

CAMERON PARK

WINTER SPRING 2016

COMMUNITY SERVICES DISTRICT

ACTIVITY GUIDE

*Stay
& Play
in
Cameron
Park!*



www.cameronpark.org

530-677-2231



Facility rentals available for events, parties and special occasions

Return of
Adult Softball!

Early Bird Aquatic
Pass \$129 expires
4/30/16

**CONCERT
"ON AIR"**
Saturday,
January 23



**CONCERT
"BRIEFCASE
FULL OF
BLUES"**
Saturday,
March 12



MOVIE NIGHT
Friday, January 29



**REDS, WHITES
& JEWELS**
Saturday, February 6

**EASTER
EGG HUNT**
Saturday,
March 26



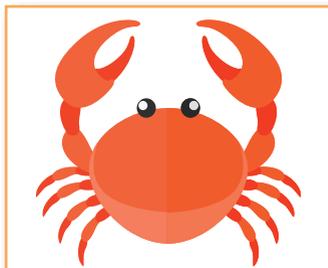
**COMMUNITY CLEAN UP DAY/
YARD SALE & MOMMY MARKET**
Saturday, April 16



**IT'S A
WEDDING
AFFAIR**
Sunday,
February 21



Look for up-to-date
information at
cameronpark.org



**CAMERON PARK FIRE
DEPARTMENT CRAB FEED**
Saturday, February 27



**AFFAIR OF
THE HEART**
Thursday, February 18



**SPRING ANTIQUE,
CRAFT &
GARDEN
SHOW**
Saturday, April 30



CONCERT SERIES – ON AIR - POWER ROCK WITH CLASSIC HORNS

Saturday, January 23, 7pm concert starts; 6pm doors open.

Cameron Park Community Center

Solid rock music, tight harmony and white hot horns characterize the On Air sound. Advance tickets \$15/(2) for \$28; \$17 at the door. Tickets are available at CP Bel Air, SS/CP Chamber of Commerce, CP District office and online at www.showclix.com.

MOVIE NIGHT – TOMMOROWLAND

Friday, January 29 - Doors open at 6pm movie starts at 7pm - Community Center

Join the Friends of the Library and the CSD to watch "Tomorrowland" Admission includes a bag of popcorn, refreshments and a viewing of "Tomorrowland" on our large indoor screen. Fee is \$3 person-2 and under free

REDS, WHITES & JEWELS SHOW – FREE

Saturday, February 6, 11am-4pm

Cameron Park Community Center Shop early for the perfect Valentine's Day gift, or just a beautiful and unique piece of jewelry for yourself! Immerse yourself in an afternoon of wine/champagne tastings, food, and jewelry. Vendor spaces are available for \$50; \$10 fee for electricity

Table of Contents

Tot/Youth	4-5
Youth Sports	6-8
Cooking Classes.....	8
Teen/Adult Classes	9-10
Adult Classes	10-15
Local Advertisers	12-14
Safety Classes.....	15-16
Adult Sports	17
Aquatics	18
Mature Adults.....	19-22
Community	23-24
Information.....	25

AFFAIR OF THE HEART – FREE

Thursday, February 18, 4pm-7pm

Cameron Park Community Center

Join Marshall Medical Center and the Cameron Park CSD for this year's Affair of the Heart. This public health event focuses on heart health and includes guest speakers, health screenings, healthy food samplings, wine tastings, vendors and more.

IT'S A WEDDING AFFAIR – FREE

Sunday, February 21, 10am-3pm

Cameron Park Community Center

Meet the area's most experienced wedding professionals and get every aspect of your wedding planned from bridal gowns, florists, and honeymoons to MC/DJs, party rentals, photographers, videographers, catering, dessert tastings and more!

CAMERON PARK FIRE DEPARTMENT CRAB FEED

Saturday, February 27, Doors open at 5pm

Cameron Park Community Center

Enjoy delicious crab, great music, a silent auction and raffle! Proceeds support the Cameron Park Fire department. Tickets are available at Fire Station 89. Tickets are \$45 each.

CONCERT SERIES

BRIEFCASE FULL OF BLUES

Saturday, March 12, 7pm concert starts; 6pm doors open.

Cameron Park Community Center

Simply the best Blues Brothers tribute show on the planet! Purely authentic and the most realistic rendition of the legendary characters of Joliet Jake and Elwood Blues. Advance tickets \$15 each or 2 for \$28; \$17 at the door. Tickets are available at CP Bel Air, SS/CP Chamber of Commerce, CP District office and online at www.showclix.com.

NEW! Adult Softball page 17
NEW! Combo Aquatic Pass page 23

EASTER EGG HUNT –FREE

Saturday, March 26,

Rasmussen Park; Mira Loma Drive

33rd Annual Easter Egg Hunt. Easter Bunnies arrive at 10am; hunt begins at 10:20am. Age groups are 0-3; 4-5; 6-7 and 8-10. Easter Bunnies available for pictures at approximately 11am. Face painting and bounce house for a nominal fee.

COMMUNITY CLEAN-UP DAY

Saturday, April 16, 8am-2pm

Camerado School, 2480 Merrychase

Bring down the junk in your garage and waste in your yard and properly dispose of it at this FREE event for CP Residents. Gently used items can be donated to Snowline Hospice. The CP Fire Explorers Post 89 will be volunteering at this event and collecting tax deductible donations.

COMMUNITY YARD SALE – FREE

Saturday, April 16, 8am-12pm

Community Center Parking Lot

Clean out your garage, attic and closets and make some extra money, or stop by to look through countless items at a great price! Yard Sale Advance spaces \$20.

MOMMY MARKET (& DADDY TOO) FREE

Saturday, April 16, 8am-12pm

Cameron Park Community Center Gym

Shop for new and gently used children's clothes, toys and furniture. Become a "mommy/daddy" vendor and sell your gently used items - vendor spaces \$20, commercial/direct sales \$40.

SPRING ANTIQUE, CRAFT, AND GARDEN SHOW – FREE

Saturday, April 30, 9am-3pm

Cameron Park Community Center

This large show is the ultimate place to shop for antiques, hand-made crafts and garden accessories. Food and beverages available. Vendor space \$55.

TOT/YOUTH ACTIVITIES



Dance

Baby Ballet

(Ages 1 - 3)

Baby Ballet works the fundamentals for your young dancer through nursery rhymes he/she might already know. Pink ballet slippers and black leotards. No big skirts or costumes at class, hair should be tightly secured.

120622-01	F	1/8-2/12	10-10:30A
120622-02*	F	2/26-4/8	10-10:30A
120622-04	F	4/15-5/20	10-10:30A

* No class 3/25

Location: Dance Studio

Fee: \$65/\$60 with CP resident discount

Instructor: Miss Alison - Turns n Tumbles

Pre-Ballet

(Ages 3 - 5)

Your child will learn proper ballet terms in a fun and rewarding atmosphere. Girls please come ready to learn in a black leotard, pink footless tights, pink leather ballet slippers or bare feet with hair neatly pulled back in a bun. Boys wear white shirt black shorts and black leather ballet slippers or bare feet.

120608-01	F	1/8-2/12	10:30-11:15A
120608-02*	F	2/26-4/8	10:30-11:15A
120608-04	F	4/15-5/20	10:30-11:15A

* No class 3/25

Location: Dance Studio

Fee: \$65/\$60 with CP resident discount

Instructor: Miss Alison - Turns n Tumbles

NEW! Ballet I

(Ages 5-10)

Your child will learn proper ballet terms in a fun and rewarding atmosphere. Girls please come ready to learn in a black leotard, pink footless tights, pink leather ballet slippers or bare feet with hair neatly pulled back in a bun. Boys wear white shirt black shorts and black leather ballet slippers or bare feet.

120607-01 W 1/6-2/10 6:30-7:15P

120607-02* W 2/24-4/6 6:30-7:15P

120607-04 W 4/13-5/18 6:30-7:15P

* No class 3/23

Location: Community Center

Fee: \$65/\$60 with CP resident discount

Instructor: Miss Alison - Turns n Tumbles

NEW! Creative

Dance for Children

(Ages 3-6)

This class is offered for the child who LOVES to dance. Dancers will explore the art of dance in a playful, stimulating and supportive environment! Lessons include movement, games, exciting music, rhythm sticks, scarves, and other fun props.

120626-01* M 1/4 - 2/22 11:30A -12P

120626-02 M 2/29 - 4/4 11:30A -12P

* No class 1/18 & 2/15

Location: Dance Room

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

Instructor: Kay Lenhart

NEW! Creative Kids

Dance, Tumbling and Art

(Ages 3-6)

Besides dance and tumbling, this class will include art, music, circle time, storytelling, and social time. To cultivate self-expression we will dance, sing, and play instruments to fun music. Kay Lenhart has run several preschool programs, dance classes, and gymnastics specifically for this age. \$5 art and material fee payable to the instructor.

120627-01 F 1/8-1/29 10:30A-12P

120627-02 F 2/5-2/26 10:30A-12P

Location: Jammin' Dance and Fitness

6090 Enterprise Dr, Diamond Springs

Fee: \$69/\$64 with CP resident discount

Instructor: Kay Lenhart

Children's Beginning Hula

(Ages 5-7)

Aloha - beginning Hula. This class is for children who want to learn the basics of Hawaiian Dance, and how to tell the stories of each song and dance with their eyes, hands and body language. Great for a little education on the language too. "Aloha, Mahalo, Kaholo, Ami" and much more..... Bring a "wrap around" for the hips (sarong)

120618-01 Tu 1/5-1/26 5-5:30P

120618-02 Tu 2/2-2/23 5-5:30P

120618-03* Tu 3/1-3/29 5-5:30P

120618-04 Tu 4/5-4/26 5-5:30P

* No class 3/22

Location: Dance Studio

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

Instructor: Rosalie "Lokalia" Stearns

-certified Kuma Hula



Beyond Basics Youth Hula

(Ages 8 - 12)

"Hula beyond basics". Learn new routines to add to your already much loved songs and dances

120638-01 Tu 1/5-1/26 3:30-4:30P

120638-02 Tu 2/2-2/23 3:30-4:30P

120638-03* Tu 3/1-3/29 3:30-4:30P

120638-04 Tu 4/5-4/26 3:30-4:30P

* No class 3/22

Location: Dance Studio

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

Instructor: Rosalie "Lokalia" Stearns

- certified Kuma Hula

Fitness

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.

