WEST SACRAMENTO PARKS & RECREATION
PLAYBOOK

Community

LEARNING

CREATION

Events

2019 Fall Edition
October 2019 - April 2020
Mooie Armstrong is the official mascot of the West Sacramento Parks & Recreation department. COWS is an acronym used to identify the City of West Sacramento. Mooie icons are hidden in Playbook #22! Different sizes, colors... Can you find the Hidden Mooies?! Turn to page 51 for answer!
Programs, dates & fees contained in the Playbook are subject to change. For the most current information please check westsacfun.org. All Non-Residents will pay an $8 Non-Resident fee per program. Residents of the City shall have the first priority over non-residents for registration in Parks & Recreation programs.

West Sacramento Parks & Recreation staff reserve the right to photograph facilities, activities, and program participants for potential future publicity or promotional purposes only. All photos will remain the property of the City of West Sacramento.

**SPRING REGISTRATION DAYS**

**April 16 at 8:30am***
Sports Camp, Camp Lakeside, KIDS, Teen Camp, Tennis Camp, Skate Camp, Jr. Giants

**April 23 at 8:30am***
Sessions 1+2 Swim Lessons

*Non-Resident registration will begin at 12:30pm on the days above. Residents may be required to provide proof of residency.

Programs, dates & fees contained in the Playbook are subject to change. For the most current information please check westsacfun.org. All Non-Residents will pay an $8 Non-Resident fee per program. Residents of the City shall have the first priority over non-residents for registration in Parks & Recreation programs.

**DAILY RATES**
- resident $7 | non-resident $14 | student & senior (62+) $5.50

**MONTHLY RATES**
- **RESIDENT**
  - individual $39.50 | couple $59.50 | family $79.50 | student & senior $26
- **NON-RESIDENT**
  - individual $73 | couple $110 | family $146

Daily Pass Purchase: Proof of West Sacramento residency must be presented to receive ANY of the resident rates (ID or bill)
New accounts: Proof of residency must be presented with all family members present to receive the resident rate
Liability Waiver Forms: Must have one on file & signed by legal guardians for children 17 years and younger. Annual proof of residency verification required.
Family pass: Two adults & dependent children 21 years & younger residing in the same household
RECREATION CENTER

GROUP EXERCISE
Whether you're an experienced exerciser or brand new, we have something for you. We offer 45+ classes per week to choose from as part of a Recreation Center pass.

Age 13+
Days & Time Various
Fee Included in Recreation Center pass

INTRO TO FITNESS OR NEW CLIENT INTRO
Are you new to the Recreation Center? Or maybe just need a little guidance on how to improve your workouts and feel more confident in the gym? Whether you're interested in Personal Training or just want to do one 30 minute introductory appointment, an intro to fitness allows you to meet with one of our Certified Personal Trainers to help you get on the right track!

Age 13+
Days Monday - Friday, by appointment
Fee $10

HOLIDAY HOURS & CLOSURES

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PILATES PLUS
Start with the basics of Mat Pilates and progress to use props like rings and straps. The class is appropriate for all levels and will help to strengthen the hips, low back and core. Improve your strength, balance, flexibility and body awareness!

Age 13+
Days & Time Ongoing
Fee 4 classes for $30

PERSONAL TRAINING
Train with one of our Certified Personal Trainers and let us help you reach your health and fitness goals. Our trainers specialties range from weight loss, senior fitness, sports conditioning and more! Your Personal Trainer will teach you how to exercise safely, set S.M.A.R.T goals and keep you motivated for life-long health and fitness. Sessions are available in 30, 45 and 60 minutes.

Age 13+
Days Dependent on Trainer Availability
Fee $35-$55 per session

#westsacfun westsacfun.org

FALL 2019/SPRING 2020
If you’re looking for fun and healthy ideas to bring to your kitchen, you are in luck! These classes offer tips on how to prepare healthy foods in a tasty way... and you’ll get to taste test while you learn!

Age   12+
Days   Tuesdays, 6:30pm - 8pm
Fee  $25 + $5 material fee paid to instructor

If you think you have unhealthy habits, need help motivating into an exercise routine, or are looking for a healthy way to lose weight and keep it off, sign up! The Fitness Challenge is led and motivated by personal trainers, with the assistance of the rest of the Recreation Center team. This challenge will help you make the lifestyle changes you need to become a healthier you. This is for anyone that is serious about getting healthy.

Winter Dates: January 13 - March 2
Spring Dates: April 13 - June 1

Age   13+
Dates   Tuesday & Thursday 5pm - 5:45pm
Fee  6 classes for $72

TRX & Strength Camp
Develop strength, speed, power and stability! Strength Camp teaches proper technique for barbell deadlift, back squat and bench press. This class is a great option for people looking to learn about barbell strength training and get some one on one coaching at a price that’s more economical than personal training. TRX helps build your core, increases muscular endurance, and benefits people of all fitness levels in a small group setting. Give it a try and come to one class or both!

Age   13+
Days   Tuesday & Thursday 5pm - 5:45pm
Fee  6 classes for $72
Hydrostatic body fat testing (under water weighing) is the gold standard in determining body composition. Completing the test will help to determine how much body fat you can safely lose, how much muscle mass you currently have and how long it should take to reach your body fat goal or weight loss goal.

**Age:** 16+

**Date:** April 23

**Time:** 9am - 1pm

**Fee**
- First Time: $49
- Retest: $39

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**Clubhouse Rec**

Sign your child up to join our preschool enrichment program that offers school readiness and fun! Class includes circle time, crafts and activities. This is a great way for your child to learn social skills and have fun in a supportive environment! Participants should bring a small snack and water. Parents are not required to stay on site.

**Age:** 3 - 6

**Days:** Tuesdays & Thursdays
- 12:30pm - 3pm

**Fee**
- Monthly packages at $12/day

**Registration** Ongoing

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**Drop In Childcare**

Our amazing childcare staff will keep your child or children safe and entertained during your workout. We provide fun activities and socialization for little ones! Parents or guardians must remain on site, but can choose to workout or have leisure time in our facility. Our lobby is equipped with Wifi so it can be a great place to get a little work done while your child is in our care. 2 hour maximum per visit.

