

# ARDEN PARK

RECREATION AND PARK DISTRICT



## Spring & Summer Activity Guide 2022



**Arden Park**  
• Recreation & Park District •



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**LYON**<sup>®</sup>  
REAL ESTATE

**SELLING HOMES IN ARDEN PARK FOR OVER 30 YEARS!**

## ARDEN PARK REVIEW 2021

- **Median Sales Price - \$823,750**
- **Average Days on Market - 13**
- **Number of Homes Sold - 56**
- **List Price to Sales Price - 104%**
- **Average Price per square foot - \$407**

**Lowest Sale - \$515,000**

**Highest Sale - \$2,270,000**

**20 Homes have sold over \$1M in 2021!**

*Please call me for a complimentary market analysis of  
your home in Arden Park or anywhere in Sacramento!*

All measurements and calculations of area are approximate. Information provided by the seller, other sources, not verified by Broker. All interested persons should independently verify accuracy of above information. Information presented by Susan Harrold provided by MLS MetroList Service.



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## BOARD OF DIRECTORS

- DAVE DEFANTI - CHAIR
- BILL ANDREWS
- RICHARD HELTZEL
- MATT ROSS
- NICOLE SWANSON

## DISTRICT STAFF

- COLIN MILLER - GENERAL MANAGER
- MIRANDA ELLIS - RECREATION SUPERVISOR
- PHILLIP HASEMEIER - PARKS SUPERVISOR
- CATHY PHILLIPS - ADMIN SERVICES COORDINATOR
- DARCIE MAEESOMY - RECREATION COORDINATOR
- WILL BURR - MAINTENANCE WORKER II
- RONALD MADRIZ - MAINTENANCE WORKER

## SECURITY PARTOL

- CALIFORNIA SECURITY AGENCY: 916-550-8212
- SACRAMENTO SHERIFF'S DEPARTMENT: 916-876-5700

*Arden Park Recreation & Park District reserves the right to photograph facilities, activities, and program participants for promotional use. All photos remain the property of Arden Park.*

## A NOTE FROM OUR GENERAL MANAGER:

by Colin Miller

We always love this time of year because we get to be really creative in coming up with plans for the spring and summer. Soon, the parks will be buzzing with action and our programs will be in full swing! Registration dates for our programs are listed in the following pages. Our programs fill quickly so make sure you have reminders on your calendars to catch those registrations early on the first day. Thank you to Augustine and Associates for being the 2022 Platinum Sponsor this year!

In the last guide, I teased that big things were coming. I would like to take this opportunity tell you that we are about to begin an update of our Park Master Plan. We will be reaching out to individuals and user groups for public input as the process goes along with public meetings and pop-up events during the spring. The result of the process will give us a vision of what our parks and facilities will look like over the next ten years. We are hoping that the guidance will allow us to better serve our district residents and include spaces and places for more opportunities than we currently are able to provide. Keep an eye out for more info to come!

## DISTRICT OFFICE

**ADDRESS:** 1000 LA SIERRA DRIVE  
SACRAMENTO, CA 95864

**PHONE:** 916-483-6069

**HOURS:** MONDAY-FRIDAY 8:00AM-5:00PM  
REGISTRATIONS 8:30AM-4:30PM

**WEBSITE:** WWW.APRPD.ORG

## PARK LOCATIONS

**ARDEN PARK:** 1000 LA SIERRA DRIVE  
SACRAMENTO, CA 95864

**CRESTA PARK:** 4033 CRESTA WAY  
SACRAMENTO, CA 95864

## BOARD MEETINGS

The Arden Park Recreation & Park District Board of Directors meets on the 3rd Tuesday of the month at 7PM at the Arden Park Community Center. Meetings are open to the public and the agenda is posted 72 hours prior online and in the District Office.

## REGISTRATION

Registration for Arden Park programs is available online 24/7 and in-person at the District Office during business hours. Refunds are issued only if the program is cancelled by the District.

**LEARN MORE  
ABOUT THE PARK  
MASTER PLAN!**





# FACILITY RENTAL INFORMATION

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Celebrating a birthday, baby shower, family reunion, or hosting a business meeting? Come rent the Arden Park Community Center! Perfect for entertaining, the Community Center has a prep kitchen, tables, and chairs. We also have picnic areas available to rent at both Arden Park and Cresta Park with BBQ pits and picnic tables.

## ARDEN PARK COMMUNITY CENTER

### SPECIAL EVENT RENTALS

**DESCRIPTION:** FRI-SUN, NON-BUSINESS HOURS

**FEE:** \$240/RESIDENT - \$60/ADDT'L HOUR

\$350/NON-RESIDENT - \$90/ADDT'L HOUR

4 HOUR BLOCK MINIMUM

### BUSINESS MEETING RENTALS

**DESCRIPTION:** MON-THURS, BUSINESS HOURS

**HOURLY FEE:** \$30/RESIDENT

\$50/NON-RESIDENT

2 HOUR BLOCK MINIMUM

**ROOM CAPACITY:** 150 PEOPLE SEATED, 75 DINING

**ROOM SIZE:** 22' X 60' - 1,320 SQUARE FEET

**KITCHEN SIZE:** 7' X 11' - 77 SQUARE FEET

**KITCHEN AMENITIES:** REFRIGERATOR, SINK, MICROWAVE



## PICNIC AREAS

### ARDEN PARK COVERED PICNIC AREA

**CAPACITY:** 50 PEOPLE

**FEE:** \$150/RESIDENT

\$190/NON-RESIDENT

### ARDEN PARK ENTIRE PICNIC AREA

**CAPACITY:** 150 PEOPLE

**FEE:** \$255/RESIDENT

\$320/NON-RESIDENT

### TRELLIS PICNIC AREA

**CAPACITY:** 40 PEOPLE

**FEE:** \$95/RESIDENT

\$120/NON-RESIDENT

### SOFTBALL PICNIC AREA

**CAPACITY:** 50 PEOPLE

**FEE:** \$65/RESIDENT

\$80/NON-RESIDENT

### CRESTA PARK PICNIC AREA

**CAPACITY:** 50 PEOPLE

**FEE:** \$125/RESIDENT

\$155/NON-RESIDENT

## ARDEN PARK PRESCHOOL 2022-2023

LEARN & SOCIALIZE IN A FUN & CREATIVE ENVIRONMENT!

Welcome to Arden Park Preschool! Our preschool is a recreational-based program located at Arden Park. Our students participate in music, art and crafts, cooking, story time, circle time, show and tell, indoor and outdoor play, and more. Our preschool teachers encourage students to gain independence and self-confidence while learning valuable social-emotional skills. You are financially committed to the entire month. **Registration for the 2022-2023 school year opens Monday, April 4th at 9AM online at APRPD.org.**

### MONDAY/WEDNESDAY/FRIDAY CLASS

The Monday/Wednesday/Friday class prepares for Kindergarten with activities in reading readiness, early math concepts, the alphabet, and fine motor skills. All children must be fully potty trained and able to wear a mask successfully during the full preschool day.

