

WEST SACRAMENTO PARKS & RECREATION

PLAYBOOK

**EARLY LEARNING
PG. 14**

**YOUTH SPORTS
JR. NBA PG. 26**

**ACTIVE AGING
PG. 32**

**FATHER DAUGHTER
DANCE PG. 43**



VISIT US ONLINE AT WESTSACFUN.ORG

#16

**2016 FALL EDITION
OCTOBER - MARCH**

#WESTSACFUN

2016 WINTER PLAYBOOK

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SPRING REGISTRATION DAYS

April 20 at 8:30 am
 Sports Camps, Camp Lakeside, KIDS, Teen
 Camp, Tennis Camp, Skate Camp, Jr. Giants
 April 27 at 8:30 am
 Sessions 1 & 2 Swim Lessons

Programs, dates & fees contained in the Playbook are subject to change.
 For the most current information please check our
 website at www.westsacfun.org

All Non-Residents will pay an \$8 Non-Resident fee per program.



SHARE YOUR #WESTSACFUN

West Sacramento Parks & Recreation staff reserve the right to photograph facilities, activities, & program participants for potential future publicity or promotional purposes only. All photos will remain the property of the City of West Sacramento.

visit westsacfun.org

YOU ARE
 #westsacfun



HASHTAG YOUR INSTAGRAM PHOTOS FROM AROUND WEST SAC
 WITH #WESTSACFUN & MAYBE THEY'LL BE IN THE NEXT PLAYBOOK!!

#westsacfun



1075 WEST CAPITOL AVE. | WEST SACRAMENTO
 (916) 617-5320 | MON-THURS: 8 AM - 6 PM & FRI: 8 AM - 5 PM

**OFFERING MULTI-GENERATIONAL
 ACTIVITIES & AMENITIES**

- ACTIVE AGING PROGRAMS
- ART GALLERY 1075
- BLACK BOX THEATER
- FACILITY ROOM RENTALS
- HISTORICAL GALLERY
- LEARNING LADDER PRE-SCHOOL
- LEISURE INTEREST CLASSES



Black Box Theatre

This imaginative, state of the art, interchangeable theater space will fulfill your every need. The Black Box includes full theatrical lighting, sound system and dressing room. This intimate theater is ideal for smaller productions and special events alike. The theater is available to rent for concerts & theatrical performances, fashion shows, business conferences and more. For more information about rates, availability, & other questions call (916)617-5320.



Historical Society

This gallery features high quality displays and artifacts as it describes our community's rich and diverse history. The use of video screens and a planned inter-active video station will allow the visitor the opportunity to navigate their waythrough West Sacramento's past.



Gallery 1075

Gallery 1075 showcases month long exhibits that show off the amazing talent our region offers. Meet and greet artist receptions are often held the first week of every month and are always free to the public. To see updates for upcoming shows, please visit westsacfun.org or check our Facebook pages. For information on holding a show in the gallery: (916) 617-5320. Showcase your art today.



Sac Valley Musical Industry Forum

Industry forum / panels, hollywood style red carpet media stages, vendor room and booths, radio interviews, networking, and much more!

Age	all ages
Date	Saturday, November 12
Time	Noon - 5:30 pm
Location	Community Center
Fee	\$10 - Pay at the door

Alice in Wonderland

Join us for Flying Monkey Productions rendition of the children's classic Alice in Wonderland!

Age	all ages
Date	November 11 - 20
Time	Friday & Saturday - 7:30 pm Sunday - 2:30 pm
Location	Black Box Theater
Fee	flyingmonkeyproductions.org



Sleeping Beauty: A British Panto

Age	all ages
Date	Coming in December
Location	Black Box Theater
Details	splintergrouptheatre.com



[visit westsacfun.org](http://visitsacvalley.org)

Gallery 1075

Age	All Ages
Days	Monday - Friday
Time	8 pm - 5 pm
Location	Community Center
Fee	Free



October 1: California Womens Suffrage Exhibit by the West Sacramento Historical Society

This exhibition chronicles the women's suffrage movement in California including: The Campaign: 1870-1911, Out of the Parlor, What Women Wanted, Into the Streets, Getting the Word Out, The Movement Against Suffrage, Women's Work After 1911 and a Chronology of Worldwide Woman Suffrage.

November 1: ASES Kid Zone and Club West Art Show

A collection of art pieces made by our local Kidzone and Club West After-School program students ranging from Kindergarten to 8th grade.

December 1: Judie Martinez

Come on by and enjoy "All Things Joyful" by local award winning artist Judie Martinez. This mixed media exhibit displays her work inspired by the beauty of nature and animals painted in rich brilliant colors.

January 2, 2017: Henry Parada

A collection of abstract paintings inspired by geometry, color relationship, mathematical systems and chemistry.

February 1, 2017: Sean Flansbaum

"We Are Untouchable" is a photo documentary of our very own West Sacramento SPARK program featuring their participation in Special Olympics sports.

