CAMERON PARK CSD

CSD Board of Directors
Alan Clarke, Shiva Frentzen, Sean Tucker, Scott McNeil, Greg Stanton

Board meetings are held the third Wednesday of every month at 7:00pm at the Cameron Park Community Center at 2502 Country Club Drive, Cameron Park, CA. Cameron Park Community Services District provides Fire Services, Emergency Medical Services, Parks Development and Management Services, Recreation Programs and Facilities, Lighting and Landscape Management Services, and CC&R Compliance Review and Enforcement for the residents of Cameron Park.

It is the mission of the Cameron Park Community Services District to preserve and enhance the quality of life for the residents of Cameron Park, and surrounding areas, and to safeguard the health, safety, and welfare of the community.

Cameron Park Community Services District
530-677-2231 fax 530-677-2201
www.cameronpark.org

Office Location:
2502 Country Club Dr.
Next to the Cameron Park Library
Office hours; Mon – Fri, 8am – 5pm

Fire Station #89 - 3200 Country Club Drive. Take Cameron Park Drive exit, go west on Country Club Drive, approximately 1 mile.

Fire Station #88 - 2961 Alhambra Dr. Take Cameron Park Dr. to Alhambra, located on southeast corner of Cameron Park Drive and Alhambra.

Blue Oak School - Take Cambridge Road exit, go west on Merrychase Drive, school is on the right just past Cameron School.

Cameron Park Lake - 2989 Cambridge Road, approximately 4 miles north of Highway 50.

CP Taekwondo - Take Cameron Park Dr. north to Point Loma Plaza (on the right) suite 103. Building is located at 3181 Cameron Park Dr.

Camerado Middle School - Take Cambridge Road exit, go west on Merrychase Drive, school is on the right.

Christa McAuliffe Park
Cambridge Road exit to Merrychase Drive, west on Merrychase Drive across from Camerado School.

Community Center - Cambridge Rd. to Country Club Drive. West on Country Club Dr. Building is located at 2502 Country Club Dr.

Dave West Park - Cambridge Road exit to Crazy Horse Drive. West on Crazy Horse, park located on the right.

Gateway Park - Cambridge Road exit, north approximately 5 miles.

Ponderosa High School - Take Ponderosa Road exit, go north 1 mile, school is on the right.

Rasmussen Park - Take Cameron Park Drive to Mira Loma, located approximately 1 mile east.

For questions on recreation programs, please call the Cameron Park Recreation Department at 677-2231.

CSD office will be closed for the following Holidays:

Labor Day .................. September 5th
Columbus Day ............... October 10th
Veteran’s Day .............. November 11th
Thanksgiving .............. November 24th & 25th
Christmas .................. December 23rd & 26th
New Years Day ............ January 2nd

Cover photo courtesy of Karen Schmautz and Rob Stewart

No one likes to see our parks misused & abused, Please call to let us know of park damage or graffiti so we can take care of it as soon as possible cpcsd@cameronpark.org or 530-672-7355
**EVENTS/ANNOUNCEMENTS**

**Concert on the Green**
- **Christa McAuliffe Park**
  Saturday, Aug. 13 – Community celebration and Family Fun Day
  Friday, August 26 – Caravanserai – the Santana Tribute

**Pooch Plunge**
Saturday, August 20th, 10 am - 3 pm
Cameron Park Lake Lagoon – 2989 Cambridge Rd

**Ribstock**
Competition BBQ – Live Music - Carnival
Saturday September 17, 10 am – 8 pm
Cameron Park Lake – 2989 Cambridge Rd - www.rib-stock.com

**Clean Up Day**
Saturday, September 24, 8 am – 2 pm
Camerado Springs Middle School – 2480 Merrychase Drive
Christa McAuliffe park

**Halloween Carnival & Pumpkin Patch**
Saturday, October 15, 1:30-4 pm
Cameron Park Lake – 2989 Cambridge Rd

**Turkey Trot**
Saturday, November 19, 9 am start
Cameron Park Lake – 2989 Cambridge Rd

**Old Fashion Christmas Craft Faire**
Saturday, November 19, 10 am – 4 pm
Community Center – 2502 Country Club Drive

**Santa Visits**
Dates to be announced

**Santa Parade**
December 9, 10, 11 – Rain dates Dec. 16, 17, 18

**Thank You Advertising Sponsors!**
The Cameron Park Community Services District would like to thank our advertising sponsors for their support. By purchasing advertising space in our guide they help us provide recreation programs and events for our residents. Please show your appreciation by visiting these businesses (shown on pages 4 & 5) when the need arises.

ARTISTS & CRAFTERS WANTED
“An Old Fashioned Christmas Craft Faire”

Artists and Crafters are needed for an Annual Art & Craft Faire to be held at the Community Center located at 2502 Country Club Drive in Cameron Park. The Faire is scheduled for Saturday, November 19 from 10 AM to 4 PM. Deadline to register is October 21, 2011. All items must be non-commercially manufactured items. Booth fee $50 per 10’x10’ space.

For more information please call the Recreation Department at (530) 677-2231 or send a self-addressed, stamped envelope to Cameron Park CSD, 2502 Country Club Drive, Cameron Park, Ca. 95682.
Recreation/ Public Swim
Beginning August 15
M-F 4-8:00P*
Sat & Sun 1-5:00P
*Shallow area will be closed Monday and Wednesday from 6:30 to 7:15 for water exercise classes. No access during this time.

Admission Fees:
2yrs & under Free**
Youth (3-17) $3.00
Adult (18+) $4.00
Senior (62+) $3.00
Non-swimmer/Spectator $1.00
**With adult admission
All persons must pay to enter the pool area. Children under the age of 11 must be accompanied by a paying adult.

Lap Swim
Beginning August 15 - September 2 (see summer brochure for current schedule)
Open to all swimmers 16 years and older. A limited supply of kick boards are available for use. A pace clock will be on deck.
M-F 7-9:55A 4-8:00P
Drop in Fee: $4 per visit
Ten punch pass card: $35
* public swim hours subject to change.

Water Exercise
14 +
All classes will continue till September 2
Come and join us for an enjoyable total body workout. We are offering a variety of classes, so get in the water, tone-up and get fit! It's easy to do and lots of fun. These classes are great for all ages. Drop in and try a class or purchase a punch card.

Deep Water – “Off the Deep End”
W/F – 11-11:50 am
Deep water aerobics conditioning utilizing buoyancy/resistance equipment designed to increase endurance, flexibility, strength, and motor coordination. Buoyancy belt required. Swimming competency is advised.

Water Aerobics
T/W/H 9-9:55 am
A variety of techniques done on land such as jogging, kicking, jumping jacks, and more. All in the water. The water will provide added resistance to your work out.

Water Aerobics
M/W 6:30-7:15 PM
A variety of techniques done on land such as jogging, kicking, jumping jacks, and more. All in the water. The water will provide added resistance to your work out.