**Age:** 6 months +

**Date**
- Monday - Saturday 8am - 12pm
- Monday - Thursday 4:30pm - 8pm

**Fee**
- $4 per 2 hour visit/child - Save more with a punch card
**AQUATICS**

**Pool Rentals and Swim Parties**
Book your next big bash at the WSRC in weekends beginning May 4th. The leisure pool or a combination of the leisure and slide pool are available - lap pool and diving area not available for private parties. Rental includes exclusive pool access for up to 50 people, seating in the cove for up to 24 guests, 30 minutes to set-up prior to the start of your party. Recreation swim parties are also available if you don’t mind sharing the facility. Please contact the Recreation Center for availability and rates!

**Adult and Pediatric First Aid/CPR/AED**
The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

- **Age:** 15+
- **Days:** Contact the Recreation Center for Days and Times
- **Location:** Recreation Center
- **Fee:** $100

**AM Coached Swim Workout**
Join us Monday, Wednesday and Friday mornings for a coached workout with one of our amazing swim coaches! Workouts start at 5:30am and go until 7am. All workouts are designed to fit all levels of swimmers and all levels of fitness. We look forward to seeing you there!

- **Age:** 18+
- **Days:** Monday, Wednesday & Fridays
- **Time:** Start at 5:30am until 7am
- **Location:** Recreation Center
- **Fee:** Regular Recreation Center Admittance

**Lifeguard Training**
Learn how to effectively prevent and respond to water emergencies with the American Red Cross lifeguard training. Our courses are designed to arm you with the skills and knowledge to prepare you for a variety of scenarios in and around the water. With our lifeguard training, you will learn how quick response times and effective preparation are vital to being a lifeguard while also understanding the crucial elements in helping to prevent drownings and injuries.

Participants MUST be able to swim 300 yards, using a combination of freestyle and breast stroke, submerge to 7-10 ft and retrieve an object from the bottom of the pool, tread water for two minutes and enter and exit the pool without the use of ladders. Upon successful completion of the class, participants will receive a Lifeguarding certificate along with Title 22.

**Winter Session**
- **Age:** 15+
- **Days:** Monday and Wednesday (4:30pm - 8:30pm)
  
  (8:30am - 4:30pm) Saturday
- **Dates:** January 13 - January 29
- **Location:** Recreation Center
- **Fee:** $225
- **Registration:** October 3

**Spring Session**
- **Age:** 15+
- **Dates:** April 6 - April 10
- **Time:** 8:30am - 4:30pm
- **Location:** Recreation Center
- **Fee:** $225
- **Registration:** October 3
**GROUP SWIM LESSONS**

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<th>Reg Date</th>
<th>Date</th>
<th>Cost</th>
<th>Day</th>
<th>Parent &amp; me</th>
<th>Starfish</th>
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**Recommended Age**
- 0-3
- 3+

**PRIVATE & ADAPTIVE LESSONS**

**AGES 4 TO ADULT**

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**Parent and Me - recommended 6 mo-3 yrs**
Parents will learn proper techniques for holding and supporting their child in the water. There must be an adult in the water with each child. Classes will involve group activities such as songs, games, and also personalized instruction.

**Starfish - recommended 3+ yrs**
Participants will become orientated in the water, learn bobbing, the front glide, back glide, and the front and back glides with kicking action. For children who are able to be away from their parents for the length of the class period.

**Minnows - recommended 4+ yrs**
Participants will learn to get their face wet, blow bubbles, hold their breath underwater, bob, float on their front, glide on front and back, glide with kick on front and back, and glide with arm stroke on front and back. For children who are able to be away from their parents for the length of the class period.

**Dolphins - recommended 6+ yrs**
Participants will learn to combine stroke with breathing on their front and back while changing direction, turning over, jumping in and survival floating skills.

**Swordfish - recommended 8+ yrs**
The focus in this class is on improving the crawl stroke and backstroke, introduction to the elementary backstroke, the breaststroke kick, treading water, changing positions, underwater swimming, and learning personal safety skills.

**Barracudas - recommended 8+ yrs**
Swimmers will refine all strokes learned in previous classes. Swimmers will be introduced to the sidestroke, breaststroke, wall turns, the standing front dive, and treading water with modified kicks.

**Sharks - recommended 9+ yrs**
All strokes and entries that have been introduced thus far are improved. Increase the distance of all strokes and introduce butterfly. Surface dives, additional entries, and the inverted scissors kick is introduced.

**Adult/Teen Beginning - recommended 14+ yrs**
Designed for swimmers who have limited to no experience with water and would like to learn the basic fundamentals of swimming and stroke development. This class is taught in the shallow end of the competition pool. This is a great class for those who are nervous near water.

**Adult/Teen Intermediate - recommended 14+ yrs**
Designed for swimmers who have some swimming experience and would like to work on stroke technique, endurance and advanced strokes. This class will be taught in the shallow and deep portion of the competition pool.

**Adaptive - recommended 4+ yrs**
Our adapted swim lessons provide students with different needs the opportunity to work one-on-one with our amazing instructors. All swimming abilities are welcome.

**Free Swim Lesson Saturday**
Join us for a free swim lesson with our amazing aquatic staff as they sharpen their teaching skills for the summer.
Starfish, Minnows, Dolphins and Swordfish only.

**Age**
- 4 - 7

**Date**
- Saturday, May 23

**Days**
- 9:30am - 10am | 10:10am - 10:40am

**Location**
- Recreation Center

#westsacfun
westsacfun.org
COMMUNITY CENTER

OFFERING MULTI-GENERATIONAL ACTIVITIES & AMENITIES

ACTIVE AGING
ART GALLERY 1075
ADAPTIVE LEISURE
BLACK BOX THEATER
FACILITY ROOM RENTALS
LEISURE INTEREST CLASSES
LEARNING LADDER PRESCHOOL
WEST SACRAMENTO HISTORICAL GALLERY

Black Box Theater
This imaginative, interchangeable theater space will fulfill your every need! The Black Box includes full theatrical lighting, sound system and dressing room. This intimate theater is ideal for smaller productions and special events alike. The theater is available to rent for concerts & theatrical performances, fashion shows, business conferences and more. For more information about rates, availability, and upcoming shows visit WestSacBlackBox.org

Historical Society
This gallery features high quality displays and artifacts as it describes our community’s rich and diverse history. The use of the video screens and a planned interactive video station allow the visitor the opportunity to navigate their way through West Sacramento’s past.

