# Sunrise Recreation and Park District

March - September 2023



(916) 725-1585 SunriseParks.com



Registration Now Open!

# DISTRICT ADMINISTRATOR'S MESSAGE SPRING/SUMMER 2023 RECREATION GUIDE

2023 brings many new opportunities for exploring the need for fun and excitement. I am pleased to present 5 new opportunities that are coming your way as the year unfolds.

# Tempo Park – Citrus Heights Now Open!!

New Expanded Playground and New Basketball Court

# Mitchell Village Park – Citrus Heights

Coming Summer New 23-acre natural setting park with multi use walking paths, 2 playgrounds, and picnic areas

# Arcade Cripple Creek Multi Use Trail — Citrus Heights

Coming Summer A 2.9-mile-long multi-use trail that runs through eastern Citrus Heights connecting 7 parks along the way

# Tetotom Park – Antelope

Coming Late Summer – New Expanded Playground

# C-Bar-C Park – Citrus Heights

Coming Late Summer - New Expanded Playground

# TETOTOM PARK COMING LATE SUMMER!





## **TEMPO PARK**



# **2023 Spring-Summer Activity Guide**



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Visit SunriseParks.com for updated programs and activities.



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## Board Meetings for the Sunrise Recreation & Park District Advisory Board of Directors

The public is invited and encouraged to attend the regular monthly meeting of the Advisory Board of Directors. Meetings are held on the third Thursday of each month. Please visit our District Website (sunriseparks.com) for information on how to attend an Advisory Board of Directors meeting.

#### **Advisory Board of Directors**

David Huber, Board Chair Tim Virga, Board Vice-Chair Jay Evans, Board Member Mark Shahan, Board Member TBD, Board Member

#### County of Sacramento Board of Supervisors

District 1: Phil Serna District 2: Patrick Kennedy District 3: Rich Desmond District 4: Sue Frost District 5: Patrick Hume



# SunriseParks.com (916) 725-1585



## Join us on social for updates!



# SRPD Registration

To register for classes or programs with Visa, Master Card or American Express, please go to our District website at SunriseParks.com.



#### **Please Remember:**

Mark your calendars and note the activity times, dates and locations for courses and events which you have registered.

#### **Materials Fee:**

Materials fees are payable to the instructor at the first class session.

#### **Photo Policy:**

The Sunrise Recreation & Park District reserves the right to photograph facilities, activities and program participants for potential future use.

#### **Photo Credits:**

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# Sunrise Recreation and Park District Cancellation & Credit Policy

We thank you for choosing Sunrise Recreation and Park District for your families' leisure activities. At all times, we strive to provide all participants the highest level of quality, enjoyment, and customer service. In the unfortunate event that the District must cancel a class, event, or program, a full refund will be provided. For most other situations, a credit will be applied to your ActiveNet account.

Please visit sunriseparks.com/credit-request-policy to see how we can best serve you.

# **Important Contacts**

Emergencies:	911
Sunrise Recreation & Park District:	(916) 725-1585
Citrus Heights Police Department:	(916) 727-5500
Sacramento County Sheriff:	(916) 874-5115

# **SRPD Observed Holidays**

(District Office is closed)		
May 29	Memorial Day	
July 4	Independence Day	
Sept 4	Labor Day	

# Visit our Dog Parks!



C-Bar-C Park 8275 Oak Ave Citrus Heights 95610

Cabana Park 6521 Fremont Circle Sacramento 95841

## **District Staff**

To reach a staff member by email, use the person's first letter of their first name followed by the entire last name and @sunriseparks.com.

## **Administration Team**

Administra	tion reality
Dave Mitchell	District Administrator
Margaret Hatton	Finance Manager
Jacqueline Coker	Senior Customer Service Rep - Parks/ Facility Rentals
Tori Thorpe	Senior Account Clerk
Yvonne Carpenter	HR/Payroll Specialist
Parks Team	1
Wayne Edmundson	Parks & Facilities Superintendent
Jaime Fonseca	Parks Supervisor - Citrus Heights Area
James Joseph	Parks Supervisor - Antelope Area
Doug Randle	Parks Supervisor - Foothill Area
John Repetti	Parks Supervisor - Facilities/Pools
Jeff Rivard	Parks Supervisor - Citrus Heights Area
Steve Smith	Senior Facilities Maintenance Technician
Jesus Burgos	Vehicle and Equipment Maintenance Specialist
Recreation	Team
Marty Buell	Recreation & Community Services Superintendent - Aquatics/Special Interest/Events
Todd Gordon	Recreation & Community Services Superintendent - Sports/Day Care
TBD	Recreation Services Manager - Aquatics
Kourtney Hobart	Recreation Services Manager - Day Care/Preschool
Jake Polito	Recreation Services Manager - Youth/Adult Sports
Talesha Freidenfelt	Senior Recreation Coordinator - After the Bell

For Park and Facility Rentals, contact rentals@SunriseParks.com For Aquatics questions, contact Aquatics Coordinator at aquatics@sunriseparks.com

# **Public Swim**

# Antelope Aquatic Complex

7990 Palmerson Drive, Antelope, CA (916) 723-7946

Pool Hours:			
Sat & Sun	5/27 - 9/4	1:00 - 4:30pm	
Tue - Fri	6/6 - 8/4	1:00 - 4:30pm	
Memorial Day	5/29	1:00 - 4:30pm	
July 4 Holiday	7/4	1:00 - 4:30pm	
Labor Day	9/4	1:00 - 4:30pm	
No public swim on Mondays (except 5/29 and 9/4)			
Daily Fees	Tots (2 and ur	nder): FREE	
Youth/Adult (3+ years): \$5		3+ years): \$5	

Play feature, slides, recreation pool, deep pool

## **Rusch Park Pool**

7801 Auburn Blvd, Citrus Heights, CA (916) 726-0111

Pool Hours:		
Sat & Sun	5/27 - 8/13	1:00 - 4:30pm
Tue - Fri	6/13 - 8/11	1:00 - 3:30pm
Memorial Day	5/29	1:00 - 4:30pm
July 4 Holiday	7/4	1:00 - 4:30pm
No public swim on Mondays (except 5/29)		
Daily Fees:	Tots (2 and un	der): FREE
Youth/Adult (3+ years): \$4		
Features: Zero-depth entry, diving boards		
Rusch Pool open at approx. 2:00pm 6/17 & 7/8		
Rusch Pool Closed 7/15 & 7/16		

## **2023 Sunrise Swim Pass:** \$60 Individual Pass – \$190 Family of Four Pass

#### All Ages • All Pools • Includes Public Swim, Lap Swim, Squid Squad Tot Time and Friday Family Swim. Available at both pools' cashier booths.

\*All patrons entering the pool facility are required to pay the pool entrance fees. \*Children under 8 years old must be accompanied by a responsible person 16+ years old at all times. \*Properly fitted US Coast Guard approved life jackets are only permitted in designated areas. \*An accessible Lift Device is available. Please let us know in advance for any special accommodation requests.





# Squid Squad Tot Swim Time

#### Infant - 6 years

Squid Squad is exclusively for parents and children ages 6 years and younger to enjoy the play park pool before public swim. **Entry to Public Swim included.** 



Location: Fee:

Time:

Dates:

Antelope Aquatic Complex Free for infant to 2 years \$5 per 3+ years youth/adult 12:00 - 1:00pm 6/9, 6/23, 7/7, 7/21, 8/4

# Lap Swim

Sunrise offers morning Lap Swim at Antelope Aquatic Complex. Lanes will be open in the deep end of the competition pool.



One lane is also available for lap swim during all public swim times.

Location: Fee: Time: Dates: Antelope Aquatic Complex Drop in: \$5; Swim Pass: \$60 10:30am - 12:00pm Mon - Thur, 6/5 - 8/3

# **2023 SRPD Pool Rental Fees**

Every person entering the facility counts as a facility entry.

POOL LOCATION	Type of Rental	Hours	2023 Fees	Additional Entries
RUSCH PARK POOL	Both Pools Up to 150 Entries	Sat / Sun 5:00 - 8:00pm	<b>\$230/hr</b> 2 hour minimum	<b>\$100/hr extra</b> Up to 250 entries
	Play Park Pool Only Up to 80 Entries		<b>\$280/hr</b> 2 hour minimum	<b>\$100/hr extra</b> Up to 200 entries
ANTELOPE AQUATIC COMPLEX	Slides & Play Park Pool Up to 100 Entries	Sat / Sun 5:00 - 8:00pm	<b>\$335/hr</b> 2 hour minimum	<b>\$120/hr extra</b> Up to 220 entries
	All 3 Pools Up to 150 Entries		\$390/hr 2 hour minimum	<b>\$200/hr extra</b> Up to 500 entries
ANTELOPE COMMUNITY ROOM	6 tables / 25 chairs	Tue - Sun	\$315 3 hour room rental and 25 pool entries	<b>\$110 extra</b> To rent during private rental
ANTELOPE PARTY PAVILION	1 canopy 2 tables / 8 chairs 2 Available First come, first served	1:00 - 4:00pm During Public Swim	\$45 3 hour use of chairs, tables & canopy	<b>\$45 extra</b> To rent during private rental

Payment in full is due at the time of reservation. All prices subject to change.

Please call main office for up-to-date availability at (916) 725-1585 or visit sunriseparks.com/pool-rental-request. All rentals are subject to a \$250.00 refundable cleaning deposit.

Sunrise Recreation & Park District

(916) 725-1585

# SWIM LESSON TIPS



Arrive a few minutes early Have swim suit, towel,

sunscreen, swim diapers and/or goggles

For frequently asked questions and info on credits/transfers visit sunriseparks.com/swim-lesson-faq

# Preschool Swim Lessons

Make your child's summer complete by pairing up Rusch Park Preschool with Sunrise Swim Lessons. We have designed these lessons to be taught by our instructors who specialize in preschoolers and scheduled them to immediately follow your Rusch Preschool Program. These lessons are ONLY available to Rusch Park Preschool participants!

See page 15 for Preschool summer camp information.

#### Group Session:

\$39 per 4-class session Rusch Pool: Mon/Wed or Tue/Thur

	12:15 - 12:45pm
Session 1	Not Available
Session 2	6/19 - 6/29
Session 3	7/10 - 7/20
Session 4	7/24 - 8/3

# **Private Instruction**

#### 3 years - Adult

One-on-one instruction is offered to meet student's swimming goals. Private lessons are \$108 for a 4-day session and are generally held Mon - Thur each week during the summer lesson sessions.

To register for Semi-Private lessons please email aquatics@sunrisparks.com. \$172 for two siblings of similar skill level.

# **Swim Level Descriptions**

SRPD offers American Red Cross group lessons that include age appropriate safety topics. Most children tend to repeat levels more than once.

#### STARFISH 6 MO - 3 YEARS PARENT + CHILD AQUATICS

Parent or guardian must attend each class with child. Starfish emphasizes teaching the parent how to work with the child in the water through song and play. Water adjustment skills: water entry, water exploration, glides, arm and leg action, and family water safety. Only one child per adult allowed. Child must wear water diaper if not potty trained.

#### POLLIWOG 3 - 5 YEARS PRESCHOOL LEVEL 1

Polliwog is a swim readiness class for young children who are ready to learn without a parent in the water. Water adjustment skills: entering and exiting the water, submerging, nose bubbles, floating, gliding, kicking, arm action, and basic safety.

#### TURTLE 3 - 5 YEARS PRESCHOOL LEVEL 2

Turtle is for children who have successfully completed the Polliwog course or are able to glide 2 body lengths, roll over, and float for 3 seconds. Basic swimming skills: breath control, rhythmic breathing, floating, gliding, sculling, forward propulsion, kicking, arm action, and basic safety.

#### FROG 3 - 5 YEARS PRESCHOOL LEVEL 3

Frog is for children who have successfully completed the Turtle course or are able to swim for 6 body lengths, and float for 15 seconds. Fundamental aquatic skills: rhythmic and rotary breathing, floating, treading, sculling, forward propulsion, combined arm and leg action, elementary backstroke, and water safety.

#### MINNOW 6 - 12 YEARS LEARN-TO-SWIM LEVEL 1 & 2

Minnow is for first time and beginning swimmers. It is a combination of Polliwog and Turtle for school-aged kids. Introductory and fundamental swimming skills: entering and exiting the water, submerging, breath control, rhythmic breathing, floating, gliding, treading, forward propulsion, kicking, arm action, and basic safety.

#### GOLDFISH 5 - 14 YEARS LEARN-TO-SWIM LEVEL 3

Goldfish is for participants who have completed Frog or Minnow, or who are able to float or tread for 15 seconds and swim 5 body lengths unsupported. Stroke development skills: front crawl with rotary breathing, back crawl, elementary backstroke, treading water, breaststroke kick, and survival floating.

#### MANTA RAY 5 - 14 YEARS LEARN-TO-SWIM LEVEL 4

Manta Ray is for participants who have successfully completed the Goldfish class or are able to tread for 1 minute and swim 25 yards unsupported. Stroke improvement skills: front and back crawl refinement with open turns, breaststroke, butterfly, side stroke, underwater swimming, treading, introduction to diving, and survival swimming.

#### SEA LION 6 - 14 YEARS LEARN-TO-SWIM LEVEL 5

Sea Lion is for participants who have successfully completed the Manta Ray class or are able to swim 50 yards of the front crawl with rotary breathing and 25 yards of elementary backstroke. Stroke refinement skills: diving, surface diving, flip turns, refinement of all 6 strokes, treading, and additional water safety.

