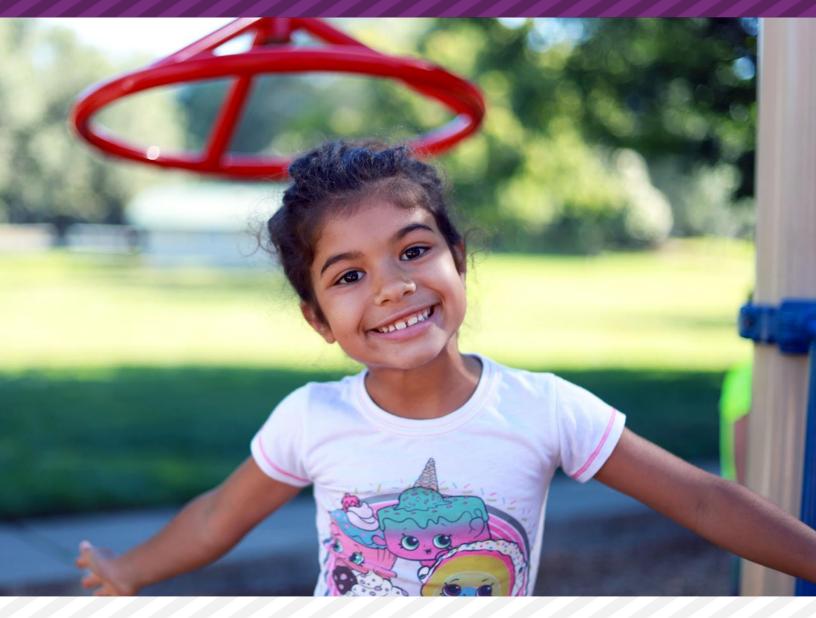
#### **MISSION OAKS RECREATION & PARK DISTRICT**



# SPRING/ SUMMER **Recreation Guide 2022**







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### Sac Parks Foundation

The S.P.F. is a joint non-profit volunteer organization formed by the following Recreation and Park Districts in Sacramento County: Arcade Creek, Arden Manor, Fulton-El Camino, and Mission Oaks to support and provide program opportunities for underprivileged youth and to undertake the construction of emPOWERment Park "AN INCLUSIVE PLAY-SPACE", with the assistance of SMUD and the Arden-Arcade Community. Your financial assistance is needed to cover the full construction costs.

To contribute to these efforts, you may make a tax deductible donation to the Sacramento Parks Foundation by sending a check to the Sacramento Parks Foundation at 2201 Cottage Way, Sacramento, CA 95825.



MissionOaksRecandParks (O)@missionoaksrec

# **Contact Us**

#### **CUSTOMER SERVICE LOCATIONS**

#### **District Office**

3344 Mission Ave. Carmichael 95608 **(**916) 488-<u>2810</u> ➡ mail@morpd.com

**Mission Oaks Community Center** 4701 Gibbons Dr. Carmichael 95608 **(**916) 972-<u>0336</u>

#### **Swanston Community Center**

2350 Northrop Ave. Sacramento 95825 **(**916) 333-6464

For Park Emergencies, Call 3-1-1

#### SACRAMENTO COUNTY BOARD **SUPERVISOR** Honorable Rich Desmond, District 3

#### **ADVISORY BOARD OF DIRECTORS**

Jeff Rothberg, Chair Robert Evans, Vice Chair Pati Brown Todd, Director Michael Alcalay, Director Brian Bannister, Director

#### MANAGEMENT STAFF

**Daniel Barton**, District Administrator JR Hichborn, Park Superintendent Debra Tierney, Administrative Services Manager Darren Woodland, Finance Manager Rodney Dahlberg, Recreation Manager **Danny Curtola**, Recreation Manager

# Not Sure How to Register? Let Us Help You!

A Step-by-Step Guide to Registering Online for Recreation Activities

# Have an Account?

Go to morpd.activityreg.com

- -----
- 1
- Click "Login"

no

- Enter your email to see if you already have an account
  - Click "Create a New Account" on the right side
- Check to see if you already have an account (If you have registered for classes previously, you probably have an account)

### **First Time Users**

- Fill in the information to get your account set up
- Once your account is created, click the "home" button and browse our listing of programs
- Once you've found a program you like, click the "Sign up" icon and follow the instructions to register

Please note: Pre-registration is required for all programs. Programs may be canceled one week prior to the class if minimum attendance numbers are not met.

#### **Returning Users**

- Go to https://morpd.activityreg.com
- Click "Login" on the left side
- Browse programs and follow the "Sign Up" prompts as the website directs

### Forgot Password?

- Go to https://morpd.activityreg.com
- Click "Login" on the left side
- Click "Forgot Password" on the right side
- Enter your email address associated with your account and select an option to receive your new password.

## **Still Have Questions?** Call Us at (916) 488-2810

Office Registration Hours are Monday-Friday 8am-4pm, Online Registration is 24/7

# **EVENTS CALENDAR**



2/28 Summer Camp Registration Opens 8am | All Facilities & Online



**4/11-15** Spring Break Camp 8am-5pm Swanston Community Center



**4/16** Easter Blast 11am Swanston Community Center



5/10 Priority Preschool Registration Opens <sup>8am</sup>



5/21 Spring Carnival 11am Gibbons Park



5/25 Senior Resource Fair 9am-1pm Mission Oaks Community Center



5/28 Swanston Splash Park Opens 10am | Swanston Park



5/31 Preschool Registration Opens 8am | Online



6/13 Summer Camps Begins 8am | All Sites



7/4 4th of July Carmichael Parade 10:30am | Fair Oaks Blvd (between Marconi & Cypress)



**7/4** Carmichael Fireworks Spectacular 7pm | 5325 Engle Road





8/15 After School Adventures Begins 3pm | Swanston Community Center



9/25 Concert in the Park 5-7pm | Gibbons Park EASTER BLAST 2022

April 16, 2022 11:00AM-1:00PM

Egg Hunts, Pictures with the Easter Bunny, Food Trucks, and much more!

