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CEMBER 20

The **Leaflet**



A MESSAGE FROM CITY MANAGER **DEBRA ROSE**

The opening of the Etnies Skatepark of Lake Forest in 2003 was an exciting time for the City: the skatepark was one of the first in Orange County, the largest in California, and the first built with a public-private partnership. On December 16, we're hosting an anniversary celebration for the skatepark, which has turned out professional skaters and provided literally thousands of hours of fun for Lake Forest residents of all ages.

You can find more information about the history of the skatepark and the anniversary event in this issue of The Leaflet, but be sure to check out the Park Guide, too. While the skatepark is one of our best-known destinations, Lake Forest strives to offer a wide range of activities at the City's 31 parks.

We have basketball hoops at 13 parks and tennis courts at five. Six parks have baseball facilities, while another half-dozen have soccer fields. Foothill Ranch Community Park has a roller-hockey rink, and we plan to build the City's first box lacrosse court there, too. Portola Park, one of the City's newest, is home to a lighted sand volleyball court as well as lighted pickleball courts.

Portola Park also has a lighted dog-park area; another dog park (Barker Ranch) offers a pup play area without lights. Finally, more than a half-dozen of our parks offer walking paths.

We're fortunate that we have so many wonderful parks spread throughout the city, and a tradition of City Council members who have supported park renovations. It's tough to pick a favorite, but I encourage you to visit a few. The Sports Park and Recreation Center on Rancho Parkway offers something for nearly everybody, and Portola Park has a great children's play area, grassy field, and walking path – all with a beautiful view at sunset.

See www.lakeforestca.gov/parksandfields for more information on what Lake Forest parks offer, and see you on December 16 at Etnies Skatepark of Lake Forest!

Debra Rose



MEETINGS AT A GLANCE

CITY COUNCIL MEETINGS

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

COMMUNITY SERVICES COMMISSION MEETINGS*

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

PLANNING COMMISSION MEETINGS*

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

TRAFFIC AND PARKING COMMISSION MEETINGS*

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

All meetings will start at 6:30 pm *Subject to change; visit all agendas at: www.lakeforestca.gov/agendas

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

CITY NEWS

ACTIVITY LIGHTING ADDED TO PORTOLA PARK

There's literally not enough hours in the day.

The demand for the dog areas, pickleball courts and volleyball court at Portola Park has been so high that the City Council directed staff to add lighting to the activity areas to ensure all residents get a chance to use them.

The newly installed lighting over the three pickleball courts and sand volleyball court are the same height as the parking lot lighting to avoid disturbing nearby residents. The dog park lighting is also low-level.

Additional improvements are in the works at other Lake Forest parks. The City's strategic plan includes the first phase of upgrades to Cavanaugh Park, renovations to the fields at Heroes Park, and the beginning of outreach and design work for improvements at the Etnies Skate Park of Lake Forest, Nature Park, Lake Forest Park, and Vintage Park, among other projects.

Lake Forest park hours are typically dawn to dusk, but lighted areas – whether at Portola or another city park – are open until 10 p.m. See www.lakeforestca.gov/parksandfields for more information.



SHOP SMART, DINE WELL: LAKE FOREST'S BOGO COMMUNITY GIFT CARDS

Double your dining and shopping delight with Phase 4 of the City's Buy-One-Get-One Community Gift Card Program. Discover how you can make every dollar count and enjoy the best of the City's local businesses!

The Lake Forest City Council approved Phase 4 of the Buy-One-Get-One Community Gift Card Program on October 17, allocating additional funds to the program. Residents can purchase a digital gift card worth \$50 or \$100 and receive a second digital card of the same value for free. These cards can be used at a variety of participating Lake Forest restaurants and local businesses.

Just like in previous rounds, residents can buy a maximum of three cards, with a maximum spending limit of \$400 in any single transaction. Additionally, the City-issued gift card will expire six months after purchase.

Visit www.lakeforestca.gov/GiftCard to learn more, see participating businesses or purchase a gift card.





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









Lake Forest

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

CITY NEWS





ETNIES SKATEPARK OF LAKE FOREST: Skating Through 20 Years

The 11-step staircase at etnies Skatepark of Lake Forest is a rite of passage for any young skater. One day, a confident 10-year-old took a few pushes and landed an ollie that would have made anyone proud.

"No way dude, that was so sick!" exclaimed another young skater. "First try down the 11 stair, and he's only ten years old... Anyone know his name?"

These words can be overheard any day of the week at etnies Skatepark of Lake Forest, one of the largest public skateparks in the nation, which opened on Saturday, December 13, 2003.

A landmark public/private partnership embarked on by The City of Lake Forest and etnies, a skateboard company, teamed up to build the world-renowned etnies Skatepark of Lake Forest. It took nearly four years to turn their dream of a world-class skatepark into a reality, with concrete ramps, bowls, and a competition street area.

In two decades, etnies Skatepark of Lake Forest has become a world-renowned destination for skateboarding, recreation, and events. Transworld Skateboarding magazine ranked it one of the top 10 "ride before you die" skateparks in the world. It has been featured in numerous television shows on Disney, Nickelodeon, and MTV, and in the video game EA Skate 2. For over five years, it has been named "Best Skatepark in OC" by OC Parenting magazine. Once known for its Marine base, Lake Forest is now synonymous with its skatepark.

World Class Events

In addition to world-class skating, the skatepark has hosted many events, including the GvR team competition, which brought together the world's best professional skaters by stance to compete for the title of best stance. Sanctioned by the World Cup of Skateboarding, the first

GvR event occurred in 2004, with Bastien Salabanzi leading the Regular team to victory. This contest was held for five years and included a street festival and amazing musical guests such as, The Beastie Boys in 2006, the Yeah, Yeah, Yeahs in 2007, and Bad Religion in 2009. Crowds of over 20,000 would attend each of these events making them the largest events held at the skatepark.

Ryan Sheckler's Skate for a Cause was held for nine years at the skatepark, raising hundreds of thousands of dollars for charities like Make a Wish. This event also included a Wheelchair Motocross (MCMX) and Adaptive Skate contests so all could participate.

Over the years the skatepark hosted more special events:

- The A-Skate clinics allowed those with autism the chance to experience the rush of skateboarding alongside their favorite pros and dedicated volunteers. These amazing interactions can be seen in the movie Heart Child.
- The "Kyle Wall" dedication occurred when the parents and friends of Kyle Cumming came together to celebrate and fund the addition of a new skate feature in the park in memory of Kyle, a park regular who passed away at 13. His three best friends – his daily skate crew - all took the first drop in together, making it a very memorable evening.
- On July 21, 2012 City staffer Nick Gates and Pierre-André Senizergues set the Guinness World record for the largest skateboard lesson (311) in honor of Thomas Johnson, who lost his battle with pediatric cancer when he was 8. The goal was to raise awareness of pediatric cancers and remember Thomas "skatepark style." Thomas spent many days learning to skate; the skatepark was one of his favorite places. The World Record stands today.

continued on page 6

∉etnies

ETNIES SKATEPARK OF LAKE FOREST:

The park continues to host special events, lessons, classes, camps, even birthday parties. Most of the staffers grew up skating at the park and keep it in top-notch condition. Contests such as the Fall Classic and Hallow's Eve bowl bash are some of the more notable events and are well attended by novice to professional skaters. The brave ones come out to the overnight camp-out and skateboard until the sun comes up!

Expansions and Facelifts

The park's first expansion project began in 2009 and officially opened August 20, 2011. The addition of a backyard style swimming pool, cradle and x-games style flow area, mini bowl, and new street obstacles brought the skatepark to 62,000 square feet and made it one of the largest in the world. Park users and residents had several opportunities to express what they wanted to see in the new skatepark areas and were riding away the second it was completed.

More work is included in the City's budget. Plans will be drawn up after a vigorous outreach campaign.

Locals Become Pros

Park locals such as Dylan Witkin, Aidan Campbell, and Daniel Vargas, to name a few, honed their skills at the skatepark and progressed into the professional skateboard world.

"Etnies park was my home away from home. Most of my best memories and who I became as a skateboarder came from there," Dylan Witkin recalled.

The park provided a place for us kids to be kids and have fun skateboarding while the staff helped form a sense of community where we felt like we were accepted.

—Aidan Campbell

And that 10-year-old who easily conquered the 11-stair? He may not have been known by many in the early days of the skatepark, but he sure is known by many today.

"I have had so many memories at Etnies Skatepark. Some of my favorites are the Goofy Versus Regular contests, and the many Sheckler Foundation's Skate for a Cause events that we were lucky enough to be able to have there," said Ryan Sheckler, one of the most famous skaters of his generation. "I've learned a lot of tricks at that park, and I've taken a lot of slams at that park. One of my favorite skateparks for sure."



Live music and n

CITY NEWS





LAKE FOREST PARTNERS WITH PET ADOPTION CENTER TO PROVIDE MORE RESOURCES

The City of Lake Forest partners with The Pet Adoption Center of Orange County to provide additional resources and services beyond those provided by the City's animal control/care provider, OC Animal Care in Tustin. The PAC-OC is located in Lake Forest, and assists residents with awareness, prevention, rehoming services, and dog adoptions, based on individual pets' and families' needs. OCAC (ocpetinfo.com) is the location for Lake Forest residents to deal with lost, stray, and abandoned animals, as well as pet licensing.