Location: Cameron Park Community Pool
Fee: $6 drop-in or $50 - 10 punch card
Instructors: Charles Tryson, and Lynn McCarty
Classes will finish Friday September 2

Teen Center
(Grades 6 - 8)
At the Cameron Park CSD Teen Center, the staff is committed to providing a fun, safe, supervised, and age-appropriate recreation program. Our goal is to enrich the lives of the school-aged children through meaningful recreational experiences. Membership to the teen center includes:

- Computer Stations with age-appropriate Internet access
- Study time/homework help
- Age appropriate video games
- Supervised access to Skate Park
- Scheduled access to the gym

Hours of Operation:
During School year - Monday-Friday from the end of school day to 6:00 PM
Winter Intersession TBA - additional cost for intersession

Closed on District Holidays
Please take note that teen center will not be in-session on the following days:
Labor Day 9/5, Veterans Day 11/11, Thanksgiving 11/24-11/25
130125-08 August 8/10-8/31
130125-09 September 9/1-9/30
130125-10 October 10/3-10/31
130125-11 November 11/1-11/30
130125-12 December 12/1-12/16

Location: Teen center - Community Center
Fee: $20/month
Annual membership fee of $25
** must register in advance

For more information visit our website or call the CSD office at 530-677-2231
www.cameronpark.org
Kinder Kids
(Ages 2.5 - 4.5)
Kinder Kids will focus on getting your child ready for kindergarten through creative learning experiences. Your child will participate in reading and writing, language development, art, science, music, math, social development and play time. Must be fully potty trained.

121004-08 M,W,F 8/15-8/31 8:30A-12P*
121004-09 M,W,F 9/2-9/30 8:30A-12P
121004-10 M,W,F 10/3-10/31 8:30A-12P
121004-11 M,W,F 11/2-11/30 8:30A-12P
121004-12 M,W,F 12/2-12/21 8:30A-12P

Location: Community Center
Fee: $245 month *(August $125)
Annual registration Fee: $50
Instructor: Miss Jen

Please take note that preschool will not be in-session on the following days:
Labor Day 9/5, Veterans Day 11/11, Thanksgiving 11/24-11/25, The week between Christmas and New Years

Kinder Kids 2
(Ages 2.5 - 4.5)
Same focus as three day program just offered Monday to Friday
121006-08 M - F 8/15-8/31 8:30A-12P*
121006-09 M - F 9/2-9/30 8:30A-12P
121006-10 M - F 10/3-10/31 8:30A-12P
121006-11 M - F 11/2-11/30 8:30A-12P
121006-12 M - F 12/2-12/22 8:30A-12P

Location: Community Center
Fee: $320 month *(August $165)
Annual registration Fee: $50
Instructor: Miss Jen
**Preschool – Age Gymnastics**
(Ages 3 - 5)
Our pre-school gymnastics classes are fantastic! A gym filled with bright colors, and age appropriate equipment! The classes are jam-packed with gymnastics activities including obstacle courses, trampolines, stretching and more. The kids never stop moving! We get the children moving their whole body at the same time which stimulates the brain. This is a very important time in your child’s life for brain development, physical strength and coordination. Tell the dads out there that the sooner their kids learn balance and coordination the better they will be at football, basketball, motorcycling, you name it. It all starts with coordination and balance. Gymnastics is a must for all children.

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<td>$55/$50 with CP resident discount</td>
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*No Class 9/5

**Fee: $55/$50 with CP resident discount**

**Trampoline & Tumbling Class**
(Ages 6 - 14)
Come and Tumble at Tumble Time! This class teaches all of the basic tumbling skills on the spring floor and trampolines (3 different types). Strength, flexibility, coordination, and agility are some of the wonderful benefits that students will learn from gymnastics! Tumbling goes hand in hand with many other sports such as martial arts, dance, cheerleading and more.

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**Fee: $59/$54 with CP resident discount**

**Baby Crawl**
This is a class for your baby to learn balance, coordination and strength through obstacle courses and fun play with other babies. This is a great class for you and your baby to interact with others and build new relationships and social skills.

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**Fee: $35/$30 with CP resident discount**

**Friday Night Parents Night Out**
(Ages 3 - 11)
Kids have a blast while Parents can take advantage of a date night! Children will participate in gymnastics, games, trampoline, bounce house, arts and crafts and more! Pizza is also provided. All you have to do is drop them off! This event is for 3yr olds and up. Must be potty trained.

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**Fee: $23/$18 with CP resident discount**

**Mommy & Me Yoga**
See page 11 for class description

**Home Run Science**
(Ages 6 - 10)
Students will learn basic science skills by using hands on interaction as well as teacher/student interaction. We will be doing activities from experiments to basic worksheets, etc. $ 15 supply fee payable to instructor.

**Crazy for cookies**
(Ages 6 - 14)
Create dozens of amazing cookies to eat and share including sugar cookies, pops, pizza cookies, cream filled cookies, and more. Please bring a $10 supply fee to class.

**Cooking with Kids**
(Ages 5 – 15)
Calling all Little Chefs! Join us in the kitchen where we will explore the culinary world through a child’s eyes. We will prepare a dish with all fresh/organic ingredients and eat or share our creations. Class features nutrition and kitchen safety. Menu changes each 4 week session. Please bring $25 material fee to first class.

**SANTA VISITS Return**
Santa will arrive at your home, hand out candy canes, and talk with the children about their Christmas Wishes. Each family will receive a framed picture with Santa and his elves.

**Dates:** to be announced

**Times:** **6:30 PM until 8:30 PM**
(approx 15 minutes per house)

**Fee:** $55 (Limit 6 children per visit)
Limit 1 slot per household.
This will allow Santa to see more families before Christmas.
Registration: begins October 11
Limited to Cameron Park Residents only
** Please schedule the date and we will call you to confirm the time once the date is full.
YOUTH CLASSES

StarBabies (Ages 12 – 24 month – must be walking)
In this parent participation class, children will increase motor skills through the use of an obstacle course, trampoline, and age appropriate games as well as develop their communication skills. This is a great opportunity to have some one-on-one activity time with your little and allow them to increase their social skills with children their age.
120703-09 M 9/12-10/3 11-11:15A
120703-10 M 10/10-10/31 11-11:15A
120703-11 M 11/7-11/28 11-11:15A
Fee: $47/$42 with CP resident discount

Rainbow Stars (Ages 4)
This is a transition class for children ages 4. This class is carefully designed to help children move from our preschool program to our recreational program. Children will learn more complex gymnastics skills and will be introduced to our recreational curriculum. Children in this class will use more challenging obstacle courses, and more advanced skills while having a lot of fun.
120702-09 F 9/2-9/23 10:30-11:30A
120702-10 F 9/30-10/21 10:30-11:30A
120702-11 F 10/28-11/18 10:30-11:30A
Fee: $54/$49 with CP resident discount

StarLites (Ages 2)
This is a parent participation class designed for children to learn more gymnastics skills, listen and wait their turn through a structured class involving games and activities with other children, parents, and the instructor.
Your child will be taught the beginning basics of gymnastics through the use of obstacle courses and fun age appropriate activities.
120704-09 Th 9/1-9/22 9:30-10:15A
120704-10 Th 9/29-10/20 9:30-10:15A
120704-11 Th 10/27-11/17 9:30-10:15A
Fee: $47/$42 with CP resident discount

Beginning Tumbling coed (Ages 6 - 12)
A fun beginning for children that are showing interest in tumbling! Students are taught to complete basic tumbling skills, with the correct form and technique.
120707-09 M 9/12-10/3 3:30-4:30P
120707-10 M 10/10-10/31 3:30-4:30P
120707-11 M 11/7-11/28 3:30-4:30P
Fee: $54/$49 with CP resident discount

StarBrites (Ages 3)
Children further expand their gymnastics, listening, and learning skills using obstacle courses, age appropriate cooperative games and more challenging apparatus to broaden their gymnastics skills.
120705-09 F 9/2-9/23 10:30-11:15A
120705-10 F 9/30-10/21 10:30-11:15A
120705-11 F 10/28-11/18 10:30-11:15A
Fee: $47/$42 with CP resident discount