Gallery 1075
Enjoy month-long exhibits that show off the amazing talent of our region. Meet and greet artist receptions are held every month and are always free to the public. To see updates on upcoming shows or to inquire about holding an art show, please visit westsacfun.org

1075 WEST CAPITOL AVE. | WEST SACRAMENTO
(916) 617-5320 | MON-THURS: 8AM - 6PM & FRI: 8AM - 5PM

FALL 2019/SPRING 2020
#westsacfun
westsacfun.org
October 2019: Arts In the Heart: Multicultural Art Exhibition
This group exhibition features artworks celebrating multicultural perspectives. The exhibition will be a part of a larger celebration in the Community Center on October 12th.
Art Reception & Event: Saturday, October 12th 10am - 1pm

November 2019: After School Education & Safety Student Art Show
The students at KidZone & Clubwest programs have been hard at work creating and sharing their artwork for the community to enjoy.

December 2019: Straight from Heaven - The Art of Barbara Souleret
Contemporary works of this West Sacramento resident depict peaceful scenes of nature and the calming supernatural.

January 2020: The Art of KJohnson - Post Modern Impression
This collection of works by artist Kevin Johnson exhibit his vast style and creative approach to portraiture and landscape.

February 2020: Our Art Matters - African-American Art Exhibition
This group exhibition of local artists will celebrate African American culture and icons.

March 2020: Life in the Balance: art + technology + sustainability
A solo exhibition of artworks by Angela Gonzalez addressing themes related to sustainability and the environment. By removing e-waste from the waste stream and incorporating it into her work she is contributing to lessening its impact on the planet. Engage with art that prompts conversation about our ecological and social responsibilities leading to a greener tomorrow.

Free Admission
Monday-Friday | 8am - 6pm (M-Th) 8am - 5pm (Fri)

Splinter Group Theatre Company Presents
Little Women the Panto
Join Marmee, Jo, Meg, Amy, and dear, dear Beth as they try to get out of childhood! See Childhood and the 19th century fight back! Find out what Panto Horse is doing in the March household! Guaranteed holiday fun for the whole family, with unstoppable interactive craziness, and lots of candy! From the same folks who brought you British Panto for over ten years! craziness, and lots of candy!

Age   All Ages
Date   7pm Dec 12, 13, 18, 19, 20
       2pm Dec 14, 15, 21, 22
Tickets at WestSacBlackbox.org

WHERE SOULS GROW WILD
Presented by the Happy Hour Theatre, a theatrical triptych reveals the human spirit struggling against formidable odds. At the center of each of three short plays are women raging, bending, and breaking against the inescapable structures and demands of their lives. Trapped by worlds in which they have little power, the souls of these women are driven to wildness as they fight for survival and happiness.

Age   PG-13
Date   8pm Oct 18, 19, 25, 26
       2pm Oct 27
Tickets at HappyHourTheatre.org

The 25th Annual Putnam County Spelling Bee
Presented by Musical Mayhem Productions: An eclectic group of six mid-pubescent vie for the spelling championship of a lifetime. While candidly disclosing hilarious and touching stories from their home lives, the tweens hope to never to hear the soul-crushing, pout-inducing, life un-affirming “ding” of the bell that signals a spelling mistake. A riotous ride, complete with audience participation. This a fast-paced crowd pleaser and an instant theater patron favorite.

Age   All Ages
Date   January 2020
Tickets at mmpkids.com/tickets
Día de los Muertos Community Altar
In some cultures there are holidays that commemorate the dead with festivals and celebrations. El Día de los Muertos (the Day of the Dead) is one of the most recognizable of the holidays and is widely celebrated in Mexico and Latin America. The Community Altar will highlight how other cultures celebrate the deceased across the world. The purpose is to highlight the diversity of our community and to honor the lives of those we’ve lost. The community is invited to visit and share their traditions.

Date     October 11 - November 4
Location  Community Center

Holiday Basket Sign-ups
FOR INCOME ELIGIBLE WEST SACRAMENTO RESIDENTS
To sign up to receive a Holiday basket, residents need to bring one form of ID for each member of the household, proof of residency (rent receipt, utility bill, or other proof that you are a current resident of West Sacramento). Only one basket per household. Questions? Please call Helena at (916) 804-3168

Date     Monday - Friday
           December 2 - 13
Time      10am - 4pm
Location  Community Center
West Sacramento Parks!

1. Bryte Park
2. Alyce Norman- Bryte Playfields
3. Elkhorn Park
4. Broderick Boat Ramp
5. River Walk Park
6. Rotary Centennial Mini Park
7. Westacre Park
8. Westfield School Playsite
9. Roland Hensley Bike Park
10. Meadowdale Park
11. Circle Park
12. Fred & Leila Holmes Park
13. Memorial Park
14. Sam Combs Park
15. Barge Canal
16. Southport Gateway Park
17. Delta Gardens Park
18. Heritage Oak Park
19. Redwook Park
20. Emile “Whitey” Boisclair Park
21. Linden South/ Paik North Park
22. Pheasant Hollow Park
23. Touchstone Park
24. Lindent Park
25. Poquito Park
26. Summerfield Park
27. Patwin Park
28. Bridgeway Island Park
29. Sunset Vista Park
30. Classics Mini Park
31. Bridgeway Lakes Community Park
32. Eagle Point Park
33. Splash Park
34. Lake View Park
35. Garden Park
36. Jerome D. Barry Park
37. Joey Lopes Park