March 1, 2017: Nate Eckler

West Sacramento photographer and digital artist specializing in landscapes, portraits, weddings, and pet photography.



westsacfun.org



**EXPERIENCE ANOTHER LEVEL
OF ACTIVITIES TODAY**

TURBO KICK
CARDIO LIFT
ZUMBA
YOGA
WATER AEROBICS
KINESIS
FUN BOOT CAMPS
PICKLEBALL
AM PUMP

SPIN
LUNCHTIME BASKETBALL
TABLE TENNIS
LAP SWIM
ROCK WALL
CARDIO ROOM
TENNIS COURTS
CHILD CARE
PERSONAL TRAINING



DAILY RATES

	REGULAR	RESIDENTS	SR/STUDENTS
	\$13	\$6.50	\$5

MONTHLY RATES

	REGULAR	RESIDENTS	SR/STUDENTS
INDIVIDUAL 	\$66	\$36	\$24
COUPLE 	\$100	\$54.50	
FAMILY 	\$133	\$72.50	

Daily Pass Purchase: Proof of West Sacramento residency must be presented to receive the resident rate (ID or bill)

New accounts: Proof of residency must be presented with all family members present to receive the resident rate

Liability waiver forms: Must have on file & signed by legal guardians for children 17 years & younger. Annual proof of residency verification required.

Family pass: Two adults & dependent children 21 years & younger residing in the same household

visit westsacfun.org

Fitness Challenge

Are you serious about getting healthy, but you aren't sure where to start? Join the Fitness Challenge for the direction and support you need to get on track with food and exercise. This six week challenge will help you make the lifestyle changes you need to become a healthier you.

Want more information before you sign up? Come to the "Not Sure" meeting to get your questions answered.

Age 18+
Days Mondays
Date Winter: January 12 - March 6, 2017
Spring: April 13 - June 5, 2017
Time 6:45 pm - 7:45 pm
Location Recreation Center
Fee \$174
Registration Winter: November 1 | Spring: March 1, 2017



Club 55

Come let us help you increase your physical fitness abilities by developing healthy habits, building strong social connections and reaching your fitness goals. Price includes eight classes, personalized workouts, special events and more!

Age 55+
Days Mondays & Wednesdays
Date Ongoing Monthly
Time 10 am - 11 am
Location Recreation Center
Fee \$65
Registration Ongoing

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Healthy Cooking Night Out

Age	18+
Days	Tuesdays
Date	See classes below
Time	6:30 pm - 8 pm
Location	Recreation Center
Fee	\$20 + \$5 material fee paid to instructor
Registration	Ongoing

Come join us for our Healthy Cooking Nights Out! Bring your friend, significant other or just come to meet new faces! We'll have a blast while learning to cook healthy food. It's a great way to give your dinners a healthy face lift.

November 15: Classic Holiday Side Dishes

The holiday turkey may be the star of the show, but these delicious sides will definitely make an impression!

- Curried Butternut Squash Soup
- Garlic Mashed Parsnips
- Brussels Sprouts with Bacon

December 13: Elegant Seafood Appetizers

Host a festive holiday party with these easy, make-ahead bites. They look like you spent hours in the kitchen!

- Bay Shrimp with Feta Cheese in Endive Spears
- Salmon Croquettes with Dill Sauce
- Steamed Mussels with White Wine and Garlic

January 17, 2017: Learn to Cook for Fat Loss (Hands-On)

Even if you've never cooked before, this class will show you how to prepare three simple main dishes that will support your fat-loss efforts.

- Sautéed Garlic Shrimp over Spinach
- Spicy Asian Chicken Wrapped in Leaf Lettuce
- Beef and Vegetable Soup

February 21, 2017: Knife Skills

Knife skills are essential when it comes to proper cooking, presentation, and speed in the kitchen. In this class you will learn how to cut up a whole chicken along with a variety of vegetables. Each student will go home with their whole cut-up chicken and vegetables, and two recipes; one for chicken soup and the other a chicken stir-fry. Please note: This class has a \$10 materials fee and NO food or wine will be served, so please plan accordingly.



Recreation Center Closure Dates

- Thanksgiving Day: November 24, 2016
- Facility Maintenance: December 16, 2016
- Christmas Day: December 25, 2016

**Summer 2017 Opening Day
Saturday, June 3rd**

See westsacfun.org for Spring 2017 swim lessons



visit westsacfun.org

Aquatics Fitness Programs

Join us at the Recreation Center Aquatic Facility for adult classes designed to improve your fitness in a fun and challenging water experience. Swim coaches are present on deck and can give guidance with stroke technique and swim workout programming.

Aqua Fit- Offers participants the freedom of movement through water. This class is great for cardiovascular exercise. Aqua belts, bar-bells, and water noodles are provided.

Master Swim-Provides swimmers with a 60-min lap swim workout designed to build stamina, stroke technique, and cardiovascular health. All levels are welcome.

Lap Swim- Adult lap swim is available to West Sacramento Recreation Center pass holders and is scheduled several times throughout the week. Visit westsacfun.org for current schedule.

Lifeguard Training Class

Age 15 yrs +
Location Recreation Center
Registration October 3, 2016

Winter Session:

Days Tuesdays, Thursdays, Saturdays
Dates January 10 - 21, 2017
Time Tuesday & Thursday 4:30 pm - 8:30 pm
 Saturday 8:30 am - 4:30 pm

Spring Session:

Days Monday - Friday
Dates April 10 - April 14, 2017
Time 9:00 am - 5:00 pm



Learn how to save lives! Class includes Lifeguarding Certification, CPR/AED, First Aid, and Title 22. Participants must be able to attend all class sessions, be at least 15 years old at the start of class, be able to swim 300 yards, perform front crawl, back crawl, breast stroke, and tread water for 2 minutes.

Check out westsacfun.org for future Health & Safety classes.

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Clubhouse Rec

Register your little one for a preschool enrichment program that includes circle time, centers, crafts and games! This is a drop off program. Bring a snack and water each class and be ready to play!

