

# Sunrise Recreation and Park District

*Activities & Sports Programs Through September 2020*



*Serving Antelope, Citrus Heights and Foothill Farms*

**Parks  
Make  
Life  
Better!**

**#SunriseParks**

Registration for Spring  
& Summer Open Now

**(916) 725-1585**



**SunriseParks.com**



# SOMETHING FOR EVERYONE!

Sunrise Recreation & Park District is pleased to announce the opening of these new park sites over the next eighteen months.

## Cabana Park

Neighborhood: Foothill Farms  
Size: 1.2 Acres  
Open: Opened Jan 11

Amenities: Dog Park, Walking Trail, Deputy Bob French Monument/Memorial Grove



## Future Park Site within Mitchell Village

Neighborhood: Citrus Heights  
Size: 23 acres  
Proposed opening: Winter 2020

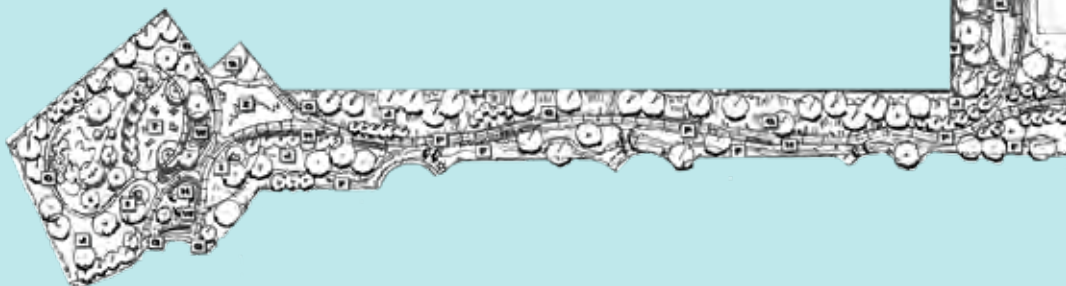
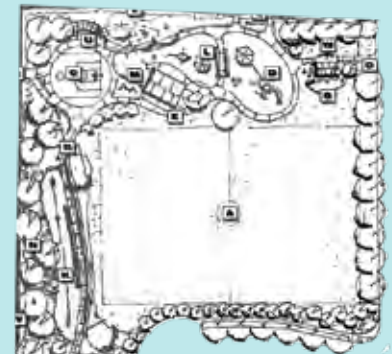
Amenities: Walking Trails, Natural Setting, Bridges, Creek, Playground, Picnic Areas



## Barrett Ranch

Neighborhood: Antelope  
Size: 7 acres  
Proposed opening: 2021

Amenities: Zip Line, Soccer Field, Basketball Court, Walking Trail, Playground, Picnic Areas



# Spring/Summer 2020 Activity Guide

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# Recreation Activity Guide

## Advisory Board of Directors

Michelle Rivas, Chair  
 Mark Shahan, Vice-Chair  
 Shannon Brown, Board Member  
 Lisbeth Gray, Board Member  
 Rita Lingwood, Board Member

## County of Sacramento Board of Supervisors

District 1: Phil Serna  
 District 2: Patrick Kennedy  
 District 3: Susan Peters  
 District 4: Sue Frost  
 District 5: Don Nottoli

## Important Contacts

Emergencies:	911
Sunrise Recreation & Park District:	(916) 725-1585
First Security Service:	(916) 331-3175
Citrus Heights Police Department:	(916) 727-5500
Non-Emergency Sacramento County Sheriff:	(916) 874-5115
FEC Park Police (Antelope & Foothill Farms):	pop@fecrecreparks.com

## Board Meetings of 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 at 7:00pm at the Rusch Park Community Center.

## Activity Guides:

The Sunrise Recreation & Park District Activity Guide is published two times per year: Spring/Summer and Fall/Winter. Readers can also view our guide online at [sunriseparks.com](http://sunriseparks.com) where recent changes or additions can be found.

## Photo Policy:

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

## Photo Credits:

Front cover photo taken by Kevin Donnelly at the Antelope Aquatic Complex.  
 Graphic Design by Appletree Advertising.

## SRPD Observed Holidays

(District Office is closed)  
 May 25 Memorial Day  
 July 3 Independence Day  
 September 7 Labor Day

Share your outdoor fun with us on social media!

#sunriseparks



## Please visit our Dog Parks located at:

C Bar C Park  
 8275 Oak Ave  
 Citrus Heights, 95610

Cabana Park  
 6521 Fremont Circle  
 Sacramento, 95841







## Registration Now Open

Register in-person or online.

- Visit [SunriseParks.com](http://SunriseParks.com) to register with a Visa, Master Card or American Express.
- Walk-in registration will be taken at the District Office:

Rusch Park Community Center  
7801 Auburn Blvd., Citrus Heights, CA 95610

You can pay with cash, check or credit card.  
Please make check payable to SRPD.

**Registration Hours: Mon - Fri, 8:00am - 5:00pm**

Mail-in registration will be accepted with a complete registration form and correct fee. Please do not mail cash.

Mail registration form and fees to the address above. For class enrollment verification, please send a self-addressed stamped envelope or supply email address; otherwise just attend the first class meeting.

## 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](http://sunriseparks.com/credit-request-policy) to see how we can best serve you.**

## Gene Ahner Scholarship Fund



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](http://sunriseparks.com/scholarship-fund)

### How to Apply

Complete the Gene Ahner Scholarship Fund Application (available at [sunriseparks.com/scholarship-fund](http://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.



# Turns N Tumble Dance

\*All Sessions: No class 4/9



## 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.

**Fee: \$42**

**Thur 4:00 - 4:30pm**

2235.201	4/2 - 4/30*
2235.202	5/7 - 5/28
2235.203	6/4 - 6/25
2235.204	7/9 - 7/30
2235.205	8/6 - 8/27
2235.206	9/3 - 9/24

## 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.*

**Fee: \$42**

**Thur 4:30 - 5:15pm**

2236.201	4/2 - 4/30*
2236.202	5/7 - 5/28
2236.203	6/4 - 6/25
2236.204	7/9 - 7/30
2236.205	8/6 - 8/27
2236.206	9/3 - 9/24

## Ballet 1

6 - 12 years

This is a class for the beginners, 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.*

**Fee: \$42**

**Thur 5:15 - 6:00pm**

2237.201	4/2 - 4/30*
2237.202	5/7 - 5/28
2237.203	6/4 - 6/25
2237.204	7/9 - 7/30
2237.205	8/6 - 8/27
2237.206	9/3 - 9/24

### ALL Classes Spring Recital

May 2, Rusch Park Auditorium

\$20 additional materials fee due to instructor.



## Ballet 2

3 - 13 years

**Instructor recommendation class only.** This class will teach beginning skills in tap and will continue ballet education. Students will begin to learn combinations in both genres.

*Girls wear black leotard, pink tights, pink leather ballet slippers and black tap shoes. Boys wear white t-shirts, black basketball shorts, black ballet slippers and black tap shoes.*

**Fee: \$42**

**Thur 4:30 - 5:15pm**

2238.201	4/2 - 4/30*
2238.202	5/7 - 5/28
2238.203	6/4 - 6/25
2238.204	7/9 - 7/30
2238.205	8/6 - 8/27
2238.206	9/3 - 9/24

## Ballet 3/Tap

4 - 13 years

Instructor recommended class only. Students will continue their education in ballet and tap. Will learn routines for when the company is asked to perform outside of regular class time.

*Girls wear black leotard, pink tights, pink leather ballet slippers and black tap shoes. Boys wear white t-shirts, black basketball shorts, black ballet slippers and black tap shoes.*

**Fee: \$52**

**Thur 5:15 - 6:15pm**

2239.201	4/2 - 4/30*
2239.202	5/7 - 5/28
2239.203	6/4 - 6/25
2239.204	7/9 - 7/30
2239.205	8/6 - 8/27
2239.206	9/3 - 9/24

# Gymnastics with Byers

**Location:** Byers Gymnastics, 7700 Sunrise Blvd, Suite 2200

Children will love learning in positive, safe and fun-filled classes. Classes focus on gross motor development, basic gymnastics skills and the feeling of “I can do it”.

## Parent Participation Gymnastics

### Walking - 3 years

Parents have fun as you safely work on motor skills, rolling, jumping, climbing, rhythms and basic gymnastics activities. A great start for your toddler.

Tue	9:00 - 9:45am		
2201.201	4/7 - 5/19	7 weeks	\$119
2201.202	5/26 - 7/7	7 weeks	\$119
2201.203	7/14 - 8/25	7 weeks	\$119
2201.204	9/1 - 9/29	5 weeks	\$85
Wed	9:00 - 9:45am		
2206.201	4/8 - 5/20	7 weeks	\$119
2206.202	5/27 - 7/8	7 weeks	\$119
2206.203	7/15 - 8/26	7 weeks	\$119
2206.204	9/2 - 9/30	5 weeks	\$85

## Tot Gymnastics

### 3 years

A great class for 3 year olds to develop skill in all gymnastics events...vault, bars, beam and tumbling. Musical and rhythmic activity is also included.

Tue	9:45 - 10:30am		
2220.201	4/7 - 5/19	7 weeks	\$119
2220.202	5/26 - 7/7	7 weeks	\$119
2220.203	7/14 - 8/25	7 weeks	\$119
2220.204	9/1 - 9/29	5 weeks	\$85
Wed	9:45 - 10:30am		
2219.201	4/8 - 5/20	7 weeks	\$119
2219.202	5/27 - 7/8	7 weeks	\$119
2219.203	7/15 - 8/26	7 weeks	\$119
2219.204	9/2 - 9/30	5 weeks	\$85



**Absences from gymnastic classes must be called in prior to an absence to get a makeup and participant must be enrolled in a session to do a makeup. (916) 723-7700**

## Kindergymnastics

### 4 - 5 years

A focus on basic gymnastics skills... rolls, handstands, cartwheels, working on low beam and bars. Children will begin to develop flexibility and strength.

Tue	10:30 - 11:30am		
2256.201	4/7 - 5/19	7 weeks	\$126
2256.202	5/26 - 7/7	7 weeks	\$126
2256.203	7/14 - 8/25	7 weeks	\$126
2256.204	9/1 - 9/29	5 weeks	\$90
Wed	10:30 - 11:30am		
2257.201	4/8 - 5/20	7 weeks	\$126
2257.202	5/27 - 7/8	7 weeks	\$126
2257.203	7/15 - 8/26	7 weeks	\$126
2257.204	9/2 - 9/30	5 weeks	\$90

## Tap and Ballet

**Location:** Rusch Park Community Center

**Fee:** \$52

### Kids Tap & Ballet I

#### 3.5+ years

Designed to teach beginning Tap and Ballet technique. Information available on purchasing shoes at the first class.

**Tap and Ballet shoes are not required.**

Sat	9:00 - 9:55am	
2102.201	5/9 - 6/27*	
2102.202	8/1 - 9/12*	

### Kids Tap & Ballet II

#### 4+ years

A continuation of Tap and Ballet I with the introduction of tap step combinations and ballet terminology and technique.

**Approval of instructor is required.**

Sat	10:00 - 10:55am	
2115.201	5/9 - 6/27*	
2115.202	8/1 - 9/12*	

### Kids Tap & Ballet III

#### 4+ years

A continuation of Tap and Ballet II with the introduction of tap step combinations and ballet terminology and technique.

**Approval of instructor is required.**

Sat	11:00 - 11:55am	
2116.201	5/9 - 6/27*	
2116.202	8/1 - 9/12*	

\*No class 5/23, 6/13, 9/5

**Note:**  
The last class of each session will be held at Crosswoods Center for parent viewing.



# 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.



Location - All Classes: Foothill Community Center				Fee: \$50
	Beginning	Beginning	Int/Adv	Blackbelt
Tue/Thur	5:00 - 5:45pm	6:15 - 7:00pm	7:00 - 7:45pm	7:45 - 8:30pm
4/2 - 4/30	2725.201	2726.201	2727.201	2728.201
5/5 - 5/28	2725.202	2726.202	2727.202	2728.202
6/2 - 6/30	2725.203	2726.203	2727.203	2728.203
7/2 - 7/30	2725.204	2726.204	2727.204	2728.204
8/4 - 8/27	2725.205	2726.205	2727.205	2728.205
9/1 - 9/29	2725.206	2726.206	2727.206	2728.206

*For both Karate classes, testing fee is not included in the registration fee.*

## 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: \$40 7 weeks**

<b>Tue/Thur</b>	<b>4:30 - 5:00pm</b>
2721.201	5/12 - 6/30
2721.202	7/14 - 8/27
2721.203	9/15 - 10/29

## 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 and is recommended for kids with no prior martial arts training.