120700-01* M,W 1/11-3/9 5-5:30P

120700-03** M,W 3/7-5/4 5-5:30P

*No class 1/18 & 2/15

**No class 3/21 & 3/23

Location: Cameron Park Taekwondo Studio,

3161 Cameron Park Drive, Suite #103

Fee: \$104/\$99 with CP resident discount

Instructor: Mr. & Mrs. Westphal and Ms Jones

**Parks
Make
Life
Better!**

TOT/YOUTH ACTIVITIES

Kids White Belt

(Ages 7 - 12)

A great class 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.

120701-01* M,W 1/11-3/9 6-6:45P

120701-03** M,W 3/7-5/4 6-6:45P

*No class 1/18 & 2/15

**No class 3/21 & 3/23

Location: Cameron Park Taekwondo Studio

3161 Cameron Park Drive, Suite #103

Fee: \$124/\$119 with CP resident discount

Instructor: Mr. & Mrs. Westphal and Ms Jones

Gymnastics

Toddler Class

(Age walking to 3 years)

Get your toddler out and moving. Age appropriate activities! Climbing and balancing, music and movement

120715-01 M 1/4-1/25 10:30-11:15A

120715-02 M 2/1-2/22 10:30-11:15A

120715-03* M 2/29-3/28 10:30-11:15A

120715-04 M 4/4-4/25 10:30-11:15A

* No class 3/21

Location: Tumble Time Gymnastics

2586 Meadow Lane, Cameron Park

Fee: \$65/\$60 with CP Resident Discount

Instructor: Tumble Time Gymnastics

Mini Gym

(Ages 3 - 5)

Mini classes are packed full of fun exercises and age appropriate activities, including obstacle courses, trampolines, agility, flexibility and more. The kids never stop moving!

120712-01 M 1/4-1/25 10:30-11:15A

120712-02 M 2/1-2/22 10:30-11:15A

120712-03* M 2/29-3/28 10:30-11:15A

120712-04 M 4/4-4/25 10:30-11:15A

* No class 3/21

Location: Tumble Time Gymnastics

2586 Meadow Lane, Cameron Park

Fee: \$65/\$60 with CP Resident Discount

Instructor: Tumble Time Gymnastics



Trampoline & Tumbling

(Ages 6 - 14)

This class teaches all of the basic tumbling skills on the spring floor and trampolines (3 different types).

Tumbling goes hand in hand with many other sports such as martial arts, dance, cheerleading and more.

120713-01 Th 1/7-1/28 3:30-4:30P

120713-02 Th 2/4-2/25 3:30-4:30P

120713-03* Th 3/3-3/31 3:30-4:30P

120713-04 Th 4/7-4/28 3:30-4:30P

* No class 3/24

Location: Tumble Time Gymnastics

2586 Meadow Lane, Cameron Park

Fee: \$70/\$65 with CP Resident Discount

Instructor: Tumble Time Gymnastics



StarLites

(Age 2)

Parent-participation class designed to establish a healthy, active play routine.

Readiness Factors: physical- walking steadily on his/her own; social- mimics and follows peers and engages in parallel play; emotional- wants to try everything on his/her own but with an adult nearby.

120704-01 M 1/4-1/25 9:15-10:15A

120704-02 M 2/1-2/22 9:15-10:15A

120704-03 M 3/7-3/28 9:15-10:15A

120704-04 M 4/4-4/25 9:15-10:15A

Location: All Star Gymnastics

6160 Enterprise Drive St A, Diamond Springs

Fee: \$54/\$49 with CP Resident Discount

Instructor: All Star Gymnastics

Please Note

The Cameron Park CSD Staff reserves the right to photograph facilities, activities and program participants for potential future use. All photos will remain the property of Cameron Park CSD and may be used for publicity or promotional purposes only.

StarBrites

(Age 3)

Your child's first gym class "on their own"! Readiness Factors: physical - exhibits strong motor-planning & spatial awareness (e.g. does not have to look at feet to step "up", goes through tunnels or under arches with no hesitation), social & emotional- ready to interact with peers (some cooperative play but mostly still parallel play) & be out on the floor on his/her own, will take turns but may not yet be ready to "wait in line"

120705-01 F 1/8-1/29 4:35-5:20P

120705-02 F 2/5-2/26 4:35-5:20P

120705-03 F 3/4-3/25 4:35-5:20P

120705-04 F 4/1-4/22 4:35-5:20P

Location: All Star Gymnastics

6160 Enterprise Drive St A, Diamond Springs

Fee: \$59/\$54 with CP Resident Discount

Instructor: All Star Gymnastics

Rainbow Stars

(Ages 4)

Class designed to introduce beginning gymnastic skill development. Readiness Factors: excited to be challenged with physical tasks, follows directions and can "sequence" (do more than one task in order as instructed), ready to play cooperatively with other kids (must be at least 3 years old and potty-trained)

120702-01 W 1/6-1/27 12-1P

120702-02 W 2/3-2/24 12-1P

120702-03 W 3/2-3/23 12-1P

120702-04 W 4/6-4/27 12-1P

Location: All Star Gymnastics

6160 Enterprise Drive St A, Diamond Springs

Fee: \$69/\$64 with CP Resident Discount

Instructor: All Star Gymnastics

Music

NEW!

Beginning Guitar for Kids

(Ages 8 - 12)

Through fun skill building and familiar songs, kids will learn string and note names, strumming, and one and two finger chords. The class will be easy for small hands. Please bring your own guitar.

120323-01* M 1/11-2/8 6-6:30P

120323-02 M 2/22-3/14 6-6:30P

120323-03 M 3/21-4/11 6-6:30P

120323-04 M 4/18-5/9 6-6:30P

* No class 1/18

Location: Social Room

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

Instructor: Robert Gram II

YOUTH ACTIVITIES/ YOUTH SPORTS

Tea Party

(Ages 3-13)

You are invited to a Special Tea Party!! We will be doing lots of activities, such as Tea



Party Etiquette, Waltzing, Dancing, Artwork, Crafts, Games, and of course a full Tea Party, with finger food entrees! Formal wear or princess outfits are recommended.

\$5 supply fee payable to the instructor.

120110-03 Sa 3/12 12-2P

Location: Community Center

Fee: \$25/\$20 with CP resident discount

Instructors: Kay Lenhart and Valerie Baker

NEW! Heathy Superkidz

(Ages 5-12)

Give your child a head start by allowing us to educate them about nutrition, and teach them how to apply it when preparing snacks. Our goal is to educate and prepare children for a lifetime of healthy living.

\$15 supply fee payable to instructor.

120107-01 Sa 1/9-1/30 10:30-11:30A

120107-02 Sa 2/20-3/12 10:30-11:30A

Location: Community Center kitchen/classroom

Fee: \$64/\$59 with CP Resident Discount

Instructor: DJ Lenson

Art

NEW! Zentangle® Basics

(Ages 8 +)

Zentangle is an easy to learn and relaxing method of creating beautiful images from repetitive patterns. Zentangle is a method of artistic meditation, using pen and paper to create surprising and unexpected results. Zentangle classes are for any age and for any artistic skill level.

See Zentangle.com for more information. Students will learn 4-6 tangles and complete 2-3 tiles in the class. \$5 supply fee payable to instructor.

420110-04 W 4/27 6-8P

Location: Community Center

Fee: \$37/\$32 with CP resident discount

Instructor: Lee Miller



NEW! Kids Sewing Camp

(Ages 7-15)

Designed for students who have little or no sewing experience. Learn the basics of using a sewing machine and iron. At the end of each class students will have a finished project. Returning students can look forward to new projects. Bring your own sewing machine or you may rent one from the instructor (\$5). Prior to class please ask for supply list. Some of the projects made at class: cushion, potholders, book-marks, pencil cases, doll's quilt.

120150-01 S 1/23 9A-12P

120150-02 S 2/20 9A-12P

120150-03 S 3/5 9A-12P

120150-04 S 4/2 9A-12P

Location: Community Center

Fee: \$47/\$42 with CP resident discount

Instructor: Rosemarie Kelliher

Youth Sports

NEW! Skyhawk Spring Break Multi-Sport Camp

(Ages 6-12)

Skyhawks has taken your favorite games from



the playground and combined them into an action packed camp over Spring Break! Each day your young athlete will play variations of Kickball, Dodgeball, Ultimate Frisbee and Capture the Flag. Participants will learn sportsmanship, team work and strategy, and play the rules of the game. Bring your friends or come make new ones.

420406-16 M-F 3/21-3/25 9A-12P

Location: Christa McAuliffe Park

Fee: \$168/\$163 with CP resident discount

Instructor: Skyhawk Sports

Skyhawk Tot Programs

(Ages 3-5)

Hoopster Tots:

A development program for kids ages 3 through 5 years old that uses a variety of fun games to engage kids while teaching the sport of Basketball and



developing fundamental skills. The goal is to build fitness, muscle coordination, Basketball fundamentals and create a love of the game.

420406-14 Th 1/28-3/17 3:30-4:15P

420406-17 Tu 4/5-5/24 3:30-4:15P

Soccer Tots:

A program designed to give children a positive first step into Soccer. Participants learn balance, body movement, hand/eye coordination, and skill development through a series of sports-specific games and activities tailored to their attention spans. Our trained staff and progressive curriculum allows kids to develop at their own pace in a fun and safe environment with lots of encouragement. Participant-to-coach ratio is 6:1

420406-15 Th 1/28-3/17 4:30-5:15P

420406-18 Tu 4/5-5/24 4:30-5:15P

Location: Christa McAuliffe Park

Fee: \$108/\$103 with CP resident discount

Instructor: Skyhawk Sports

Cameron Park Library Events

2500 Country Club Drive

530-621-5500

www.eldoradolibrary.org

Teen Programs every Third

Thursday from 2:30 pm - 4:00 pm

Adopt-a-Dog Storytime

Wednesday, January 27th -10:30 am

Short Film Festival Thursday,

February 25th - 6:00 pm

Sisters in Crime: Mystery Authors

Presentation Thursday,

March 10th - 6:00 pm

YOUTH SPORTS

NFL Youth Flag Football

(Grades 2 – 8)



Join the Cameron Park Community Services District for NFL sponsored Flag Football league. This great league allows players an opportunity to learn and develop skills necessary to be successful in the game of football. Players will have 1 –2 practices per week, determined by the coaches, with games being played on Saturday afternoons. Teams will be split into two groups (2 –4) and (5 –8) or if there are enough registrants three groups (2 –3), (4 –5), (6 –8). Each participant will receive an NFL Flag football team Jersey and flags.