As of the fourth quarter of 2023, there are far more families in need of assistance with rehoming their pets in Orange County than there are families looking to adopt a pet. The PAC-OC and Lake Forest residents are stepping up to help. In addition to offering dog rescue and adoption services, the PAC-OC has been able to assist Lake Forest pet owners with rehoming services, often while the pet stays in the home until a suitable adopter has been found. If the PAC-OC is not able to directly assist in rehoming, they can refer families to a variety of resources, some of which might be able to aid the owner in keeping their pet, rather than having to rehome their precious family member.

As the holiday season approaches, please think through the long-term needs of a family pet. While it sounds good to adopt a puppy as a gift for the kids for Christmas, it is one of the most common rehoming requests received from families after the holidays are over. Puppies are expensive, need medical care, and a lot of exercise, attention and training. Educate yourself on their needs, and include all family members in the choice of a pet. Buy pet insurance so unexpected medical costs don't lead to a difficult decision. The PAC-OC can assist in adoption matching.

For more information on the PAC-OC and their services, please visit their website at www.adoptocpets.org. For questions, email lfhelp@adoptocpets.org.

LAKE FOREST FAMILIES ASSISTED BY QUARTER 2023						
	1st Quarter	2nd Quarter	3rd Quarter			
Rehoming Assistance	3	2	2			
Adoption Matching	3	1	6			

APPLY FOR PASSPORTS AT CITY HALL

Lake Forest City Hall is now a Passport Acceptance Facility and is accepting appointments. Passport applications are processed by appointment only on Wednesdays and Fridays from 9 am to 4 pm.

- To book an appointment, please go to the online passport calendar.
- Please also visit the Passport Services webpage at www. lakeforestca.gov/passports to

review the process and complete all requirements prior to your appointment.

City Hall can only accept applications for new passports and will forward all documents to the U.S. Department of State, where your passport application will be processed.

Minors under 16 years old are only eligible for new passports and both parents must attend the appointment. Renewals for adult passports are not processed at City Hall, and are accepted at the U.S. Department of State by mail only.



CHP ROLLS OUT ONLINE E-BIKE SAFETY TRAINING

As the popularity of electric bikes (e-bike) continues to skyrocket in Lake Forest and across the state, the California Highway Patrol (CHP) is launching an online e-bike safety and training program to help keep commuters and recreational cyclists safe.

Assembly Bill 1946, which took effect on January 1, required the CHP to work with stakeholders to develop an online training program that offers information on e-bike safety, emergency maneuver skills, rules of the road, and laws related to e-bikes. The e-bike safety and training program features tutorials, videos, a quiz, and other interactive elements with an easy-to-follow presentation to help make the material engaging, practical, and informative.

Electric bicycles are heavier and faster than standard bicycles and, without the proper safety education and training, e-bike riders have a higher risk of becoming severely injured or killed in a crash. As e-bikes become more commonplace, it's also important for drivers to familiarize themselves with sharing the road with e-bike riders.

According to preliminary data from the California Statewide Integrated Traffic Records System, more than 9,600 bicycle-involved accidents were reported in 2022. At least 225 of those crashes involved an e-bike, including four that resulted in fatal injuries. This reflects a significant increase from the previous year, when 80 e-bike crashes were reported in California.

The CHP's online e-bike safety and training program is designed to help riders of all abilities and all ages identify potential hazards, while offering information on safe riding practices and hazard-avoidance maneuvers.

The CHP collaborated with many stakeholders who assisted with the content and creation of the e-bike safety and training program. The diverse group of safety stakeholders includes several leading organizations committed to bicycle safety; federal, state, and local government traffic safety partners; and injury prevention coordinators from hospitals throughout the state.

See the course at www.chp.ca.gov/Programs-Services/ Services-Information/Bike-and-Ped-Safety



CATALYTIC CONVERTER SHIELD PROGRAM

Protect yourself from being a victim

Receive a \$250 Gift Card

from the Lake Forest Shield Program

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

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

Visit lakeforestca.gov/CatGrant to apply!



LAKE FOREST

The Leaflet



CITY'S FIRST MIXED-USE PROJECT WELCOMES RESIDENTS

The Portola Senior Apartments at Glenn Ranch Road and Saddleback Ranch Road are now home to 57 seniors earning 50 percent or less of the Area Median Income (AMI). The AMI is based on very low household income in Santa Ana-Anaheim-Irvine (CA HUD Metro Fair Market Rents Area) which is no more than \$50,250 annually.

The new complex developed by Community Housing Works offers an array of amenities for residents to enjoy including a clubhouse, landscaped courtyards, and close proximity to storefronts. This development is Lake Forest's first mixed-use site, offering 10,000 square feet of retail/dining space on the first floor. No tenants were in the space as of mid-October, but it is being marketed to the community.

The Portola Senior project opened its interest list in February 2023 and received 730 applications by May 2023. On Raymond Way, Mountain View, the City's third affordable housing community with 71 1-, 2-, and 3-bedroom units, had more than 1,750 submissions during the application period which was overseen by National Core Renaissance, the site developer. Nearly 18 percent of the applicants were individuals who work or live in Lake Forest.

All applications submitted to the Portola Senior Apartments and Mountain View were entered into a randomized lottery to be selected for a unit. These two new developments offer housing to more than 120 individuals and families. Another 65 units will be offered to the community once the City's fourth affordable housing community, The Meadows Senior Apartments, is finished in 2024.

Visit www.lakeforestca.gov/affordablehousing to learn more about the City's housing projects.

More Affordable Housing Coming to Our Community



nationalcore.org/communities/ mountain-view/



Meadows Senior Apartments www.wmeadowsseniors.com

CITY NEWS



DELAY THE SPRAY – Environmentally Friendly Garden Pest Prevention

When you spot a new trail of ants invading your home, your first instinct may be to reach for that can of bug spray. However, applying pesticides in the wrong manner can result in discharges to the storm drain system, and can have negative effects on local creeks, lakes, and the ocean.

Pesticide use can be an effective method for dealing with insect pests around the home; however, these compounds should not be applied directly to areas draining to storm drains or before an anticipated rain storm.

Also, pesticide usage should be part of a balanced approach, and in some cases, a last resort. Pesticides are effective at managing pest populations in the yard, but they can also impact aquatic insects and other organism populations in waterways – some chemicals are even more toxic in water than they are on land.

How can you help? The University of California Division of Agriculture and Natural Resources recommends practicing Integrated Pest Management (IPM), which focuses on long-term prevention of pests through a combination of techniques such as biological control, habitat manipulation, modification of cultural practices, and use of resistant varieties. Under IPM, pesticides are used only

after monitoring indicates they are still needed to remove target pests.

USE THESE TIPS TO IMPLEMENT IPM ON YOUR PROPERTY:

- Do not apply pesticides within 72 hours of a predicted rain storm.
- Follow the instructions on the product label.
- Alter the home or garden environment to deprive pests of food, water, and shelter.
- Keep pests out by using barriers, screens, and caulking entrance pathways.
- Plant pest-resistant or well-adapted plant varieties, such as native plants.
- Discourage various pests by modifying the way you design, irrigate, fertilize, and manage your garden.
- · Squash, trap, wash off, or prune out pests.
- Encourage beneficial insects to live in your garden.

For more information and resources on environmentally friendly pest management, please visit www.h2oc.org/good-bad-bugly/



LANDFILL WASTE IS ON THE BRINK, LET'S HELP IT SHRINK

Nearly one-third of landfill waste is recyclable according to CalRecycle.

- 20 percent is paper/cardboard
- 18 percent is food
- 12 percent is lumber
- 9 percent is landscape waste

Put Tubby the Trash Can on a diet and cut out the recyclables. Throw items like food scraps, food-soiled paper, and yard waste in the green cart, and glass, cardboard, and tin cans in the blue cart.

California law mandates that food waste go into the green cart for composting, rather than the trash bin headed to the landfill. Organic waste in landfills emits 20 percent of the state's methane.

Visit www.lakeforestca.gov/trashandrecycling to learn more about what items go in which cart.

The Leaflet



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.