**Fee: \$40 7 weeks**

<b>Tue/Thur</b>	<b>5:45 - 6:15pm</b>
2723.201	5/12 - 6/30
2723.202	7/14 - 8/27
2723.203	9/15 - 10/29



### fit for girls



Live. Dream. Move. This free 9 week program exists to improve the overall health and well-being of middle school girls. Fit for Girls provides the opportunity to use commitment and hard work to build confidence, learn resiliency skills, and experience the success of completing a 5k race, crossing the 1st of many literal and figurative finish lines!

**Spring 2020 Season** - Register today - Space is limited!

**When:** Tues 4:30- 5:30PM, March 24th - May 26th.

**Where:** Rusch Park Community Center

**Cost:** Free! (Includes race registration fee)

**Sign Up:** Go to: [fitforgirls.org](http://fitforgirls.org), click on 'Register'



# Extreme Martial Arts Kung Fu



Location: Extreme Martial Arts,  
7753 Roseville Road, Suite E  
Phone: (916) 726-5425  
Fee: \$59 (T-shirt required, \$15 first class)

It's more than Kung Fu! EMAC specializes in teaching the Kidsafe® method of self-defense and awareness training for children. 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.

## Lil Tigers

3 - 6 years  
(must be potty trained)  
Tue/Thur 5:30 - 6:00pm  
2243.201 4/7 - 4/30  
2243.202 5/5 - 5/28  
2243.203 6/2 - 6/30  
2243.204 7/2 - 7/30  
2243.205 8/4 - 8/27  
2243.206 9/1 - 9/29

## Dragons

7 - 11 years  
Tue/Thur 6:00 - 6:45pm  
2244.201 4/7 - 4/30  
2244.202 5/5 - 5/28  
2244.203 6/2 - 6/30  
2244.204 7/2 - 7/30  
2244.205 8/4 - 8/27  
2244.206 9/1 - 9/29

## Teens

12 - 17 years  
Tue/Thur 7:00 - 7:30pm  
2245.201 4/7 - 4/30  
2245.202 5/5 - 5/28  
2245.203 6/2 - 6/30  
2245.204 7/2 - 7/30  
2245.205 8/4 - 8/27  
2245.206 9/1 - 9/29

# EMAC Camps

## Youth Jiu Jitsu

7 - 17 years

Learn basic take down, joint locks and submissions in a live and interactive environment with a fun atmosphere.

Fee: **\$69 (one time additional \$15 fee for t-shirt)**

Tue/Thur	7:30 - 8:30pm
2246.201	4/7 - 4/30
2246.202	5/5 - 5/28
2246.203	6/2 - 6/30
2246.204	7/2 - 7/30
2246.205	8/4 - 8/27
2246.206	9/1 - 9/29

## Kung Fu Camp

6 - 17 years (Divided in Groups)

Bring own snack. Water and t-shirt provided.

Fee: **\$79**

Tue/Thur	8:00am - 12:00pm
2247.201	6/16 - 6/18

# AYSO Youth Soccer Registration

Registration is open from Mid-March to Early June

All kids ages 4 to 18 (born between 2002-2016) are invited to join Antelope AYSO for our 27th fall season. Players at all skill levels - from first-time player to soccer superstar - are welcome.

Your children will be placed on teams with kids their age which have been balanced with skill levels to provide fair opportunities for all. Each child will play at least three quarters of every game they attend.

Antelope AYSO is a non-profit 100% volunteer-run organization, and we are looking for coaches, referees, and team managers. Training is provided. Ask for details at registration.

Please go to [AntelopeAYSO.org](http://AntelopeAYSO.org) to register today!



everyone plays

# Join the fun at Sunrise Kids Club

## Summer Day Care

Summer care is available to any school-aged child.

**Only \$195  
per week**

Field Trips Included!  
Mon-Fri  
7:00am-6:00pm

### TK - 6th

Sunrise Kids Clubs are state licensed day care programs that feature weekly summer camps. Located on 4 school campuses, camps focus on recreation and enrichment. Camps run M-F, 7am-6pm, with field trips included.

## School Year Programs

**August - June, 7:00am - 6:00pm**  
**5 days a week**

**Day Care:** The Sunrise Recreation and Park District's Sunrise Kids Club day care programs are state licensed day care sites serving school-age children (TK - 6) and are located on four elementary school campuses. To enroll, a child must attend the school where the day care is located.

**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. See pages 12-13 for more information.

**For more information on the Day Care & Preschool please call the location of your choice.**

## Program Locations

### Antelope Meadows Day Care • Preschool • Kids Club

At Antelope Meadows Elementary School  
8343 Palmerson Dr., Antelope  
License #340316216  
Asst. Director: Elicia Ada-Fabela  
(916) 725-0794

### Olive Grove Day Care • Preschool • Kids Club

At Olive Grove Elementary School  
7926 Firestone Way, Antelope  
License #343604450  
Director: Kourtney Hobart  
(916) 726-0224

### Oak Hill Day Care • Preschool • Kids Club

At Oak Hill Elementary School  
3909 North Loop Blvd., Antelope  
License #343600374  
Asst. Director: Felisa Martell  
(916) 331-6042

### Creekview Ranch Day Care • Preschool • Kids Club

At Creekview Ranch Elementary School (TK - 8)  
8779 Cook Riolo Rd., Roseville  
License #313620615  
Director: Kourtney Hobart  
(916) 772-7307



# Preschool Adventure Summer Camp at Rusch Park

3 - 5 years

Four exciting 2-week camps designed for your child's age group. Activities include: letter & number writing, fine & gross motor skill development, shape & color recognition, arts & crafts, music & movement, and much more!

*\*Each M/W/F session includes one Free Friday swim (12:00 - 12:30pm, specific dates TBA)*

## Camp 1: Splash into Summer

**June 1 - 12** **9:00am - 12:00pm**

Discover shells, fish, and other cool ocean creatures. Create shell art as we enjoy the wonders of the beach and ocean.

1115.401	4 - 5 years	Mon/Wed/Fri	\$110
1115.301	3 - 4 years	Tue/Thur	\$82

## Camp 2: To Infinite, the Stars, and Beyond

**June 15 - 26** **9:00am - 12:00pm**

Bring your sense of adventure. Explore the great beyond around us as we blast into outer space.

1115.402	4 - 5 years	Mon/Wed/Fri	\$110
1115.302	3 - 4 years	Tue/Thur	\$82

## Camp 3: Zany Zoologists

**June 29 - July 10** **9:00am - 12:00pm**

Investigate your wild side through animal art, music, and movement. A trip to the Folsom Zoo will inspire our mini zoologists. *\*Additional fee for zoo field trip.*

1115.403	4 - 5 years	Mon/Wed/Fri	\$110
1115.303	3 - 4 years	Tue/Thur	\$82

## Camp 4: Ready, Set, Go!

**July 13 - July 24** **9:00am - 12:00pm**

Fun activities and games as we review ABC's and 123's. A great foundation for your child's school year.

1115.404	4 - 5 years	Mon/Wed/Fri	\$110
1115.304	3 - 4 years	Tue/Thur	\$82

# Art & Action Summer Camp at Foothill Park

5 - 10 years

**Mon - Thur** **9:00am - 12:00pm**

Three exciting 4-day camps designed to inspire your child through art and action. Activities include in-depth art projects to encourage imagination and outdoor athletics to promote physical fitness. *\*Healthy snack provided daily*

1117.101	June 15 - 18	\$75
1117.201	June 29 - July 2	\$75
1117.301	July 13 - 16	\$75

## Rusch Preschool Summer Combo Classes!



Make your sizzling summer complete! Enroll in Combo Rusch Preschool Camp AND Preschool Swim Lessons, designed especially for our spectacular Preschoolers.

See page 24 for details.



## Junior Counselor Program at Sunrise Kid's Club

11 - 13 years

**Location:** Creekview Ranch  
8779 Cook Riolo Rd.  
Roseville

Our new Junior Counselor program will give your pre-teen a camp experience like no other! Junior 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 - 13 who are attending at least 4 weeks of summer program at Sunrise Kid's Club. Junior Counselors must apply to be included in the program. Space is limited.

For information/application, contact Anna Cullifer at (916) 772-7307 or [creekviewranch@sunriseparks.com](mailto:creekviewranch@sunriseparks.com).



**Only \$195 per week**  
Field Trips Included!  
Mon-Fri, 7:00am-6:00pm



# Sunrise Preschool Programs



## Rusch Park Preschool

at Rusch Park Community Center  
 7801 Auburn Blvd, (916) 725-0185  
 Becky Herz - bherz@sunriseparks.com

3 years

Day	Time	Monthly Fee	Location
Tue/Thur	9:00am - 12:00pm	\$160	Rusch Park #2/#3

4 years

Day	Time	Monthly Fee	Location
Mon/Wed/Fri	9:00am - 12:00pm	\$200	Rusch Park #2/#3
Tue/Wed/Thur	12:45 - 3:45pm	\$200	Rusch Park #3

2020/21 school year program begins August 6.



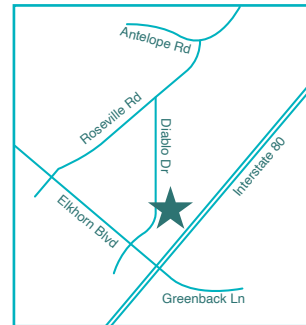
## Foothill Preschool

at Foothill Community Center  
 5510 Diablo Dr, (916) 726-0224  
 Kourtney Hobart - khobart@sunriseparks.com

3 - 4 years

Day	Time	Monthly Fee	Location
Tue/Wed/Thur	9:00am - 12:00pm	\$200	Foothill Community Center

2020/21 school year program begins August 4.



## See our Summer Adventure Camps at Rusch Park on page 11.

### Interested in enrolling in Preschool for the 2020/21 school year?

Our Rusch Park and Foothill 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.

**Early registration for 2020/21 will take place on Wed, March 18 from 1:00 - 3:00pm at both the Rusch and Foothill locations.**

- 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 option available.
- There is NO internet registration for these classes.



# Sunrise Preschool Programs



## Antelope Area: *Four great programs hosted at local Antelope schools.*

### 1) Antelope Meadows Preschool

8343 Palmerson Dr., Antelope  
 (916) 725-0794  
 Asst Director: Elicia Ada-Fabela  
 3 - 6 years, 3 and 4 day programs,  
 \$200 - \$275 per month\*

### 2) Creekview Ranch Preschool

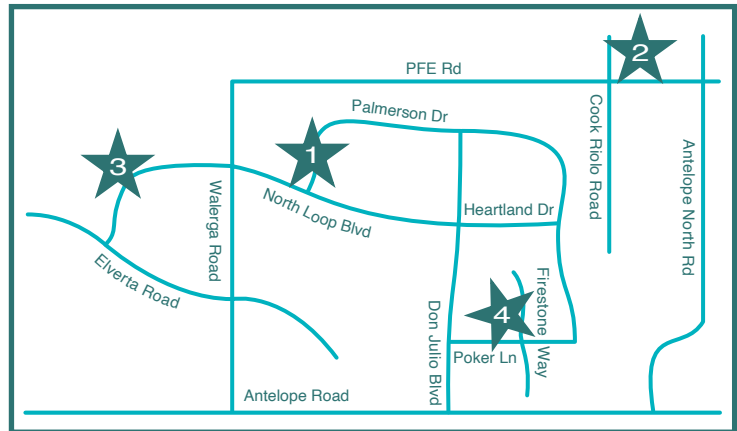
8779 Cook Riolo Road, Roseville  
 (916) 726-0224  
 Director: Kourtney Hobart  
 3 - 5 years, 3 day programs, \$200 per month

### 3) Oak Hill Preschool

3909 North Loop Blvd, Antelope  
 (916) 331-6042  
 Asst. Director: Felisa Martell  
 3 - 6 years, 3 and 4 day programs, \$200 - \$275 per month\*

### 4) Olive Grove Preschool

7926 Firestone Way, Antelope  
 (916) 726-0224  
 Director: Kourtney Hobart  
 3 - 6 years, 3-day programs, \$200 per month



**\*Monthly tuition varies depending upon class.**

## Our Antelope Preschool Programs include curriculum for children 3 - 6 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.



# SUNRISE SUMMER Camps



## Play-Well Summer Camps

**Location:** Barrett Ranch Elementary  
**Fee:** \$160  
**Ages:** 6 - 12 years

### STEM Challenge using LEGO® Materials

**Mon - Fri** 6/22 - 6/26  
 2820.201 1:00 - 4:00pm

STEM Challenge Level up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through projects such as dizzying Teacup Rides, customized Cuckoo Clocks, and the historic Wright Flyer. Design and build as never before, and explore your craziest ideas with the guidance of a Play-Well instructor.

