Sunrise Recreation and Park District

CREATING COMMUNITY

PEOPLE, PARKS & PROGRAMS

October 2021 - March 2022

Registration Now Open!

(916) 725-1585

SunriseParks.com

Sunrise RECREATION & PARK DISTRICT

WANT YOUR PHOTOGRAPH FEATURED?

All Sunrise Parks amateur photographers are encouraged to capture your favorite park, programs, or moments from one of our 44 parks or Nature Areas. Favorite photos could be featured in our upcoming Activity Guides, Social Media Posts, and Website.

Photos will be selected based on:

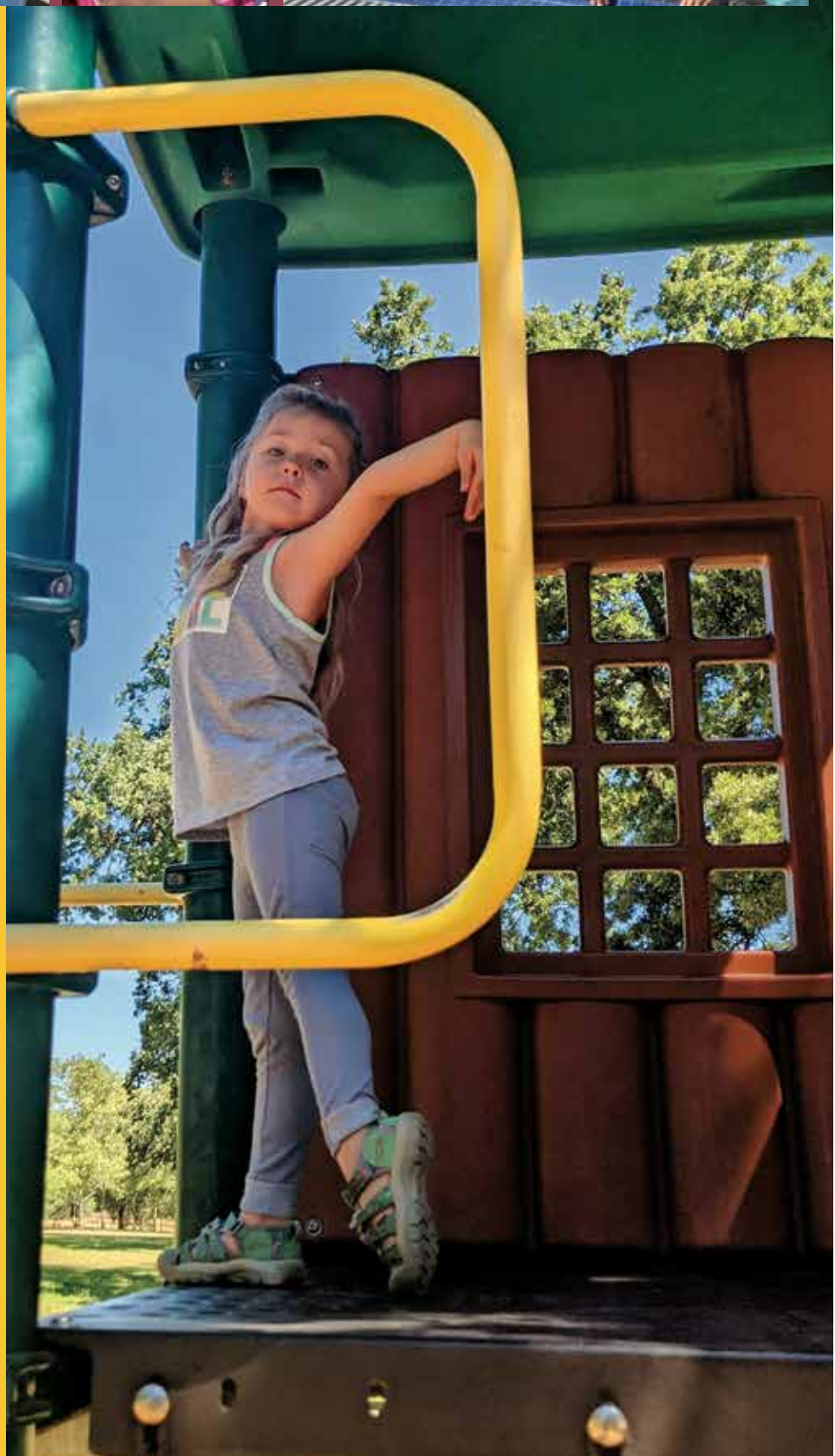
- Composition - subject, lighting etc.
- Season Variety - seasonal photographs are needed
- Photograph Location/Setting - a mix of different of parks, programs, and people (and pets!)

Submit your Photos:

All images must be submitted online. Only high-resolution images will be accepted (at least 300 dpi).

SunriseParks.com/submit-your-photos

Sunrise
RECREATION & PARK DISTRICT



Fall/Winter 2021 - 2022 Activity Guide

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

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

Advisory Board of Directors

Mark Shahan, Board Chair

David Huber, Board Vice-Chair

Michelle Rivas, Board Member

TBD, Board Member

TBD, Board Member

County of Sacramento Board of Supervisors

District 1: Phil Serna

District 2: Patrick Kennedy

District 3: Rich Desmond

District 4: Sue Frost

District 5: Don Nottoli

Please Remember:

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

Materials Fee:

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

Photo Credits:

Front cover photo credits: Karey Hansen and Miriam Cron

Graphic Design by Appletree Advertising.

SRPD Observed Holidays

(District Office is closed)

Nov 11	Veteran's Day
Nov 25/26	Thanksgiving
Dec 24/27	Christmas
Dec 31	New Years Day
Jan 17	Martin Luther King Jr. Day
Feb 11	Lincoln's Birthday
Feb 21	Washington's Birthday

Sunrise RECREATION & PARK DISTRICT

SunriseParks.com

(916) 725-1585

Parks Make Life Better!®

Join us on social for updates!

Photo Policy:

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

Sunrise Recreation and Park District Cancellation & Credit Policy

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

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

Important Contacts

Emergencies:	911
Sunrise Recreation & Park District:	(916) 725-1585
Citrus Heights Police Department:	(916) 727-5500
Sacramento County Sheriff:	(916) 874-5115
FEC Park Police (Antelope & Foothill Farms):	pop@fecrecparks.com

SRPD Registration Information

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

Visit our Dog Parks!

