New Playgrounds Coming in Dec 2019!

Northwoods Park

Rusch Park
New and Improved! Foothill Golf Course Now Open

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

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

(916) 725-3399
foothillgolfcourse.com

Hours:
7:30am - Closing time various

Address:
7000 Verner Ave.
Citrus Heights, CA 95621
### Fall / Winter 2019-20 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

<table>
<thead>
<tr>
<th>Important Contacts</th>
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</tr>
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<tbody>
<tr>
<td><strong>Emergencies:</strong></td>
<td><strong>911</strong></td>
</tr>
<tr>
<td>Sunrise Recreation &amp; Park District:</td>
<td>(916) 725-1585</td>
</tr>
<tr>
<td>First Security Service:</td>
<td>(916) 331-3175</td>
</tr>
<tr>
<td>Citrus Heights Police Department:</td>
<td>(916) 727-5500</td>
</tr>
<tr>
<td>Non-Emergency Sacramento County Sheriff:</td>
<td>(916) 874-5115</td>
</tr>
<tr>
<td>FEC Park Police (Antelope &amp; Foothill Farms):</td>
<td><a href="mailto:pop@fecrecparks.com">pop@fecrecparks.com</a></td>
</tr>
</tbody>
</table>

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 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 photos taken by: Karey Hansen, Colin Smith, Deslin Malone and Kourtney Hobart.

Graphic Design by Appletree Advertising.

SRPD Observed Holidays
(District Office is closed)

- September 2: Labor Day
- November 11: Veteran's Day
- November 28/29: Thanksgiving
- December 24/25: Christmas
- January 1: New Year’s Day
- January 20: MLK Birthday
- February 12: Lincoln’s Birthday
- February 17: President’s Day

Share your outdoor fun with us on social media!
#sunriseparks
Registration Now Open

Register in-person or online.
- Visit 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 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

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.
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
2235.301 10/3 - 10/24
2235.302 11/7 - 11/21 ($32)
2235.303 12/5 - 12/19 ($32)
2235.304 1/9 - 1/30
2235.305 2/6 - 2/27* ($32)
2235.306 3/5 - 3/26

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
2236.301 10/3 - 10/24
2236.302 11/7 - 11/21 ($32)
2236.303 12/5 - 12/19 ($32)
2236.304 1/9 - 1/30
2236.305 2/6 - 2/27* ($32)
2236.306 3/5 - 3/26

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
2237.301 10/3 - 10/24
2237.302 11/7 - 11/21 ($32)
2237.303 12/5 - 12/19 ($32)
2237.304 1/9 - 1/30
2237.305 2/6 - 2/27* ($32)
2237.306 3/5 - 3/26

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
2238.301 10/3 - 10/24
2238.302 11/7 - 11/21 ($32)
2238.303 12/5 - 12/19 ($32)
2238.304 1/9 - 1/30
2238.305 2/6 - 2/27* ($32)
2238.306 3/5 - 3/26

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
2239.301 10/3 - 10/24
2239.302 11/7 - 11/21 ($39)
2239.303 12/5 - 12/19 ($39)
2239.304 1/9 - 1/30
2239.305 2/6 - 2/27* ($39)
2239.306 3/5 - 3/26

*All Sessions: No class 2/20

Rusch Park Dance Studio

Crosswoods Community Center

ALL Classes
December Recital
Dec 19 at the Crossroads location. $20 additional materials fee due to instructor.
**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.

<table>
<thead>
<tr>
<th>Day</th>
<th>9:00 - 9:45am</th>
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<tbody>
<tr>
<td>Tue</td>
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<td>1/8 - 2/5</td>
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<td>2206.304</td>
<td>2/12 - 3/25</td>
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### 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.

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<thead>
<tr>
<th>Day</th>
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### 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.

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<tr>
<th>Day</th>
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</tr>
<tr>
<td>2257.304</td>
<td>2/12 - 3/25</td>
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</tbody>
</table>

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
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
2744.301 10/6 - 10/27
2744.302 11/3 - 11/24
2744.303 12/1 - 12/22
2744.304 1/5 - 1/26
2744.305 2/2 - 2/23
2744.306 3/1 - 3/22

**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
2745.301 10/23 - 11/13
2745.302 11/20 - 12/11
2745.303 1/22 - 2/12
2745.304 2/19 - 3/11
2745.305 3/18 - 4/8

**Beginning Youth Ukulele**
New!
6 - 14 years
Ukulele is so kid friendly your children will be playing songs in the very first class! This class includes simple two & three chord songs that allow each student to progress at an easy pace. Children will learn some basic chords & strumming, how to read tab, essential motor skill exercises and some simple, familiar songs. *Basic Ukuleles are available for loan and materials will be provided. Ukuleles and accessories will be available for purchase at first class session.*

Location: Rusch Room #1
Fee: $65, 5 weeks
Thur
2323.201 10/10 - 11/14
t
2323.202 2/6 - 3/5
*No class 10/31

**Tap and Ballet**
Location: Rusch Park Community Center
Fee: $60

**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
2102.301 1/4 - 2/29*
2102.302 3/14 - 5/2*

**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
2115.301 1/4 - 2/29*
2115.302 3/14 - 5/2*

**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
2116.301 1/4 - 2/29*
2116.302 3/14 - 5/2*
*No class 1/18, 2/22, 4/11

Note: The last class of each session will be held at Crosswoods Center for parent viewing.
Year-Round Karate

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.