### Jedi Master Engineering

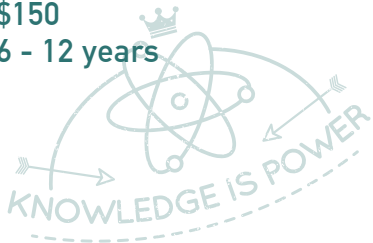
**Mon- Fri** 7/13 - 7/17  
 2820.202 1:00 - 4:00pm

The Force is strong in this engineering course for young Jedi! Use the force and thousands of LEGO® parts to raise your X-Wing from the Dagobah swamp, challenge the AT-AT walkers on Hoth, and fly the Millennium Falcon through the Kessel Run. Apply real-world concepts in physics, engineering, and architecture while you explore a galaxy, far, far away.

# Mad Science Summer Camps



**Location:** Barrett Ranch Elementary  
**Fee:** \$150  
**Ages:** 6 - 12 years



**Full Day Camp Option:** If your camper is registered for BOTH the morning and afternoon camps you have the option for lunch time care. If either camp does not meet the minimum enrollment required lunch care will not be provided.

**Please note that lunch is NOT provided. Mad Science requires parents to send a lunch and snacks. Please avoid nut based foods.**

## Detective Madness



**Mon - Fri** 6/15 - 6/19  
2810.201 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!

## Mad Coding Robots



**Mon - Fri** 6/15 - 6/19  
2810.202 1:00 - 4:00pm

This exciting new Mad Science robot coding camp is the perfect hands-on combination of the wildly popular world of robots and the new must-have skill of coding. With Mad Science you learn everything in a fun, hands-on week of imaginative technological adventure for all ages. All campers will learn to code and have a Mad Science blast doing it! *Visit [sacramento.madscience.org](http://sacramento.madscience.org) for robot details.*

## Castaway Camp



**Mon - Fri** 7/6 - 7/10  
2810.203 9:00am - 12:00pm

An ecological adventure - Campers will find themselves stranded on an island...now what?! Work together using the supplies you have to learn to survive until you are rescued. Create shelters, use water filtration systems, and study the island's animals. Learn how to harness the sun's energy to create solar cookers, communicate with technology, and work as a team! Campers will build daily projects to survive and escape the island. Don't forget your new duct tape flip flops on your journey back home!

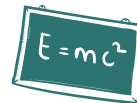
## #SlimeLife!

**Mon - Fri** 7/6 - 7/10  
2810.204 1:00 - 4:00pm

Whaaaaat? Yep! Your life is SURROUNDED by Slime! We're gonna get sticky and icky in this camp learning about guts and garbage and goo! The best part is that you'll make (and take home) a new slime to match the message EVERY SINGLE DAY! Get Insta-famous with the Slime you make! Remember: There's no such thing as too much SLIME!

## EUREKA! - The Inventors' Camp

**Mon - Fri** 7/20 - 7/24  
2810.205 9:00am - 12:00pm



Be inspired by the most famous inventors in history: Ben Franklin, the Wright Brothers, Leonardo Da Vinci, Rube Goldberg - and create your OWN inventions! Use their techniques to break through a series of modern day challenges. You will learn how to invent solutions to problems and make them come to life. Construct catapults and forts, design underwater vehicles, build a mini-amplifier, and assemble a working lightsaber to take home. Thomas Edison said invention is 10% inspiration and 90% perspiration, but this camp is 100% fun.

## NASA - JOURNEY INTO OUTER SPACE

**Mon - Fri** 7/20 - 7/24  
2810.206 1:00 - 4:00pm



Mad Science and NASA have teamed up to bring you the excitement and wonder of space in this new voyage of discovery. See the principles of thrust and propulsion at work in a real rocket launch. Explore the atmosphere, watch star dust burn, and journey through a galaxy as you investigate the life cycle of stars. Probe the mysteries of meteors and bounce around satellite light as you learn about space phenomena. Experience the life of an astronaut as you suit up for a space flight and then perform spacecraft repairs.

# Sport & Swim Camps

\*All Sport and Swim Camps on this page are \$150 per week.

## Multi-Sport & Swim Camp

8 - 14 years

**Location:** Rusch Park & Pool

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

6811.100 6/15 - 6/19

Have fun taking your sports skills to the next level each morning with instruction from Sunrise Coaches. Spend the afternoon improving your swimming and playing at the pool. This camp will include kickball, soccer, basketball, other land sports with free swim time during public swim. *Bring athletic clothing, swim attire, towel, sunscreen and lunch. Snack provided.*

## Grass Volleyball & Swim Camp

8 - 14 years

**Location:** Antelope Community Park & Pool

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

6811.102 7/27 - 7/31

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 for free swim time during public swim. *Bring athletic clothing, swim attire, towel, sunscreen and lunch. Snack provided.*

## Soccer & Swim Camp

8 - 14 years

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

**Location:** Antelope Community Park & Pool

Session I 6811.501 6/29 - 7/3

**Location:** Rusch Park & Pool

Session II 6811.502 7/13 - 7/17

Participants get all the benefits of a traditional week-long soccer camp, with the added fun of afternoons at the pool. District staff will focus on footskills, speed, agility, small group play and scrimmaging. Both camps will include structured soccer training in the morning followed by access to the pool for free swim during public swim. *Bring athletic clothing, swim attire, towel, sunscreen and lunch. Snack provided.*

## Flag Football & Swim Camp

8 - 14 years

**Location:** Rusch Park & Pool

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

6811.105 7/27 - 7/31

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, Coach Santos, will focus on the fundamentals, basic rules, strategies and skill development followed by access to the pool for free swim time during public swim. *Bring athletic clothing, swim attire, towel, sunscreen and lunch. Snack provided.*

## Babysitter & Swim Camp

11 - 16 years

**Location:** Antelope Aquatic Complex

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

6402.210 6/22 - 6/26

6402.211 7/13 - 7/17

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 for free swim time during public swim. *Snack provided. Bring swim attire, towel, and lunch.*

## Jr. Lifeguard & Swim Camp

11 - 15 years

**Location:** Antelope Aquatic Complex

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

6402.200 7/6 - 7/10

6402.201 7/20 - 7/24

Participants will be introduced to the skills needed for entry into American Red Cross Lifeguarding course. Participants will also learn from actual lifeguards during Public Swim about what it means to be a lifeguard. The camp will include structured training in the morning followed by access to the pool for free swim time during public swim. *Snack and t-shirt included. Bring swim attire, towel and lunch.*

## Bowl & Swim Camp

8 - 15 years

**Location:** Fireside Lanes/ Rusch Pool

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

2355.201 6/22 - 6/26

2355.202 7/6 - 7/10

2355.203 7/20 - 7/24

2355.204 8/3 - 8/7

This combo camp is guaranteed to be a great time. Take your bowling skills to the next level each morning with instruction from USBC Certified Coaches and in the afternoon improving your swimming and playing at the pool, t-shirt included. *Bowling includes shoes and bowling ball rental and lunch; swimming includes safety lesson, pool entrance & snack.*

## Youth Adventure Camps

See Page 11

# Camps & Classes



## Skatetown Ice Arena

Location: 1009 Orlando Ave, Roseville

### Skatetown Summer Camp

6 - 12 years

Fee: **\$295**

Mon - Fri **8:30am - 5:30pm**

Bring your lunch or buy from the Café.

#### Camp Cool

Daily beginner group skating lesson.

Ride ice GoKarts and Segways, play Monster Basketball, limbo, hockey, broomball and other games. Off-ice games and activities.

Every participant receives a Camp Cool shirt. Rental skates are provided.

*No skating experience needed.*

2746.201	6/8 - 6/12
2746.202	6/15 - 6/19
2746.203	6/22 - 6/26
2746.204	6/29 - 7/3
2746.205	7/6 - 7/10
2746.206	7/13 - 7/17
2746.207	7/20 - 7/24
2746.208	7/27 - 7/31
2446.209	8/3 - 8/7



### Ongoing Classes:

Please arrive 45 minutes prior to class time on the first day. Makeup classes not available.

#### Beginner Ice Hockey

6 - 12 years

This introductory class is designed to teach basic hockey skills. Includes free hockey jersey, use of rental skates, helmet, gloves, stick and one 75 minute class each week. Must know how to ice skate.

Fee: **\$85, 4 weeks**

Sun **11:00am - 12:15pm**

2744.201 3/29 - 4/26\*

2744.202 6/7 - 6/28

2744.203 8/2 - 8/23

\*No class 4/12

#### Beginner Ice Skating

6 - 12 years

Learn forward and backward skating, swizzles, one-foot glides, a two-foot spin and more. Includes 4 free skate rental passes.

Fee: **\$80, 4 weeks**

Wed **5:45 - 6:15pm**

2745.201 4/22 - 5/13

2745.202 5/20 - 6/10

2745.203 6/17 - 7/8

2745.204 7/22 - 8/12

2745.205 8/19 - 9/9

2745.206 9/16 - 10/7

### Skyhawks Camps

Location: **Rusch Park Diamond 3**

Fee: **\$109**

#### Mini-Hawk

4 - 6 years

**Soccer, Baseball and Basketball**

This Multi-Sport program was designed to give kids a positive first step into Soccer, Baseball, Basketball. All participants receive a t-shirt, ball and merit award.

Mon - Fri **7/6 - 7/10**

8820.219 9:00am - 12:00pm



#### Multi-Sport

7 - 12 years

**Kickball, Dodgeball, Ultimate Frisbee and Capture the Flag**

Each day your young athlete will play variations of Kickball, Dodgeball, Ultimate Frisbee and Capture the Flag. All participants receive a t-shirt and merit award.

Mon - Fri **7/6 - 7/10**

8820.215 9:00am - 12:00pm





# Summer Basketball



## 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 visit [SunriseParks.com](http://SunriseParks.com) for a volunteer application.

## All-In Youth Summer Basketball Camp

8 - 13 years, Boys & Girls

Summer is a great time to strengthen skills or develop a love for the game! Campers will learn basketball fundamentals from one-on-one training, position coaching, hands on demonstrations, skill competitions, fun games, and more! Participants will be grouped by skill and age.

**Location:** Antelope Crossing Middle School

**Fee:** \$50

**Mon - Thur** 6:00 - 7:30pm  
8227.200 7/6 - 7/9

## Titan Summer Basketball Camp

12 - 14 years, Boys and Girls

A fun-filled development camp to motivate, instruct and inspire kids. Campers will improve their fundamental skills and enhance their love of basketball. This camp is a must for those who are thinking about trying out for their school's team.

**Location:** Antelope Crossing Middle School Gym

**Fee:** \$45

**Mon - Thur** 6:00 - 7:15pm  
8126.203 6/15 - 6/18

## "Hoop It Up" Basketball Camp

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:** Antelope Crossing Middle School Gym

**Fee:** \$45

**Mon - Thur** 6:00 - 7:15pm  
8126.200 6/8 - 6/11

## Basketball Training with Michael Shaw

10 - 18 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](http://mdsshawventures.com)

**Location:** Antelope Crossing

**Fee:** \$45, 3 weeks

**Sat** 9:00 - 10:00am

8227.111 5/2 - 5/16

8227.112 5/30 - 6/20\*

\*No class 6/13

## Basketball Rocks Pee Wee Clinics

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:** \$45, 4 weeks

**Sat** 5/9 - 6/6\*

8811.201 10:00 - 11:00am

\*No class 5/23

## 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 Auditorium

**Fee:** \$45, 4 weeks

**Sat** 5/9 - 6/6\*

**6 - 7 years**

8811.202 11:15am - 12:15pm

**8 - 9 years**

8811.200 12:30 - 1:30pm

\*No class 5/23



## Titan Volleyball Camp

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:** Antelope Crossing Middle School Gym

**Fee:** \$45

**Mon - Thur** 9:00 - 10:30am

8620.231 6/15 - 6/18

## 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](http://SacramentoTennis.net). SCTA is a United States Tennis Association member organization and a nonprofit based in the Greater Sacramento area.



## Join the Sunrise 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 areas.

**Volunteers:** If you are not looking for employment, but want to give back to your community, SRPD loves volunteers. We are looking for volunteer coaches for basketball and soccer, as well as individuals to help at District events and host at Rusch Home and Gardens.

## FREE Junior Pickleball Clinics

9 - 16 years, Boys & Girls

There is a good chance your child has played pickleball in P.E. at a school. The problem is most schools do not use the proper equipment so it is likely your child has not had the full pickleball experience! Come out to Rusch Park's beautiful pickleball courts and enroll your child in this fun and FREE clinic! Students will learn the rules, scoring and etiquette, the proper techniques for the serve, return of serve, dinks, volleys, overheads and lobs. We guarantee your child will have a blast and leave with a better understanding of the game!