For park location details please call (916) 617-4620
EARLY LEARNING

Learning Ladder Preschool and Childcare
Learning Ladder is the City of West Sacramento’s full day, full year preschool and childcare center. We use a hands-on, play-based approach to early education, and will develop your child’s school readiness and pro-social behavior.
For information on rates and availability, please contact our Site Supervisor Whitney Brown at (916) 617-5317 or whitneyb@cityofwestsacramento.org

Age   3 - 5
Days   Monday - Friday
Time   7am - 6pm
Location Community Center
Fee   Contact for current tuition rates
Registration Ongoing

Discovery Preschool
Discovery Preschool is a half-day, part-time preschool program. Two programs, Tiny Tots for 2 years, 9 months up to 3.5 attend school on Tuesdays and Thursdays and Kinder Kids for 3.5 up to 5 years attend school on Mondays, Wednesdays and Fridays with morning and afternoon sessions offered for each program. Discovery offers a hands-on, play-based approach to learning. We support the child and family by offering a welcoming, positive, safe, inclusive and nurturing environment. Discovery offers lots of creative and intentional school activities that will help develop your child’s school readiness while focusing on pro-social behavior.
For more information on rates and availability, please contact our Site Supervisor, Liz Hansen at (916) 371-1344 or elizabethh@cityofwestsacramento.org

Age   3 - 5
Days   Mondays, Wednesdays, Fridays for 3.5-5 years old
Tuesdays & Thursdays for 2.9-3.5 years old.
Time   August - May (follows WUSD calendar)
AM class 8am - 11am
PM class 11:30am - 2:30pm
Location Sam Combs Park
Fee   Contact Discovery Preschool
Registration Ongoing

YOUTH & TEENS

KidZone After School Program
KidZone provides students with great experiences including clubs, classes, snacks, games, crafts, homework assistance and enrichment experiences for all registered participants. Students must be registered for their after school’s program; students may not travel to another location. Space is limited, A.S.E.S. Grant funded program.
For registration information email KidZone.ClubWest@gmail.com

Age   Kindergarten - 5th Grade
Days   Monday - Friday
Follows Washington Unified School District calendar
Location Elkhorn, Riverbank, Stonegate, Westfield and Westmore Oaks Elementary Schools
Fee   FREE

Club West After School Program
Club West is packed with clubs, classes, snacks, games, crafts, homework assistance and enrichment experiences for all registered participants. Students must be registered for their after school’s program; students may not travel to another location. Space is limited, A.S.E.S. Grant funded program.
For registration information email KidZone.ClubWest@gmail.com

Age   6th, 7th, and 8th Grade
Days   Monday - Friday
Follows Washington Unified School District calendar
Time   School dismissal until 6pm
Location Elkhorn, Riverbank, Stonegate, Westfield and Westmore Oaks Elementary Schools
Fee   FREE

Teen After School Program
This fun, interactive program incorporates fitness, nutrition and games in a safe supervised setting. Participants will get the opportunity to enjoy a wide range of activities ranging from rock climbing, personal training, table tennis, and many more! Please contact the Recreation Center for more information.

Age   9th Grade - 12th Grade
Days   Mondays, Tuesdays, and Thursdays
Follows Washington Unified School District calendar
Time   3:45pm - 5pm
Location Recreation Center
Fee   FREE
**Little Artists  Beginning January 2020**
Calling all young Artists! Come have fun and cultivate your drawing skills in monthly themed classes. Instructed by local artists Greg and Ristina Rodriguez owners of Victory Tattoo. Classes will be held inside Gallery 1075.

- **Age:** 6 - 10  
- **Days:** Tuesdays, 5:45pm - 6:45pm  
  - Sept, Nov, Jan, March, May, July  
- **Location:** Community Center
- **Fee:** $40 Resident/$48 non-resident

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**Tippy Toe Ballet**
Tippy Toe Ballet opens the world of dance to children who wish to explore the grace and movement of ballet. Your child will have the opportunity to perform in the ballet recitals in the Black Box Theater semi-annually.

- **Days:** Wednesdays  
- **Location:** Community Center
- **Ages 3 - 4 Fee:** $30  
  - 5:30pm - 6pm or 6pm - 6:30pm
- **Ages 5 - 6 Fee:** $40  
  - 6:30pm - 7:10pm

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**Intro to Jazz Dance**
Learn and explore the basic techniques of Jazz Dance. This class is an energetic combination of basic classic ballet and jazz fundamentals to an upbeat mixture of a variety of music genres. Your child will learn to formulate these basic techniques into several different combinations, evolving into an entire dance routine that they will be able to showcase.

- **Age:** 7 - 18  
- **Days:** Monday  
- **Time:** 6:10pm - 7pm  
- **Location:** Community Center
- **Fee:** $30

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**Fall Fest Ball 11/15/19**
Join friends for a fun night of dancing and hanging out at the City Hall Galleria. Dances are open to all 6th, 7th and 8th grade students that live in West Sacramento. Snacks and refreshments are included. All attendees must have a student ID or photo class schedule. Visit ClubWestTeenCenter.com for more information!

- **Age:** 6th - 8th graders  
- **Date:** Friday, November 15  
- **Time:** 6:30pm - 9:30pm  
- **Location:** City Hall Galleria
- **Fee:** $10 | Pay at the door
Beginning Hip Hop Dance
Introduction to the art and style of hip hop dance. Participants will learn and develop coordination and rhythm while learning progressive choreography. Class is fast paced with energetic movements.
Age   7 - 18
Days   Mondays
Time   5:30pm - 6:10pm
Location Community Center
Fee    $30

Teen Fitness Camp
Sign up your teen to join Certified Personal Trainer Jake during Fall and Spring breaks from school to learn about health and fitness. This camp will cover exercise and nutrition and will help teens to feel more confident in the gym. Parents will have piece of mind knowing that their teens have been taught how to work out safely. Sign up at the Recreation Center Front Desk or at WestSacFun.org
Age   13 - 17
Days   Monday - Wednesday
Dates  Session1: November 19 - 21
       Session 2: April 15 - 18
Time   3pm - 4pm
Location Recreation Center
Fee    $30