<table>
<thead>
<tr>
<th>Location - All Classes: Foothill Community Center</th>
<th>Fee: $50</th>
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<tr>
<td><strong>Tue/Thur</strong></td>
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<td>2725.305</td>
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<td>3/3 - 3/31</td>
<td>2725.306</td>
</tr>
</tbody>
</table>

For both Karate classes, testing fee is not included in the registration fee. *No class 11/28

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
2721.301 11/5 - 12/10*
2721.302 1/14 - 2/27
2721.303 3/17 - 4/30

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
2723.301 11/5 - 12/10*
2723.302 1/14 - 2/27
2723.303 3/17 - 4/30

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)

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Dragons
7 - 11 years

<table>
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Teens
12 - 17 years

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<td>2245.306</td>
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</tbody>
</table>

Extreme Martial Arts offers classes for all ages.
See page 27 for more details.
2020 Sunrise Camps:
Aquatics, Sports and Recreation

Students can take their sports skills to the next level each morning with instruction from Sunrise Coaches, then spend the afternoon improving their swimming and playing at the pool.

Look for new camps to be announced in the 2020 Spring & Summer Activity Guide or visit SunriseParks.com for updates.

Summer Jobs
Join Our Aquatics Staff

- Swim Instructor
- Lifeguard
- Pool Management
- Cashier
- Swim Coach

Steps to become a Sunrise Lifeguard / Swim Instructor / Coach

1) Submit District Application Jan 6 - May 1
   - Passing an American Red Cross Lifeguard Training Course that includes:
     - Lifeguarding/First Aid/CPR/AED
     - Administering Emergency Oxygen
     - First Aid for Public Safety Personnel (Title 22)

2) Attending one of our Tryout / Hire dates
   - Sat, April 18 OR Mon, May 4

Steps to becoming a Sunrise Aquatic Cashier

- Submit District Application Jan 6 - April 1
- Passing American Red Cross CPR for the Professional Rescuer and First Aid
- Attending our Interview/Math Assessment Thur, April 2

All 2020 SRPD Aquatics Staff must attend Mandatory Training Day, Saturday, May 16.
Sunrise Kids Club

Join the fun…
2019/20 Day Care

School Year Programs August - June, 7:00am - 6:00pm, 5 days a week

Day Care: The Sunrise Recreation and Park District’s “Sunrise Kid’s 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 programs, please call the following numbers:

- **Antelope Meadows**
  - Day Care & Preschool
  - License #340316216
  - (916) 725-0794
  - Director: Jennifer West

- **Oak Hill**
  - Day Care & Preschool
  - License #343600374
  - (916) 331-6042
  - Director: Jennifer West

- **Olive Grove**
  - Day Care & Preschool
  - License #343604450
  - (916) 726-0224
  - Director: Kourtney Hobart

- **Creekview Ranch**
  - Day Care & Preschool
  - License #313620615
  - (916) 726-0224
  - Director: Kourtney Hobart

Summer Day Camps!

Summer care is available to any school-aged child (TK - 6).

- **Antelope Meadows Kids Club**
  - Located at Antelope Meadows Elementary School
  - 8343 Palmerson Dr., Antelope
  - License #340316216
  - Director: Jennifer West
  - (916) 725-0794

- **Oak Hill Kids Club**
  - Located at Oak Hill Elementary School
  - 3909 North Loop Blvd., Antelope
  - License #343600374
  - Director: Jennifer West
  - (916) 331-6042

- **Olive Grove Kids Club**
  - Located at Olive Grove Elementary School
  - 7926 Firestone Way, Antelope
  - License #343604450
  - Director: Kourtney Hobart
  - (916) 726-0224

Sunrise Recreation & Park District (916) 725-1585 SunriseParks.com
Sunrise Preschool Programs

Rusch Park Preschool
at Rusch Park Community Center
7801 Auburn Blvd, (916) 725-0185 - Becky Herz

3 years

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue/Thur</td>
<td>9:00am - 12:00pm</td>
<td>$155</td>
<td>Rusch Park #2/#3</td>
</tr>
</tbody>
</table>

4 years

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon/Wed/Fri</td>
<td>9:00am - 12:00pm</td>
<td>$195</td>
<td>Rusch Park #2/#3</td>
</tr>
<tr>
<td>Tue/Wed/Thur</td>
<td>12:45 - 3:45pm</td>
<td>$195</td>
<td>Rusch Park #3</td>
</tr>
</tbody>
</table>

2019/20 school year program begins August 8.

Foothill Preschool
Foothill Community Center
5510 Diablo Dr, (916) 725-0794
Jennifer West - jwest@sunriseparks.com

3 - 4 years

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue/Wed/Thur</td>
<td>9:00am - 12:00pm</td>
<td>$195</td>
<td>Foothill Community Center</td>
</tr>
</tbody>
</table>

2019/20 school year program begins August 1.

Interested in enrolling in Preschool for the 2019/20 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. Ongoing open registration as space permits.
- 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 Area: Four great programs hosted at local Antelope schools.

1) **Antelope Meadows Preschool**
   - 8343 Palmerson Dr., Antelope
   - (916) 725-0794, Director: Jennifer West
   - 3 - 6 years, 3 and 4 day programs,
   - $195 - $275 per month*

2) **Creekview Ranch Preschool**
   - 8779 Cook Riolo Road, Roseville
   - (916) 726-0224, Director: Kourtney Hobart
   - 3 - 5 years, 3 day programs,
   - $195 per month*

3) **Oak Hill Preschool**
   - 3909 North Loop Blvd, Antelope
   - (916) 331-6042, Director: Jennifer West
   - 3 - 6 years, 3 and 4 day programs, $195 - $260 per month*

4) **Olive Grove Preschool**
   - 7926 Firestone Way, Antelope
   - (916) 726-0224, Director: Kourtney Hobart
   - 3 - 6 years, 2, 3 and 4 day programs, $160 - $275 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.
Basketball Rocks
Pee Wee Clinics
4 - 5 years, Boys & Girls
With the help of specially constructed baskets, this camp will focus on fun, while learning the basics of the game in a non-competitive environment.

Location: Rusch Park Auditorium
Fee: $45, 4 weeks
Sat 9/14 - 10/5
8811.323 11:00am - 12:00pm

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 9/14 - 10/5
6 - 7 years
8811.325 12:15 - 1:15pm
8 - 9 years
8811.328 1:30 - 2:30pm

Basketball Rocks
Junior League
4 - 9 years, Boys & Girls
This is a 7 week instructional league. Instructors will focus on having fun and learning the basics of the game in a semi-competitive environment. The league will use 8-foot baskets and an intermediate size ball to meet the specific needs of this younger age group.