#### DOLPHIN 6 - 14 YEARS LEARN-TO-SWIM LEVEL 6

Dolphin is for participants who have successfully completed the Sea Lion course or are able to swim a 100 yard IM. Stroke proficiency skills: efficiency and endurance in all 6 strokes, reciprocal practice, introduction to Jr Lifeguarding and Swim Team skills, and awareness-based water safety.

#### OCTOPUS 3+ YEARS ADAPTIVE SWIM LESSONS

Octopus lessons are for children with disabilities who are ready to work in a group setting, but may need extra attention.

(916) 725-1585

# S U M M E R Swim Lessons

Classes meet	Mon - Thur for 30-minute lessons
Group:	\$78 per 8 - class session
Private:	\$108 per 4 - class week

Morning start times:Afternoon start times:10:15, 10:45, 11:15, 11:453:55, 4:25, 4:55, 5:25, 5:55

	AM	PM
6/5 - 6/15		6231
6/19 - 6/29	6222	6232
7/10 - 7/20	6223	6233
7/24 - 8/3	6224	6234
8/7 - 8/17		6235
	6/5 - 6/15 6/19 - 6/29 7/10 - 7/20 7/24 - 8/3	6/5 - 6/15          6/19 - 6/29       6222         7/10 - 7/20       6223         7/24 - 8/3       6224

Morning start times: 10:15, 10:45, 11:15, 11:45		Afternoon start times: 4:45, 5:15, 5:45, 6:15, 6:45		
ANTELOPE AC		OMPLEX	AM	PM
Session 1	6/5 - 6/1	5	6121	6131
Session 2	6/19 - 6/29		6122	6132
Session 3	7/10 - 7/2	20	6123	6133
Session 4	7/24 - 8/3		6124	6134
Session 5	8/7 - 8/1	7		6135





Date:	Friday, June 2 25-minute free lesson	
Location:	Antelope Aquatic Complex	
Times:	5:00pm, 5:30pm, 6:00pm	
Code:	6101	
Participants may ONLY sign up for ONE free lesson.		

## Spring Swim Lessons Classes meet Mon - Fri for 30-min lessons

Beginning through Intermediate levels will be taught in these one week swim lesson sessions. This is a great way to get summer started!

Group:	\$48 per 5 - class session
Private:	\$136 per 5 - class session

#### ANTELOPE AQUATIC COMPLEX

Start times:	5:00, 5:30, and 6:00pm	
Session 1	5/1 - 5/5	6111
Session 2	5/8 - 5/12	6112
Session 3	5/15 - 5/19	6113
Session 4	5/22 - 5/26	6114

# Fall Swim Lessons

#### **Classes meet Mon - Fri for 30 minute lessons**

Group:	\$48 per 5 - class session
Private:	\$136 per 5 - class session

#### **RUSCH POOL**

Start Times:	5:00, 5:30, 6:00pr	n	
Session 1	8/21 - 8/25	6261	
ANTELOPE AQUATIC COMPLEX			

Session 2 8/28 - 9/1

Sunrise Recreation & Park District

SunriseParks.com

6162

# Lifeguard Training

#### 15+ years

#### Fee: \$200 (includes Pocket Mask)

This American Red Cross course is a combination of Lifeguard Training, CPR for the Professional Rescuer with AED, 02, and First Aid for Public Safety Personnel (Title 22). This complete course provides all certifications necessary to obtain employment as a Lifeguard in the

Antelope	Aquatic (	Complex		
Session 1	6501.101	Sat & Sun	3/18 - 3/26	8:30am - 5:30pm
Session 3	6501.102	Sat & Sun	4/15 - 4/23	8:30am - 5:30pm
Session 4	6501.104	Sat & Sun	4/29 - 5/7	8:30am - 5:30pm
Rusch Pool				
Session 2	6501.103	Mon - Fri	4/3 - 4/7	9:00am - 5:00pm

State of California. Successful completion of any of these classes does not guarantee a position with SRPD. Pre-course work required. For more questions, contact aquatics@sunriseparks.com.

# American Red Cross Lifeguard Instructor Training

#### 18+ years

Designed to train experienced aquatics professionals to train lifeguards. Participants who complete the class successfully will be certified to teach Lifeguarding, CPR for the Professional Rescuer with AED.

#### Check Pre-requisites Online.

Location:	Antelope Aquatic Complex + Rusch Park Pool	
Fee:	\$200	
Fri - Sun	8/25 - 8/27	
6505.08	Fri:	4:30 - 8:30pm
	Sat/Sun:	8:30am - 5:30pm

Must register at least one week before start date and complete online assignments.

## Adult & Pediatric First Aid/CPR/AED

#### 13+ years

Learn to recognize and care for a variety of first aid emergencies and respond to breathing and cardiac emergencies. Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Location:	Tupelo Fire Station
Fee:	\$90
Sat	9:00am - 2:00pm
6640.04	4/15

# American Red Cross Water Safety Instructor Course

American Red Cross

#### 16+ years

Designed to train individuals to teach infant, child and adult courses from the American Red Cross Swimming and Water Safety program. **Check Pre-requisites Online.** 

Rusch Pool
\$200
4/16, 4/23, 4/30
9:00am - 5:00pm
Antelope Aquatic Complex
\$200
hur/Fri
7/2 - 7/7*
8:00am - 12:30pm

Must register at least one week before start date and complete online assignments.



Participants who successfully complete Red Cross Lifeguard Training, Lifeguard Instructor or Water Safety Instructor courses through SRPD and are hired to join our aquatics team are eligible for reimbursement of training fees.

# 2023 SRPD Seasonal Employment Opportunities

# HIRING STEPS TO BECOME AN SRPD LIFEGUARD

LIFEGUARD TRAINING

TRAINING REIMBURSEMENT

APPLY AND PASS PRE-EMPLOYMENT ASSESSMENT AND INTERVIEW

FINGERPRINTS & BACKGROUND CHECK

FORMAL OFFER & PAPERWORK!

Visit our District website for info about all current job openings! SunriseParks.com/Jobs

#### **2023** Positions Starting at.... \$20.05 Pool Manager \$18.46 Asst. Pool Manager \$18.21 Senior Lifeguard w/WSI Lifeguard w/WSI \$17.96 Lifequard/Aide \$17.15 Cashier \$16.00 **Recreation Coordinator** \$20.00 \$17.00 Day Care-Preschool Aide \$18.00 Park Maintenance Aide 1 \$17.00 **Building Monitor**

# Lifeguard Application Deadline:

- Apply NOW!
- Sign up for Lifeguard Training, page 10
- Start working in May!

## 12 SWIM TEAMS

#### A Look Back ...

Sunrise Sharks Swim Team

Left: 2019 Right: 1974



# **Sunrise Sharks Swim Team**

#### 4 - 18 years

This summer league recreational swim team is one of our most popular aquatics programs. It's a great way to stay cool in the summer, keep the kids in shape and make new friends! *Families are required to fund raise and volunteer.* 



#### Pre-requisites:

- Participant must be at least 4 years old
- Participant must be able to swim 25 yards of freestyle
- Provide copy of birth certificate at tryouts

# Swim Meets will be held on Saturdays in May, June & July.

Location: Rusch Pool 6301.201 \$240 per child\* \$216 per addt'l sibling

\*NorCal League Fee of \$15 not included.

#### SHARKS TEAM REGISTRATION AT RUSCH POOL

Returning Swimmer: March 11, 12:00pm New Swimmer Tryouts: March 11 and/or April 1, 12:00pm. \*Bring 2 checks and a copy of swimmer's birth certificate.

#### Visit sunrisesharks.com for more info!

## SPRING PRACTICE SCHEDULE

#### April 3 - June 1\*

6 & under / 7 - 8	Mon - Thur	6:30 - 7:00pm
9 - 10 / 11 - 12	Mon - Thur	7:00 - 7:45pm
13 - 14 / 15 - 18	Mon - Thur	, 7:45 - 8:30pm
*No practice 5/29		

## SUMMER PRACTICE SCHEDULE

June 5 - July 13*			
6 & under / 7 - 8	Mon - Thur	6:30 - 7:15pm	
9 - 10 / 11 - 12	Mon - Thur	7:15 - 8:15pm	
13 - 14 / 15 - 18	Mon - Thur	8:15 - 9:15pm	
Morning Optional	Practice		
Begin June 6			
All Ages	Tue/Thur		
10:00 - 10:45am or 10:45 - 11:30am (pick one)			
*No practice 7/4			

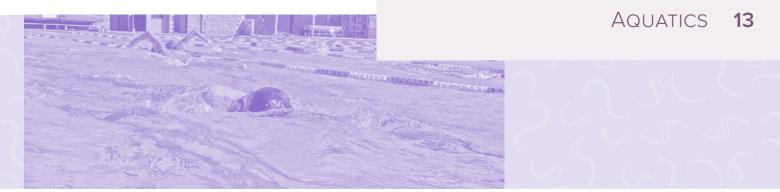


# **Sunrise Diving Program**

#### 8+ years

This class teaches spring board diving to beginner and intermediate divers. Basic swimming ability required and participant must be able to dive head first from the side of the pool.

Location:	Rusch Pool		
Fee:	\$110		
6321.08	Tue/Wed/Thur	8/8 - 8/24	4:30 - 5:30pm



# **Competitive Stroke Clinic**

#### 4 - 18 years

Participants will learn the butterfly, backstroke, breaststroke and freestyle drills geared toward creating an efficient, fluent stroke. Open to new and returning swim team participants. **Pre-requisite: Students must be able to swim one lap of freestyle unassisted and have a basic concept of the three other strokes.** 

Location:	Rusch Pool	
Fee:	\$60	
Dates:	March 14 - 30	
4 - 6 years (ne	w team membe	ers)
Tue/Wed/Thur	6104.100	6:30 - 7:00pm
7 - 10 years		
Tue/Wed/Thur	6104.101	7:00 - 7:45pm
11 - 18 years		
Tue/Wed/Thur	6104.102	7:45 - 8:30pm

See page 14 for the Jr. Lifeguard Academy and the Baby Sitter & Swim Camp

# Wolverine Aquatics Club (WAC)



#### 5 - 18 years

A year round USA Swim Team ranked as one of the top competitive teams in the nation.

Learn stroke development, technique, conditioning, goal setting and race strategies as we prepare athletes for collegiate swimming.

A fun and positive learning environment with a professional, certified USA Swimming coaching staff.

#### teamunify.com/team/snwac/page/home



# Synchronized Swim Team

6 - 18 years

#### Spring Clinic: Summer Team:

#### April (3 weeks) May - July

Come learn this very unique sport and be part of a growing team. For more information about the team and registration, visit sunriseswans.org or e-mail swanssynchro@gmail.com.



**Babysitter & Swim Camp** 

 11 - 15 years

 Mon - Fri
 9:00am - 3:30pm

 6701.06
 6/26 - 6/30
 Antelope Pool

 6701.07
 7/10 - 7/14
 Rusch Park Pool

Participants will be introduced to the skills needed to become a babysitter. This camp focuses on training and certification in American Red Cross Babysitting with CPR and First Aid. The camp will include structured training in the morning followed by access to the pool during public swim. Snack provided. Bring lunch and water.

# Jr. Lifeguard Academy

11 - 14 years

6702.06

Mon - Fri 9:00am - 1:00pm

6/12 - 6/16 Rusch Park Pool

Communication and decision making skills and basic responsibilities of a lifeguard. This is a one-week class that incudes daily instruction and skills practice. Participants should have good swimming skills. Bring a lunch and water each day.

# **Bowl & Swim Camp**

 8 - 14 years

 Location:
 Fireside Lanes/Rusch Pool

 Mon - Fri
 9:00am - 3:30pm

 6700.061
 6/12 - 6/16

 6700.062
 6/26 - 6/30

 6700.071
 7/17 - 7/21

 6700.072
 7/31 - 8/4

Take your bowling skills to the next level each morning and in the afternoon improve your swimming and play at the pool, t-shirt included. Bowling includes bowling ball and shoe rental and lunch; swimming includes safety lesson, pool entrance & afternoon snack. All camp participants must bring swim attire, towel and sunscreen.

> All camps on this page are \$175/week

# Grass Volleyball & Swim Camp

Antelope Community Park & Pool
9:00am - 3:30pm
6/12 - 6/16
7/10 - 7/14

Participants will build confidence with this skill-based grass volleyball camp while learning fundamentals of passing, setting, hitting, serving and most importantly, having FUN! Volleyball skills and drills in the morning followed by access to the pool during public swim. Bring athletic clothing and lunch.

# Soccer & Swim Camp

8 - 14 years	
Location:	Antelope Community Park & Pool
Mon - Fri	9:00am - 3:30pm
6704.06	6/19 - 6/23
6704.07	7/17 - 7/21

Instructors will focus on footskills, speed, agility, small group play and scrimmaging. Camps will include structured soccer training in the morning followed by access to the pool during public swim. Bring athletic clothing and lunch.

# Flag Football & Swim Camp

8 - 14 years Location: Mon - Fri 6705.07

Antelope Community Park & Pool 9:00am - 3:30pm 7/24 - 7/28

Huddle up, summer flag football and swim is here! Whether your child is new to the sport or isn't quite ready for tackle football, this summer camp is perfect for your child. In the morning, participants will focus on the fundamentals, basic rules, strategies and skill development followed by access to the pool during public swim. Bring athletic clothing and lunch.

