



# THE CITY OF SAN FERNANDO

WINTER PROGRAMS

JANUARY — MARCH 2017

## RECREATION AND COMMUNITY SERVICES DEPARTMENT

EXPERIENCE OUR NEW  
WINTER ACTIVITIES  
& PROGRAMS!

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### RECREATION FACILITIES

#### Recreation Park

208 Park Ave.

818.898.1290

Mon-Thurs: 9:00am-1:00pm &

3:00pm-6:00pm

Fri: 9:00am-12:00pm

#### Las Palmas Park

505 S. Huntington St.

818.898.7340

Mon-Fri: 9:00am-5:00pm



VISIT US AT:

[www.sfcity.org](http://www.sfcity.org) — Healthy San Fernando — [www.HealthySanFernando.com](http://www.HealthySanFernando.com)

Parks  
Make  
Life  
Better!

For more information on all programs and special events, please call (818) 898-1290

Si necesita asistencia en la traducción, llama al (818) 898-1290



# FITNESS & WELLNESS

## FIT PASS CLASSES

Recreation Park

### CYCLING

Monday | 6:30pm

Burn calories & increase your cardiovascular endurance with this vigorous workout on stationary bikes.

### STRENGTH & CARDIO

Monday | 5:15pm

Challenge your strength and endurance with this full-body workout using TRX® suspension trainers and stationary bikes.

### YOGA

Thursday | 8:15am

Enhance flexibility, coordination, balance, and muscle tone with the principles of yoga.  
Mat required.

## ZUMBA PASS CLASSES

Recreation Park



### ZUMBA

Monday & Wednesday | 5:20pm

Tuesday & Thursday | 6:30pm

Dance to non-stop choreographed routines to improve cardiovascular endurance!

### HEALTHY YOU

Monday & Wednesday | 9:30am

Health education classes to help with nutrition, stress, and healthy living. Begins January 30<sup>th</sup>.

### ADULT OUTDOOR FITNESS

Monday, Wednesday, Friday | 8:15am

Improve your muscular fitness, cardiovascular endurance, balance, and agility. Designed for all levels.

## ARTS

### MUSIC CLASS

Tuesday | 9:30—11:30am

\$20 / Monthly

Learn instrument and singing techniques. Open for adults and seniors. Meets at Las Palmas Park.

### ALL ABILITIES ART CLASS

Thursdays | 4:00pm

\$35 City Residents / \$40 Non-Residents / Monthly  
Integrated arts class for elementary school aged children with and without disabilities! Additional \$5 monthly art supply fee. Meets at Las Palmas Park.

### LINE DANCE

Fridays | 10:30am

\$10 / 8-week session

Learn basic Line Dancing. Meets at Recreation Park.

Purchase Fit / Zumba Pass at Recreation Park



THIS IS YOUR YEAR...  
MAKE IT COUNT!

YOUR FIRST 2017 FIT/ZUMBA PASS!



Limit 1 coupon per person per promotion  
May not be used with any other coupon or offer

Must present coupon in person at Recreation Park in order to be redeemed



Nationally  
Recognized  
by First Lady  
Michelle Obama

## FREE PROGRAMS

Recreation Park

### SENIOR FITNESS

Monday, Wednesday, Friday | 8:15am

Targets fall prevention and improves the quality of daily living through balance, strength, and flexibility exercises.

### MARIACHI MASTER APPRENTICE PROGRAM

Unites youth ages 11 to 18 with mariachi music masters.

*Information:* 818.361.7155



### AZTEC DANCE

Thursday | 7:00pm

\$10 / 8-week session

Explore the music and poetry of ancient traditions.  
Meets at Las Palmas Park.

### MEXICAN FOLKDANCE

Beginner / Intermediate: Friday | 7:00pm

Intermediate / Advanced: Wednesday | 7:00pm

\$45 / 12-week session

Ages 5<sup>+</sup>. Meets at Las Palmas Park.