NEW - Join us on Wednesdays for a Spanish Immersion class for ages 3-7. A meaningful and useful introduction to the Spanish language in a fun-filled environment! Games, songs and more will be utilized to help your child learn functional Spanish to express themselves.

Age 3-6
Days Tuesday & Thursday
Date Ongoing Monthly
Time 12:30 pm - 3 pm
Location Recreation Center
Fee One month packages @ \$10 per day

SPANISH ENRICHMENT

Age 3-7
Days Wednesday
Date Ongoing Monthly
Time 2:30 pm - 4 pm
Location Recreation Center
Fee One month packages @ \$12 per day

Tippy Toe Ballet | 3-4

This introductory recreational ballet class opens the world of dance to children who would like to explore the grace and coordinated movement of ballet.

Age 3-4
Days Wednesdays
Date Register Monthly (Beginning in Nov.)
Time 5:30 pm - 6 pm
Location Community Center
Fee \$30
Registration Ongoing



Learning Ladder

Learning Ladder is the City of West Sacramento's full day, full year Preschool and Childcare Center located on the second floor of the our Community Center. We serve children ages 3-5 and hours of operation are between 7 am and 6 pm, Monday - Friday. Learning Ladder uses a hands on, play based approach to early education, and will develop your child's school readiness and pro-social behavior.

For information on rates and availability, please contact our Site Supervisor at (916) 617-5317 or email heatherv@cityofwestsacramento.org



Discovery Preschool

Discovery Preschool is a half-day, school year preschool program with morning and afternoon sessions available. It is located inside Sam Combs Park in central West Sacramento. Two programs, Tiny Tots for 3&4 year olds, and Kinder Kids for 4&5 year olds are offered. Discovery offers a hands on, play based approach to learning, and will help develop your child's school readiness and pro-social behavior.

For more information on rates and availability, please contact our Site Supervisor, Liz Hansen at 371-1344 or email elizabethh@cityofwestsacramento.org



YOUTH & TEENS



Tippy Toe Ballet | 5-6

This introductory recreational ballet class opens the world of dance to children who would like to explore the grace and coordinated movement of ballet.

Age	5-6
Days	Wednesdays
Date	Register Monthly (Beginning in Nov.)
Time	6 pm - 6:45 pm
Location	Community Center
Fee	\$40
Registration	Ongoing

Young Rembrandts - Animal Drawing Workshop

Kids love to draw animals! On the first and second days we will draw giraffes, lions, tigers, birds, and more. On the final day we will compose one large scene divided into several habitats and incorporating the many animal friends we have learned to draw.

Age	6-12
Days	Monday - Wednesday
Date	November 21 - 23
Time	9 am - 12 pm
Location	Community Center
Fee	\$87: resident \$95: non resident
Registration	October 3, 2016



Intro to Dance

This introductory dance course is a fusion of ballet, jazz, and hip hop. Children will learn and build on the feet and arm positions of ballet, basic technique of jazz, as well as the foundation of hip hop.

Age	7-9
Days	Mondays
Date	Register Monthly
Time	6 pm - 7 pm
Location	Community Center
Fee	\$25
Registration	Ongoing



Beginning Dance

This beginning dance course is a fusion of ballet, jazz, and hip hop. Children will learn and build on the feet and arm positions of ballet, basic technique of jazz, as well as the foundation of hip hop.

Age	10-18
Days	Thursdays
Date	Register Monthly
Time	6 pm - 7 pm
Location	Community Center
Fee	\$25
Registration	Ongoing



Kids Saber Fitness

Does your child like playing with light sabers? Do they love everything Star Wars? If so, join us for KIDS Saber Fitness! Kids and one parent/guardian will get exercise and have fun while learning basic movement patterns with their light sabers. Bring your own lightsaber if you have one, otherwise one will be provided.

Age	5-10
Days	Fridays (Ex. October 28 & November 18)
Time	7 pm - 7:30 pm
Location	Recreation Center
Fee	\$10
Registration	Ongoing

Intro to Martial Arts

Learn basic self-defense skills while building confidence and learning discipline. We provide a fun learning environment where students develop skills that are useful while facing challenges in life. Ongoing class ranking from white belt to black belt.

Age	6-17
Days	Tuesdays
Date	4 sessions a month. No classes in December.
Time	6 pm - 7 pm
Location	Community Center
Fee	\$35
Registration	Ongoing



KidZone and Club West After School Program

KidZone and Club West offers after school program to students in kindergarden-8th grade at various school sites. KidZone (K-5) and Club West (6-8) provides students with meaningful experiences including, clubs, classes, snacks, games, crafts, enrichment opportunities, and homework assistance. Students MUST be registered for their home school's program; students may not travel to another location. For registration information, please contact sites directly. Directory can be found at www.westsacfun.org.

Age	Kindergarten - 8th grade
Days	Monday - Friday
Date	Follows WUSD School Calendar
Time	2:30 pm - 6 pm
Location	Elkhorn Elem, Riverbank Elem, Stonegate Elem, Westfield Elem, and Westmore Oaks Elem
Fee	Free
Registration	Only accepting waitlist for 16-17

Afterschool at the Rec

Come over after school for some food and fun Wednesday-Fridays following the RCHS calendar. Activities include Climbing Club on Wednesdays, workouts with personal trainers on Thursdays, and dodgeball, pickleball, 9 Square in the Air, etc on Fridays. Snack provided by RCHS cafeteria, activity bus passes available on Wednesday & Thursday.