ANTELOPE



# **Rusch Park Preschool** Adventure Summer Camp

Activities include: letter & number review, shape & color recognition, fine & gross motor skill development, arts & crafts and much more!

\*M/W/F camps for sessions 2/3/4 includes free Friday swim.

Camp 1:	Sun, Sand and Sea		
	6/5 - 6/16	9:00am - 12:00pm	
Enjoy the sand as we take an imaginary trip to the beach. Sand art and water play will get your summer started.			
1115.061	4 - 5 years	Mon/Wed/Fri \$165	

1115.062 3 - 4 years Tue/Thur \$110				
	1115.062	3 - 4 years	Tue/Thur	\$110

Blast Off! Camp 2:

6/19 - 6/30 9:00am - 12:00pm

Rockets, planets, shooting stars and asteroids will be a part of this exciting exploration into outer space.

1115.063	4 - 5 years	Mon/Wed/Fri*	\$165
1115.064	3 - 4 years	Tue/Thur	\$110

#### Camp 3: Zany Zoo Animals! 7/10 - 7/21 9:00am - 12:00pm

Animal art, stories, music and movement will boost your child's interest in all things "animal". A trip to the Folsom Zoo will be at the end of this camp. *Transportation provided by parent*. Additional fee for zoo trip.

1115.071	4 - 5 years	Mon/Wed/Fr	'i* <b>\$1</b> 65	
1115.072	3 - 4 years	Tue/Thur	\$110	
Camp 4:	School is Co	ol!		
	7/24 - 8/4	9:00am - 12	2:00pm	
School is right are	ound the corner! T	his camp will ins	still in the	
camper the excitement to start school. Art, music and fun				
activities included	b			
1115.073	4 - 5 years	Mon/Wed/Fr	ri* \$165	

1115.073	4 - 5 years	Mon/Wed/Fri*	\$165
1115.074	3 - 4 years	Tue/Thur	\$110



Ages:	5 - 12 years (TK - 6th grade)
Locations:	Antelope Meadows, Oak Hill, and
	Olive Grove
Days:	Mon - Fri
Time:	7:00am - 6:00pm
Fee:	\$215 per session
Our liconsod days	are camps provide campors with an experien

Our licensed daycare camps provide campers with an experience like no other! From pizza in the park, to pool trips and bounce houses, to Mrs. Christy's Art Program there is something for everyone!

5/30 - 6/2*	Oak Hill Only
6/5 - 6/9*	Oak Hill Only
6/12 - 6/16	
6/19 - 6/23	
6/26 - 6/30	
7/5 - 7/7**	(Some locations may be closed or combined.
7/10 - 7/14	Please contact desired site for details.)
7/17 - 7/21	
7/24 - 7/28	

#### To register, please contact an Assistant Director below:

Oak Hill - Felisa Martell (916) 331-6042 oakhill@sunriseparks.com

Antelope Meadows - Alyssa Sablan (916) 725-0794 antelopemeadows@sunriseparks.com

Olive Grove - Patricia Bernardi (916) 726-0224 olivegrove@sunriseparks.com

# **Play-Well Summer Camps**

Participants will need to bring their own snack and water for these half-day camps. Campers will not be able to keep LEGO materials. All materials used are the property of Play-Well TEKnologies.

#### Adventures in STEM with LEGO® **Materials**

Location:	Foothill Community Center	
5 - 7 years	3700.061	\$185
6/12 - 6/16	Mon - Fri	9:00am - 12:00pm

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system.

#### STEM Explorations with LEGO® **Materials**

Location:	Foothill Community Center	
7 - 12 years	3700.062	\$185
6/12 - 6/16	Mon - Fri	1:00 - 4:00pm

Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO<sup>®</sup> parts! Apply real-world concepts in physics, engineering, and architecture through engineerdesigned projects. Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas.

## Mickey's Fairytale Adventures using LEGO<sup>®</sup> Materials

Location:	Foothill Co	mmunity Center
5 - 9 years	3700.071	\$185
7/10 - 7/14	Mon - Fri	9:00am - 12:00

9:00am - 12:00pm Come join our fun and knowledgeable Play-Well Instructors as we use LEGO<sup>®</sup> materials to recreate our favorite animated friends and their worlds! After building our most beloved princesses, villains and sidekicks, get ready to rescue princes and princesses from towers, explore enchanted castles, and maybe even fly on a magic carpet or two. All we need is your creativity and a little magic to bring it all to life!

#### Minecraft Master Engineering using **LEGO®** Materials

#### Location: Foothill Community Center

7 - 12 years	3700.072	\$185
7/10 7/14	Mon Eri	1.00 1.0

1:00 - 4:00pm 7/10 - 7/14 Mon - Fri Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO<sup>®</sup> resources, we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over! If you can imagine it, we can build it.



# **Dream Enrichment Camps**

## **Firefly Art**

Location:	Foothill Community Center	
5 - 12 years	3703.06	\$169
6/19 - 6/23	Mon - Fri	9:00am - 12:00pm

Embark on an adventure in a galaxy far far away.... Join us, young Padawan, as we paint, draw, and sculpt our way outta the galaxy! Along the way, we'll draw friends like R2-D2 and BB-8, paint our own starship, and create a lightsaber to dodge foes! If you love paint, pastels, and outer space, you won't want to miss out on this Galactic Adventure Art Camp!

# **Early Engineers**

Location: 5 - 12 years 7/17 - 7/21

**Foothill Community Center** 3703.07 \$169

Mon - Fri

9:00am - 12:00pm

What would Batman be without the Batmobile...Or Iron Man without his suit? Every good superhero needs a set of spectacular gadgets! Join us as we create our own superhero and deck him out with super-special gear. Use LEGOs to create a robotic arm, or cardboard to create a Jet Pack you can wear around town. This camp is minute-to-minute, non-stop building and creating. If you love LEGOs and you can't wait to design your own secret headquarters, you've just got to join us this summer!

# **IntelliBricks Camps**

Lego® Robotics: County Fair

Location:	Foothill Community Center	
6 - 10 years	3701.07	\$195
7/31 - 8/4	Mon - Fri	9:00am - 12:00pm

Please note: IntelliBricks will provide all LEGO® and computers for the camp. Children cannot take home any of their creations or LEGO® products. LEGO® group of companies does not sponsor, authorize or endorse any of our programs.

Going to a county fair is always fun! Join our Lego<sup>®</sup> Robotics County Fair camp to have a fun week of building and playing with the working models of Ferris Wheel, Merry Go round, Carousel and more. Use the intuitive WeDo platform to program the models and bring your creations to life! With a colorful, drag-and-drop interface being used alongside child-friendly themes, this class is bound to excite children who will bring everyday Legos<sup>®</sup> to life by exploring and adding new technology!



# **Mad Science Summer Camps**

If both AM and PM Mad Science camps run, Mad Science will provide lunch care at no additional cost to campers enrolled in both.

#### **Flight Academy**

Location:	Foothill Community Center	
6 - 12 years	3702.061	\$180
6/26 - 6/30	Mon - Fri	9:00am - 12:00pm

It's a bird! It's a plane! No, it's...everything from the earliest flying machines to the first rocket flights. This hands-on program will let you learn all about aerodynamics and the world above us. Explore the basic principles of flight, build airplanes, test them in wind tunnels, ride a hovercraft and construct balloon copters. Discover the mysteries of the galaxy, and learn about celestial navigation! We'll be moving at light speed throughout this high-velocity week!

## **Underground Explorers**

Location:	Foothill Community Center	
6 - 12 years	3702.062	\$180
6/26 - 6/30	Mon - Fri	1:00- 4:00pm

Calling all Jr. Archaeologists! Uncover the mysteries of ancient civilizations and the history of Paleontology. Learn about the techniques, tools, and artifacts that teach us about the history of humans on earth. Study bone fragments, pottery shards, amber deposits, and fossils. Can you puzzle out the culture of a long-lost city using only a handful of clues?

#### **Detective Madness**

Location:	Foothill Community Center	
6 - 12 years	3702.071	\$180
7/24 - 7/28	Mon - Fri	9:00am - 12:00pm

Like to solve mysteries? Crack the case? You will step into the shoes of a real detective. Use science to uncover evidence and analyze the hidden secrets of a case. Put cool sleuthing tools and proven forensic techniques to work and unravel mysteries that would stump even Sherlock Holmes! Ok, well maybe they would fool your brother. But they'd be CRAZY to think they can fool Detective You!

## SCIENCE ROCKSTARS

Location:	Foothill Community Center	
6 - 12 years	3702.072	\$180
7/24 - 7/28	Mon - Fri	1:00 - 4:00pm

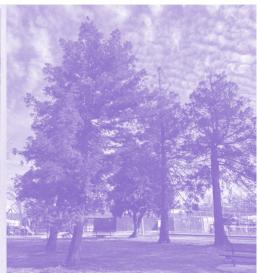
Get ready to rock with science and wow the crowd with cool potions and chemical reactions. Grow your own crystals, and explore cool chromatography! Picture yourself on stage as Sir Isaac Newton as we experiment with inertia and gravity and learn what football players, ballet dancers, and scientists have in common. Explore how equipment and movement work together to help you enjoy your favorite sports. Then learn all about visual effects in photography and movie-making as we examine how cameras work, how film captures light and stores images, and how filmmakers make images move. Finally, go mad with structures and machines as you build a geodesic dome you can sit inside. Discover how simple machines such as pulleys, wedges, screws, and levers make our lives easier, and then build a catapult to keep.

## 18 THEN & NOW





a vance is our receiver model interest is being planted in relief. Park by the Cirrus while and two fellow floatings these for a Clarry while a mateur hardrealturait. While and two fellow floatings these for a Clarry while the west aide of the swimming pool complex at the Community Center, also trees on the west aide of the statistic start was a start of the community center in this backyraw dimere planted earlier. A the park next year. Photo of latest transplant labor shows, from left, while mend all did not survive. While is raising more in his backyraw birrier, and heaved Cublins, president of the local Rotary. White is vice principal of San Juan High School. The redvood planting of the Rotarian complements the donation several months ago of 39 Monterey plane for Rusch Park by the women of the Cirrus Heights Storoptimis Claha. The park district has also addee evergreens in the form of the giant sequences mean them the



#### CLOCKWISE STARTING AT LEFT:

Redwood Trees Planted by the Citrus Heights Rotary Club in April 1974 and the Redwood Tree as of February 2023

*Mike Shellito posing with members of the Sunrise Sharks published in May* 1974

Rusch Pool as of April 1990

Rusch Park Bridge (see below)

Sunrise Parks Preschoolers August 1973

*Public Swim Photo "Hot Shot in Cool Spot" June 1973* 





# Enrichment Classes & Sports Activities for TK- High School Students!



Sports • Homeschool • Enrichment

#### Classes going on now at Historic Rusch Home & Gardens!

- January April (12 weeks)
- Mon Thur 10:30am 4:00pm
- Approved vendor of all charter schools



Early Learners TK - 1st

P.E. / Sports

S.T.E.A.M.

Lego® Robotics





Drama History Arts & Crafts Reading

Writing

Cooking Baking















Join the fun

# SCHOOL YEAR PROGRAMS

Sunrise Kids Club

#### 7:00am - 6:00pm Mon - Fri

#### Day Care:

The Sunrise Recreation and Park District's Sunrise Kids Club day care programs are state licensed day care sites serving schoolage children (TK - 8) and are located on four elementary school campuses.

Program Locations	DAYCARE	PRESCHOOL
ANTELOPE MEADOWS	X	×
8343 Palmerson Dr., Antelope; Asst. Director: Alyssa Sablan	(916) 725-0794 •	Lic #340316216
OAK HILL	×	×
3909 North Loop Blvd, Antelope; Asst. Director: Felisa Martell	(916) 331-6042 •	Lic #343600374
OLIVE GROVE	×	×
7926 Firestone Way, Antelope; Asst. Director: Patricia Bernardi	(916) 726-0224	Lic #343604450
CREEKVIEW RANCH	X	×
8779 Cook Riolo Road, Roseville; Asst. Director: Rebecca Galindo	(916) 772-7307 •	Lic #313620615
RUSCH PARK		×
7801 Auburn Blvd, Citrus Heights; Asst. Director: Kathy Jay	(916) 257-1378	

**Preschool:** The Sunrise Kids Club sites also offer preschool programs for any child 3 - 5 years. Please call centers for age cutoff dates for each program (page 7).

For more information on Day Care & Preschool, please visit SunriseParks.com.

Bi-Weekly sessions or sign up for the whole camp! 7:00am - 6:00pm • Mon - Fri • \$400/session



This jam-packed summer camp program offers pool trips 3x a week, playground and picnic areas to play, themed sessions for campers to get creative, and tons of fun in the sun.

# Counselor In Training (CIT) at Summer Rusch Day Camp

11 - 14 years

#### Location: Rusch Community Park, 7801 Auburn Blvd, Citrus Heights, CA 95610

Our new Counselor's program will give your pre-teen real-world experience in a safe and fun environment! Counselors will learn leadership, teamwork, self-confidence, and personal development through our engaging youth mentorship program. This program is for campers between the ages 11 - 14 who are attending at least 4 weeks of summer program at Summer Rusch Day Camp. Junior Counselors must apply to be included in the program. Space is limited.