StarBrites (Ages 3)
Children further expand their gymnastics, listening, and learning skills using obstacle courses, age appropriate cooperative games and more challenging apparatus to broaden their gymnastics skills.
120705-09 F 9/2-9/23 10:30-11:15A
120705-10 F 9/30-10/21 10:30-11:15A
120705-11 F 10/28-11/18 10:30-11:15A
Fee: $47/$42 with CP resident discount

StarBabies (Ages 12 – 24 month – must be walking)
In this parent participation class, children will increase motor skills through the use of an obstacle course, trampoline, and age appropriate games as well as develop their communication skills. This is a great opportunity to have some one-on-one activity time with your little and allow them to increase their social skills with children their age.
120703-09 M 9/12-10/3 11-11:15A
120703-10 M 10/10-10/31 11-11:15A
120703-11 M 11/7-11/28 11-11:15A
Fee: $47/$42 with CP resident discount

Rainbow Stars (Ages 4)
This is a transition class for children ages 4. This class is carefully designed to help children move from our preschool program to our recreational program. Children will learn more complex gymnastics skills and will be introduced to our recreational curriculum. Children in this class will use more challenging obstacle courses, and more advanced skills while having a lot of fun.
120702-09 F 9/2-9/23 10:30-11:30A
120702-10 F 9/30-10/21 10:30-11:30A
120702-11 F 10/28-11/18 10:30-11:30A
Fee: $54/$49 with CP resident discount

Beginning Gymnastics – Girls (Ages 5 - 10)
Perfect for girls showing an interest in gymnastics! They will learn skills on the bars, beam, vault and floor. Skills gained from this class include balance, coordination, confidence and strength.
120709-09 M 9/12-10/3 5:30-6:30P
120709-10 M 10/10-10/31 5:30-6:30P
120709-11 M 11/7-11/28 5:30-6:30P
120706-09 Th 9/1-9/22 4:30-5:30P
120706-10 Th 9/29-10/20 4:30-5:30P
120706-11 Th 10/27-11/17 4:30-5:30P
Fee: $54/$49 with CP resident discount

Tiny Treasures
Ages 18 month - 3 (must be walking)
My Grown-Up and Me Program.
Children will increase skills through obstacles, and communication skill through music.
120717-09 Tu 9/13-10/4 10-10:45A
120717-10 Tu 10/11-11/1 10-10:45A
120717-11 Tu 11/8-11/29 10-10:45A
Location: CP Taekwondo Studio, 3181 Cameron Park Drive - Suite #103
Fee: $55/$50 with CP resident discount
Instructor: Bob & Connie Westphal & Lisa Jones

The Addition & Subtraction Facts to 9
(Ages 6 +)
Children will have fun while learning the concept and memorization of the addition and subtraction facts without counting. This method uses the senses of vision, hearing, and touch to help children make associations of pictures, colors, and shapes with the math facts. Your child will receive a certificate of completion and a binder with activities for reinforcement at home. Please bring a $45 materials fee payable to “Ways That Work” on the first day of class.
120118-09 Tu 9/13-11/08 3:45P-05:45P
Location: CAB @ El Dorado Hills CSD
Fee: $176/$171 with CP resident discount
Instructor: Chris La Deaux

The Multiplication Facts (Ages 8 +)
Memorize the Multiplication Facts. Children will have fun while learning the multiplication facts the fun, fast, and easy way. This method uses the senses of vision, hearing, and touch as well as rhythm and rhyme to help create associations to the multiplication facts. Your child will receive a certificate of completion and a binder with activities for reinforcement at home. Please bring a $45 materials fee payable to “Ways That Work” on the first day of class.
120118-09 Tu 9/13-11/08 3:45P-05:45P
Location: CAB @ El Dorado Hills CSD
Fee: $176/$171 with CP resident discount
Instructor: Chris La Deaux
**FUNdamental Volleyball**  
(Grades 4 - 8)  
Volleyball lessons for beginners and intermediate players taught by top-notch instructors. Instructor: Gold Cal Volleyball Club Director Melanie DeMuir and other Gold Cal Volleyball Coaches  
120310-09  
F 9/9-9/30 4:30-6:30P  
120310-10  
F 10/7-10/28 4:30-6:30P  
120310-12  
F 12/2-12/16 4:30-6:30P**  
Location: Community Center Gym  
Fee: $100/$95 with CP resident discount  
** December class fee: $75/$70 with CP resident discount  
Instructor: Melanie DeMure and staff

**Flag Football**  
(Grades 2-8)  
Join the CPCSD for flag football this Fall. The one practice per week will be determined by the coaches while the games are played only on Saturday afternoons. Teams will most likely be split grades 2-4 and 5-8 unless there are enough registrants to make three age groups (2-3, 4-5, 6-8). Each child will receive a flag football shirt and flags. This is not an NFL sponsored league.  
520305-09 - Grades 2-4  
520307-09 - Grades 5-8  
Location: Dave West Park  
Fee: $105/$110 non-res  
** IMPORTANT DATES:**  
Evaluation Days: 9/24 and 10/1 – for all players registered  
Teams formed by: Wednesday 10/5  
Team practices start: Wednesday 10/15  
Games Start: Saturday 10/15  
Games Finish: Saturday 12/10  
Make-Up Game Day (if necessary): 12/17  
Deadline to register: Friday 9/23 5:00pm

**Youth Indoor Soccer**  
a.k.a. Futsol played within the boundaries of a full size basketball court.  
Great for all levels of players wanting to improve their ball control, quickness of play, and teamwork without having to deal with poor weather. At least three teams must register per age group. Teams must have the same color jersey/shirt, shin guards, and appropriate footwear (no cleats). Contact the CSD to get put on a free agent list. If enough free agents sign-up (no charge until on a team) a team will be formed with them.  
U8 (ages 6-8) 220313-09 Su 9/18-11/13 (no games 10/9)  
U10 (ages 8-10) 220314-09 Su 9/18-11/13 (no games 10/9)  
U12 (ages 10-12) 220315-09 Su 9/18-11/13 (no games 10/9)  
U14 (ages 12-14) 220316-09 Su 9/18-11/13 (no games 10/9)  
Times: First game of day starts at 12pm - every 50 minutes after  
Location: Cameron Park Community Center Gym  
Team Registration Fee: $400 (total due upon registration)

**Learn to Play Tennis**  
(Ages 12 +)  
Using Oscar Wegner’s world famous teaching techniques (www.tennisteacher.com), certified Oscar Wegner tennis coach Bruce David will teach you how to keep the ball in play, serve, and volley, so that you can actually play tennis games with other players. (For beginners - 12 and up). Please bring a tennis racket.  
160313-09 Tu 9/13-11/01 4-5:30P  
Location: Tennis Court - Cameron Park Lake  
Fee: $50/$45 with CP resident discount  
Instructor: Bruce David

**Improve Your Tennis Game**  
(Ages 12 +)  
For intermediate level players. If you are a tennis player, but would like to learn how to play better, certified Oscar Wegner tennis coach Bruce David will use Oscar Wegner’s world famous teaching techniques (www.tennisteacher.com) to teach you how to hit the ball using the strokes the pros use. Please bring a tennis racket.  
160314-09 Th 9/15-11/3 4-5:30P  
Location: Tennis Court - Cameron Park Lake  
Fee: $50/$45 with CP resident discount  
Instructor: Bruce David