- TEACHERS:** MS. KAMI, MS. DARCIE, & MS. TIERRA  
**AGES:** BIRTHDAY MUST BE BETWEEN  
 SEPTEMBER 2, 2017-SEPTEMBER 1, 2018  
**TIMES:** 9AM - 12PM  
**DATES:** SEPTEMBER 7, 2022 - MAY 26, 2023  
**FEE:** RESIDENTS: \$23/DAY OR  
 NON-RESIDENTS: \$27/DAY



### TUESDAY/THURSDAY CLASS

The Tuesday/Thursday class concentrates on peer socialization, following directions, and learning structure within a classroom setting. All children must be fully potty trained and able to wear a mask successfully during the full preschool day.

- TEACHERS:** MS. KAMI, MS. DARCIE, & MS. TIERRA  
**AGES:** BIRTHDAY MUST BE BETWEEN  
 SEPTEMBER 2, 2018-SEPTEMBER 1, 2019  
**TIMES:** 9AM - 12PM  
**DATES:** SEPTEMBER 6, 2022 - MAY 25, 2023  
**FEE:** RESIDENTS: \$23/DAY OR  
 NON-RESIDENTS: \$27/DAY





## BABY & TODDLER CLASSES

### BABY MOVEMENT & BALLET

This class is perfect for the budding baby dancer! We introduce young children to the wonderful world of movement and ballet through story, make believe and music. Basic ballet steps will be taught in an age appropriate way.

**AGES:** WALKING-3 YEARS **DATES:** MARCH 2-23, MARCH 30-APRIL 27

**DAY:** WEDNESDAYS (NO CLASS 4/13), MAY 4-25, JUNE 1-29

**TIME:** 9-9:30AM (NO CLASS 6/8), JULY 6-27, AUGUST 3-24

**FEE:** \$48/MONTH **LOCATION:** ARDEN PARK ROOM A



### PRE-BALLET

For kids who love to dance, this class teaches the basics! Beginning technique, movement and proper terms are used. Students focus on rhythm, posture, flexibility and coordination. Dress girls in pink tights, black leotard and pink ballet slippers. Boys dress in black shorts, white shirt and black ballet slippers. AM or PM classes available!

**AGES:** 3-6 YEARS **FEE:** \$48/MONTH **LOCATION:** ARDEN PARK ROOM A

**DAY:** WEDNESDAYS **DATES:** MARCH 2-23, MARCH 30-APRIL 27 (NO CLASS 4/13), MAY 4-25,

**TIME:** 9:30-10:15AM OR 12:30-1:15PM JUNE 1-29 (NO CLASS 6/8), JULY 6-27, AUGUST 3-24



Join our newest class for kids 3-6 years! Gymnastics are the foundation to all sports. This class offers a fun and safe experience with rolling, hanging and helping with coordination.

**AGES:** 3-6 YEARS **DATES:** MARCH 2-23, MARCH 30-APRIL 27 (NO CLASS 4/13),

**DAY:** WEDNESDAYS MAY 4-25, JUNE 1-29 (NO CLASS 6/8), JULY 6-27,

**TIME:** 1:30-2:15PM AUGUST 3-24

**FEE:** \$48/MONTH **LOCATION:** ARDEN PARK ROOM A



### GYMNASTICS

### MUSIC WITH MISS EMMA

Miss Emma is passionate about empowering kiddos through musical education. Join the 12 week journey through the following concepts: small, medium, big and biggest. Every 30 minute class starts and ends with hello and goodbye songs with children's names to center the learning on them. We invite you to bring your own instruments!

**AGES:** 3 MONTHS - 3 YEARS **TIME:** 10:30-11AM

**DAY:** MONDAYS **FEE:** \$175/FAMILY OR \$20 DROP IN

**DATES:** FEBRUARY 7-APRIL 29 **LOCATION:** ARDEN PARK ROOM A



### MUSICAL MORNINGS

Join Jillian Van Ness of Grow Resilient Families on guitar for an uplifting, developmentally supportive music experience. We use a combination of well-known children's songs with empowering originals to create a set-list that gets your family connecting to themselves, each other, and building community through music. Bring your shakers/instruments to start your week with a healthy dose of fun and joy!

**AGES:** 0-5 YEARS **TIME:** 10-10:30AM **LOCATION:** CRESTA PARK

**DAY:** MONDAYS **FEE:** \$115/SESSION OR \$25 DROP IN

**DATES:** SESSION 1: MAY 2-JUNE 13 (NO CLASS 5/30)

SESSION 2: AUGUST 22-OCTOBER 3 (NO CLASS 9/5)



**ARDEN PARK EXPLORERS 2022-2023**

BEFORE SCHOOL, AFTER SCHOOL, AND SCHOOL BREAK CARE

**BEFORE SCHOOL EXPLORERS**

Kids have a fun and safe place to hang out before school begins! The Before School Explorers program is limited to 7 students. Masks are required for all participants, parents, and staff. Transportation to Mariemont Elementary from the Before School Program is provided every day. We only transport students to Mariemont.

**AGES:** AM KINDER-5TH GRADERS**TIMES:** MONDAY-FRIDAY, 7-8:55AM**DATES:** AUGUST 11, 2022-JUNE 6, 2023**LOCATION:** ARDEN PARK ROOM B**FEE:** RESIDENTS: \$10/DAY OR NON-RESIDENTS: \$13/DAY**AFTER SCHOOL EXPLORERS**

Looking for an after school program? Come check out the After School Explorers program! We provide homework help, lead sports and games, crafts, STEM activities and more. We follow the San Juan Unified schedule and are open minimum days. Transportation from Mariemont Elementary is available for an additional fee. We only transport students from Mariemont. **Registration for the 2022-23 school year opens May 9 at 9AM online at APRPD.org.**

**AGES:** KINDER-5TH GRADERS**NON-TRANSPORTATION** RESIDENTS: \$16/DAY OR**TIMES:** MON/TUE/WED/FRI: 3-6PM**FEE:** NON-RESIDENTS: \$18/DAY

THURSDAYS: 1:45-6PM

**TRANSPORTATION** RESIDENTS: \$19/DAY OR**DATES:** AUGUST 11, 2022-JUNE 6, 2023**FEE:** NON-RESIDENTS: \$21/DAY**LOCATION:** ARDEN PARK ROOM B

W/ MONTHLY FINANCIAL COMMITMENT

**SPRING BREAK PARTY CAMP**

It's Spring Break and Arden Park is ready to party! Join us for a whole week of wild celebrations with games, sports, crafts, science, and more! This is one week-long party that you won't want to miss - imagine every day is everyone's birthday and we're having the craziest celebration ever!

**AGES:** KINDER-5TH GRADERS**TIMES:** MONDAY-FRIDAY

7AM-6PM

**DATES:** APRIL 11 -15**LOCATION:** ARDEN PARK ROOM B**FEE:** RESIDENTS: \$200 OR  
NON-RESIDENTS: \$225**ALL DAY EXPLORERS**

Need help on those random days off your kids get at school? We got you covered! All Day Explorers provides care on the non-instruction days at San Juan Unified School District. Max 45 participants.