Age	9-12th Grade
Days	Wednesdays, Thursdays, Fridays
Date	Follows RCHS school calendar
Time	3:30 pm - 5 pm
Location	Recreation Center
Fee	Free
Registration	Ongoing



Teen Outdoor Adventures

Are you interested in climbing indoors but also training to climb outdoors? Wednesdays this fall we will have special instruction weekly including tips and techniques to strengthen and improve your climbing. Our special outdoor trips are TBD and they are contingent upon attending the Wednesday, Afterschool at the Rec.

Age	9-12th grade
Days	Wednesdays
Date	Ongoing Monthly
Time	3:30 pm - 5 pm
Location	Recreation Center
Fee	Free
Registration	Ongoing

Fall Fest Ball

The Fall Fest Ball is Club West's only semi-formal dance. Join your friends for a fun night full of dancing and taking pics in the photo booth! Dances are open to all 6th, 7th, and 8th grade students who live in West Sacramento- all attendees MUST have a valid photo ID to attend. Check out clubwestteencenter.com for all event details!

Age	6th - 8th grade
Date	Friday, November 18
Time	6:30 pm - 9:30 pm
Location	Civic Center Galleria
Fee	\$10
Registration	Pay at the door



Sweetheart Dance

Celebrate Valentine's Day with your friends at Club West's Sweetheart Dance! Dances are open to all 6th, 7th, and 8th grade students who live in West Sacramento- all attendees MUST have a valid photo ID to attend. Check out clubwestteencenter.com for all event details! Photo booth and snacks included.

Age	6th - 8th grade
Date	Friday, February 17
Time	6:30 pm - 9:30 pm
Location	Civic Center Galleria
Fee	\$10
Registration	Pay at the door

Just 4 Kicks

Children get to learn, understand, and enjoy the game of soccer in a fun and supportive setting. Get those tiny feet running, jumping, and kicking today!

Age 3.5-4 | 5-6 | 6-7
Days Saturdays
Location Linden Park, 2601 Summerfield Drive
Fee Varies depend on length of class
 Winter: \$77 | Spring: \$97
Registration Ongoing
 * Max 14 per class



WINTER

CLASS	WEDNESDAYS /DATES	AGE	TIME
K Soccer	1/21 - 3/4	4-5yrs	9:40 - 10:20
K-1 Soccer	1/21 - 3/4	5-6yrs	10:20 - 11:10
Soccer 2 -3	1/21 - 3/4 (no class 2/25)	7-8yrs	11:10 - 12:10

SPRING

CLASS	WEDNESDAYS /DATES	AGE	TIME
K Soccer	4/8 - 6/3	4-5yrs	9:40 - 10:20
K-1 Soccer	4/8 - 6/3	5-6yrs	10:20 - 11:10
Soccer 2 -3	4/8 - 6/3 (no class 5/27)	7-8yrs	11:10 - 12:10

Youth Tennis Lessons

Join Coach Brooks this fall to learn and develop your tennis skills! Get a great workout while you learn and improve on your techniques! All ability levels welcome. Equipment is available for students if needed.

Age 5-17
Days Saturdays
Date Fall Session 2: October 8 - October 29
 Fall Session 3: November 5 - December 3
 Fall Session 4: November 21 - November 25 (No class 11/24)
Time Session 2 & 3: 8:30 am to 9:30 am
 Session 4: 8:45 am-10:00 am
Location Recreation Center Tennis Courts
Fee Session 2 & 3: \$30
 Session 4: \$35
Registration Ongoing



Archery Class

Archery is a practice that people have been doing for thousands of years. Today, people from all over the world enjoy this powerful and graceful sport that develops patience, strength, and focus. Come enjoy this ancient sport in a calm and positive environment.

Age 8+
Days Tuesdays
Date Ongoing Monthly
Time 6 pm - 7 pm
Location Sam Combs Park
Fee \$72 Resident
Registration Ongoing

West Sacramento Parks!

1. Bryte Park
2. Alyce Norman- Bryte Playfields
3. Elkhorn Park
4. Elkhorn Plaza
5. Broderick Boat Ramp
6. River Walk Park
7. Rotary Centennial Mini Park
8. Westacre Park
9. Westfield School Playsite
10. Roland Hensley Bike Park
11. Meadowdale Park
12. Circle Park
13. Fred & Leila Holmes Park
14. Memorial Park
15. Sam Combs Park
16. Barge Canal
Recreational Access
17. Southport Gateway Park
18. Delta Gardens Park
19. Heritage Oak Park
20. Redwood Park
21. Emile "Whitey" Boisclair Park
22. Linden South/ Paik North Park
23. Pheasant Hollow Park
24. Touchstone Park
25. Linden Park
26. Poquito Park
27. Summerfield Park
28. Patwin Park
29. Bridgeway
Island Park
30. Sunset Vista Park
31. Classics Mini Park
32. Bridgeway Lakes
Community Park
34. Eagle Point Park
35. Splash Park
36. Garden Park
37. Jerome D. Barry Park
38. Joey Lopes Park



- A. Community Center
- B. Recreation Center
- C. Boat House
- No. 1-38. Parks and Trails

For park location details please call (916) 617-4620

Jr. NBA/Jr. WNBA Basketball

Learn the fundamentals of basketball and make some new friends in the process! Jr. NBA/Jr. WNBA aims to develop a life-long passion for the game of basketball by providing a support structure, instructional materials, and programs that encourage participation and make the game fun and rewarding for all participants.