# SPORTS & ACTIVITIES

## IN SEASON SPORTS

Register Now

### ADULT VOLLEYBALL

**Beginner / Intermediate:** Thursday  
**Advanced:** Tuesday

\$30 / person | \$25 / person before January 13<sup>th</sup>  
Season begins week of January 17<sup>th</sup> at Recreation Park



### YOUTH BASKETBALL

Ages 5-8: \$80 City Residents / \$90 Non-Residents  
Ages 9-17: \$85 City Residents / \$95 Non City Residents  
Season begins December 12<sup>th</sup>

### SOCCER / CLUB FUTBOLITO

Ages 11-15: Youth Co-ed

*Information: Freddy Tapia*

818.217.0858

## UPCOMING SPORTS

### ADULT SOFTBALL

**Coed:** Tuesday | Season begins March 7th  
**Men Wooden Bat:** Wednesday | Season begins March

\$350 / team | \$325 / returning team

### KARATE

Traditional Lima Lama martial arts.

**Wednesday** | 6:00pm—8:30pm      \$40 / Monthly;  
**Saturday** | 10:00am—12:30pm      gi belt additional fee

### TENNIS

Pioneer Park

NJTP Pee Wee I Ages 3-7  
Saturday | 9:30am—10:30am  
\$30 / 4 week session

NJTL Classes I Ages 8-18  
Monday | 3:15pm—4:45pm  
\$10 / 8 week session

NJTP Adult I Ages 18+  
Saturday | 8:30am—9:30am  
\$30 / 4 week session

*Information: Coach Barbara*  
818.434.9650 / 818.294.2671

### YOUTH CHEER

Ages 5-13: \$80 City Residents / \$90 Non-Residents  
Season begins December 12<sup>th</sup>



## SPECIAL OLYMPICS-TRI VALLEY

February—June (Ages 8+)

### Basketball & Bocce

Looking for volunteers!

*Information: 661.253.2121*

### Free Basketball Clinic

January 21<sup>st</sup> | 3:00pm | Las Palmas

*Pre-registration: 818.898.1290*

Parks  
Make  
Life  
Better!

Help keep our community parks beautiful!

*Information: 818.898.1290*

## PARK CLEAN-UPS

## TEENS FOR A BETTER COMMUNITY (TBC)

TBC inspires, supports and engages youth to achieve their fullest potential as productive citizens. TBC provides opportunities for leadership skills, character development and scenarios to explore individual strengths and talents. Examples include: community service projects, seasonal day camps, special events, and various recreation programs.

**MEETINGS: 6:00—7:30pm**

**January 5, 2017**

**February 2, 2017**

**May 11, 2017**

**March 2, 2017**

**April 6, 2017**

# SENIOR PROGRAMS

## COMMUNITY SERVICES PROGRAMS

Las Palmas Park

### NUTRITION PROGRAM

Monday—Friday | 9:00am

Ages 60+: Suggested donation \$2.00

Pre-registration required. Partially funded by Los Angeles County Community & Senior Services

### COMMODITY SUPPLEMENTAL FOOD PROGRAM

January 9<sup>th</sup>, February 6<sup>th</sup>, March 6<sup>th</sup> | 9:00—11:00am

LOS ANGELES REGIONAL

  
Food assistance (1 free food kit) for low-income senior citizens (ages 60+). Proof of income and identification required to qualify. Conducted by L.A. Regional Food Bank

Fighting Hunger. Giving Hope.



### AARP DRIVER SAFETY COURSES

January 5<sup>th</sup> & 12<sup>th</sup>, February 9<sup>th</sup>, March 2<sup>nd</sup> & 9<sup>th</sup>

\$15 (AARP members) / \$20 (Non-members)

Refresh your driving skills and possibly qualify for a discount on your car insurance.

*Information:* 818.898.7340

### VOLUNTEER INCOME TAX ASSISTANT

January 28<sup>th</sup>—April 15<sup>th</sup> | 10:00am—2:00pm

CSUN School of Business provides **FREE** income tax assistance to low income individuals, senior citizens, and the disabled.

Meets on Saturdays only.



## SENIOR ACTIVITIES



### BINGO

Participants play for prizes, no cash prizes.