An application is required for participants of the Expand

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

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



SPRING PLANTING SEASON IS MARCH 1 TO JUNE 1

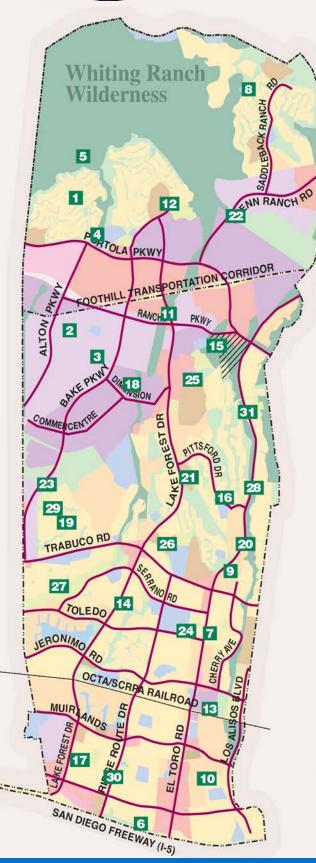


Visit www.lakeforestca.gov/expandtheforest

SPONSORS	DEDICATION	TREE SPECIES	PARK
Peter, Zebastian, and Oliver Shebli and Allison & Liv Botana	In loving memory of Mohsen Shebli, amazing father and grandfather. We love you! We miss you!	Crape Myrtle	Concourse Park
Linda Mercado	In loving memory of Robert Mercado, a great husband, father and grandfather	Crape Myrtle	Concourse Park
Gwen & Dave Dorn, Weyringer Family	In loving memory of Ed & Helen Dunning, great parents, grandparents and in-laws	Crape Myrtle	Vintage Park
Frank Germick	In loving memory of Sharon Germick, we miss you and love you	Crape Myrtle	Concourse Park
Kathryn Tsang	In loving memory of Verna Pink, mother, grandmother and great grandmother	Crape Myrtle	Peachwood Park
Your family	In memory of Merid Maniazewal	Sycamore	Concourse Park
The Henry/Goodman Family	In loving memory of great grandpa Jerry, who loved a walk in the park	Crape Myrtle	Ranchwood Park
Sara Cook Snelson	In loving memory of Donald F. Cook	Crape Myrtle	Peachwood Park
Zachary and Lynn Kleist	In loving memory of Frederica Weeker	Crape Myrtle	Vintage Park
Literary Guild Friends	In loving memory of Nancy Will	Crape Myrtle	Concourse Park
Dick & Pat Fenton & Family	In memory of Kathy Dapper, our friend and neighbor. We will miss our conversations, your laughter and smile	Crape Myrtle	Rancho Serrano Park
His loving wife, children and grandchildren	In loving memory of Johnny Griffith, a husband, father, grandfather, and friend	Crape Myrtle	Peachwood Park



PARK GUIDE



	Acres	Barha	Bason	Baskett	Multi	Out	D Picnic Sercise Equ	Pla	Rest	So	Tennis	No.
18992 Alton Parkway	2.3	4		1hc			9 1s	1				
2 Baker Ranch Community Park	8	2	1	1	1		10	1	1	1		
26380 Rancho Parkway 3 Barker Ranch Dog Park*	0.5											
26500 Baffin Bay Drive 4 Borrego Park	11	5		1 _{fc}			11	1	1	1		1
26982 Čabriole 5 Borrego Overlook Park	1.6	3					5	1				
21 Viaggio Lane 6 Cavanaugh Park	6.27	900		1hc			1	1				
23782 Cavanaugh Road	4.5	3		1 _{he}			8	1				
7 Cherry Park 22651 Cherry Avenue						o izalio	1s					10
8 Concourse Park 18931 Saddleback Ranch Road	7	2		1hc		1	4 2s	2	1			1
9 Darrin Park 22461 Cherry Avenue	3.1	6		1hc			11 1s	1				
10 El Toro Park 23701 Los Alisos Boulevard	10	2				1	7 1s	1	1		2L	
Etnies Skatepark of Lake Forest 20028 Lake Forest Drive	5.3						4		1			
12 Foothill Ranch Community 🌊	15.5		2	1tc			10	2	1	1	2	1
Park 19422 Rue De Valore	12.4	1	4L		11		5		1			
25420 Jeronimo Road 14 Lake Forest Park	2.3							1				
24000 Serrano Road Lake Forest Sports Park/	00	0	F	0	0	্ৰ	200	0	0	F		4
Recreation Center 28000 Rancho Parkway	86	8	5 L	2 L fc	3	1	36 s	2	2	5		1
16 Montbury Park 21962 Montbury Drive	3.5	1					2					
Mountain View Park 24061 Dylan Street	5.3	2	1	1fe 1he		1	9 1s	2	1		2L	
18 Nature Park	4.5						7 1s					1
26215 Dimension Drive Peachwood Park	2.7						5 1s	1				
21132 Peachwood Pebble Creek Park	1.9						1	1				
26441 Pebble Creek Road 21 Pittsford Park	10	2					8	2	1		2	1
21701 Pittsford Drive	2500	_					1s		, ar			
28040 Glenn Ranch Road	5					1						1
Rancho Serrano Park 20842 Paseo Sombra	5.1	3					7			1		
24 Ranchwood Park 22500 Killy Street	1.9			1hc				1				
25 Regency Park Regency Lane & Osterman Road	5									1		
26 Rimgate Park 29772 Rimgate	5	1		1 _{fc}			7 1s	3	1		1	
Serrano Creek Park 25101 Serrano Road	44	3						1	1			1
28 Sundowner Park	0.8	1					2	1				
22041 Sundowners Lane Tamarisk Park	11.2		1	1 to			6	1	1			
22001 Tamarisk 30 Veterans Park	4.7						3					
23102 Ridge Route Drive 31 Vintage Park	4.8	5		1 _{fc}			11	1				
21000 Vintage Street				1hc				-				

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

gymnasium

under construction

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



roller rink

The Leaflet



WINTER 2023/24 REGISTRATION DATES

RESIDENTS: BEGINS AT 8 AM, TUESDAY, **NOVEMBER 21, 2023**

NON-RESIDENTS: BEGINS AT 8 AM, TUESDAY, **NOVEMBER 28, 2023**

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RECREATION PROGRAM GUIDE

COMMUNITY SERVICES CONTACT INFORMATION

Community Services(949) 273-6960 www.lfcommunityservices.com
Community Center Rentals(949) 461-3407
Etnies Skatepark of Lake Forest (949) 916-5870 www.etniesskatepark.com
Lake Forest Sports Park & Recreation Center (949) 273-6960 www.lakeforestsportspark.com
The Clubhouse (Senior Center)
Saddleback College Emeritus Registration(949) 582-4835
Irvine Valley College Emeritus Registration(949) 451-5555





COMMUNITY SERVICES

WINTER HOLIDAY SCHEDULE

CHRISTMAS DAY

Monday, December 25, 2023

NEW YEAR'S DAY

Monday, January 1, 2024

MARTIN LUTHER KING JR. DAY Monday, January 15, 2024

PRESIDENTS' DAY

Monday, February 19, 2024

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.





Join Santa Claus for a delicious breakfast or brunch!

Enjoy farm-fresh eggs, honey cured bacon, sausage, fruit salad, bagels, pastries and spread. There will be good tidings and cheer along with holiday melodies, cookie decorating, and story-time with Santa.

Resident Fee: \$15 pp / Non-Resident Fee: \$20 pp **Location:** Civic Center Campus, The Clubhouse

(100 Civic Center Drive)

To Register: Online, Mail-in, Walk-In **For More Info Call:** (949) 273-6960

Act#:12082

Seating 1 Sat, Dec 2 8:30-10:30 am

Act#:12083

Seating 2 Sat, Dec 2 11:30am-1:30 pm

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



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

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

Lakeforestca.gov (as of November 1, 2023). Mail in or walk in the completed form to the Lake Forest Sports Park and Recreation Center (28000 Rancho Parkway).

Fee: **FREE** (Lake Forest residents only)

Reservation Deadline: Friday, December 1

•

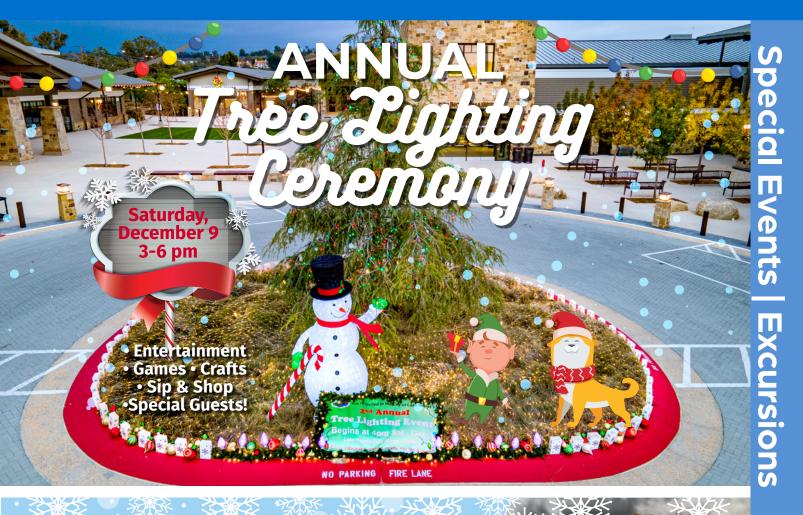
Online Registration is not accepted for this program

Ages 3-8 • Wed, Dec 6• 6:30 – 8:30 pm



For more info or to receive a North Pole Calling reservation form call: The Recreation Center at (949) 273-6960

RECREATION PROGRAM GUIDE





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

Sleds and saucers will be available for you and your family to slide down Mount Pittsford.

Pre-registration is mandatory. Sledding wristbands are usually sold out by the time of the event. Everyone who sleds down the hill must have a pre-purchased wristband and completed a waiver.

• Fee: \$10 per Sledder Resident | \$15 Non-Resident

(Purchase wristbands **IN-PERSON ONLY** at the Lake Forest Recreation Center, 28000 Rancho Parkway. Wristbands are for sledding only. Limited number of wristbands sold for each session. No refunds will be given for cancellations or lost wristbands. Online registration is not accepted for this program.)

• Location: Pittsford Park, 21701 Pittsford Dr.