Swanston Park 2350 Northrop Ave., Sacramento

ACHERICAL COM COMERCIAL ON A COMPACT

# MISSION OAKS SPRING CARNIVAL MAY 21, 2022



Join us for Food Trucks, Dunk Tank, Petting Zoo, Bounce Houses, and Carnival Games

**PROUDLY SPONSORED BY:** 



TIM COLLOM TINA SUTER Tim@houserealestate.com Tina@houserealestate.com

VANS

LABOR DAY

10AM-7PM MEMORIAL DAY TO



FOR MORE INFO VISIT MORPD.COM OR CALL (916) 333-6464

FOR A FULL LIST OF 2022 SPECIAL EVENTS!

### Senior Resource Fair

WEDNESDAY MAY 25 • 9AM-1PM MISSION OAKS COMMUNITY CENTER 4701 GIBBONS DRIVE, CARMICHAEL

### Free Event!

LOCAL HEALTH AND SENIOR RELATED VENDORS DOOR PRIZES BREAKFAST ITEMS

HEALTHY COOKING DEMONSTRATIONS BY:



# Preschool

# Summer Preschool

Priority Registration: March 15 Open Registration: April 5

#### **TEDDY BEARS**

**Instructors:** Miss Nancy and Nana

Ages: 3-4 years old (Child must be 3 by June 1, 2022)

**Location:** 4641 Marconi Avenue (Corner of Mission and Marconi Avenues) in the north wing of the Lutheran Church of our Redeemer facilities.

Class includes Story Time, Music & Movement, Arts & Crafts, Indoor & Outdoor Play and much more!

Session	DAYS	DATES	TIME	FEE
1	Tu & Th	June 7-30	9am-12pm	\$175/session
2	Tu & Th	July 5-28	9am-12pm	\$175/session

#### **KARE BEARS**

Instructors: Miss Nancy and Nana

Ages: 4-5 years old (Child must be 4 by June 1, 2022)

**Location:** 4641 Marconi Avenue (Corner of Mission and Marconi Avenues) in the north wing of the Lutheran Church of our Redeemer facilities.

Class includes Story Time, Music & Movement, Arts & Crafts, Letters & Numbers, Indoor & Outdoor Play and much more!

Session	DAYS	DATES	TIME	FEE
1	Mon, Wed, Fri	June 6-29	9am-12pm	\$225/session
2	Mon, Wed, Fri	July 1-29	9am-12pm	\$225/session

# School Year Preschool

Priority Registration: May 10 Open Registration: May 31

#### **TEDDY BEARS**

Instructors: Miss Nancy and Nana

Ages: 3-4 years old (Child must be 3 by September 1, 2022)

**Location:** 4641 Marconi Avenue (Corner of Mission and Marconi Avenues) in the north wing of the Lutheran Church of our Redeemer facilities.

Class includes Story Time, Music & Movement, Arts & Crafts, Indoor & Outdoor Play and much more!

DAYS	DATES	TIME	FEE
Tu & Th	August 16-June 1	9am-12pm	\$180/month

#### **KARE BEARS**

Instructors: Miss Nancy and Nana

Ages: 4-5 years old (Child must be 4 by September 1, 2022)

**Location:** 4641 Marconi Avenue (Corner of Mission and Marconi Avenues) in the north wing of the Lutheran Church of our Redeemer facilities.

Class includes Story Time, Music & Movement, Arts & Crafts, Letters & Numbers, Indoor & Outdoor Play and much more!

DAYS	DATES	TIME	FEE
Mon, Wed, Fri	August 15-June 2	9am-12pm	\$230/month

# | Youth Sports

# Youth Sports

#### SPRING: APRIL 2-MAY 21, 2022 SUMMER: JUNE 11-AUG. 6, 2022 FALL: SEPT. 10-OCT. 29, 2022

**Location: Shelfield Park** 1849 Suffolk Way, Carmichael

**Days: Saturdays** Fee: \$115/session



Instructional soccer classes for boys and girls ages 2-10. Learn the fundamentals of soccer through our non-competitive ageappropriate format. All participants will receive a Kidz Love Soccer jersey! Kidz Love Soccer... Where the score is always Fun to Fun!

#### Mommy/Daddy & Me Soccer (ages 2-3.5): Saturdays 9-9:30am

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/ Daddy & Me Soccer, parents are part of the action, not watching from the sidelines!

#### Tot-Soccer (ages 3.5-4): Saturdays 9:40-10:10am

Toddlers enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting.

#### Pre-Soccer (ages 4-5): Saturdays 10:10-10:45am

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

#### Soccer 1: Techniques & Teamwork (ages 5-6): Saturdays 10:45-11:30am

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

#### Soccer 2: Skillz & Scrimmages (ages 7-10): Saturdays 11:30am-12:15pm

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game. All participants receive a Kidz Love Soccer jersey! Shin guards are required.

For class information/questions, contact Olly at (408) 774-4615 Or olly.bayliss@kidzlovesoccer.com Or Kidz Love Soccer directly at 1-888-277-9542 KLS Rain-out Hotline: 1-888-372-5803 Hotline: 1-888-372-5803

Receive cancellation notifications automatically on your smartphone with the free Kidz Love Soccer mobile app for iPhone and Android.

### Tennis Academy

Instructor: Peter Haddow **Location:** Ashton Park

Classes are taught by Peter Haddow, a USPTR Certified Pro Coach with over 30 years experience.