320305-01– Grades 2 –4

320305-02 –Grades 5 –8

Location: Christa McAuliffe

Fee: \$115/ \$110 with CP resident discount.

All participants and coaches will need to fill out

NFL participation agreement online at:

www.nflflag.com/form/player

www.nflflag.com/form/coach

Important Dates:

Evaluation Days: Saturday, March 19 (Put on by the Ponderosa Bruins Football team)

- for all registered players

Coaches Meeting: March 28 @ 5:30P

Games Begin: Saturday, April 9

Games End: Saturday, June 4

Registration Deadline: March 18

** No games 5/28

Flag Football Coaches Needed

Cameron Park Recreation is looking for people who would like to volunteer their time, energy, and talent as a youth Flag Football coach. We need you. Please contact us at (530) 677-2231

Youth Sports

Tennis Programs

Held at Cameron Park Lake.

The Program is under the direction of Andrew H. Webb. His focus is on helping each student set and achieve their Tennis goals and have Fun in the learning process. Junior classes use a game-



based approach formalized by the USTA as "Quick Start" Age appropriate balls, racquets and court sizes are used. Each student must wear comfortable clothing for movement and have proper tennis shoes. Loaner racquets available if needed. *All students must bring 1 can of New Tennis Balls to first class.

Junior Pre-Pee Wee 4-5 yrs.

Intro to Tennis Basics and Fun!

Quick Start format

120321-05 W 2/10-3/2 3:30-4P

120321-06 W 3/9-3/30 3:30-4P

120321-07 W 4/6-4/27 3:30-4P

Fee: \$41/\$36 with CP resident discount

Junior Pee Wee 6-7 yrs.

Intro to Tennis Basics and Fun!

Quick Start format

120322-05 M 2/8-2/29 3:30-4P

120322-06 M 3/7-3/28 3:30-4P

120322-07 M 4/4-4/25 3:30-4P

Fee: \$41/\$36 with CP resident discount

Jr. Beginner 8-12 yrs.

Fundamentals of Tennis using Quick Start Mid/

Full Court format

120324-05 M 2/8-2/29 4-5P

120324-06 M 3/7-3/28 4-5P

120324-07 M 4/4-4/25 4-5P

Fee: \$69/\$64 with CP resident discount

Jr. Adv Beginner 10-12 yrs.

Focus is on stroke mechanics, movement and beginning play.

120325-05 Th 2/11-3/3 3:30-4:30P

120325-06 Th 3/10-3/31 4-5P

120325-07 Th 4/7-4/28 4-5P

Fee: \$69/\$64 with CP resident discount

NEW - HS Pre-Season Tennis Workout

Competitive Drills/Play for Singles and Doubles Players. All High School players welcome!

130325-02 F 2/12-3/4 3:30-5P

Fee: \$99/\$94 with CP resident discount

TEENS

Jr Intermediate/HS Teens

Focus is on stroke mechanics, movement and beginning play.

130321-05 Th 2/11-3/3 4:30-5:30P

130321-06 Th 3/10-3/31 5-6P

130321-07 Th 4/7-4/28 5-6P

Fee: \$69/\$64 with CP resident discount

Spring Break Week Tennis Camp

Learn Basic tennis fundamentals, How to Play the Game and have FUN!

Pee Wee Camp 5-7 years

220321-05 M-Th 3/21-3/24 9:30-10:30A

Fee: \$69/\$64 with CP resident discount

Jrs Camp Ages 8-12 years

220321-08 M-Th 3/21-3/24 10:30-11:30A

Fee: \$69/\$64 with CP resident discount

Jr Int/Teen Camp

220321-13 M-Th 3/21-3/24 11:30A-12:30P

Fee: \$69/\$64 with CP resident discount

T-Ball

A program for boys and girls, ages 4 to 7 years old. Recreation leaders teach the fundamentals of the game

of softball/baseball. This instructional program takes place on Saturdays only,



beginning May 7 for six weeks. We are looking for team coaches/parents to help with the informational process and act as team leaders, please let us know if you are interested in doing this. Participants receive a t-shirt and hat as a part of the registration fee. Registration deadline is April 15.

No games 5/28

420309-01 Sa 5/7-6/18 9A-12P

420309-02 Sa 5/7-6/18 9A-12P

Location: Fields at Rasmussen Park

Fee: \$60/\$55 with CP resident discount

YOUTH SPORTS/COOKING



Sunday Night Futsal League

(Ages 8-10)

Join the Futsal movement that is changing the way youth soccer players are developing their skills and advancing their footwork. This league is limited to 8 teams in the proper age range- (8 to 10 years) \$350 per team for 5 games- 7 players recommended on the roster and 9 player limit. 5 players on the court at a time (4 and a goalie) with subs needed for the fast paced nature of the game. Two 20 minute halves and 4 minute half time. Futsal is played on a small field (basketball court) with lines (not walls) creating constant pressured situations. Players must learn to settle the ball rapidly, cut sharply, shield effectively, pass quickly, and move into space...all done with a weighted futsal ball with less bounce and fewer players on the field, promoting mastery of the foot skills and proper body mechanics that will naturally carry over into the outdoor game. Time slots at 5pm, 6pm, 7pm & 8pm. Non marking court shoes and shin guards required - If you would like to join and are looking for a team, the instructor can help. Any other questions, please contact instructor: Stephen Beck (530) 333-5842

530411-15* Su 1/3-2/7

* No games 1/17

Location: Community Center Gym

Fee: \$350/team

Instructor: Stephen Beck

Spring Break Futsal

A session designed to give individual players interested in developing their skills through Futsal an opportunity to register with other players to create a very rich and diverse learning environment. The session will build up to match play by starting with a technical warm up and guided skill development piece. Players will sharpen their footwork with the Futsal Ball and move into the second piece of the session reserved for competitive play. 2 day session - 15 player limit per time slot. Non marking court shoes and shin guards required.

430411-25 Beg 5-8 yr

Tu, W 3/22-3/23 10:30A-12P

430411-26 Int 9-12yr

Tu,W 3/22-3/23 12-1:30P

430411-27 Adv 13-15yr

Tu,W 3/22-3/23 1:30-3P

Location: Community Center Gym

Fee: \$24

Instructor: Stephen Beck

Cooking Truffles Class

(Ages 12 +)

What if you could create beautiful, gift-worthy chocolate truffles in two hours? Well, you're in luck! Participants will learn how to make elegant dome-shaped truffles. The instructor will walk students through three simple steps to making truffles using two different types of chocolate. White, milk and dark ganache will be flavored with exciting additions like Amaretto, Raspberry, and Coconut. Everyone will take home a dozen truffles in flavors of their choosing. Students will receive a set of molds and notes from class, along with boxes to take home their impressive creations. Supply fee of \$15 payable to instructor.

160106-01 Sa 1/30 10A-12P

Location: Kitchen at El Dorado Hills CSD

160106-03 Sa 3/5 10A-12P

Location: Kitchen at Cameron Park CSD

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

Instructor: Karen Moore

PERFECT GIFT! Private

Thai Cooking Classes

Learn to prepare Thai food in your own private class! Book a small group for lots of hands on personal attention, or a larger group for a memorable experience. Choose one of Phonglada's menus or design your own menu of favorite dishes from Phonglada's cookbook. Come hungry as we will be able to enjoy the meal we have prepared in class. Call 530-677-2231 to arrange a date and time. Materials fee of \$10pp (This may be higher if the menu includes more than one seafood dish) 440104 Date/Time TBD Location: Kitchen- Community Center Fee: \$195 for up to 5 people \$35 per additional person (max 12 people/class) Instructor: Phonglada Folletta

Cooking with Kids

Calling all Little Chefs! Work with all fresh/ organic ingredients and eat or share our creations. Class features nutrition and kitchen safety. All new menus each session..



All students will receive a recipe booklet with all of the dishes that they create as well as a Certificate of Completion at the last class. Please bring \$35 material fee to first class.

120106-01 Tu 1/5-1/26 3:45-4:45P

120106-1H Th 1/7-1/28 3:45-4:45P

120106-02 Tu 2/2-2/23 3:45-4:45P

120106-2H Th 2/4-2/25 3:45-4:45P

120106-03* Tu 3/1-3/29 3:45-4:45P

120106-3H**Th 3/3-3/31 3:45-4:45P

120106-04 Tu 4/5-4/26 3:45-4:45P

120106-4H Th 4/7-4/28 3:45-4:45P

*No class 3/22; ** No class 3/24

Location: Kitchen - Community Center

Fee: \$69/\$64 with CP resident discount

Instructor: Susan Kakavas - Little Chefs World



2016 Baseball Season

March – June 2016
Online registration available
www.pondolittleleague.com

Sign-ups will be held at Light of the Hills Church
3100 Rodeo Road, Cameron Park
Wednesday, January 6, 5-7p
Saturday, January 6, 11a-2p

Bring an Original Birth Certificate
Note: It MUST be a 'Certificate of Live Birth'; NOT an 'Abstract'
MUST SHOW 2 PROOFS OF RESIDENCY – INCLUDING RETURNING PLAYERS
i.e. CA Driver's License, Utility Bill, Insurance and Phone Bill, etc

TEEN PROGRAMS/TEEN ADULT CLASSES

Teen Classes

Internet Driver's Ed

(Ages 15 - 18)

Driver's education is a California required course for teens to receive a driver's license. It's the first step to take so the teen can receive a driver's permit. Course includes parental involvement, is fun, interactive and educational. Complete anytime. Home study course available. DMV-accepted certificate issued upon successful completion of course. Class does not include behind-the-wheel driving. Add \$16 for home study course shipping and handling.