**AGES:** KINDER-5TH GRADERS**TIMES:** 7AM-6PM**FEE:** RESIDENTS: \$45/DAY  
OR NON-RES: \$50/DAY**LOCATION:** ARDEN PARK ROOM B**DATES:** 3/18/22, 3/21/22,  
10/3/22, 11/10/22,  
1/9/23, & 3/20/23



## ARDEN PARK EXPLORERS SUMMER CAMP

Come join the fun this summer! Arden Park Explorers Summer Camp is a high-energy, exciting recreation-based camp. Get ready for wild themes, wacky science experiments, crazy sports and games, creative crafts, daily pool time, weekly guest speakers/experiences, and so much more! Groups are separated by age. **Registration for Arden Park Explorers Summer Camp opens on Monday, March 7 at 9AM online at [APRPD.org](http://APRPD.org).**

**AGES:** KINDER-5TH GRADERS

**LOCATION:** ARDEN PARK ROOM A

**TIME:** MONDAY-FRIDAY, 7AM-6PM

**WEEKLY FEE:** RESIDENTS: \$220 OR NON-RESIDENTS: \$245

**DATES:** JUNE 13-AUGUST 5

**T-SHIRT FEE:** \$10/CAMP SHIRT (*THIS IS OPTIONAL*)

WEEK	DATES	WEEKLY THEMES
1	JUNE 13-JUNE 17	AMAZING RACE WEEK: EXPLORERS CHALLENGE
2	JUNE 20-JUNE 24	MINUTE TO WIN IT ALL WEEK
3	JUNE 27-JULY 1	VACATION WEEK: WHERE IN THE WORLD ARE THE EXPLORERS
4	JULY 5-JULY 8 <i>No Camp 7/4</i>	SURVIVOR WEEK: CREATE AND CRAFT A CAMPOUT <i>(Kids campout in park Friday night 7/8-Saturday morning 7/9)</i>
5	JULY 11-JULY 15	MTV WEEK: MUSIC, TECH AND VIDEO GAME WEEK
6	JULY 18-JULY 22	WHEN I GROW UP WEEK: EXPLORER JOB HUNT
7	JULY 25-JULY 29	CULTIVATE KINDNESS WEEK: HOW DOES YOUR GARDEN GROW?
8	AUGUST 1-AUGUST 5	EA SPORTS WEEK: EXPLORERS ACTIVE SPORTS



## SUMMER CAMP JUNIOR LEADER PROGRAM

Calling youth 12-15 years that have an interest in leadership, teamwork, and who want to have fun while working with kids this summer! Junior Leaders in the AP Explorers Summer Camp program will be mentored by camp staff. They will gain confidence, create lasting friendships, and build skills to become future Recreation Leaders at camp. Junior Leaders work either AM or PM shifts. Fee covers JL shirts, team bonding events, and staff banquet at the end of summer. Applications are due Friday, April 15 and interviews are on Friday, April 22.

**AGES:** 12-15 YEARS

**FEE:** \$150 FOR FULL SUMMER

**TRAINING:** JUNE 9 & 10

**LOCATION:** ARDEN PARK

**CAMP DATES:** MONDAY-FRIDAY,  
JUNE 13-AUGUST 5

**HOW TO APPLY:** VISIT [APRPD.ORG](http://APRPD.ORG) TO SUBMIT YOUR APPLICATION

[WWW.ARPD.ORG](http://WWW.ARPD.ORG)

## CAMP CRESTA CRITTERS



THE NEWEST SUMMER CAMP IN SACRAMENTO FOR AGES 3+!

Sign up for the very first summer Camp Cresta Critters at Cresta Park! Designed for children ages 3-7, this half day camp will bring magic and creativity every day to our youngest of campers! With themed art and crafts, engaging games and activities, and science experiments, this camp is designed to give our campers an immersive and exciting first experience of summer camp. Participants must be fully potty trained to participate. **Registration for Camp Cresta Critters opens on Monday, March 7 at 9AM online at APRPD.org.**

**AGES:** 3-7 YEARS**LOCATION:** CRESTA PARK**TIME:** MONDAY-FRIDAY, 9AM-12PM**WEEKLY FEE:** RESIDENTS: \$90 OR NON-RESIDENTS: \$100**DATES:** JUNE 20-JULY 29

WEEK	DATES	WEEKLY THEMES
1	JUNE 20-JUNE 24	KINGS, QUEENS, & DRAGONS: A ROYAL ROUNDTABLE
2	JUNE 27-JULY 1	ZOOTOPIA: CRITTERS GONE WILD WEEK
3	JULY 5-JULY 8 <i>No Camp 7/4</i>	YARRRG PIRATES VS. MERMAIDS WEEK <i>(Prorated to Residents: \$72 or Non-Residents: \$80)</i>
4	JULY 11-JULY 15	RAINBOW CANDYLAND WEEK
5	JULY 18-JULY 22	ALIENS AND WIZARDS: OUT OF THIS WORLD WEEK
6	JULY 25-JULY 29	COWBOYS BACK IN TIME: DINOSAUR WRANGLING WEEK

## YOUTH/TEEN CLASSES AT ARDEN PARK

## SOCIAL ETIQUETTE AND DINING SKILLS WORKSHOP

Wonderful manners begin with confidence in knowing what to do in different social situations. This workshop offers the importance of etiquette & manners, introduction essentials, conversation strategies, navigating the three course meal, napkin & utensil protocols, table setting, posture, and how to dine politely. Your child will receive an activity packet that provides etiquette reminders.

**AGES:** 7-11 YEARS**FEE:** \$70**DATE:** SUNDAY, APRIL 10**LOCATION:** ARDEN PARK ROOM A**TIME:** 1-4PM

## INTERPERSONAL COMMUNICATION &amp; DINING SKILLS WORKSHOP

Social skills bring confidence and ease during new situations in life and your future. Excellent communication skills, social self-awareness and dining skills help pave the way to social success. The program involves meet, greet and introduction essentials, polite conversation, active listening, navigating a three course meal, posture, dining manners, napkin and utensil skills, pausing and finishing etiquette. Please bring a light snack and drink.

**AGES:** 12-14 YEARS**FEE:** \$80**DATE:** SUNDAY, APRIL 3**LOCATION:** ARDEN PARK ROOM A**TIME:** 1-4:30PM



## YOUTH/TEEN THEATRE AT ARDEN PARK

### SPRING YOUTH THEATRE - WE WILL ROCK YOU!

**NEW**

Arden Park Youth Theatre presents our Spring production of We Will Rock You! We Will Rock You Young@Part Edition features chart-topping Queen songs including "Another One Bites the Dust," "Bohemian Rhapsody," "Killer Queen," "We Will Rock You," "Somebody To Love," "We Are the Champions," and many more! This show follows two young rebels as they restore rock 'n' roll to "the iPlanet" in a post-apocalyptic world. WE WILL ROCK YOU Young@Part® is a musical for our time: a fist-pumping, foot-stomping anthem to individuality.

**AGES:** 9-15 YEARS

**FEE:** RESIDENT: \$300, NON-RESIDENT: \$350

**DAY:** MONDAYS AND WEDNESDAYS,  
OPTIONAL THURSDAYS

**DATES:** FEBRUARY 28-MAY 7, 2022

**LOCATION:** ARDEN PARK ROOM A

**TIME:** 3:45-5:15PM

### SUMMER YOUTH THEATRE PROGRAM - CAMP JULIA

**NEW**

Do you have a young budding actor in your life? Join our Summer Youth Theatre Program - Camp Julia! In this week-long performing arts camp your child will learn the basics of theatre with Arden Park's Youth Theatre Director, Julia Steudle. Each week will start with auditions, and during the week, your child will learn valuable life skills through rehearsal, improvisation games, and cooperation as an ensemble. By the end, your camper will have rehearsed and learned a 20-30 minute musical (or play) which will be performed and recorded!