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

Cabana Park
6521 Fremont Circle
Sacramento
95841

District Staff

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

Parks Team

Wayne Edmundson	Parks & Facilities Superintendent
Jaime Fonseca	Parks Supervisor - Citrus Heights Area
Doug Randall	Interim Parks Supervisor - Antelope Area
John Repetti	Parks Supervisor - Facilities/Pools
Jeff Rivard	Parks Supervisor - Foothill Area
TBD	Parks Supervisor - Central Area
Steve Smith	Facility Technician
Jesus Burgos	Vehicle and Equipment Maintenance Specialist

Recreation Team

Marty Buell	Senior Recreation Services Manager - Aquatics/Special Interest
Todd Gordon	Senior Recreation Services Manager - Sports/Day Care
Karey Hansen	Recreation Services Manager - Aquatics/Rusch Preschool
Kourtney Hobart	Recreation Services Manager - Day Care/Preschool
Jake Polito	Senior Recreation Coordinator - Youth/Adult Sports
TBD	Senior Recreation Coordinator - Special Interest Classes/Events

Administration Team

Dave Mitchell	District Administrator
Lee Hollingsworth	Administrative Services Manager
Margaret Hatton	Finance Manager
Jacqueline Coker	Senior Customer Service Rep - Parks/Facility Rentals

For Park and Facility Rentals contact rentals@SunriseParks.com

Sunrise Kids Club

Join the fun!

School Year Programs

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

Day Care:

The Sunrise Recreation and Park District's Sunrise Kids Club day care programs are state licensed day care sites serving school-age children (TK - 6) and are located on four elementary school campuses.

Program Locations	Daycare	Preschool
Antelope Meadows 8343 Palmerson Dr., Antelope; Asst. Director: Elicia Ada-Fabela	X (916) 725-0794 • Lic #340316216	X
Oak Hill 3909 North Loop Blvd, Antelope; Asst. Director: Felisa Martell	X (916) 331-6042 • Lic #343600374	X
Olive Grove 7926 Firestone Way, Antelope; Asst. Director: Wyatt Holloway	X (916) 726-0224• Lic #343604450	X
Creekview Ranch 8779 Cook Riolo Road, Roseville; Asst. Director: Anna Cullifer	X (916) 772-7307 • Lic #313620615	X

Preschool:

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

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

Sunrise Preschool Programs

Going On Now!

Rusch Park Preschool

Rusch Park Community Center
7801 Auburn Blvd

3 years	**Rusch Park #2/#3**	
Tue/Thur	9:00am - 12:00pm	$185
4 years	**Rusch Park #2/#3**	
Mon/Wed/Fri	9:00am - 12:00pm	$225
	Rusch Park #3	
Tue/Wed/Thur	12:45 - 3:45pm	$225

2021/22 School Year began in August.

Interested in Preschool?

Our Preschool Programs include curriculum for children 3 - 5 years.

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

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

Antelope Sunrise Kids Club Preschool

Interested in enrolling?

Contact one of our locations!

Fee: $225/month
Ages: 3 - 5 years
Days: Tue/Wed/Thur

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

Turns N Tumble Dance

Location: Crosswoods Community Center
Fee: $42 for 4 weeks

Baby Ballet

18 months - 3 years

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

Thur	4:00 - 4:30pm	
2235.10	10/7 - 10/28	
2235.11	11/4 - 12/16*	($63)
2235.01	1/6 - 1/27	
2235.02	2/3 - 2/17	($32)
2235.03	3/3 - 3/24	

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.

Thur	4:30 - 5:15pm	
2236.10	10/7 - 10/28	
2236.11	11/4 - 12/16*	($63)
2236.01	1/6 - 1/27	
2236.02	2/3 - 2/17	($32)
2236.03	3/3 - 3/24	

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.

Thur	5:15 - 6:00pm	
2237.10	10/7 - 10/28	
2237.11	11/4 - 12/16*	($63)
2237.01	1/6 - 1/27	
2237.02	2/3 - 2/17	($32)
2237.03	3/3 - 3/24	

Notice: *No class 11/25
Pending local guidance class on 12/16 may be Winter Show. Instructor will pass along information to participants as date approaches.

Gift Certificates

Swim passes, skill-building sports classes, and rental facilities can all be purchased as a gift for a family member or friend.

A gift certificate for a Sunrise Recreation & Park District program is a gift for all generations. Call (916) 725-1585 if you would like to purchase a gift of recreation. $35 could buy....Youth Dance, Adult Exercise and more.

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.

2201	Wed	9:30 - 10:15am

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.

2220	Tue	9:30 - 10:15am
2219	Wed	10:35 - 11:20am

Kindergym Gymnastics

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.

2256	Tue	10:35 - 11:25am

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.

Zumbini

0 - 4 years

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

Location: Rusch Park Community Center

Mon	**10:00 - 10:45am**	
2230.11	11/1 - 11/29	$45
2230.12	12/6 - 12/20	$27
2230.01	1/3 - 1/31	$45
2230.02	2/7 - 2/28	$36
2230.03	3/7 - 3/28	$36

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.

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

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
10/5 - 10/28	2725.10	2726.10	2727.10	2728.10
11/2 - 11/30*	2725.11	2726.11	2727.11	2728.11
12/2 - 12/16	2725.12	2726.12	2727.12	2728.12
1/4 - 1/27	2725.01	2726.01	2727.01	2728.01
2/1 - 2/24	2725.02	2726.02	2727.02	2728.02
3/1 - 3/31	2725.03	2726.03	2727.03	2728.03
*No Class 11/25				

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**

Tue/Thur	**4:30 - 5:00pm**
2721.11	11/2 - 12/16*
2721.01	1/11 - 2/24
2721.03	3/15 - 4/28

*No Class 11/25

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**

Tue/Thur	**5:45 - 6:15pm**
2723.11	11/2 - 12/16*
2723.01	1/11 - 2/24
2723.03	3/15 - 4/28

*No Class 11/25

Sunrise Youth Basketball Leagues

Designed for Grades 2nd - 5th, Boys and Girls

All skill levels can take part in these popular leagues which emphasize sportsmanship and skill development. Please visit www.sunriseparks.com/basketball-league for more information.

REGISTER ONLINE TO GUARANTEE YOUR CHILD A SPOT ON A TEAM!

When registering online, please select the school your child attends.

Boys' Basketball Leagues

Fee:	**$115, includes jersey**	
8820	2nd - 3rd Grades	11/30 - 2/19
8820	4th - 5th Grades	11/30 - 2/19

No practices or games during Winter Break.

Girls' Basketball Leagues

Fee:	**$115, includes jersey**	
8820	2nd - 3rd Grades	3/1 - 4/30
8820	4th - 5th Grades	3/1 - 4/30

No practices or games during Spring Break.