#### LITTLE STEPS

A program for children aimed at developing tennis skills and sportsmanship with an emphasis on fun and games.

SESSION	AGES	DAYS	DATES	TIME	FEE
2	5-7	Mon	Mar. 7-28	3:30-4pm	\$35/session
3	5-7	Mon	Apr. 4-25	3:30-4pm	\$35/session
4	5-7	Mon	May 2-23	3:30-4pm	\$35/session
5	5-7	Mon	Sept. 12-Oct. 3	3:30-4pm	\$35/session

#### **PRE-ACADEMY 1**

A weekly class for pre-teens geared towards building solid fundamental skills.

SESSION	AGES	DAYS	DATES	TIME	FEE
2	8-12	Mon	Mar. 7-28	4-5pm	\$60/session
3	8-12	Mon	Apr. 4-25	4-5pm	\$60/session
4	8-12	Mon	May 2-23	4-5pm	\$60/session
5	8-12	Mon	Sept. 12-Oct. 3	4-5pm	\$60/session

#### **PRE-ACADEMY 2**

A weekly class for pre-teens geared towards building solid fundamental skills.

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SESSION	AGES	DAYS	DATES	TIME	FEE
1	11-16	Mon	Apr. 4-25	5-6pm	\$60/session
2	11-16	Mon	May 2-23	5-6pm	\$60/session
3	11-16	Mon	Sept. 12-Oct. 3	5-6pm	\$60/session

#### Futsal with Futsal Factory

PROGRAM	AGES	TIME	FEE
Kinder-Kickers	3-5	9-9:45am	\$65/session
Juniors	6-7	9:50-10:35am	\$65/session
Cadets I	8-10	10:40-11:30am	\$65/session
Cadets II	11-13	11:35am-12:25pm	\$69/session

**SESSION 2:** March 19, 26, April 2, 9 (Makeup if needed: April 16, 23) SESSION 3: April 30, May 7, 14, 21(Makeup if needed: May 28) **SESSION 4:** June 11, 18, 25, July 9 (Makeup if needed: July 16) **SESSION 5:** July 23, 30, Aug. 6, 13 (Makeup if needed: Aug. 20, 27) **SESSION 6:** Sept. 10, 17, 24, Oct. 1(Makeup if needed: Oct. 8)

For more sessions visit morpd.com

### SKYHAWKS Sports Comps

DATES	SPORT	AGES	TIME	LOCATION
June 13-17	Flag Football	6-12	9am-12pm	Swanston Park
June 20-24	Volleyball	8-14	9am-12pm	Ashton Park
July 11-15	Flag Football	6-12	9am-12pm	Swanston Park
Aug. 1-5	Volleyball	6-13	9am-12pm	Ashton Park



All programs are \$149/session Skyhawks Register online at Skyhawks.com

# S C B B C B

# Camp Have A Lot Of Fun

CHALOF is a camp experience like no other! Join the high-energy staff as they lead the kids in camp songs, games, crafts, drama, and hilarious adventures that stretch the imagination. Activities focus on weekly themes. Children are to bring a lunch that does not require refrigeration. All participants must be potty-trained.

Location: Mission North Park, 3344 Mission Ave., Carmichael

DAYS	DATES	TIME	FEE
Mon-Fri	June 13-Aug. 5*	9am-12pm	\$75/week
*No camp July 4			

Call (916) 359-1610 or visit our website for additional information

# Camp Oak Wood

Camp Oak Wood is an immersive summer camp experience for 4–10-yearolds that evokes imagination, creativity, and of course fun! Each week is a new creative theme that is completely different than the last. There will be specially designed games and activities, arts, crafts, music, sports, and lots more. Children are to bring a lunch that does not require refrigeration. All participants must be potty-trained.

Ages: 4-10 Year

Location: Swanston Park & Community Center, 2350 Northrop Ave., Sacramento

DAYS	DATES	TIME	FEE
Mon-Fri	June 13-Aug. 5*	8am-5pm	\$110/week
*No camp July 4			

Call (916) 570-2806 or visit our website for additional information





Mo



# **Camp** Kids

Both Camp Kids sites offer a variety of activities including arts and crafts, sports, music, day trips, active and passive themed games and special events. Experienced Leaders and Leaders in Training create a unique camp experience at each site. Activities and crafts are focused on weekly themes. Children are to bring a lunch and two snacks that does not require refrigeration.

**Locations:** Ashton Park, 4251 Ashton Dr., Sacramento Gibbons Park, 4701 Gibbons Dr. Carmichael

DAYS	DATES	TIME	FEE
Mon-Fri	June 13-Aug. 5*	8am-5pm	\$110/week
*No camp July 4			

Call (916) 359-1608 or visit our website for additional information

Ages: 8-13

Years

#### Project HYPE (Healthy Youth for Physical Excellence)

Project HYPE is an exciting health and wellness summer camp that offers a wide variety of fun filled sports and activities. HYPE is geared to motivate and encourage youth to live healthy and active lives.

Location: Valley Oak Park, 1150 Eastern Ave. Sacramento

DAYS	DATES	TIME	FEE
Mon-Fri	June 13-Aug. 5*	8am-12:30pm	\$65/week
*No camp July 4			

Call (916) 570-2806 or visit our website for additional information



# SPRING BREAK CAMP

Years

Come get your grove on with us during Spring Break! We will bring the 60's to life with our crafts, games, activities and more! We will tiedye shirts, make head bands, have a glow dance and spread peace love and happiness during this far out week.

**Location:** Swanston Park & Community Center, 2350 Northrop Ave., Sacramento

DAYS	DATES	TIME	FEE
Mon-Fri	Apr. 11-15	8am-5pm	\$130/week



CAMP KIE

# Leaders in Training (LIT)

# The Leader in Training Programs are designed to provide experience and training to youth ages 12-17 in a fun learning environment.