For more info call:

The Lake Forest Recreation Center at (949) 273-6960



Session 1 Families Sat, Jan 27 10:30 am-11:45 am
Session 2 Families Sat, Jan 27 12:00-1:15 pm
Session 3 Families Sat, Jan 27 1:30-2:45 pm

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

Rain date for this event is February 3.

Excursions

WINTER FANTASY SAWDUST FESTIVAL

18 YRS +

Embrace your holiday spirit and join us for a festive, unique shopping experience in an enchanting winter wonderland with thousands of lights and decorations, handcrafted gifts by 165 artists, live music, carolers, puppeteers, and free art classes. Hot beverages, libations, and a variety of tasty meals are available at their concession stands.

Fee: \$29.00 Residents and Non-Residents

Activity # Dates Days Time

12202 12/1 Fri 12:00-6:00 pm

2024 ROSE PARADE

10 YRS +

The 135th Rose Parade promises to be a parade full of flowers, music, floats, and fun! This year's theme is "Celebrating a World of Music: The Universal Language" so let's kick off your New Year in official grandstand seats located at 1350 E. Colorado Blvd. A boxed lunch will be served on the way home. Meal is included in excursion price.

Fee: \$140.00 Residents and Non-Residents

Activity # Dates Days Time

12203 1/1 Mon 6:00 am-2:00 pm

Winter Break Camp

CREATIVE KIDS CLUB— WINTER WONDERLAND CAMP

6-13 YRS

School is out, winter break is here! The Lake Forest Sports Park staff is going to be here for a week of fun! The weeklong camp is consisted of crafts, games, and a visit from a special guest. Participants must bring snacks and a lunch. Please see camp refund policy below.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$200 R |\$205 NR

Activity # Date Day Time

12084 1/2-1/5 Tue-Fri 7:30am-6:00 pm

2024 CAMP CANCELLATION POLICY AND FEE

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





RECREATION CLASSES

Preschool & School Aged Classes

HOLIDAY PRESCHOOL PARTY

Holiday Magic is coming! Mark your calendar for the most magical holiday party in the City of Lake Forest! Get into the holiday spirit with crafts, treats, Christmas carols! Don't forget to wear your favorite Christmas Pj's! Parent Participation Required.

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$15 R |\$20 NR

Activity # Date Day Time

12085 12/16 Sat 11:00 am-1:00 pm

VALENTINE PRESCHOOL PARTY

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

Instructor: Lake Forest Staff

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$15 R |\$20 NR

Activity # Date Day Time

12806 2/10 Sat 11:00 am-1:00 pm

REGISTRATION DATES



RESIDENTS: TUES., NOV. 21, 2023, 8:00 AM

NON-RESIDENTS: TUES., NOV. 28, 2023, 8:00 AM

MUSIC TOGETHER

3-5 YRS

3-5 YRS

BIRTH-4 YRS

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

Instructor: Elena Salisbury, MM from Russian

Conservatory, registered Music

Together teacher

Location: Lake Forest Recreation Center

28000 Rancho Parkway

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

Material Fee: \$40

Activity #	Dates	Days	Time
12192	1/16-3/19	Tue	10:30-11:15 am
12193	1/16-3/19	Tue	4:15-5:00 pm
12194	1/19-3/22	Fri	9:15-10:00 am
12195	1/19-3/22	Fri	10:15-11:00 am
12196	1/20-3/23	Sat	9:00-9:45 am
12197	1/20-3/23	Sat	10:00-10:45 am

HOLIDAYS WITH MUSIC TOGETHER

BIRTH-6 YRS

Dance, sign and play instruments to your favorite holiday songs. Participate with your little one in this fun and musically rich social setting that supports growth and learning.

Instructor: Elena Salisbury, MM from Russian

Conservatory, registered Music

Together teacher

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$45 R | \$50 NR (2-class session)

	•	•	
Activity #	Dates	Days	Time
12186	12/12-12/19	Tue	10:30-11:15 am
12187	12/12-12/19	Tue	4:15-5:00 pm
12188	12/15-12/22	Fri	9:15-10:00 am
12189	12/15-12/22	Fri	10:15-11:00 am
12190	12/16-12/23	Sat	9:00-9:45 am
11991	12/16-12/23	Sat	10:00-10:45 am

The **Leaflet**



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. 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

\$79 R | \$84 NR (5-week session)

Activity # Dates Days Time

12093 1/20-2/24 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. 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

\$79 R | \$84 NR (5-week session)

Activity # Dates Days Time

12094 1/20-2/24 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 improves coordination, rhythm, gross motor skills, and agility. All movement and songs are age-appropriate. Athletic attire and sneakers required. 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

\$79 R | \$84 NR (5-week session)

Activity # Dates Days Time

12095 1/20-2/24 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 storytimes and one craft. Leotard, tights, and ballet shoes required. \$5 material fee due on first day of class. 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

\$79 R | \$84 NR (5-week session) | Materials Fee: \$5

Activity # Dates Days Time

12096 1/20-2/24 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

\$115 R | \$119 NR (5-week session)

Activity # Dates Days Time

12088 2/14-3/13 Wed 6:45-7:45 pm

REGISTRATION

RESIDENTS: TUES., NOV. 21, 2023, 8:00 AM NON-RESIDENTS: TUES., NOV. 28, 2023, 8:00 AM

RECREATION CLASSES

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

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

Instructor: Ron Gorman

Location: Lake Forest Recreation Center

28000 Rancho Parkway

Fee:\$115 R | \$119 NR (5-week session)

Activity # Dates Days Time

12089 2/14-3/13 Wed 7:45-8:45 pm

PRESCHOOL GYMNASTICS— (PEE WEE GYMNASTICS) 3.6-5.5 YRS | 4-6.3 YRS

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

Instructor: Us Too Gymnastics

Location: Us Too Gymnastics Facility

25 Spectrum Pointe Dr, St. 405, Lake Forest

\$80 R | \$85 NR (4-week session)

Activity #	Ages	Dates	Days	Time
12138	3.6-5.5 yrs	1/9-1/30	Tue	1:00-1:50 pm
12139	4-6.3 yrs	1/11-2/1	Thu	2:45-3:35 pm
12140	3.6-5.5 yrs	2/6-2/27		1:00-1:50 pm
12141	4-6.3 yrs	2/8-2/29	Thu	2:45-3:35 pm

MISS SARA'S SUNSHINE SEEKERS

1.5-8 YRS

We meet weekly as I guide families through movement, exploration and purposeful play. Creatures are our teachers, mud and sticks are our tools.

Instructor: Sara Stewart

Location: TBA

\$190 R | \$195 NR (8-week session)

Activity # Dates Days Time

12117 1/7-2/27 Sun/Tues 12:30-1:30 pm





LAKE FOREST **SPORTS PARK**& RECREATION CENTER



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

OPEN GYMDaily Program

NEW
MEMBERSHIPS
AVAILABLE NOW.

Residents	Non-Residents
\$5 Daily	\$10 Daily
\$120 Yearly Pass	\$240 Yearly Pass
Onen Gym ID Card	l Renlacement \$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
er e ni	

Pickleball:

Tuesday	8:30–10:30 am
Thursday	8:30-10:30 am
utsal Soccor	

Thursday6:30-9:30 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 closures:

Monday, December 25, 2023 Monday, January 1, 2024







@lfsportspark @lakeforest_sportspark



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.

\$165 R | \$170- NR (9-week sessions)

Activity #	Ages	Dates	Days	Time
12142	2-3.5 yrs	1/13-3/9	Sat	9:00-9:40 am
12143	3.5-4.5 yrs	1/13-3/9	Sat	9:50-10:30 am
12144	4.5-5 yrs	1/13-3/9	Sat	10:40-11:20 am
12151	2-3.5 yrs	1/9-3/5	Tue	4:00-4:40 pm
12152	3.5-4.5 yrs	1/9-3/5	Tue	4:50-5:30 pm
12153	4.5-5 yrs	1/9-3/5	Tue	5:40-6:20 pm

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.

\$165 R | \$170- NR (9-week sessions)

Activity #	Ages	Dates	Days	Time
12154	6-8 yrs	1/13-3/9	Sat	11:30-12:10 pm
12155	6-8 yrs	1/9-3/5	Tue	6:30-7:10 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: \$149 R | \$154- NR (8-week sessions) 9-12 yrs: \$159 R | \$164- NR (8-week sessions)

Activity #	Ages	Dates	Days	Time
12156	6-8 yrs	1/11-2/29	Thu	5:40-6:20 pm
12157	9-12 yrs	1/11-2/29	Thu	6:30-7:30 pm

HOOPSTER TOTS

3.5-4.5 YRS | 4.5-5 YRS

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

\$149 R | \$154 NR (8-week sessions)

Activity #	Ages	Dates	Days	Time
12158	3.5-4.5 yrs	1/11-2/29	Thu	4:00-4:40 pm
12159	4.5-5 yrs	1/11-2/29	Thu	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.

\$149 R | \$154 NR (8-week sessions)

Activity #	Ages	Dates	Days	Time
12147	2-3.5 yrs	1/12-3/1	Fri	4:00-4:40 pm
12148	3.5-4.5 yrs	1/12-3/1	Fri	4:50-5:30 pm
12149	4.5-5 yrs	1/12-3/1	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.