**AGES:** 8-12 YEARS

**WEEKLY FEE:** RESIDENT: \$100, NON-RESIDENT: \$125

**DAY:** MONDAY-FRIDAY

**DATES:** JUNE 13-17, JUNE 27-JULY 1, JULY 11-15, OR JULY 25-29

**TIME:** 8AM-12PM

**LOCATION:** ARDEN PARK

WEEK	DATES	WEEKLY THEMES
1	JUNE 13- JUNE 17	THE MOUSE EARS MUSICAL
2	JUNE 27- JULY 1	A WIBBLY WOBBLY MUSICAL THROUGH THE AGES
3	JULY 11- JULY 15	PROJECT FAIRYTALE (NON-MUSICAL)
4	JULY 25- JULY 29	THE GREATEST SHOW (PASEK & PAUL REVUE MUSICAL)

**NEW**

### TEEN SHAKESPEARE IN THE PARK

There's nothing quite like Shakespeare in the Park! If you are a teen who A) Loves Shakespeare, B) Has been wanting to learn old-ish Engl-ish, or C) Has no experience performing but think this might be a fun thing to do over the summer, this program is definitely for you! After signing up, you'll have the chance to audition for the play with a short Shakespearean or Contemporary monologue, and then rehearsals will be underway! By the end of the four-week program you will be slinging sonnets, fluent in iambic pentameter, and performing an abridged version of William Shakespeare's A Midsummer Night's Dream for your friends and family.

**AGES:** 13-18 YEARS

**FEE:** RESIDENT: \$200, NON-RESIDENT: \$225

**DATES:** MAY 31-JUNE 24 (SHOW JUNE 24) **LOCATION:** ARDEN PARK

**TIME:** MONDAY-THURSDAY, 6-7:30PM

MIN 8/MAX 25

## SKYHAWKS SPRING/SUMMER SPORTS CAMPS

### SOCCERTOTS

These soccer-themed motor skill classes are an easy intro to soccer for young athletes. Younger age groups focus on developing motor skills and self-confidence; older classes focus on developing core soccer skills and introduce an element of light competition. Instructor-to-student ratio is small to maximize individual development.

DAY	DATES	TIME	AGE	FEE
MONDAYS	MARCH 7-APRIL 4	3:15-4PM	3-5 YEARS	\$95
MONDAYS	APRIL 18-MAY 16	3:15-4PM	3-5 YEARS	\$95
MON-FRI	JUNE 12-17	9-9:45AM	3-5 YEARS	\$95



### SOCCER

Young athletes will gain the technical skills and sport knowledge required for the next step into soccer. The class focuses on dribbling, passing, shooting and ball control. By the end of the program, players will have learned teamwork and sportsmanship, made new friends and improved their soccer skills.

DAY	DATES	TIME	AGE	FEE
MONDAY	MARCH 7-APRIL 4	4:05-5:05PM	6-12 YEARS	\$95
MONDAY	APRIL 18-MAY 16	4:15-5:15PM	6-8 YEARS	\$95
MONDAY	APRIL 18-MAY 16	5:30-6:30PM	9-12 YEARS	\$95

### FLAG FOOTBALL FUELED BY USA FOOTBALL

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

DAY	DATES	TIME	AGE	FEE
TUESDAY	MARCH 8-APRIL 5	3:10-4:10PM	5-8 YEARS	\$95
TUESDAY	MARCH 8-APRIL 5	4:15-5:15PM	9-12 YEARS	\$95
TUESDAY	APRIL 19-MAY 17	3:15-4:15PM	5-7 YEARS	\$95
TUESDAY	APRIL 19-MAY 17	4:30-5:30PM	8-10 YEARS	\$95
TUESDAY	APRIL 19-MAY 17	5:45-6:45PM	11-13 YEARS	\$95
MON-FRI	JULY 11-15	9AM-12PM	6-12 YEARS	\$175



### MINI-HAWK CAMP (SOCCER/BASKETBALL/BASEBALL)

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

DAY	DATES	TIME	AGE	FEE
MON-FRI	JUNE 20-24	9AM-12PM	4-7 YEARS	\$175



## SKYHAWKS SPRING/SUMMER SPORTS CAMPS

### HOOPSTERTOTS

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

DAY	DATES	TIME	AGE	FEE
WEDNESDAY	MARCH 9-APRIL 6	3:15-4PM	3-5 YEARS	\$95
WEDNESDAY	APRIL 20-MAY 18	3:15-4PM	2-3 YEARS	\$95
WEDNESDAY	APRIL 20-MAY 18	4:15-5PM	4-5 YEARS	\$95
MON-FRI	JUNE 13-17	10-10:45AM	3-5 YEARS	\$95



### BASKETBALL

This fun, skill-intensive program is designed for beginning to intermediate players. Using progression curriculum, we focus on the whole player - teaching sportsmanship/teamwork. Kids will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

DAY	DATES	TIME	AGE	FEE
WEDNESDAY	MARCH 9-APRIL 6	4:05-5:05PM	6-12 YEARS	\$95
WEDNESDAY	APRIL 20-MAY 18	5:15-6:15PM	6-12 YEARS	\$95

### BASEBALLTOTS

BaseballTots classes focus on fine and gross motor skills as well as body control. We teach all the baseball basics, such as throwing, catching, hitting and running control. We are excited to help these little ones develop a love of the game. Parent participation recommended for ages 2-3.5 years.

DAY	DATES	TIME	AGE	FEE
THURSDAY	MARCH 10-APRIL 7	3:15-4PM	3-5 YEARS	\$95
THURSDAY	APRIL 21-MAY 19	3:15-4PM	2-3 YEARS	\$95
THURSDAY	APRIL 21-MAY 19	4:15-5:15PM	4-5 YEARS	\$95
MON-FRI	JUNE 13-17	11-11:45AM	3-5 YEARS	\$95



### BASEBALL

Learn the fundamentals of fielding, catching, throwing, hitting and base running - all in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork, and responsibility.

DAY	DATES	TIME	AGE	FEE
THURSDAY	MARCH 10-APRIL 7	4:05-5:05PM	6-12 YEARS	\$95
THURSDAY	APRIL 21-MAY 19	5:30-6:30PM	6-12 YEARS	\$95

## LOOKING FOR A LOCAL SPORTS CLUB?

**ARDEN PARK SWIM TEAM**

**WEBSITE:** [APDOLPHINS.ORG](http://APDOLPHINS.ORG)

**ARDEN LITTLE LEAGUE**

**WEBSITE:** [ARDENLITTLELEAGUE.COM](http://ARDENLITTLELEAGUE.COM)

**ARDEN PARK SOCCER CLUB**

**WEBSITE:** [APSOCCEER.ORG](http://APSOCCEER.ORG)

## SKYHAWKS SPRING/SUMMER SPORTS CAMPS

### VOLLEYKATS

A great way to learn volleyball! One of the more difficult motor skills to grasp for children, these forgiving classes help them learn to bump, set, and spike, as well as develop agility, reaction, speed, and teamwork.