Location: Rusch Park Auditorium
Fee: $75, 7 weeks
 Eval. Day, Sat, 10/12

Players Academy
Fall Basketball Clinic
with Michael Shaw
8 - 11 years, Boys & Girls
This camp 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 8:30 - 9:30am
8125.301 9/7 - 9/21

Basketball Training
with Michael Shaw
12 - 15 years, Boys & Girls
Michael Shaw is known as one of Sacramento area's premier Basketball Trainers. Coach Shaw brings over 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 more information, please visit mdshawventures.com.

Location: Rusch Park Auditorium
Fee: $45, 3 weeks
Sat 9:30 - 10:30am
8227.309 9/7 - 9/21
8227.311 10/12 - 10/26

Pre-Season
Basketball Clinic
Grades 6th - 8th, Boys & Girls
With basketball season just around the corner, it is time for your child to brush up on their skills! New this year, we are offering a Pre-Season Basketball Clinic so children can strengthen their basketball skills and knowledge by participating in skill building exercises led by seasoned basketball coaches.

Location: Antelope Crossing Middle School Gym
Fee: $25, 3 weeks
Wed 6:00 - 7:15pm
Boys Pre-Season Clinic
4444.430 10/2 - 10/16
Girls Pre-Season Clinic
4444.431 1/8 - 1/22
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, 4 weeks
Sat 9:00 - 10:30am
8620.130 10/5 - 10/26
8020.131 2/15 - 3/7

NFL Flag Football Leagues
6 - 14 years, Boys & Girls
This program provides young players a fun and exciting opportunity to engage in continuous action, while learning fundamental skills.
The season will include two Saturday’s of conditioning and skill development. Team practices and games will begin after team selections.

Location: Rusch Park Diamond 3
Fee: $110
Season Dates: 9/7 - 11/2
6 - 8 years 8810.312 9:00 - 10:00am
9 - 11 years 8810.313 10:30 - 11:30am
12 - 14 years 8810.314 12:00 - 1:00pm
• Listed times are only for 9/7 & 9/14
• Practice and game schedules will be distributed on 9/21

Youth Sports Organizations
For additional contact information visit sunriseparks.com
Citrus Heights Little League........................................citrusheightslittleleague.com
Foothill Farms Little League..............................................................(916) 784-3355
Northridge Little League..............................................................(916) 225-8712
Sunrise Little League.................................................................sunriselittleleague.com
Antelope  A.Y.S.O...........................................................(916) 491-2529
Citrus Heights Soccer Club...........................................................(916) 801-4099
Sunrise Soccer Club.................................................................(916) 304-6253
North Highlands/Antelope Youth Soccer Club..................NHAYSC.com
Sacramento Community Tennis Assoc.(SCTA)........sacamentotennis.net
Challenge Sports.................................................................(916) 554-0889
Sports for youth with special needs..................................challengesports.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.
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. During the first week, coaches will select teams at your child’s school. After team selections, teams will receive 2 practices and 1 game each week.

REGISTER ONLINE TO GUARANTEE YOUR CHILD A SPOT ON A TEAM!
When registering online, please select the school your child attends. If you choose not to register online, you can register at the District Office starting August 26.

<table>
<thead>
<tr>
<th>Boys’ Basketball Leagues</th>
<th>8 weeks</th>
<th>$105, includes jersey</th>
</tr>
</thead>
<tbody>
<tr>
<td>8820 2nd - 3rd Grades</td>
<td>12/3 - 2/15</td>
<td></td>
</tr>
<tr>
<td>8820 4th - 5th Grades</td>
<td>12/3 - 2/15</td>
<td></td>
</tr>
</tbody>
</table>

No practices or games during Winter Break.

<table>
<thead>
<tr>
<th>Girls’ Basketball Leagues</th>
<th>8 weeks</th>
<th>$105, includes jersey</th>
</tr>
</thead>
<tbody>
<tr>
<td>8820 2nd - 3rd Grades</td>
<td>2/24 - 4/25</td>
<td></td>
</tr>
<tr>
<td>8820 4th - 5th Grades</td>
<td>2/24 - 4/25</td>
<td></td>
</tr>
</tbody>
</table>

No practices or games during Spring Break.

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. Practices will be held at your child’s school except for our NFL Flag Football League. Games will be held at Rusch Park, Antelope Crossing Middle School and La Sierra Community Center.

When registering online, please select the school your child attends. If you choose not to register online, you can register at the District Office beginning Monday, August 26.
For more information about our leagues, please visit sunriseparks.com or teamsideline.com/sunrise.

Fee: $110, includes jersey

Girls’ Volleyball Leagues 9/9 – 10/25
NFL Flag Football League 9/9 – 11/2
Boys’ Basketball Leagues 10/28 – 1/18
Girls’ Basketball Leagues 1/21 – 3/21

Knights Of Columbus Free Throw Contest
9 - 14 years, Boys & Girls
(Age as of 1/1/20)
This FREE contest is co-sponsored by the Sunrise Recreation and Park District and the Infant Mary Council #4964 Knights of Columbus. Winner of each age group will receive awards and will advance to the District Competition. Please note: Proof of age required!
For more information, please contact Bob Churchill at (916) 987-2471.

Location: Rusch Park Auditorium
Sat Jan 11
Registration: 6:30 - 7:00pm
Start Time: 7:00pm

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.
FREE Junior Pickleball Clinic
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 - 11:30am 8227.224 10/5

Skyhawks Golf Clinics
5 - 9 years, Boys & Girls
Participants will learn the fundamentals of swinging, putting and body positioning. Using the SNAG (Starting New At Golf) system, Skyhawks have simplified instruction so that young players can make an effective transition onto the golf course.
All equipment provided.