\$149 R | \$154 NR (8-week sessions)

Activity #	Ages	Dates	Days	Time
12150	6-8 yrs	1/12-3/1	Fri	6:30-7:10 pm

RECREATION CLASSES

SUPER SUPER

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

Fee: Winter Session 1

\$120 Resident | \$125-Non-Resident (5 week session) Winter Session 2

\$144 Resident | \$149 Non-Resident (6 week session)

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!

Activity #	Dates	Days	Time
12160	12/2-1/13	Sat	8:15am-8:55 am
12161	12/2-1/13	Sat	9:05-9:50 am
12162	12/3-1/14	Sun	9:05-9:50 am
12163	1/20-2/24	Sat	8:15-8:55 am
12164	1/20-2/24	Sat	9:05-9:50 am
12165	1/21-2/25	Sun	9:05-9:50 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!

Activity #	Dates	Days	Time
12166	12/2-1/13	Sat	9:55-10:35 am
12167	12/3-1/14	Sun	8:15-8:55 am
12168	12/3-1/14	Sun	9:55-10:35 am
12170	1/20-2/24	Sat	9:55-10:35 am
12169	1/21-2/25	Sun	8:15-8:55 am
12171	1/21-2/25	Sun	9:55-10:35 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.

Activity #	Dates	Days	Time
12171	12/2-1/13	Sat	10:40-11:25 am
12173	12/3-1/14	Sun	11:45-12:30 pm
12174	1/20-2/24	Sat	10:40-11:25 am
12175	1/21–2/25	Sun	11:45-12:30 pm

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.

Activity	/# Dates	Days	Time
12176	12/2-1/13	Sat	9:50-10:40 am
12177	12/3-1/24	Sun	10:40-11:30 am
12178	1/20-2/24	Sat	9:50-10:40 am
12179	1/21-2/25	Sun	10:40-11:30 am

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.

Fee: Session 1

\$120 Resident | \$125-Non-Resident (5 week session)

Session 2

\$124 Resident | \$129 Non-Resident (6 week session)

Activity #	Dates	Days	Time
12180	12/3-1/14	Sun	12:35-1:35 pm
12181	1/21-2/25	Sun	12:35-1:35 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.

Fee: Session 1

\$140 Resident | \$145-Non-Resident (5-week session)

Session 2

\$164 Resident | \$169 Non-Resident (6 week session)

Activity #	Dates	Days	Time
12182	12/2-1/13	Sat	10:45-11:45 am
12183	1/20-2/24	Sat	10:45-11:45 am

PARENT & ME (PEE WEE) GYMNASTICS 1.3-2.2 YRS | 1.6-3.5 YRS

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

Instructor: Us Too Gymnastics

Location: Us Too Gymnastics Facility

25 Spectrum Pointe Dr, St. 405, Lake Forest

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

Activity #	Ages	Dates	Days	Time
12131	1.3-2.2 yrs	1/9-1/30	Tue	9:30-10:15 am
12132	1.6-3.5 yrs	1/9-1/30	Tue	10:20-11:05 am
12133	1.6-3.5 yrs	1/10-1/31	Wed	10:00-10:45 am
12134	1.3-2.2 yrs	2/6-2/27	Tue	9:30-10:15 am
12135	1.6-3.5 yrs	2/6-2/27		10:20-11:05 am
12136	1.6-3.5 yrs	2/7-2/28		10:00-10:45 am
12137	1.6-3.5 yrs	2/7-2/28	Wed	10:55-11:40 am

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 Recreation Center
28000 Rancho Parkway

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

Activity #	Ages	Dates	Days	Time
12235 12236	2nd-5th grade 6th-9th grade			



THE ETIQUETTE FACTORY: MANNERS, CHARACTER & SOCIAL SKILLS FOUNDATIONS

5-9 YRS

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

Instructor: The Etiquette Factory

Location: Lake Forest Recreation Center

28000 Rancho Parkway

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

Material Fee: \$20

Activity # Dates Days Time

12229 2/21-3/27 Wed 4:00-6:00 pm

BIOENGINEERING: DESIGNING LIFE 5-12 YRS

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

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$135 R | \$140 NR (5-week session)

Material Fee: \$57

Activity # Dates Days Time

12109 12/27-12/29 W-F 9:00 am-12:00 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

\$135 R | \$140 NR Material Fee: \$57

Activity # Dates Days Time

12110 12/27-12/29 W-F 1:00-4:00 pm

RECREATION CLASSES



FROM BIOENGINEERING TO MARINE ANIMALS (PART II)

5-12 YRS

Learn how to design and create something to improve life itself, such as prosthetics, medical equipment, genetic modification, bioenergy, and more in the morning. Learn about many marine animals, from sharks, octopus, sea anemone, and more in the afternoon. Your child will be exposed to engineering concepts related to biology, up close and personal with the fresh/preserved organisms and perform many dissections and cool biology experiments using lab equipment/tools. No need to take Marine Animals Part I to take this class.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$258 R | \$263 NR Material Fee: \$76

Activity # Dates Days Time

12111 12/27-12-29 W-F 9:00 am-4:00 pm

AQUATIC CREATURES: NO GILLS REQUIRED!

5-12 YRS

Come and join this fun and hands-on biology workshop for kids! Learn about many freshwater and marine aquatic creatures, from sea urchin, stingray, jellyfish, and more. Your child will be up close with fresh/preserved organisms, perform many dissections, and engage in cool biology activities using lab equipment/tools.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$125 R | \$130 NR Material Fee: \$50

Activity # Dates Days Time

12112 12/14-1/25 Th 4:15-5:15 pm

GARDENING SCIENCE: NURTURE YOUR MIND AND STEMS!

5-12 YRS

Do you have a child that loves being outside or in the backyard? Join our fun hands-on workshops about the science behind gardening! Learn about soil science, plant science, garden insects, and more! Be up close with live plants and critters in our gardening-related activities and experiments.

Instructor: Bionerds Staff

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$125 R | \$130 NR Material Fee: \$50

Activity # Dates Days Time 12113 2/1-2/29 Th 4:15-5:15 pm

YOUNG EINSTEINS: STEM LAB

6-9 YRS

Discover the amazing world of STEM! Our young scientists will learn all about Science, Technology, Engineering and Math in this exciting hands-on course. Each day students will explore different concepts through fun and engaging projects, from Chemistry, Rocketry, Physics, Engineering, Coding, Electronics and even Robotics, this course covers it all. By learning through exploration, students are able to make connections beyond the classroom and apply them to the real world. Get your student started on STEM today in this awesome and educational class!

Instructor: Brainstorm STEM Education Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$320 R | \$325 NR (4-day camp)

Activity # Dates Days Time

12102 12/26-12/29 T-F 9:00 am-12:00 pm

ROBOTICS ACADEMY: INVENTOR 9-12 YRS

This class will explore engineering and inventing using the amazing LEGO® Spike Prime Robotics system. LEGO® Spike Prime is a versatile robotics system designed to offer students an engaging introduction to the areas of Science, Technology, Engineering, Art and Math (STEAM). Students will learn all about the engineering and design process as they imagine, create and innovate. During the class, our engineers will design and build inventions using robotics to solve numerous engineering problems before going head-to-head against other awesome bots in exciting and educational engineering competitions. Ready, Set, Robots!

Instructor: Brainstorm STEM Education Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$320 R | \$325 NR (4-day camp)

Activity # Dates Days Time

12103 12/26-12/29 T-F 1:00-4:00 pm

The **Leaflet**



LEGO® ENGINEERING: MEDIEVAL & MODERN MACHINES

9-12 YRS

Ready, Set, LEGO®! Explore Engineering from Medieval to Modern times. Students discover engineering, physics and architectural concepts by building catapults and other medieval machinery. Then students will travel to modern times and create amazing motorized machines,including two-wheel drive racers and gravity defying hill climbers. Students will test out their designs at the end of every day through a series of challenges that are fun and educational! This class gives LEGO® lovers a great foundation that not only applies to real-world engineering, but also enables creative young minds to build their ideas with confidence and skill.

Instructor: Brainstorm STEM Education Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$320 R | \$325 NR (4-day camp)

Activity # Dates Days Time

12104 1/2-1/5 T-F 9:00-12:00 pm

ROBOTICS: ADVENTURES IN ENGINEERING

9-12 YRS

Explore the exciting world of robotics by programming and engineering robots to automate a robotics factory, perform robot rescues and build a base on Mars! Using the amazingly versatile LEGO® MindStorm robotics systems, our students will imagine, build and program robots to solve a wide array of real world problems. Utilizing the STEM (Science, Technology, Engineering, Math) framework, this course teaches kids truly valuable fundamentals in engineering and programming all while having lots of fun!