**Kinderkicks/ Taekwondo**  
(Ages 4 - 6)  
Come and join this fun Martial Arts class designed for 4 to 6 year olds. In this 30 minute class, children will work on exercises, balance, coordination, attention, self-control, and Taekwondo blocks and kicks. Class includes a FREE uniform.  
120700-09 M,W 9/12-11/2 5:30-6:00P  
120700-10 M,W 10/24-12/14 5:30-6:00P  
No Class 10/31/2011  
Location: CP Taekwondo Studio, 3181 Cameron Park Drive - Suite #103  
Fee: $104/$99 with CP resident discount  
Instructor: Bob & Connie Westphal & Lisa Jones

**Karate/Taekwondo**  
This class is great for anyone who wants to work on hand/foot and eye coordination development. Students will work on strikes, kicks, blocks, focus, and self-discipline. Class includes a FREE uniform.  
No Class 10/31/2011  
** Ages 6 - 12**  
120701-09 M,W 9/12-11/2 6-6:45P  
120701-10 M,W 10/24-12/14 6-6:45P  
** Ages 13 and up**  
140701-09 M,W 9/12-11/2 6:45-7:30P  
140701-10 M,W 10/24-12/14 6:45-7:30P  
Location: CP Taekwondo Studio, 3181 Cameron Park Drive - Suite #103  
Fee: $124/$119 with CP resident discount  
Instructor: Bob & Connie Westphal & Lisa Jones

**YOUTH BASKETBALL COACHES WANTED**  
Cameron Park Recreation is looking for people who would like to volunteer their time, energy, and talent as a youth basketball coach. If interested please contact us at (530) 677-2231

**Contact**  
Cameron Park Community Center  
3181 Cameron Park Drive - Suite #103  
Cameron Park, CA 95682  
Phone: (530) 677-2231  
Email: camparkrecreation@camparkreno.org  
Website: www.camparkreno.org  

**YOUTH SPORTS**
YOUTH BASKETBALL- WINTER 2011/2012
Recreational Basketball leagues are offered for youth through the Cameron Park Recreation Department to develop their skills, interact with other youth, and MOST IMPORTANTLY to have FUN!!

IMPORTANT DATES:
Registration Begins: August 22
Late Registration: See each age group
Bruin Camp: Saturday, January 7
Community Center Gym
1st-4th Grade: 10-11:30
5th-8th Grade: 12-2
Season Starts: Saturday, January 14
No Games: February 18
Last Day of Season:
March 10 – 1st-4th Grade
March 17 – 5th-8th Grade
March 24 – High School

1st/2nd GRADE BOYS & GIRLS Division:
This division is an instructional league that operates on an eight week schedule starting January 14. The first four weeks will consist of Recreation Leaders and Coaches teaching a new skill each week. Thirty minutes will be spent doing drills related to the skill. The last thirty minutes will be spent scrimmaging. The last four weeks of the program, teams will play games with referees. Scores of games will not be kept for any scrimmage or games. THERE WILL BE NO SCHEDULED PRACTICES FOR THIS AGE GROUP.

220301-A1
Early Bird Fees (through 11/22)
$100 /$95 with CP resident discount until 5:00pm 11/22
Late Fees (after 11/22)
$115/$110 with CP resident discount after 11/22
Fee includes t-shirt and Bruin Camp, but does not include pictures.

3rd to 8th GRADE BOYS & GIRLS
220301
Separate leagues will be formed for girls and boys leagues. There will be limited spaces (if any) for late registration. REQUESTS WILL NOT BE HONORED!
League Divisions:
3rd/4th Boys and Girls
5th/6th Boys and Girls
7th/8th Boys and Girls
Early Bird Fees (through 11/9)
$110 /$105 with CP resident discount until 5:00pm 11/9
Late Fees (after 11/9)
$125/$120 with CP resident discount after 11/9
Fee includes t-shirt and Bruin Camp, but does not include pictures.

MARCH MADNESS - END OF SEASON TOURNAMENT:
Date: Saturday March 24
Time: Games start in early AM and go until Championship Game
Seeding: Teams will be selected out of a hat for random seeding – regular season games don’t determine seeding
Fee: No fee – included in registration
Location: CP Community Center Gym

Adult Tuesday Basketball League
(Ages 18 +)
Session 1
140356-11 Tu 11/1-11/10 6 pm
(no games 11/22; 12/20;12/27)
Playoffs: 1/17, 6 pm (top 4 teams)
Session 2
140356-02 Tu 2/21-4/17 6 pm
(no games 4/4)
Playoffs: 4/23, 6 pm (top 4 teams)
Location: Community Center Gym
Fee: $425/session/team, Register teams or sign-up on the free agent list – no cost until placed on a team

Hunter Safety
(Ages 10 +)
Bring a pencil and lunch. Obtain class manual from CSD. Study manual and/or online, at www.dfg.ca.gov. May receive hunter safety certificate same day. Recommended for ages 10 and above. Classroom instruction only.
There will be firearm handling. Subjects include: ethics, ecology, wildlife management, conservation, survival, first aid, DFG Codes.
160105-09 Sa 9/10 8:30A-5:00P
160105-10 Sa 10/15 8:30A-5:00P
160105-11 Sa 11/5 8:30A-5:00P
160105-12 Sa 12/3 8:30A-5:00P
Location: Social Room – Community Center Gym
Fee: $28/$23 with CP resident discount
Instructor: Larry Nelson

Internet Driver’s Education Course
(Ages 14 - 18)
Driver’s education is a California-required course for teens to receive a driver’s license. It’s the first step to take in receiving a driver’s permit. Course includes parental involvement, is fun, interactive and educational. Complete anytime. Home study course available. DMV - accepted certification issued upon successful completion of course. Class does not include behind-the-wheel driving. Add $16 for home study course shipping and handling.
130110-09 September
130110-10 October
130110-11 November
130110-12 December
Location: Enrollee’s home address
Fee: $84/$79 with CP resident discount
Instructor: AllGood Education Corporation
Thai Cooking:

- **Traditional Course A**
  (Ages 18 +)
  Come join instructor, Phonglada Foletta as she teaches you how to prepare a traditional Thai dinner. You will learn about common ingredients and how to combine them to develop the desired flavors. Our menu includes: Thai chicken soup in coconut milk (Tom Kha Gai), Thai seafood salad (Yum talay), stir fried chicken with basil (Pad holapa Gai), and sticky rice with mango (kown-aw ma mugg). Come hungry as we will be able to enjoy the meal we have prepared during the final hour of class. Handouts, food and all other supplies will be provided and are included in the materials fee - $12 paid to instructor. 
  140104-09 Sa 9/17 2-6:00P
  Location: Kitchen - Community Center
  Fee: $49/$44 with CP resident discount
  Instructor: Phonglada Foletta

- **Ultimate Chocolate Truffles**
  (Ages 12 +)
  Make elegant, dome-shaped truffles with a variety of luscious fillings including: white, milk and dark chocolate. Learn how to flavor basic ganaches (fillings) with liqueurs and oils. Make and take a dozen truffles in a beautiful gift box. Students will be given recipes, notes, tips, and truffle molds. Please register one week before class. Please bring a material fee of $12 to instructor. 
  160106-10 Sa 10/22 10A-12P
  Location: Kitchen at Community Center
  Fee: $44/$39 with CP resident discount
  Instructor: Karen Nickey