Location: Rusch Park (near Covered Picnic Area)
Fee: $69. 6 weeks
5 - 7 years
Tue 3:30 - 4:30pm 4444.224 9/3 - 10/8
7 - 9 years
Tue 4:45 - 5:45pm 4444.225 9/3 - 10/8

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5 - 7 years
Tue 3:30 - 4:30pm 4444.224 9/3 - 10/8
7 - 9 years
Tue 4:45 - 5:45pm 4444.225 9/3 - 10/8

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.
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
Fee: $45, 4 weeks
Sat 9/21 - 10/12
8244.319 5:00 - 6:00pm

Sidekick Soccer Clinics
7 - 10 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
Fee: $45, 4 weeks
Sat 9/21 - 10/12
8244.321 5:00 - 6:00pm

Just4Kicks Soccer
Introduce your child to the game of soccer in our fun and dynamic 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.

Fall 2019
Location: Foothill Park
Fee: $85
Sat 9/7 - 10/26

<table>
<thead>
<tr>
<th>Class</th>
<th>Ages</th>
<th>Code</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre K Soccer</td>
<td>3.5 - 5</td>
<td>8250.200</td>
<td>9:00 - 9:30am</td>
</tr>
<tr>
<td>K Soccer</td>
<td>4 - 5</td>
<td>8250.201</td>
<td>9:30 - 10:05am</td>
</tr>
<tr>
<td>K-1 Soccer</td>
<td>5 - 6</td>
<td>8250.202</td>
<td>10:05 - 10:50am</td>
</tr>
<tr>
<td>Soccer 2-6</td>
<td>7 - 12</td>
<td>8250.203</td>
<td>10:50 - 11:50am</td>
</tr>
</tbody>
</table>

Goal-to-Goal
Indoor Soccer Clinics
Learn basic soccer skills while having fun, and staying indoors! 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
Fee: $40, 4 weeks

3 - 5 years
Fri 11/8 - 12/6*
8244.305 5:30 - 6:30pm
Fri 1/17 - 2/7
8244.306 5:30 - 6:30pm
*No class 11/29

5 - 10 years
Fri 11/8 - 12/6*
8242.306 6:30 - 7:30pm
Fri 1/17 - 2/7
8242.307 6:30 - 7:30pm
*No class 11/29

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

Sunrise Recreation & Park District
(916) 725-1585
SunriseParks.com
Come one, come all! Foothill Golf Course is for everyone. It is the place to be for new and experienced golfers alike! With Opening Day already under our belt, the fun is just getting started and we’re so excited to bring our community together in growing the game and teaching life skills through golf.

Under our new management, we plan to make a number of improvements including:
- Golf Course Beautification
- Clubhouse and Pro Shop Renovations
- New Electric Golf Carts
- Repaving the Parking Lot

A course close to our hearts, we look forward to making Foothill Golf Course an accessible and affordable option for everyone in our community. To provide offerings for all-ages and all skill-levels, we are currently developing programming in the following categories:
- Youth Team Competitions/Seasonal Leagues
- After-School Youth Instruction & Development
- Group and Private Lessons
- Teen Individual Competitions/Leagues
- Adult Leagues – Ladies & Men’s, Beginner & Experienced
- Monthly Family Golf Outings
- Glow in the Dark Night Golf

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

Tight on time? Our course is set up to play as many or as few holes as you would like!

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

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
## Private Pool Rentals

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

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.
Aquatic Teams

Sunrise Sharks Swim Team 2020

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. Families are required to fundraise 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 13. For practice times visit sunriseparks.com.

2020 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 2019

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 add’l sibling

7 - 10 years
Mon - Thur 7:05 - 8:20pm
6301.301 8/26 - 11/14*
11 - 18 years
Mon - Thur 7:05 - 8:20pm
6301.302 8/26 - 11/14*

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 9/2, 10/31, 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 or e-mail swanssynchro@gmail.com.
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.

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**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

---

**Upcoming Youth Aquatics**

- Youth Water Polo: Mornings, starts in June at Antelope Pool
- Diving: Weekday afternoons Starts in August at Rusch Pool
- Scouting Programs: Swimming, Life Saving, First Aid

**Upcoming Adult Aquatics**

- Lap Swim Weekday mornings start in June at Antelope Pool
- Aquacise Evenings start in July at Rusch Pool
Spring 2020 Swim Lessons
Beginning through Intermediate levels will be taught in these one week swim lesson sessions. This is a great way to get summer started!
Fee: $35 per session, 5 days

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2020 Summer Swim Lessons
Sunrise offers swimming lessons to all ages and ability levels at a variety of times at both Rusch Park Pool and Antelope Aquatic Complex. Summer Swim Lessons are held Mon - Thur in 2-week sessions throughout the summer. Please see our next activity guide being mailed in March 2020 for information and registration details.
## Red Cross Classes

### Lifeguard Training 15+ years

This American Red Cross course is a combination of Lifeguard Training, CPR for the Professional Rescuer with AED, 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.

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<tr>
<th>Location</th>
<th>Antelope Aquatic Complex</th>
<th>Rusch Pool</th>
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<tr>
<td>Session 1</td>
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<td>6501.102</td>
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<tr>
<td>Sat &amp; Sun</td>
<td>3/21 - 3/29</td>
<td>Sat - Tue 4/4 - 4/7</td>
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<td>8:30am - 6:00pm</td>
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<td>Session 2</td>
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<td>Wed - Sat</td>
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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
- $37 pre-registration fee and online pre-course work is required
- Once enrolled in the class, please email csmith@sunriseparks.com

**Location:** Antelope Aquatic Complex

<table>
<thead>
<tr>
<th>Fee</th>
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<td>8:30am - 5:30pm</td>
<td>$200 (+$37 Red Cross Materials Fee)</td>
<td>8:30am - 5:30pm</td>
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</table>

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
- $37 Pre-registration fee and online pre-course work is required
- Once enrolled in the class, please e-mail csmith@sunriseparks.com for pre-course work information

**Location:** Rusch Pool

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<tr>
<th>Fee</th>
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<tr>
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<td>8:30am - 5:30pm</td>
<td>$200 (+$37 Red Cross Materials Fee)</td>
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</table>

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

Successful completion of any of these classes does not guarantee a position with Sunrise.
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 2-year certification in all components.