Leaders in Training are responsible for assisting our Recreation Leaders in summer programs. Leaders in Training assist in leading games, arts and crafts, sports, music, and other fun activities for approximately 30 – 100 children. In addition, there are several special outings and staff bonding events scheduled throughout the summer. There are a limited number of Leader in Training positions available. All applicants will be given an interview. Chosen candidates for the program will be assessed a \$115 program fee to cover activity costs.

The Leader in Training Program runs Mondays through Fridays. For Camp Kids and Camp Oak Wood, two sessions are utilized each day, a morning session (8am-12:30pm) and an afternoon session (12:30- 5pm). Leaders in Trainings are chosen to attend one session only per day. CHALOF hours are approximately 8am-1pm. In addition, a 1-hour training session will be held for Leaders in Trainings each week. Leaders in Trainings must commit to attending no less than 75% of the camp. If attendance falls below this, participants will be removed from the program and fees will not be refunded.

For more information, please call: Camp Kids and Camp Have A Lot Of Fun: (916) 359-1603 Camp Oak Wood and Project HYPE: (916) 570-2806 or check our website at MORPD.com

**Registration Deadline** for Leaders in Training Interviews

#### Friday, April 15 for all Leaders in Training Programs

Applications will only be accepted after interviews if programs are not filled.

H

# G.O.A.T. PROJECT

(Greatest Of All Teens)

Teens

#### Saturdays from 9am-12pm

Swanston Park & Community Center, 2350 Northrop Ave., Sacramento

Session 1: March 12-April 2 Swanston Beautification Project

Session 2: April 23-May 14 Swanston Park Mural Project

Session 3: September 3-24 Swanston Project

**Receive a \$100 Stipend!** 

The G.O.A.T. Program is looking for hardworking, driven and community-oriented teens that are wanting to gain work experience, improve their community and make a difference all while getting paid. The program runs in 4-week sessions on park and facility improvement projects.

Ages: 13-18

Years

#### More information and updated projects call (916) 570-2806



### Join the Mission Oaks Teen Advisory Board

#### The Mission Oaks Teen Advisory Board (MOTAB) is looking for students, aged 14-18, to serve on our board for the 2022-2023 term.

MOTAB gives teens an opportunity to help with various aspects of the district such as recommendations, event and program assistance, and community engagement. Board members will build upon their leadership skills and abilities all while gaining community service hours and building their resume. Mission Oaks Recreation and Park District oversees and supports the board, with advisors helping and leading the board.



Applications begin on May 16 and end on August 12. Interviews will take place in late August. Board term for 2022-2023 will start in September. For more information please visit our website.

#### AGES: 10-16 YEARS Days: Friday Nights Time: 7-9:30PM

Location: Swanston Community Center, 2350 Northrop Ave., Sacramento Fee: Game nights: \$12 per person, Tournaments: \$1

Show off your skills in a variety of different esports tournaments and game nights. Play against your friends and play to earn gift cards, prizes and swag items.

#### 4/8 eSports Game Night

- 5/6 Nintendo Switch Mario Kart 8 Tournament
- 7/1 Nintendo Switch Super Smash Bros Tournament
- 8/19 Nintendo Switch Mario Kart 8 Tournament





# **START SMART**

#### **Ages:** 15-19

### **Location:** Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael **Instructor:** California Highway Patrol Officer

The CHP's free Start Smart program is a driver safety education class which targets new and future licensed teenage drivers between the age of 15 -19 and their parents/guardians. The classes are used to promote traffic safety to both parents and teens. We encourage both parent/caregivers and teens to attend the class. The Start Smart class will cover collision avoidance techniques, driver responsibility, collision trends, distracted driving laws, alcohol related driving laws and the provisional license process. The program also offers an opportunity for new drivers and parents/guardians to ask CHP Officers clarifying questions. The class incorporates videos and classroom discussion.

DAYS	DATES	TIME	FEE	
1st Mon of the month	Ongoing	6:30-8:30pm	FREE	

# Youth & Teen Classes



IntelliBricks will provide all Lego<sup>®</sup> and touch screen computers for the camp. Children cannot take home any of their creations or Lego<sup>®</sup> products. Lego<sup>®</sup> group of companies does not sponsor, authorize or endorse any of our programs.

#### **LEGO® ROBOTICS: WIZARD BOTS**

Learn to make magic from science and technology! IntelliBricks Lego® Robotics classes give students a hands-on introduction to the basics of engineering, robotics, and coding. Students learn teamwork, critical thinking, and problem solving as they use Lego® bricks, WeDo 2.0 electronics, and simple programming in a new project every session! In our Wizard Bots theme students will be recreating classic pieces of the wizarding world like magic carpets, Hippogriffs, magical staircases, and even mighty dragons! They will also program their models bringing it to life using various sensors. Go sign your student up for an IntelliBricks Lego® Robotics Wizard Bots camp, and explore the world of magic with engineering and technology!

Location: Swanston Community Center, 2350 Northrop Ave., Sacramento CA 95825

DAYS	DATES	AGES	TIMES	FEE
Mon-Fri	6/27-7/1	6-12	9am-12pm	\$190/class

#### LEGO MINECRAFT ANIMATION

The LEGO<sup>®</sup> Minecraft Class is an exciting and educational experience into the world of stop-motion animation production. Using LEGO<sup>®</sup> building sets based off of the Minecraft theme, students will stage their own scenes from a storyboard and take photos of the scene to tell a story. Then they will edit the images in the Frames 6 animation software where they will add effects, sound and more. Finished projects will be emailed to the parents at the end of the session.