Age	5-14
Days	Saturday game with one practice during the week that will be determined by the coach
Date	January 14 - March 4
Time	8 am - 7 pm
Location	Recreation Center / Riverbank Elementary
Fee	\$82 regular
Registration	October 3, 2016



Teen Hoop

Teen Hoop is a great way for teenagers of all skill levels to come together and play organized basketball in an encouraging atmosphere. Reversible jerseys are provided.

Age	13-17
Days	Saturday game with one practice during the week that will be determined by the coach
Date	March 18 - May 20
Time	9 am - 1 pm
Location	Recreation Center
Fee	\$82 regular (add \$8 for non-resident players)
Registration	January 9, 2017



What is SPARK?

The SPARK program is an adaptive recreation program designed to provide mildly developmental and physically challenged City of West Sacramento residents with the opportunity to participate in adaptive recreation & leisure activities. Participants will receive transportation to & from their homes to the offered activities*. Activities are designed for the needs & interests of the participants 14 and up in an effort to provide opportunities toward becoming involved in the community. Our activities emphasize positive socialization, creativity, & a sense of self-accomplishment. The SPARK program is designed for individuals who can participate with a 1:8 ratio of staff -to-participant.

What does SPARK do each month?

Our monthly activities have included River Cats baseball games, karaoke nights, trips to the Yolo County Fair, swimming, cooking classes, ceramics, dining out, bowling, movie nights, theatre, Zumba Gold, camping trips, theme craft nights, Special Olympics Bowling, Special Olympics Track & Field & much more!! Space is limited on activities.

How do I get involved?

It's very easy to get involved & the SPARK program is always welcoming new participants to join the fun. For more information please call the Parks & Recreation Department at 617-4620.

You can also e-mail Christine Prater at christinep@cityofwestsacramento.org.

*At this time we are not able to provide transportation to participants who require the use of a wheelchair, however they are able to participate in our programs. Transportation for participants with wheelchairs must be provided by family, to & from activities.

Need this information in an alternative format? Please contact Parks & Rec.

Adult Basketball

Your team is down by two and time is running out. You dribble just past half court and shoot at the buzzer. The only sound the crowd hears is the swish of the ball going through the net. Satisfy your competitive edge by joining one of the best recreational basketball leagues in the region.

Age 18+
Days Sundays
Date January 8 - March 26
Time 8 am - 9 pm
Location Recreation Center / RCHS
Fee \$450: Resident | \$475 Non-Resident
Registration November 14, 2016



Adult Flag Football

Bring your game to the gridiron of West Sacramento's fast paced flag football league. Don't miss out on playing some great recreational football!

Age 18+
Days Sundays
Date February 19 - May 7
Time 9 am - 9 pm
Location Bryte Park
Fee \$450: Resident
 \$475 Non-Resident
Registration January 3, 2017



Adult Volleyball

On Tuesday and Thursday evenings, come join us above the nets for some Recreation League Volleyball. There are plenty of divisions available for beginners and experts. Test your skills in either of our Coed 6's or Women's Quad Leagues.

Age 18+
Days Tuesday & Thursday
Date January 24 - April 11
Time 6:30 pm - 8:30 pm
Location Recreation Center
Fee \$275: Resident
 \$300 Non-Resident
Registration December 12, 2016



Adult Soccer League

Is soccer your sport? West Sacramento Parks & Rec offers a fun and competitive Coed league for all ages and skill levels.

Age 18+
Days Sundays
Date March 19 - June 4
Time 9 am - 5 pm
Location Bryte Park
Fee \$575: Resident
 \$600 Non-Resident
Registration January 3, 2017



Adult Softball

It's time to hit the field, get a little dirt on the uniform and hit one out of the park. If you're ready to put your skills to the test, participate in the West Sacramento Adult Softball League and sign up for one of our competitive Men's or Coed Leagues today.

Age	18+
Days	Monday, Tuesday, Thursday, Friday
Date	March 20 - June 2
Time	6 pm - 10 pm
Location	Bryte Park
Fee	\$450: Resident \$475 Non-Resident
Registration	January 9, 2017



Tennis Ladder Challenge

Each week challenge each other as you make your way to the top and claim your title as the WSRC challenge ladder champion! Schedule your own matches when you're available. Late registrations will be added to the bottom of the ladder. Prizes available.

Age	16+
Date	September 24 - November 20
Time	Schedule between participants
Location	Recreation Center
Fee	\$25 pass holders \$35 non pass holders
Registration	Closes October 9, 2016



Private Tennis Lessons

Looking to enhance your tennis game? Private lessons available with Coach Dave Brooks. Once registered, the instructor will contact you within 3 business days to schedule your times.

Age	7-17
Date/Time	TBD
Location	Recreation Center
Fee	\$90 for three one hour lessons
Registration	Ongoing



"Nine for \$90" Adult Tennis Lessons

Our most popular tennis program for adults gives you nine sessions of instruction, hitting drills, and match play for only \$90. Here's how it works: After registering you'll be contacted via email by RCHS Tennis Coach and WS Parks Dept. tennis Instructor, Dave Brooks each week. He'll give you the times for the two or three days that he'll be on the courts that upcoming week, usually Saturday mornings and Sunday afternoons throughout the year, as well as a weekday. Sessions last for 90 minutes each, generally have between four and eight participants, and you can come whenever your schedule allows.