NFL Flag Football League

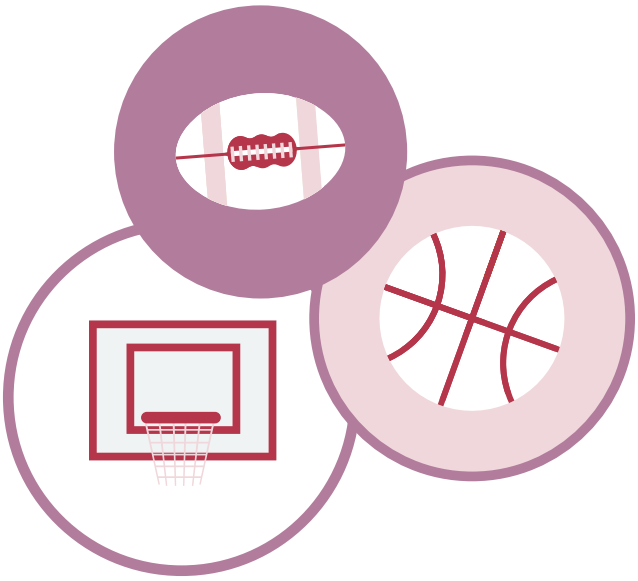
Register early to secure your child a spot. NFL Flag Football provides opportunities for children to enjoy America's favorite sport. Players benefit by being physically active through non-contact, continuous action while learning the fundamentals of football, lessons in teamwork and sportsmanship.

Location:	**Rusch Park, Diamond 3**
Fee:	**$115**
Dates:	**9/11 - 11/6**
8810.312	6 - 8 years
8810.313	9 - 11 years
8810.314	12 - 14 years

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 for a volunteer application.



Middle School Sports Leagues

Grades 6th - 8th, Boys & Girls

These leagues are designed to provide an instructional and sportsmanship oriented experience for boys and girls in 6th, 7th and 8th grades. Coaches will guide players through higher level skills, drills and plays that will help to improve their skills, coordination, and self-confidence. *Games will be held at Rusch Park, Antelope Crossing Middle School or La Sierra Community Center.*

When registering online, please select the school your child attends.

For more information about our leagues, please visit sunriseparks.com or teamsideline.com/sunrise.

Fee:	**$115, includes jersey**
Girls' Volleyball Leagues	9/8 - 10/28
NFL Flag Football League	9/11 - 11/6
Boys' Basketball Leagues	10/26 - 1/15
Girls' Basketball Leagues	1/24 - 3/26

Basketball Training with Michael Shaw

12 - 15 years, Boys & Girls

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

Location:	**Rusch Park Auditorium**
Fee:	**$45, 3 weeks**
Sat	**9:30 - 10:30am**
8227.10	10/2 - 10/23*

*No camp on 10/16

Players Academy Fall Basketball Clinic with Michael Shaw

8 - 11 years, Boys & Girls

This clinic will increase the level of play by introducing and reinforcing the essential fundamentals of the game of basketball. Players will be divided into age and skill level. Offensive and defensive skill work will be emphasized, in addition to game play, competition and fun activities.

Location:	**Rusch Park Auditorium**
Fee:	**$45, 3 weeks**
Sat	**9:30 - 10:30am**
8227.102	10/30 - 11/20

*No clinic on 11/6

Rusch Indoor Volleyball Clinic

9 - 15 years, Boys & Girls

This clinic 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 clinic is a must for those who are thinking about improving their volleyball skill-set.

Location:	**Rusch Park Gym**
Fee:	**$40**
M/T	**4:30 - 5:30pm**
8620.10	10/11 - 10/19
8620.11	11/8 - 11/16

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	**3:30 - 4:30pm**
8244.10	10/9 - 10/30

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	**4:30 - 6:00pm**
8244.101	10/9 - 10/30

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**
8244.11	11/12 - 12/10*	
8244.01	1/21 - 2/11	

*No Class 11/26

6 - 10 years	**Fri**	**6:30 - 7:30pm**
8244.112	11/12 - 12/10*	
8244.012	1/21 - 2/11	

*No Class 11/26

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

Junior Tennis Programs

5 - 18 years

SRPD has partnered with the Sacramento Community Tennis Association to provide tennis lessons, leagues and camps based on the latest USTA junior tennis formats. For a schedule of SCTA programs and more information go to SacramentoTennis.net. SCTA is a United States Tennis Association member organization and a nonprofit based in the Greater Sacramento area.

Youth Sports Organizations

For additional info visit SunriseParks.com

Antelope A.Y.S.O.	(916) 491-2529
Challenge Sports, *sports for youth with special needs*	(916) 554-0889 ChallengeSports.com
Citrus Heights Little League	CitrusHeightsLL.com
Citrus Heights Soccer Club	CHsoccer.org
Foothill Farms Little League	(916) 784-3355
Northridge Little League	(916) 225-8712
North Highlands/Antelope Youth Soccer Club	NHAYSC.com
Sacramento Community Tennis Assoc. (SCTA)	SacramentoTennis.net
Sunrise Little League	SunriseLittleLeague.com
Sunrise Sharks	SunriseSharks.com
Sunrise Swans	SunriseSwans.org
Wolverine Aquatic Club	WolverineAquatics@yahoo.com

Word Search Answers

M A D E R A S T H G I E H S U R T I C . . . .
F O O T H I L L . . . . A G R E L A W V . . .
L . M O T O T E T . S A Y O N A R A . O A . .
L . F I R E S T O N E . . . . . S L N S L
A T E N N I S C I T A U Q A . . . . R L T C L
B A R R E T T R A N C H D A N C E . E E E I A
T . A M L E K O P L O O H C S E R P P Y L M B
O B A L L E T R E E T N U L O V . . P B O A E
O . . . . S A C R A M E N T O . . . A A P R L
F R I A F T F A R C P I O N E E R . T L E E K
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. P I H S R A L O H C S R E N H A E N E G O P
. . . . . E V O R G D N O M L A . . . . . S .
. . . . . G N I T N I A P E S I C R E X E .
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Word directions and start points are formatted: (Direction, X, Y)

ALMOND GROVE (W,14,15)
ANTELOPE (S,19,2)
AQUATICS (SE,6,4)
BALLET (E,5,12)
BARRETT RANCH (S,22,4)
BASKETBALL (SE,3,4)
CABANA (W,22,2)
CERAMICS (W,16,4)
CITRUS HEIGHTS (SE,7,3)
CRAFT FAIR (S,1,1)
CROSSWOODS (W,18,3)
DANCE (N,19,14)
DAYCARE (S,4,7)
EXERCISE (SE,5,5)
FIRESTONE (N,2,14)
FOOTBALL (S,18,5)
FOOTHILL (SE,11,6)
GENE AHNER SCHOLARSHIP (E,2,1)
MADERA (SE,12,6)
NOTHWOODS (SE,5,4)
PAINTING (N,20,10)
PICKLEBALL (S,3,6)
PIONEER (W,16,5)
POKELMA (W,11,13)
PRESCHOOL (W,11,16)
SACRAMENTO (SE,6,3)
SAYONARA (N,21,13)
SOCCER (E,2,2)
TAPPERS (SE,3,5)
TENNIS (N,1,15)
TETOTOM (N,23,11)
TUPELO (N,17,10)
VOLLEYBALL (W,13,14)
VOLUNTEER (W,16,2)
WALERGA (E,16,16)

Public Swim

Antelope Aquatic Complex

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

Pool Opens: May 28, 2022

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) 725-1585

Pool Opens: May 28, 2022

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

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

2022 Sunrise Swim Pass: $50 Individual — $180 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 Party Pavilion @ Antelope Pool: 2 available Tue - Sun 1:00 - 4:00pm.
First come, first served. Includes 2 tables, 8 chairs, 1 canopy; Fee: $35