Location: Swanston Community Center, 2350 Northrop Ave., Sacramento CA 95825

DAYS	DATES	AGES	TIMES	FEE
Mon-Fri	6/27-7/1	7-12	1-4pm	\$190/class

#### LEGO® ROBOTICS: GALAXY BOTS

Take a journey out of this world with Lego<sup>®</sup> Robotics! IntelliBricks Lego<sup>®</sup> Robotics classes give students a hands-on introduction to the basics of engineering, robotics, and coding. Students learn teamwork, critical thinking, and problem solving as they use Lego<sup>®</sup> bricks, WeDo 2.0 electronics, and simple programming in a new project every session! In our Galaxy Bots theme students will be recreating wonders of the galaxy like aliens, satelites, moon walkers, and flying saucers! They will also program their models bringing it to life using various sensors. Go sign your student up for an IntelliBricks Lego<sup>®</sup> Robotics Galaxy Bots camp, and explore the world of magic with engineering and technology!

Lo	Location: Acton Academy- Sacramento Campus 1150 Eastern Ave., Sacramento, CA 95864					
	DAYS	DATES	AGES	TIMES	FEE	
	Mon-Fri	7/25-7/29	6-12	9am-12pm	\$190/class	

#### GAME DESIGN WITH SCRATCH

Calling all game lovers out there. It's fun to play video games, it is even more fun to design your own game! In this class you won't just learn to program the games, you will also have fun playing them. Students will not only learn the characteristics of a good game like speed, obstacles, scoring, visual appeal and sound effects, they will also learn the basics of coding like variables, if then statements, logic, loops etc. To add to this students will learn to create cool characters (sprites) for their game and will also learn to build the backdrop for the games they create. We will provide all the equipment including laptons for this class

#### equipment including laptops for this class.

Location: Acton Academy- Sacramento Campus 1150 Eastern Ave., Sacramento, CA 95864

DAYS	DATES	AGES	TIMES	FEE
Mon-Fri	7/25-7/29	8-12	1-4pm	\$190/class

#### SHOTOKAN KARATE

Join us and practice Traditional Karate, including Kihon. Kata, and Kumite. Wear active clothing such as sweatpants and t-shirts, No shorts please. All equipment and uniforms can be purchased through the instructor.

Location: Swanston Park & Community Center, 2350 Northrop Ave., Sacramento

AGES	DAYS	DATES	TIME	FEE
5+	Tu & Th	Ongoing	6-8pm	\$35/month*
*Plus vearly insu	rance fee of \$50 p	aid to the instruct	or on the first d	av of class

FOR ADULT CLASSES PAGE 15

#### PICKLEBALL CLUB EASTERN OAK PICKLEBALL CLUB

We have open play daily at Eastern Oak Park from 8am-12pm. We also host members only social events, club scrambles and ladders. For more information, visit our website www.easternoakpickleball.org or email us easternoakpickleball@gmail.com

**Location:** Eastern Oak Park (Pickleball Courts)

DAYS	DATES	TIME
Daily	Ongoing	8am-12pm

#### PING PONG CLUB BLAZING PADDLES

**Location:** Swanston Community Center

Eocacion: Swans	con commanity	center	
DAYS	DATES	TIME	FEE
Mon/Wed/Fri	Ongoing	11am-1pm	Donations encouraged

BLAZING

PADDLES

#### DODGEBALL CLUB

#### **RIVER CITY DODGEBALL**

#### Instagram: @RiverCityDodgeball

An inclusive adult recreational dodgeball club for players of all skill levels and backgrounds, so that we can all rediscover that feeling of joy when you get to take a break from your everyday life and go play recess with your friends. Everyone welcome!

#### Location: Eastern Oak Park (Futsal Courts)

DAYS	DATES	TIME	FEE
Sat	Ongoing	1-3pm	\$25/District Member Fee







**MissionOaksRecandParks** 

@missionoaksrec



Instructor: Peter Haddow Location: Eastern Oak Park

**Beginner:** This class is a four week introduction to pickleball. Students will not only learn the rules, scoring, and proper etiquette, but they will also be taught the correct techniques for the serve, return of serve, dinks, volleys, forehands, backhands, overheads, and lobs. Movement and basic doubles strategy will also be covered.

**Intermediate:** This class is for players who can serve and rally consistently but are looking to take their game to the next level. Students will participate in targeted doubles drills designed to improve movements, shot selection, accuracy, power, consistency, the effective use of spin, and the all-important third shot.

#### **Beginner Morning Pickleball**

Degimer M	ioning i	Ichicbull		
SESSION	DAYS	DATES	TIME	FEE
2	Mon	Mar. 7-28	8-9am	\$60/session
3	Mon	Apr. 4-25	8-9am	\$60/session
4	Mon	May 2-23	8-9am	\$60/session
5	Mon	June 6-27	8-9am	\$60/session
6	Mon	July 11-Aug. 1	8-9am	\$60/session
7	Mon	Aug. 8-29	8-9am	\$60/session
8	Mon	Sept. 12-Oct. 3	8-9am	\$60/session
9	Mon	Oct. 10-31	8-9am	\$60/session

#### **Intermediate Morning Pickleball**

		0		
SESSION	DAYS	DATES	TIME	FEE
2	Mon	Mar. 7-28	9-10am	\$60/session
3	Mon	Apr. 4-25	9-10am	\$60/session
4	Mon	May 2-23	9-10am	\$60/session
5	Mon	June 6-27	9-10am	\$60/session
6	Mon	July 11-Aug. 1	9-10am	\$60/session
7	Mon	Aug. 8-29	9-10am	\$60/session
8	Mon	Sept. 12-Oct. 3	9-10am	\$60/session
9	Mon	Oct. 10-31	9-10am	\$60/session

