

**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



**2017**  
**This is your year...**  
**Make it count!**



**VISIT US AT:**

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

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.

### MAT PILATES

**Tuesday | 8:15am**

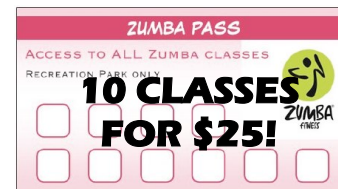
Improve your posture, balance, and coordination while exhaling your way to a stronger body. Mat required.

### TOTAL BODY CONDITIONING

**Wednesday | 6:30pm**

Engage in moderate-to-high intensity cardio and resistance exercises in this full-body workout.

Purchase Fit / Zumba Pass at Recreation Park



## ZUMBA PASS CLASSES

Recreation Park



### ZUMBA

**Monday & Wednesday | 5:20pm**

**Tuesday & Thursday | 6:30pm**

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



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

### 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.



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.

## 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.

### MARIACHI MASTER APPRENTICE PROGRAM

Unites youth ages 11 to 18 with mariachi music masters.

*Information:* 818.361.7155



National  
Endowment  
for the Arts  
arts.gov



### 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+. 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

### TENNIS

Pioneer Park

NJTP Pee Wee | Ages 3-7

**Saturday | 9:30am—10:30am**

\$30 / 4 week session

NJTL Classes | Ages 8-18

**Monday | 3:15pm—4:45pm**

\$10 / 8 week session

NJTP Adult | 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>



## UPCOMING SPORTS

### ADULT SOFTBALL

**Coed: Tuesday | Season begins March 7th**

**Men Wooden Bat: Wednesday | Season begins March**

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

## 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*

## KARATE

Traditional Lima Lama martial arts.

**Wednesday | 6:00pm—8:30pm** \$40 / Monthly;

**Saturday | 10:00am—12:30pm** gi belt additional fee

## PARK CLEAN-UPS

**Parks  
Make  
Life  
Better!**

Help keep our community parks beautiful!

*Information: 818.898.1290*

## 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



Fighting Hunger. Giving Hope.

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

### 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

Tuesday | 8:00—9:30am

\$15 / 6 weeks

### YOGA FOR SENIORS

Tuesday 9:30am

\$20 / 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: [iaguila@sfcity.org](mailto:iaguila@sfcity.org)



## SPRING JAMBOREE!

**Saturday**

**April 15, 2017**

**11:00am—2:00pm**

**Las Palmas Park**

**505 S. Huntington St.**

**San Fernando, CA 91340**

**Free**

**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.