Private Pool Rentals

**Reservations for 2022 start Dec 1*

POOL LOCATION	Type of Rental	Hours	2022 Fees	Additional Hour	Additional Participants
RUSCH PARK POOL	**Both Pools** Up to 150 Participants	**Fri / Sat / Sun** 5:00 - 8:00pm	$390 2 hour rental	$195	$50/hr extra up to 250 participants
ANTELOPE COMMUNITY ROOM* *(During Public Swim Only)*	**6 tables / 25 chairs**	**Tue - Sun** 1:00 - 4:00pm	$180 Includes 2 hour room rental and 25 entries to pool.	$90	$65 extra to rent during private rental
ANTELOPE AQUATIC COMPLEX	**Play Park Pool Only** Up to 80 Participants	**Weekends Only** 5:00 - 8:00pm	$450 2 hour rental	$225	$50/hr extra Up to 200 participants
ANTELOPE AQUATIC COMPLEX	**Slides & Play Park Pool** Up to 100 Participants		$550 2 hour rental	$275	$50/hr extra Up to 200 participants
ANTELOPE AQUATIC COMPLEX	**All 3 Pools** Up to 150 Participants		$660 2 hour rental	$330	$100/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.

Sunrise Sharks Swim Team

4 - 18 years

This summer league recreational swim team is 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. Families are required to fund raise and volunteer.

Swim Meets will be held on Saturdays 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

Sharks Season Starts April 11. For practice times visit SunriseParks.com.

Sharks Team Registration at Rusch Pool

- Returning Swimmer Registration March 20
- New Swimmer Tryouts: March 19 & April 7
- See District website for updated info

Competitive Stroke Clinic

4 - 18 years

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

Location: Rusch Pool
Fee: $55
Dates: March 22 - April 7

4 - 6 years (new team members)		
Tue/Wed/Thur	6104.100	6:00 - 6:30pm
7 - 10 years		
Tue/Wed/Thur	6104.101	6:30 - 7:15pm
11 - 18 years		
Tue/Wed/Thur	6104.102	7:15 - 8:00pm

Wolverine Aquatics Club (WAC)

5 - 18 years

A year-round team for competitive swimmers that swims out of Rusch Park Pool. Our emphasis is on stroke development, technique, conditioning, goal setting, physical fitness, and race strategies. Our professional coaches motivate all athletes to grow and improve in a fun and positive learning environment.

We are a United States Swimming (USAS) team and all swimmers must become USAS members upon joining. All new swimmers are evaluated prior to joining the team to ensure they are placed in the best training group for them based on their age, skill level, and experience.

We conduct evaluations on a regular basis. Please check the WAC team website for the next evaluation day/time!

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

Sunrise Swans Synchronized Swim Team

6 - 18 years

Spring Clinics start in April
Summer Team: May - July
For Sunrise Swans information and registration, visit sunriseswans.org or e-mail swanssynchro@gmail.com.

Lifeguard Training

American Red Cross

15+ years

Fee: $225
(includes Pocket Mask)

This American Red Cross course is a combination of Lifeguard Training, CPR for the Professional Rescuer with AED, 02, and First Aid for Public Safety Personnel (Title 22). This complete course provides all certifications necessary to obtain employment as a Lifeguard in the State of California. Successful completion of any of these classes does not guarantee a position with SRPD.

Antelope Aquatic Complex				
Session 1	6501.101	Sat & Sun	3/5 - 3/13	8:00am - 5:30pm
Session 2	6501.102	Sat & Sun	4/2 - 4/10	8:00am - 5:30pm
Session 4	6501.104	Sat & Sun	4/23 - 5/1	8:00am - 5:30pm
Rusch Pool				
Session 3	6501.103	Mon - Fri	4/11 - 4/15	9:00am - 5:00pm

2022 SRPD Seasonal Employment Opportunities

Please visit our District website at sunriseparks.com/jobs for more information about current job openings within Sunrise.

Current positions include:

Position Title:	
Aquatic Coordinator	$20.57 - $21.39
Pool Manager	$18.90 - $19.65
Asst. Pool Manager	$17.31 - $18.00
Lifeguard/WSI	$16.50 - $17.33
Lifeguard/Aide	$16.00 - $16.64
Cashier	$15.00 - $15.70
Recreation Coordinator	$18.50 - $20.55
Recreation Leader	$15.00
Day Care-Preschool Aide	$15.50
Park Maintenance Aide 1	$16.50 - $17.33
Building Monitor	$16.00 - $16.70

SunriseParks.com/Jobs

American Red Cross

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. **Check Pre-requisites Online.**

Location:	**Rusch Pool**
Fee:	**$240**
Sat & Sun	4/23, 4/24, 4/30
6505.04	8:30am - 5:30pm

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

Adult & Pediatric First Aid/CPR/AED

13+ years

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

Location:	**Tupelo Fire Station**
Fee:	**$90**
Sat	9:00am - 4:00pm
4640.11	11/13
4640.02	2/12

Certified Babysitting Class

11 - 15 years

Become a certified American Red Cross babysitter. Develop skills in leadership, decision-making, safety, safe play, basic care first aid and professionalism. Participants should bring a sack lunch to class.

Location:	**Antelope Aquatic Complex Community Room**
Fee:	**$80**
Sat	9:00am - 3:00pm
5320.11	11/6
5320.01	1/8

American Red Cross Lifeguard Instructor Training

18+ years

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

Check Pre-requisites Online.

Location:	**Antelope Aquatic Complex**
Fee:	**$275**
Sat & Sun	2/19, 2/20, 2/26
6505.02	8:30am - 5:30pm

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

CPR for the Professional Rescuer with AED, O_2, 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 2-year certification in all components.

Location:	**Tupelo Fire Station**
Fee:	**$95 (includes pocket mask)**
Sat	TBD
4644	9:00am - 6:30pm

Classes will be scheduled with enough interest. Contact aquatics@sunriseparks.com

Martial Arts Fitness

Location: Extreme Martial Arts Center
7530 Auburn Blvd, Citrus Heights, 95621

Phone: (916) 726-5425

All EMAC classes require a one time $15 fee for t-shirt.

Visit SunriseParks.com for class dates.

Tai Chi/Qi Gong

Age: 16+ years

Fee: $59

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!