- **Spring Rolls**
  (Ages 18 and up)
  Come join instructor, Phonglada Foletta as she teaches you how to prepare and cook some of her specialty Thai recipes. You do not need to have a taste for spicy foods, just a desire to try something new. We will be making Lettuce Wraps with a spicy sauce that each diner can make as spicy as they wish. You will not find this recipe in any restaurant, even in Thailand. We will also be making fresh Spring Rolls that will be served with a sweet peanut sauce. Be prepared to come hungry as we will be able to enjoy both of these amazing recipes in class. Handouts, food and all other supplies will be provided and are included in the materials fee - $12 paid to instructor. 
  140104-10 Sa 10/29 2-6:00P
  Location: Kitchen - Community Center
  Fee: $49/$44 with CP resident discount
  Instructor: Phonglada Foletta

Ultimate Chocolate Truffles
(Ages 12 +)
Make elegant, dome-shaped truffles with a variety of luscious fillings including: white, milk and dark chocolate. Learn how to flavor basic ganaches (fillings) with liqueurs and oils. Make and take a dozen truffles in a beautiful gift box. Students will be given recipes, notes, tips, and truffle molds. Please register one week before class. Please bring a material fee of $12 to instructor. 
160106-10 Sa 10/22 10A-12P
Location: Kitchen at Community Center 
Fee: $44/$39 with CP resident discount
Instructor: Karen Nickey

Yoga 101
(Ages 14 +)
Brand new to Yoga? This class is the perfect introduction. We work through the body’s weak points, retraining muscles to build strength & flexibility, teaching balance, and learning calming techniques. Helping you to just feel good! All this and more flows from a yoga practice. Enjoy a well earned guided relaxation at the end of class. Please bring your mat, a small firm blanket or beach size towel. There are a few blankets and mats to loan during class. Wear comfortable clothes that you can move easily in. Avoid a full meal two hours before class. This class may be repeated as many times as you like until you feel ready for Session B.
240702-09 Tu 9/6-9/27  6-7:15P
240702-10 Tu 10/4-10/25 6-7:15P
240702-11 Tu 11/1-11/29  6-7:15P
240702-12 Tu 12/6-12/27  6-7:15P
Location: Dance Studio Community Center
Fee: $50/$45 with CP resident discount
Instructor: Glenda Bell

Sushi Making 101
(Ages 16 +)
Love Sushi? Learn to make it yourself so you can benefit from enjoying Sushi whenever you wish. And it’s very inexpensive!! You will be taught how to make the special Sushi rice, California Inside/out roll, Philly roll and Nigiri. Teaching techniques includes both demonstration as well as hands-on practicing and best of all, you get to eat your works of art! Students need to bring a medium size portable cutting board and a sharp (non-serrated) knife. A $15 material fee is payable to instructor at class.
440106-11 Sa 11/5 9:30-11:30A
440106-12 Sa 12/17 9:30-11:30A
Location: Kitchen at Community Center
Fee: $47/$42 with CP resident discount
Instructor: Karen Moore

Sushi Making 101
(Ages 16 +)
Love Sushi? Learn to make it yourself so you can benefit from enjoying Sushi whenever you wish. And it’s very inexpensive!! You will be taught how to make the special Sushi rice, California Inside/out roll, Philly roll and Nigiri. Teaching techniques includes both demonstration as well as hands-on practicing and best of all, you get to eat your works of art! Students need to bring a medium size portable cutting board and a sharp (non-serrated) knife. A $15 material fee is payable to instructor at class.
440106-11 Sa 11/5 9:30-11:30A
440106-12 Sa 12/17 9:30-11:30A
Location: Kitchen at Community Center
Fee: $47/$42 with CP resident discount
Instructor: Karen Moore

Thai Cooking:

- **Lettuce Wraps**
  (Ages 18 and up)
  Come join instructor, Phonglada Foletta as she teaches you how to prepare and cook some of her specialty Thai recipes. You do not need to have a taste for spicy foods, just a desire to try something new. We will be making Lettuce Wraps with a spicy sauce that each diner can make as spicy as they wish. You will not find this recipe in any restaurant, even in Thailand. We will also be making fresh Spring Rolls that will be served with a sweet peanut sauce. Be prepared to come hungry as we will be able to enjoy both of these amazing recipes in class. Handouts, food and all other supplies will be provided and are included in the materials fee - $12 paid to instructor. 
  140104-10 Sa 10/29 2-6:00P
  Location: Kitchen - Community Center
  Fee: $49/$44 with CP resident discount
  Instructor: Phonglada Foletta

- **Spring Rolls**
  (Ages 18 and up)
  Come join instructor, Phonglada Foletta as she teaches you how to prepare and cook some of her specialty Thai recipes. You do not need to have a taste for spicy foods, just a desire to try something new. We will be making Lettuce Wraps with a spicy sauce that each diner can make as spicy as they wish. You will not find this recipe in any restaurant, even in Thailand. We will also be making fresh Spring Rolls that will be served with a sweet peanut sauce. Be prepared to come hungry as we will be able to enjoy both of these amazing recipes in class. Handouts, food and all other supplies will be provided and are included in the materials fee - $12 paid to instructor. 
  140104-10 Sa 10/29 2-6:00P
  Location: Kitchen - Community Center
  Fee: $49/$44 with CP resident discount
  Instructor: Phonglada Foletta

Zumba Fitness
(Ages 14 +)
Looking for a fun way to exercise? Zumba is the program for you. This latin and international dance and fitness program combines hot latin beats such as salsa and merengue with fun easy to follow dance steps. You’ll feel like you’re dancing in a hip nightclub!
160721-10 Th 10/27-11/17 6-15-7:15P
160721-12 Th 12/1-12/29 6-15-7:15P
No class: 12/23/2011
Location: Social Room - Community Center
Fee: $37/$32 with CP resident discount
Instructor: Rosalie Stearns

Yoga 101 - Session A
(Ages 14 +)
This class is best for students who have practiced yoga - even if it has been awhile - on your own or in a class - or who have attended the Introduction to Yoga 101: Session A, and are ready for more. Depending on the interests of the students attending - stronger postures and the deeper aspects of a yoga practice are taught. Guidance in establishing your own practice is offered. Enjoy a well earned guided relaxation at the end of class.
240704-09 Th 9/8-9/29 6-7:15P
240704-10 Th 10/6-10/27 6-7:15P
240704-11 Th 11/3-11/17 6-7:15P
240704-12 Th 12/1-12/22 6-7:15P
Location: Dance Studio Community Center
Fee: $50/$45 with CP resident discount
Instructor: Glenda Bell

Yoga 101 - Session B
(Ages 14 +)
This class is best for students who have practiced yoga - even if it has been awhile - on your own or in a class - or who have attended the Introduction to Yoga 101: Session A, and are ready for more. Depending on the interests of the students attending - stronger postures and the deeper aspects of a yoga practice are taught. Guidance in establishing your own practice is offered. Enjoy a well earned guided relaxation at the end of class.
240704-09 Th 9/8-9/29 6-7:15P
240704-10 Th 10/6-10/27 6-7:15P
240704-11 Th 11/3-11/17 6-7:15P
240704-12 Th 12/1-12/22 6-7:15P
Location: Dance Studio Community Center
Fee: $50/$45 with CP resident discount
** November class $40/$35 with CP resident discount
Instructor: Glenda Bell
Prenatal Yoga

Prenatal Yoga - all levels welcome!
Modifications are given for each trimester. Prepare with strength and serenity for the birth of your baby. Yoga during pregnancy helps to reduce low back pain & sciatica. Reduces swelling & inflammation around your joints. Helps prepare you physically for giving birth. Improves emotional well-being. Yoga helps during labor to soothe & empower yourself by finding your own inner rhythm. Facilitate the labor process. Use the muscles of your pelvic floor effectively. Learn to use the tools of meditation & visual imagery. Improve your physical comfort. Meet other mothers, become part of a community. Enjoy a guided relaxation at the end of each class.