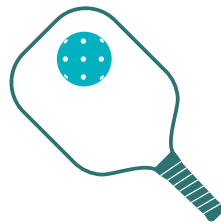
**Location:** Rusch Park Pickleball Courts

**Fee:** FREE

**Sat** 9:30 - 10:30am

8227 4/18

8227 6/20



# Youth Sports Organizations

For additional contact information visit [sunriseparks.com](http://sunriseparks.com)

Citrus Heights Little League	<a href="http://citrusheightsLL.com">citrusheightsLL.com</a>
Foothill Farms Little League	(916) 784-3355
Northridge Little League	(916) 225-8712
Sunrise Little League	<a href="http://sunriselittleleague.com">sunriselittleleague.com</a>
Antelope A.Y.S.O.	(916) 491-2529
Citrus Heights Soccer Club	<a href="http://chsoccer.org">chsoccer.org</a>
Sunrise Soccer Club	(916) 304-6253
North Highlands/Antelope Youth Soccer Club	<a href="http://NHAYSC.com">NHAYSC.com</a>
Sacramento Community Tennis Assoc. (SCTA)	<a href="http://sacramentotennis.net">sacramentotennis.net</a>
Challenge Sports	(916) 554-0889
Sports for youth with special needs	<a href="http://challengesports.com">challengesports.com</a>



## 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:** \$45

**Sat 5:00 - 6:00pm**

8244.315 6/6 - 6/27

**Sat 5:00 - 6:00pm**

8244.316 7/11 - 8/1

## 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:** \$55

**Sat 6:00 - 7:30pm**

8244.317 6/6 - 6/27

**Sat 6:00 - 7:30pm**

8244.318 7/11 - 8/1

## 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:** \$45, 4 weeks

**3 - 5 years**

**Fri 5:30 - 6:30pm**

8244.309 6/26 - 7/24\*

8244.310 8/7 - 8/28

**6 - 10 years**

**Fri 6:30 - 7:30pm**

8244.311 6/26 - 7/24\*

8244.312 8/7 - 8/28

\*No Class 7/3



## 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:** Rusch Park Diamond 3

**Fee:** \$110

*Fee increases to \$115 after 8/1/20*

**Season Dates:** 9/12 - 11/7

8810.312 6 - 8 years

8810.313 9 - 11 years

8810.314 12 - 14 years

## Summer Flag Football Camp

4 - 14 years, Boys & Girls

Young athletes will learn the fundamentals of football, team work and the rewards of competition. Players will also get the opportunity to build friendships with NFL Flag Football League coaches.

**Location:** Tempo Park

**Fee:** \$50

**Sat 9:00am - 12:00pm**

8243.231 6/6 - 6/20



## Pre-Season Middle School Volleyball Clinic

Grades 6 - 8, Boys & Girls

This 5-day clinic will make you a better volleyball player. Perfect for players in preparation of their upcoming league play, this program is designed to strengthen their volleyball skills and knowledge. Come out and participate in skill building exercises led by seasoned volleyball Coach, Jana Girth.

**Location:** Rusch Park Gym

**Fee:** \$35

**Mon - Fri 5:30 - 6:30pm**

8244.320 7/27 - 7/31



## 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:** Rusch Park Diamond #3  
**Fee:** FREE!  
**Registration Dates:** 4/1 - 5/31  
**Program Dates:** 6/13 - 8/8  
**Register on our website:** [gojrgiants.org](http://gojrgiants.org)

Mandatory Player Meet & Greet: June 4-5			
10 - 13 years	6/4	Thur	6:30 - 7:30pm
5 - 6 years	6/5	Fri	5:30 - 6:30pm
7 - 9 years	6/5	Fri	6:30 - 7:30pm

\*No games on 7/4

## Just4Kicks Soccer



Introduce your child to the game of soccer in our fun and enthusiastic classes. Skills will be taught in a nurturing environment with emphasis on sportsmanship, effort, learning and fun! For class descriptions please go to [sunriseparks.com](http://sunriseparks.com).

### Spring

**Location:** Foothill Park  
**Sat** 3/28 - 5/30

Class	Ages	Code	Time	Fee
Pre K Soccer	3.5 - 5	8250.100	9:00 - 9:30am	\$85
K Soccer	4 - 5	8250.101	9:30 - 10:05am	\$85
K-1 Soccer	5 - 6	8250.102	10:05 - 10:50am	\$85
Soccer 2-6	7 - 12	8250.103	10:50 - 11:50am	\$85

\*No class 4/11, 5/23

### Fall

**Location:** Foothill Park  
**Sat** 9/12 - 10/31

Class	Ages	Code	Time	Fee
Pre K Soccer	3.5 - 5	8250.200	9:00 - 9:30am	\$85
K Soccer	4 - 5	8250.201	9:30 - 10:05am	\$85
K-1 Soccer	5 - 6	8250.202	10:05 - 10:50am	\$85
Soccer 2-6	7 - 12	8250.203	10:50 - 11:50am	\$85

### 7th Annual

## Sunrise Scooter Competition

SRPD and Trinity Pro Scooters are proud to partner up for this 7th Annual Freestyle Scooter Competition! We will offer Beginner, Amateur and Pro Divisions. Come out and put on your best run in one minute to impress the judges!

**Location:** Rusch Skate Park  
**Date:** July 25

Check in Time: 7:45am

Competition Starts: 8:45am

Entry Fee: \$20 before event  
 \$25 day of event

For more information, contact Jake at (916) 725-6287.



**Citrus Heights  
 PAL 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](http://citrusheightspal.com)



# Public Swim

## Antelope Aquatic Complex

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

**Pool Hours:**

Sat & Sun May 23 - September 6 1:00 - 5:00pm  
 Mon - Fri June 1 - July 31 1:00 - 4:30pm  
 Memorial Day (5/25) & Labor Day (9/7) 1:00 - 5:00pm

Daily Fees Tots (2 and under) FREE  
 Youth/Adult (3+ years) \$5

Features: play feature, slides, recreation pool, deep pool

## Rusch Park Pool

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

**Pool Hours:**

Sat & Sun May 23 - August 16 1:00 - 5:00pm  
 Tue - Fri June 9 - August 14 1:00 - 3:30pm  
 Memorial Day (5/25) 1:00 - 5:00pm

- Special hours (2:30 - 5:00pm) on June 13
- No public swim on Mondays (except Memorial Day 5/25)
- Pool closed on Sat, July 13

Daily Fees: Tots (2 and under) FREE  
 Youth/Adult (3+ years) \$4

Features: 0-depth entry, diving boards, spray feature

### 2020 Sunrise Swim Pass: \$45 Individual – \$140 Family of Four

All Ages • All Pools • Includes Public Swim and Lap Swim  
 Available at both pools, cashier booths and the Rusch Park District Office

\*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.

## Private Pool Rentals

POOL LOCATION	Type of Rental	Hours	2020 Fees	Additional Hour	Additional Participants
RUSCH PARK POOL	<b>Both Pools</b> Up to 150 Participants	<b>Fri / Sat / Sun</b> 5:30 - 8:30pm	<b>\$370</b> 2 hour rental	<b>\$185</b>	\$45/hr extra up to 250 participants
ANTELOPE COMMUNITY ROOM* <i>(During Public Swim Only)</i>	<b>6 tables / 25 chairs</b>	<b>Mon - Fri</b> 1:00 - 4:00pm <b>Sat - Sun</b> 12:45 - 2:45pm 3:00 - 5:00pm	<b>\$175</b> Includes 2 hour room rental and 25 entries to pool.		\$60 extra to rent during private rental
ANTELOPE AQUATIC COMPLEX	<b>Play Park Pool Only</b> Up to 80 Participants	<b>Weekends Only</b> 9:30am - 12:30pm 5:30 - 8:30pm	<b>\$410</b> 2 hour rental	<b>\$205</b>	\$45/hr extra Up to 200 participants
ANTELOPE AQUATIC COMPLEX	<b>Slides &amp; Play Park Pool</b> Up to 100 Participants		<b>\$510</b> 2 hour rental	<b>\$255</b>	\$45/hr extra Up to 200 participants
ANTELOPE AQUATIC COMPLEX	<b>All 3 Pools</b> Up to 150 Participants		<b>\$620</b> 2 hour rental	<b>\$310</b>	\$90/hr extra Up to 600 participants

All rentals are subject to a \$75 deposit • All prices subject to change • Please call main office for up-to-date availability at (916) 725-1585.

# Swim Team

## Sharks Team Registration at Rusch Pool

Returning Swimmer & Polar Plunge: March 15, 1:00pm

New Swimmer Tryouts: April 2, 6:00 - 8:00pm

\*Bring 2 checks and a copy of swimmer's birth certificate.

## 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! Check out the Sunrise Sharks website at [sunrisesharks.com](http://sunrisesharks.com).



Families are required to fund raise and volunteer.

Swim Meets will be held on Saturday's in June & July.

### Pre-requisites:

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

Location: Rusch Pool  
 6301.201 \$220 per child\*  
 \$200 per addt'l sibling

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

### Spring Practice Schedule

April 13 - May 28

6 & under/7 - 8	Mon - Thur	6:00 - 6:45pm
9 - 10/11 - 12	Mon - Thur	6:45 - 7:45pm
13 - 14/15 - 18	Mon - Thur	7:45 - 9:00pm

### Summer Practice Schedule

*Morning practice begins June 8*

June 1 - July 23\*

All Ages	M/W/F	8:00 - 9:00am
All Ages	M/W/F	9:00 - 9:45am
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 - 9:30pm

\*No practice 7/2, 7/3, 7/10

## Competitive Stroke Clinic

4 - 18 years

Participants will learn the butterfly, backstroke, breaststroke and freestyle drills geared toward creating an efficient, fluent stroke. Coaches will also discuss principles of streamline, body position in the water, kicking techniques, starts and turns. 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: \$55

4 - 6 years (new team members)

Tue/Wed/Thur 6:00 - 6:30pm

6104.100 3/17 - 4/2

7 - 10 years

Tue/Wed/Thur 6:30 - 7:15pm

6104.101 3/17 - 4/2

11 - 18 years

Tue/Wed/Thur 7:15 - 8:00pm

6104.102 3/17 - 4/2

## Sharks Fall Swim Team

7 - 18 years

Focus will be on stroke refinement, as well as endurance training. Practices held four days a week with optional weekend meets approximately once a month. Membership with USA Swimming is only needed for swimmers who choose to compete in meets.

**Pre-requisite: Students must have completed at least one full season of a summer recreational team with the ability to swim all four strokes.**

Location: Antelope Aquatic Complex

Fee: \$280 per child  
\$260 addt'l sibling

7 - 10 years

Mon - Thur 7:05 - 8:20pm

6301.301 8/31 - 11/19\*

11 - 18 years

Mon - Thur 7:05 - 8:20pm

6301.302 8/31 - 11/19\*

If you plan to attend any of the meets, you must register with USA Swimming after September 1st (which requires an additional fee, but will cover you through two fall swim seasons).

\*No practice 9/7, 11/11

## Sunrise Swans Synchronized Swim Team

6 - 18 years



Synchronized swimming combines rhythmic swimming and gymnastics. No experience necessary, but participants must be able to swim 25 yards independently.

**Spring Clinics start in April**  
**Summer Team: May - July**

For Sunrise Swans information and registration, visit [sunriseswans.org](http://sunriseswans.org) or e-mail [swanssynchro@gmail.com](mailto:swanssynchro@gmail.com).

## Swim Lesson Tips

- ARRIVE A FEW MINUTES EARLY
- HAVE SWIM SUIT, TOWEL, SUNSCREEN, SWIM DIAPERS AND/OR GOGGLES
- IF YOUR SCHEDULE CHANGES, SRPD REQUIRES 72 HOURS NOTICE TO TRANSFER/CREDIT YOUR ACCOUNT

## 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 discounted lessons are ONLY available to Rusch Park Preschool participants! See page 11 for Preschool information. Register at District Office.

**Days:** Mon/Wed or Tue/Thu  
**Group Session:** \$30 per 4-class session

**Location:** Rusch Pool  
 12:15 - 12:45pm

Session 1	Not Available
Session 2	June 15 - 25
Session 3	June 29 - July 9
Session 4	July 13 - 23

## Private Instruction

3 years - Adult

One-on-one instruction is offered to meet student's swimming goals. Private lessons are \$84 for a 4-day session and are generally held Mon - Thur each week during the summer lesson sessions.

# Swim Lesson 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 back stroke, 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 special needs who are ready to work in a group setting, but may need extra attention. Our teachers have experience teaching children with Autism, physical challenges, and other special needs.