Instructor: Brainstorm STEM Education Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$320 R | \$325 NR (4-day camp)

Activity # Dates Days Time

12105 1/2-1/5 T-F 1:00-4:00 pm

READING DEVELOPMENT— GRADES K-1

4.5-6.5 YRS

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

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$127 R | \$132 NR (6-week session)

Activity #	Dates	Days	Time
11217	1/8-1/29	Mon/Wed	3:30-4:25 pm
11218	2/5-2/28	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

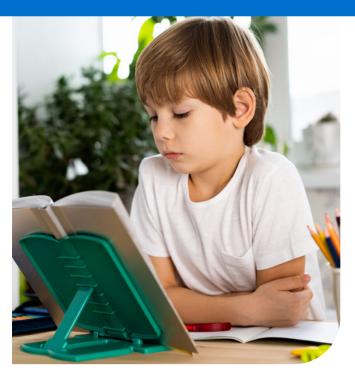
28000 Rancho Parkway

\$127 R | \$132 NR (6-week session)

Activity #	Dates	Days	Time
12219	1/8-1/29	Mon/Wed	4:30-5:25 pm
12220	2/5-2/28	Mon/Wed	4:30-5:25 pm



RECREATION CLASSES



MATH DEVELOPMENT— GRADES 2-6

6.5-11.5 YRS

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

Instructor: Readwrite Staff

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$127 R | \$132 NR (6-week session)

Activity #	Dates	Days	Time
12221	1/8-1/29	Mon/Wed	5:30-6:25 pm
12222	2/5-2/28	Mon/Wed	5:30-6:25 pm

RHYTHMIC GYMNASTICS— BEGINNERS

5+ YRS

Open to every girl who has an appreciation for beauty and elegance! Best way to discover the wonders of Rhythmic Gymnastics. Recreational Rhythmics is appropriate for either the beginner or for the athlete who is interested in a non-competitive environment. The Recreational Rhythmics program is focused on fun and learning, with the eventual goal of performing group or individual routines. Gymnasts are guided through stretching, ballet, dance and rhythmic gymnastics body technique incorporating the use of rhythmic gymnastics ropes, hoops, balls and ribbons in harmony with music. This program is designed to develop fundamental body movements, basic coordination, concentration, rhythm, and team skills. Two types of classes are offered, regular and enhanced. The enhanced provides an extra thirty minutes of for more fun skills with ribbons, balls, hoops and ropes-this is the more popular class-girls really enjoy the creative work with apparatuses!

Instructor: EuroGymnastics Staff

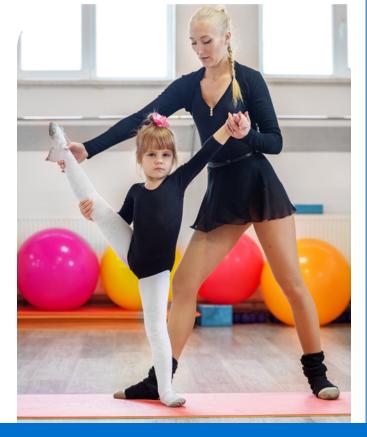
Location: EuroGymnastics Rhythmic Academy

26923 Fuerte Dr, Lake Forest

\$100 R | \$105 NR (4-week session) \$125 R | \$130 NR (5-week session)

Material Fee: \$40 (4-week session) | \$50 (5-week session)

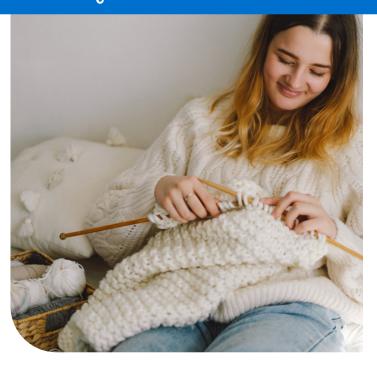
Activity #	Dates	Days	Time
12223	12/6-12/27	Wed	3:30-4:30 pm
12224	1/3-1/31	Wed	3:30-4:30 pm
12225	2/7-2/28	Wed	3:30-4:30 pm





NON-RESIDENTS: TUES., NOV. 28, 2023, 8:00 AM

The **Leaflet**



CHUNKY BLANKET HAND KNITTING CLASS

16+ YRS

Learn the foundational techniques to hand knit your own chunky blanket. No prior experience required.

Instructor: Jessica Jamieson

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$125 R | \$130 NR (6-week session)

Activity # Dates Days Time

12118 12/1 Tues 5:30-6:25 pm

PEAK DISTANCE PROJECT

8-16 YRS

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

Instructor: Coach Ken Chai

Location: Lake Forest Sports Park

28000 Rancho Parkway

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

Activity #	Dates	Days	Time
12087	JAN	Mon/Wed/Thu	6:00-7:00 pm
12116	FEB	Mon/Wed/Thu	6:00-7:00 pm

Adult Classes

CLICKSTART'S CANINE ESSENTIALS-GROUP DOG TRAINING

18 + YRS

This 6-week crash course will cover all canine essentials including settling, polite greetings, recall, stay, leave it, walking skills and more (this class is not designed to address reactivity, aggression, or anxiety). We will be training with treats and harnesses (no choke chains, prong collars, or shock collars). Look for our welcome email upon signing up!

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

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

Activity # Dates Days Time12114 1/13-2/24 Sat 2:00-3:00 pm
12115 1/13-2/24 Sat 3:30-4:30 pm



RECREATION CLASSES



YIN YOGA 18+ YRS GET OFF YOUR BOOTY CAMP 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

\$98 R | \$103 NR (6-week session)

Activity #	Dates	Days	Time
12100	12/5-1/9	Tue	7:45-8:45 pm
12102	1/23-2/27	Tue	7·45-8·45 nm



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

\$54 R | \$59 NR (4 class session) \$108 R | \$113 NR (8-class sessions)

Activity #	Dates	Days	Time
12097	12/5-12/14	Tue/Thu	6:00-6:45 pm
12098	1/2-1/25	Tue/Thu	6:00-6:45 pm
12099	2/1-2/29	Tue/Thu	6:00-6:45 pm

TOTAL BODY SHRED

18+ YRS

This circuit class invites all fitness levels and will challenge you to be a stronger, healthier you. This class will include cardio, balance, and strength exercises with modifications available. Please bring weights, water, and a mat. *Bands will be provided as needed. Visit www. shira-trainer.com for more information.

Instructor: Shira Tsvi

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$99 R | \$104 NR (8-class sessions)

Activity #	Dates	Days	Time
12106	1/3-1/29	Mon/Wed	6:30-7:15 pm
12092	2/5-2/28	Mon/Wed	6:30-7:15 pm



BALLROOM & SWING DANCE BASIC 18+ YRS

This wonderful class will teach you the beginning steps of Ballroom & Swing Dancing. Let me break it down to the very basics of these dances. No experience or partner necessary absolute beginners are always welcome! Bring your friends!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$90 R | \$95

Activity # Dates Days Time12090 1/12-2/16 Fri 6:00-6:45 pm

SALSA & LATIN DANCE BASIC 18+ YRS

This class is all about the building blocks of salsa dancing. Let me teach you the moves that every salsa dancer should know, one at a time, piece by piece. We'll put them together to make something new! Dance classes are also a great way to meet new friends. Dancing is for all generations from the very young to the very young at heart No partners required. Come join us!

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$90 R | \$95

Activity # Dates Days Time12108 1/12-2/16 Fri 7:00-7:45 pm

BRIDE AND GROOMS WEDDING FIRST DANCE LESSON

18+ YRS

Wedding Dance Choreographed by Yuka. Look like 'Stars' on your Wedding Day! The First Dance is choreographed and taught step-by-step so non-dancers will be dancing at their wedding with grace and confidence. Great way to also prepare for father-daughter/mother-son dance.

Instructor: Yuka Garrett

Location: Lake Forest Recreation Center

28000 Rancho Parkway

\$90 R | \$95 per couple

Activity # Dates Days Time

12107 2/23 Fri 6:30-7:45 pm

ZUMBA® GOLD+ TONING FOR BEGINNERS

18+ YRS

This program fuses hypnotic Latin Rhythms and easyto-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
12198	5-class		\$30 R \$35 NR
12199	10-class	package	\$50 R \$55 NR
12200	15-class	package	\$75 R \$80 NR
12201	20-class	package	\$100 R \$105 NR
Dates	Days	Time	
Ongoing	Tue	6:00-7:00	pm
Ongoing	Sat	10:00-11:0	00 am

PICKLEBALL 101 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. The last 30 minutes will be game play. Paddles and balls will be provided. Tennis shoes are highly recommended.

Instructor: Shelly and Kevin Booth Location: Portola Park 28040

Glenn Ranch Road, Lake Forest

\$50 R | \$55 NR

Activity #	Dates	Days	Time
12212	1/13	Sat	8:00-10:00 am
12208	2/24	Sat	8:00-10:00 am



PICKLEBALL Fun For All

Instructors

Shelly and Kevin Booth

at Portola Park, 28040 Glenn Ranch Road, Lake Forest

"SHOTS " INTERMEDIATE DOUBLES PLAY CLINIC

14+ YRS

"Placement and Power" winning strategies through offensive and defensive shot selection and placement designed to open up space or facilitate an error or pop up.

Instructor: Shelly and Kevin Booth

Location: Portola Park

28040 Glenn Ranch Road, Lake Forest

\$50 R | \$55 NR

Activity #	Dates	Days	Time
12215	1/13	Sat	10:15 am-12:15 pm
12207	2/24	Sat	10:15 am-12:15 pm

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

14+ YRS

Women's 2.5 Round Robin Tournament is for Novice/Beginner players to Pickleball looking to compete in a low stress environment. This is an individual event (no teams). You will play with everyone. The top 4 players will have a playoff. This will be determined by wins vs losses then total points. 8:00 am check in, 8:15 AM start.