Recreation Park:

Tuesday | 9:30am | \$4/card or \$6/2cards

Las Palmas Park:

Monday, Wednesday, Friday | 10:00am | \$1/card

### SENIOR FITNESS CLASSES @ Las Palmas Park

Improve confidence, flexibility, and strength

Sessions begin January 23<sup>rd</sup>

### STRETCH TO THE MUSIC

Monday & Wednesday | 9:30—10:30am

\$30 / 6 weeks

### LIFTING & ENERGY

### YOGA FOR SENIORS

Tuesday 9:30am

\$20 / 6 weeks

Tuesday | 8:00—9:30am

\$15 / 6 weeks

### LAS PALMAS SENIOR CLUB

Board Members Available:

Monday/Tuesday/Friday | 9:30am—12pm

Membership is \$36 per year / \$18 per 6 months

Socialize with monthly meetings, dances and trips

Meets at Las Palmas Park.

### ARTS & CRAFTS CLUB "The Crafty Ladies"

Wednesday | 9:00am | Free

Share crochet techniques and enjoy special projects

Meets at Las Palmas Park 

### RECREATION LOUNGE @ Las Palmas Park

Play card games, dominos, or billiards. Room is equipped with game tables. No Gambling Allowed.

### PARK AVE CLUB @ Recreation Park

Tuesday | 9:00am | Free

Gathers for crocheting, bingo and monthly potlucks.

## HEALTH

### HEALTHY COOKING CLASSES @ Las Palmas Park

January 31<sup>st</sup>, February 28<sup>th</sup>, March 28<sup>th</sup>, April 25<sup>th</sup>, May 30<sup>th</sup>, & June 27<sup>th</sup> | 11:00am—12:30pm



Learn the basic nutritional needs that are recommended for children, teens, adults, and seniors.

### WALKING FOR BETTER HEALTH

Monday 8:30am | FREE

Lose weight, get to know your neighbors, and reduce stress. Provided by the Northeast Valley Health Corp.

*Pre-registration:* Tatiana

818.365.8086 ext. 52203

## TRANSIT SERVICES

### MISSION CITY TRANSIT

Transportation within San Fernando and targeted medical sites outside the City.

*Information:* 818.366.4119

### CITY OF SAN FERNANDO TROLLEY

Convenient and affordable transportation within the city.

*Information:* 818.898.1290

### CITYRIDE

Senior transportation for those living in the surrounding San Fernando areas: Arleta, Chatsworth, Granada Hills, Lake View Terrace, Mission Hills, Northridge, Pacoima, Panorama City, Sunland, and Tujunga.

*Information:* 818.908.1901

## UPCOMING EVENTS



**THE CITY OF SAN FERNANDO & TREEPEOPLE  
INVITE YOU TO PARTICIPATE IN A UNIQUE RESTORATION EXPERIENCE!**

This beautiful park along the Pacoima Wash Greenway in the city of San Fernando, provides walking trails, stunning views of the Angeles Forest, & a shady picnic area under a grape arbor.

The park also diverts & cleans water running off of neighborhood streets.

**JOIN US**

801 Eight St. San Fernando 91340  
January 21, 2017  
9:00 AM - 12:00 PM

Please arrive at 8:45 to register.  
Bring a water bottle, hat, sunscreen, wear closed-toe shoes & gloves if you have them.  
Light snack & water will be provided.

You may register on-line at: <https://www.treepeople.org/volunteer>  
or with the City of San Fernando at: [laguila@sfcity.org](mailto:laguila@sfcity.org)

**THE CITY OF  
SAN FERNANDO**

# SPRING JAMBOREE!

**Free**

**Saturday**  
**April 15, 2017**  
**11:00am—2:00pm**

**Las Palmas Park**  
**505 S. Huntington St.**  
**San Fernando, CA 91340**

**Arts & Crafts**  
**Face Painting**  
**Games**  
**Prizes**

**JAM Session**  
Las Palmas Park : April 15, 2017 : 11:00am  
Join us for a JAM session provided by the Ford Theatre Foundation. JAM Sessions are fun and interactive events created around movement and music.

**Parks  
Make  
Life  
Better!**

**Ford  
THEATRE  
FOUNDATION**  
**JAM**  
SESSIONS  
Dance. Play. Get up and JAM!