Soccer initiation means to LEARN through PLAY and FUN! The Just4Kicks Soccer School is directed by a professional FIFA licensed coach through the Argentine Soccer Federation. They bring over 30 years of combined soccer coaching/teaching experience working with youth ages 3-10 y/o. The curriculum and methodology provides progressive learning to build biomechanics, technical ability, cognitive capacity, soccer IQ, and EQ. Learn more at j4ksoccer.com
Age   3.5 -   10
Days   Saturday
Location Linden Park, 2601 Summerfield Drive
Fee    Winter: 6 week session $84
       Spring: 8 week session $107

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<td>PK</td>
<td>4/18 - 6/6</td>
<td>3.5-4 YRS</td>
<td>9am-9:40am</td>
</tr>
<tr>
<td>K</td>
<td>4/18 - 6/6</td>
<td>4-5 YRS</td>
<td>9:40-10:20am</td>
</tr>
<tr>
<td>K1</td>
<td>4/18 - 6/6</td>
<td>6-7 YRS</td>
<td>10:20-11:10am</td>
</tr>
<tr>
<td>2 - 6</td>
<td>4/18 - 6/6</td>
<td>7-10 YRS</td>
<td>11:10-12:10pm</td>
</tr>
</tbody>
</table>
Jr. NBA/ WNBA Basketball
Learn the fundamentals of basketball and make some new friends in the process! Jr. NBA/WNBA aim to develop a life-long passion for the game of basketball by providing a support structure, instructional materials, and programs that encourage participation and make the game fun and rewarding.

League Dates: January 11, 2020 - February 29, 2020

Age   5 - 14
Days Games are on Saturdays with one practice a week
Time  8am - 8pm
Location Recreation Center, Riverbank & River City High School
Fee   $82 resident (add $8 for non-resident)

Teen Hoop
A great way for teenage boys and girls of all levels of skill to come together and play organized basketball in an encouraging atmosphere. Reversible jerseys and an end-of-season playoff tournament are included.

Age   13 - 17
Days Games - Saturday
One practice a week
Dates March 14 - May 9
Time  9am - 1pm
Location Recreation Center
Fee   $82 resident (add $8 for non-resident)
Registration January 6

Junior Tennis
Winter Session 1 - December Saturdays
December 1, 8, 15, 22 \ 9-10am \ $35

Winter Session 2 - (Winter Break) Wednesday and Thursday.
December 26, 27 & January 2, 3 \ 9-10:15am \ $35

Winter Session 3 - January Saturdays
January 5, 12, 19, 26 \ 9-10am \ $35

Winter Session 4 - February Saturdays
February 2, 9, 16, 23 \ 8:30-9:30am \ $35
LEISURE CLASSES

Beginning Sewing
Learn the basics of hand sewing as well as the use of a sewing machine to create one of a kind projects. This entry level class is catered toward individuals of all ages. Come out and learn new skills while having fun! Participants will be required to bring a sewing machine and other supplies. Supply list will be given during the first class session.

Age 8+
Days Tuesdays, 5pm - 7pm
Location Community Center
Fee $75

Archery
Archery is a practice that has been around for thousands of years. Today, people all over the world practice this graceful sport that builds patience, focus, and strength. Come learn how to shoot and experience its benefits in a positive and controlled environment right here in West Sacramento.

Age 8+
Days Thursdays, 6pm - 7pm
Location Sam Combs Park
Fee $54

Valentines Day may be a day away, but start the celebration early with all your friends at the Sweetheart Dance! Dances are open to all 6th, 7th and 8th grade students that live in West Sacramento. Snacks and refreshments are included. All attendees must have a student ID or photo class schedule. Visit ClubWestTeenCenter.com for more information!

Valentines Day
6th - 8th graders
Thursday, February 13
6:30pm - 9:30pm
1075 West Capitol
Community Center/Black Box Theater
$10 | Pay at the door
What is SPARK?
The SPARK program is an adaptive recreation program designed to provide mildly developmental and physically challenged City of West Sacramento residents with the opportunity to participate in adaptive recreation and leisure activities. Participants will receive transportation to & from their homes to the offered programs*. Activities are designed for the needs and interests of participants 14 and up in an effort to provide opportunities toward becoming involved in the community. Our activities emphasize positive socialization, creativity and a sense of self-accomplishment. The SPARK program is designed for individuals who can participate with a 1:8 ratio of staff-to-participant.

What does SPARK do each month?
Our monthly activities have included River Cats baseball games, karaoke nights, trips to the Yolo County Fair, swimming, cooking classes, ceramics, dining out, bowling, movie nights, theatre, Zumba Gold, camping trips, theme craft nights, Special Olympics Bowling & much more!! Space is limited on activities.

How do I get involved?
It’s very easy to get involved and the SPARK program is always welcoming new participants to join the fun. For more information please call the Parks & Recreation Department at (916) 617-4620. You can also e-mail Christine Prater at christinep@cityofwestsacramento.org

*At this time we are unable to provide transportation to participants who require the use of a wheelchair, however they are able to participate in our programs. Transportation for participants with wheelchairs must be provided by family, to and from activities.

Need this information in an alternative format? Please contact Parks & Rec.
Adult Sports

Adult Volleyball League
On Tuesday or Thursday evening, come join us above the nets for some Recreation League Volleyball. There are plenty of divisions available for beginners and experts. Test your skill in either of our Coed 6’s, Coed Quads or Women’s Quads Leagues.

| Age | 18+ |
| Days | Tuesday & Thursday 6:30 pm - 8:30 pm |
| Date | Winter League: January - March |
| Time | 6:30pm - 8:30pm |
| Location | Recreation Center |
| Fee | $250-$265/ $290 Non-Resident |

Adult Basketball League
Your team is down by two and time is running out. You dribble just past half court and shoot at the buzzer. The only sound the crowd hears is the swish of the ball going through the net. Satisfy your competitive edge by joining one of the best recreational basketball leagues in the region.

| Age | 18+ |
| Days | Sunday |
| Date | Fall League: September - December |
| Winter League: January - March |
| Time | 8am - 9pm |
| Location | Recreation Center/RCHS |
| Fee | $450/$475 Non-Resident |