#### **Beginner Evening Pickleball**

	-			
SESSION	DAYS	DATES	TIME	FEE
1	Wed	May 4-25	6-7pm	\$60/session
2	Wed	June 1-22	6-7pm	\$60/session
3	Wed	July 6-27	6-7pm	\$60/session
4	Wed	Aug. 31-Sept. 21	6-7pm	\$60/session
		1460 B 1 B c p c 2 1	0 / p	4 007 00001011

#### **Intermediate Evening Pickleball**

SESSION	DAYS	DATES	TIME	FEE
1	Wed	May 4-25	7-8pm	\$60/session
2	Wed	June 1-22	7-8pm	\$60/session
3	Wed	July 6-27	7-8pm	\$60/session

# Adult Programs



# PAINT N SIP NIGHT

#### Ages: 21+

Let's paint and party! We will come together through a paint night that allows us to connect with one another and explore our creative sides. Your session will be hosted live by a fun instructor from Paint the Town, with step-by-step painting guidance provided.

Location: Swanston Community Center

DAYS	DATES	THEME	TIME	FEE
Fri	Mar. 11	St. Patty's Day	6:30-8:30pm	\$35*
Fri	May 6	Mother's Day	6:30-8:30pm	\$35*
Fri	July 1	Fourth of July	6:30-8:30pm	\$35*
Fri	Aug. 26	Margaritaville	6:30-8:30pm	\$35*

\*(BYOB) Bring your own beverage and snacks

#### Rattlesnake Avoidance **Dog Training**



#### Hosted by Get Rattled

Saturday April, 23 | 9am-4pm

Location: Ashton Park, 4251 Ashton Drive, Sacramento Fee: \$110 for a new dog or \$85 for reinforcement training Must pre-register, appointments available online at morpd.com

Get Rattled is a unique training clinic designed specifically to teach dogs to recognize and avoid the sight, sound, and smell of rattlesnakes. If you like to take your dog running, hiking, camping or hunting, you and your pet are at risk of encountering rattlesnakes. Save your dog's life by training it to avoid the deadly bite.

#### SENIOR Dance **Mission Oaks Community Center**

DAYS	DATES	TIME	FEE
Tu & Fri	Ongoing	1:15-3:45pm	\$6/dance



#### FLOOR, CORE & MORE

**Instructor:** Anthea

DAYS	DATES	TIME	FEE
Tu & Th	Ongoing	8-8:45am	\$35/month

#### FUN FIT FOR ALL

**Instructor:** Anthea

	-		
DAYS	DATES	TIME	FEE
Mon & Wed	Ongoing	9-9:50am	\$25/month

STRENGTH & C	

Instructor: Anthea

DAYS	DATES	TIME	FEE
Mon & Wed	Ongoing	8-8:50am	\$35/month

#### WRITING YOUR MEMOIRS: BEGINNING Instructor: Kelli

DAYS	DATES	TIME	FEE
Tu	Ongoing	9-10:15am	\$30/month

#### WRITING YOUR MEMOIRS: CONTINUING Instructor: Kolli

instructor. Nem			
DAYS	DATES	TIME	FEE
Tu	Ongoing	10:30-11:45am	\$30/month

#### WRITING YOUR MEMOIRS: PUBLISHING Instructor: Kelli

DAYS	DATES	TIME	FEE
Tu	Ongoing	12-1:15pm	\$30/month

### FOR YOUTH CLASSES PAGE 13

#### TAP: BEGINNING

Instructor: Monica

**Location:** Mission Oaks Community Center

DAYS	DATES	TIME	FEE
Th	Ongoing	7:30-8:30pm	\$30/month

#### TAP: INTERMEDIATE

Instructor: Monica

DAYS	DATES	TIME	FEE
Mon	Ongoing	7:30-8:30pm	\$30/month

#### TAP FIT: BEGINNING/INTERMEDIATE

Instructor: Veronica

Location: Mission Oaks Community Center

DAYS	DATES	TIME	FEE
Th	Ongoing	11am-12pm	\$25/month

#### **TAP FIT: ADVANCED**

Instructor: Veronica

Location: Mission Oaks Community Center

DAYS	DATES	TIME	FEE
Th	Ongoing	10-11am	\$25/month

#### TAI CHI

Mon & Wed

Instructor: Raphael

Location: Mission Oaks Community Center

Ongoing

DAYS	DATES	TIME	FEE
Tu & Th	Ongoing	10:30-11:30am	\$100/month
Location: Swans	ton Community Ce	nter	
DAYS	DATES	TIME	FEE

9:45-10:45am

#### AGE WELL DRIVE SMART

Instructor: CHP Officer

mmunity Center		
DATES	TIME	FEE
Ongoing	10:30am-12:30pm	FREE
	DATES	DATES TIME

#### JEWELRY MAKING

Instructor: Kim

Location: Mission Oaks Community Center

DAYS	DATES	TIME	FEE
Tu	Ongoing	1-2pm	\$20/month

#### **Mission Daks Community Center Services**

#### MEALS ON WHEELS LUNCH PROGRAM

Mission Oaks Community Center is proud to be an outdoor drive-thru meal site for Meals on Wheels by ACC. Seniors 60+ can pick up great tasting and nutritious food once a week by contacting Meals on Wheels at (916) 444-9533 to make a reservation. For more information. please call Lisa at (916) 359-1192.

Tor more	internation, pre	use can lisa ac	(510) 555 1152.
DAYS	DATES	TIME	FEE
Th	Ongoing	1-2pm*	\$3 suggested donation/meal
*0			

\*By appointment only

#### SIMPLE WILL SERVICE Register online

#### 45 minute appointments

Attorney Chris Knepshield will be available to assist anyone 55+ to prepare Durable Powers of Attorney, Health Care Directives and Simple Wills at no charge. He can also assist with other estate planning needs. If Mission Oaks has made a difference in your life, you can remember them in your charitable donations.