240706-09 Sa 9/10-10/1 11A-12:15P
240706-10 Sa 10/6-10/29 11A-12:15P
240706-11 Sa 11/5-11/19 11A-12:15P
240706-12 Sa 12/3-12/17 11A-12:15P

Location: CSD Pavilion At El Dorado Hills CSD
160107-11 W 11/16 6:30-10:00P

Fee: $52/$47 with CP resident discount
** November/December class $40/$35 with CP resident discount

Instructor: Gina Bartok

Getting to Know Your New Digital Camera

(Ages 18+)

What do all those buttons do? Why do you have to be careful when you change batteries? What is the flash? Bring your camera and learn about how it operates. No experience necessary.
160127-09 F 9/23 6:30-10:00P

Location: CSD Pavilion At El Dorado Hills CSD

Fee: $52/$47 with CP resident discount
** December class $31/$26 with CP resident discount

Instructor: Robert Gouine

Intro to Digital Photography

(Ages 18+)

This fun class provides a guideline for purchasing necessary equipment (and knowing what not to buy). Transfer your images from the camera to the computer, clean up photos, and save them for e-mail or printing on photo-grade paper. Process photos taken during class and receive helpful handouts.
160107-11 W 11/16 6:30-10:00P

Location: CSD Pavilion At El Dorado Hills CSD

Fee: $52/$47 with CP resident discount

Instructor: Robert Gouine

Meditation & Stress Management I

(Ages 18+)

Learn and practice the basics of meditation. Improve your ability to be present in daily activities. Reduce stress and create a sense of peace. Learn how to identify your most common stressors and how to minimize their negative impact on your overall health. All levels of experience are welcome.
140720-12 W 12/7-12/28 6:15-7:15P

Location: Social Room - Community Center

Fee: $40/$35 with CP resident discount

Instructor: Debra Azer Brown, MSW

Meditation & Stress Management II

(Ages 18+)

For those who want to improve or deepen their practices or have taken Meditation & Stress Management I.
140721-12 W 12/12-12/28 7:30-8:30P

Location: Social Room - Community Center

Fee: $40/$35 with CP resident discount

Instructor: Debra Azer Brown, MSW

Zumba Gold

(Ages 18+)

If you’ve wanted to try Zumba but thought it was too advanced or intense, Zumba Gold is the perfect class for you. The class uses wonderfully, energetic music and moves done to a lighter pace. You will smile, sweat and leave energized!! Please bring water and towel!!
150717-09 M 9/12-10/3 9:30-10:30A
150717-10 M 10/10-10/31 9:30-10:30A
150717-11 M 11/7-11/28 9:30-10:30A
150717-12 M 12/5-12/19 9:30-10:30A

Location: Dance Studio-Community Center

Fee: $37/$32 with CP resident discount

Instructor: Gina Bartok

Mommy & Me Yoga

(Ages All)

All mothers understand the need to get back into shape after the birth of their baby. And how hard it can be in those early months and years to make that happen. With this class you will be able to join other mothers and little ones as you learn how to bring peace to your mind and heart - as well as toning and reshaping the parts of your body that have changed during pregnancy. We will focus on the abdominal muscles as well as poses that soothe the nervous system. Including your child in your yoga practice helps you to understand how your baby fits into all aspects of your life. Draw closer to your baby, while becoming more at peace with yourself. Meet other mothers, become part of a community. Best if baby is newborn to age 18 months.

240706-09 Sa 9/10-10/1 9:30-10:30A
240706-10 Sa 10/6-10/29 9:30-10:30A
240706-11 Sa 11/5-11/19 9:30-10:30A
240706-12 Sa 12/3-12/17 9:30-10:30A

Location: Dance Studio Community Center

Fee: $50/$45 with CP resident discount
** November/December class $40/$35 with CP resident discount

Instructor: Glenda Bell

Sit and Get Fit

(18+)

Sit and Get Fit chair exercise class improves the health and wellness of older adults, seniors and kids, as well as physically limited individuals and those managing chronic conditions and chronic pain. This specialty class improves strength, breathing and flexibility.
150718-09 F 9/9-9/30 10-11:00A
150718-10 F 10/7-10/28 10-11:00A
150718-11 F 11/18-12/16 10-11:00A

** no class 11/25

Location: Dance Studio-Community Center

Fee: $37/$32 with CP resident discount

Instructor: Gina Bartok

ADULT CLASSES
**ADULT CLASSES**

### Tai Chi
*(Ages 18 +)*

Tai Chi is commonly known as moving meditation. An ancient Chinese system that promotes relaxation, balance, and overall wellness through slow, circular movements. Based on Traditional Chinese Medicine daily practice of Tai Chi can help balance your internal energy for a healthy mind, body and spirit. Classes are open to all levels, no experience necessary.

- **140712-09** Sa 9/3-9/24 10-11:00A
- **140712-10** Sa 10/1-10/22 10-11:00A
- **140712-11** Sa 10/29-11/19 10-11:00A
- **140712-12** Sa 12/3-12/17 10-11:00A

Location: WEST HALF At Community Center

**Fee:** $50/$45 with CP resident discount

**Instructor:** Chrysan Dosh

### Adult Yoga
*(Ages 16 +)*

No one is too old or too stiff, too fat or thin or tired to do yoga! Students of all ages and physical conditions are guided to a yoga experience that can be profound and transformative. Learn basic yoga poses, principles of movement and posture; yoga philosophy, relaxation and breathing techniques of Iyengar Hatha Yoga. With emphasis on correct alignment of all parts of the body within each pose, you will gain strength and stamina, balance and flexibility and a new sense of well-being. Chrysan Dosh is a certified Iyengar yoga teacher, has been teaching yoga for 10 years, and has attended classes at the Iyengar’s Yoga Institute in Pune, India. Bring a blanket and empty stomach, and wear comfortable clothes. Open to all levels, no experience necessary.

- **140708.09** M 9/12-10/3 7:30-8:30PM
- **140708.10** M 10/10-10/31 7:30-8:30PM
- **140708.11** M 11/7-11/28 7:30-8:30PM
- **140708.12** M 12/5-12/19 7:30-8:30 pm

Location: Auditorium - Community Center

**Fee:** $49/$44 with CP resident discount

**Instructor:** Nan Rappaport

### Beginning Tap II
*(Ages 18 +)*

Come spend one hour in a fun, exercise class learning the basics of tap. With a variety of music learn technique, combinations and routines. This is a great class if you have tapped before but would like to get back into the dance.

- **140604-09** W 09/7-09/28 12-1:00PM
- **140604-10** W 10/5-10/26 12-1:00PM
- **140604-11** W 11/2-11/23 12-1:00PM
- **140604-12** W 12/7-12/28 12-1:00PM

Location: Dance Studio - Community Center

**Fee:** $40/$35 with CP resident discount

**Instructor:** Rita Buchanan

### Intermediate Tap
*(Ages 18 +)*

Experienced Tap - come spend one hour in a fun, exercise class improving your tap techniques. With a variety of music improve technique, combinations and routines. This is a great class - you need previous tap experience.