130110-01	January
130110-02	February
130110-03	March
130110-04	April

Location: Enrollee's home address
 Fee: \$47/\$42 with CP resident discount
 Instructor: AllGood Education Corporation

Fitness

Karate/Taekwondo

(Ages 13 +)

Students will work on strikes, kicks, blocks, focus, and self-discipline. Class includes a FREE uniform.

140701-01*	M,W	1/11-3/9	7:45-8:30P
140701-13**	M,W	3/7-5/4	7:45-8:30P

*No class 1/18 & 2/15

**No class 3/21 & 3/23

Location: Cameron Park Taekwondo Studio,
 3161 Cameron Park Drive, Suite #103
 Fee: \$124/\$119 with CP resident discount
 Instructors: Mr. & Mrs. Bob Westphal
 and Ms. Jones

Beginning Hula

(Ages 14 +)

A cultural experience. Come learn the beauty of Hula's story telling through hand and feet movements

160609-01	Th	1/7-1/28	6-7P
160609-02*	Th	2/4-3/3	6-7P
160609-03**	Th	3/10-3/31	6-7P
160609-04	Th	4/7-4/28	6-7P

* No class 2/18, ** no class 3/24

Location: Dance Studio - Community Center
 Fee: \$50/\$45 with CP resident discount
 March Fee: \$40/\$35 with CP resident discount
 Instructor: Rosalie "Lokalia" Stearns
 -certified Kuma Hula

Art

Fun with Fusing

(Ages 16 +)

You will be making a beautiful 8"x 8" Glass Weaved Basket plate of your own creation. This plate can make a fabulous gift, candle holder, or serving plate. Join us for an exciting night of working with glass. \$15 material fee payable to instructor.

360102-03 Tu 3/1 6-8P
 Location: Community Center
 Fee: \$60/\$55 with CP resident discount
 Instructor: Debbie Trapasso

Fused Glass Jewelry Class

(Ages 16 +)

Learn the fundamentals of jewelry design and how to make beautiful glass jewelry. Everyone will make at least two beautiful glass pendants. Beginners are welcome. Instructor will take home your creations to fire them in a glass kiln. The pendants make great gifts ideas. \$15 material fee payable to instructor.

360102-02 Tu 2/22 6-8P
 Location: Community Center
 Fee: \$60/\$55 with CP resident discount
 Instructor: Debbie Trapasso

Music

Let's Uke!

(Ages 13 +)

Instruction in playing ukulele using Mel Bay's Easy Ukulele Method Book 1 by Mary Lou Dempler. Strum along to traditional songs. No experience necessary. Bring a ukulele (no baritones) and a copy of the book. You can pick up an information sheet on purchasing a ukulele in the registration office.

140444-04	M	4/4-4/25	6-6:45P
140444-05	M	5/2-5/23	6-6:45P

Location: Social Room
 Fee: \$49/\$44 with CP resident discount
 Instructor: Lew Johnson

NEW! Basic Guitar I

(Ages 14 +)

This beginner class will be a fun four week course learning basic strumming, basic chords, and basic theory through famous songs. Please bring your own guitar. Perfect class for parent and child.

160323-01	M	1/11-2/8	6:30-7:30P
160323-02*	M	2/22-3/14	6:30-7:30P
160323-03	M	3/21-4/11	6:30-7:30P
160323-04	M	4/18-5/9	6:30-7:30P

*No class 1/18

Location: Community Center
 Fee: \$49/\$44 with CP resident discount
 Instructor: Robert Gram II

NEW! Basic Guitar II

(Ages 14 +)

This intermediate class will be a fun four week course that will expand and grow your current talents and subjects covered in Basic Guitar I. Expanded chord knowledge and an Introduction to lead guitar will be taught through famous/popular songs. Please bring your own guitar.

An excellent parent/child class.

160326-01	M	1/11-2/8	7:30-8:30P
160326-02*	M	2/22-3/14	7:30-8:30P
160326-03	M	3/21-4/11	7:30-8:30P
160326-04	M	4/18-5/9	7:30-8:30P

*No class 1/18

Location: Community Center
 Fee: \$49/\$44 with CP resident discount
 Instructor: Robert Gram II



Summer Job Opportunities

- Lifeguard/Swim Instructor
- Summer Day Camp Staff
- Concession Stand/Pool Attendant
- Kiosk at the Lake

Application starts February
 For more information visit
www.cameronpark.org

TEEN/ADULT CLASSES

Birding

Bird Watching as a Hobby

(All Ages)

Take a walk with Joe who has been a bird watcher for over 40 years. You will learn how to identify birds by listening, watching and observing flight and colors of many species of birds. He will show you how to use a bird Field guide to identify local birds and to learn a lifetime hobby done by 40 million Americans. If you have a Bird Field Book or binoculars, please bring them. Our goal will be to identify at least local 20 species. We could see Red Tail Hawks, a Bald Eagle, White Pelicans, Muted or Trumpeter Swans, Acorn Woodpeckers, Spotted Towhees, and lots of song birds. Join us for a beautiful walk around Cameron Park Lake birding on a coolspring day.

460140-04 Sa 4/16 8-11A

Location: Cameron Park Lake

Fee: \$17/\$12 with CP resident discount

Instructor: Joseph Munizich



How to Identify Birds by Sight and by Sound

(Ages 16 +)

Join award-winning & #1 best-selling author and ornithologist John C. Robinson as he shares his top ten steps to identifying birds by sight and by sound. During this instructional walk along the shores of Cameron Park Lake, John will answer all the questions you've ever had about bird identification. This class will coincide with the tail end of the spring migration so you will have the opportunity to identify many of the winter bird migrants that visit our area from about October to April; in addition to the common year round residents. Space is limited. Please bring a pair of binoculars.

440140-11 Sa 4/30 8-11 A

Location: Cameron Park Lake

Fee: \$17/\$12 with CP resident discount

Instructor: John Robinson

NEW! Cathie's Paint Parties!

(Ages 14+)

Want to paint your own masterpiece? Each budding artist will create a ready to hang 11 x14" canvas painting instructed by artist, Cathie Urquhart in a fun filled 3 hour class. All supplies will be provided for your project.

Theme: Winter Barn Snow Series

140102-01 Sa 1/9 10A-1P

Theme: Black/White Vase & Roses

140102-02 Sa 2/20 10A-1P

Theme: Easter

140102-03 Sa 3/5 10A-1P

Theme: Spring Barn Flowers

140102-04 Sa 4/2 10A-1P

Location: Community Center

Fee: \$42/\$37 with CP resident discount

Instructor: Cathie Urquhart

ADULT CLASSES

Fitness

NEW! Fitness Walking

These shoes were made for walking!

Come join the fitness club. Enjoy a fast stroll with like-minded people. The class is an hour long, with the first 15 discussing nutrition, and the last 45 minutes will be dedicated to walking. We will walk 2 days a week, rain or shine. Beginners to advance walkers welcome.

140145-01 M,Th 1/4-1/28 9-10A

Location: Community Center

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

Instructor: DJ Lenson, Owner of Satori Health & Hypnotherapy

Gentle Flow Yoga

(Ages 18+)

Bring balance to your life with yoga!

Beginners and experienced students are welcome to de-stress, energize, breathe, and strengthen your body, mind and spirit. In every yoga class you will have ample opportunity to increase healthy flexibility and experience a sense of well-being and peace.

140704-01 W 1/6-1/27 6-7P

140704-02 W 2/3-2/24 6-7P

140704-03* W 3/2-3/30 6-7P

140704-04 W 4/6-4/27 6-7P

* No class 3/23

Location: Dance Studio

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

Instructor: Wendy Derish

Adult Morning Taekwondo

(Ages 18 +)

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.

140700-01 Tu,Th 1/12-3/3 10-10:45A

140700-03* Tu,Th 3/8-5/5 10-10:45A

* No Class 3/22 & 3/24

Location: Foothill Taekwondo Studio, 1319 Broadway, Placerville

Fee: \$124/\$119 with CP resident discount

Instructor: Mr. & Mrs. Westphal

Belly Fit®

Moving Women

(Ages 18 +)

Belly Fit® is the world's leading Holistic Fitness System for women. Belly Fit® is the myth busting, spirit soothing, bootie shaking workout designed by women for women, and the movement is growing. Please bring your own yoga mat.

140717-01 Tu,Th 1/5-1/28 11:30A-12:25P

140717-02 Tu,Th 2/2-2/25 11:30A-12:25P

140717-03 Tu,Th 3/1-3/24 11:30A-12:25P

140717-04 Tu,Th 4/5-4/28 11:30A-12:25P

Location: Dance Studio

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

Instructor: Jan Lowry

Zumba® Basic

(Ages 18 +)

Are you ready to Party yourself into shape?? Zumba® classes feature exotic rhythms set to high energy Latin and international beats. Come explore Zumba® with me and lose yourself in the music.

140718-01 Tu,Th 1/5-1/28 12:30-1:25P

140718-02 Tu,Th 2/2-2/25 12:30-1:25P

140718-03 Tu,Th 3/1-3/24 12:30-1:25P

140718-04 Tu,Th 4/5-4/28 12:30-1:25P

Location: Dance Studio

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

Instructor: Jan Lowry

Interested in teaching classes?

We are always looking to expand our program offerings.

Please contact us at (530) 677-2231

ADULT CLASSES

Zumba

(Ages 18 +)

The most fun you will ever have working out!! Zumba combines amazing Latin beats and Pop music that makes it easy to forget you're actually working out. Easy to follow dance moves- perfect for all fitness and experience levels. Dance fitness classes that make you feel amazing!

140725-01 M,W 1/4-1/27 10-11A
 140725-02 M,W 2/1-2/29 10-11A
 140725-03 M,W 3/2-3/30 10-11A
 140725-04 M,W 4/4-4/27 10-11A

Location: Dance Studio

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

** Can only attend one class a week?

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

Instructor: Susan Spencer

Morning Tai Chi



(Ages 18 +)

Students in this class will gain beginning level exposure to the 8 movement and 16 movement Tai Chi forms. Details of the Eight Pieces of Silken Brocade Chi Gong exercises will also be included. All ages and experience levels are welcome to join. Learn to incorporate the complimentary opposites of tai chi into your life. Correct and dedicated Tai Chi practice will reduce stress levels, improve flexibility and balance, enhance blood and energy circulation, and increase memory and immune system function. Come by for a visit and see for yourself!