DAYS	DATES	TIME	FEE
1st three Wed	Ongoing	1-4:45pm*	\$75 suggested donation/person
*By appointment of	only		



#### Let's explore your Medicare plan options

\$100/month

- 💻 Discuss your specific health needs
- Review your plan options
- Walk through the enrollment process

#### 1-on-1 help in person, online, or over the phone



STEVEN LANGFORD 916-204-3586, TTY: 711

CA Lic. # 4070979 Authorized Agent

As a local Anthem Medicare representative, I can help you choose a plan with the benefits you deserve for the coming year.

STEVEN.LANGFORD@ANTHEM.COM

Hay disponibles servicios de traducción; póngase en contacto con el plan de salud o su agente. 我們提供翻譯服務; 請聯絡您的醫療保健計劃或代理人。For costs, exclusions, limitations, terms, and complete details of coverage, please contact your agent or the health plan. Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

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# CLASSES

ocation: Mission DAYS	DATES	TIME	FEE
Tu & Th	Ongoing	9-10am	\$40/month
HAIR YOG structor: Toni ocation: Mission		y Center	
DAYS	DATES	TIME	FEE
Mon & Wed	Ongoing	10-11am	\$40/month
nstructor: Judy			
nstructor: Judy		enter TIME	HI
structor: Judy ocation: Swansto	n Community Ce		FEE \$40/month
nstructor: Judy ocation: Swanstor DAYS Tu & Th	n Community Ce DATES Ongoing	<b>TIME</b> 9:30-10:30am	
nstructor: Judy ocation: Swanstor DAYS Tu & Th	n Community Ce DATES Ongoing	<b>TIME</b> 9:30-10:30am	
nstructor: Judy ocation: Swansto DAYS Tu & Th ocation: Mission	n Community Ce DATES Ongoing Oaks Communit	TIME 9:30-10:30am y Center	\$40/month
Istructor: Judy potation: Swanstor DAYS Tu & Th Docation: Mission DAYS Fri	n Community Ce DATES Ongoing Oaks Communit DATES Ongoing	TIME 9:30-10:30am y Center TIME 10-11am	\$40/month
Tu & Th ocation: Mission DAYS	n Community Ce DATES Ongoing Oaks Communit DATES Ongoing VE YOGA	TIME 9:30-10:30am y Center TIME 10-11am	\$40/month
nstructor: Judy ocation: Swanstor DAYS Tu & Th ocation: Mission DAYS Fri RESTORATI Instructor: Linda	n Community Ce DATES Ongoing Oaks Communit DATES Ongoing VE YOGA	TIME 9:30-10:30am y Center TIME 10-11am	\$40/month

#### **CHINESE BOXING**

#### Ages: 18+

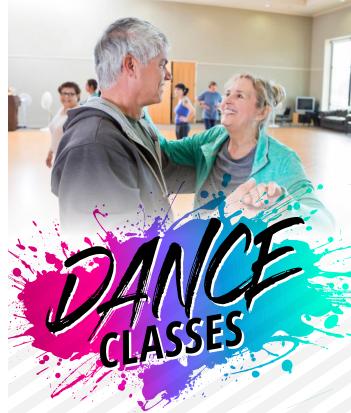
**Instructor:** Raphael Smith is a 5th Generation lineage holder of Song style Hsing-i Chuan. He is a former fight team member of China Top Team, Dragon Muay Thai, and Legacy Muay Thai (formerly known as Andy K and Roundhouse Muay Thai).

San Da is a general term which loosely means 'Hit freely'. With the popularity of the sport San Da, the term has come to mean Chinese kickboxing. Chinese Boxing borrows the fundamental concepts of San Da, which teaches one to strike, throw, and grapple. The combat techniques of this course will be taken from the boxing art Hsing-I Chuan.

#### Location: Mission Oaks Community Center

DAYS	DATES	TIME	FEE
Mon & Wed	Ongoing	6-7:30pm	\$70/month

Free scholarships available for 13-17 year olds with a 2.5 or higher GPA. Please contact instructor directly at rlondon3@gmail.com



#### BALLET

Instructor: Veronica Location: Mission Oaks Community Center

DAYS	DATES	TIME	FEE
Th	Ongoing	12-1pm	\$25/month

#### **BALLROOM DANCING**

Instructor: Rick

Location: Mission Oaks Community Center

DAYS	DATES	TIME	FEE
Mon	Ongoing	3:30-4:30pm	\$20/month

#### LINE DANCE

Instructor: Bill Location: Mission Oaks Community Center

cation: Mission	TOaks Commun	ity Center	
DAYS	DATES	TIME	FEE

Wed	Ongoing	3:30-4:30pm	\$20/month

#### **JACKI'S DANCE FITNESS**

Instructor: Kaaren

Location: Mission Oaks Community Center

DAYS	DATES	TIME	FEE
Tu & Th	Ongoing	4:30-5:30pm	\$44/month

#### JAZZERCISE

Instructor: Varies	
ocation. Swanston Community Center	

Location. Swallston	r communi	ly center	
DAYS	DATES	TIME	FEE
Mon/Wed/Fri & Sat	Ongoing	8:30-9:30am	Visit website for pricing

#### Register through jazzercise.com

# 

COMMUN

Mission Oaks provides rentable space at our two community centers. In a beautiful park setting, you can host your private party, wedding, or company party with on-site amenities listed below. **Allow our staff to help book your next event, and visit morpd.com/facilities and rentals for more information.** 