Location: Tupelo Fire Station
Fee: $90 (includes pocket mask)
Sat 9:00am - 6:30pm
4644.210 4/25

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
4640.104 10/26
4640.105 2/15

Aquatics Jobs
See page 10

Sponsor Thank You
Thank you for sponsoring Community Swim Lessons through the Antelope River Safety Program.
Sunrise Aquatics would like to thank the sponsors of our Family River Safety Program.
Summer Splash Sponsors 2019
Adult Dance

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: 4127.301
*No class 9/13, 9/20, 11/29, 12/13, 12/20, 12/27, 1/3

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. For details, phone Richard at (916) 722-1382.
Location: Rusch Park
Fee: $40/single, $60/couple
Tue 1:00 - 2:00pm or 2:00 - 3:00pm

Waltz
4210.900 9/3 - 9/24 1:00 - 2:00pm
Foxtrot
4210.901 9/3 - 9/24 2:00 - 3:00pm
East Coast Swing
4210.102 10/1 - 10/22 1:00 - 2:00pm
West Coast Swing
4210.103 10/1 - 10/22 2:00 - 3:00pm
Cha-cha
4210.110 11/5 - 11/26 1:00 - 2:00pm
Salsa
4210.111 11/5 - 11/26 2:00 - 3:00pm
Night Club Two-Step*
4210.120 12/3 - 12/17 1:00 - 2:00pm
Hustle*
4210.121 12/3 - 12/17 2:00 - 3:00pm
*Prorated Fee $30/$45, no class on 12/24

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.

Foxtrot
4210.100 1/7 - 1/28 1:00 - 2:00pm
Waltz
4210.101 1/7 - 1/28 2:00 - 3:00pm
West Coast Swing
4210.200 2/4 - 2/25 1:00 - 2:00pm
East Coast Swing
4210.201 2/4 - 2/25 2:00 - 3:00pm
Salsa
4210.300 3/3 - 3/24 1:00 - 2:00pm
Cha-cha
4210.301 3/3 - 3/24 2:00 - 3:00pm
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
18+ years
Fee: $59 (one-time additional $15 for t-shirt)

Mon/Wed 6:00 - 6:30pm
4423.301 10/1 - 10/30
4423.302 11/4 - 11/20
4423.303 12/2 - 12/18
4423.304 1/6 - 1/29
4423.305 2/3 - 2/26
4423.306 3/2 - 3/25

Older Adult Tai Chi/Qi-Gong
40+ years
Fee: $59 (must have a Gi or purchase one $79 on first day of class)

Tue/Thur 10:00 - 11:00am
4427.301 10/1 - 10/24
4427.302 11/5 - 11/21
4427.303 12/3 - 12/19
4427.304 1/7 - 1/30
4427.305 2/4 - 2/27
4427.306 3/3 - 3/26

Kickboxing (Cardio)
12+ years
Fee: $59 (one-time additional $15 for t-shirt and $31.99 for gloves)

Always a fun, engaging, challenging, and exciting workout! Your result is a bag-hitting, adrenaline-flowing workout that anyone can do - no matter your age or fitness level. You put on real gloves and learn moves the pros use. Feel like a champ all while getting lean and toned like a fighter (without ever having to fight).

Mon/Wed 7:00 - 7:45pm
4426.301 10/2 - 10/30
4426.302 11/4 - 11/20
4426.303 12/2 - 12/18
4426.304 1/6 - 1/29
4426.305 2/3 - 2/26
4426.306 3/2 - 3/25

Adult Kung Fu
17+ years
Fee: $59 (one-time additional $15 for t-shirt)

Mon/Wed 6:30 - 7:00pm
4422.301 10/2 - 10/30
4422.302 11/4 - 11/20
4422.303 12/2 - 12/18
4422.304 1/6 - 1/29
4422.305 2/3 - 2/26
4422.306 3/2 - 3/25

Extreme Martial Arts offers classes for all ages. See page 9 for more details.
Zumba® with Tavio
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
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
- Unlimited monthly class pass: $48/EFT withdrawal 12 month membership, one time joining fee: $25
- Month to month unlimited class pass: $60, one time joining fee $35
- 10 class pass $100, no joining fee
- One class $15, no joining fee
- 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.

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
4242.301 9/30 - 11/4
4242.302 11/11 - 12/16
4242.303 1/13 - 2/10 ($45)
4242.304 2/17 - 3/23

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
4241.301 10/2 - 11/6
4241.302 11/13 - 12/18
4241.303 1/15 - 2/12 ($45)
4241.304 2/19 - 3/25
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.

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*No class 11/11, 1/20, 2/12, 2/17

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

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

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*No class 11/11, 1/20, 2/12, 2/17

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

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*No class all December
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
Tues 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 10:00am and we meet at the parking lot associated with the park