For information/application, contact Rebecca Galindo at (916) 257-2494 or sunrisecamps@sunriseparks.com

# Sunrise Preschool Programs

# Rusch Park Preschool

6

Rusch Park Community Center 7801 Auburn Blvd

<b>3 years</b> Tue/Thur	<b>Rusch Park #2/#3</b> 9:00am - 12:00pm	\$200
<b>4 years</b> Mon/Wed/Fri	<b>Rusch Park #2/#3</b> 9:00am - 12:00pm	\$240
<b>4 years</b> Tue/Wed/Thur	<b>Rusch Park #3</b> 12:45 - 3:45pm	\$240

Going On Now



2023/24 School Year begins August 10!

Registration is March 15 from 1:00 - 3:00pm

## Interested in Preschool? Our Preschool Programs include curriculum for children 3 - 5 years.

Our Preschool programs are based upon a ten-month curriculum and designed for children 3 - 5 years. Children will experience academics, arts and crafts, sharing, music and movement and supervised free play in the park.

- There are specific age requirements for each class.
- Proof of Birthdate and Immunization Records must be presented at the time of enrollment.
- This is a continuous, school year program. All sessions are monthly and tuition is calculated to be the same monthly cost from August to May.
- All tuition is due on or before the first day of class for each month. Online invoice provided.
- There is NO internet registration for these classes.



# Antelope Kids Club Preschool



Fees, dates and times vary by location.

Ages: 3 - 5 years Days: Tue/Wed/Thur/Fri

#### **Contact one of our locations!**

Antelope Meadows	9:00am - 12:00pm	(916) 725-0794
Oak Hill	9:45am - 12:45pm	(916) 331-6042
Olive Grove	9:00am - 12:00pm	(916) 726-0224
Creekview Ranch	8:30 - 11:30am	(916) 772-7307

Sunrise Recreation & Park District

# Introducing our wonderful Assistant Director Staff for SRPD Preschool and Daycare sites.

#### Name

- TALESHA FREIDENFELT (TELLY) SRPD Site:
- BARRET RANCH "AFTER THE BELL"
- Work Site Contact:
- TFREIDENFELT@SUNRISEPARKS.COM
- Number years with SRPD: ON APRIL IT WILL BE 1 YEAR!
- Best thing about your site: MY AMAZING STAFF!
- Favorite thing to do when not working:
- NHRA DRAG RACING AND HANGING WITH MY DOG ZEPPELIN! FLOATING DOWN THE RIVER! WORKING ON MY
- Halloween costume year around! Favorite ice cream flavor:
- PUMPKIN SPICE!

#### Name:

- FELISA MARTELL
- SRPD Site:
- OAK HILL
- Work Site Contact:
- (916) 331-6042 OAKHILL@SUNRISEPARKS.COM
- Number years with SRPD:
  - 7 YEARS
- Best thing about your site:
- WE ARE A DIVERSE GROUP OF INDIVIDUALS WHO HAVE COME TOGETHER AND WHO LOVE THAT WE CAN MAKE A DIFFERENCE IN THE LIVES OF CHILDREN.
- Favorite thing to do when not working: Spending time in nature or with family and Friends.
- Favorite ice cream flavor: COOKIES AND CREAM.

- Name:
- ELIANNA VARGAS
- SRPD Site:
- AFTER THE BELL-ELOP
- Work Site Contact: AFTERTHEBELL@SUNRISEPARKS.COM
- Number years with SRPD:
- 1 YEAR IN MAY!
- Best thing about your site: All of our amazing kids and their families, as well as our amazing staff!
- Favorite thing to do when not working: Hiking, traveling, anything competitive or sports related, hanging with friends and family.
- Favorite ice cream flavor: BEN & JERRYS- PHISH PHOOD!

- Name: REBECCA GALINDO SRPD Site: SUNRISE KIDS CLUB CREEKVIEW RANCH SCHOOL Work Site Contact: 916-772-7307 OR 916-940-6992 CREEKVIEWRANCH@SUNRISEPARKS.COM Number years with SRPD: 7 YEARS! Best thing about your site: BEING ABLE TO SEE THE KIDS GROW UP AND SEE HOW THEIR PERSONALITIES PROGRESS.
- Favorite thing to do when not working: PLAY WITH MY KIDS.
- Favorite ice cream flavor: MINT CHOCOLATE COOKIE

## PRESCHOOL/DAY CARE STAFF 23

#### Name:

PATRICIA BERNARDI SRPD Site:

**OLIVE GROVE** 

Work Site Contact:

916-726-0224 • OLIVEGROVE@SUNRISEPARKS.COM Number years with SRPD:

5 YEARS

Best thing about your site:

WE ALL THRIVE TO MAKE THE SITE AS FUN AND UNIQUE AS POSSIBLE FOR THE CHILDREN TO ENJOY THEIR TIME WITH US.

Favorite thing to do when not working: reading, listening to music and podcasts, and walking my dogs.

Favorite ice cream flavor: ROCKY ROAD

#### Name:

Alyssa Sablan

SRPD Site:

ANTELOPE MEADOWS

Work Site Contact:

(916) 725-0794 • ANTELOPEMEADOWS@SUNRISEPARKS.COM

- Number years with SRPD: 3 YEARS
- Best thing about your site:
- THE CONNECTIONS/FRIENDSHIPS I'VE BUILT WITH FAMILIES BOTH IN THE PROGRAM AND EVEN GRADUATED FROM THE PROGRAM!
- Favorite thing to do when not working:
- SPENDING TIME WITH FRIENDS!
- Favorite ice cream flavor:
- DAIRY FREE COOKIE DOUGH

Name:

KOURTNEY HOBART

SRPD Site:

ANTELOPE MEADOWS, OLIVE GROVE, CREEKVIEW RANCH, OAK HILL AND AFTER THE BELL.

Work Site Contact:

(916) 725-6459 • KHOBART@SUNRISEPARKS.COM

Number years with SRPD: 13 YEARS

Best thing about your site:

I LOVE THE PEOPLE AND THE ENERGY. I HAVE INCREDIBLE STAFF WHO WORK HARD FOR THEIR STUDENTS AND BRING SO MUCH JOY TO THEIR SITES.

Favorite thing to do when not working: Spending time with my family, bowling, Zumba, going to the beach and reading.

Favorite ice cream flavor: BEN & JERRY'S PHISH PHOOD Name: KATHY JAY

SRPD Site:

- RUSCH PRESCHOOL
- Work Site Contact:

916-257-1378 • RUSCHPRESCHOOL@SUNRISEPARKS.COM

Number years with SRPD:

19!

Best thing about your site: FRIENDLY STAFF WHO ENJOY BEING PRESENT WITH THE STUDENTS AS THEY TEACH, INTERACT WITH, AND ENCOURAGE THE CHILD'S GROWTH.

Favorite thing to do when not working:

Favorite ice cream flavor:

ROCKY ROAD

# **Turns N Tumble Dance**

Location: Fee:

**Crosswoods Community Center** \$48 for 4 weeks

\*No Class 6/15.

\*\* \$5 material fee for April and August for recitals these two months recitals on April 27 & August 24.

# **Baby Ballet**

#### 18 months - 3 years

Parent participation provides age appropriate movement for the smallest of dancers. We introduce young children to the wonderful world of ballet through story, make believe and music.

Thur	4:00 - 4:30pm	
2235.04	4/13 - 4/27**	\$36 (3 weeks)
2235.05	5/4 - 5/25	
2235.06	6/1 - 6/29*	
2235.07	7/6 - 7/27	
2335.08	8/3 - 8/24**	
2335.09	9/7 - 9/28	

# **Pre-Ballet**

#### 3 - 6 years

For the little children who love to dance, this pre-ballet class will teach the basics of the genre! Beginning techniques, movements and proper French terminology will be implemented. Girls wear pink tights, black leotard (without a skirt) and pink leather ballet slippers. Boys wear white t-shirts, black basketball shorts and black ballet slippers.

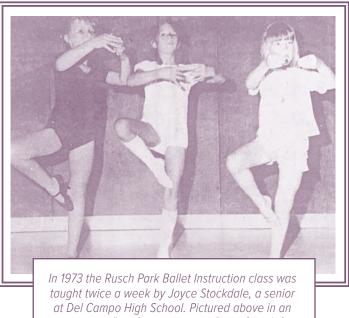
Thur 2236.04 2236.05 2236.06 2236.07 2336.08	<b>4:30 - 5:15pm</b> 4/13 - 4/27** 5/4 - 5/25 6/1 - 6/29* 7/6 - 7/27 8/3 - 8/24**	\$36 (3 weeks)
2336.08 2336.09	8/3 - 8/24** 9/7 - 9/28	

# Ballet 1

#### 6 - 12 years

This is a class for beginners and it teaches classic ballet in an upbeat, fun environment. Girls wear pink tights, black leotard (without a skirt) and pink leather ballet slippers. Boys wear white t-shirts, black basketball shorts and black ballet slippers.

5:15 - 6:00pm	
4/13 - 4/27**	\$36 (3 weeks)
5/4 - 5/25	
6/1 - 6/29*	
7/6 - 7/27	
8/3 - 8/24**	
9/7 - 9/28	
	4/13 - 4/27** 5/4 - 5/25 6/1 - 6/29* 7/6 - 7/27 8/3 - 8/24**



impromptu "graduation exercise" are, from left, Kendra Ross, Cathy Sadro and Lori Holtry.

# Zumbini

## 0 - 4 years

0

Fee:

\$36

The Zumbini program combines music, dance and educational tools for 45 minutes of can't stop, won't stop bonding, learning, and fun! **Parent Participation Required.** 

. . .

Location:	Rusch Park Community Center	Location:	Foothill Community Center
Mon	10:00 - 10:45am	Tue	10:00 - 10:45am
2230.04	4/3 - 4/24	2231.04	4/4 - 4/25
2230.05	5/1 - 5/22	2231.05	5/2 - 5/23
2230.06	6/5 - 6/26	2231.06	6/6 - 6/27
2230.07	7/10 - 7/31	2231.07	7/11 - 8/1
2230.08	8/7 - 8/28	2231.08	8/8 - 8/29
2230.09	9/11 - 9/25 \$27 (3 weeks)	2231.09	9/5 - 9/26

# Youth Sports Organizations

For additional info visit SunriseParks.com

Antelope A.Y.S.O.	antelopeayso.org
Antelope Jr. Titans Football and Cheer	antelopejrtitans.org
Challenge Sports, sports for youth with disabilities	ChallengeSports.org
Citrus Heights Little League	CitrusHeightsLL.com
Capital Valley Futbol Club	CapitalValleyFC.com
Foothill Farms Little League	(916) 784-3355
GSSA Softball	gssaleagues.com
Northridge Little League	(916) 225-8712
North Highlands/Antelope Youth Soccer Club	NHAYSC.com
Sacramento Community Tennis Assoc. (SCTA)	SacramentoTennis.net
Sunrise Girls Softball	sunrisegirlssoftball.com
Sunrise Little League	SunriseLittleLeague.com
Sunrise Sharks	SunriseSharks.com
Sunrise Swans	SunriseSwans.org
Wolverine Aquatic Club	WolverineAquatics@yahoo.com

Football - Baseball - Soccer - Tennis -0 Seccer a Tennis a Swim a Basketball

٥



# Pee Wee Clinic

#### 4 - 5 years, Boys & Girls

With the help of specially constructed baskets, this camp will focus on fun and learning the basics of the game.

Location:	Rusch Park Auditorium	
Fee:	<b>\$55, 4</b> weeks	
Sat	6/24 - 7/29	
4 - 5 years	8811.06	9:30 - 10:30am
4 - 5 years	8811.061	10:45 - 11:45am
*No class on 7/1 7/15		

No class on 7/1, 7/15

# **Basketball Rocks Clinics**

#### 6 - 9 years, Boys & Girls

Beginning basketball players will learn the skill of passing, dribbling and shooting using specially constructed baskets. Participants will have a great time playing games in a non-competitive environment.

Location:	Rusch Park A	uditorium
Fee:	<b>\$55, 4</b> weeks	
Sat	6/24 - 7/29	
6 - 7 years	8811.062	12:00 - 1:00pm
6 - 7 years	8811.063	1:15 - 2:15pm
8 - 9 years	8811.064	2:30 - 3:30pm
8 - 9 years	8811.065	3:45 - 4:45pm
WALL I		

\*No class on 7/1, 7/15

# Basketball Training with Michael Shaw

#### 12 - 15 years, Boys & Girls

Coach Shaw brings 30 years of coaching experience and provides a well-rounded service to athletes interested in developing skills such as: footwork, ball handling, passing and receiving, shooting, rebounding and much more that will take them to the next level of competition.

For info visit: mdsshawventures.com

Location:	Rusch Park Auditorium	
Fee:	\$60, 3 weeks	
Sat	9:30 - 10:30am	
8227.05	5/20 - 6/10*	
*No class on 5/27		

# **Junior League**

#### 4 - 9 years, Boys & Girls

This is a 6-week instructional league. Instructors will focus on having fun and learning the basics of the game in a semi-competitive environment. The league will use 8-foot baskets and an intermediate size ball to meet the specific needs of this younger age group.