Parks Make	2350 Northrop	Ave. Sacramento 33-6464	<b>Mission Oaks Community Center</b> 4701 Gibbons Dr. Carmichael (916) 972-0336						
Better!	Activity Room	Conference Room	Auditorium	Activity Room	Club Room				
Maximum Capacity	160	30	250	120	48				
Tables/Chairs	×	×	×	×	×				
Kitchen	Prep	Prep	Catering	Catering	Catering				
On-site Staff	×	×	×	×	×				
Park Adjacent	×	* *		×	×				
Ice Maker	×	×	×	×	×				
Patio/Outside Area	×		×						
Projector Screen/TV	×	×	×	×	×				
Alcohol Permitted	×	×	×	×	×				
Parking	×	×	×	×	×				

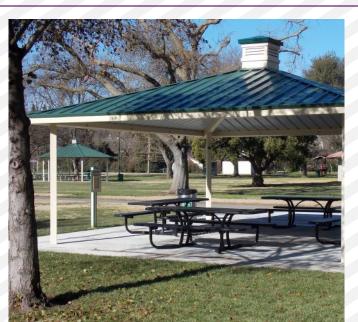
#### **PICNIC RENTALS**

#### Available March 1st-October 30th Daily use fees are \$85 per area

Reservations must be made at least seven business days in advance and can be made up to one year in advance. Picnic areas that are not listed below are unreserved and are available on a first-come, first-serve basis.

#### **Reservable Picnic Areas**

- Ashton Park
- Eastern Oak Park
- Gibbons Park
- Mission North Park
- Swanston Park



#### **FIELD RENTALS**

#### Permits are required for field rentals Prices vary

Athletic field rentals are available for practices and games. For rates and availability please call (916) 570-2803.

#### **Reservable Field Areas**

- Ashton Park
- Eastern Oak Park
- ► Valley Oak





Parks Make Life Better!	PARK ACREAGE	BALL DIAMONDS	BASKETBALL COURTS	PLAY EQUIPMENT	HORSESHOE PITS	SOCCER FIELD	TENNIS COURTS 🖒	SAND VOLLEYBALL COURTS	PICKLEBALL COURTS	NATURE AREA	OFF STREET PARKING	BARBEQUES	COMMUNITY CENTER	PICNIC TABLES	RESTROOMS 🖒	SHADE SHELTERS	RESERVE PICNIC TABLES
PARKS																	
ASHTON 4251 Ashton Dr., Sacramento	9.8		1.5			1	3										
2 EASTERN OAK 3127 Eastern Ave., Sacramento	7.1		.5			1			6								
<b>GIBBONS</b> 4701 Gibbons Dr, Carmichael	17.5		1				2		4								
4610 Hazelwood Ave., Sacramento	1.8																
5 MADDOX 4821 Thor Way, Carmichael	6																
6 MISSION NORTH 3344 Mission Ave., Carmichael	12.7																
OAK MEADOW 2734 American River Dr., Sacramento	5.5																
8 ORVILLE WRIGHT 2331 St. Marks Way, Sacramento	4.2							1									
SHELFIELD 1849 Suffolk Way, Carmichael	5						2										
10 SWANSTON 2350 Northrop Ave., Sacramento	10		1.5				2	1	4								
110 VALLEY OAK 1150 Eastern Ave., Sacramento	10.2	3				1											
12 WINDEMERE 1900 Windemere Lane, Sacramento	.75		.5														
SCHOOL PARKS																	
13 COWAN 3350 Becerra Way, Sacramento	.5																
SIERRA OAKS 2762 Huntington Rd., Sacramento	4.6					2	2										
OTHER DISTRICT	FAC	CILI	TIE	5													
<b>Mission Oaks Community Center</b> 4701 Gibbons Drive, Carmichael																	
<b>District Office</b> 3344 Mission Avenue, Carmichael										<u> </u>							
Mission Oaks Preschool 4641 Marconi Avenue, Sacramento					Mi	<u>S</u>	sic	)n	0	al	(S						
Mission Station Park Maintenance Facility 1616 Mission Avenue, Carmichael					lecr												
<b>Swanston Community</b> 2350 Northrop Avenue, S																	



21 | Park Map

# PARK PARK PROJECTS





#### **SWANSTON SPRAY PARK**

Swanston Park received a major upgrade in 2020 with the replacement of the spray park features and new equipment. Come out and spend your summer in our ocean themed spray park. Your water sprayed summer of adventure and fun starts with just a touch of a starfish.

#### **GIBBONS DG WALKING TRAIL**

Gibbons Park can now be walked along the entire perimeter of the park. We have finished the trail, connecting east and west of the park for a 34 mile stroll around the park.

#### ORVILLE WRIGHT PLAYGROUND

Orville Wright Park received a new play structure in 2020. Postcards were hand delivered by staff to a half mile radius of the park, giving them an opportunity to vote on the play structure for their neighborhood. The residents made a fantastic choice with this new three story tall, tree house themed play structure.

#### EASTERN OAK PICKLEBALL COURTS

Pickleball is becoming one of the fastest growing sports in the country. Come check out our new overlay system installed at Eastern Oak Park. The old courts were riddled with huge cracks everywhere. This new overly court system comes with a 5 year "no crack" guarantee.

Visit morpd.com/projects for current updates on Mission Oaks Parks



**VISIT MORPD.COM FOR MORE INFORMATION** 



WITH US! Email dcurtola@morpd.com

#### Have a question on

- Getting Prequalified for a Loan Getting a Loan
- Refinancing Purchase a Property
- or Selling a Property



sion Oaks

Mic

Real Estate & Loans

NEED **A COMPLEMENTARY** market analysis on how to price your home for sale?

# Mahnaz Khazari, Broker **©**916-825-1636

🖂 mah@mkfinance.us 🏻 🌐 www.mkfinance.us

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To Our Valued Customer ECRWSS Postal Customer PRSRT STD US POSTAGE **PAID** PERMIT #1841 SACRAMENTO, CA



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