4423	Tue/Thur	6:30 - 7:00pm
4424	Mon/Wed	11:00 - 11:45am

Adult Self Defense

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

Fee: $59

4421	Tue/Thur	7:00 - 7:30pm

Kids Kung Fu

Fee: $59

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

Tigers:	**2.5 - 6 years (must be potty trained)**	
2253	Mon/Wed	5:30 - 6:00pm
Dragons:	**7 - 11 years**	
2254	Mon/Wed	6:00 - 6:45pm
Teens:	**12 - 17 years**	
2255	Mon/Wed	7:00 - 7:30pm

EMAC Winter Camps

Age: 3+ years

Fee: $99

Mon- Wed	**8:00am - 12:00pm**
2250.11	11/22 - 11/24
2250.12	12/20 - 12/22

Extreme Martial Arts Centers children's camps work around teaching how to promote self awareness, effective realistic self-defense along with strategies for safety that kids can use everyday! Our camp will promote good health, fitness, real-life self-defense, confidence and focus. Participants will gain skills that will last them a lifetime.

Classes will be broken down by ages.

Bring a Snack - Water and T-shirt will be provided.

Foothill Golf Course

Hours: 8:30am - 5:30pm
(last tee time)

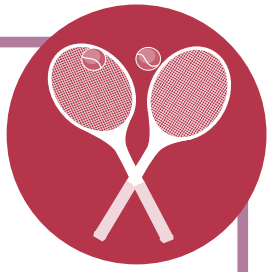
Address: 7000 Verner Ave.
Sacramento

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

FOOTHILL
GOLF COURSE

(916)725-3399
foothillpar3.com

Table Tennis



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
www.folsomtt.com

Antelope Community Tennis Association

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

Have you ever wanted to teach a class?

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

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

sunriseparks.com

Sports Leagues

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

Sunrise Recreation and Park District is here to organize leagues for active adults who want to play sports, have fun and stay active. Whether you're getting back into the game, trying it for the first time, or just looking to meet new people, our sports leagues are the solution for you! We offer a variety of sports for active adults who enjoy playing sports, all while having a great time doing it.

Want to know more about Sunrise Sports before signing up? Check out our sports leagues online at teamsideline.com/sunrise to see current league schedules and game results. Must register as a whole team for Adult Basketball Leagues. For more information, please contact Jake at (916) 725-6287.

For more information, see our 2021/22 Adult Sports Calendar see our website. Open gym availability is subject to change. Please visit SunriseParks.com for the most up-to-date information.

Open Gym Volleyball

18+ years

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 or teamsideline.com/gssa.

Sunday Basketball League

18+ years

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

Location:	**Rusch Park Auditorium**
Days:	**Sun**
Times:	Games can start as early as 11:00am Most late games end by 9:30pm
Levels:	C - 1 (Int.) and C - 2 (Lower-Int.)
Fee:	$475/team

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.

Location:	**Rusch Park Auditorium**
Days:	**Wed**
Times:	Games can start as early as 6:00pm
Levels:	Intermediate
Fee:	$475/team

sunriseparks.com

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

5th Annual Fall Pickleball Classic

— Currently scheduled for Oct. 22 - 24, 2021 —

Please visit SunriseParks.com for tournament updates

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

Established in 2017, the Sunrise Pickleball Club provides a fun, healthy, recreational activity for over 770 members. The club aims to enhance the Pickleball experience through social, educational and competitive events. All ages and ability levels are invited to come play with us at Rusch Park in Citrus Heights, California.

Pickleball 101

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

Sunrise Pickleball Club will provide paddles and balls. Just wear comfortable court shoes and bring water. Please register at sunrisepickleballclub.org or text Amy at (916) 474-0831 to participate.

Social Dancing

18+ years

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

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

Location: **Rusch Park**
Fee: **$40/per person**
Tue 1:00 - 2:00pm or 2:00 - 3:00pm

Waltz		
4210.091	9/7 - 9/28	1:00 - 2:00pm
Foxtrot		
4210.092	9/7 - 9/28	2:00 - 3:00pm
Salsa		
4210.101	10/5 - 10/26	1:00 - 2:00pm
Cha-Cha		
4210.102	10/5 - 10/26	2:00 - 3:00pm
East Coast Swing		
4210.111	11/2 - 11/30	1:00 - 2:00pm
West Coast Swing		
4210.112	11/2 - 11/30	2:00 - 3:00pm
Night Club Two-Step		
4210.121	12/7 - 12/28	1:00 - 2:00pm
Tango		
4210.122	12/7 - 12/28	2:00 - 3:00pm
Waltz		
4210.011	1/4 - 1/25	1:00 - 2:00pm
Foxtrot		
4210.012	1/4 - 1/25	2:00 - 3:00pm
Salsa		
4210.021	2/1 - 2/22	1:00 - 2:00pm
Foxtrot		
4210.022	2/1 - 2/22	2:00 - 3:00pm
East Coast Swing		
4210.031	3/1 - 3/29	1:00 - 2:00pm
West Coast Swing		
4210.032	3/1 - 3/29	2:00 - 3:00pm

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: 4127.10
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.

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 9:15am and we meet at the parking lot associated with the park.

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

10/13	Van Maren Park	6601 Thalia Way, Citrus Heights
10/27	Firestone Park	5415 Poker Lane, Antelope
11/10	Lone Oak Park (meet at back lot)	3420 Esterbrook Way, Antelope
1/5	Tetotom Park	5127 Heartland Drive, Antelope
1/19	Tempo Park	13125 Fair Oaks Blvd., Citrus Heights
2/2	Westwood Park	8100 Butternut Dr., Citrus Heights
2/16	Antelope Community Park	8012 Palmerson Dr., Antelope
3/2	Northwoods Park (new playground)	8236 Old Ranch Rd., Citrus Heights
3/16	Cabana Park (new park)	6251 Fremont Circle, Sacramento
3/30	Brooktree Park	6800 Dunmore Ave, Citrus Heights
4/13	Rusch Park (meet at District Office)	7801 Auburn Blvd. Citrus Heights

Adult Fitness

18+ years

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

Location: **Rusch Park Auditorium**

Sit and Fit Beginner

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

Mon/Wed/Fri	11:15am - 12:00pm	
4501.10	10/1 - 10/29	$39
4501.11	11/1 - 11/29*	$30
4501.12	12/1 - 12/22	$30
4501.01	1/3 - 1/31*	$36
4501.02	2/2 - 2/28*	$30
4501.03	3/2 - 3/30	$39

Power Fitness Intermediate

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

Mon/Wed/Fri	9:00 - 9:45am	
4301.10	10/1 - 10/29	$39
4301.11	11/1 - 11/29*	$30
4301.12	12/1 - 12/22	$30
4301.01	1/3 - 1/31*	$36
4301.02	2/2 - 2/28*	$30
4301.03	3/2 - 3/30	$39

Push the Limit Advanced

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

Mon/Wed/Fri	10:00 - 11:00am	
4321.10	10/1 - 10/29	$45
4321.11	11/1 - 11/29*	$35
4321.12	12/1 - 12/22	$35
4321.01	1/3 - 1/31*	$42
4321.02	2/2 - 2/28*	$35
4321.03	3/2 - 3/30	$45

*No class 11/17, 11/19, 11/26, 1/17, 2/11, 2/21

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. This class will focus on basic strength and conditioning. 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
4346.10	10/5 - 10/28
4346.11	11/2 - 11/23
4346.12	12/2 - 12/23
4346.01	1/4 - 1/27
4346.02	2/1 - 2/24
4346.03	3/1 - 3/24

JAZZERCISE

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

Location:	**Rusch Park**
Tue/Thur/Sun	9:00 - 10:00am
Tue/Thur	6:00 - 7:00pm

For more information please contact Aileen at (916) 410-8651 or jazzercise@yahoo.com.