Age	18+
Date	Schedule with instructor
Location	Recreation Center
Fee	\$90
Registration	Ongoing



Zumba Gold Mega Class

Mega Classes are extra fun fitness parties at Zumba Gold with a special theme, socializing and treats!

- October 12th - Superhero Pink Party
- November 2nd - Dia De Los Muertos Potluck
- December 7th - Holiday Tea Party
- February 8th - Valentines Party

Age	18+
Days	Wednesdays
Time	1:30 pm - 3:30 pm
Location	Community Center
Fee	\$7
Registration	Ongoing

Thanksgiving Lunch

Join Active Aging as we celebrate Thanksgiving. We will have raffles, a catered traditional meal and entertainment. This is an event you will not want to miss. Space is limited so register early.

Age	50+
Days	Thursday, November 17
Time	11 am - 1 pm
Location	Community Center
Fee	\$12



Generation Bridge

Generation Bridge is our inter-generational program that focuses on pairing the City of West Sacramento’s active aging community with our city’s youth. The program’s goals are to provide a positive volunteer experience for our active aging community. The Generation Bridge program recruits volunteers in the active aging community to plan and administer various fun and enrichment activities in our City’s after school and summer youth programs located at various school sites. Programs include PrimeFit where volunteers teach youth about good nutritional habits and the importance of being active. Wisdom Workshop includes giving our youth an opportunity to express their creativity. Passing Notes is our pen pal program providing youth and volunteers the opportunity to communicate using the written word. Holiday Story Book hour was created to give volunteers an opportunity to read and connect with preschool children.

Contact the Community Center @ (916) 617-4620 for more information.



FITNESS / EXERCISE CLASSES

Location: Community Center

Low Impact with Rich Simmons | *Mon-Fri 9 am - 10 am*

Exercise class set to classic tunes

Fee: Donation

Tai Chi | *Mondays 10 am - 11:30 pm*

Low impact exercise. Helps improve balance and reduce the risk of falls.

May improve sleep and ease pain and stiffness.

Fee: Donation

Simplified Tai Chi | *Wednesday 10:15 am - 11:45 am*

Beginners class teaches movement-by-movement with martial art application.

May help gain better health, balance and relaxation.

Fee: Donation

Exercise with Rose | *Tuesday - 1:30 - 2:30 pm*

Low impact exercise, using bands and resistance.

Line Dancing | *Tuesday - 2:00 - 3:30pm*

Learn how to line dance with this low impact exercise.

Zumba Gold | *Monday & Wednesday 1:30 pm - 2:30 pm*

| *Fee: \$3 per class | 7-day punch pass available for \$14*

Dance class using zesty Latin music, like Salsa, Merengue and Reggaeton. The class is exhilarating, with easy-to-follow moves in an invigorating, party-like atmosphere

HANDS ON CRAFT CLASSES

Ceramics | *Monday 9 am - 12am (off-site)*

Learn how to make ceramics and enjoy the social atmosphere.

Location: Riverbend Senior Manor | 664 Cummins Way

Knit and Crochet | *Wednesday 9 am - 1 pm*

Learn new techniques and socialize. All skill levels welcomed.

Location: Community Center

Scrapbooking & Card Making | *Thursday 9 am - 11 am | Fee: \$2*

Join others, socialize and create cards and pages displaying your personal pictures. Paper, glue, and scissors are provided. Bring your pictures keepsakes and albums.

Location: Community Center

Sew and Sew's | *1st & 3rd Tuesday 9 am - 11 am | Fee: \$2*

Come and independently practice, traditional or time saving quilting technique. Participants are encouraged to practice and share ideas, patterns and quilting supplies. Must bring your own supplies for your own projects.

GAMES

Location: Community Center

Wii Games, Cards, & Puzzles | *Wednesday 9 am - 12pm*

Join the fun! Wii games include bowling, tennis golf and much more. Stop by the Lounge at the Community Center and enjoy the activities.

Hand & Foot Cards | *1st, 3rd & 5th Tuesdays - 11 am - 4:30 pm*

A card game with the objective being to score points by melding to score clean red books and black books. Space is limited.

Bingo | *Thursday - 1 pm - 2:45pm | Fee: \$2 to play plus 10 cents per card per game*

Play Bingo. Bring a friend and double the fun. Sign up early! Space is limited

Bunko Bonanza | *2nd & 4th Thursday of each month | Fee: \$3.35*

A dice game where you change tables at every round. Meet new people and have fun. Space is limited. Must register.



Brain Booster | *2nd Tuesday 12 pm - 1 pm & 4th Tuesday 11 am - 12 pm*

Just like physical exercise, your brain needs exercise too! Challenge your brain with mentally challenging activities such as trivia, memory games, crossword puzzles and other activities to keep your mind sharp. Activities are held in a group setting.

Book Club-Between the Covers | *2nd Tuesday 10 am - 11:30 am*

Reading is not only fun, it's fundamental! There are many benefits seniors can glean from reading, here are five: enhancement of memory, sharpening decision making skills, delays in onset of dementia, stress reduction and better sleep. Books are issued through Yolo County's Read Around Yolo (RAY) program. Members meet and discuss a favorite passage, answer thought provoking questions about the characters and talk about book content.

Shopping Shuttle to Wal-Mart Shopping Centers

*When: 1st and 3rd Monday of each Month**

Cost: \$2.00 per round trip

What: Transportation to and from your home to Wal-Mart

The Shopping Shuttle provides a round trip shuttle from your home to Wal-Mart shopping centers and nearby restaurants. Pick ups begin at 9:15 a.m. (please call Shores of Hope for current details. (372-0200 press extension 1020, wait, then press 0)

Riders will have approximately 1.75 hours shopping time. Wheelchairs and scooters welcome!

