2:00-3:05 pm |
| 65855 | 8/24-12/7 | Thu | 2:00-3:05 pm |

CHAIR EXERCISE **NEW CLASS!**

Through a beginning independent movement techniques lecture course with labs used to demonstrate skills primarily for the older adult, this course encourages cognitive health and physical wellness. Students participate in lectures, discussions, and demonstrations on balanced nutrition and life sustaining exercise strategies.

| Tic # | Dates | Days | Time |
|-------|-----------|------|---------------|
| 90065 | 8/21-12/4 | Mon | 12:00-1:05 pm |

COUNTRY LINE DANCE

Through country line dancing, this course addresses the physical and mental health of the older, mature adult, using exercise and fitness activities to maintain an active, independent lifestyle.

| Tic # | Dates | Days | Time |
|-------|------------|------|-------------------|
| 90200 | 8/22-12/19 | Tue | 10:30-11:20 am |
| 90205 | 8/22-12/19 | Tue | 11:30 am-12:20 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 |
|-------|------------|------|---------------|
| 65815 | 8/22-12/19 | Tue | 12:30-2:20 pm |

PHYSICAL FITNESS **NEW CLASS!**

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 |
|-------|------------|------|-------------------|
| 90355 | 8/23-12/20 | Wed | 11:30 am-12:20 pm |
| 65740 | 8/24-12/14 | Thu | 10:30-11:20 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 |
|-------|------------|------|-------------------|
| 65745 | 8/22-12/19 | Tue | 10:30 am-12:20 pm |

STRETCH & 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 |
|-------|-----------|------|----------------|
| 90080 | 8/21-12/4 | Mon | 10:30-11:35 am |

TAI CHI MOBILITY

Tai Chi Ch'uan is an ancient Chinese exercise that provides both mental and physical health benefits. Improve balance, lower high blood pressure and increase vitality with tai chi! Learn tai chi movements, self-massage acupressure and the philosophy of tai chi ch'uan.

| Tic # | Dates | Days | Time |
|-------|-------------|------|-----------|
| 90085 | 08/23-12/20 | Wed | 1-1:50 pm |



YOGA **NEW CLASS!**

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 |
|-------|------------|------|-------------------|
| 90035 | 8/24-12/14 | Wed | 10:30-11:20 am |
| 65860 | 8/24-12/14 | Wed | 1:00-2:50 pm |
| 90060 | 8/24-12/14 | Thu | 11:30 am-12:20 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 |
|-------|------------|------|-------------------|
| 13300 | 8/21-12/20 | Wed | 10:00 am-12:50 pm |

LIFE AND TECHNOLOGY INTEGRATION FOR OLDER ADULTS

This class introduces students to the effective use of emerging technologies and how to create ease, efficiency, and comfort in completion of daily tasks. Students will learn about internet use, computers, tablets, smart cell phones, mobile apps, and other emerging technologies.

| Tic # | Dates | Days | Time |
|-------|------------|------|--------------|
| 12960 | 8/21-12/20 | Tue | 1:00-2:50 pm |



Senior Emeritus Classes

FALL PRIORITY REGISTRATION
June 6th through June 9th, 2023

OPEN ENROLLMENT BEGINS
June 12th, 2023

CLASSES BEGIN
Week of August 21st, 2023

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/emergitus 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/emergitus 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.



HICAP

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM

TUESDAYS
10:00 am-1:00 pm

September 12

October 10

November 14

FREE

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.

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 & phone number.



PHONE DIRECTORY

AARP (888) 687-2277

Access

(Reservations/Information) (877) 628-2232

Access (Eligibility) (714) 560-5956

Age Well Senior Services, Inc. (949) 855-8033

City of Lake Forest City Hall (949) 461-3400

Council on Aging (714) 479-0107

Non-Disabled

Housing Information (714) 480-2864

Elder/Disabled Adult Abuse (800) 451-5155

**Hazardous Waste, Disposal of Expired Unused
Medicine & Old Cell Phones** (714) 834-4000

HICAP Services (800) 434-0222

Human Services Information 211

Irvine Valley College/Emeritus (949) 367-8343

Meals on Wheels (949) 380-0155 ext.12

Medicare Fraud Hot-line (800) 447-8477

OCTA (Transportation) (800) 636-7433

Office on Aging (800) 510-2020

Orange Caregiver

Resource Center (800) 543-8312

Saddleback College/Emeritus (949) 582-4835

CITY OF LAKE FOREST

Transportation Options for Seniors

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

For additional information, call (949) 461-3408.

California Yellow Cab

Are you 60 years or older? A resident of Lake Forest and do not drive or own a vehicle? We have transportation for you with California Yellow Cab!

OPTIONS:

- \$2.00 One Way (\$4.00 Round Trip)
Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc.
- \$5.00 One Way (\$10.00 Round Trip)
To and from non-emergency medical appointments to Saddleback Memorial Hospital, Mission Hospital, South County Orthopedic Specialist, Kaiser Hospital (Irvine), and Hoag Hospital (Irvine).

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

- You must have a current DMV Identification Card verifying that you're a Lake Forest resident to take part in this program.

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

\$10.00 Replacement Lost Card Fee



NOTE: All Taxi passengers must be 60 years of age or better. It may take up to two weeks from the time you register for the program, and take your picture for your ID card, for the card to be valid for you to make a taxi reservation.

Staff will call you to come pick up your card when it is ready to be used. Once you receive your Taxi ID card, you will be able to make a reservation and pay the taxi driver directly with either cash or a credit card.

AWSS Bus Service

JOIN THE FUN!

FREE

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

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





HOW TO Register for Programs

Fall 2023 Registration Dates

Lake Forest Residents: Tuesday, August 22, 2023 beginning at 8am | **Non-Residents:** Tuesday, August 29, 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 ☐ NO

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

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

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

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

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

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

Mail this form with payment to - Attn: Program Registration
Lake Forest Sports Park & Recreation Center 28000 Rancho Parkway Lake Forest, CA 92630



Question or Comments on Registration?
Please Call: (949) 273-6960
Or email: 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

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

POSTAL CUSTOMER

ECRWSS

ANNUAL *Tree Lighting Ceremony*

**Saturday,
December 9
3-6 pm**

- Entertainment
- Games • Crafts
- Sip & Shop
- Special Guests!

CITY TELEPHONE NUMBERS

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

FIND US ONLINE

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

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