DAY	DATES	TIME	AGE	FEE
FRIDAY	MARCH 11-APRIL 8	3:15-4PM	4-6 YEARS	\$95
FRIDAY	APRIL 22-MAY 20	3:15-4PM	4-6 YEARS	\$95

### VOLLEYBALL

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting, and serving. This program is designed for the beginning to intermediate player.

DAY	DATES	TIME	AGE	FEE
FRIDAY	MARCH 11-APRIL 8	4:05-5:05PM	7-12 YEARS	\$95
FRIDAY	APRIL 22-MAY 20	4:15-5:15PM	7-9 YEARS	\$95
FRIDAY	APRIL 22-MAY 20	5:15-6:15PM	10-13 YEARS	\$95

### CHEERLEADING CAMP

This class teaches young cheerleaders the essential skills to lead a crowd and support the home team! Each participant will learn cheers, proper hand/body movements and jumping techniques. There is no stunting, just a focus on fun! Each cheerleader will learn important life skills such as teamwork and leadership. The program concludes with a final cheer performance.



DAY	DATES	TIME	AGE	FEE
MON-FRI	JULY 18-22	9AM-12PM	5-10 YEARS	\$175

### TRACK AND FIELD CAMP

The fundamentals of body positioning, stride, proper stretching and cooldown techniques are taught. Track and field events include javelin, discus, shot put, hurdles, long jump, triple jump and various running and relay events (activities may vary by area).

DAY	DATES	TIME	AGE	FEE
MON-FRI	JUNE 27-JULY 1	9AM-12PM	6-12 YEARS	\$175

## ARDEN PARK YOUTH TRIATHLON

The 2022 Arden Park Youth Triathlon is back to the swim-bike-run format this year! With COVID-19 we will stay flexible but want to have the best event we can for local athletes. The event includes swimming 1, 3, or 5 laps, bike 2-4 miles and run .25-1 mile on the baseball field.

**AGES:** 5-17 YEARS

**FEE:** STARTS AT \$35

**DATE:** SUNDAY, AUGUST 14

**LOCATION:** ARDEN PARK FIELD

**TIME:** RACE BEGINS AT 8AM SIGN UP EARLY FOR LOWEST PRICE!



## PRIVATE/SEMI-PRIVATE & GROUP LESSONS

Private, semi-private and group lessons are offered as drop in classes year-round. Private single and private group lessons are paid using Punch Cards that are available for purchase in the Park District Office or online. Lessons are arranged by contacting tennis pro Betsy Kessing at 916-947-5195.

### PRIVATE/SEMI-PRIVATE LESSONS

**PRIVATE FEE:** ADULT: \$60/HOUR

YOUTH: \$50/HOUR

**CLASSES OFFERED:** MARCH-OCTOBER  
(SATA 3.5 AND  
BELOW ABILITY) SUNDAYS, 10AM-11:30AM  
MONDAYS, 9AM-10AM  
FRIDAYS, 6PM-7:30PM

### GROUP LESSONS

**GROUP FEE:** ADULTS & YOUTH: \$10/HOUR

MIN 4 / MAX 6

**CLASSES OFFERED:** MARCH-OCTOBER  
(SATA 3.5 AND  
BELOW ABILITY) SUNDAYS, 8:30AM-10AM  
MONDAYS, 9AM-10AM  
FRIDAYS, 6PM-7:30PM

## PEEWEE & YOUTH LESSONS

### PEEWEE & JUNIOR SCHEDULED CLASSES All classes run Tuesdays and Thursdays.

AGES PeeWee: 4-6 Years, Junior Division I: 7-11 Years, Junior Division II: 12-17 Years

SESSION	DATE	TIMES	SESSION FEE
<b>SESSION 1</b>	FEBRUARY 15- MARCH 10, 2022	PEEWEE: 3:30-4PM JUNIOR DIVISION I: 4-5PM JUNIOR DIVISION II: 5-6PM	<u>PEEWEE:</u> RESIDENT \$40, NON-RESIDENT \$48 <u>PEEWEE MATERIALS:</u> 1 UNOPENED CAN OF USTA CHAMPIONSHIP HEAVY DUTY TENNIS BALLS <u>JUNIOR DIVISION I &amp; II:</u> RESIDENT \$80, NON-RESIDENT \$96 <u>JUNIOR DIVISION I &amp; II MATERIALS:</u> 2 UNOPENED CANS OF USTA CHAMPIONSHIP HEAVY DUTY TENNIS BALLS
<b>SESSION 2</b>	MARCH 15- APRIL 7, 2022		
<b>SESSION 3</b>	APRIL 12- MAY 5, 2022		
<b>SESSION 4</b>	MAY 10- JUNE 2, 2022		
<b>SESSION 5</b>	JUNE 14- JULY 7, 2022	PEEWEE: 8-8:30AM & 6-6:30PM JUNIOR DIVISION I: 8:30-9:30AM & 5-6PM JUNIOR DIVISION II: 9:30-10:30AM & 6:30-7:30PM	
<b>SESSION 6</b>	JULY 12- AUGUST 4, 2022		
<b>SESSION 7</b>	AUGUST 16- SEPT. 8, 2022	PEEWEE: 3:30-4PM JUNIOR DIVISION I: 4-5PM JUNIOR DIVISION II: 5-6PM	

### SUMMER GROUP CAMPS

Our tennis pro will be serving up the fun in these week-long tennis camps. We mix in some summer camp-style fun while providing a game-based approach to learning about the sport of tennis. Players will be hitting the ball in minutes and learning to rally in a team-oriented environment, all in the spirit of cooperative competition. Camps are located at the Arden Park tennis courts. Min 6/Max 16

**AGES:** 6-7 YEARS

**TIMES:** 9-10:15AM

**DATES:** JUNE 20-24 OR  
JULY 11-15

**FEE:** RESIDENTS: \$50  
OR NON-RES: \$55

**AGES:** 8-13 YEARS

**TIMES:** 10:30AM-12:30PM

**DATES:** JUNE 20-24 OR  
JULY 11-15

**FEE:** RESIDENTS: \$95  
OR NON-RES: \$105



## PUBLIC SWIM HOURS

## OPEN PUBLIC SWIM

**DATES:** JUNE 7-AUGUST 10**DAYS/TIMES:** MONDAY-FRIDAY: 1-4PM

WEEKENDS: 2-5PM

**DROP-IN FEE:** \$3/PERSON

\$2 WADING POOL ONLY



## POOL PASSES

**FAMILY:** RESIDENT: \$140 OR NON-RES: \$165**ADULT:** RESIDENT: \$75 OR NON-RES: \$85**CHILD:** RESIDENT: \$65 OR NON-RES: \$75**PUNCH CARD:** \$30 = 11 SWIM ENTRIES

## MORNING LAP SWIM

Morning Lap Swim for adults is TBD. Lap swim is Monday/Wednesday/Friday from 6-7AM if enough people register. 10 swimmers must pre-register so lap swim can run. Interested? Call the office at 916-483-6069.



## Have a question on

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



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Mahnaz Khazari, Broker

916-825-1636

mah@mkfinance.us www.mkfinance.us

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## GROUP SWIM LESSONS

Arden Park provides a variety of different swim lesson types, including group lessons for all skill levels, as well as semi-private and private lessons. Please check below for descriptions of each swim lesson's skill level. Registration for swim lessons begins on **Monday, May 16th at 9AM** in the office and online at [APRPD.org](http://APRPD.org).