140732-09 W,Sa 1/6-1/30 8-8:50A
 140732-10 W,Sa 2/3-2/27 8-8:50A
 140732-11 W,Sa 3/2-3/30 8-8:50A
 140732-12 W,Sa 4/2-4/30 8-8:50A

Location: Dance Studio

Fee: \$39/\$34 with CP resident discount

Instructor: Matt Messer

Jazzercise

(Ages 18+)

Every Jazzercise dance fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Jazzercise Foothills Center offers a variety of formats including Fusion, Core, Strike, Strength 45 & Strength 60. Fee gets you 8 visits –classes offered:

Tuesday thru Friday - 5:30A

Monday thru Sunday - 8:05A

Mon/Tues/Wed/Fri - 9:15A

Monday thru Thursday - 4:45P

Monday - 5:45P

140740-01 January

140740-02 February

140740-03 March

140740-04 April

Location: Jazzercise Foothills Center

4050 Durock Rd #2, Shingle Springs

Fee: \$54/\$49 with CP resident discount

for 8 classes

Instructor: Sherrie Lee

Facility Rentals



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



Music

Classical Guitar

There will be three adult classes for classical guitar starting in January. Guitar I is for beginners, and those who want a refresher, or those who can strum a few chords and would like to learn to read music.

Guitar II and III are students who started in Guitar I, and have been playing from 6 months to 3 years or more. If you already play a little and are not sure which class to sign up for, either e-mail or call Lewis Ridgeway. You will also be introduced to tablature and chord charts, but the primary emphasis will be on reading regular notation. Materials needed: A guitar (nylon string), a music stand, and a foot stool and the following book: Christopher Parkening Guitar Method, Vol 1 - book is available from Nicholson's Music Store in Folsom costs \$12.99 plus tax.



Guitar I

(Ages 18+)

140452-01 W 1/6-1/27 7-7:55P

140452-02 W 2/3-2/24 7-7:55P

140452-03 W 3/2-3/23 7-7:55P

Location: Social Room - Community Center

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

Instructor: Lewis Ridgeway

Guitar II

(Ages 18+)

140451-01 Th 1/7-1/28 6-7P

140451-02 Th 2/4-2/25 6-7P

140451-03 Th 3/3-3/24 6-7P

Location: Social Room - Community Center

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

Instructor: Lewis Ridgeway

Guitar III

(Ages 18+)

140450-01 Th 1/7-1/28 7:10-8:25P

140450-02 Th 2/4-2/25 7:10-8:25P

140450-03 Th 3/3-3/24 7:10-8:25P

Location: Social Room - Community Center

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

Instructor: Lewis Ridgeway

ADULT CLASSES

Dance

Gracious Ladies

(Ages 18 +)

Broadening the legacy of hula by expanding contemporary and traditional repertoire with dances of beauty and cultural integrity. Must have knowledge of basic hula steps.

160610-01 Th 1/7-1/28 7-8P

160610-02* Th 2/4-3/3 7-8P

160610-03 Th 3/10-3/31 7-8P

160610-04 Th 4/7-4/28 7-8P

* No class 2/18

Location: Dance Studio

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

Instructor: Rosalie "Lokalia" Stearns

– certified Kuma Hula

Ballroom Dance

(Ages 18+)

Ballroom dance is hot! Classes cover easy-to-learn patterns that have you quickly looking great on the dance floor. No partners required. For beginner and experienced dancer alike. Instructors' unique teaching style and delightful sense of humor put you at ease so you can easily learn while also having fun. Bring leather soled shoes with good heel support. All classes held in the Dance Studio at the Community Center and taught by Richard Kowaleski. Monthly classes offered:

Waltz

260605-01 W 1/6-1/27 7:15-8:15P

Foxtrot

260603-01 W 1/6-1/27 8:15-9:15P

Salsa/Merengue

260604-02 W 2/3-2/24 7:15-8:15P

Cha Cha

260610-02 W 2/3-2/24 8:15-9:15P

Night Club Two Step

260601-03 W 3/2-3/23 7:15-8:15P

Tango

260612-03 W 3/2-3/23 8:15-9:15P

East Coast Swing

260602-04 W 4/6-4/27 7:15-8:15P

West Coast Swing

260609-04 W 4/6-4/27 8:15-9:15P

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

Sign up as a couple, \$69/\$64 with CP resident discount



Ballroom Dance Workshops

(ages 18+)

Smooth Dancing Workshop

Learn how to glide around the dance floor with the waltz, foxtrot, and tango, all in one two-hour workshop! Beginner and experienced dancers alike learn elegant moves that impress. Phone Richard Kowaleski for details: 916-722-1382. Come and have fun!

360600-01 Sa 1/9 9-11A

Latin Dance Workshop

Latin dancing is all the rage! Beginner and experienced dancers alike learn Latin moves that look great on the dance floor. Workshop covers patterns for the Cha-cha, Salsa, Rumba/Bolero, and Merengue. Phone Richard Kowaleski for details: 916-722-1382. Come and have fun!

360600-02 Sa 2/6 9-11A

Swing Dance Workshop

Swing dancing is still in! Beginner and experienced dancers alike learn fun moves that look great on the dance floor. Workshop covers both East Coast Swing and West Coast Swing patterns. Phone Richard Kowaleski for details: 916-722-1382. Come and have fun!

360600-03 Sa 3/12 9-11A

Slow Dancing Workshop

Learn how to slow dance like a professional! Beginner and experienced dancers alike learn stylish moves that take slow dancing to a new level. Workshop covers easy-to-learn patterns that look great on the dance floor. Phone Richard Kowaleski for details: 916-722-1382.

Come and have fun!

360600-04 Sa 4/9 9-11A

Location: Dance Room

Workshop Fee: \$12 per person

Instructor: Richard Kowaleski

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ADULT CLASSES

Wellness

Beyond Insomnia Workshop

(Ages 18+)

Tired of tossing and turning at night? Watching the clock in frustration while anxiously anticipating how exhausted you will be the next day? Followed everybody's advice on how to get a good sleep, but nothing seems to work? Come learn a powerful technique to clear busy, anxious thoughts, and move the body out of a stress response and into a relaxation response so that sleep comes easily and naturally. Say good-night to sleeping pills and tap into your natural power of sleep.

140125-02 Sa 2/27 10A-12P

Location: Social Room

Fee: \$32/\$27 with CP resident discount

Instructor: Jennifer Jackson

NEW! Public Nutrition and Wellness Education

A list of courses in nutrition and health, hosted by Satori Health & Hypnotherapy. Each course is uniquely authored and instructed by a devoted expert in the field of Nutrition! Immune Health Essentials:

Fundamental Nutrients

140128-01 Tu 1/5 6:30-8:30P

6 Keys to Successful Weight Loss Program

140128-02 Tu 1/19 6:30-8:30P

Stress and Neuro Health

140128-03 Tu 2/2 6:30-8:30P

Adrenal Dysfunction: The Mind-Body Connection

140128-04 Tu 2/16 6:30-8:30P

The Keys to Anti-Aging and Related Importance of Detoxification

140128-05 Tu 3/1 6:30-8:30P

Natural Solutions for Digestive Health

140128-06 Tu 3/15 6:30-8:30P

Location: Community Center

Fee: \$27/\$22 with CP resident discount

Instructor: DJ Lenson, Satori Health

NEW! Health And Nutrition for Parents

There are a lot of additives and food chemicals that are well known powerful brain toxins being added to our food and drinks today.

Come learn what these toxins are and how to identify them. Items presented in this class:

- How excitotoxins can alter the way the brain functions.
- What ingredients in food cause behavioral challenges in children?
- How to read and understand food labels.
- Learn to detect faulty marketing in so called, "Natural" foods.
- What preservatives/food dyes changes brain chemistry?
- Find out what foods are important to brain health.
- Healthy alternative's to children's favorite snacks. (Samples provided)

\$10 supply fee payable to instructor.

140129-01 Tu 3/8 6:30-7:30P

140129-02 Tu 3/29 6:30-7:30P

Location: Community Center

Fee: \$17/\$12 with CP resident discount

Instructor: DJ Lenson, Satori Health

NEW! Choosing Nutritious Food

(Ages 18+)

Overview of healthy eating based on Dr. Bill Sears "Traffic Light" approach to food evaluation. Importance of breakfast, protein, good and bad fats, carbohydrates and water. Bring your questions and requests.

140157-01 F 1/22 3-5P

Location: Community Center

Fee: \$27/\$22 with CP resident discount

Instructor: Doni Mae

NEW! Living on the Edge - Food and Thought

We live in a time where our food is changing. More and more GMO foods are being introduced, our soils are depleted of nutrients and so is our food. Pesticides and herbicides are at their all-time high and our food is laden with chemicals that our body can't process. Learn what foods to eat, how to manage stress and why both cannot be done without the other to avoid illness.

140131-03 W 3/23 6:30-7:30P

140131-04 W 4/6 6:30-7:30P

Location: Community Center

Fee: \$17/\$12 with CP resident discount

Instructor: DJ Lenson, Satori Health

NEW! Welcome to your Crises: The Wakeup Call

(Ages 18+)

Are you going through some type of crisis: divorce, death, depression, illness, or just miserable and tired of living an unfulfilling life? This workshop will provide the tools and resources to get you through the crisis, to exactly where you want to be. \$10 supply fee payable to the instructor.

140132-01 Sa 1/9-1/30 10:30A-12P

140132-02 Sa 2/20-3/12 10:30A-12P

Location: Community Center

Fee: \$89/\$84 with CP resident discount

Instructor: DJ Lenson, Satori Health

NEW! Nutrition in the RAW Series

A series of classes for those who simply want to learn a new way of healthy, clean eating without dieting, depriving yourself or counting calories, and losing weight along the way. In each class we will demonstrate how to prepare a dish, and you will have the opportunity to sample it. \$10 supply fee payable to instructor.