Location:	Rusch Park Auditorium		
Fee:	\$95, 6 weeks		
Evaluation Day	Sat	8/12	
Season Play:	Sat	8/19 - 9/23	
	*No games 9/2		
4 - 6 years	8811.08	9:30 - 10:30am	
7 - 9 years	8811.081	10:45 - 11:45am	

Times listed above are for the evaluation day on 8/12 only. Season schedule will be released to all families on 8/15.



# **VOLUNTEER TO COACH!**

By giving a few hours a week, you can help benefit hundreds of young athletes in our community by teaching them sportsmanship, skills and self-esteem. Our low cost leagues cannot operate without the dedication of our awesome coaches!

Call (916) 725-6287 or email jpolito@sunriseparks.com Visit sunriseparks.com for a volunteer application.

# "Hoop It Up" Basketball

#### 8 - 11 years, Boys & Girls

This camp is a great avenue for any basketball player who is looking to improve their basketball game. Camp will meet the needs of all skill levels.

Location:	Rusch Park Auditorium
Fee:	\$60
M/W/F	5:00 - 6:00pm
8227.06	6/5 - 6/9



# **Sidekick Soccer Clinics**

#### 5 - 6 years, Boys & Girls

Children will learn the fundamental elements of soccer through a carefully structured program of activities and fun based games, designed to capture their imagination and develop their motor skills.

Location:	Tetotom Park (next to picnic area)
Fee:	\$60
Sat	5:00 - 6:00pm
8244.06	6/3 - 6/24
8244.07	7/8 - 7/29

# **Sidekick Soccer Clinics**

#### 7 - 12 years, Boys & Girls

These clinics will be taught at a level where children will be challenged throughout each class and have an incredible soccer experience at the same time. Different themes and skills will be covered to keep the players immersed in the world of soccer. Children will enjoy ample scrimmage time each day to practice and perfect the skills that they have learned.

Location:	Tetotom Park (next to picnic area)
Fee:	\$70
Sat	6:00 - 7:30pm
8244.061	6/3 - 6/24
8244.071	7/8 - 7/29



## **Junior Tennis Programs**

#### 5 - 18 years

SRPD has partnered with the Sacramento Community Tennis Association to provide tennis lessons, leagues and camps based on the latest USTA junior tennis formats.

For a schedule of SCTA programs and more information, go to SacramentoTennis.net. SCTA is a United States Tennis Association member organization and a nonprofit based in the Greater Sacramento area.

# Goal-To-Goal Indoor Soccer Clinics

Learn basic soccer skills while having fun. These clinics are designed for the beginning to intermediate soccer player. Areas to be stressed will be conditioning, offensive and defensive fundamentals and proper warm-up techniques. Register early to make sure you have a spot.

Location:	Rusch Park Auditorium		
Fee:	<b>\$60, 4</b> weeks		
3 - 5 years	Fri	5:30 - 6:30pm	
8244.062	6/23 - 7/14		
8244.08	8/4 - 8/25		
6 - 10 years	Fri	6:30 - 7:30pm	
8244.063	6/23 - 7/14		
8244.081	8/4 - 8/25		

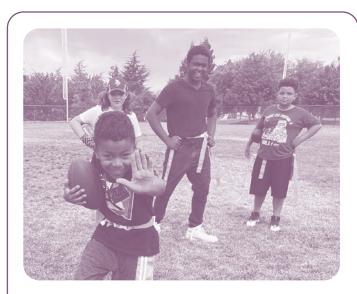


# Indoor Volleyball Clinic

#### 9 - 14 years, Boys & Girls

This camp is designed for girls and boys who wish to enhance skill development and learn the basics of the game of volleyball such as; passing, setting, serving and hitting. This camp is a must for those who are thinking about trying out for their school's team.

Location:	Rusch Park Auditorium
Fee:	\$60
Mon/Wed/Thur	4:00 - 5:30pm
8620.06	6/12 - 6/15
8620.061	6/19 - 6/22
8620.062	6/26 - 6/29
8620.07	7/10 - 7/13



# NFL Flag Football League

Register early to secure your child a spot. NFL Flag Football provides opportunities for children to enjoy America's favorite sport. Players benefit by being physically active through non-contact, continuous action while learning the fundamentals of football, lessons in teamwork and sportsmanship.

Location: Fee: Dates: 8810.091 8810.092 8810.093

\$145 9/10 - 11/5 6 - 8 years 9 - 11 years 12 - 14 years





# Citrus Heights ΡΔΙ

## Mission Statement

"The Citrus Heights Police Activities League is committed to fostering positive relationships, based on trust and respect, between youth and law enforcement through activities and programs."

#### citrusheightspal.com

# Junior Giants Baseball

#### 5 - 13 years

This program is designed to focus more on the fundamentals of the game and less on competition.

In addition to the fundamentals of baseball, the Junior Giants Program focuses on the Four Bases of Character Development: Confidence, Integrity, Leadership and

Teamwork. It's a great start for those who have never played and a fun experience for those who have. Participants will receive 1-2 practices and 1 game per week.



Location:	Madera and/or C-Bar-C Pa
Fee:	FREE!
<b>Registration Dates:</b>	4/3 - 6/2
Program Dates:	6/5 - 8/5
Register on our websi	ite:
sunriseparks.com/jun	ior-giants-baseball-league

# **Enrichment Classes & Sports Activities for TK- High School Students!**

SEE PAGE 19 FOR CLASSES HELD AT HISTORIC RUSCH PARK HOME & GARDENS AND **RUSCH ROOM 4!** 



Sports • Homeschool • Enrichment

facebook.com/otgarusch onthegoacademy@gmail.com 916-581-0032

# **Kid's Kayaking**

Safe, Fun, Educational....Kids love kayaking and most take to it almost instantly. For over 25 years, The River Store has offered these classes as a great way to harness some of their boundless energy and curiosity. Using equipment specifically designed for kids, it's fun, filled with camaraderie, water safety, outdoor education which are our primary goals in these personal, small group classes. Kids learn through a variety of games, group activities & exploration for turtles, tadpoles and other critters.

# Kid's Kayaking Day Camps

#### 8 - 11 years Location: Lake Natomas Fee: \$195 (Includes 5% State Park fee. Parking fee is additional.) 9:30am - 12:30pm Time: 2450.06 Tue - Thur 6/13 - 6/15 2450.071 Tue - Thur 7/18 - 7/20 2450.072 Mon - Wed 7/24 - 7/26

# **Junior Kayaking Day Camps**

#### 10 - 14 years

Lake Natomas River on Day 3	s & Lower American 3*
\$195 (Includes	5% State Park fee.
Parking fee is	additional.)
1:30 - 5:30pm	
Tue - Thur	6/13 - 6/15
Tue - Thur	7/18 - 7/20
Mon - Wed	7/24 - 7/26
	River on Day 3 \$195 (Includes Parking fee is 1:30 - 5:30pm Tue - Thur Tue - Thur

\*Juniors get a day on the easy waters of the American River



# Adult & Family Kayaking

All ages: Children under 14 with accompanying adult

# Learn to Kayak

Location:	Lake Natoma
Fee:	\$89

This small group class is the easiest way for anyone to try kayaking. Our stable kayaks and experienced instructors will show you how simple, safe and fun kayaking really is.

4452.05	Sat, 5/13	10:00am - 1:00pm
4452.06	Sat, 6/17	10:00am - 1:00pm
4452.07	Sun, 7/9	10:00am - 1:00pm
4452.08	Sat, 8/19	10:00am - 1:00pm
4452.09	Sat, 9/30	10:00am - 1:00pm

# Learn to Kayak for Boomers

#### (Kayaking for age 50+)

Location:	Lake Natoma
Fee:	\$89

We use very stable, user-friendly kayaks, making it easy for anyone to participate. Join us for your first time or your best time in these small group, stress free paddles.

4450.04	Sat, 4/15	10:00am - 1:00pm
4450.05	Sat, 5/27	10:00am - 1:00pm
4450.06	Sat, 6/24	10:00am - 1:00pm
4450.07	Mon, 7/17	10:00am - 1:00pm
4450.08	Sun, 8/27	9:00am - 12:00pm

## **Full Moon Paddles**

#### Minimum age: 8+ with accompanying adult (sharing tandem kayak)

	14+ without accompanying adult
Location:	Lake Natoma
Fee:	\$89

We will glide through basic skills before cutting our quiet paths across the water and into the hidden swamps & channels of the lake. All beneath the fascinating light and ghostly shadows of the setting sun and rising moon.

4451.05	Wed, 5/3	6:00 - 9:00pm
4451.06	Fri, 6/2	6:00 - 9:00pm
4451.07	Sun, 7/30	6:00 - 9:00pm
4451.08	Mon, 8/28	5:30 - 8:30pm
4451.09	Fri, 9/29	4:30 - 7:30pm

Sunrise Recreation & Park District

# **Year-Round Karate**

#### 7+ years

Our year round programs provide training in critical self defense skills and foundational athletic abilities. Through progressive drill, competition and one-on-one interaction, students will become competent and confident in the martial arts. Our mission is to empower our students to achieve their own physical, mental and emotional goals through functional martial arts training in an environment that fosters fun, camaraderie, and community.

NEAN	Location - All	Classes: Foothill	Community Cen	ter	Fee: <b>\$</b> 57
A ANT		Beginning	Beginning	Int/Adv	Blackbelt
	Tue/Thur	5:00 - 5:45pm	6:15 - 7:00pm	7:00 - 7:45pm	7:45 - 8:30pm
	4/4 - 4/27	2725.04	2726.04	2727.04	2728.04
AL	5/2 - 5/30	2725.05	2726.05	2727.05	2728.05
For both Karate	6/1 - 6/29	2725.06	2726.06	2727.06	2728.06
classes, testing	7/6 - 7/27	2725.07	2726.07	2727.07	2728.07
fee <i>is not</i> included in the	8/1 - 8/31	2725.08	2726.08	2727.08	2728.08
registration fee.	9/5 - 9/28	2725.09	2726.09	2727.09	2728.09

# **Kinder Karate**

#### 4 - 6 years

Introduce your child to the beginning skill elements of martial arts and athletics. Classes are taught in a fun, energetic and exciting environment with one-on-one interaction.

Fee:	\$48	7 weeks
Tue/Thur	4:30 - 5:00pm	l
2721.03	3/14 - 4/27	
2721.05	5/16 - 6/29	
2721.07	7/18 - 8/31	
2721.09	9/12 - 10/26	

# **Introduction To Karate**

#### 7 - 14 years

The prerequisite class for the monthly Karate program, instruction provides the fundamental physical and social skills to succeed later on in training. No uniform is required, recommended for kids with no prior martial arts training.

Fee:	\$48	7 weeks
Tue/Thur	5:45 - 6:15pm	
2723.03	3/14 - 4/27	
2723.05	5/16 - 6/29	
2723.07	7/18 - 8/31	
2723.09	9/12 - 10/26	



## MARTIAL ARTS - ALL AGES

# **Martial Arts Fitness**

Location:

**Extreme Martial Arts Center** 7530 Auburn Blvd. Citrus Heights, 95621 (916) 726-5425

#### Phone:

All EMAC classes require a one time \$15 fee for t-shirt. Visit SunriseParks.com for class dates.

Please note: All EMAC classes offered through Sunrise are introductory and do not include participant

testing, belts, or levels. Prices reflect this introductory offerina. Please see EMAC staff for full more in-depth courses.

PUNCH CARD: \$64 (4420.23) CAN BE USED FOR ANY CLASS AT EMAC. GOOD FOR 2 MONTHS

FROM YOUR FIRST CLASS

\*No class 5/29, 9/4

## Tai Chi/Qi Gong

#### 17+ years Age: Fee: \$69

Yang Style Tai Chi and Qi-Gong are designed to promote internal energy through breathing, meditation, moving exercises, and standing postures. Chi can be used in various ways, We teach techniques that can be applied to health and healing, as well as martial arts! Calm the mind and release the tensions of our modern day lifestyles!

4424	Mon/Wed	11:00 - 11:45am
4423	Tue/Thur	6:00 - 6:30pm

# Teen/Adult Self Defense

Age:	13+ years
Fee:	\$69

At Team Extreme you will learn awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable someone to successfully escape, resist, and survive violent attacks. Come Learn the Basics today!

4421 Mon/Wed 7:00 - 8:00pm

# **Kids Kung Fu**

#### Fee: \$69

Students learn to be successful through hard work and discipline. Students learn life skills that help them excel and protect themselves from danger. All students are given the opportunity to practice with their peers.

Tigers:	3 - 6 years	
	MUST BE POTTY T	RAINED
2253	Mon/Wed	5:30 - 6:00pm
Dragons:	6 - 12 years	
2254	Mon/Wed	6:00 - 6:45pm

## **EMAC Summer Camp**

Age:	3 - 15 years
	MUST BE POTTY TRAINED
Fee:	<b>\$99</b>

Extreme Martial Arts Centers children's camps work around teaching how to promote self awareness, effective realistic self-defense along with strategies for safety that kids can use everyday! Our camp will promote good health, fitness, real-life self-defense, confidence and focus. Participants will gain skills that will last them a lifetime. *Classes will be* broken down by ages. Bring a Snack - Water and T-shirt will be provided.

2250.06	Mon - Thur 6/12 - 6/15	8:00am - 12:00pm
	n Jiu Jitsı	New!
Age:	13+ years	
Fee:	\$69	
This class focu	ises on getting an	opponent to the ground
in order to neu	Itralize possible st	rength or size advantages

through ground fighting techniques and submission holds involving joint locks and chokeholds.