# Spring Swim Lessons

Classes meet Mon - Fri for 30 minute lessons  
 Group: \$35 per 5-class session



## Rusch Pool:

**Start times: 4:30, 5:00, 5:30pm**

6131	Session 1	April 27 - May 1
6132	Session 2	May 4 - 8

## Antelope Aquatic Complex:

**Start times: 4:30, 5:00, 5:30pm**

6133	Session 3	May 11 - 15
6134	Session 4	May 18 - 22

# Summer Swim Lessons

## Weekdays, Both Locations

Classes meet Mon - Thur for 30 minute lessons  
 Group: \$60 per 8-class session  
 Private: \$84 per 4-class week

## Rusch Pool

**Morning start times:**

10:15, 10:45, 11:15, 11:45

Session 1	— — —
Session 2	6112 June 15 - 25
Session 3	6113 June 29 - July 9
Session 4	6114 July 13 - 23
Session 5	6115 July 27 - Aug 6

**Afternoon start times:**

3:55, 4:25, 4:55, 5:25, 5:55

6121	June 1 - 11
6122	June 15 - 25
6123	June 29 - July 9
6124	July 13 - 23
6125	July 27 - Aug 6

## Antelope Aquatic Complex

**Morning start times:**

10:15, 10:45, 11:15, 11:45

Session 1	6171 June 1 - 11
Session 2	6172 June 15 - 25
Session 3	6173 June 29 - July 9
Session 4	6174 July 13 - 23
Session 5	— — —

**Afternoon start times:**

4:45, 5:15, 5:45, 6:15, 6:45

6181	June 1 - 11
6182	June 15 - 25
6183	June 29 - July 9
6184	July 13 - 23
6185	July 27 - Aug 6

**See all class schedules at [SunriseParks.com](http://SunriseParks.com)**

- Registration also available at District Office
- Registration at Antelope Aquatic Complex during the first and last day of each session
- Register online at [sunriseparks.com](http://sunriseparks.com)

**Fall Lesson Registration begins July 1**

## Fall Swim Lessons

Classes meet Tue/Wed/Thur for 30 minute lessons  
 Group: \$45 per 6-class session

## Rusch Pool

**Start times: 5:00, 5:30, 6:00pm**

Session 1	6127	August 11 - 20
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# Red Cross Classes



**American  
Red Cross**

## Lifeguard Training 15+ years

This American Red Cross course is a combination of Lifeguard Training, CPR for the Professional Rescuer with AED, O2, and First Aid for Public Safety Personnel (Title 22). This complete course provides all certifications necessary to obtain employment as a Lifeguard in the State of California.

**Fee: \$225 (includes Pocket Mask)**

### Pre-requisites:

- 15 years of age, verification needs to be provided at first class meeting.
- Swim 300 yards continuously with front crawl and breaststroke.
- 20 yard timed swim and brick retrieval from 7-10 feet of water.
- Tread water for 2 minutes without hands.

### Antelope Aquatic Complex

**Session 1 6501.101**

**Sat & Sun 3/21 - 3/29**  
8:30am - 6:00pm

**Session 3 6501.103**

**Wed - Sat 4/8 - 4/11**  
8:30am - 6:00pm

### Rusch Pool

**Session 2 6501.102**

**Sat - Tue 4/4 - 4/7**  
8:30am - 6:00pm

**Session 4 6501.104**

**Sat & Sun 4/25 - 5/3**  
8:30am - 6:00pm

**Successful completion of any of these classes does not guarantee a position with Sunrise.**

## 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.

### Pre-requisites:

- Have 2 years of lifeguarding experience
- Current American Red Cross Lifeguard Training Certification
- Pass all skills to the ARC standard
- Attend all classes and complete online course work
- Once enrolled in the class, please email [csmith@sunriseparks.com](mailto:csmith@sunriseparks.com)

**Location: Antelope Aquatic Complex**

**Fee: \$275**

**Sun 8:30am - 5:30pm**

6505.201 3/1, 3/8, 3/15

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

## American Red Cross Water Safety Instructor Course

**16+ years**

Designed to train individuals to teach infant, child and adult courses from the American Red Cross Swimming and Water Safety program.

### Pre-requisites:

- 16 years of age, verification needed
- Participants must bring a swim suit and towel to first class
- Students must attend all classes
- Students must demonstrate proficiency in all strokes by the end of course to receive WSI Certification
- Once enrolled in the class, please e-mail [csmith@sunriseparks.com](mailto:csmith@sunriseparks.com) for pre-course work information

**Location: Rusch Pool**

**Fee: \$235**

**Wed - Fri 8:30am - 5:30pm**

6505.100 4/8 - 4/10

6505.101 6/26 - 6/28

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

## CPR for the Professional Rescuer with AED, O2, and First Aid

**14+ years**

This American Red Cross class includes training in CPR-FPR, AED, Oxygen, and Basic First Aid. Participants who successfully complete this course will receive a 2-year certification in all components.

**Location: Tupelo Fire Station**

**Fee: \$90 (includes pocket mask)**

**Sat 9:00am - 6:30pm**

4844.210 4/25

## Basic Water Rescue

**13+ years**

**For Parents/Foster Parents/Child Care Providers**

This American Red Cross class teaches the information and skills necessary to prevent, recognize, and respond to aquatic emergencies. Bring a swim suit and towel to class.

**Location: Rusch Pool**

**Fee: \$60**

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

6513.103 7/6

## Adult & Pediatric First Aid/ CPR/AED

**13+ years**

This course teaches students 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: \$85**

**Sat 9:00am - 5:00pm**

4640.101 4/18

4640.102 6/6

## Aqua-Cise

Designed for individuals of all fitness levels, from novice, new to exercise to the exercise veterans who want to add fun and variety to spice up an existing fitness program. Aqua-Cise has something for everybody.

**Location:** Rusch Pool  
**Fee:** \$65  
**Tue/Thur** 6:30 - 7:30pm  
 6702.201 7/28 - 8/20

## 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:** Antelope Aquatic Complex  
**Fee:** Drop in: \$5  
 Swim Pass: \$45  
**Mon - Thur** 10:30am - 12:00pm  
 6/1 - 7/23

## 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:** \$100  
**Tue/Wed/Thur** 4:30 - 5:30pm  
 6321.203 8/4 - 8/20

# Summer Jobs Join Our Aquatics Staff

Swim Instructor • Lifeguard • Cashier • Swim Coach • Pool Management

## Steps to becoming a Sunrise Lifeguard / Swim Instructor / Swim Coach

### 1) Submit District application Now - May 1

- Passing an American Red Cross Lifeguard Training Course
- If you would like to learn more about what you need to pass the class check out sunrise.parks.com.

### 2) Attend one of our Tryout/ Hire Dates at Rusch Pool

- Saturday April 18 from 9:00am - 12:00pm
- Monday May 4 from 4:30 - 7:30pm
- Things to bring to the tryout: towel, something to take notes, a positive attitude



## Steps to becoming a Sunrise Cashier

### Submit District application Now - April 1

- Passing an American Red Cross CPR for Professional Rescuer, Administering Emergency Oxygen and First Aid course, see page 26
- Attending our Interview/Math Assessment at Rusch Park, Room #4
- Thursday April 2 from 4:00 - 7:00pm

All 2020 Aquatics Staff that are hired must attend the mandatory Training day on Saturday May 16th at Antelope Aquatic Complex, 7990 Palmerson Drive, Antelope from 9:00am – 4:00pm. For any questions about the summer Aquatics job opportunities, please contact Colin Smith at [csmith@sunriseparks.com](mailto:csmith@sunriseparks.com).

SUNRISE RECREATION AND PARK DISTRICT IS EXCITED TO HOST THE 2020 CALIFORNIA MERMAID CONVENTION AT RUSCH PARK/POOL ON JULY 10 & 11. FOR INFORMATION VISIT [CALIFORNIAMERMAIDCON.COM](http://CALIFORNIAMERMAIDCON.COM)

# Foothill Golf Course



Hours: 7:30am - Closing time various

Rates: (Adults) Mon - Fri \$11.00  
Weekends & Holidays \$12.00  
Replay \$6.00

(Juniors) \$8.00 /  
Junior w/Youth on Course Card \$2  
First Round, each additional

Address: 7000 Verner Ave.  
Citrus Heights, CA 95621

**All Ages Welcome!**

*(Kids under 10 must be accompanied by an adult)*



**Feeling a bit rusty?** Our dedicated practice areas and putting green are the perfect place to test or improve your short game.

**No clubs?** Don't worry, we have plenty for you to borrow.

**Questions? Give us a call at (916) 725-3399 or visit [foothillgolfcourse.com](http://foothillgolfcourse.com)**



## All Season's Lunch Café

Looking for a new social gathering? Come join us for coffee, lunch and conversation! Adults who are 60 years of age or better can enjoy a friendly atmosphere at the Rusch Park Community Center located at 7801 Auburn Blvd., Citrus Heights, CA.

**Café hours: 9:00am - 12:00pm, Mon - Fri**

**Lunch service begins at 11:30am.**

**Reservations are recommended.**

**To make a lunch reservation, please call (916) 801-7019.**

**Home Delivered Meals provided by  
Meals on Wheels by ACC**

For seniors who are home bound, home delivered meals may be available. There is a suggested donation of \$2.00 per meal but it is not required. No person is denied. For more information, please call (916) 444-9533.



# Martial Arts Fitness

**Location:** Extreme Martial Arts Center  
7753 Roseville Road, Suite E  
**Phone:** (916) 726-5425

**Punch Card: \$64**  
**(4420.200)**

Can be used for any class at Extreme Martial Arts Center. Mix it up and try something new! Good for 2 months from your first class.



## Adult Jiu Jitsu

17+ years

**Fee:** \$69 (one time additional \$15 fee for t-shirt.)

Learn basic take down, joint locks and submissions in a live and interactive environment with a fun atmosphere!

<b>Tue/Thur</b>	<b>7:30 - 8:30pm</b>
4425.201	4/7 - 4/30
4425.202	5/5 - 5/28
4425.203	6/2 - 6/30
4425.204	7/2 - 7/30
4425.205	8/4 - 8/27
4425.206	9/1 - 9/29

## Women's Self Defense Workshop

14+ years

**Fee:** \$29

This course will prepare you physically and mentally to make use of the many tools you have at your disposal to protect yourself and loved ones. Come prepared with a positive attitude to succeed.

<b>Sat</b>	<b>11:00am - 1:00pm</b>
4420.210	5/9

## Tai Chi/Qi Gong

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, Extreme Martial Arts Center teaches techniques that can be applied to health and healing, as well as martial arts! In our class you practice basic warm ups and short forms that will increase strength, flexibility, balance circulation and focus! Calm the mind and release the tensions of our modern day lifestyles!

## Adult Tai Chi/ Qi-Gong

17+ years

**Fee:** \$59 (one-time additional \$15 for t-shirt)

<b>Mon/Wed</b>	<b>6:00 - 6:45pm</b>
4423.201	4/6 - 4/29
4423.202	5/4 - 5/27*
4423.203	6/1 - 6/29
4423.204	7/6 - 7/29
4423.205	8/3 - 8/31
4423.206	9/2 - 9/30*

## Older Adult Tai Chi/ Qi-Gong

40+ years

**Fee:** \$59 (one-time additional \$15 for t-shirt)

<b>Mon/Wed</b>	<b>11:00 - 11:45am</b>
4424.201	4/6 - 4/29
4424.202	5/4 - 5/27*
4424.203	6/1 - 6/29
4424.204	7/6 - 7/29
4424.205	8/3 - 8/31
4424.206	9/2 - 9/30*

## Adult Self Defense

17+ years

**Fee:** \$59 (one-time additional \$15 for t-shirt)

<b>Mon/Wed</b>	<b>6:45 - 7:30pm</b>
4422.201	4/6 - 4/29
4422.202	5/4 - 5/27*
4422.203	6/1 - 6/29
4422.204	7/6 - 7/29
4422.205	8/3 - 8/31
4422.206	9/2 - 9/30*

\*No class 5/25, 9/7

## Extreme Martial Arts Summer Camps

See page 9 for more details.





## Line Dance Class

15+ years

Line dancing has become a favorite activity world-wide and 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.** Learn dance terminology and simple, easy to remember dances. Tennis shoes with dance socks preferred.

**Location:** Rusch Park Community Center

**Fee:** \$32 for a 4-class punch card

**Fri** 12:30 - 2:30pm\*

**Punch Card:** 4127.201

*\*No class 4/17, 5/15, 5/22, June, 7/3*

Ongoing classes year round.

*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.*



## Social Dancing

18+ years

Richard Kowaleski is a very popular dance instructor with unique teaching methods and a delightful sense of humor that puts his students at ease so they can quickly learn while also having fun. 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. Private lessons are available for individuals, couples, or small groups up to six. The total fee is \$60 per hour. For details phone Richard at 916-722-1382.