140127-01 Tu 1/12 6:30-7:30P

140127-02 Tu 1/26 6:30-7:30P

140127-03 Tu 2/9 6:30-7:30P

140127-04 Tu 2/23 6:30-7:30P

Location: Community Center

Fee: \$17/\$12 with CP resident discount

Instructor: DJ Lenson, Satori Health

Scholarships Available

The Cameron Park CSD has created a scholarship fund because we believe that every child should have the opportunity to participate in recreation programs. Eligible low income families can apply to receive up to a 50% discount on registration fees 3 times a year per child. To qualify participants must be 18 years or younger, have a qualifying financial need, and reside in 95682 or 95672 zip codes. Funds are limited! Applications and more information are available at the CSD office.

ADULT CLASSES

Memory Art: Exercise your Brain!

Art and music is a way to create new neurological pathways and enhance memory at any age. The power of music seems to “awaken” deeply locked memories from our past. The symbolism and patterns from art has the ability to connect different parts and levels of our left and right brain hemispheres. Put these two together in one class, and you’ll have a powerful and effective way to exercise your memory.

\$10 supply fee payable to the instructor.

140133-01 W 1/6-1/27 10-11A

140133-02 W 2/3-2/24 10-11A

Location: Community Center

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

Instructor: DJ Lenson

Guided Imagery

(Ages 18 +)

Group Hypnotherapy: Guided Imagery/ Visualization. In the hectic world we live in today many of us remain in “go-mode” Our modern life has caused us to experience an epidemic of burn out, chronic fatigue and stress related illnesses. This is a safe and powerful technique that can be used for healing, releasing blocks, stress relief and personal development.

Mondays

140120-01 M 1/4-1/25 6:30-7:30P

140120-02 M 2/1-2/22 6:30-7:30P

Saturdays

140120-1A Sa 1/9 -1/30 9-10A

140120-2A Sa 2/20-3/12 9-10A

Location: Community Center

Fee: \$69/\$64 with CP resident discount

Instructor: DJ Lenson

NEW! Dressing for Success

(A workshop for Women and Men Ages 18+)

The Dress for Success Professional Image Workshop is designed to help you succeed in today’s competitive job market. Learn why the visual message you send is so important it can make or break your chances of advancement or getting a job. Topics covered in this 2 hour workshop include: First Impressions Matter, Your Visual Resume, What Not to Wear, Dressing with Professionalism, Business Casual Demystified, Psychology of Color in Business Attire, Your Color Message, Focus on Your Face, Hairstyles, Accessories, and Personal Style in the Corporate Realm. Let Image Consultant Blair Massey show you how to create the look you need to get the results you want. Material fee of \$5 payable to the instructor.

Women’s Workshop

140119-03 Sa 3/5 10A-12P

Men’s Workshop

140120-03 Sa 3/19 10A-12P

Location: Community Center

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

Instructor: Blair Massey, Image Consultant

Art

Jewelry Making Class

(Ages 18 +)



Learn how to string and bead a necklace, bracelet or earrings, your choice! Instructor will provide all the supplies. Linda Siqueido has been making jewelry since 1958

140166-01 M 1/11 10A-12P

140166-01 T 2/16 10A-12P

140166-03 T 3/15 10A-12P

140166-04 M 4/11 10A-12P

Location: Social Room

Fee: \$32/\$27 with CP resident discount

Instructor: Linda Siqueido

Color Makeover

(Ages 18+)

Are you sick of facing a closet full of “nothing to wear”? Confused about which colors look best on you? Tired of wasting money on makeup mistakes? Let a certified Color Me Beautiful Image Consultant show you the right clothing, accessory and makeup colors that bring out the best in your individual coloring. Experience a professional color analysis and receive a personalized color palette containing your best clothing and accessory colors. Material fee of \$80 payable to instructor. Covers your personalized color palette with zippered case, worksheets, and handouts.

140117-01 Sa 1/9 & 1/23 10A-12:30P

140117-02 Sa 2/6 & 2/20 10A-12:30P

140117-04 Sa 4/9 & 4/23 10A-12:30P

Location: Community Center

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

Instructor: Blair Massey, Image Consultant

Discover Your Personal Style

(Ages 18+)

Stop the fashion madness. Have a certified Color Me Beautiful Image Consultant show you how to look fabulous by dressing for your body type and face shape. Learn your best styles, prints, patterns, accessories, hairstyles and eyewear. Discover how to create a wardrobe that enhances your best features while camouflaging your figure challenges. Look fabulous and feel confident regardless of weight, age, shape or budget. Material fee of \$80 payable to instructor. Covers a 63 page personalized Style Guide, worksheets and handouts.

140118-02 Th 2/4 & 2/18 6:30-9P

Location: Community Center

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

Instructor: Blair Massey, Image Consultant

Scholarship Fund

Help make a difference! Donate to the scholarship fund today. Donations can be made through the Cameron Park Community Foundation. For more information call 530-677-2231

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ADULT/SAFETY CLASSES

NEW! English Excel - ESL

(Ages 18+)

Purpose of this course is to provide English language instruction for limited English proficient adults which will increase their ability to communicate in English. The content will be compatible with principles of language acquisition for adult learning of English and includes skills useful in workplace, life and academic applications. Skills will be integrated into reading, writing, speaking and listening formats. Course is designed to prepare students to communicate effectively in a multi-faceted society. Progress through level will be measured by assessments that measure attainment of competencies.

140503-01 W 10-11:30A Sa 4:30-6P 1/6-1/30

140503-02 W 10-11:30A Sa 4:30-6P 2/3-2/27

140503-03 W 10-11:30A Sa 4:30-6P 3/2-3/30

140503-04 W 10-11:30A Sa 4:30-6P 4/3-4/30

Location: Community Center

Fee: \$36/\$31 with CP resident discount

Instructor: Matt Messer

Legal Programs

Wills vs. Trusts: Which one is Right for You?

(Ages 18 +)

Attorney Clara Yang will explain the differences between a will and a trust, and provide you with the framework to determine which document will best serve your needs. This is an educational seminar only, with no pressure or obligation.

140151-03 Tu 3/29 5-6:30P

Location: Community Center

Fee: \$32

Instructor: Clara Yang - Attorney at Law

Protecting the Special Needs of Loved Ones

(Ages 18 +)

If you have a family member who is receiving financial assistance from a local, state, or federal government, leaving them an inheritance may jeopardize their benefits. This seminar is designed to help you understand how a Special Needs Trust can protect and improve the quality of life of your disabled loved one.

140152-04 Tu 4/19 5-6:30P

Location: Community Center

Fee: \$32

Instructor: Clara Yang, Attorney at Law

NEW! Fun and Frugal

Activities to Make & Do with your Pre-Schoolers & Early Elementary Age Child

(Ages 18+)

Come and get a multitude of ideas that you can make and do with your preschool child. The instructor, Marion Getchel, has over 35 years of experience working with children in various capacities. Join us as we get fun, frugal, and practical ideas of learning activities that you can make for your child as well as making a leaning activity to take home.

140168-01 Tu 1/12 6:30-8:30P

140168-03 Th 3/10 6:30-8:30P

Location: Community Center

Fee: \$27/\$22 with CP resident discount

Instructor: Marion Getchel

NEW! Dollar Store DIY Learning Activities for Pre-Schoolers & Early Elementary

(Ages 18+)

Come and get a multitude of ideas that you can make and do with your child with items purchased from a Dollar Store. Marion Getchel the instructor has over 35 years of experience working with children in various capacities. Join us as we get fun, frugal, and practical ideas of learning activities that you can make for your child as well as making a leaning activity to take home.

140167-01 Th 1/21 6:30-8:30P

140167-03 Tu 3/15 6:30-8:30P

Location: Community Center

Fee: \$27/\$22 with CP resident discount

Instructor: Marion Getchel

CPR & First Aid Classes

Instructor: Rescue Training Institute

Location: 13405 Folsom Blvd., Ste. 150,

Folsom (916) 939-2277

Please bring a valid picture ID to class.

No walk-ins. Registration closes 48 hrs before class. Certification cards are issued by mail after class.

Heartsaver Adult/Child CPR & AED

(Ages 16+)

160124-01 Sa 1/9 8-11A

160124-02 Sa 2/6 8-11A

160124-03 Sa 3/5 8-11A

160124-04 Sa 4/2 8-11A

Fee: \$62/\$57 with CP resident discount



Heartsaver Adult/Child/Infant CPR & AED

(Ages 12+)

160116-01 Sa 1/9 8A-12P

160116-02 Sa 2/6 8A-12P

160116-03 Sa 3/5 8A-12P

160116-04 Sa 4/2 8A-12P

Fee: \$67/\$62 with CP resident discount

Heartsaver Adult/Child/Infant CPR, AED & First Aid

(Ages 12+)

Not approved for licensed daycare providers.

160126-01 Sa 1/9 8A-3P

160126-02 Sa 2/6 8A-3P

160126-03 Sa 3/5 8A-3P

160126-04 Sa 4/2 8A-3P

Fee: \$77/\$72 with CP resident discount

Heartsaver First Aid Only

(Ages 12+)

160130-01 Sa 1/9 1-3P

160130-02 Sa 2/6 1-3P

160130-03 Sa 3/5 1-3P

160130-04 Sa 4/2 1-3P

Fee: \$47/\$42 with CP resident discount

Healthcare Provider CPR & AED

(Initial & Renewal)

(Ages 16+)

Class is intended for present and future EMS, Medical, Dental & Allied Health professionals.

160131-01 Sa 1/16 8A-12P

160131-1A Sa 1/23 8A-12P

160131-02 Sa 2/13 8A-12P

160131-2A Sa 2/20 8A-12P

160131-03 Sa 3/12 8A-12P

160131-3A Sa 3/19 8A-12P

160161-04 Sa 4/9 8A-12P

160161-4A Sa 4/16 8A-12P

Fee: \$67/\$62 with CP resident discount

SAFETY CLASSES

Healthcare Provider CPR Skills Session

(Ages 16+)

Prerequisite: Separate purchase and completion of the OnlineAHA.org Healthcare Providers CPR/AED online course. Bring the Completion Certificate to class.