- **140605-09** W 9/7-9/28 11A-12P
- **140605-10** W 10/5-10/26 11A-12P
- **140605-11** W 11/2-11/23 11A-12P
- **140605-12** W 12/7-12/28 11A-12P

Location: Dance Studio - Community Center

**Fee:** $40/$35 with CP resident discount

**Instructor:** Rita Buchanan

### Tai Chi
*(Ages 18 +)*

“Yes, You Can Travel Like an Insider – and Here’s How”

Dreaming of travel but think you can’t afford it? Kids in school, and you can’t get away? Don’t know where to go or who to trust for unbiased advice? Overwhelmed by the millions of choices on the Internet? Worried about losing your hard-earned money to travel scams or bankruptcies?

Then join veteran travelers and travel consultants Anne and Gretchen as they help you navigate through the pitfalls of travel to plan the extraordinary vacation experiences you never thought possible to have. Slideshows of their international journeys, hand-outs, interactive exercises, and refreshments will be provided.

- **140146-10** T 10/18-10/25 7-9PM

Location: Auditorium - Community Center

**Fee:** $44/$39 with CP resident discount

**Instructor:** David Tiopan

### All in One – Boot Camp Exercise Class

For all fitness levels. All in One boot camp exercise class – strength training and cardio work.

- **140708.09** M 9/12-10/3 7:30-8:30PM
- **140708.10** M 10/10-10/31 7:30-8:30PM
- **140708.11** M 11/7-11/28 7:30-8:30PM
- **140708.12** M 12/5-12/19 7:30-8:30pm

Location: Dance Room – Community Center

**Fee:** $49/$44 with CP resident discount

**Instructor:** Anne Rose and Gretchen Schneider/Celebrate-Travel, Inc

### Senior Tap class
*(Ages 55 +)*

Come spend one hour in a fun, exercise class if you have tapped before but would like to get back into the dance. With a variety of music learn technique, combinations and routines. This is a great class - you need previous tap experience.

- **150604-12** W 12/7-12/28 11A-12P

Location: Dance Studio - Community Center

**Fee:** $40/$35 with CP resident discount

**Instructor:** Rita Buchanan

### Introduction to Tap
*(Ages 18 +)*

Come spend one hour in a fun exercise class learning to tap with a variety of music. Learn technique, combinations, and routines. This is a great class if you always wanted to learn tap.

- **140603-09** W 9/9-9/29 10-11:00A
- **140603-10** Th 10/6-10/27 10-11:00A
- **140603-11** Th 11/3-11/17 10-11:00A
- **140603-12** Th 12/1-12/22 10-11:00A

Location: Dance Studio - Community Center

**Fee:** $40/$35 with CP resident discount

**Instructor:** Rita Buchanan
Ballroom Dance-Beginning
Ages 16 and up
Students will be introduced to the four most popular Ballroom dances-- East Coast Swing and Fox-Trot, then Waltz and Cha-Cha, divided into two one month blocks, each. **Partners are encouraged but not necessary for most classes. Please wear shoes with soles that allow slippage and do not stick to the floor; no flip flops, heels, tennis shoes permitted. Notebooks suggested. **It is recommended that students sign up and enroll in all four classes before the start of the four month session; however, if a four month commitment is difficult, you may enroll in the first or second eight week block and commit to the other block, later. All classes taught in the dance studio at the community center by Barry Waldron

Session One:
260602-09 W 9/7-10/26 7-8:00P
Fee: $89/$84 with CP resident discount or sign up as a couple $129/$124 with CP resident discount

East Coast Swing-Beginning
Swing dancing has been popular for decades. The term “Swing” is a category that encompasses dances like East Coast, West Coast, Shag, Jive, Hustle, Lindy, and others. This four week class will introduce you to the East Coast Swing dance. Learn how to be a great leader. Learn how to follow and be light on your feet. Develop confidence and styling. This class is for high school students, college students, young adults and the young at heart.

Fox’s Trot-Beginning
“Fox’s Trot” was the most significant development in Ballroom dancing due mainly to the unique combination of slow and fast movements, as well as partners facing and holding each other in a close embrace. The Big Band era grabbed onto both the Fox Trot and the Jitterbug that later evolved into East Coast Swing. Nowadays, these dances are among the staple for social dances in combination with contemporary music. This introductory four week course will present the basic patterns.

Session Two:
260605-11 W 11/2-12/28 7-8:00P
** no class 11/23
Fee: $89/$84 with CP resident discount or sign up as a couple $129/$124 with CP resident discount

Waltz-Beginning and Beyond
The name “Waltz” comes from the German word "waltzen," which means "to turn." The turn is the essence of the waltz step. “Ballroom” is an umbrella term that encompasses a variety of different dances, including the categories of “Latin” and “Swing”. Come join us as we explore the free form of the American style waltz. If you already know the foxtrot, waltz will be easy!

Cha-Cha-Beginning
The American style Cha Cha is an off shoot of the Mambo and more recently-Salsa! and is danced to music with a distinct syncopation where the triple rhythm “Cha Cha Cha” step is inserted. Salsa is a distillation of many Latin and Afro-Caribbean dances in which each played a large part in its evolution. Salsa will be taught in a separate one month class. Cha-Cha is positioned last in this four dance series. There is no time like the present to begin learning Latin dancing. **Partners are required.

Night Club Two Step
It is danced primarily to contemporary soft rock or “love song” music. This elegant romantic dance is a great alternative for slow music. “Nightclub Two Step” was specifically designed for a confined Nightclub setting, although, a couple can utilize a large dance floor when desired. With a relaxed frame and soft movements it should look more like a Latin dance. The dance position for “Two Step” is more natural, what people tend to do without lessons, “street dancing” in other words. This introductory four week course will present the basic patterns. **Partners are required.

Salsa – Beginning
Salsa evolved as a distillation of many Latin and Afro-Caribbean dances. The metamorphosis of Salsa to what is heard and danced in clubs today has been a long, slow, and varied process. Not one person or place can be attributed as the founder of Salsa. Salsa varies from place to place, not unlike West Coast Swing, and from one song to the next. The diversity and complexity of the music is what keeps its listeners enticed, as well as delightfully surprised, and its dancers on their toes. This is the beauty of the Salsa. Come join us and learn this immensely popular club dance.

260608-10 W 10/5-10/26 8:15-9:15P
Fee: $49/$44 with CP resident discount or sign up as a couple $69/$64 with CP resident discount

West Coast Swing – Beginning
Come join us and learn this very popular swing dance. This class will introduce the five basic dance steps for WCS. Learn how to be a great leader. Learn how to follow and be light on your feet. Learn the basic elements in order to move well and look great. Develop confidence and styling. This class is for high school and college students, young adults, and the young at heart. **Partners are required.

260609-11 W 10/12-11/30 8:15-9:15P
no class 11/23
Fee: $49/$44 with CP resident discount or sign up as a couple $69/$64 with CP resident discount

Rumba – Beginning
Rumba came to the United States by way of the Caribbean islands and Cuba and has evolved over time. The dance exhibits many of the same characteristics as the Salsa and Cha-Cha, although, it is danced to slower tempo music having dance steps that are much tighter and compact. Come listen to the music and learn how to let your sensuousness show. Rumba is the dance of love. **Partners are required.

260610-12 W 12/7-12/28 8:15-9:15P
Fee: $49/$44 with CP resident discount or sign up as a couple $69/$64 with CP resident discount

Fee: $49/$44 with CP resident discount or sign up as a couple $69/$64 with CP resident discount
CPR & First Aid Classes
Instructors: Rescue Training Institute
Location: 1141 Sibley Street, Folsom (916) 939-2277
Please bring a valid picture ID to class. No walk-ins. Registration closes 48 hours before class begins. Two-year certification cards are issued within a week of course completion.