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<tr>
<th>Date</th>
<th>Location</th>
<th>Address</th>
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</thead>
<tbody>
<tr>
<td>9/4, 3/5</td>
<td>Rusch Park (meet @ District Office)</td>
<td>7801 Auburn Blvd., Citrus Heights</td>
</tr>
<tr>
<td>9/18, 3/19</td>
<td>Rusch Park (meet @ District Office)</td>
<td>7801 Auburn Blvd., Citrus Heights</td>
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<tr>
<td>10/2, 4/2</td>
<td>Arcade Creek Park Preserve</td>
<td>6377 Bonham Circle, Citrus Heights</td>
</tr>
<tr>
<td>10/16</td>
<td>Van Maren Park</td>
<td>6601 Thalia Way, Citrus Heights</td>
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<tr>
<td>10/30</td>
<td>Firestone Park</td>
<td>5415 Poker Lane, Antelope</td>
</tr>
<tr>
<td>11/13</td>
<td>Lone Oak Park (meet @ back lot)</td>
<td>3420 Esterbrook Way, Antelope</td>
</tr>
<tr>
<td>1/8</td>
<td>Tetotom Park</td>
<td>5127 Heartland Drive, Antelope</td>
</tr>
<tr>
<td>1/24</td>
<td>Tempo Park</td>
<td>13125 Fair Oaks Blvd., Citrus Heights</td>
</tr>
<tr>
<td>2/5</td>
<td>Westwood Park</td>
<td>8100 Butternut Dr., Citrus Heights</td>
</tr>
<tr>
<td>2/19</td>
<td>Antelope Community Park</td>
<td>8012 Palmerson Dr., Antelope</td>
</tr>
</tbody>
</table>

For more Wednesday meet-up spots or rain-out questions, contact Colin at csmith@sunriseparks.com
4th Annual Sunrise Pickleball Fall Classic

Join us in October for the 4th Annual Sunrise Fall Classic Tournament which features divisions based on skill and age to give all opponents a chance to participate in competitive matches. USAPA rules apply, but this is a non-sanctioned recreational tournament. The tournament will be held at the Rusch Park Pickleball Courts. To register, please go to pickleballtournaments.com

Registration Deadline: Thursday, October 10

**Tournament Fees:**
- Senior 70+ Doubles: $35
- Women’s Doubles: $15
- Men’s Singles: $25
- Mixed Doubles: $35
- Men’s Doubles: $35
- Women’s Singles: $25

### Adult Beginner Pickleball

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.

**Location:** Rusch Park

**Fee:** $60, 4 classes

<table>
<thead>
<tr>
<th>Mon/Wed</th>
<th>9/23 - 10/2</th>
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<tbody>
<tr>
<td>4444.400</td>
<td>12:00 - 1:00pm</td>
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<tr>
<td>Tue</td>
<td>10/1 - 10/22</td>
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<tr>
<td>4444.554</td>
<td>9:00 - 10:00am</td>
</tr>
<tr>
<td>4444.555</td>
<td>6:00 - 7:00pm</td>
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</tbody>
</table>

### Adult Intermediate Pickleball

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.

**Location:** Rusch Park

**Fee:** $60, 4 classes

<table>
<thead>
<tr>
<th>Mon/Wed</th>
<th>10/1 - 10/22</th>
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<tbody>
<tr>
<td>4444.654</td>
<td>10:00 - 11:00am</td>
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<tr>
<td>4444.655</td>
<td>7:00 - 8:00pm</td>
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<tr>
<td>Thu</td>
<td>10/21 - 10/30</td>
</tr>
<tr>
<td>4444.403</td>
<td>12:00 - 1:00pm</td>
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</tbody>
</table>

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

Adult Pickleball League
SRPD is excited to offer 8-week Pickleball leagues throughout the year. Each league features up to 9 teams per division. Over the course of the league, teams will play each team within a division at least once. Each season will end with playoffs and a championship.

For more league details, please visit: sunriseparks.com/pickleball

Location: Rusch Park Pickleball Courts
Times: 5:30 - 8:30pm
Days: Tue/Wed/Thur
Levels: Mixed 3.0 - 4.5, Men's 3.0 - 4.5, Women's 3.0 - 4.5
Fee: $30/player for Club Members, $50/player for Non-Members

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 6:30pm
Levels: Coed, Men
Fee: $150/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

Location: Foothill Park
Day: Sun
Times: Games start at 9:00am
Levels: Coed: 6-on-6, Men: 5-on-5
Fee: $325/Team

Sunrise Pickleball Club
Established in 2017, the Sunrise Pickleball Club provides a fun, healthy, recreational activity for over 320 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.

Club Drop-In Play Schedule
Sun - Fri 7:00am - 2:00pm / 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? Please visit sunrisepickleballclub.org
Sports Leagues continued

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. 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 Chelsea at (916) 725-8843.

For more information, see our 2019/20 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: $4 at the door

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: $4 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. 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: $460/team

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: $460/team

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

<table>
<thead>
<tr>
<th>Location:</th>
<th>Rusch Park Community Center</th>
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<tbody>
<tr>
<td>Fee:</td>
<td>FREE</td>
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<tr>
<td>Thur 11/14</td>
<td>1:30 - 2:30pm Rusch Room #1</td>
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<tr>
<td>Thur 2/13</td>
<td>3:30 - 4:30pm Rusch Room #1</td>
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Discover Northern Italy Lakes
**September 30, 2020 – 9 Days**
Take the best of Italian culture – savory cuisine, friendly locals, eons of history – and add the beauty of mystical lakes. A blend of winding canals and gently lapping waves, this is the northern lakes region of Italy. Delve deep into this relaxing hub, serving as a favorite getaway for the international elite.

**Rate**: $3,474 pp double including air from Sacramento
**Price valid through March 30, 2020**

Discover South Dakota
**July 17, 2020 – 7 Days**
Welcome to the West. Your tour opens in Rapid City, long known as the gateway to the Black Hills. Tonight, you and your fellow travelers gather for a welcome dinner featuring a Native American chronicler who shares stories about the Lakota and Sioux way of life.

**Rate**: $2,599 pp double including air from Sacramento
**Price valid through January 17, 2020**

Discover Washington, D.C.
**April 24, 2020 – 9 Days**
On a journey that takes you through Washington, D.C., Niagara Falls, and New York City, discover the quintessential sites of the East Coast. Your journey begins in the nation’s capital: Washington, D.C. Immerse yourself in the epic story of America.

**Rate**: $2,899 pp double including air from Sacramento
**Price valid through October 24, 2019**

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 fun activities and 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 a meal based on their ability to donate.