**Location:** Rusch Park Dance Studio

**Fee:** \$40/single, \$60/couple

**Tue** 1:00 - 2:00pm or 2:00 - 3:00pm

First Day	Last Day	1:00pm Class	2:00pm Class
4/7	4/28	4210.400 Tango	4210.401 Nightclub Two-Step
5/5	5/26	4210.500 Waltz	4210.501 Foxtrot
6/2	6/23	4210.600 East Coast Swing	4210.601 West Coast Swing
7/7	7/28	4210.700 Salsa	4210.701 Cha-cha
8/4	8/25	4210.800 Nightclub Two-Step	4210.801 Hustle
9/1	9/22	4210.900 Waltz	4210.901 Foxtrot



## Yoga Classes

15+ years

**Location:** Crosswoods Community Center

**Fee** \$54

*Punch card for 6 sessions is \$60, valid anytime (4143.200)*

### 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.

**Mon** 9:30 - 11:00am  
 4242.201 3/30 - 5/4  
 4242.202 5/11 - 6/15  
 4242.203 6/22 - 7/27  
 4242.204 8/3 - 8/31 (\$45)

### Stretching & Relaxing Yoga

This is the perfect class for beginning or returning yogis. We 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  
 4241.201 4/1 - 5/6  
 4241.202 5/13 - 6/17  
 4241.203 6/24 - 7/29  
 4241.204 8/5 - 8/26 (\$36)

# Adult Fitness 18+ years

These fitness classes are for adults and mature adults looking to improve strength, endurance, balance, and flexibility. Classes will include chair aerobics, strength training, and breathing exercises. Participants will be given the option of standing aerobics and mat work for the second half of the class. *\*Option to bring small dumbbells for added intensity (ex: 1 lb., 2 lb., 3 lb.) Think small. Please wear fitness appropriate shoes.*

**Location:** Rusch Park Auditorium

## Sit and Fit Beginner

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

**Mon/Wed/Fri 11:00am - 12:00pm**

4501.201	4/1 - 4/29	\$39
4501.202	5/1 - 5/29*	\$33
4501.203	6/1 - 6/29*	\$36
4501.204	7/1 - 7/29*	\$36
4501.205	8/3 - 8/31	\$39
4501.206	9/2 - 9/30*	\$36

*\*No class 5/22, 5/25, 6/12, 7/3, 9/7*

## Power Hour Intermediate

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

**Mon/Wed/Fri 8:15 - 9:15am**

4301.201	4/1 - 4/29	\$39
4301.202	5/1 - 5/29*	\$33
4301.203	6/1 - 6/29*	\$36
4301.204	7/1 - 7/29*	\$36
4301.205	8/3 - 8/31	\$39
4301.206	9/2 - 9/30*	\$36

## 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 9:30 - 10:45am**

4321.201	4/1 - 4/29	\$52
4321.202	5/1 - 5/29*	\$44
4321.203	6/1 - 6/29*	\$48
4321.204	7/1 - 7/29*	\$48
4321.205	8/3 - 8/31	\$52
4321.206	9/2 - 9/30*	\$48

## Beginning Quick Fit

14+ years

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. It is excellent for those with very limited time perhaps due to work schedules, homework or family responsibilities. This class will focus on basic strength and conditioning and again it is only 30 minutes! It is fun, easy and will make you feel so good!

**Punch card for \$60, good for 8 classes anytime within 2 months (4346.210)**

**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 Community Center

**Fee:** \$50

**Tue/Thur 8:00 - 8:30pm**

4346.201	4/2 - 4/28
4346.202	5/5 - 5/28
4346.203	6/2 - 6/25
4346.205	8/4 - 8/27
4346.206	9/8 - 9/24

*\*No class all July*

## Zumba® with Tavier

Zumba® is the class that started a dance-fitness revolution and forever changed the way we look at a workout. It's fun, effective, and best of all, it's made for everyone! This dance-fitness format mixes high-intensity and low-intensity moves for an interval-style, calorie-burning party. Once the Latin and international rhythms take over, you'll see why Zumba® is often called exercise in disguise!

**Location:** Crosswoods Community Center

**Fee:** \$8 drop-in fee  
*or reduced rate with punch card purchase (variable)*

**Mon 7:00 - 8:00pm**

**All payments/registrations go through class instructor at activity site.**



Jazzercise is a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our classes — Dance Mixx, Interval, Fusion, Core, Strike, and Strength — will leave you breathless, toned and coming back for more. Start working it...with Jazzercise.

**Suitable for most fitness levels, Classes are on-going, join at anytime.**

- Register anytime at your first class
- Unlimited monthly class pass: \$48/EFT withdrawal
- 10 class pass \$120
- One class \$15
- Please note: All class pass options are accepted at other locations, please call for details.

**Location:** Rusch Park Community Center

**Tue/Thur/Sun 9:30 - 10:30am**

**Tue/Thur 6:00 - 7:00pm**

For more information please contact (916) 410-8651 or [aileen.jazzercise@yahoo.com](mailto:aileen.jazzercise@yahoo.com).

## Table Tennis

Open for all ages and skill levels. Play on world class tournament quality tables: singles, doubles, friendly matches, challenge matches, practice or training. Table tennis provides participants with great exercise, both physically and mentally, in a friendly and safe environment. **Please bring your own paddle, and wear attire suitable for sports activities. Participants sign in and pay at the door.**



**Location:** Rusch Park Auditorium

**Fee:** \$6 Adult,  
\$4 Junior (under 18)

**Open Play:** 7:30 - 10:00pm

**Tue** Year-round

## Antelope Community Tennis Association

ACTA provides year-round adult tennis leagues, tournaments, and social mixers at the Antelope Tennis Center, 7900 Falcon View Drive, 95843.



**Adults of all abilities are welcome, especially those new to tennis.** Participants are grouped with players of like ability. New tennis leagues start every 8 weeks.

**For a schedule of ACTA programs and to become an ACTA member, go to AntelopeTennis.com.**

*ACTA is a United States Tennis Association member organization and a nonprofit based in the Antelope Community of Sacramento County, California.*

## 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. **FREE. All Walks start at 9:15 am and we meet at the Parking lot associated with the park.**

4/15	Rusch Park (Meet @ District Office)	7801 Auburn Blvd., Citrus Heights
4/29	Tempo Park	13125 Fair Oaks Blvd., Citrus Heights
5/13	Arcade Creek Park Preserve	6377 Bonham Circle, Citrus Heights
5/27	Van Maren Park	6601 Thalia Way, Citrus Heights
6/10	Firestone Park	5415 Poker Lane, Antelope
6/24	Lone Oak Park (meet at back lot)	3420 Esterbrook Way, Antelope
7/8	Tetotom Park	5127 Heartland Drive, Antelope
7/22	Tempo Park	13125 Fair Oaks Blvd., Citrus Heights
8/5	Westwood Park	8100 Butternut Dr., Citrus Heights
8/19	Antelope Community Park	8012 Palmerson Dr., Antelope
9/2	Northwoods Park (new playground)	8236 Old Ranch Rd., Citrus Heights
9/16	Cabana Park (new park)	6251 Fremont Circle, Sacramento
9/30	Brooktree Park	6800 Dunmore Ave, Citrus Heights

**For more Wednesday meet-up spots or rain-out questions, contact Colin at [csmith@sunriseparks.com](mailto:csmith@sunriseparks.com)**



## 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.**

**Fee:** Free

**Mon** 6:00 - 8:00pm  
8310.120 Year-round

# 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](http://teamsideline.com/sunrise) to see current league schedules and game results. Sign up as a free agent (by yourself), with a group of friends, or sign up as a whole team. For more information, please contact Todd at (916) 725-0186, Jake at (916) 725-6287 or Josh at (916) 725-8843.

For more information, see our [2020/21 Adult Sports Calendar at SunriseParks.com](http://2020/21 Adult Sports Calendar at SunriseParks.com)



## Open Gym Volleyball

This program gives adults a chance to stay in shape and play volleyball on a weekly basis. Players pay at the door, sign in and pay upon arrival.

**Location:** Rusch Park Auditorium  
**Days:** Mon  
**Time:** 6:30 - 9:30pm  
**Fee:** \$5 at the door

## 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 [ruschantelopeleagues.com](http://ruschantelopeleagues.com) or [teamsideline.com/gssa](http://teamsideline.com/gssa).

## Open Gym Basketball

18+ years

This program gives adults a chance to stay in shape and play basketball once a week. Players pay at the door, sign in and pay upon arrival.

**Location:** Antelope Crossing Middle School  
**Days:** Thur  
**Time:** 7:00 - 9:00pm  
**Fee:** \$5 at the door

## Wednesday Basketball League

18+ years

This League is 8 weeks of play every Wednesday at Rusch Park Community Center. League winners will receive championship t-shirts or a discount for next season.

**Location:** Rusch Park Auditorium  
**Days:** Wed  
**Times:** Games start at 6:30pm  
**Levels:** C - 1 (Int.) and C - 2 (Lower-Int.)  
**Fee:** \$470/team

## 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. League winners receive championship t-shirts or a discount for next season.

**Location:** Rusch Park Auditorium  
**Days:** Sun  
**Times:** Most early games begin at 1:00pm. Most late games end by 9:30pm.  
**Levels:** C - 1 (Int.) and C - 2 (Lower-Int.)  
**Fee:** \$470/team

[sunriseparks.com](http://sunriseparks.com)

Please visit [sunriseparks.com](http://sunriseparks.com) for current information and calendar updates for all our programs.



# Sports Leagues continued



## Adult Dodgeball Leagues 6-on-6

18+ years

Dodgeball brings back memories of elementary school at its best! When you think of dodgeball, you may think bruises and pain, but not with our 7 inch foam balls.

A friendly game of dodgeball is just what you and your friends need and a great place to meet new ones.

We provide a safe and fun dodgeball environment for friendly active people to get together and have a good time. The emphasis is on keeping things competitive

but fun and social at the same time. **All leagues are 6 weeks followed by an end of the season tournament.**

**Location:** Antelope Crossing Middle School

**Day:** Tue

**Times:** Games start at 7:00pm

**Levels:** Coed & Men

**Fee:** \$250/Team

## Adult Flag Football Leagues

18+ years

Football is here! Stop playing Armchair quarterback and quench your football thirst by playing in one of our leagues. Whether you come out for the competition or the camaraderie, we're positive you'll have a good time. All teammates are required to have identical jerseys and flags (flags provided).

**For more league details, please visit [sunriseparks.com/adult-sports-programs](http://sunriseparks.com/adult-sports-programs).**

**Location:** Foothill Park

**Day:** Sun

**Times:** Games start at 9:00am

**Levels:** Men: 7-on-7

**Fee:** \$470/Team

For more information contact Jake at (916) 725-6287



## Pickleball Club

### 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 (play up to 3 times as a guest)

**Interested in joining? Visit [sunrisepickleballclub.org](http://sunrisepickleballclub.org)**

Established in 2017, the Sunrise Pickleball Club provides a fun, healthy, recreational activity for over 450 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.



## Adult Beginner Pickleball

Fee: \$60 per session

Students will learn the rules, scoring and etiquette, the proper techniques for the serve, return of serve, dinks, volleys, overheads and lobs. Basic doubles strategy and footwork will also be covered.

4444.550	Tue	March 3 - 24	9:00 - 10:00am
4444.551	M/W	May 4 - 13	12:00 - 1:00pm
4444.125	M/W	July 13 - 22	11:00am - 12:00pm
4444.126	Tue	Sept 1 - 22	8:00 - 9:00am
4444.401	Tue	Oct 6 - 27	8:00 - 9:00am

For more information, contact Jake at (916) 725-6287

## Adult Intermediate Pickleball

Fee: \$60 per session

These classes are for players who can serve and rally consistently but are looking to take their game to the next level. Students will participate in targeted doubles drills designed to improve movement, shot selection, accuracy, power, consistency, the effective use of spin, and the all-important third shot drop.

4444.650	Tue	March 3 - 24	10:00 - 11:00am
4444.652	M/W	June 1 - 10	11:00am - 12:00pm
4444.653	M/W	Aug 3 - 12	11:00am - 12:00pm
4444.128	Tue	Sept 1 - 22	9:00 - 10:00am
4444.129	Tue	Oct 6 - 27	9:00 - 10:00am



## 4th Annual Sunrise Spring Pickleball Smash

This tournament features divisions based on skill and age to give all opponents a chance to participate in competitive matches. USAPA rules apply, this is a USAPA Sanctioned Tournament.