Yoga Classes

15+ years

Location:	**Crosswoods Community Center**
Fee	**$54**

Punch card for 6 sessions is $60, valid anytime (4143.300)

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**
4242.10	10/4 - 11/8
4242.11	11/15 - 12/20
4242.01	1/10 - 2/14
4242.02	2/21 - 3/28

Stretching & Relaxing Yoga

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**
4241.10	10/6 - 11/10
4241.11	11/17 - 12/22
4241.01	1/5 - 2/9
4241.02	2/16 - 3/23

Kayaking for 50+

You have not had this kind of fun since you were a kid. We use very stable, user friendly kayaks, making it easy for anyone to participate. All equipment provided. Check sunriseparks.com for additional dates.

Location: Lake Natoma
Fee: $69

4450.10	Sat, Oct 16	11:00am - 2:00pm
4450.11	Thur, Nov 4	11:00am - 2:00pm

Please check our website for the most up-to-date classes.

Full Moon-Sunset Kayaking

We will glide through basic skills before cutting out quiet paths across the water and into hidden channels. All equipment provided. Check sunriseparks.com for additional dates.

Location: Lake Natoma
Fee: $59

4451.10	Mon, Oct 18	5:00 - 8:00pm
4451.11	Tue, Nov 16	3:30 - 6:30pm

Please check our website for the most up-to-date classes.

***For more information on Kayaking call Dan at (888) 452-9254.**

Drawing for Adults

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 the class.

Location: **Rusch Park**
Fee: **$50, 4 weeks**

Learn how to combine ink and colored mediums (colored pencil, pastels or watercolor pencils) to create unique drawings.

Thur **12:30 - 2:30pm**
4444.105 10/21 - 11/18

Thur **3:00 - 5:00pm**
4444.106 10/21 - 11/18
*No class 11/11
Fee: **$60, 5 weeks**

Thur **12:30 - 2:30pm**
4444.026 2/17 - 3/17

Thur **3:00 - 5:00 pm**
4444.027 2/17 - 3/17

Beginning Watercolor Painting

Learn how to use these colorful and fluid paints in a number of different ways to create finished paintings. No experience required. The instructor will provide a list of supplies needed for the class.

Location: **Rusch Park**
Fee: **$60, 5 weeks**

Create colorful paintings that incorporate fun watercolor.

Tue **3:00 - 5:00pm**
4444.102 10/19 - 11/16

Tue **3:00 - 5:00pm**
4444.022 2/15 - 3/15

Beginning Acrylics Painting

This class is for those new to Acrylic painting. Learn how to use these popular paints in a number of different ways to create finished paintings.

Location: **Rusch Park**
Fee: **$60, 5 weeks**

Learn how to create paintings that incorporate different techniques.

Wed **3:00 - 5:00pm**
4444.104 10/20 - 11/17

Wed **3:00 - 5:00pm**
4444.024 2/16 - 3/16

Intermediate Watercolor Painting

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

Location: **Rusch Park**
Fee: **$60, 5 weeks**

Tue **10:00am - 12:00pm**
4444.10 10/19 - 11/16

Tue **12:30 - 2:30pm**
4444.101 10/19 - 11/16

Tue **10:00am - 12:00pm**
4444.02 2/15 - 3/15

Tue **12:30 - 2:30pm**
4444.021 2/15 - 3/15

Intermediate Acrylics Painting

This class is for those with prior experience in painting. Learn a new style or technique in every session and then incorporate these skills in your own paintings.

Location: **Rusch Park**
Fee: **$60, 5 weeks**

Wed **12:00 - 2:30pm**
4444.103 10/20 - 11/17

Wed **12:00 - 2:30pm**
4444.023 2/16 - 3/16

Rusch Home & Gardens

Rusch Home recently had a new roof installed!

Have your next event at Historic Rusch Home.

Rentals available for weddings, receptions, or banquets.

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

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.

SRPD Word Search

M A D E R A S T H G I E H S U R T I C Z H U I
F O O T H I L L P Q S D A G R E L A W V B L X
L R M O T O T E T K S A Y O N A R A U O A I J
L C F I R E S T O N E J Q N M A O G S L N S L
A T E N N I S C I T A U Q A T A H O R L T C L
B A R R E T T R A N C H D A N C E Z E E E I A
T U A M L E K O P L O O H C S E R P P Y L M B
O B A L L E T R E E T N U L O V X Y P B O A E
O D S P T S A C R A M E N T O R G G A A P R L
F R I A F T F A R C P I O N E E R S T L E E K
Q S D O O W S S O R C A B A N A X H M L Z C C
C Z E R A C Y A D C W L L A B T E K S A B C I
X P I H S R A L O H C S R E N H A E N E G O P
S V R V C E V O R G D N O M L A K Y L D U S T
I A Z U M K G N I T N I A P E S I C R E X E V
G Z W M Z T N O T H W O O D S T U P E L O B B

Find the following words in the puzzle.
Words are hidden ↑ ↓ → ← and ↘ .

ALMOND
GROVE
ANTELOPE
AQUATICS
BALLET
BARRETT RANCH
BASKETBALL
CABANA
CERAMICS
CITRUS HEIGHTS
CRAFT FAIR
CROSSWOODS
DANCE
DAYCARE
EXERCISE
FIRESTONE
FOOTBALL
FOOTHILL
GENE AHNER
SCHOLARSHIP
MADERA
NOTHWOODS
PAINTING
PICKLEBALL
PIONEER
POKELMA
PRESCHOOL
SACRAMENTO
SAYONARA
SOCCER
TAPPERS
TENNIS
TETOTOM
TUPELO
VOLLEYBALL
VOLUNTEER
WALERGA

Word Search Answers, see page 13.

Adult Membership Programs

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.*

Visit SunriseParks.com for the most recent updates.

Quilting

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

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

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/Fri	8:00am - 10:00am

Bridge

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

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

Looking to start or resume a class not listed?

Please contact sunrise@sunriseparks.com

Ceramics

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

Location:	Rusch Park Crafts Building
Wed	10:00am - 1:00pm

Sunrise Tappers

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

Location:	Rusch Dance Studio
Wed	11:30am - 2:00pm
Fri	10:15am - 12:15pm

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

Marching Band "Howl O' Ween" Parade

Saturday, October 16
"Howl O' Ween" Parade, 9:00am.