Heartsaver Adult/Child CPR & AED
(Ages 16+)
Learn the American Heart Association’s one-person technique for adult and child CPR and AED use.
160124-09 Sa 9/3 8-11A
160124-10 Sa 10/1 8-11A
160124-11 Sa 11/5 8-11A
160124-12 Sa 12/3 8-11A
Fee: $62/$57 with CP resident discount

Heartsaver Adult/Child/Infant CPR & AED
(Ages 12+)
Learn the American Heart Association’s one-person technique for adult, child, infant CPR and AED use.
160124-09 Sa 9/3 8-11A
160124-10 Sa 10/1 8-11A
160124-11 Sa 11/5 8-11A
160124-12 Sa 12/3 8-11A
Fee: $67/$62 with CP resident discount

Heartsaver CPR & AED Skills Session
(Ages 12+)
Prerequisite: Completion of the American Heart Association’s Heartsaver CPR & AED Online course can be found at www.onlineaha.org. Bring the Completion Certificate to the skills session. In the Heartsaver CPR Skills Session students will get skills practice and then demonstrate these skills to an instructor.
160120-09 Sa 9/10 1-2:00P
160120-10 Sa 10/8 1-2:00P
160120-11 Sa 11/12 1-2:00P
160120-12 Sa 12/10 1-2:00P
Fee: $47/$42 with CP resident discount

Healthcare Provider CPR
(Ages 16+)
Learn the American Heart Association’s one and two-person technique for adult, child, infant CPR, AED, oxygen and barrier use. Class is intended for present and future professional rescuers.
160118-09 Sa 9/10 8:30A-1:00P
160118-10 Sa 10/8 8:30A-1:00P
160118-11 Sa 11/12 8:30A-1:00P
160118-12 Sa 12/10 8:30A-1:00P
Fee: $72/$67 with CP resident discount

Healthcare Provider CPR Skills Session
(Ages 16+)
Prerequisite: Completion of the American Heart Association’s BLS for Healthcare Providers Online course can be found at www.onlineaha.org. Bring the Completion Certificate of to the skills session. In the Healthcare Provider CPR Skills Session students will get skills practice and then demonstrate these skills to an instructor.
160121-09 Sa 9/10 1-2:00P
160121-10 Sa 10/8 1-2:00P
160121-11 Sa 11/12 1-2:00P
160121-12 Sa 12/10 1-2:00P
Fee: $47/$42 with CP resident discount

Basic Adult CPR & First Aid
(Ages 16+)
Learn Medic First Aid’s adult CPR and first aid administration.
160123-09 Sa 9/10 1-2:00P
160123-09 Sa 10/8 1-2:00P
160123-11 Sa 11/12 1-2:00P
160123-12 Sa 12/10 1-2:00P
Fee: $67/$62 with CP resident discount

BasicPlus Adult CPR, AED & First Aid
(Ages 12+)
Learn Medic First Aid’s adult CPR, AED use and first aid administration.
160111-09 Sa 9/17 8A-12P
160111-10 Sa 10/15 8A-12P
160111-11 Sa 11/19 8A-12P
160111-12 Sa 12/17 8A-12P
Fee: $77/$72 with CP resident discount

Pediatric CPR & First Aid
(Ages 12+)
Learn Medic First Aid’s infant and child (age 8 & under) CPR and first aid. Note for licensed daycare providers: Class is approved by State Daycare Licensing and we are required to affix their approval sticker to your card at a cost of $6, payable at class.
160117-08 Sa 8/27 8A-5P
160117-09 Sa 9/24 8A-5P
160117-10 Sa 10/22 8A-5P
Fee: $82/$77 with CP resident discount

Adult First Aid/Emergency Care
(Ages 16+)
Learn Medic First Aid’s adult first aid only (no CPR).
160122-09 Sa 9/3 1-4:00P
160122-10 Sa 10/1 1-4:00P
160122-11 Sa 11/5 1-4:00P
160122-12 Sa 12/3 1-4:00P
Fee: $62/$57 with CP resident discount

Facilities Rental
Are you looking for that perfect venue to hold your next business, social or fundraising event?
Our beautiful facilities are available for rent. For more information, please visit our website (www.cameronpark.org) or contact our Facilities Coordinator at 530-677-2231
SENIORS

For a complete listing refer to adult classes

Water Aerobics
Please refer to page 4 for date and time.

Tai Chi
Please refer to page 12 for date and time.

Tap Classes
Please refer to page 12 for date and time.

Lap Swim
Please refer to page 4 for date and time.

Meditation
Please refer to page 11 for date and time.

Zumba Gold
Please refer to page 11 for date and time.

Tap Classes
Please refer to page 12 for date and time.

AARP Driver Safety Class
Refresh your skills and perhaps qualify for lower insurance rates. The course is held on two consecutive Saturdays from 9:00AM to 1:00PM. AARP membership is not required to take the course. Although it is geared to drivers age 50 and older, the course is open to people of all ages. You may be eligible to receive an insurance discount upon completing the course, so consult your agent for details. The AARP Driver Safety Program has helped millions of drivers stay safe since its inception in 1979. There is no test to pass.

August class dates – Saturday August 13 & 20 9 am – 1 pm
November class dates - Saturday November 12 & 19 9 am – 1 pm

Class held in Social room at community center. Please sign up by calling the Placerville Senior Center at (530) 621-6150 to register for the class. The course costs only $12 for AARP members and $14 for non-members.

The Social Room at the Cameron Park Community Center is available to older active adults for your enjoyment!

Since March 2009 the Social Room has been available to active older adults who want to host various activities with others who share the same interest. If you have a special interest or hobby and would like to organize an activity, WE NEED YOU! Contact the CSD office if you’d like become a Group Organizer and host an activity.

Ways to register ...

Go Online
Visit our web page
www.cameronpark.org

Mail In
To CSD office
2502 Country Club Dr.
Cameron Park 95682

Phone In
To CSD office
530-677-2231
M-F 8 am - 5 pm

In Person
Stop by and register at the CSD office at;
2502 Country Club Dr.
M-F 8 am - 5 pm

Pre-registration is required for all programs. Some programs are in high demand and will fill quickly. Early registration is encouraged to ensure that programs are not cancelled due to low enrollment. Please note that there is a $25 fee for returned checks.

Refund Policy: Full refunds will be given if an activity or class is cancelled by the CPCSD. Refund requests need to be made in writing at the CPCSD office. Full refunds minus the processing fee will be provided when a 2 week notice is received prior to the start of the program/class. Less than a 2 week notice refunds will be pro-rated up to 50% due to staff level planning impacts. A “rain check” – household credit in lieu of a refund can be provided. There will be a $5 processing fee for each and every refund request. Refund checks take approximately 2-3 weeks to process. Refunds will not be granted for any excursions, trip or activities that require pre-paid admission.
Dear Postal Customer

Cameron Park Community Services District
2502 Country Club Drive
Cameron Park, CA 95682

Peace, Love and BBQ
RibStock
Cameron Park Lake
September 17, 2011
10am-8pm
BBQ Competition, LIVE Music
and Family Fun Carnival
$5 per person.
Children 6 and under FREE

Cameron Park Community Services District presents …

Hometown Holiday Celebration
Coming December 2011

21st Annual
Run/Walk Turkey Trot
The run/walk will feature long and short distance races for families and individuals.
Saturday, November 19
Cameron Park Lake
2989 Cambridge Road

Please visit www.cameronpark.org for more information