For registration and fees, please go to [pickleballtournaments.com](http://pickleballtournaments.com)

Registration Deadline: Thur, May 2

Location: Rusch Park Pickleball Courts

Women's Doubles	5/15
Men's Singles	5/15
Mixed Doubles	5/16
Men's Doubles	5/17
Women's Singles	5/17



# Sunrise Travel Presentation

## Travel with Colette Vacations

Sunrise Recreation and Park District and Collette Vacations present exciting travel vacations. For more information about these trips contact Colin at (916) 721-0410. Jay Fehan will present information on a variety of upcoming trips. Rates include round trip air and transportation to and from Sacramento Airport.

**Location:** Rusch Park Community Center

**Fee:** FREE

Wed 5/6 1:30 - 2:30pm Rusch Room #1

Wed 7/22 1:30 - 2:30pm Rusch Room #1

## Christmas in the Danube

**December 2, 2020 – 9 Days**

Welcome the winter season with a timeless trip down the Danube River. Highlights include Vienna Opera house, Wachau Valley Christmas Market, and much more. The trip includes 19 meals.

**Rate \$3,999 pp double including air from Sacramento**

**Price valid through June 3, 2020**

## Treasures of Egypt

**February 3, 2021 – 13 Days**

Step back in time and explore thousands of years of history, legend and lore as you view Egypt's timeless wonders. Highlights include Giza, Pyramids, Sphinx, Memphis, 4 Night Nile cruise, and much more. The trip includes 22 meals.

**Rate \$5,299 pp double including air from Sacramento**

**Price valid through August 4, 2020**

## Spotlight on the French Riviera

**March 13, 2021 - 9 Days**

It's time to live the good life and embark on a getaway to the fabulous French Riviera, or Cote d'Azur. With its elegant costal resorts, superb eateries, chic boutiques and captivating museums, it's the ultimate sunny retreat for the elite. The trip includes 11 meals.

**Rate \$3,399 pp double including air from Sacramento**

**Price valid through September 14, 2020**

## Southern Charm

**April 11, 2021 - 7 Days**

Experience warm Southern hospitality in America's southeast. Come to know its rich history and deep traditions on this tour highlighted by stays in Charleston, Savannah and Jekyll Island. The trip includes 19 meals.

**Rate \$2,999 pp double including air from Sacramento**

**Price valid through October 12, 2020**



# Sunrise Travel Presentation

## Day-Trip Adventures

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

Cordova RPD will present information on a variety of Day-Trips at Rusch Park, Room #1.

**Location:** Rusch Park Community Center

**Fee:** FREE

Wed 5/6 2:45 - 3:45pm

Wed 7/22 2:45 - 3:45pm



## California Academy of Sciences

The California Academy of Sciences is a must-see San Francisco museum. Based in beautiful Golden Gate Park, it's the only place on Earth to house an aquarium, planetarium, rainforest, and natural history museum - all under one living roof. Includes Admission and Reserved Seats for the Planetarium Show. Leisurely/ Moderate level of walking involved.

**Registration/Cancellation deadline is February 21.**

**Thursday, March 26, 2020**

**4450.003 Fee: \$95/person**

## Hard Rock Casino – Northern California

Enjoy 4 hours of Vegas-style gaming at one of Northern California's newest casinos! Located in Yuba County, this casino will feature a 14,000 square-foot casino, six restaurants, hotel & pool, and an event center. Casino Bonus of \$20 Free Play and 10% Off Food Coupon is subject to change per the casino. Leisurely/ Minimal amount of walking involved.

**Registration/Cancellation deadline is March 16. Must be 21+.**

**Tuesday, April 14, 2020**

**4450.004 Fee: \$40/person**

## Lighthouses of San Francisco

Not only does the Bay have some of the most interesting lighthouses in the country, it also has the greatest density of them on the West Coast. Join us as we cruise along the coast and learn about the individual histories of these historic lighthouses. Lunch included. Minimal amount of walking involved; however, the boat is not wheelchair accessible.

**Registration/Cancellation deadline is April 24th.**

**Tuesday, May 26, 2020**

**4450.005 Fee: \$132/person**

## Mystery Trip

Are you ready for the adventure of your life? Don't worry about what or where, just bring your appetite and leave the rest to us. Besides, a little mystery never killed anyone. Dinner is included. Minimal amount of walking involved; however, this trip is not wheelchair accessible.

**Registration/Cancellation deadline is May 1.**

**Friday, June 5, 2020**

**4450.006 Fee: \$159/person**

## Alcatraz Island

Step back in time and experience the legendary island that has been a civil war fort, a military prison and one of the most notorious federal penitentiaries in US history. Take a self-guided tour of the infamous former federal prison, which was home to the likes of Al Capone, George "Machine Gun" Kelley, and Robert "The Birdman" Stroud. Lunch included at Pier 39. Strenuous/ Moderate amount of walking involved.

**Registration/Cancellation deadline is June 5.**

**Thursday, July 9, 2020**

**4450.007 Fee: \$118/person**

## Jackson Rancheria

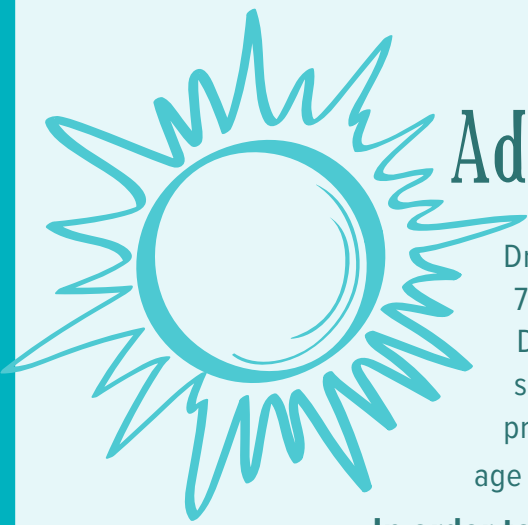
Take a chance at this popular casino featuring over 1,700 machines and 32 Gaming Tables. Includes 4 hours of free time. Casino bonus of \$20 Free Play is subject to change per the casino. Minimal amount of walking involved.

**Registration/Cancellation deadline is August 3. Must be 21+.**

**Tuesday, August 25, 2020**

**4450.008 Fee: \$30/person**





# Adult Membership Programs

Drop by and see us at 7801 Auburn Blvd. 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 \$30 Annual Membership Fee is required. Memberships are based on calendar year.**

## Scrabble

All players welcome, knowledge of the game is helpful. Contact Becky (916) 792-8890.

Location: Rusch Room # 1  
Mon 12:30 - 3:30pm

## Quilting

Join this friendly group of fiber artist who inspire each other. Contact Diane (916) 223-9446.

Location: Rusch Room # 1  
Tue 10:00 - 1:00pm



## Single Deck Pinochle

We are a committed group who enjoy a challenge. New players are welcome. Contact Debra (916) 213-7411.

Location: Rusch Park Sunrise Room  
Tue 12:00 - 3:00pm

## Older Adult Exercise

Exercise and have fun in this program conducted by volunteers. Contact Harold (916) 725-1665.

Location: Crosswoods Community Center  
Tue/Thur 9:00 - 10:00am

## Active Adult Tai Chi

These classes will introduce you to two ancient Chinese forms of exercise (Tai Chi and Qi Gong).

Location: Rusch Dance Studio  
Tue/Thur 10:30 - 12:30pm  
Fri 9:00 - 11:00am

## Bridge

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

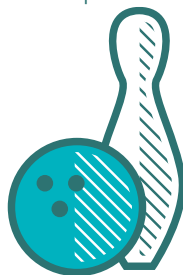
Location: Foothill Community Center  
Tue 10:00 - 1:00pm  
Call Sue (916) 956-8697  
Wed 9:00 - 12:00pm  
Call Gary (916) 780-2878

## Adult Bowling

Participants who have purchased an Annual Membership may bowl Mon-Fri from 9:00am - 12:00pm for a discount.

For more info, call (916) 725-2101.

Location: Steve Cook's Fireside Lanes  
7901 Auburn Blvd



## Ceramics

Ceramics casting and sculpting artists are welcome. Contact Judi (916) 803-8948.

Location: Rusch Park Crafts Building  
Wed 9:00 - 12:00pm



## Hand & Foot

All players welcome, knowledge of the game is helpful. Contact Larry (916) 759-5824

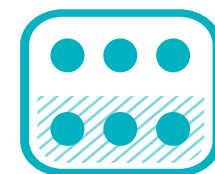
Location: Rusch Park Sunrise Room  
Wed 10:00 - 1:00pm

## Sunrise Tappers

New Members are welcome, basic tap ability needed. Contact Patti (916) 505-3321.

Location: Rusch Dance Studio  
Wed 11:30 - 1:30pm  
Fri 12:00 - 2:00pm

## Dominoes and Mexican Train Dominoes



All players welcome, knowledge of the game is helpful. Contact Larry (916) 759-5824.

Location: Rusch Room # 1  
Fri 12:30 - 3:00pm



## Snowline Educational Lectures

This lecture series is sponsored by Snowline community based non-profit. You must preregister online at [sunriseparks.com](http://sunriseparks.com)

### Advanced Care Planning

80% of Californians think that they should have conversations with their doctors about their care wishes in case of emergency; less than 10% have that conversation. Attend our class and complete your own 5 Wishes and walk away with a completed and legal advance care directive.

**Location:** Rusch Room #1  
**Fee:** \$5 Must pre-register

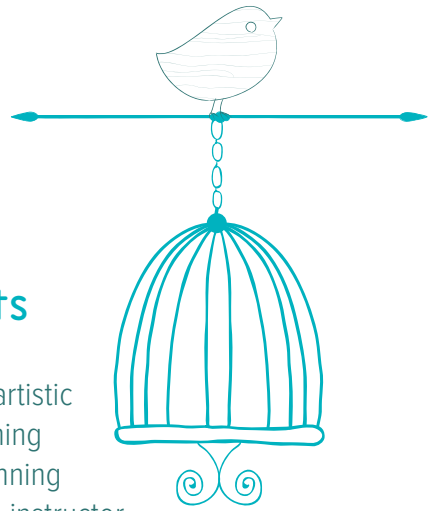
<b>Thur</b>	<b>6:00 - 7:00pm</b>
4444.512	4/2
4444.513	5/14
4444.514	6/18
4444.515	8/6

### Veteran Care EOL

Veterans face unique issues at the end-of-life. Join us while we discuss their needs, and talk about available resources and services.

**Location:** Rusch Room #1  
**Fee:** \$5 Must pre-register

<b>Thur</b>	<b>6:00 - 7:00pm</b>
4444.522	9/17



## Drawing for Adults

50+ years

Learn to draw or expand your artistic skills in these fun and entertaining drawing classes. Open to beginning and experienced students. The instructor will provide a short list of supplies needed for each session.

**Location:** Rusch Park Community Center

**Fee:** \$60, 6 weeks

**Session 1** will focus on the use of graphite pencils. Students will complete an original pencil drawing.

<b>Thur</b>	<b>1:00 - 3:00pm</b>
4444.500	4/2 - 5/14*
4444.501	7/9 - 8/13

**Session 2** students will learn the beauty of colored pencils – how to blend, layer, and create vibrant drawings.

<b>Thur</b>	<b>1:00 - 3:00pm</b>
4444.502	5/21 - 6/25
4444.503	8/20 - 9/24

\*No class 4/9

## Kayaking for 50+

You have not had this kind of fun since you were a kid. We use vary stable, user friendly kayaks, making it easy for anyone to participate. **All equipment provided.** Check [SunriseParks.com](http://SunriseParks.com) for additional dates.

**Location:** Lake Natoma

**Fee:** \$79

4450.201	Wed	4/22	11:00am - 2:00pm
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## Full Moon / Sunset Kayak paddles

We'll glide through basic skills before cutting out quite paths across the water and into the hidden channels. **All equipment provided.** Check [SunriseParks.com](http://SunriseParks.com) for additional dates.

**Location:** Lake Natoma

**Fee:** \$59

4450.301	Mon	5/4	6:00 - 9:00pm
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For more information, call Dan (888) 452-9254.

# Capitol Pops **FREE** Spring Concert

Sat, April 18  
7:00 - 9:00pm  
Rusch Park Auditorium

Sacramento Area Creeks Council Presents  
the 30th Annual

## 2020 Creek Week

Sat, April 18

First we clean!  
9:00am - 12:00pm  
Then we celebrate!  
12:00 - 2:00pm

**Carmichael Park,**  
5750 Grant Ave., Carmichael  
**Volunteer and learn more**  
**at [creekweek.net](http://creekweek.net)**



## CONSERVATION IS ALWAYS IN SEASON

California American Water is invested in the Sacramento region. Our customers are our neighbors, friends and family. We work around the clock to provide clean and affordable water, today and in the future.





# FREE Family Friendly Events!

## MOVIE NIGHTS AT THE PARK

A free event featuring a showing of a family friendly movie.  
Don't forget your lawn chair and blanket. Activities for children.