Adult Private Tennis Lessons
Looking for one-on-one tennis instruction? Coach Brooks is available for private lessons at the Recreation Center. Family lessons also available! Lessons to be scheduled with instructor.

| Age | 18+ |
| Location | Recreation Center |
| Fee | $90 for 3 one hour sessions or $40 for (1) one hour session |
| $99 for 3 one hour sessions with 2 or more people |

9 for $90
Our most popular tennis program for adults gives you nine 30 minute sessions of instruction, hitting drills, and match play! Here’s how it works: after registering you’ll be contacted via email by RCHS Tennis Coach, David Brooks each week. He’ll provide the times for two or three days that he’ll be on the courts for that week- days vary pending the season.

| Age | 18+ or registration with prior approval from Coach Brooks |
| Location | Recreation Center |
| Fee | $90 |

For registration dates visit westsacfun.org
Adult Soccer
Is soccer your sport? West Sacramento Park & Rec offers a fun competitive Coed & Men’s Soccer League for all ages and skill levels.

| Age   | 18+       |
| Days  | Sunday    |
| Date  | Fall League: August - November  
         Spring League: March - June |
| Time  | 9am - 4pm |
| Location | Bridgeway Lakes |
| Fee   | $450/$475 Non-Resident |

Adult Flag Football
Tired of telling your buddies that you still got it? Bring your buddies to the gridiron of West Sacramento’s fast paced flag football league. Don’t miss out on playing some great recreational football!

| Age   | 18+       |
| Days  | Sunday    |
| Date  | Fall League: August - November  
         Spring League: February - May |
| Time  | 9am - 9pm |
| Location | Bryte Park |
| Fee   | $450/$475 Non-Resident |

Adult Softball
It’s time to hit the field, get a little dirt on the uniform and hit one out of the park. If you’re ready to put your skills to the test, participate in the West Sacramento Adult Softball League and sign up for one of our competitive Men’s or Coed Leagues today.

| Age   | 18+       |
| Days  | Monday, Tuesday, Thursday, Friday |
| Date  | March - June |
| Time  | 6pm - 9pm |
| Location | Bryte Park |
| Fee   | $460/$485 Non-Resident |

Soggy Doggy
Bring your favorite pooch to the Activity Pool for a swim day! The pool has a beach entry so dogs can enter and exit safely. Owners are welcome to stand in the beach entry but are not allowed to swim with their dogs.

| Age   | All are welcome but must be accompanied by an adult 18+ |
| Date  | October 5 & TBD |
| Time  | Saturday 11am to 1pm |
| Location | Recreation Center |
| Fee   | $5 per dog, human companions free. |

Safe Trick or Treat
Join us for a free, family friendly, mildly haunting Halloween festival! There will be games, face painting, bounce houses, costume contest and of course, lots of candy! Dress up in favorite costume! Canned food donations are gladly accepted for the River City High Schools Interact Club so that they can help needy families during the thanksgiving holiday!

| Date  | Saturday, October 26 |
| Time  | 4pm - 6pm |
| Location | Recreation Center |

Arts in the Heart
This free arts event is a celebration of arts and diversity in West Sacramento and showcases the multicultural pride of our community. Guests may enjoy a variety of family-friendly music and dance performances, hands-on art activities, art reception, vendors, and informational booths.

| Date  | Saturday, October 12 |
| Time  | 10am - 1pm |
| Location | Community Center |
Annual City Tree Lighting and Winter Wonderland

The West Sacramento Chamber of Commerce and the City of West Sacramento invite you to join the celebration! Join your friends and neighbors for live music and local entertainment, holiday shopping with local makers, free kids activities and games... and of course FREE pictures with Santa and the annual tradition of lighting our community holiday tree! Sponsored by Yolo Federal Credit Union.

Visit WestSacramentoChamber.com for more details.

Breakfast with Santa
Santa Claus is coming to town! Attendees will enjoy a delicious catered pancake breakfast, activities, crafts, and a special visit with Santa! We take pride in this being a no-pressure, no-drama Santa experience for all. Santa will be in the room the entire time; giving the little ones a chance to eat at their leisure, color, play some games, and warm up to Santa before having their pictures taken.

Pre-registration required. All children must be accompanied by a paying adult.

Purchase your tickets at WestSacramentoChamber.com or call the Chamber at (916) 371-7042 x102

Age  All Ages
Date  Saturday, December 14
Time  8:30am - 10am (1st Seating)
      10:30am - 12pm (2nd Seating)
Location  Community Center
Fee  Kids under 2: $6; 3-12: $10; Over 13: $15
     Professional pictures included.

ZUMBA®

Superhero Master Class

Saturday, January 11
2pm
Community Center

Breakfast with Santa
Santa Claus is coming to town! Attendees will enjoy a delicious catered pancake breakfast, activities, crafts, and a special visit with Santa! We take pride in this being a no-pressure, no-drama Santa experience for all. Santa will be in the room the entire time; giving the little ones a chance to eat at their leisure, color, play some games, and warm up to Santa before having their pictures taken.

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Age  All Ages
Date  Saturday, December 14
Time  8:30am - 10am (1st Seating)
      10:30am - 12pm (2nd Seating)
Location  Community Center
Fee  Kids under 2: $6; 3-12: $10; Over 13: $15
     Professional pictures included.
**Back to the Future Enchantment Under the Sea Father Daughter Dance**

Step back in time and experience our *Back to the Future* Enchantment Under the Sea Father Daughter Dance! Travel back to 1955 and mingle and dance, strike a pose in our prom photobooth, enjoy dinner and make memories for the future! Space is limited! General Admission seating. Be There... or Be Square!

<table>
<thead>
<tr>
<th>Date</th>
<th>Friday, February 21 or Saturday, February 22</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>6:30pm - 9:30pm</td>
</tr>
<tr>
<td>Location</td>
<td>City Hall Galleria</td>
</tr>
<tr>
<td>Fee</td>
<td>Father+1= $100, Father+2= $130, Father+3= $155, Father+4= $175, Age 3 years &amp; Under Free</td>
</tr>
<tr>
<td>Registration</td>
<td>January 10</td>
</tr>
</tbody>
</table>

**Earth Day and Spring Celebration**

Join us at Bryte Park for our annual celebration! This event features vendors of environmentally sustainable products and services, live music, kids’ activities, food vendors, a free raffle, bounce houses and an egg hunt!