#### 2252 6:00 - 6:30pm Mon/Wed

# Women's Self Defense

Age:	11 + years
Fee:	FREE

This course is designed to introduce female participants to basic techniques she can use to physically defend herself in dangerous or potentially lethal situations. Any donations received will go directly to WEAVE. Donations are NOT needed to attend.

2246.04 4/22

4:00 - 5:00pm

31

# **Sports Leagues**

# Join an Adult Sports League this season, and get in the game!

Sunrise Recreation and Park District is here to organize leagues for active adults who want to play sports, have fun and stay active. Whether you're getting back into the game, trying it for the first time, or just looking to meet new people, our sports leagues are the solution for you! We offer a variety of sports for active adults who enjoy playing sports, all while having a great time doing it. Want to know more about Sunrise Sports before signing up? Check out our sports leagues online at teamsideline.com/sunrise to see current league schedules and game results. Must register as a whole team for Adult Basketball Leagues. For more information, please contact Jake at (916) 725-6287.

Open gym availability is subject to change. Please visit SunriseParks.com for the most up-to-date information.

# **Softball Leagues**

Leagues are being offered at Rusch Park and Antelope Community Park ball fields from late-March through October each year. We welcome



men and coed teams of various skill levels to participate in these leagues that are being operated by the Greater Sacramento Softball Association (GSSA).

For more information, go to gssaleagues.com.

# **Sunday Basketball League**

#### 18+ years

Those with a competitive spirit and love for the game can enjoy 8 weeks of play on Sundays at Rusch Park Community Center.

Location:	Rusch Park Auditorium
Days:	Sun
Times:	Games can start as early as 11:00am Most late games end by 9:30pm
Levels:	C - 1 (Int.) and C - 2 (Lower-Int.)
Fee:	\$510/team

# Wednesday Basketball League

#### 18+ years

This League is 8 weeks of play every Wednesday at Rusch Park Community Center.

Location:	Rusch Park Auditorium
Days:	Wed
Times:	Games can start as early as 6:00pm
Levels:	Intermediate
Fee:	\$510/team

## Monday Women's Adult Basketball League

#### 18+ years

This League is 8 weeks of play every Monday at Rusch Park Community Center.

Location:	Rusch Park Auditorium
Days:	Mon
Times:	Games can start as early as 6:00pm and as late as 9:30pm.
Levels:	All
Fee:	\$510/team

# sunriseparks.com

Please visit our website for current information and calendar updates for all our programs.



# **5th Annual Spring Smash**

— Currently scheduled for 5/19 - 5/21 — Please visit SunriseParks.com for tournament updates





# **Club Drop-In Play Schedule**

#### Mon - Fri & Sun

#### 7:00am - 12:00pm & 5:00 - 10:00pm

\*You must be a member to attend club drop-in sessions or pay a \$10 guest fee. Only members can participate in lessons, drills and other club events.

#### Interested in joining? Visit sunrisepickleballclub.org

Established in 2017, the Sunrise Pickleball Club provides a fun, healthy, recreational activity for over 800 members. The club aims to enhance the Pickleball experience through social, educational and competitive events. All ages and ability levels are invited to come play with us at Rusch Park in Citrus Heights, California.

## Pickleball 101

#### Come learn how the fastest growing sport in America is played!

Sunrise Pickleball Club will provide paddles and balls. Just wear comfortable court shoes and bring water. For more information visit sunrisepickleballclub.org.

For more information visit sunrisepickleballclub.org

TRY IL YOU'LL LIKE IT!

Sunrise Recreation & Park District

(916) 725-1585

SunriseParks.com



# **Beginning Sewing**

#### 18+ years

Would you like to learn how to sew using a sewing machine? This is the class! In this class we will make a reversible apron. We will cover how to read, layout and cut a pattern and we'll cover how to use your sewing machine. We will sew the apron and if time allows, make a zippered bag. Everyone will work at their own pace and get 1:1 help.

This class is great if you are a beginner sewist or haven't sewn in a while and need a refresher.

A materials list will be provided a week before the class begins.

Location:	Foothill Community Center
Fee:	\$85 (materials NOT included)
Tue	4:30 - 6:30pm
4521.03	3/7 - 3/28
4521.05	5/9 - 5/30
4521.07	7/11 - 7/25
4521.09	9/5 - 9/26

# **Cake Decorating**

#### 18+ years

This is a fun class where you will learn how to decorate cakes for birthdays, parties or just every day! Lots of tips, tricks and recipes will be shared during the class.

In four weeks, we will cover cake decorating basics. Participants will need to bring a cake and/or cupcakes and icing (recipes will be provided) for weeks 2-4. Cake decorating supplies will also be needed (approximate cost \$20 - \$30). A supply list will be provided a week before the class begins.

Location:	Foothill Community Center
Fee:	\$65
	(materials NOT included, \$20 - \$30)
Tue	4:30 - 6:30pm
4522.04	4/4 - 4/25
4522.06	6/6 - 6/27
4522.08	8/1 - 8/22



# **Table Tennis**

Please bring your own paddle, and wear attire suitable for sports activities. Participants sign in and pay at the door.

Location:

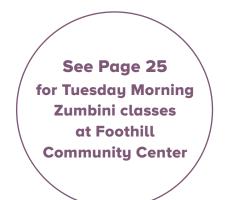
Fee:

Open Play: Tue Rusch Park Auditorium \$6 Adult \$4 Junior (under 18) 7:30 - 10:00pm Year-round www.folsomtt.com



# Antelope Community Tennis Association

Adults of all abilities are welcome, especially those new to tennis. For a schedule of ACTA programs and to become an ACTA member, go to AntelopeTennis.com.



(;;

# Image: Second second

All Ages Welcome! Kids under 10 must be accompanied by an adult.

Hours: Address: 8:30am - 5:30pm (last tee time) 7000 Verner Ave, Sacramento

# Have you ever wanted to teach a class?

GOLF COURSE (916)725-3399 foothillpar3.com

If you have a special skill you would like to share with others, the opportunity is now! SRPD is looking for new class ideas throughout the year. You can earn a little extra dough and have a whole lot of fun!

Call (916) 725-1585 today for more information about what it takes to become an instructor.



Sunrise Recreation & Park District

# 2023 National Tour The Wall That Heals

The Wall That Heals, a three-quarter scale replica of the Vietnam Veterans Memorial along with a mobile Education Center, is coming to Citrus Heights, CA on March 30 through April 2, 2023 at Rusch Park and will be open 24 hours a day and free to the public. The Wall That Heals honors the

more than three million Americans who served in the U.S. Armed forces in the Vietnam War and it bears the names of the 58,281 men and women who made the ultimate sacrifice in Vietnam.

Donations can be made payable to:

American Legion Citrus Heights Post 637 memo line: "The Wall That Heals" Send to:

American Legion Post 637 PO Box 1

Citrus Heights, CA 95611

All donations are tax deductible - IRS EID number is 65-1227914.

For more information on the event visit thewallthathealscitrusheights.com vvmf.org/The-Wall-That-Heals/



## **Social Dancing**

#### 18+ years

Richard Kowaleski is back with new moves! Each class includes the basics for beginners and enhancements for experienced dancers, including patterns not previously taught. Beginners and experienced dancers alike are taught easy-to-learn moves that impress! No partner required.

Please bring smooth-soled shoes with good heel support. For details, phone Richard at (916) 722-1382.

Location:	Rusch Park
Fee:	\$44/per person
Code:	4210
Tue	1:00 - 2:00pm or 2:00 - 3:00pm
Each month featu	ires a new dance to learn!

- Waltz
- Foxtrot
- Salsa
- Cha-Cha
- East Coast Swing
- West Coast Swing
- Night Club Two-Step
- Tango



Visit our website SunriseParks.com for updated class listings.

Adult

SEE PAGE 46!

Paint & Sip

**Art Class** 

## Line Dance Class

15+ years

Line dancing is a great low impact way to meet others and keep fit. Using a variety of music styles, beginners can learn the basics and progress to become more experienced dancers. **No partner needed, and new beginners are always welcome.** Simple, easy to remember dances. Tennis shoes with dance socks preferred. For more details, please contact Norm and Phyllis Gifford at nlgifford@yahoo.com

Location:
Fee:
Fri
Punch Card

Rusch Park Community Center \$32 for a 4-class punch card 12:30 - 2:30pm\* 4127.23

Ongoing classes year round.

No class dates: 4/14, 5/26, 6/16, 9/1

Note: The class is divided into 4 progressive half-hour levels with new beginners starting at 12:30pm. Each student is entitled to 1 hour of class selecting from two of the four levels.



## Yoga Classes

Punch card for 6 sessions is \$60, valid anytime (4143.23)

19+ yearsLocation:Crosswoods Community CenterFee\$54\*No class 5/24, 5/31, 6/5, 6/7, 9/4

## **Strengthening Yoga**

Rebuild strength and restore flexibility in your muscles, bones and organs. We move slowly enough to be safe for senior citizens yet challenging enough for younger folks. Bring your own mat, towel and small pillow.

9:30 - 11:00am	
4/3 - 5/8	
5/15 - 6/26*	\$36
7/3 - 8/7	
8/14 - 9/25*	
	4/3 - 5/8 5/15 - 6/26* 7/3 - 8/7

## **Stretching & Relaxing Yoga**

Practice a wide variety of poses to stretch, strengthen, and relax the entire body. In addition to promoting health and well-being yoga brings balance and tranquility to your life.

Wed	9:30 - 11:00am	า
4241.04	4/5 - 5/10	
4241.05	5/17 - 6/21*	\$27
4241.06	6/28 - 8/2	
4241.08	8/9 - 9/27	\$72

## **Walking Wednesday Park Progression**

Dust off your walking shoes and join us for a series of scenic walks through our gorgeous parks. These walks give you a chance to see the treasures of our community, while meeting your neighbors. Bring some water and good conversations.

For more information, email Roger at walkingwednesdayssrp@gmail.com

FREE. All walks start at 9:15am and we meet at the parking lot associated with the park.

Check SunriseParks.com for program dates and meet-up locations.

5/10	Foothill Community Park	5510 Diablo Dr., Sacramento
5/24	Eugene H. Ahner Park	5499 Manzanita Ave., Carmichael
6/7	Arcade Creek Park Preserve	6377 Bonham Circle, Citrus Heights
6/21	Van Maren Park	6601 Thalia Way, Citrus Heights
7/5	Firestone Park	5415 Poker Lane, Antelope
7/19	Lone Oak Park (meet at back lot)	3420 Esterbrook Way, Antelope
8/2	Tetotom Park	5127 Heartland Drive, Antelope
8/16	Tempo Park	13125 Fair Oaks Blvd., Citrus Heights
8/30	Westwood Park	8100 Butternut Dr., Citrus Heights
9/13	Antelope Community Park	8012 Palmerson Dr., Antelope
9/27	C-Bar-C Park	8725 Oak Ave., Citrus Heights

## Beginning Quick Fit

This class is a basic total body, only "30 minute work-out"! It utilizes free weights and body weight, medicine balls, and core movements to music. This class will focus on basic strength and conditioning. It is fun, easy and will make you feel so good!

*Punch card for \$70, good for 8 classes anytime within 2 months (4346.23)* Please bring hand weights, a towel, water, gym attire, and a fun attitude! Please do not arrive more than 10 minutes before class time.

Location:	Crosswoods ( Center	Community
Fee:	\$60	
Tue/Thur	7:00 - 7:30pm	1
4346.04	4/4 - 4/27	
4346.05	5/2 - 5/25	
4346.06	6/6 - 6/29	
4346.07	7/6 - 7/27*	\$53
4346.08	8/1 - 8/24	
4346.09	9/5 - 9/28	
*No Class 7/4		



Jazzercise is a calorie-torching, hip-swiveling, Shakira'd-beproud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Suitable for most fitness levels. Classes are on-going, join at anytime.



Location:Rusch ParkTue/Thur/Sun9:00 - 10:00amTue/Thur6:00 - 7:00pmFor more information, pleasecontact Ailcon at (916) 410 8651

contact Aileen at (916) 410-8651 or Aileen.jazzercise@yahoo.com.

Visit us at jazzercise.com

## **Adult Fitness**

#### 18+ years

These fitness classes are for adults and mature adults looking to improve strength, endurance, balance, and flexibility. **\*Please wear fitness appropriate shoes.** 

Location: Rusch Park Auditorium \*No Class 5/26, 5/29, 6/9, 7/3, 7/28, 9/4

#### **Sit and Fit Beginner**

Great for those looking to get back into a regular conditioning routine.

### Mon/Wed/Fri 11:15am - 12:00pm

4501.04	4/3 - 4/28	\$42
4501.05	5/1 - 5/31	\$42*
4501.06	6/2 - 6/30	\$39*
4501.07	7/5 - 7/31	\$39*
4501.08	8/2 - 8/30	\$46
4501.09	9/1 - 9/29	\$42*

## **Power Fitness Intermediate**

A fun class for those looking to stay active and keep their bodies in shape.

#### Mon/Wed/Fri 8:45 - 9:45am

		-
4301.04	4/3 - 4/28	\$48
4301.05	5/1 - 5/31	\$48*
4301.06	6/2 - 6/30	\$48*
4301.07	7/5 - 7/31	\$44*
4301.08	8/2 - 8/30	\$52
4301.09	9/1 - 9/29	\$48*

### **Push the Limit Advanced**

This class is for those looking for more of a challenge. There is no chair-work done in this class.