Reservations: Must reserve spot in advance.

Shores of Hope @ 372-0200 press extension 1020, wait, then press 0

The shopping shuttle is a subsidized by West Sacramento Parks & Rec and is provided through a collaborative effort between the City and United Christian Center

*we reserve the right to alternate dates due to holidays/closures

Roundtrip Shuttle to and from the Community Center

When: Wednesdays, pick ups from your home start at 9:00 a.m. and return home starting at noon.

When: Thursdays, pick ups from your home start at noon, return home starting at 3:00 p.m.

Fee: \$2.00 for round trip.

Join a class here at the Community Center, hang out in the lounge, visit the library or the local shops. The Community Center Shuttle provides a round trip shuttle to and from your home. Wheelchairs and walkers are welcome.

Reservations: Must reserve a spot in advance.

Shores of Hope @ 372-0200 press extension 1020, then press 0

The shopping shuttle's is subsidized by West Sacramento Parks & Rec and provided through a collaborative effort between the City and Shores of Hope.

Information and Support Services *Monday - Thursday | 9 am - 2 pm*

Our Senior Information Specialist will help you find the services you need to make your life more comfortable and healthy. Information is available for a wide array of opportunities and assistance.

Location: Community Center

Experience Works

Tuesday | 9 am - 11 am

Employment referral services and job search assistance for Seniors.

Location: Community Center

Veterans Services

By Appointment only

Information about services and shuttle to Mather field for medical appointments.

Contact: 916-375-6200 ext. 4850

HICAP

2nd & 4th Tuesday of the month

Information and help for Medicare issues and paperwork.

Contact: 916-376-8915 for an Appointment

Legal Clinic

4th Thursday of the month | 9 am - 11 am

Assistance and advice with civil matters such as consumer laws, housing, education, and benefits.

Contact: 916-617-4620



Spooktacular Bingo

Come join Active Aging Spooktacular Bingo. Participants will enjoy nachos, spaghetti and light refreshments. We will play bingo on the big screen for a chance to win a prize.

Age	50+
Date	Thursday, October 27
Time	1 pm - 2:45 pm
Location	Community Center
Fee	\$7
Registration	Ongoing



Holiday Party

Come join Active Aging as we celebrate the holidays. Participants will enjoy a delicious meal and light refreshments. Participants will enjoy a delicious meal and light refreshments. We will play games, listen to holiday music, and have a raffle.

Age	50+
Date	Thursday, December 15
Time	1 pm - 2:45 pm
Location	Community Center
Fee	\$7
Registration	Ongoing

Sweet Heart Bingo

We will be playing Sweetheart bingo for great prizes. Come enjoy sweet treats. It will be an afternoon full of Valentines themed excitement so come dressed in red, pink and white!

Age	50+
Date	Thursday, February 9, 2017
Time	1 pm - 2:45 pm
Location	Community Center
Fee	\$7
Registration	Ongoing





Soggy Doggy Day

Bring your favorite pooch to the leisure pool for a swim day! The pool has a beach entry so dogs can enter and exit safely. Owners are welcome to wade in the beach entry, but are not allowed to swim with their dogs.

We will have representatives from the Yolo County Sheriff's Office Animal Services Section on-site for licensing AND microchipping. You MUST provide proof of current vaccines.

Cost for licensing: Unaltered - \$38.00/yr, Altered (with proof of spay or neuter) - \$19.00/yr

Cost for microchip and registration is \$15.00

Age All Ages
Date Saturday, October 22
Time 10 am - 12 pm
Location Recreation Center
Fee Dogs are \$5; humans are free.
Registration Pay at the door

Trick or Treat Halloween Party

Join us for silly spooky fun at the Rec! We'll have jump houses, crafts, games, and more! Donations Benefit the Yolo County Children's Alliance.

Age Children up to 14 years old
Date Saturday, October 29
Time 2 pm - 4 pm
Location Recreation Center
Fee One canned food donation per child



Kids Night Out

Kids are invited to have a great time making crafts, playing games, watch a movie and enjoy a kid friendly dinner! Parents get a worry free night out!

10/7 Super Hero Dance Party
 12/9 Pajama Party

Age Kinder through 5th grade
Date Friday, October 7 & December 9, 2016
Time 6 pm - 9 pm
Location Community Center
Fee \$10 or \$8 Pre-registration
Registration Ongoing



Holiday Tree Lighting

FREE Annual Tree Lighting & Pictures with Santa

Days Friday, December 2
Time 6 pm - 8 pm
Location In front of City Hall
Fee Free

Breakfast With Santa

Annual Event put on by the West Sacramento Chamber of Commerce hosted at the West Sacramento Community Center.

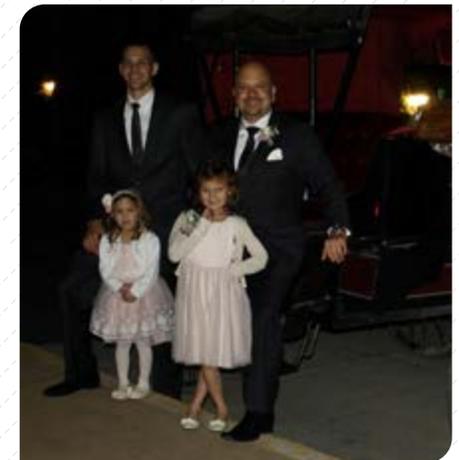
Days Saturday, December 10
Time 8:30 am - 11:30 am
Location Community Center
Fee Contact West Sacramento Chamber
Registration Ongoing



Annual Father Daughter Dance "Ooh La La Pink Paris"

Your Passport to a Pink Paris is here! All are invited to come dressed in style and flair for a fabulous Parisian affair of dinner, DJ, dancing & more!