<table>
<thead>
<tr>
<th>Age</th>
<th>All Ages</th>
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<tbody>
<tr>
<td>Date</td>
<td>Saturday, April 11</td>
</tr>
<tr>
<td>Time</td>
<td>10am - 2pm</td>
</tr>
<tr>
<td>Location</td>
<td>Bryte Park</td>
</tr>
<tr>
<td>Fee</td>
<td>Free</td>
</tr>
</tbody>
</table>

**INTERGALACTIC EXPO**

Come dressed as your favorite sci-fi and fantasy character and enjoy demonstrations, vendors, guest speakers, a silent auction, a cosplay contest and so much more! A portion of the proceeds will help make a special child's wish come true through the Make-A-Wish foundation.

<table>
<thead>
<tr>
<th>Age</th>
<th>All Ages</th>
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</thead>
<tbody>
<tr>
<td>Date</td>
<td>May 17, 2020</td>
</tr>
<tr>
<td>Time</td>
<td>10am - 2pm</td>
</tr>
<tr>
<td>Location</td>
<td>Community Center</td>
</tr>
<tr>
<td>Fee</td>
<td>$20/VIP $10/Person $8/Military/Senior/Bus Pass</td>
</tr>
</tbody>
</table>

**Kids NIGHT OUT**

Leave the kids with us for 3 hours of games, activities, dinner and a movie! Enjoy your Friday night. Register today! *Space is limited!*

<table>
<thead>
<tr>
<th>Age</th>
<th>Kinder - 5th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>November 15th - Superheroes, December 13th - Pancakes &amp; Pajamas, January 24th - Emoji Fun, March 13th - Rainbow, April 17th - Dance Party</td>
</tr>
<tr>
<td>Time</td>
<td>6:30pm - 9:30pm</td>
</tr>
<tr>
<td>Location</td>
<td>Community Center</td>
</tr>
<tr>
<td>Fee</td>
<td>$15 per person Pre register for $3 off</td>
</tr>
</tbody>
</table>
**Walk with Ease**

Walk with Ease is an exercise program that can reduce pain and improve overall health. Come to one or both locations. Benefits to you: Motivate yourself to get into shape! Walk safely and comfortably. Improve flexibility, strength & stamina. Reduce pain and feel great!

- **Age**: Adults
- **Date**: September 30 - November 7
- **Time**: 9am
- **Location**: Mondays & Wednesdays at the Recreation Center, Tuesdays & Thursdays at the Community Center
- **Fee**: $10

**Sweetheart Bingo**

We will play bingo for a chance to win great prizes. It will be a day filled with Valentine's themed excitement. Participants are welcome to come dressed in red, white, and pink. Space is limited so register early.

- **Age**: 50+
- **Date**: Thursday, February 13
- **Time**: 1pm - 3pm
- **Location**: Community Center
- **Fee**: $8

**Halloween Bingo**

We will play bingo for a chance to win great prizes. It will be an afternoon of Halloween themed excitement. Participants are welcome to come dressed in their costumes. Space is limited so sign up early.

- **Age**: 50+
- **Date**: October 24
- **Time**: 1pm - 3pm
- **Location**: Community Center
- **Fee**: $8

**Thanksgiving Luncheon**

Celebrate Thanksgiving with friends. Enjoy a catered traditional meal, raffles, and entertainment. Due to the popularity of this event, space is limited so be sure to sign up early.

- **Age**: 50+
- **Date**: November 14
- **Time**: 11am
- **Location**: Community Center
- **Fee**: $14
Active Aging Special Interest & Activities

Must have a valid Community Center membership to participate
Located at the Community Center unless otherwise specified

Margaret McDowell Lounge: Monday - Friday: 8am - 3pm
The lounge is a daily focal point for senior activities and social gatherings. Amenities include: free wi-fi, a fireplace, kitchenette, TV and more!

Hands on Craft Classes

Ceramics: Monday 9am - 2pm / Fee: Donation
Create your own work of art at this hands-on crafts class.
Location: 664 Cummins Way, West Sacramento

Knit and Crochet: Wednesday 9am - 1pm / Fee: Donation
Come to this class to learn new techniques or share your own tried and true talents. All skill levels welcome.

Scrapbooking & Card Making: Thursday 9am - 11am / Fee: $3
Make your own cards for upcoming birthdays, holidays, and celebrations. Paper, glue, and scissors are provided; bring your own pictures, keepsakes, and albums for scrapbooking.

Sew and Sew’s: 1st & 3rd Tuesday 9am - 11am / Fee: $2
Share patterns and techniques with other sewers, and have fun doing it! Please bring your own supplies for your projects.

Games & Others

Hand & Foot Cards: 1st, 3rd, and 5th Tuesdays / Fee: Donation
This American card game uses skill and strategy to “meld” cards together. Typically played in groups of four, so the more, the merrier!

Bingo: Thursdays 1pm - 2:45pm Fee: $3 to play plus 10 cents per card, per game. Play this classic game of chance and win the pot! Sign up early; spaces fill up quickly.

Bunko Bonanza: 2nd & 4th Tuesdays, 12:30pm - 2:30pm / Fee: $3.35
A game meant to socialize and engage in some friendly competition, Bunko involves rolling dice and switching tables after each round.

Brain Boosters: 2nd Tuesdays 12pm - 1pm | 4th Tuesdays 11am - 12pm | Fee: Free
Challenge yourself and use memory games, trivia, and other activities to keep your brain as sharp as a pencil.

Book Club-Between the Covers: 2nd Tuesdays 10am - 11:30am | Fee: Free
With the help of Yolo County’s Read Around Yolo (RAY) program, participants are issued a book and meet with friends to discuss it. Consider thought-provoking ideas, favorite passages, and book content with some new friends.

Low Impact: Mon-Fri 9am - 10am / Fee: Donation
Get moving and stay active while having fun. Group exercise to various motivating DVD’s. Can be done with support equipment or in a chair.