For more information, please call the Meals on Wheels by ACC office at (916) 444-9533.
Day-Trip Adventures

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

FREE! Thur 11/14 3:00 - 4:00pm
Thur 2/13 1:00 - 2:00pm

Hearst Castle Overnight
Experience the 1920s and 30s grandeur that surrounded W.R. Hearst and his guests at La Cuesta Encantada with a guided Hearst Castle tour. Trip includes overnight accommodations at the famous Madonna Inn in San Luis Obispo, lunch at Harris Ranch, a hosted dinner in San Luis Obispo and a guided tour and lunch at Hearst Castle. Moderate amount of walking involved. Cancellation deadline is August 16, 2019.

September 22 - 23, 2019
Code: 4450.109
Fee: $420 per person double occupancy
$526 per person single occupancy

Apple Hill Daytrip
Embark on a guided tour of the Apple Hill Farm area and enjoy breathtaking scenic views of Placerville, CA. After the tour, sit down for a BBQ luncheon that includes a delicious slice of apple pie a la mode. Moderate amount of walking involved. Cancellation deadline is September 6.

Tuesday, October 8, 2019
Code: 4450.110
Time: 8:00am
Fee: $65 per person

Cabaret at the East Sonora Theatre
In a Berlin nightclub, as the 1920's draws to a close, a garish Master of Ceremonies welcomes the audience and assures them they will forget all their troubles at the Cabaret. This iconic musical explores the dark, heady, and tumultuous life of Berlin's natives and expatriates in this era. Enjoy a hosted lunch before the show. Cancellation deadline is September 6. Activity Level: Minimal walking involved.

Sunday, October 20, 2019
Code: 4450.111
Time: 9:00am
Fee: $129 per person

San Francisco Shopping Daytrip
Kick off the holiday season with a day of shopping, dining and sightseeing in San Francisco. You have your choice of being dropped off in beautiful and bustling Union Square or at the festive Pier 39 to experience one of the most recognizable waterfronts in the world. Cancellation deadline is October 19. Activity Level: Lots of walking involved. Please wear comfortable walking shoes.

Saturday, November 16, 2019
Code: 4450.112
Time: 9:00am
Fee: $58 per person

Oakland Zoo’s ZooLights
Visit the Oakland Zoo during the annual ZooLights, a festival of lights. Bigger and better than ever, guests can ride the festively-lit gondolas to enjoy spectacular Bay Area views or follow the starlit pathways to view colorfully lit structures situated throughout the zoo. Dinner included. Cancellation deadline is November 15. Activity Level: Lots of walking involved. Please wear comfortable walking shoes.

Sunday, December 15, 2019
Code: 4450.113
Time: 3:30pm
Fee: $89 per person

Harrah's Northern CA
Nestled in the scenic foothills of Amador County, the state-of-the-art Harrah's Northern California features 950 slot machines, 20 table games and 4 casual dining options. Enjoy 4 hours of free time to gamble and have a no-host lunch. Note: This casino does not offer a casino bonus and does not have an on-site buffet. Minimal amount of walking involved. Cancellation deadline is December 20. Must be 21+

Tuesday, January 21, 2020
Code: 4450.114
Fee: $30 per person
Snowline Educational Lectures
This lecture series is sponsored by Snowline community based non-profit. You must preregister online at sunriseparks.com

5 Wishes (Advance Care Directives)
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 compete your own 5 Wishes and walk away with a completed and legal advance care directive.
Location: Rusch Room #4
Fee: $5 - Must pre-register
Thursday 6:00 - 7:00pm
4444.514 9/19
4444.515 11/14
4444.511 2/27

Veterans & End-of-Life
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
Thursday 6:00 - 7:00pm
4444.521 10/24

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
Location: Lake Natoma
Fee: $79
4450.204 10/19 12:00 - 3:00pm

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.
Location: Lake Natoma
Fee: $59
4450.303 11/10 4:00 - 7:00pm

For more information, please contact Dan at Current Adventures at (888) 452-9254.
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 19

“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 for our “Howl O’ Ween” Parade and Harvest Festival on Saturday, October 19. 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
- Much, much more!

For more information, please contact CHCMB Program Director Kathy Cook at (916) 725-0198 or abusycook@aol.com.
Sunrise Tappers
This activity prepares Senior Tappers to entertain in retirement and care homes. New members are welcome. They should know basic tap steps. Contact Patti at (916) 505-3321.

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

Active Adult Tai Chi
These classes will introduce you to two ancient Chinese forms of exercise (Tai Chi and Qi Gong). Your instructor, Donna Powers, has been practicing Tai Chi and Qi Gong for over 15 years.

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

Older Adult Exercise
Exercise and have fun in this program conducted by volunteers. Bring a water bottle, wear loose clothing and comfortable shoes. Contact Harold (916) 725-1665.

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

Adult Bowling
Participants who have purchased a Club Membership may bowl Mon - Fri from 9:00am - 12:00pm for a discount. More info, call (916) 725-2101.

Location: Steve Cook’s Fireside Lanes
7901 Auburn Blvd
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.

**Art and Crafts**
All artists and crafters welcome. Bring your watercolors, acrylics, and ceramics too. Our clay room is now open, so ceramics casting and sculpting will be available. More info call Judi (916) 803-8948.

**Location:** Rusch Arts & Crafts Building  
**Painting**  
**Tue** 9:00am - 12:00pm  
**Ceramics**  
**Wed** 9:00am - 12:00pm  
**Year Round**

**Scrabble**
We meet once a week and welcome new players. Knowledge of the game is helpful, but not necessary. More info call Becky (916) 792-8890.

**Location:** Rusch Park Room #1  
**Mon** 12:30 - 3:30pm  
**Year-round**

**Single Deck Pinochle**
We are a committed group who enjoy a challenge. New players are welcome, however, some knowledge of the game is necessary. More info call Debra (916) 213-7411.