**Movie: Toy Story 4**

**April 3 @ Pioneer Park**

Event begins at 6:30pm

***Presented by Supervisor Peters***

**Movie: Secret Life of Pets 2**

**April 24 @ Lone Oak Park**

Event begins at 6:30pm

***Presented by Supervisor Frost***

**Movie: Missing Link**

**June 26 @ Firestone Park**

Event begins at 5:00pm

***Antelope Food Truck Movie Night***

**Movie: Sonic Hedgehog**

**Sept 25 @ Tetotom Park**

Event begins at 6:00pm

***Presented by Supervisor Frost***

Sponsored By:



# Scooter Competition

SRPD, and Trinity Scooters are proud to partner up for this 7th Annual Freestyle Scooter Competition! We will offer Beginner, Amateur, and Pro Divisions. Come out and put on your best run to impress the judges! Competition MC: Edgar G.

Sponsored by:



**Date:** Sat, July 25  
**Location:** Rusch Skate Park  
**Check in Time:** 7:45am  
**Competition Starts:** 8:45am  
**Entry Fee:** \$20 before event,  
\$25 day of event

For more information, contact Jake at (916) 725-6287.



## Rusch Park

HOT SUMMER  
MOVIE NIGHT

Date: Sat, August 15  
 Time: 6:00 - 10:30pm  
 Where: Rusch Park  
 Movie: Frozen II

**Family Entertainment!**

Bring a blanket and join the fun with music, classic car show, vendors and food trucks.

**Car Show 3:00 - 7:00pm**

**Movie to begin at approximately 8:30pm**

For more information, please visit our website at [sunriseparks.com](http://sunriseparks.com) or call (916) 725-1585. This special event is being offered through the City of Citrus Heights and the Sunrise Recreation and Park District.

Rusch Pool  
 will be open for  
**FREE Swim**  
 between  
 6:00 - 8:00pm

Sponsored By:



**Sunday**  
**Fun**  
**day!**

## 24th Annual Citrus Heights Event

Free Family Event!

Sun, Sept 27

11:00am - 3:00pm

For more information, call  
 (916) 727-5400 or visit [CitrusHeights.net](http://CitrusHeights.net)



## Tree Planting Days

To help preserve and protect our community for the future, the Sunrise Recreation and Park District will be offering several community tree plantings at our local parks each year. Community groups and individuals are encouraged to get involved and volunteer to help keep our parks beautiful for generations to come.

**Contact the District Office at (916) 725-1585 for more information. Follow us on Facebook, Instagram and Twitter for updates on tree planting and other events.**

## Save The Date Fall Events

Arts and Crafts Fair	November 7
Brunch With Santa	December 6
Capitol Pops Holiday Concert	December 12

Interested in becoming  
a vendor or sponsor?

Visit [sunriseparks.com/events](http://sunriseparks.com/events)

HAVE YOUR NEXT EVENT AT HISTORIC RUSCH HOME.  
Rentals available for weddings, receptions, or banquets.



## RUSCH HOME & GARDENS

**7301 Antelope Road, Citrus Heights**  
(enter off Rosswood/Rusch Drive)

- Historic home and beautiful grounds with garden
- Accommodations vary based on use of facility and grounds
- Parking available in rear

All reservations are made in person at Rusch Park Community Center. 7801 Auburn Blvd., Citrus Heights.

- ◆ Reservations can be made up to one year in advance.
- ◆ Tables and chairs are provided for inside use only.
- ◆ For rental rates, please call (916) 725-1585.

# Park Picnic & Building Rentals

Reserve twelve months in advance for parties, reunions or company picnics!



District Office hours: Mon - Fri, 8:00am - 5:00pm • (916) 725-1585

## 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

## Jump House at the Park?

SRPD Park Rules  
have changed.

Visit [sunriseparks.com/jump-houses](http://sunriseparks.com/jump-houses) for rules and regulations.

## Indoor Facility Rentals

### 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 depending on use of facility and 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

#### 5510 Diablo Drive, Sacramento

Accommodates 150 banquet style.

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

Stop by our District Office at Rusch Park, 7801 Auburn Blvd in Citrus Heights for more information about reserving an indoor or outdoor space, and for current rental rates.

For more information,  
call (916) 725-1585, or  
visit [SunriseParks.com](http://SunriseParks.com)

# Facility/Classroom Locations

For recent updates, please visit [sunriseparks.com](http://sunriseparks.com). For all park locations & amenities, see page 46.

## 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

## Partner Facility Locations

### Byers Gym

7700 Sunrise Blvd, Suite 2200  
Corner of Sunrise Blvd. and  
Antelope (916) 723-7700

### Extreme Martial Arts Center

7753 Roseville Road, Suite E  
Take Antelope Road west over  
freeway. The facility is on the  
right inside the Home Depot  
shopping center (916) 726-5425

### Skatetown Ice Arena

1009 Orlando Ave, Roseville  
(916) 738-8550

### Steve Cook's Fireside Lanes

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

Visit [sunriseparks.com/volunteer](http://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 and hosts for the Rusch Home and Gardens. Call (916) 725-1585 for info.

## Check for updates on activities and programs:



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

Share your outdoor fun with us on social media!

#sunriseparks



**(916) 725-1585**

[SunriseParks.com](http://SunriseParks.com)





Park Number		Map Locator	Acres	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
1	Almond Grove Park	C4	4.62		2			•			•	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						
6	Blue Oak Park	C2	9.59					•			•	8				•		
7	Brooktree Park	G5	14.79	4	1			•	65		•	12			•			2
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	•	•	4	•		•			2
11	Eugene H. Ahner Park	G4	7.02			2		•	18		•	7			•			2
12	Firestone Park	C3	6.92	1	2	0.5		•	92		•	11		1	•	•		
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	•	•		
16	Madera Park	C7	15.71	3	6	1		•	60	•	•	15		1	•	•		2
17	McDonald Park	D7	2.27	1					34			2			•			
19	Northwoods Park	D8	8.87		2	1			1		•	4						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	•	•	14		1	•	•		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	•	•	46	•	3	•		•	4
26	Rushmore-Jeanine Park	F3	0.38								•	2						
27	Sayonara Park	E7	0.16			0.5					•	2						
28	San Juan Park	H6	15.0		5			•	58		•	6			•	•		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	Tupelo Park	D4	9.93		1			•			•	3				•		
33	Van Maren Park	E6	4.37		2	1		•			•	2						
34	W.T. Mason Park	E4	3.28					•				3						
35	Walerga Park	G3	1.90		1	1			13		•	1						
36	Westwood Park	B5	11.67	1	2	1		•	54		•	16	•	1	•			2

### High Schools

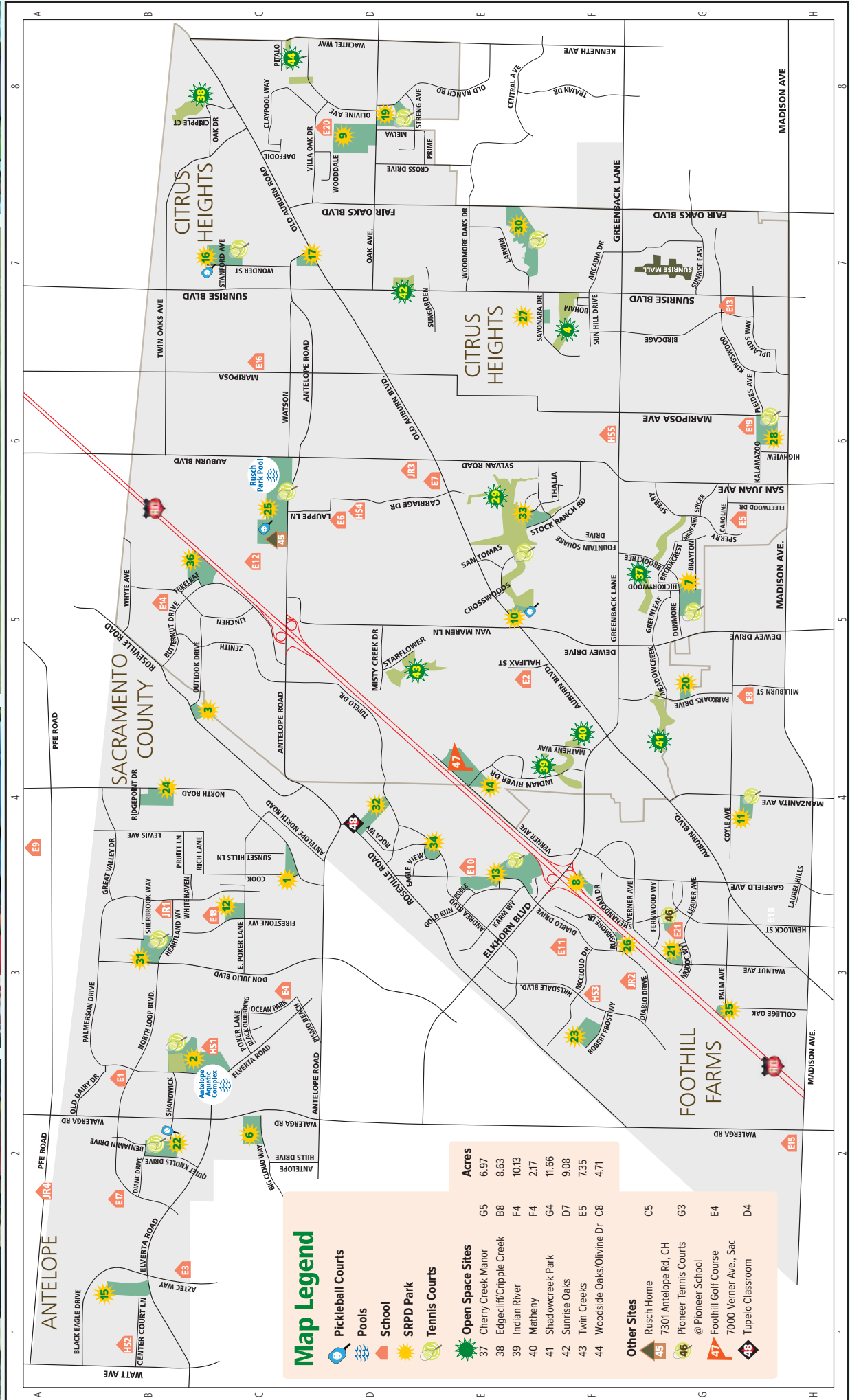
- HS1 Antelope High School
- HS2 Center High School
- HS3 Foothill High School
- HS4 Mesa Verde High School
- HS5 San Juan High School

### Junior High Schools

- JR1 Antelope Crossing
- JR2 Foothill Ranch
- JR3 Sylvan
- JR4 Wilson C. Riles

### Elementary Schools

- E1 Antelope Meadows
- E2 Arlington Heights
- E3 Arthur Dudley
- E4 Barrett Ranch
- E5 Cambridge Heights
- E6 Carriage Drive
- E7 Citrus Heights
- E8 Coyle Ave
- E9 Creekview Ranch
- E10 Foothill Oak
- E11 Frontier
- E12 Grand Oaks
- E13 Kingswood
- E14 Lichen
- E15 Madison
- E16 Mariposa
- E17 Oak Hill
- E18 Olive Grove
- E19 Skycrest
- E20 Woodside
- E21 Pioneer



### Map Legend

- Pickleball Courts
- Pools
- School
- SRPD Park
- Tennis Courts

Open Space Sites	Acres
37 Cherry Creek Manor	6.97
38 Edgecliff/Cripple Creek	8.63
39 Indian River	10.13
40 Matherly	2.17
41 Shadowcreek Park	11.66
42 Sunrise Oaks	9.08
43 Twin Creeks	7.35
44 Woodside Oaks/Olivine Dr	4.71

Other Sites	Code
Rusch Home	C5
7301 Antelope Rd., CH	G3
Pioneer Tennis Courts	G3
@ Pioneer School	E4
Foothill Golf Course	E4
7000 Verner Ave., Sac	D4
Tupalo Classroom	D4



7801 Auburn Blvd.  
Citrus Heights, CA 95610

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Citrus Heights, CA

\*\*\*\*\*ECRWSEDDM\*\*\*\*\*  
Postal Customer

Movie Night  
*Toy Story 4*  
April 3

*Capitol Pops  
Spring  
Concert*  
April 18

Movie Night  
*Secret Life of Pets 2*  
April 24

Movie Night  
*Missing Link*  
June 26



SCOOTER  
COMPETITION  
JULY 25

HOT SUMMER  
MOVIE NIGHT  
AUGUST 15

Movie Night  
*Sonic Hedgehog*  
September 25

SUNDAY  
FUN DAY  
SEPT 27

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