Starts at Auburn Blvd and Twin Oaks

Parade Ends at Rusch Park

Harvest Festival & Car Show, 10:00am

MARK YOUR CALENDARS! Parade and Harvest Festival on Saturday, October 16. Parade begins at Auburn and Twin Oaks, and concludes at Rusch Park where we will host our Harvest Festival.

Pet Adoptions • Craft Fair Vendors • Delicious Food • Live Performances • Citrus Heights PAL car show

For more information, please contact CHCMB Event Manager, Sarah Schmelzer at (916) 879-6979 or chcmbproductions@gmail.com

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

How to Apply

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

Brunch with Santa!

4 - 12 years
Sun, December 12
10:00am - 1:00pm
Location: Rusch Park Community Center
5010.12 $10 per child
(pre-registration required)

Need time for some last minute holiday shopping?

The SRPD Adult Volunteers will be joining the Sunrise Staff to provide this fun event open to all children ages 4 - 12 years.

The children will enjoy crafts, activities, and a pancake brunch with Santa himself. You will also have an option to take a picture with Santa!

Volunteers needed, call (916) 725-1585 for more information.

Park Picnic & Building Rentals

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

Outdoor Picnic Rentals

ANTELOPE COMMUNITY PARK
Capacity 50
8012 Palmerson Drive
Antelope

C-BAR-C-PARK
Capacity 125
8275 Oak Avenue
Citrus Heights

FIRESTONE PARK
Capacity 75
5415 Poker Lane
Antelope

FOOTHILL COMMUNITY PARK
Capacity 100
5510 Diablo Drive
Sacramento

LONE OAK PARK
Capacity 50
3425 Elverta Road
Antelope

MADERA PARK
Capacity 100
8046 Wonder Street
Citrus Heights

POKELMA PARK
Capacity 50
8126 Quiet Knolls Drive
Antelope

Robert Frost Park
Capacity 75
4715 Robert Frost Drive
Sacramento

ROSEVIEW PARK
Capacity 75
5848 Ridgepoint Drive
Antelope

TEMPO PARK
Capacity 150
13125 Fair Oaks Blvd.
Citrus Heights

TETOTOM PARK
Capacity 75
5127 Heartland Drive
Antelope

WESTWOOD PARK
Capacity 50
8100 Butternut Drive
Citrus Heights

Rusch Park Locations

7801 Auburn Blvd.
Citrus Heights

Rusch Park Covered
Capacity 150

Rusch Park Lion's Grove
Capacity 50

Rusch Park Veteran's Grove
Capacity 100

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

Crosswoods Community Center
6742 Auburn Blvd., Citrus Heights
Charming park setting - natural wooded area.
- Ideal for weddings
- Accommodates 56 banquet style
- Kitchen facilities

Foothill Community Center
5510 Diablo Drive, Sacramento
Accommodates 150 banquet style.
- Adjacent patio
- Lots of windows overlooking park
- Kitchen facilities
- Freeway access

Jump House at the Park?

Review SRPD Park Rules

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

Facility/Classroom Locations

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

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

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

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

Creekview Ranch School
8779 Cook Riolo Road off PFE Road

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

Foothill Community Center
5510 Diablo just West of 1-80

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

Mesa Verde High School
7501 Carriage Dr., nearest crossroads are Kanai Ave and Carriage Drive, next to Carriage Elementary

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

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

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

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

Tupelo Fire Station
7352 Roseville Road
Take Antelope Road west towards Antelope, turn left on Roseville Road (past Home Depot). Fire station is on the left behind the 7-Eleven shopping center

For recent updates, please visit SunriseParks.com

For park locations & amenities, see the inside back cover.

Partner Facility Locations

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

Extreme Martial Arts Center
7530 Auburn Blvd, Citrus Heights, 95621 • (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

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.

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

Sunrise RECREATION & PARK DISTRICT

Check for updates on activities and programs:

(916) 725-1585
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						
5	Barrett Ranch - COMING SOON																	
6	Blue Oak Park	C2	9.59					•			•	8				•		
7	Brooktree Park	G5	14.79	4	2	.5		•	65		•	11			•			1
8	Cabana Park	F4	1.13				•											
9	C Bar C Park	D8	25.30	4	1		•	•	170		•	11		1	•	•		
10	Crosswoods Community Park	E5	15.91						18	2	•	4	•		•			2
11	Eugene H. Ahner Park	G4	7.02		2	2		•	18	1	•	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	1	•	15		1	•	•		2
17	McDonald Park	D7	2.27	1					34			2			•			
18	Mitchell Farms - COMING SOON																	
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	2	•	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	12	•	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	3	•	6			•	•		1
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

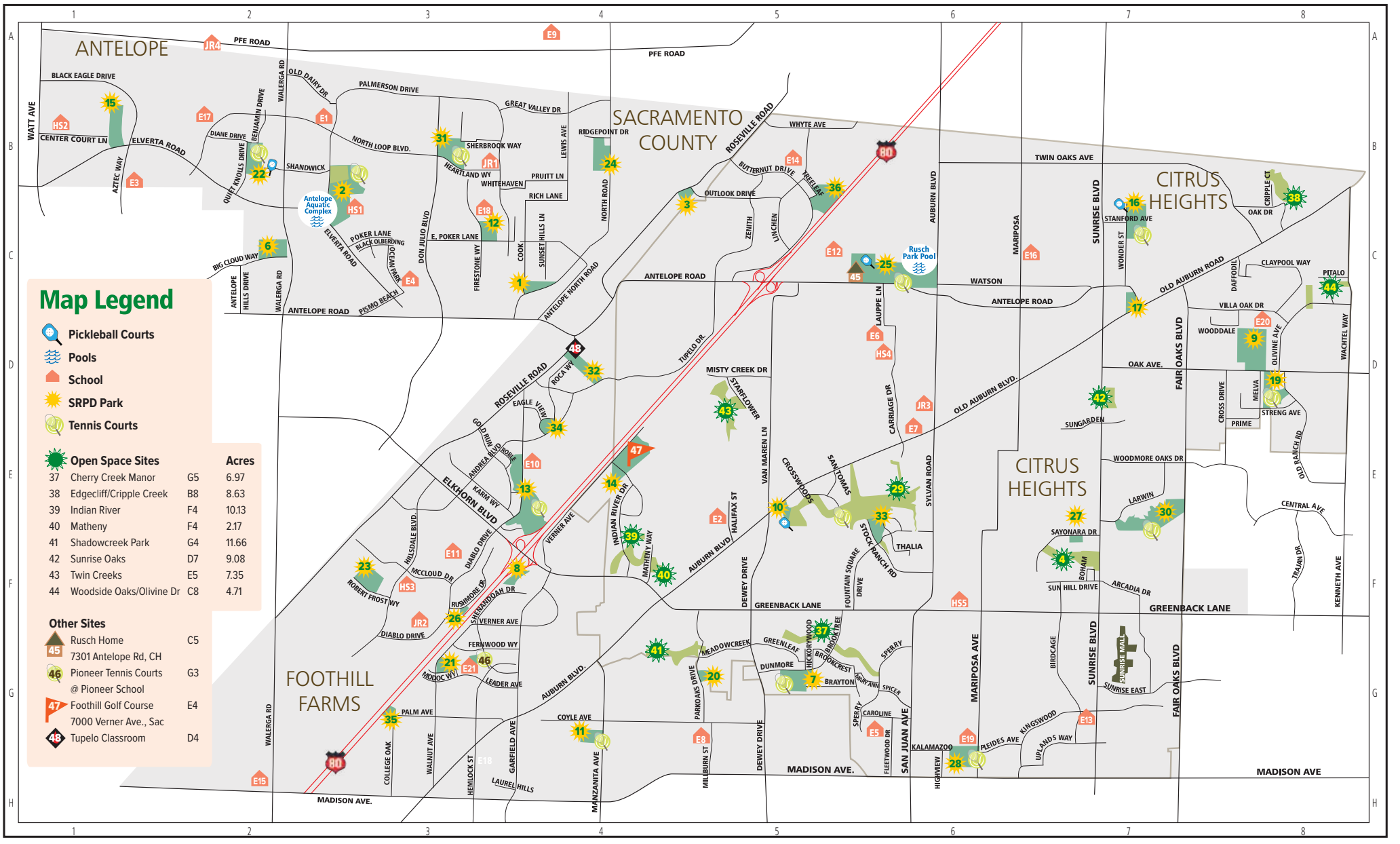
HS1 Antelope High School
HS2 Center High School
HS3 Foothill High School
HS4 Mesa Verde High School
HS5 San Juan High School