Tai-Chi: Mon 10am - 11:30am / Fee: Donation
This low-impact exercise helps improve balance and risk of falls, as well as alleviate pain and stiffness.

Simplified Tai-Chi: Wed 10:15am - 11:45am / Fee: Donation
Specifically designed for beginners, this class offers a step-by-step routine for improving health and balance.

Exercise with Rose: Tues 1:30pm - 2:30pm / Fee: Donation
Gather around for a low-impact exercise class using bands and resistance.

Line Dancing: Tues 2pm - 3:30pm / Fee: Donation
Put your dancing shoes on! Learn how to line dance with simplified, easy to follow steps.

Zumba Gold: Mon & Wed 1pm - 2pm / Fee: $3 per class or $14 for a 7 class card
Take upbeat music and Latin dance influence to create a low-impact exercise class with a party-like atmosphere.

Wii Games, Cards, & Puzzles: Wed 9am - 12pm / Fee: Donation
Play tennis, golf, bowling, and more on this system.

Information and Support Services: Monday – Friday | 10am – 2pm
Our Senior Information Specialist will help you find the services you need to make your life more comfortable and healthy. Information is available for a wide array of opportunities and assistance.

Veterans Services: Off-site | By appointment only
Information about services and shuttle to Mather field for medical appointments. Appointments through Veterans Services and offsite. Contact: 916-375-6200 ext. 4850

HICAP: 2nd & 4th Tuesday of the month 4th Tuesday of the month
Information and help for Medicare issues and paperwork. Contact: 916-376-8915 for an Appointment

Legal Clinic: 4th Thursday of the month | 9am - 11am | Contact: 916-617-4620 for an appointment.
Assistance and advice with civil matters such as consumer laws, housing, education, and benefits.
The Bridgeway Lakes Boathouse
This beautiful building is open for rental throughout the year with some limitations in the summer. The building can accommodate up to 75 guests seated or up to 150 guests standing. With its beautiful setting next to the lake, located within Bridgeway Lakes Park & near the City’s only spray ground, this is an ideal location for a meeting, a birthday party, or even a wedding! All reservations must be made at least 60 days in advance.

Boathouse Bridgeway Lakes | 916-617-5320
3650 Southport Pkwy. West Sacramento, CA 95691

The City Hall Galleria offers the perfect ambiance in a contemporary state-of-the-art location that will make a lasting impression for any event: weddings & receptions, fundraisers, holiday gatherings, luncheons, seminars, conferences, quinceaneras and much, more. The space can accommodate groups from 20 – 250 people and has a convenient catering kitchen next to the meeting rooms. All reservations must be made at least 60 days in advance.

City Hall Galleria | 916-617-4620
1110 West Capitol Ave. West Sacramento, CA 95691

The Community Center has four rentable rooms. Two rooms are “classroom” type and are perfect for small meetings or presentations. A third, larger community room with a prep kitchen is great for banquets or awards ceremonies and the Black Box Theater is ideal for small concerts, dance recitals and theatrical performances. Please call for more information. All reservations must be made at least 60 days in advance.

Community Center | 916-617-5320
1075 West Capitol Ave. West Sacramento, CA 95691

Interested in hosting a party that is not at your own home? Consider the Recreation Center! You can simply rent the space OR you can pay for a party package for the Rockwall. Climbing parties are typically best for kids ages 7 & up. The space can accommodate groups from 20-60 depending on your setup. Book your party today! All reservations must be made at least 30 days in advance.

Recreation Center | 916-617-4770
2801 Jefferson Blvd. West Sacramento, CA 95691
TREES FOR TOMORROW PROJECT

The City of West Sacramento in partnership with Tree Davis has been awarded a large Cap and Trade Grant designed to reduce greenhouse gas by planting trees. The target area for the grant is north of the Barge Canal.

The Trees for Tomorrow Program will plant and maintain a total of 1,000 new trees in neighborhoods throughout West Sacramento to sequester carbon and reduce greenhouse gas emissions in an effort to reduce the impact of climate change throughout California. This program will provide free trees to homes, businesses, schools, and parks north of the Barge Canal in West Sacramento.

If you are interested in participating in the project as a volunteer or tree recipient, please contact the Trees for Tomorrow program manager, Michelle Blair-Medeiros, at michelle@treedavis.org or call (530) 758-7337.

PARK RENTALS

You can view/download the Park Rental Application from the Parks & Recreation page of the City’s website, westsacfun.org or you can call our main line at 916-617-4620. All rentals require a minimum 30 days notice.

Park Rental FAQs
How can I verify if a park is available for rent?
Please call the Parks & Recreation Department at 916-617-4620.

Do I need to rent a park for a basic picnic of 25 people?
No, a group of 49 people or will not require a park rental as long as there are no amenities requiring a rental. Such as a bounce house, tent or amplified sound. Otherwise you can just show up & use any available area, provided it has not been rented by another party.

What is the park rental process?
Call us at 617-4620 to see if the park/picnic area you want is available for rental. Turn in a completed Park Rental Application to the Parks & Recreation Department. In certain circumstances, a Special Event (SE) Notification or SE Permit may be required. Both forms can be downloaded from the city’s website or picked up at the Community Center, located at 1075 West Capitol Avenue or Recreation Center located at 2801 Jefferson Blvd. Unfortunately this would not be an option as the request is less than the required 30 days notice.

For more information or to reserve please call 916-617-4620 or visit WestSacFun.org
Thank You for Participating in the Prop 68 Community Meetings!

California Proposition 68 provides grant funding for eligible park projects. In June and July, City staff hosted multiple community meetings to provide residents an opportunity to share their ideas for new park improvement projects, including:

- New Bridge District Public Plaza
- Westacre Park Expansion and Renovation
- New Neighborhood Park at 1504 Fallbrook Street

The meetings were attended by over 400 people, including families with young children, seniors, athletes, and residents from various parts of the City. Feedback received was incorporated into the project grant applications. For updates on the status of these grant applications and other Prop 68 funding opportunities please visit westsacfun.org.