Age All Ages
Date Friday, February 24 or Saturday, February 25, 2017
Time 6 pm - 9 pm
Location City Hall Galleria
Fee Fathers: \$45 | Daughters: \$25
Registration January 6, 2017





This beautiful building is open for rental throughout the year with some limitations in the summer. The building can accommodate up to 75 guests seated or up to 150 guests standing. With its beautiful setting next to the lake, located within Bridgeway Lakes Park & near the City's only spray ground, this is an ideal location for a meeting, a birthday party, or even a wedding! All reservations must be made at least 60 days in advance.

Boathouse Bridgeway Lakes | 916-617-5320
3650 Southport Pkwy.
West Sacramento, CA 95691



The City Hall Galleria offers the perfect ambiance in a contemporary state-of-the-art location that will make a lasting impression for any event: weddings & receptions, fund raisers, holiday gatherings, luncheons, seminars, conferences, quinceaneras and much, much, more. The space can accommodate groups from 20 – 250 people and has a convenient catering kitchen next to the meeting rooms. All reservations must be made at least 60 days in advance.

City Hall Galleria | 916-617-5320
1110 West Capitol Ave.
West Sacramento, CA 95691



The Community Center has four rentable rooms. Two rooms are "classroom" type and are perfect for small meetings or presentations. A third, larger, community room with a prep kitchen is great for banquets or awards ceremonies and the Black Box Theater is ideal for small concerts, dance recitals and theatrical performances. Please call for more information. All reservations must be made at least 60 days in advance.

Community Center | 916-617-5320
1075 West Capitol Ave.
West Sacramento, CA 95691



The Recreation Center has rooms available for rent for your next meeting, training or party. Access to the rock wall and/or the pool (during swim season) is also available. The space can accommodate groups from 20-80 people. Applications must be submitted to and approved by the Rental Coordinator. All rentals need to be scheduled 30 days in advance.

Recreation Center | 916-617-4770
2801 Jefferson Blvd.
West Sacramento, CA 95691



TREES FOR TOMORROW PROJECT

The City of West Sacramento in partnership with Tree Davis has been awarded a large Cap and Trade Grant designed to reduce Greenhouse gas by planting trees. The target area for the grant is north of the deep-water channel.

The Trees for Tomorrow Program will plant and maintain a total of 1,000 new trees in communities throughout West Sacramento to sequester carbon and reduce greenhouse gas emissions in an effort to lessen the impacts of climate change throughout California. This program will provide free trees to homes, businesses, schools, and parks and will make a real, visible impact throughout the community.

If you are interested in volunteering for this project or would like more information regarding free shade tree(s) for your home please contact the Trees for Tomorrow program manager, Michelle Medeiros, michelle@treedavis.org or you can visit treedavis.org

PARK RENTALS

Where can I find information on West Sacramento Parks available for rent?

You can go to the Parks & Recreation page of the City’s website, westsacfun.org or you can call our main line at 916-617-4620.

Do I need to rent a park for a basic picnic of 25 people?

No, a group of less than 50 people will not require a park rental as long as there are no special circumstances such as a bounce house, alcohol or amplified sound. You can just show up & use an area, provided it has not been rented by another party.

What is the park rental process?

Call us at 617-4620 to see if the park/picnic area you want is available for rental. Turn in a completed Park Rental Application to the Parks & Recreation Department.

In certain circumstances, a Special Event (SE) Notification or SE Permit may be required. Notification/Permit application & fee processing is done at City Hall, located at 1110 West Capitol Avenue. The criteria which would trigger the need for a SE Notification or Permit can be found on the Parks & Recreation Department’s webpage under Special Events or by calling the Parks & Recreation Department at 916-617-4620. Please allow sufficient time for permit approval.

Both forms can be downloaded on the city’s website or picked up at the Community Center, located at 1075 West Capitol Avenue. A picnic area can be held with a refundable deposit & minimum 30 day notice. Once the event has been approved, you will need to provide the necessary insurance forms & fees prior to the day of the event. Cancellations must be done 14 days prior to the event in order to receive a return of the deposit.

I would like to rent a picnic area this weekend for 75 people & we want to have a bounce house. What do I need to do?

An event such as this would require a completed park rental and Special Event Notification. In addition to the rental fees, deposit & insurance, you will need special insurance from the bounce house company in order to cover its use. Please make arrangements at least 30 days in advance for paperwork processing.

For more information or to reserve please call 916-617-4620 or visit our website www.westsacfun.org



Holiday Tree Lighting

Friday, December 2 | 6 pm - 8 pm



Breakfast With Santa

Saturday, December 10 | 8:30 am - 11:30 am



Santa Run & Canned Food Drive

The West Sacramento Fire Department, in conjunction with the West Sacramento Fire Fighters Association will be hosting the Annual Santa Fire Truck Run. Santa and his helpers will be visiting neighborhoods and collecting canned food donations to help feed the hungry. This year the Santa Run will be held weeknights Monday December 5th – Monday, December 12th. Visit www.cityofwestsacramento.org for more details.