SESSION	DATES
<b>1</b>	JUNE 13-16, JUNE 20-23
<b>2</b>	JUNE 27-30, JULY 5-8
<b>3</b>	JULY 11-14, JULY 18-21
<b>4</b>	JULY 25-28, AUGUST 1-4

### LESSON FEES

**GROUP:** RESIDENT: \$55 OR NON-RES: \$65  
**SEMI-PRIVATE:** RESIDENT: \$95 OR NON-RES: \$100  
**PRIVATE:** RESIDENT: \$150 OR NON-RES: \$160

LESSON KEY	
<b>P/SP</b>	PRIVATE/SEMI-PRIVATE
<b>PT</b>	PARENT & TOT
<b>WE</b>	WATER EXPLORATION
<b>PS</b>	PRIMARY SKILLS
<b>SP</b>	STROKE READINESS
<b>SD</b>	STROKE DEVELOPMENT

### LESSON TIMES

#### MORNING

**9:00AM** P/SP, P/SP, P/SP  
**9:30AM** P/SP, P/SP, P/SP  
**10:00AM** P/SP, PS, SR  
**10:30AM** P/SP, P/SP, WE  
**11:00AM** P/SP, PT, PS  
**11:30AM** P/SP, SR, SD  
**12:00PM** PT, WE, PS

#### AFTERNOON

**4:30PM** P/SP, P/SP, P/SP  
**5:00PM** P/SP, WE, SR  
**5:30PM** P/SP, WE, PS  
**6:00PM** PT, WE, SR  
**6:30PM** P/SP, PT, PS  
**7:00PM** P/SP, P/SP, SD

### CLASS NAMES

### CLASS DESCRIPTIONS

<b>PARENT AND TOT (PT)</b>	Infants and toddlers between 6 months-3 years with a parent in the water. Instruction focuses on familiarizing the children with water and includes fun and easy games.
<b>WATER EXPLORATION (WE)</b>	Designed for toddlers 3-5 years old who have some doubts about water. Students generally won't put their face/head under water and won't venture from the side of the pool unassisted. Water Exploration aims to help children's fears of water and to teach the basic motions of swimming (kicking and pulling).
<b>PRIMARY SKILLS (PS)</b>	Class for children who have little/no fear of water, can submerge their head completely, and can walk away from the side of the pool in areas they can stand. However, Primary Skill students can't swim on their own. This lesson teaches floating, gliding, and movement skills with the goal of swimming 6-8 feet independently.
<b>STROKE READINESS (SR)</b>	Made for children who can swim 2-3 yards by themselves on their stomach or back. Stroke Readiness teaches the basics of freestyle and backstroke, including rotary breathing. At the completion of Stroke Readiness, students should be able to swim half the length of a short course (25 yard) swimming pool without help.
<b>STROKE DEVELOPMENT (SD)</b>	Designed for children who can swim freestyle and backstroke for 12 yards or more on their own. Stroke Development seeks to increase the sleekness and efficiency of a student's swimming by correcting mistakes in fundamental stroke mechanics and introduce them to competitive backstroke.



## ADULT PROGRAMS

## PAINT AND SIP CLASSES

You're invited to get creative at the Paint Party with The Art Shock! Grab your friends or come solo to meet your neighbors for some serious fun! No prior painting experience required as we guide you step-by-step to create your very own work of art. You'll be amazed at what you can create! This class is BYOB - please bring your own beverages (wine, beer, soda, etc.) and snacks that you can enjoy while we paint. Check our website to see the upcoming paintings!

**DAY:** SATURDAYS

**AGES:** 21+

**DATES/** MARCH 19, 12-2PM

**FEE:** \$35/CLASS

**TIMES:** APRIL 23, 5-7PM

**LOCATION:** ARDEN PARK

MAY 21, 5-7PM

ROOM A

JUNE 18, 12-2PM

JULY 16, 5-7PM

AUGUST 20, 12-2PM



## ADULTS NIGHT OUT SERIES

Join us at the Arden Park Community Center every third Friday of the month for a fun, adults only (21+) event! Each month we will host a different activity designed to get you out of the house and into an atmosphere full of laughs and general merriment. The events are free, though there may be some that require sign-up ahead of time in order to reserve a spot. Donations for the Park District are accepted. Feel free to bring you favorite snacks and drinks (wine, beer, soda, etc.) for the events - these nights are BYOB!



**DATES:** FEBRUARY 18: WINE TASTING

**DAYS:** FRIDAYS

MARCH 18: 80'S KARAOKE

**TIMES:** 7-10PM

APRIL 15: SPRING MURDER MYSTERY

**AGES:** 21+

JUNE 17: BEER TASTING

**LOCATION:** ARDEN PARK

JULY 15: 90'S/2000'S KARAOKE

ROOM A

AUGUST 19: SUMMER MURDER MYSTERY

## ARDEN PARK TRAVEL CLUB - TRAVEL BY NICKI



Have you ever dreamed of traveling the world but don't know where to begin? Now is your chance to make that dream come true! Arden Park Travel Club - Travel by Nicki is hosting travel meetings every other month where you can learn about different trips all over the world. If you are not interested in international travel, there are many amazing places to visit in the United States too! For more information on upcoming travel meetings, call Nicki Larson at 916-664-7410.

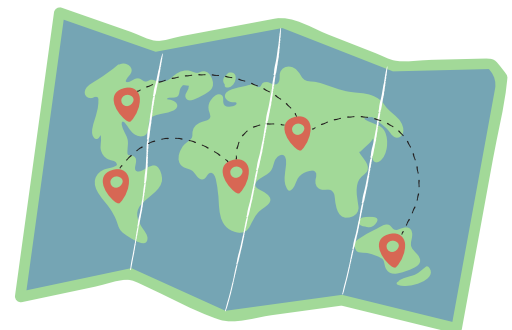
**DAY:** THURSDAYS

**TIMES:** 10-11:30AM

**DATES:** MARCH 17, MAY 5, JULY 14

OR SEPTEMBER 8

**LOCATION:** ARDEN PARK ROOM A



## ADULT FITNESS

**FIT4MOM BODYWELL**

Body Well is an 8-week result-based journey. Body Well is about the journey, meeting you where you are & challenging you to grow. This program includes small group fitness coaching, nutritional guidance, recipes + meal planners, community-based workouts, and weekly challenges to help you manage stress and sleep better. Body Well will focus on improving your physical and mental well-being with a community of mamas to support you every step of the way.

**TIMES:** 7-8PM

**DATES:** MONDAYS, THURSDAYS

**REGISTER:** SACRAMENTO.FIT4MOM.COM

**FEE:** DROP IN OR MEMBERSHIP AVAILABLE

**LOCATION:** ARDEN PARK FIELD

**YOGA AND BONDING FOR POSTPARTUM FAMILIES**

NEW

Rest, reset, and reinforce your relationship with your newborn (babies 3 weeks-8 months) in a combination class of music and restorative yoga. Restorative yoga in combination with singing is a way to prioritize your care and enhance bonding with your newborn. This class is specifically designed to nurture a safe space for families to develop breathing and relaxation techniques through music and movement. Mia Claire (CYT yoga teacher) will guide you through a restorative flow to support your postpartum healing. Emma Simpson (postpartum doula, musician, and life coach) will lead songs that enhance bonding with your newborns, making it easy to sing along and discover soothing techniques. This class is ideal for birthing folks looking to receive care and create joyous moments with their newborn and other families. The purpose of the coaching group is for you to be held in respect and support as you share the challenges and celebrations of life with a newborn.