160121-01	Sa 1/16	12:30-1:30P
160121-1A	Sa 1/23	12:30-1:30P
160121-02	Sa 2/13	12:30-1:30P
160121-2A	Sa 2/20	12:30-1:30P
160121-03	Sa 3/12	12:30-1:30P
160121-3A	Sa 3/19	12:30-1:30P
160121-04	Sa 4/9	12:30-1:30P
160121-4A	Sa 4/16	12:30-1:30P

Fee: \$47/\$42 with CP resident discount

BasicPlus CPR/AED/ First Aid Skills Session

(Ages 12+)

Prerequisite: Completion of Medic First Aid's online course. We provide a link to the online class. Bring the Completion Certificate to class.

160125-01	Sa 1/16	2:30-3:30P
160125-1A	Sa 1/23	2:30-3:30P
160125-02	Sa 2/13	2:30-3:30P
160125-2A	Sa 2/20	2:30-3:30P
160125-03	Sa 3/12	2:30-3:30P
160125-3A	Sa 3/19	2:30-3:30P
160125-04	Sa 4/9	2:30-3:30P
160125-4A	Sa 4/16	2:30-3:30P

Fee: \$67/\$62 with CP resident discount

Pediatric CPR & First Aid

(Ages 12+)

Infant, Child, & Adult CPR and First aid. This class is EMSA approved for daycare/preschool providers. We are required to affix their approval stickers to your card at a cost of \$6, payable at class. \$10 Materials fee paid in class

160117-01	Sa 1/30	8A-5P
160117-02	Sa 2/27	8A-5P
160117-03	Sa 3/26	8A-5P
160117-04	Sa 4/23	8A-5P

Fee: \$82/\$77 with CP resident discount

NEW! Child and Babysitting Safety

(Ages 11-15)

A course for building a safe and successful babysitting business. Covers getting started, leadership, caregiving, safety & prevention, playtime, and first aid tips. No CPR training in this class, see Babysitting CPR. \$5.00 materials fee paid in class. Bring a snack for break.

130115-01	Tu & W	1/5-1/6	5:30-8:30P
130115-02	Tu & W	2/9-2/10	5:30-8:30P
130115-03	Tu & W	3/8-3/9	5:30-8:30P
130115-04	Tu & W	4/5-4/6	5:30-8:30P

Fee: \$63/\$57 with CP resident discount

Hunter Safety

(Ages 10 +)

An all-day class. Please bring #2 pencil and lunch. Obtain class book from CSD and/or study online at www.cdfw.ca.gov. Complete the self-study quiz end of book as it will help you pass test at end of class. Will receive your Hunter Education Certificate same day. Classroom instruction includes ethics, wildlife management, conservation, sportsmanship, ecology and firearms. Ten commandments of firearm safety.

160105-02	Sa	2/27	8:30A-5:30P
160105-03	Su	3/13	8:30A-5:30P
160105-04	Sa	4/30	8:30A-5:30P

Location: Community Center

Fee: \$25

Instructor: Larry Nelson

Aquatic Safety Classes held at the Cameron Park CSD

Lifeguard Class

Get your Lifeguard Certification in just 2 days! This new accelerated blended learning Lifeguard Program allows you to start your training right away. Learn the knowledge and skills needed to help prevent and respond to aquatic emergencies. Through videos, group discussion and hands-on practice, you'll learn patron rescue and surveillance skills, land and water rescue skills, as well as first aid and CPR/AED for Professional Rescuers.

Class Prerequisites: Must be at least 15 years old and pass certain swimming requirements. Certification is good for 2 years.

Saturday, April 23 & Sunday, April 24	8A-6P
Saturday, May 14 & Sunday, May 15	8A-6P
Saturday, June 4 & Sunday, June 5	8A-6P
Saturday, June 25 & Sunday, June 26	8A-6P

Fee - \$235

Lifeguard Re-Certification Class

Current Lifeguards can renew your Lifeguard CPR/AED & First Aid certification FAST with this class. You'll complete your online program by watching videos, answering questions, and reviewing your Lifeguard participant manual. We'll then focus your in-person training time with hands on CPR/AED & First Aid skill reviews and then we'll get in the pool to review & practice your water rescue skills. At the end of the day, you'll test out of the program by successfully performing water rescue scenarios. Must pass current swim requirements. Certification is good for 2 years.

Saturday, May 21	9A-6P
Friday, June 17	9A-6P

Fee - \$129

Title 22 for Current Certified Lifeguards

This course provides California Lifeguards with a certification course that meets the ADVANCE first aid training requirements found in Title 22 of the California Code of Regulations. The course content and activities will help prepare participants to make appropriate decisions about the care to provide in an emergency. Participants must be currently certified as a Lifeguard/First Aid/CPR/AED to take this abbreviated course. No pre-work is required for this class. Certification is valid for 3 years.

Sunday, May 22	8A-6P
Monday, June 27	8A-6P

Fee- \$139

Waterfront LG

The purpose of the Waterfront Skills module is to teach lifeguards the skills and knowledge needed to prevent and respond to emergencies in nonsurf, open-water areas found at public parks, resorts, summer camps and campgrounds. Participants must be currently certified as a Lifeguard/First Aid/CPR/AED to take this module. Certification is valid for 2 years.

Friday, June 24 8:30A-12:30P Fee - \$59

Information and registration for classes visit <http://safetytrainingpros.com/lifeguard-certification/>

NEW! Babysitting CPR

(Ages 11-15)

Teaches child & infant CPR.

130116-01	F 1/8	5-7P
130116-02	F 2/12	5-7P
130116-03	F 3/11	5-7P
130116-04	F 4/8	5-7P

Fee:\$42/ \$37 with CP resident discount

ADULT SPORTS

Adult Sports

Adult Tuesday Basketball League

(Ages 18+)

Winter

140356-01 Tu 1/19-3/15

Spring

140356-03 Tu 3/29-5/24

Location: Community Center Gym

Fee: \$425/session/team

Register teams or sign up on a free agents list –no cost until placed on a team



Adult Tennis

Adult Int. 3.0+ Workout Emphasis is on technique and movement.

Competitive Drills

140321-03 W 3/9-3/30 5-6P

140321-04 W 4/7-4/28 5:30-6:30P

Location: Tennis Courts Cameron Park Lake

Fee: \$69/ \$64 with CP resident discount

Instructor: Andy Webb

Adult Starters/Re-Starters with goal of

Rallying and Beginning Play

140322-03 Th 3/10-3/31 6-7P

140322-04 Th 4/8-4/29 6-7P

Location: Tennis Courts Cameron Park Lake

Fee: \$69/ \$64 with CP resident discount

Instructor: Andy Webb

Grand Slam Tennis Mixers

Organized Round Robin Play by abilities

440321-03 KICKOFF MIXER

Sa 3/26 9:30-11:30A

Location: Tennis Courts

Cameron Park Lake

Fee: \$12/player plus a

New Can of Balls.

Instructor: Andy Webb



NEW! Adult Summer Softball



(Ages 18+)

Adult Softball is returning to Cameron Park Summer 2016!! We are looking for teams to fill our Monday men's, Tuesday men's, and Thursday co-ed leagues. Games will be played at Rasmussen Park, first game starts at 5:45pm. Gather your friends, co-workers, and family to form a team and compete! Upper and lower divisions are available for all nights. Registration packets and information are available online at www.cameron-park.org or at the CSD office.

Summer Men's Leagues

440302-13 M 6/20-8/15

(No games 7/4)

440302-14 Tu 6/21-8/16

(No games 7/5)

Co-ed League

440302-15 Th 6/23-8/11

Location: Rasmussen Park

Early Bird Fee: \$450/league/team

After May 27 – Fee is \$470/league/team

Full payment and a completed roster are required at time of registration.

Join the El Dorado Camera Club!

We have a print competition, in February, May and October that has multiple categories and a non-affiliated with the club judge. It is the entire meeting and a good way for people to learn what makes a good photo as the judge critiques the entries in front of the audience. It is open to anyone but there is a small entry fee.

The other competition is the Monthly Challenge which happens 7 times a year, January, March, April, June, August, September, and November. It is audience judged by ballots. It is open to members only for entries but anyone in the audience can vote. The rules for these competitions can be found on the website <http://www.eldoradocameraclub.com/> and the email for the club is EDCC.newsletter@gmail.com

Thursday, January 21 -7pm

Gear talk. Sharing our favorite gear and new Christmas gear.

Thursday, February 18 -7pm

Print competition with theme class of Iconic Photos of Placerville

Thursday, March 17 -7pm

Focus stacking and macro photography

Thursday, April 21 - 7pm

Regular meeting

El Dorado Camera Club gives back to the community by taking photos at district events and activities.



NEW!

Indoor Pickleball



150720-01 M/Th 9A-12P 1/4-1/20

150720-02 M/Th 9A-12P 2/1-2/29

150720-03 M/Th 9A-12P 3/3-3/31

150720-04 M/Th 9A-12P 4/4-4/28

Location: Community Center Gym

Fee: \$30/\$25 with CP resident discount or \$4 drop-in

AQUATICS

NEW! Mermaid School



(ages 8-17)

The only mermaid classes offered in Northern California are here in Cameron Park. Learn to be a mermaid from a real professional mermaid! Join your finstructor as she leads your mermaid class in untailed drills and skill practice before donning tails. play a group mermaid game, and have a chance for free swim / photos in tail (please note we do NOT provide photography, you should bring your own camera). Participants are to bring their own swimmable mermaid tail to class, discounted purchasing information is available upon registration. Class minimum: 8 participants.

220210-01 F 5/6 4:45-5:45P
 220210-02 F 5/13 4:45-5:45P
 220210-03 F 5/20 4:45-5:45P
 220210-04 F 5/27 4:45-5:45P

Location: Cameron Park Aquatics Center
 Fee: \$47/\$42 with CP resident discount, save \$10 if you sign up for 2 classes (must register for both classes at the same time)
 Instructor: Mermaid Rachel

** Additional classes coming in June & July

NEW! Adult Mermaid School



(ages 18+)

Did you want to be a mermaid when you were younger...Now you can while getting an amazing core workout! Join your finstructor as she leads you through drills, skills practice, and swimming technique with and without your mermaid tail. Improve your core strength and cardio in this unique exercise class. See what all of the craze is about in the only mermaid classes offered in Northern California. Participants are to bring their own swimmable mermaid tail to class, discounted purchasing information is available upon registration. Class minimum: 8 participants.