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

**Quilting**
Quilting is an art where community is just as important as the artwork itself. Bring your own project, and your sewing machine if you like. Join this friendly group of fiber artists who inspire each other. More info call Diane (916) 223-9446.

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

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**Start a NEW Club!**
SRPD welcomes you to meet at one of our community centers to share your passion with other SRPD Adult Members.

If you would like to start a group or club, please contact Colin at (916) 721-0410.
Paint Pouring
Learn about the art of pouring paint. No prior art experience needed so come join us and experience this growing art class. The leader of the class will provide supplies for the classes.

Location: Rusch Park Crafts Building
Fee: $60 per class
Thur 12:00 – 3:00pm
4444.310 10/17
4444.311 11/14
4444.312 12/5
For additional classes contact Judy at (916) 813-4811.

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

Session 1 will focus on the use of graphite pencils. Students will complete an original pencil drawing.
Thur 1:00 - 3:00pm
4444.440 10/3 - 10/31 5 weeks $50
4444.441 1/9 - 2/13 6 weeks $60

Session 2 students will learn the beauty of colored pencils – how to blend, layer, and create vibrant drawings.
Thur 1:00 - 3:00pm
4444.442 11/7 - 12/12* 5 weeks $50
4444.443 2/20 - 3/26 6 weeks $60

*No class 11/28
Special Events

23rd Annual Citrus Heights Event
West End of Rusch Park
Sun, Sept 22
11:00am - 3:00pm

**Free Family Event!**
- Inflatables & rides
- Pony rides
- Business & craft booths
- Music with live DJ’s
- Police K-9 Demos
- Tot and Kid Fun Zones

For more information, call (916) 727-5400 or visit CitrusHeights.net

6th Annual
Sunrise Arts, Crafts and Artisan Food Fair
Join us for this Holiday Shopping Event! Admission and parking is free.

**Sunrise Park Community Center**
Sat, Nov 2 9:00am - 3:00pm

Get in the spirit of the holidays by viewing many seasonal handmade crafts and gifts. What a great opportunity to get a unique gift for that special someone. The annual crafts fair is held at the Rusch Park Community Center, 7801 Auburn Blvd.

For more information on this event, please contact the District Office at (916) 725-1585. For more information about becoming a vendor, contact Jacqueline at (916) 727-9102 or by email: jcoker@sunriseparks.com.

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**Movie Night at the Park**
FREE Family Friendly Event!

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

**Movie:** The Lego Movie 2
Fri, Sept 27 @ Tupelo Park
Event begins at 6:00pm

Co-presented by Supervisor Susan Peters & Supervisor Sue Frost

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Sponsored By:

Sacramento County

Sunrise Recreation & Park District

Heritage Peak Charter School
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.

Brunch with Santa

4 - 12 years

Date: Sat, December 7
Time: 10:00am - 1:00pm
Location: Rusch Park Community Center
5010.100 $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. 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 Colin at (916) 721-0410 for more information.

Don’t Miss The Citrus Heights Marching Band “Howl O’Ween” Parade

See Page 37

Capitol Pops

FREE Holiday Concert

Sat, Dec 7
7:00 - 9:00pm
Rusch Park Auditorium
Knights Of Columbus Free Throw Contest

9 - 14 years, Boys & Girls (Age as of 1/1/20)
This FREE contest is co-sponsored by the Sunrise Recreation and Park District and the Infant Mary Council #4964 Knights of Columbus.

Winner of each age group will receive awards and will advance to the District Competition. Please note: Proof of age required!
For more information, please contact Bob Churchill at (916) 987-2471.

Location: Rusch Park Auditorium
Registration: 6:30 - 7:00pm
Start Time: 7:00pm
Sat Jan 11

Knights Of Columbus Free Throw Contest

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.
Outdoor Picnic Rentals

**ANTELOPE COMMUNITY PARK**
Capacity 50
8012 Palermson 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

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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

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Jump House at the Park?
SRPD Park Rules have changed.
Visit sunriseparks.com/jump-houses for rules and regulations.

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For more information, call (916) 725-1585, or visit SunriseParks.com
Facility/Classroom Locations

For recent updates, please visit 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 Drive.

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 I-80. (916) 725-1585

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

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

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, Tennis 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.

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
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<th>Park Number</th>
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<th>Acres</th>
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<th>Bike Racks</th>
<th>Multipurpose Field</th>
<th>Off Street Parking</th>
<th>Palooza Area</th>
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### High Schools
- HS1: Antelope High School
- HS2: Center High School
- HS3: Foothill HS
- HS4: Mesa Verde HS
- HS5: San Juan (Union) HS

### Junior High Schools
- JR1: Antelope Crossing
- JR2: Foothill Jr. High
- 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 School
- E10: Foothill Oak
- E11: Frontier
- E12: Grand Oaks
- E13: Hemlock
- E14: Kingswood
- E15: Laurel Hills
- E16: Lichen
- E17: Madison
- E18: Mariposa
- E19: Oak Hill
- E20: Olive Grove
- E21: Pioneer
- E22: Skycrest
- E23: Woodside
- E24: Pioneer

### Open Space Sites
- 33: Cherry Creek Manor
- 34: Edgecliff/Cripple Creek
- 35: Indian River
- 36: Matheny
- 37: Shadowcreek Park
- 38: Sunrise Oaks
- 39: Twin Creeks
- 40: Woodside Oaks/Olivine Dr

### Other Sites
- 41: Rusch Home, 7301 Antelope Rd, CH
- 42: Pioneer Tennis Courts
- 43: Foothill Golf Course, 7000 Verner Ave., Sac
- 44: Cabana Park, 6521 Fremont Circle
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 $2

New and Improved!
Foothill Golf Course Now Open

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

7:30am - Closing time varies

Address:
7000 Verner Ave.
Citrus Heights, CA 95621

(916) 725-3399
foothillgolfcourse.com
New Playgrounds Coming in Dec 2019!

Northwoods Park

Rusch Park