**DAYS/TIMES:** YOGA: MONDAYS & FRIDAYS, 11:15AM-12PM **FEE:** \$300/MONTH OR \$825/FULL SESSION

GROUP COACHING & SUPPORT (VIA ZOOM): **DROP IN:** \$25/CLASS

TUESDAYS, 10:30AM-12PM

**LOCATION:** ARDEN PARK ROOM A

**DATES:** FEBRUARY 7-APRIL 29

**ZUMBA GOLD**

NEW

Perfect for active older adults, pregnant and/or beginners who are looking for a modified Zumba® class that recreates the moves you love at lower-intensity. This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and to leave empowered and feeling strong. This class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

**TIMES:** 6:40-7:40PM

**DAYS:** MONDAYS, WEDNESDAYS

**FEE:** \$35/MONTH

**LOCATION:** ARDEN PARK ROOM A

**FIT4MOM STRIDES 360**

Strides 360™ promises a heart pumping workout designed to increase your endurance while also developing speed, agility, and quickness to help you sprint through life! Bodyweight conditioning is strategically placed to provide recovery, strength and round out your workout. A great compliment to our strength training programs!

**TIMES:** 9:30-10:30AM

**DATES:** TUESDAYS

**REGISTER:** SACRAMENTO.FIT4MOM.COM

**FEE:** DROP IN OR MEMBERSHIP AVAILABLE

**LOCATION:** CRESTA PARK



## ADULT FITNESS

## JAZZERCISE

Jazzercise is a 60-minute group fitness class combining cardio, strength, and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, jazz dance, kickboxing, and resistance training and bundled them into one hour. All ages, levels, and sizes welcome so come join us today!

**DAYS &** MON/TUES/WED, 5:30-6:30PM

**TIMES:** TUESDAY/THURSDAY, 8-9AM  
SUNDAY 8:45-9:45AM

**FEE:** \$62/MONTH OR \$20/DROP-IN

**LOCATION:** ARDEN PARK ROOM A

**REGISTER:** JAZZERCISE.COM

FIT4MOM STROLLER STRIDES/  
STROLLER BARRE

Stroller Strides® is a functional, total-body workout designed for moms with kids in tow. Each 60 min workout has strength training, cardio and core restoration, while entertaining little ones with songs, activities and fun! Instructors are skilled to meet you where you are mentally & physically. You'll leave class feeling connected, successful & energized. No more mama guilt! This class is all about self care in a supportive and encouraging environment.

**TIMES:** 9:30-10:30AM

**DATES:** MONDAY, WEDNESDAY, FRIDAY

**REGISTER:** SACRAMENTO.FIT4MOM.COM

**FEE:** DROP IN OR MEMBERSHIP AVAILABLE

**LOCATION:** ARDEN PARK FIELD



Find the right FIT FOR YOU, Mama.

*Stroller Strides*

Stroller Strides is a stroller-based fitness program designed for moms (and by moms) to get a full-body workout with their babe(s) in tow.

*Body Well*

Body Well is about the journey, meeting you where you are & challenging you to grow. This small group program will focus on improving your physical and mental well-being.

*Stroller Barre*

Stroller Barre is a unique blend of Pilates, barre and stroller-based exercises designed to help moms build strength and muscle tone, and improve posture.

*Run Club+*

Run Club+ is our 8-week guided training program for your specific running goals, such as a 5K, 10K, or a half marathon, or simply want the support and structure of a run training program.

*Strides 360*

Strides 360 promise a heart pumping workout to increase your endurance while using speed agility and quickness to help you sprint through life.

*Our Village*

Our Village is a free place to support, connect, empower and make a difference. Playgroups, mom's Night Out, community and family events, and more.



## ADULT MEN'S SOFTBALL

Let's play ball! Grab your friends and sign up for the spring season of Men's Softball at Arden Park. Seasons are 8 weeks with 2 weeks of playoffs. Softball registration include ASA registration, scorekeepers, umpire, game balls and first place shirts. Games are seven innings or 55 minutes in length. Arden Park's softball teams play at the C/D recreational level. New teams are always welcome to join.



### MEN'S SOFTBALL - SPRING LEAGUE

**GAME DAYS:** MONDAYS & TUESDAYS

**AGES:** 18+

**DATES:** APRIL 4-MAY 24

**TEAM FEE:** RESIDENT: \$430 NON-RESIDENT: \$455

**PLAYOFFS:** JUNE 6-JUNE 14

**LOCATION:** ARDEN PARK FIELD

### MEN'S SOFTBALL - SUMMER LEAGUE

**GAME DAYS:** MONDAYS & TUESDAYS

**AGES:** 18+

**DATES:** JULY 11-AUGUST 30

**TEAM FEE:** RESIDENT: \$430 NON-RESIDENT: \$455

**PLAYOFFS:** SEPTEMBER 12-SEPTEMBER 20

**LOCATION:** ARDEN PARK FIELD

## ADULT CO-ED KICKBALL

### CO-ED KICKBALL

The Arden Park Kickball League is a recreational co-ed league for adults. Season is 8 weeks and league champion is based on best standings at the end of the season. Registration fees include scorekeeper, game balls and first place shirts. Teams must be able to field a team of 10 with at least 3 females players on each team.



**GAME DAYS:** SUNDAYS - 4PM OR 5PM

**AGES:** 18+

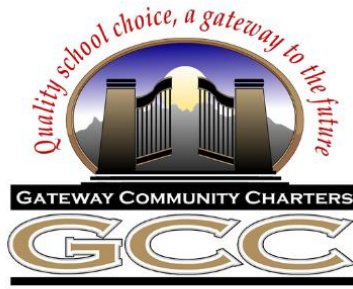
**DATES:** APRIL 10-JUNE 26

**TEAM FEE:** \$150

(SKIP 4/17, 5/8, 5/29, & 6/19)

**LOCATION:** ARDEN PARK FIELD





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## EASTER EGGSTRAVAGANZA & BREAKFAST WITH THE BUNNY

Arden Park's Easter Egg Hunt and Breakfast with the Bunny is back! Wear your Easter best and come have breakfast, then participate in the free Easter Egg Hunt! We will have a bounce house, petting zoo (\$5), and pictures with the Easter Bunny!

**DATE:** SATURDAY, APRIL 16

**BREAKFAST TIME:** 8:30-9:30AM

**EGG HUNT TIME:** 9:30AM

**LOCATION:** ARDEN PARK



## MOVIES IN THE PARK SERIES

Movies in the Park are back for spring and summer of 2022! Bring your blankets and lawn chairs and enjoy a movie under the stars with your neighbors. Movies start at sunset.

**MAY 6:** LUCA - 8PM

**JUNE 3:** SPIDERMAN: NO WAY HOME - 8:30PM

**AUGUST 5:** ENCANTO - 8:15PM

**SEPTEMBER 2:** SING 2 - 7:30PM

**LOCATION:** ARDEN PARK



## COMMUNITY YARD SALE

NEW

Arden Park's first Community Yard Sale is coming this spring! Neighbors can sign up for a parking lot space and bring items they would like to sell. Each spot is 8ft x 17ft. At the end, a local donation group will pick up anything you don't want to haul back. Come out and find some new treasures to take home!