Instructor: Shelly and Kevin Booth

Location: Portola Park

28040 Glenn Ranch Road, Lake Forest

\$50 R | \$55 NR

Activity # Dates Days Time
12214 1/27 Sat 8:00 am

MEN'S ROUND ROBIN-NOVICE/BEGINNER (LEVEL 2.5)

14+ YRS

Men's 2.5-3.0 Round Robin Tournament is for Beginner players to compete in a low stress environment. This is an individual event (no teams). You will play with everyone. The top 4 players will have a playoff. This will be determined by wins vs losses then total points. 11:00 am check in, 11:15 AM start.

Instructor: Shelly and Kevin Booth

Location: Portola Park

28040 Glenn Ranch Road, Lake Forest

\$50 R | \$55 NR

Activity # Dates Days Time12211 1/27 Sat 11:00 am

LEARN TO PLAY BEGINNER PICKLEBALL CLASS

14+ YRS

This 6 week beginner class is for new players or those who play but lack consistency in their overall game. The focus will be on stroke mechanics, basic skill development, rules and scoring designed to get you on the court ready to play. Paddles and balls will be provided. Tennis shoes are highly recommended. NO CLASS 12/27

Instructor: Shelly and Kevin Booth

Location: Portola Park

28040 Glenn Ranch Road, Lake Forest

\$130 R | \$135 NR

Activity #	Dates	Days	Time
12210	12/13-1/17	Sat	8:15-9:15 am
12215	1/31-2/28	Sat	8:15-9:15 am

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. NO CLASS 12/27.

Instructor: Shelly and Kevin Booth

Location: Portola Park

28040 Glenn Ranch Road, Lake Forest

\$130 R | \$135 NR

Activity # Dates Days Time12213 12/13-1/17 Wed 9:30-10:30 am

"WHO'S BALL IS IT?" INTERMEDIATE DOUBLES PLAY CLASS

14+ YRS

"Who's ball is it?" doubles 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.

Instructor: Shelly and Kevin Booth

Location: Portola Park

28040 Glenn Ranch Road, Lake Forest

\$130 R | \$135 NR

Activity # Dates Days Time

12209 1/31-2/28 Wed 9:30-10:30 am

Eetnies

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

WINTER 2023/24 SKATEPARK HOURS & HOLIDAYS

(Beginning Tuesday, September 5, 2023)

Monday-Friday 11:00 am - 9:00 pm Saturday-Sunday 10:00 am - 9:00 pm

December 24 10:00 am-5:00pm

December 25 Closed

December 31 10:00 am-5:00 pm

January 1 12:00 pm-9:00 pm

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
@etniesskatepark









ETNIES WINTER SKATE CAMP

5-17 YRS

Choose this winter break to spend at one of the best skate camps around! We have been offering camps since 2003 and have worked hard to make it an experience to remember. Whether you're a beginner or a more advanced rider, winter skate camp is a great way to make lifelong friends and memories! All camp activities will be held by experienced Skatepark staff that have a proven successful track record in improving skateboard skills. Learn to shred at one of California's largest skateparks, including a skull bowl, the flow bowl, two large flow courses, Orange County's only cradle, and world class street areas. Each participant will receive a limited edition Etnies Skatepark Summer Camp hat.

The week of fun will include group and individual skateboard instruction, games, lunch, snacks, water, and Gatorade throughout the camp. Please make sure your camper brings a skateboard, helmet, elbow/knee pads.

Instructors: Skatepark Staff

Fee: \$199.00 per person | Limited to 20 per session.

Activity #	Dates	Days	Times
12230	12/26-12/29	Mon-Fri	10:00 am-2:00 pm
12231	1/2-1/5	Mon-Fri	10:00 am-2:00 pm



RECREATION CLASSES

ETNIES HOLIDAY SKATE CAMPS

Whether you're a beginner or a more advanced rider, Etnies day camps are a great way to spend your school holiday. The day of fun will include group and individual skateboard instruction, games, lunch, snacks, water, and Gatorade throughout the camp. Please make sure your camper brings a skateboard, helmet, elbow/knee pads.

Fee: \$55.00 per person|Limited to 20 per session.

Activity #	Dates	Days	Times
12232	1/15	Mon	10:00 am-2:00 pm
12233	2/16	Fri	10:00 am-2:00 pm
12234	2/19	Mon	10:00 am-2:00 pm

SKATEPARK SAFETY/ ETIQUETTE CLASS

4+ YRS

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

PRIVATE LESSONS-SKATEBOARD & ROLLER SKATE

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

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

Instructor: Skatepark Staff

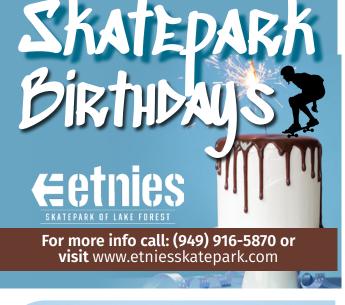
Fee: \$50 per hour

(A max of two children are allowed per private lesson).

CANCELLATION and USE POLICY

If a class is canceled 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.





The City of Lake Forest wants to thank the following sponsors for their Special Events support during the 2022/23 Fiscal Year! WE APPRECIATE ALL OF YOU!

Champion Level \$10,000

Diamond Level \$1,000



















Special Needs

For more information on the City's Special Needs Programs, contact Recreation Supervisor, Kevin Fernandez at kfernandez@lakeforestca.gov.

FOLLOW US (6) @lake_forest_special_needs



The Not-So-Silent Night CHRISTMAS KARAOKE

10 YRS+

Silent Night?! Think again! Come on down and help us celebrate a holiday hooplah like no other. For the first time ever, we'll be bringing Christmas Karaoke to the dance floor where anyone can participate! Don't forget to wear your dancing shoes and favorite holiday-themed attire for the big night. Dinner, crafts, and snacks will be provided, so you just need to supply the holiday cheer!

Location: Lake Forest Clubhouse 100 Civic Center Dr.

Act#: Date Day Time

12072 12/2 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

10-17 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

\$110 R | \$115 NR (5-week sessions)

Activity # Dates Days Time

12184 Ongoing Sat 12:00-1:00 pm 12185 Ongoing Sat 12:00-1:00 pm

SOCIAL GROUP FOR CHILDREN ON THE AUTISM SPECTRUM 2-19 YRS

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

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

Instructor: Behavior Analyst - TBD
Location: Autism Behavior Services, Inc.
23701 Birtcher Drive, Lake Forest

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

Dates Days Time Ongoing Mon-Sat varies

REGISTRATION DATES



RESIDENTS: TUES., NOV. 21, 2023, 8:00 AM NON-RESIDENTS: TUES., NOV. 28, 2023, 8:00 AM



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



- 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

RECREATION CLASSES



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.

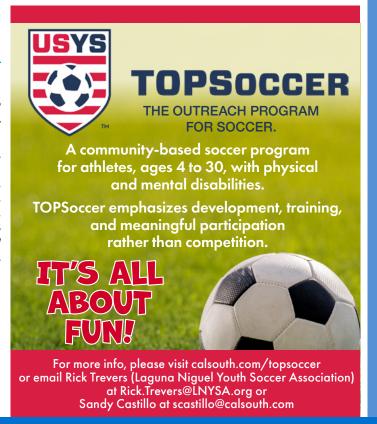
Instructor: Us Too Gym Staff Location: Us Too Gymnastics

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





Welcome to The Clubhouse for Seniors





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It's the Holiday Season!



SPECIAL HIGHLIGHTS INCLUDE:

2024 ROSE PARADE EXCURSION HOLLY JOLLY HOLIDAY LUNCHEON NEON NIGHTS DANCE AT THE CLUBHOUSE

NEW ESL EMERITUS CLASSES! SOUNDSATIONS & CHORALISTICS HOLIDAY PERFORMANCE WINTER FANTASTY SAWDUST FESTIVAL EXCURSION

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

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.

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
12/4	Mon	10:00 am-2:00 pm
1/8	Mon	10:00 am-2:00 pm
2/5	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
12/18	Mon	10:00 am-2:00 pm
1/22	Mon	10:00 am-2:00 pm
2/26	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

REGISTRATION DATES



RESIDENTS: TUES., NOV. 21, 2023, 8:00 AM NON-RESIDENTS: TUES., NOV. 28, 2023, 8:00 AM

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.

Activity	# Dates	Days	Time	REGISTER
Holly Jo	lly Holiday	Luncheon*		EARLER
12121	12/14	Thu	12:00 pm	TAI
*Register before 12/13: \$2 R \$4 NR Day of Registration: \$6 R \$8 NR				

\$2 R | \$4 NR

Let's Stick Together

12122 1/25 Thu 12:00 pm

A Leapin' Good Time

12123 2/29 Thu 12:00 pm

COMPUTER LAB HOURS

The Clubhouse patrons may use the Computer Lab to check e-mail, surf the net, and practice computer skills to improve proficiency. Days and times subject to change due to program needs. Please note: There is no instructor on-site.