Mon/Wed/Fri	10:00 - 11:00o	ım
4321.04	4/3 - 4/28	\$48
4321.05	5/1 - 5/31	\$48*
4321.06	6/2 - 6/30	\$48*
4321.07	7/5 - 7/31	\$44*
4321.08	8/2 - 8/30	\$52
4321.09	9/1 - 9/29	\$48*

## Adult Membership Procrams

The District offers a variety of sponsored recreation programs to active adults, age 50 and above. In order to receive discounts and participate in these programs, a \$40 Annual Membership Fee is required. Memberships are based on calendar year. Please make sure to renew your membership now for 2023.

Visit SunriseParks.com for the updates.

#### WOULD YOU LIKE TO START OR RESUME A CLASS NOT LISTED?

Please contact sunrise@sunriseparks.com or (916) 725-1585

## Active Adult Tai Chi

These classes will introduce you to two ancient Chinese forms of exercise (Tai Chi and Qi Gong). Contact Donna at (916) 722-6277.

Location: Rusch Dance Studio Mon/Wed/Fri 8:00 - 10:00am Tue/Thur 10:15 - 11:30am (seasonal)

## Bridge

Groups meet once a week and they welcome new players. The atmosphere is relaxed and casual.

Location:	Foothill Community Center
Tue	10:00am - 1:00pm
	Call Sue (916) 956-8697
Wed	9:00am - 12:00pm
	Call Gary (916) 780-2878

## Pinochle

Group meets once a week to currently play single deck Pinochle but if more would like to join and play double deck, you can do so. Contact Zina (916) 201-2444.

Location: Mon Foothill Community Center 10:00am - 1:00pm

## Ceramics

Ceramics casting and sculpting artists are welcome. Contact Lynna (916) 712-1964 for Tue. Contact Judi (916) 803-8948 for Wed.

Location: Tue Wed Rusch Park Crafts Building 11:30am - 2:30pm 10:00am - 1:00pm

## Quilting

Join this friendly group of fiber artists who inspire each other. Contact Loretta (916) 903-7614.

Location: Tue

Rusch Room #1 9:30am - 12:30pm

## **Sunrise Tappers**

New Members are welcome, basic tap ability needed. Contact Kathy (916) 549-9651.

Location: Wed Rusch Dance Studio 11:30am - 2:00pm

## Scrabble

If you are interested in being a part of this group please contact SRPD at (916) 725-1585.

## **Drawing for Adults**

Open to beginning and experienced students. The first session will cover drawing with graphite pencils and the second session will use colored pencils. The same material will be covered in both time periods. The instructor will email a short list of supplies prior to the start of the class.

Location:	Rusch Park	
Fee:	<b>\$65, 5</b> weeks	
4444.035	Thur, 3/23 - 4/27*	11:45am - 1:45pm
4444.036	Thur, 3/23 - 4/27*	2:00 - 4:00pm
4444.095	Thur, 9/14 - 10/12	11:45am - 1:45pm
4444.096	Thur, 9/14 - 10/12	2:00 - 4:00pm
*No class 4/6		

## **Beginning Watercolor** Painting

Learn how to paint skies, trees, and mountains and then put them together in a finished landscape painting.

Location:	Rusch Park	
Fee:	<b>\$65, 5</b> weeks	
4444.032	Tue, 3/21 - 4/25*	3:00 - 5:00pm
4444.092	Tue, 9/12 - 10/10	3:00 - 5:00pm
*No class on	4/4	

## **Beginning Acrylics** Painting

Learn how to paint skies, trees and mountains and incorporate them into a landscape painting. Learn how to create paintings that incorporate different techniques.

Location:	Rusch Park						
Fee:	<b>\$65, 5</b> weeks						
4444.034	Wed, 3/22 - 4/26*	3:00 - 5:00pm					
4444.094	Wed, 9/13 - 10/11	3:00 - 5:00pm					
*No class on 4/5							

## Intermediate Watercolor Painting

This class is for those with prior painting experience. Learn a new technique or style in each session and then incorporate these new skills into your own paintings. The same material will be covered in both time periods.

Location:
Fee:
4444.03
4444.031
4444.09
4444.091
*No class 4/4

**Rusch Park** \$65, 5 weeks Tue, 3/21 - 4/25\* Tue. 3/21 - 4/25\* Tue, 9/12 - 10/10 Tue, 9/12 - 10/10

```
10:00am - 12:00pm
12:30 - 2:30pm
10:00am - 12:00pm
```

No class 4/4

12:30 - 2:30pm

## **Intermediate Acrylics** Painting

This class is for those with prior experience in painting. Learn a new style or technique in every session and then incorporate these skills in your own paintings. The instructor will email a short list of supplies prior to the start of the class

Location:
Fee:
4444.033
4444.093
*No class 4/5

**Rusch Park** \$65, 5 weeks Wed, 3/22 - 4/26\* Wed, 9/13 - 10/11

12:00 - 2:30pm 12:00 - 2:30pm



SEE PAGE 46!

# **Travel** with Collette Vacations

Sunrise Recreation and Park District and Collette Vacations partner to present exciting travel vacation opportunities. For more information about these trips, call (916) 725-1585. Jay Fehan will present information on a variety of upcoming trips. Please join us to learn more information.



Location: **Rusch Park Community Center** Fee: FREE

## Mon. April 10 10:00 - 11:00am **America's Music Cities** featuring New Orleans, Memphis & Nashville

#### October 29, 2023 – 8 DAYS

Enjoy a finger-snapping, toe-tapping time on a tour of America's most famed musical cities – New Orleans, Memphis, and Nashville. Experience New Orleans, where jazz, food and fun are always on the menu. Choose how you explore New Orleans – bu foot or bu coach. Discover Mardi Gras World, where massive parade floats are crafted. Taste the classic beignets at Café Du Monde. Spend 2 nights in Memphis, "birthplace of the blues." Choose how you connect with Memphis' history – with a tour of Elvis Presley's Graceland or by following the last march of MLK. Enjoy reserved seats at the Grand Ole Opru in Nashville. See where countru leaends recorded hit tunes at RCA Studio B. Create your own Goo Goo Cluster Candy at a chocolatemaking lesson. You'll be hummin' and strummin' long after you've returned home.

RATE: \$3,499 PP Double PRICE VALID THRU April 29, 2023

## Iceland's Magical Northern Lights

## November 8, 2023 – 7 DAYS

Experience the "land of fire and ice" and chase the aurora borealis across an ethereal wonderland. In the dark of the night, search for the northern lights as you drift along on an evening starlit cruise. Travel the "Golden Circle," home to renowned natural wonders, and spend time at Thingvellir National Park, gaze at Gullfoss waterfall, and see the explosive geothermal fields at Geysir. Explore Skógar Museum and see traditional turf-built homes. Walk on a black volcanic sand beach. See Jökulsárlón glacial lagoon filled with floating icebergs. Relax in the warm, mineral-rich water of the Blue Lagoon. Spend your days surrounded by natural wonders and your nights in search of the elusive dancing lights.

RATE: \$3,599 PP Double PRICE VALID THRU May 9, 2023

## **Spotlight on San Antonio Holiday**

#### November 30, 2023 – 5 DAYS

Enjoy the holiday spirit Texas-style as you settle into your River Walk hotel on this Southwestern getaway. Visit the UNESCO World Heritage sites of the legendary Alamo and Mission San José. Discover the bold flavors of Texas during dinner at a restored convent in the historic Kina William District. Visit the National Museum of the Pacific War when you venture to charming Fredericksburg nestled in the Hill Country, rich with German heritage. Cruise along the Paseo del Rio. Take in the holiday sights during an evening stroll with over 120,000 lights illuminating the River Walk during holiday season. Immerse yourself in the laid-back atmosphere of this vibrant city.

RATE: \$1.999 PP Double PRICE VALID THRU May 30, 2023

SAN

ANTONIO, TEXAS

# Day-Trip Adventures

All Trip Buses pick-up and return to Rusch Park, 7801 Auburn Blvd.

Visit our website SunriseParks.com for updates.





## **Calaveras Big Trees State Park**

Established in 1931, Calaveras Big Trees State Park is home to some of the largest trees in the world. Enjoy a guided tour of the popular North Grove with free time afterwards to explore the trail and visit the visitors center and museum. Depart from the state park for a hosted lunch and free time in the quaint town of Murphys.

Activity Level: Moderate/Strenuous. Please wear comfortable walking shoes. Registration cancellation deadline is April 1. Thur May 11 \$125 per person 8:00am Rusch Park departure time.

## **Jersey Boys**

Journey behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Enjoy a hosted lunch in Downtown Sonora before taking your seat for this toe tapping musical at the historic Fallon House Theater in Colombia.

#### Activity Level: Minimal

Registration cancellation deadline is May 30.ThurJuly 20\$139 per person9:30am Rusch Park departure time.

## A Day in the Bay

Start the morning with a walk around Sausalito. Then take a beautiful ferry ride over to the City by the Bay with views of Alcatraz Island and the Golden Gate Bridge. Enjoy free time to shop and have a nohost lunch at Fisherman's Wharf and Pier 39 before departing by motor coach.

Activity Level: Moderate/Strenuous. Please wear comfortable walking shoes.

Registration cancellation deadline is July 28.ThurAugust 17\$75 per person8:30am Rusch Park departure time.



## **Gene Ahner Scholarship Fund**

#### Providing recreation opportunities for families in our district.

The CHCMB, Inc. is proud to offer the Gene Ahner Scholarship Fund through the Sunrise Recreation and Park District. The Scholarship Fund provides financial assistance to qualifying families, who have a financial need and reside within the District's boundaries, that would prevent them from participating in the programs offered through the Sunrise Recreation and Park District.

### How to Help a Child in Need

Children want the same things we want - to laugh, to be challenged, to be entertained, and delighted. With your generous donation, a family with a financial need will be able to participate in our programs. Please consider giving.

Please submit donations to: Gene Ahner Scholarship Fund 7801 Auburn Blvd., Citrus Heights, CA 95610 (916) 725-1585 sunriseparks.com/scholarship-fund

## WANT TO HELP? ATTEND FOOD TRUCK NIGHT APRIL 4!

## How to Apply

Complete the Gene Ahner Scholarship Fund Application (available at sunriseparks.com/scholarship-fund), provide required documentation and apply in person at Rusch Park Community Center. The Application must be submitted for review at least 5 business days prior to registering for a recreation program. You will be contacted on your eligibility and provided with a percentage of the activity fee due at the time of registration. Financial assistance is limited to available yearly funding.

## Food Truck Night at Firestone Park

Tue, April 4 Begins at 5:00pm



## MOVIE NIGHTS AT THE PARK

## Food Truck Movie Night at Firestone Park

## Tue, June 13

Time: 5:00pm, Movie begins at dusk Where: Firestone Park, Antelope Movie: Turning Red Sponsored By:







Free events featuring a showing of a family friendly movie. Don't forget your lawn chair and blanket. Visit SunriseParks.com for more information.



## **Hot August Movie Night**

## Sat, August 12

Time: 5:00pm, Movie begins at dusk Where: Rusch Park Movie: TBA Food Trucks 5:00 - 8:00pm

- Rusch Park Free Swim 5:30 7:30pm
- Music 6:00 8:00pm

Sponsored By:



SACRAMENTO Supervisor Sue Frost



CALIFORNIA AMERICAN WATER

SunriseParks.com



## Adult Paint & Sip Art Class

Theme:	Pacific Sunset
Location:	Foothill Community Center
Date:	Fri, 6/16
Code:	7001.06
Time:	5:30 - 7:30pm
Fee:	\$65

Is it time to awaken your inner artist? Join us as we learn how to create a painting of a stunning sunset over the Pacific coastline. Treat yourself to an enjoyable evening of wine, appetizers and painting as our instructor, Lynn Morrison, guides the class through the process of painting with acrylic paints. All supplies, wine and appetizers are provided.

Anyone 21 years of age or above can join in the fun.



SUNRISEPARKS.COM

Community

## Save The Date: Sep 24, 2023!



Save the Date:

## Nov 4, 2023

9th Annual Arts, Crafts & Artisan Food Fair

Events

## Save the Date:

## Dec 9, 2023

Capitol Pops Holiday Concert

## Save the Date:

Dec 10, 2023

## Brunch with Santa!



Mark your calendars! Saturday, October 21 @ 9:00am

## Howl-O-Ween Parade and Harvest Festival

STARTS AT AUBURN BLVD AND TWIN OAKS PARADE ENDS AT RUSCH PARK

For more information, please contact CHCMB Event Manager, Sarah Schmelzer at (916) 879-6979 or sarah@chcmb.org



## Citrus Heights Community Marching Band

#### **COME PLAY WITH US!**

The Citrus Heights Community Marching Band is looking for performers of ALL AGES. We perform for local public events upwards of 20 times per year. Free loaner instruments. For more information, please call Kody at (916) 467-6783 or visit chcmb.org.

#### Fee: Free

Mon, 6:00 - 8:00pm • 7310 • Year-round Practice location: 8436 Jewel Way, Citrus Heights

## **Park Picnic & Building Rentals**

Reservations available for parties, reunions or company picnics! We can book your event up to a year in advance. Visit SunriseParks.com. email rentals@sunriseparks.com. or call (916) 725-1585 for more information about reserving an indoor or outdoor space, and for current rental rates.