**DATE:** SATURDAY, MAY 21 **LOCATION:** ARDEN PARK

**TIME:** 8AM-12PM **SIGN UP FEE:** \$30/SPOT



## MUSIC IN THE PARK

Come rock out with us for Music in the Park this summer! AKALIVE band is the entertainment for the evening, and we will have a food truck available! Bring your blankets and lawn chairs to sit and enjoy the music, or feel free to dance the night away!

**DATE:** SATURDAY, JUNE 11

**TIME:** 7-9:30PM

**LOCATION:** ARDEN PARK





## 4TH OF JULY PARADE & FESTIVAL

We're ready to celebrate America and the 4th of July Parade and Festival! Parade starts at 10AM at Arden Park. After the parade we will come back to the park for live music, a kid zone with inflatables, raffle, and hamburgers and hot dogs! Band sponsored by the Arden Park Neighborhood Association.

**DATE:** MONDAY, JULY 4

**TIME:** 10AM-12:30PM

**LOCATION:** ARDEN PARK



## HOT ARDEN NIGHTS CAR SHOW

Join us for our 2nd annual Hot Arden Nights Car Show! There will be a car show in the parking lot, live band, and food trucks. Do you have an awesome car that deserves to get shown off? Enter your car in the car show for \$25 for a chance to win a prize! Enter the car show online at [APRPD.org](http://APRPD.org) Band sponsored by the Arden Park Neighborhood Association.

**DATE:** SATURDAY, AUGUST 13

**TIME:** 12-3PM

**LOCATION:** ARDEN PARK



## TENTS IN TOWN

Calling all happy campers! Enjoy the fun of camping with your family without the work. Grab your camping gear, and set up in the park for an evening under the stars. Enjoy a complimentary t-shirt, swimming at the pool, BBQ dinner, games, campfire s'mores, and breakfast in the morning!

**DATES:** SEPTEMBER 10-SEPTEMBER 11

**CHECK-IN:** SATURDAY 9/11 3PM-5:30PM

**CHECK-OUT:** SUNDAY 9/12 8:30AM

**FEE:** \$25/PER PERSON

**LOCATION:** ARDEN PARK



## FALL FESTIVAL

The Fall Festival at Arden Park is going to be one autumn-filled day that you won't want to miss! Fun for the whole family, there will be a Kid Zone with petting zoo, bounce houses and pumpkin patch. We will also have craft vendors, a beer/wine garden hosted by Dukes Pints & Plates, food trucks, and live music!

**DATE:** SATURDAY, OCTOBER 15

**TIME:** 11AM-3PM

**LOCATION:** ARDEN PARK





## LOCAL ADULT CLUBS

### ARDEN PARK GARDEN CLUB

Arden Park Garden Club, active since 1948, promotes an interest and knowledge in gardening, horticulture, landscape design, and furthering a better understanding of environmentally sound gardening practices that contribute to the health of our yards and our surroundings. Garden Club meets on the second Tuesday of the month from 10AM-1PM in the Arden Park Community Center. **Spring Event:** Garden Club presents Into the Future With Your Garden, 2 hour classes held outside in the garden May 28 & 29. \$20/person. Call 916-217-2500 to sign up. This is not an Arden Park Recreation and Park District affiliated event. Max 60.

**WEBSITE:** [ARDENPARKGARDENCLUB.COM](http://ARDENPARKGARDENCLUB.COM)

### ARDEN PARK NEIGHBORHOOD ASSOCIATION

The Arden Park Neighborhood Association (APNA) is a neighborhood organization that serves the members of our community. Become a member of the Arden Park Neighborhood Association for \$150/year. With these funds the APNA hires security to patrol the neighborhood, distributes quarterly TAP flyers announcing news/upcoming events and supports park events. The APNA meets on the first Tuesday of the month at 7PM via Zoom. Please contact [myardenpark@gmail.com](mailto:myardenpark@gmail.com) for the Zoom link 24 hours prior to the meeting.

**MAIL:** 1010 LA SIERRA DRIVE

**EMAIL:** [MYARDENPARK@GMAIL.COM](mailto:MYARDENPARK@GMAIL.COM)

SACRAMENTO, CA

**WEBSITE:** [MYARDENPARK.COM](http://MYARDENPARK.COM)

**PHONE:** 916-491-6960



## ARDEN PARK IS HIRING FOR THE SUMMER!

**WE'RE  
HIRING**

### LIFEGUARDS

Do you love being at the pool, like helping others, and want to make some extra cash this summer? Apply as a lifeguard at the Arden Park pool! Applicants must have current Red Cross Lifeguard Training, First Aid for Lifeguards (EMSA), or CPR for the Professional Rescuer certificates and be at least 15 years old. Lifeguard make \$15.25/hour and if you work into August, you will receive a \$200 bonus!

### SUMMER CAMP RECREATION LEADERS

**Arden Park Explorers Summer Camp:** Our camp leaders work closely with 5-11 year old kids, lead a variety of games and activities, develop leadership skills, and get to have fun while being working during the summer! This is a great first job for high school students and is good experience for college application/resumes. Shifts are either AM (6:45AM-12:45PM) or PM (12:15-6:15PM) at Arden Park. Camp is 8 weeks, from June 13-August 5.

**Camp Cresta Critters:** Come work at the newest summer camp in Sacramento! Camp Cresta is for children ages 3-7 years and is based at Cresta Park. This camp runs from 9am-12pm, so Recreation Leaders shifts are 8:30am-12:30pm. If you love working with small children, this camp is for you! Great for older high schoolers or Early Childhood Education majors. Camp is 6 weeks in the summer from June 20-July 29.

Summer Camp interviews are held mid-march. Submit your application now! Recreation Leaders make \$15/hour.

**Read the full job descriptions online! To apply for a summer job at Arden Park, email Miranda Ellis, Recreation Supervisor at [APRPD.org](http://APRPD.org)**

[WWW.ARPD.ORG](http://WWW.ARPD.ORG)

## ARDEN PARK MASTER PLAN



# Arden Park

## RECREATION & PARK DISTRICT

### Master Plan Update ▶▶▶

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VOICE!**



[www.aprpd.org/2022-master-plan-update](http://www.aprpd.org/2022-master-plan-update)

Join us to shape  
the future of how  
Arden Park will

▶▶▶ **PLAY!** ◀◀◀

The Master Plan Update  
will have  
**many** opportunities  
for  
**COMMUNITY  
INPUT**  
with an  
online survey &  
community events.

## 2022 PLATINUM SPONSOR

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Thank you to our 2022 Platinum Sponsor, Augustine & Associates, RE/MAX Gold! With their generous donation of \$5,000 to the Arden Park Recreation & Park District, the fund go directly to elevating our recreation programs as well as special events. With their donation, the Arden Park community can experience the highest level of recreation and leisure!

Augustine & Associates, RE/MAX Gold: 916-541-1607

Is your local business interested in learning about different sponsorship opportunities with Arden Park? Contact Miranda Ellis, Recreation Supervisor at [mellis@aprpd.org](mailto:mellis@aprpd.org) for more information!





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# Arden Park

•Recreation & Park District•

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