FREE

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



The **Leaflet**



SOUNDSATIONS & CHORALISTICS AT THE CLUBHOUSE

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

FREE

Date Day Time 12/7 Thu 12:15pm

THE CLUBHOUSE GAMES AND FUN!

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

- Brain Games (Sudoku, Crossword Puzzles, and Word Searches)
- DominoesMahjong
- Various Card Games and Books to Read

Rummikub

Free

Puzzles

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

 12130
 Ongoing
 Mon Tue Tue Wed
 10:00 am-3:00 pm 10:00 am-12:15 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
Woode	n Snowflake	Hang	
12124	12/19	Tue	10:30 am
Valentii	ne's Day Blo	ck	
12125	1/16	Tue	10:30 am
St. Patr	ick's Day Tr	uck	
12126	2/20	Tue	10:30 am

THE CLUBHOUSE GARDEN CLUB

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

FREE

Activity #	Dates	Days	Time
			ngs: Holiday Edition
12127	12/5	Tue	10:00-11:00 am
Fitness for Gardeners			
12128	1/9	Tue	10:00-11:00 am
Ornamental Grasses			
12129	2/6	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
12/18	Mon	10:00 am-12:00 pm
1/22	Mon	10:00 am-12:00 pm
2/26	Mon	10:00 am-12:00 pm

YOUNG AT HEART - LAKE FOREST BOOK CLUB

This 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
A Child	's Christma	s in Wales by Dylan Thomas
12/21	Thu	10:00 am
The Se	cret Life of	Bees by Sue Monk Kidd
1/18	Thu	10:00 am
The Other Einstein by Marie Benedict		
2/15	Thu	10:00 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.

Dates	Days	Time
2/22	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
12/7	Thu	1:00-3:00 pm
1/4	Thu	1:00-3:00 pm
2/1	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
12145	1/22	Mon	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
12146	2/12-2/13	Mon/Tue	8:30 am-1:00 pm



Senior Santa & Friends

'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.

at The Clubhouse

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.

Instructor: Emeritus Staff FREE

SENIOR EMERITUS CLASSES

Irvine Valley College Classes

AQUA FITNESS TRAINING

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

Location: Lake Forest Beach & Tennis Club

22921 Ridge Route Dr

Tic# Dates Days Time62485 1/16-5/21 Tue 2:00-3:05 pm
62610 1/18-5/16 Thu 2:00-2:50 pm

BEGINNING CONVERSATION NEW CLASS!

Designed to help beginning ESL students develop their emerging listening and speaking skills of American English.

Tic#	Dates	Days	Time
64795	1/22-5/20	Mon/Wed	1:30-2:45 pm

CHAIR EXERCISE

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
62505	1/22-5/20	Mon	12:00-12:50 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
62605	1/16-5/21	Tue	10:30-11:20 am
62645	1/16-5/21	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
62525	1/16-5/21	Tue	12:30-2:20 pm

INTERMEDIATE IDIOMS NEW CLASS!

Offers intermediates ESL students extensive oral and written practice with new idiomatic vocabulary at work, in school, and in many life situations.

Tic#	Dates	Days	Time
64545	1/22-5/20	Tue/Thu	1:30-2:45 pm

PHYSICAL FITNESS

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

Tic#	Dates	Days	Time
90120	1/17-5/15	Wed	10:30-11:20 am
62520	1/18-5/16	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
62655	1/16-5/21	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
62665	1/22-5/20	Mon	10:30-11:20 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
62490	1/17-5/22	Wed	1-1:50 pm

YOGA

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

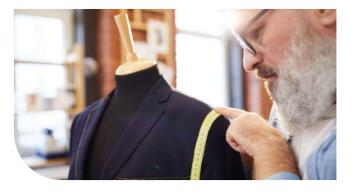
Tic#	Dates	Days	Time
62705	1/17-5/22	Wed	10:30-11:20 am
62620	1/17-5/22	Wed	1:00-2:50 pm
62510	1/18-5/16	Thu	11:30 am-12:20 pm

Saddleback College Classes

INTERMEDIATE CLOTHING CONSTRUCTION

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

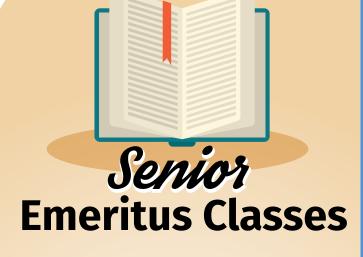
Tic # Dates Days Time10980 1/17-5/22 Wed 10:00 am-12:50 pm



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 11580 1/15-5/21 Tue 1:00-2:50 pm



FALL PRIORITY REGISTRATION

November 13th through November 16th, 2023

OPEN ENROLLMENT BEGINS November 20th, 2023

> CLASSES BEGIN January 15th, 2024

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.ivc.edu/emeritus 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/ emeritus 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.



TUESDAYS 10:00 am-1:00 pm

> December 12 January 9 February 13

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:

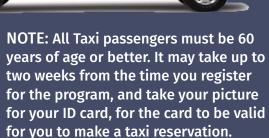
- \$2.00 One Way (\$4.00 Round Trip)
 Within Lake Forest city limits to non-emergency medical appointments, socializing, movies, etc.
- \$5.00 One Way (\$10.00 Round Trip)
 To and from non-emergency medical appointments to Saddle-back Memorial Hospital, Mission Hospital, South County Orthopedic Specialist,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



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!

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

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



The Leaflet



HOW TO Register for Programs

Winter 2023/24 Registration Dates

Lake Forest Residents: Tuesday, November 21, 2023 beginning at 8am | Non-Residents: Tuesday, November 28, 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



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.
- We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
- 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 canceled 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.
- Activities may be canceled if the minimum is not met. You will be contacted if a class or program for which you have registered has been canceled.
- 6. Please allow for up to 30 days for your refund to be processed.

Refund Policy

- A full refund (minus the 3% credit card fee) will be given for any activity canceled 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 canceled 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.

HOW TO REGISTER

City of Lake Forest Community Services Program Registration Form Photocopy if more than one registration form is needed



Primary Conta	act (Responsible	adult for regis	tering persons in	to courses)			
Last Name:		First Name: Male 🗌 female 🗍					
Birthdate (Require	Birthdate (Required) Email (Required)						
Street Address:	Street Address: City, State, Zip:						
Preferred Contact Phone Number: () Emergency Phone: ()							
Emergency Contact	Name:		Emerge	ncy Contact	Phone: ()		
Other Family	Members (Livi	ng with prima	ry contact: snous	se children	etc)		
Children's birthdate m					, e.e.,		
Last Na	ame	First Name			Birthdate		nder
					(MM/DD/Y	Y)	□F
					(MM/DD/Y	Y)	□F
					(MM/DD/Y	Y) 🗆 M	□F
Please make sure registr				for class enro			on form
Activity #	Participant	t Name	Birthdate	Gender	Activity Na	me Fe	ees
			(MM/DD/YY)	□M□F			
			(MM/DD/YY)	□M□F			
			(MM/DD/YY)	□M□F			
		Please send a s	eparate check for e	ach activity	Total Activity	Fees	
I hereby consent to treatn							
I further agree to pay any	and all costs incurred	as a result of said	treatment			YES	□NO
I permit the use of activity Please contact me via em							
I fully understand that my							
viruses, or property dama		· ·			· ·	•	
I agree to waive and relea expenses or judgments, in therefrom, and hereby ag from gross negligence or	ncluding attorney's fee ree to indemnify and h	s and court costs old harmless the	arising out of my par City from and agains	ticipating in th	e City's Programs or any	illness or injury resul	ting
I HAVE READ AND UNDERS			, , , , , , ,				
Signature (Parent or guar	dian must sian for those	e under 19 voars o	f age)		DATE: _		
Signature (Furent or guar	ulan must sign for those	e under 18 years 0	uge)				
Mail this form with payment to - Attn: Program Registration Lake Forest Sports Park & Recreation Center 28000 Rancho Parkway Lake Forest, CA 92630 Question or Comments on Registration? Please Call: (949) 273-6960 Or email: LFreconline@lakeforestca.gov							
Receipt of This Signed Form and Your Payment Confirms Your Registration Based Upon Availability Until The Activity is Full.							
Receipt #: Paic	l by Check #:	Paid by Ca	Office Use Only ash Amount:		Card Type:	Initial/Date:	

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



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

ECRWSS

POSTAL CUSTOMER



CITY TELEPHONE NUMBERS

Building Division	.949-461-3470	Graffiti Hotline	949-461-3583
Building Inspection	.949-461-3468	Housing	949-461-3569
City Clerk	.949-461-3420	OC Animal Care	. 714-935-6848
City Council	.949-461-3425	Notary	949-461-3420
City Manager's Office	.949-461-3410	Planning	949-461-3535
Community Policing Center	.949-461-3530	Public Works	949-461-3480
Community Preservation	.949-461-3474	Recreation	949-461-3450
Economic Development	.949-461-3567	Sports Park &	
Etnies Skatepark	.949-916-5870	Recreation Center	.949-273-6960

FIND US ONLINE

CITY OF LAKE FOREST **LakeForestCA.gov**

ECONOMIC DEVELOPMENT <u>LakeForestBusiness.com</u> 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 X (Twitter) @LakeForestCA, Instagram @CityofLakeForestCA, and Nextdoor.