## **Outdoor Picnic Rentals**

#### **ANTELOPE**

**COMMUNITY PARK** 

Capacity 50 8012 Palmerson Drive Antelope

#### C-BAR-C-PARK

Capacity 125 8275 Oak Avenue **Citrus Heights** 

#### **FIRESTONE PARK**

Capacity 75 5415 Poker Lane Antelope

#### FOOTHILL **COMMUNITY PARK**

Capacity 100 5510 Diablo Drive Sacramento

#### LONE OAK PARK

Capacity 50 3425 Elverta Road Antelope

#### **MADERA PARK**

Capacity 100 8046 Wonder Street **Citrus Heights** 

#### **POKELMA PARK**

Capacity 50 8126 Quiet Knolls Drive Antelope

#### **ROBERT FROST PARK**

Capacity 75 4715 Robert Frost Drive Sacramento

#### **ROSEVIEW PARK**

Capacity 75 5848 Ridgepoint Drive Antelope

#### **TEMPO PARK**

Capacity 150 13125 Fair Oaks Blvd. Citrus Heights

#### **TETOTOM PARK**

Capacity 75 5127 Heartland Drive Antelope

#### WESTWOOD PARK

Capacity 50 8100 Butternut Drive Citrus Heights

## **Rusch Park** Locations

7801 Auburn Blvd. **Citrus Heights** 

#### **RUSCH PARK COVERED** Capacity 150

#### **RUSCH PARK LION'S** GROVE

Capacity 50

#### **RUSCH PARK VETERAN'S GROVE** Capacity 100

að



### **RUSCH PARK BANQUET ROOM**

#### 7801 Auburn Blvd., Citrus Heights

The park setting has a charming rustic bridge.

- Accommodates 120 banquet style
- Adjacent patio .
- Kitchen facilities & barbecue available

#### **RUSCH AUDITORIUM**

#### 7801 Auburn Blvd., Citrus Heights

Park setting, accommodates 350 banquet style.

- Large room with stage
- Commercial kitchen

### **RUSCH HOME & GARDENS**

#### 7301 Antelope Road, Citrus Heights

Historic home and beautiful grounds with garden.

- Accommodations vary based on use of facility & grounds .
- Parking available behind the Home .

#### **CROSSWOODS COMMUNITY CENTER**

#### 6742 Auburn Blvd., Citrus Heights

Charming park setting - natural wooded area.

- Ideal for weddings •
- Accommodates 56 banquet style
- Kitchen facilities

## FOOTHILL COMMUNITY CENTER

Accommodates 150 banquet style.

- Adjacent patio
- Lots of windows overlooking park
- Kitchen facilities
- Freeway access

## **Jump House at the Park?**

**Review SRPD Park Rules** 

sunriseparks.com/jump-houses for rules and regulations.

5510 Diablo Drive, Sacramento



## Facility/Classroom Locations

#### Antelope Aquatic Complex

7990 Palmerson Dr. (Antelope) • (916) 723-SWIM (7946)

Antelope Crossing Middle School 9200 Palmerson Dr. near Heartland Dr. • (916) 745-2100

**Antelope Meadows Elementary School** 8343 Palmerson Dr. (Antelope) near North Loop (916) 925-0794

#### Barrett Ranch Elementary School

7720 Ocean Park Dr. (Antelope) SRPD classroom is on the corner of Canyon Drive and Ocean Park Dr.

Creekview Ranch School 8779 Cook Riolo Road off PFE Road

**Crosswoods Community Center** 6742 Auburn Blvd. (Citrus Heights) at Van Maren Lane behind tennis courts (916) 725-1585

**Foothill Community Center** 5510 Diablo just West of 1-80

**Foothill Golf Course** 7000 Verner Ave., East of 1-80 • (916) 725-3399

#### Mesa Verde High School

7501 Carriage Dr., nearest crossroads are Kanai Ave and Carriage Drive, next to Carriage Elementary

Oak Hill School

3909 N. Loop Blvd. (Antelope) near Elverta Road (916) 331-6042

**Olive Grove School** 7926 Firestone Way (Antelope) near Vista Sierra Dr. (916) 726-0224

#### **Rusch Park**

7801 Auburn Blvd. (Citrus Heights) at Antelope Road. (916) 725-1585 • In Rusch Park: Classrooms, Dance Studio, Gym, Community Center, Sunrise & Patio Rooms, Pickleball Courts, Swimming Pool

#### Sylvan Middle School

7085 Auburn Blvd., at Corner of Auburn/Sylvan Road & Old Auburn • (916) 971-7873

#### **Tupelo Fire Station**

7352 Roseville Road

Take Antelope Road west towards Antelope, turn left on Roseville Road (past Home Depot). Fire station is on the left behind the 7-Eleven shopping center For recent updates, please visit SunriseParks.com For park locations & amenities, see the inside back cover.

## **Partner Facility Locations**

Extreme Martial Arts Center

7530 Auburn Blvd, Citrus Heights, 95621 • (916) 726-5425

Steve Cook's Fireside Lanes

7901 Auburn Blvd. (Citrus Heights). Located next to Rusch Park • (916) 725-2101

Visit sunriseparks.com/volunteer

## Join the Sunrise Volunteer Team

Sunrise Recreation and Park District is looking for community minded people to join us in providing excellent parks and programs to the Antelope, Citrus Heights and Foothill Farms area. If you want to give back – we are looking for volunteer coaches for basketball and soccer, as well as help with events for the Rusch Home and Gardens. Call (916) 725-1585 for info.



Scan this code with your phone's QR Reader to visit our website!



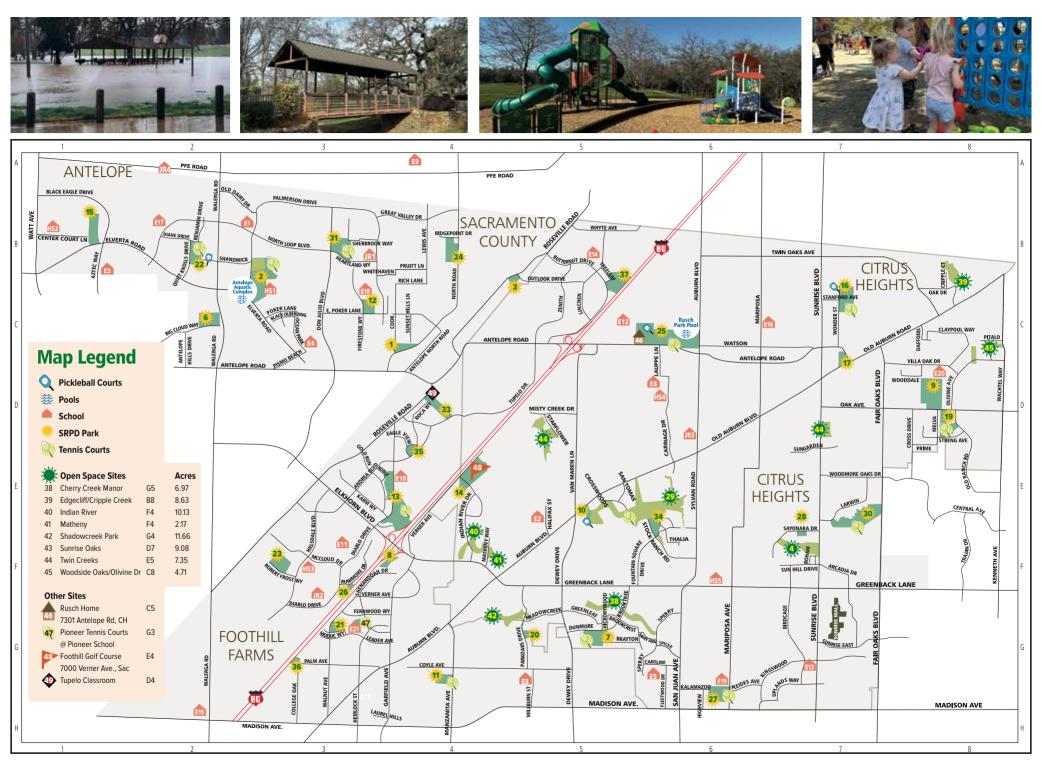
Check for updates on activities and programs:



(916) 725-1585 SunriseParks.com

#### Sunrise Recreation & Park District

Pai		Ma	Acres	Ba	Ba	Baa	Do	Mu	Off	Pic	Pla	Pic	Rei	Rei	Rea	Soc	Sw	Ter
Park Number		Map Locator	.es	Ball Diamonds	Barbecues	Basketball Court	Dog Park	Multipurpose Field	Off Street Parking	Pickleball Courts	Playground	Picnic Tables	Rentals - Indoor	Rentals - Outdoor	Restrooms	Soccer Field	Swimming Pool	Tennis Courts
mbe		cator		mon	les	all C	×	rpose	et Pa	all Co	und	ables	- Ind	- Out	su	Field	ng P	Court
				Sp		ourt		Fiel	rking	urts			oor	door			00	S
1	Almond Grove Park	C4	4.62		2			d •			•	6						
2	Antelope Community Park	B2	41.03	3	5				286		•	8	•	1	•		•	7
3	Antelope Station Park	C5	1.72								•	5						
4	Arcade Creek Park Preserve	F7	10.36						11		•	4						
5	Barrett Ranch Park, Titan Drive in	Antel	оре															
6	Blue Oak Park	C2	9.59					•			•	8				•		
7	Brooktree Park	G5	14.79	4	2	.5		•	65		•	11			٠			1
8	Cabana Park	F4	1.13				•											
9	C Bar C Park	D8	25.30	4	1		•	•	170		•	11		1	•	•		
10	Crosswoods Community Park	E5	15.91						18	M-2	•	4	•		٠			M-2
11	Eugene H. Ahner Park	G4	7.02		2	2		•	18	1	•	7			٠			2
12	Firestone Park	C3	6.92	1	2	0.5		•	92		•	11		1	٠	•		
13	Foothill Community Park	E4	24.87		7			•	164		•	28	•	1	•	•		2
14	Greenback Wood Park	E4	3.90			1					•	7						
15	Lone Oak Park	B1	12.13	1	2			•	66		•	19		1	٠	•		
16	Madera Park	C7	15.71	3	6	1		•	60	1	•	15		1	•	•		2
17	McDonald Park	D7	2.27	1					34			2			•			
18	Mitchell Village Park , Off Arcadia	Drive	in Citru	s Heig	ghts													
19	Northwoods Park	D8	8.87		2	1			1	M-2	•	4						M-2
20	Park Oaks Park	G5	1.0			.05					•	1						
21	Pioneer Park	G3	4.52	2	2			•			•	4				•		
22	Pokelma Park	B2	8.65	1	2	1		•	41	M-2	•	14		1	•	•		M-2
23	Robert Frost Park	F3	10.16	3	2	.05		•	37		•	10		1	•	•		
24	Roseview Park	B4	5.86	1	2	1		•	25		•	15		1	•	•		
25	Rusch Community Park	C6	49.5	3	9	1		•	443	12	•	46	•	3	•		•	
26	Rushmore-Jeanine Park	F3	0.38								•	2						
27	San Juan Park	H6	15.0		5			•	58	3	•	6			•	•		1
28	Sayonara Park	E7	0.16			0.5					•	2						
29	Stock Ranch Nature Preserve	E6	39.10								•	6						
30	Tempo Park	E7	23.92		3			•	101		•	19		1	•	•		2
31	Tetotom Park	B3	10.53	1	4	.5		•	50			17	•	1	•	•		2
32	Titan Oak Park - COMING SOON! C			in An		e		1	1	1	1							
33	Tupelo Park	D4	9.93		1	-		•			•	3	•			•		
34	Van Maren Park	E6	4.37		2	1		•			•	2						
35	W.T. Mason Park	E4	3.28					•				3						
36	Walerga Park	G3	1.90		1	1			13		•	1						
37	Westwood Park	B5	11.67	1	2	1		•	54			16	•	1	•			2
HS1 HS2 HS3 HS4	SchoolsJunior IAntelope High SchoolJR1 AntelCenter High SchoolJR2 FoothFoothill High SchoolJR3 SylvaMesa Verde High SchoolJR4 WilscSan Juan High SchoolSchool	ope C nill Rar n	rossing 1ch	ls		E2 A E3 A E4 B E5 C	intelop Irlingto Irthur Barrett Cambri	oe Mea on Hei Dudley Ranch	adows ghts / 1 eights		E9 ( E10 F E11 F E12 ( E13 F	Coyle A Creekv Foothil Frontie Grand ( Kingsw Lichen	iew Ra I Oak r Oaks	anch	E´ E´ E´ E´		ariposa k Hill ve Gro ycrest oodsid	a ove







JUNE 9

\*\*\*\*\*\*\*\*ECRWSSEDDM\*\*\*\*\*\*\* Postal Customer

# Antelope Aquatic Complex Food Truck Family Swim Night



Sponsored By:



Sacramento Supervisor Sue Frost



## FRI, JUNE 9

5:00 - 8:00pm Time: Antelope Aquatic Complex Where: Fee: S2 per person

## Free with your 2023 Sunrise Swim Pass!

Visit sunriseparks.com for updated event information.

Free with your 2023 Sunrise Swim Pass!





SunriseParks.com