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



ANTELOPE
SACRAMENTO COUNTY
CITRUS HEIGHTS
FOOTHILL FARMS
Antelope Aquatic Complex
Rusch Park Pool
PFE ROAD
BLACK EAGLE DRIVE
CENTER COURT LN
ELVERTA ROAD
WATT AVE
AZTEC WAY
DIANE DRIVE
BENJAMIN DRIVE
QUIET KNOLLS DRIVE
WALERGA RD
OLD DAIRY DR
PALMERSON DRIVE
GREAT VALLEY DR
NORTH LOOP BLVD.
SHANDWICK
SHERBROOK WAY
HEARTLAND WY
WHITEHAVEN
PRUITT LN
RICH LANE
LEWIS AVE
RIDGEPOINT DR
NORTH ROAD
ROSEVILLE ROAD
WHYTE AVE
BUTTERNUT DRIVE
TREELEAF
OUTLOOK DRIVE
ZENITH
LINCHEN
AUBURN BLVD
TWIN OAKS AVE
MARIPOSA
SUNRISE BLVD
STANFORD AVE
WONDER ST
CRIPPLE CT
OAK DR
DON JULIO BLVD
E. POKER LANE
POKER LANE
BLACK OLBERDING
OCEAN PARK
PISMO BEACH
FIRESTONE WY
COOK
SUNSET HILLS LN
ANTELOPE NORTH ROAD
BIG CLOUD WAY
ANTELOPE HILLS DRIVE
ANTELOPE ROAD
WATSON
OLD AUBURN ROAD
DAFFODIL
CLAYPOOL WAY
PITALO
VILLA OAK DR
WOODDALE
OLIVINE AVE
WACHTEL WAY
OAK AVE.
FAIR OAKS BLVD
CROSS DRIVE
MELVA
STRENG AVE
PRIME
OLD RANCH RD
SUNGARDEN
WOODMORE OAKS DR
LARWIN
CENTRAL AVE
TRAJAN DR
KENNETH AVE
SAYONARA DR
BOHAM
SUN HILL DRIVE
ARCADIA DR
GREENBACK LANE
TUPELO DR.
MISTY CREEK DR
STARFLOWER
LAUPPE LN
CARRIAGE DR
SYLVAN ROAD
VAN MAREN LN
CROSSWOODS
SAN TOMAS
STOCK RANCH RD
THALIA
FOUNTAIN SQUARE DRIVE
HALIFAX ST
DEWEY DRIVE
ROCA WY
EAGLE VIEW
GOLD RUN ROBLE
ANDREA BLVD
KARM WY
ELKHORN BLVD
VERNER AVE
INDIAN RIVER DR
MATHENY WAY
HILLSDALE BLVD.
DIABLO DRIVE
MCCLOUD DR
ROBERT FROST WY
RUSHMORE DR
SHENANDOAH DR
VERNER AVE
FERNWOOD WY
MODOC WY
LEADER AVE
PALM AVE
COLLEGE OAK
WALNUT AVE
HEMLOCK ST
GARFIELD AVE
LAUREL HILLS
MANZANITA AVE
COYLE AVE
MEADOWCREEK
GREENLEAF
HICKORYWOOD
BROOKTREE
BROOKCREST
DUNMORE
BRAYTON
MARY ANN
SPICER
SPERRY
CAROLINE
PARKOAKS DRIVE
MILLBURN ST
FLEETWOOD DR
SAN JUAN AVE
KALAMAZOO
HIGHVIEW
PLEIDES AVE
KINGSWOOD
UPLANDS WAY
BIRDCAGE
SUNRISE MALL
SUNRISE EAST
MADISON AVE.
MADISON AVE
Map Legend
Pickleball Courts
Pools
School
SRPD Park
Tennis Courts
Open Space Sites
Acres
37 Cherry Creek Manor G5 6.97
38 Edgecliff/Cripple Creek B8 8.63
39 Indian River F4 10.13
40 Matheny F4 2.17
41 Shadowcreek Park G4 11.66
42 Sunrise Oaks D7 9.08
43 Twin Creeks E5 7.35
44 Woodside Oaks/Olivine Dr C8 4.71
Other Sites
45 Rusch Home C5
7301 Antelope Rd, CH
46 Pioneer Tennis Courts G3
@ Pioneer School
47 Foothill Golf Course E4
7000 Verner Ave., Sac
48 Tupelo Classroom D4

ARTS & CRAFTS FAIR

The Sunrise Craft Fair is an incredible opportunity to find that special someone a most unique gift that they will cherish.

7th Annual Outdoor Craft Fair

Fun-Filled Holiday Extravaganza!

Date: **Saturday, November 6, 2021**
Time: **9:00am - 3:00pm**
Location: **Rusch Community Park**
7801 Auburn Blvd
Citrus Heights, CA 95610

- Raffle Drawings proceeds benefit Gene Ahner Scholarship Fund
- Food and Beverages for Sale proceeds benefit Citrus Heights Marching Band
- Polar Express-Train Rides fun for the kids! All aboard the Polar Express for a spin around the park! 11:00am-1:00pm, Weather Permitting
- Performances by the Citrus Heights Community Marching Band & Sunrise Community Church Carolers

For more information contact Tim or Jacqueline at (916)725-1585 or email at tgiles@sunriseparks.com or jcoker@sunriseparks.com

Sunrise RECREATION & PARK DISTRICT

SunriseParks.com