240210-01 F 5/6 6-7P
 240210-02 F 5/13 6-7P
 240210-03 F 5/20 6-7P
 240210-04 F 5/27 6-7P

Location: Cameron Park Aquatics Center
 Fee: \$47/\$42 with CP resident discount, save \$10 if you sign up for 2 classes (must register for both classes at the same time)
 Instructor: Mermaid Rachel

** Additional classes coming in June & July

Sierra Sharks Swim Team

2016 Season Registration – Registration for the 2016 Sierra Sharks Swim Team will be open beginning Monday, January 4, 2016 and closing on Monday, February 29, 2016. The Sharks board members have been working hard since August to create the best opportunity for a successful and fun 2016 swim season. On April 22, a New Family Orientation will be held to share the plans for a rewarding and fun year. So are you or your children between the ages of 4 and 18 as of June 15, 2016 and looking for a fun activity that will keep you in shape and active? Register with the Sierra Sharks Swim Team at www.sierrasaharks.com



Water Exercise

(Ages 14 +)

Come and join us for an enjoyable total body workout. We are offering a variety of classes using water to get fit and tone up!! Use a variety of techniques done on land such as jogging, kicking, jumping jacks, etc. but in the water. The water will provide added resistance to your work out. These classes are great for all ages. Drop in and try a class, or purchase a punch card.

Water Aerobics – T/TH 6:30-7:15P

Location: Cameron Park Community Pool
 Fee: \$6 drop-in or \$50 - 10 punch card
 Instructor: Tiffany Ortega

NEW! Pre-Season Swim Lessons

4 day swim lessons offered

(Four classes –3-4 student max per class)

Session 1 – May 2-11

(Monday & Wednesday)

420203-01 Guppy – ages 3-5 5-5:25P
 420204-01 Starfish – ages 5+ 5-5:25P
 420205-01 Seahorse –ages 5+ 5:30-5:55P
 420206-01 Seals – ages 5+ 5:30-5:55P
 420207-01 Stingray – ages 7+ 6-6:25P
 420203-02 Guppy –ages 3-5 6-6:25P

Session 2 – May 3-12

(Tuesday & Thursday)

420203-03 Guppy – ages 3-5 5-5:25P
 420204-02 Starfish - ages 5+ 5-5:25P
 420205-02 Seahorse – ages 5+ 5:30-5:55P
 420203-04 Guppy – ages 3-5 5:30-5:55P
 420206-02 Seals –ages 5+ 6-6:25P
 420207-02 Stingray – ages 7+ 6-6:25P

Session 3 – May 16-25

(Monday & Wednesday)

420201-01 Turtle – 6mo - 36mo 5-5:25P
 420203-05 Guppy – ages 3-5 5-5:25P
 420205-03 Seahorse – ages 5+ 5:30-5:55P
 420204-03 Starfish – ages 5+ 5:30-5:55P
 420206-03 Seals – ages 5+ 6-6:25P
 420203-06 Guppy – ages 3-5 6-6:25P

Session 4 – May 17-26

(Tuesday & Thursday)

420201-02 Turtle – 6mo - 36mo 5-5:25P
 420203-07 Guppy – ages 3-5 5-5:25P
 420204-04 Starfish - ages 5+ 5:30-5:55P
 420205-04 Seahorse – ages 5+ 5:30-5:55P
 420206-04 Seals – ages 5+ 6-6:25P
 420207-04 Stingray – ages 7+ 6-6:25P

Location: Community Pool

Fee: \$30/\$25 with CP resident discount

Tai Chi for Better Balance

(Ages 55 +)



“Moving for Better Balance”, a simplified 8 form program developed by Dr. Fuzhong Li of the Oregon Research Institute which focuses on mental/physical muscular skeletal conditioning, cardiovascular function, flexibility, stability, and balance. This program includes warm up exercises, practice of Tai Chi forms, cool down and meditation, and includes a monthly assessment of participant's condition based on selected physical tests. No Tai Chi experience is necessary, it's a good way to make new friends, and enjoy physical conditioning in a melodic atmosphere. \$5 supply fee payable to instructor for documents on Tai Chi, stretching, and basic balance.

150712-01 Tu 1/5-1/26 1:30-2:30P
 150712-02 Tu 2/2-2/23 1:30-2:30P
 150712-03 Tu 3/1-3/29 1:30-2:30P
 150712-04 Tu 4/5-4/26 1:30-2:30P

Location: Dance Studio
 Fee: \$35/\$30 with CP resident discount
 Instructor: Roy Imai

NEW! Sharing Your “Treasured Memories”

Don't let them fade! There will be a new Memoir Writing group, so get in on the ground floor. Come join us and bring a friend!! Everyone contributes and more.

140159-01 F 1/15-2/19 1-3P
 Location: Community Center
 Fee: \$34/\$29 with CP resident discount
 Instructor: Geraldine Haskins

NEW! Zumba® Gold from a Chair!

A Chair-Based Zumba class that aims to improve flexibility and fitness for people who prefer to remain seated, either on a chair or in a wheelchair. The classes are gentle and are particularly suitable for people who are less able. They offer the opportunity to exercise to music and to improve your limb mobility, muscle strength, coordination, balance and range of movement. The classes are set to Zumba music, and also classic oldies!

150714-01* M 1/4 - 2/22 11-11:30A
 150714-02 M 2/29 - 4/4 11-11:30A
 * No class 1/18 & 2/15

Location: Dance Room
 Fee: \$44/\$35 with CP resident discount
 Instructor: Kay Lenhart

Paint and Splash Too!

Do you believe you can complete a painting in a two hour time period?? YES YOU CAN!! We offer a completely comfortable and relaxing atmosphere where you and your friends can enjoy each other's company while Terri, Maggie and Sherry guide you through a 2 hour painting session using acrylic on canvas. Two separate classes offer two different painting choices. All materials are included.

140101-02 M 2/8 3:30-5:30P
 Painting: February Love
 140101-03 Th 3/17 1:30-3:30P
 Painting: Spring Nesting

Location: El Dorado Hills Senior Center – 990 Lassen Drive, EDH
 Fee: \$37/\$32 with CP resident discount
 Instructors: Paint and A Splash Too! - Terri Haverty, Maggie Bosch, & Sherry Pavloff



Free Senior Legal Counseling

Diana Steele from Senior Legal Services will be available to help with legal matters that seniors may have. Senior Legal Services attorneys meet with seniors individually to provide information and assistance with a wide variety of specific problems – including:

- Estate Planning
- Public Benefits
- Consumer Issues
- Health Care
- Real Property
- Abuse and Exploitation

Please call 530-621-6154 to schedule an appointment. Appointments are currently available on:

W	1/20	10A-2P
W	2/17	10A-2P
W	3/16	10A-2P
W	4/20	10A-2P

Location: Community Center

NEW! Get Moving! Through Chair-Based Yoga

FIRST CLASS FREE for newcomers - Start any Monday! Don't feel guilty that you're not exercising. Come and enjoy this fun class that will get you moving in a gentle way. Various degrees of mobility are welcome. All students do what they can and modifications are given as needed (ie, hip/ knee replacements, shoulder issues). We use a chair for seated and standing work (no floor work). Focus is on moving the joints, improving circulation, digestion, and building strength and balance. No previous experience required. Donna is a seasoned instructor on the resource list of the Parkinson's Association, MS Society and has completed the Arthritis Foundation training. Please contact Donna with questions at 916-712-9642. NOTE: This class is ongoing so you can begin any time. Starts January 4.

Class held Mondays 2-2:50pm
 150707-04 4-Class Card: \$39/\$34 with CP resident discount; expires in 60 days
 Please present your receipt at class to receive card from instructor.
 Instructor: Donna Rixmann, Yoga Therapist and Ayurvedic Health Educator

MATURE ADULTS

NEW! El Dorado County Master Food Preservers Classes

In partnership with the Cameron Park
Community Services District

Dehydrating and Freezing for Safe Home Preservation

If you've been pondering what to do with your excess produce, then you won't want to miss this class. Come learn about different types of dehydrators, food safety, pre-treating produce and various ways to spice things up. This class will also teach you how to dry herbs for months of delicious enjoyment. Have you ever pulled frozen food out of the freezer and discovered browned or ice damages food? The freezing segment of this class will teach you the proper methods to freeze your vegetables and fruits to prevent freezer burns and spoilage. You'll be money ahead in the long run!

Wednesday, April 27, 10am to noon

UCCE Master Gardener Public Education Classes

In partnership with the Cameron Park
Community Services District

Growing Backyard Veggies:

Master Gardener Mike Pavlick will cover site location, design, raised bed options, container gardening and other methods that will allow anyone to have a vegetable garden in a small backyard setting.

Wednesday, February 10, 9am to noon

Speaker Series

Held at 10 am at the Cameron Park Community Center.
Refreshments will be provided.

Wednesday, February 24 - 10A Mary Cory from the El Dorado County Museum will present "Touch the Past," a series of short videos produced by volunteers at the El Dorado County Museum about El Dorado County's agricultural history, logging history, railroads, the road to Tahoe, recreation, Placerville history, and of course, the gold rush. The process of researching, writing and producing these entertaining and interesting snippets of county history will also be discussed.

Wednesday, April 6 - 10A Bill Corley, CFP will discuss Social Security – how to pay less or nothing in taxes. There are ways you can minimize or eliminate income taxes on our social security benefits. Attend this informative workshop to learn effective ways to keep more of your hard earned money. A question/answer period is also included. Please call to reserve a spot 530-677-2231.

Home Gardening with Native Plants

Catherine Mone

Join the growing movement of gardeners who are creating beautiful yards that provide habitat for pollinators and wildlife. Learn to select appropriate natives, minimize irrigation needs, and garden in harmony with your local ecosystem. We'll focus on robust foothill natives that need no fertilizers or pesticides and use very little water once established. Enliven your yard, lower your water bill, and contribute to building important wildlife corridors.

Wednesday, March 9, 9am to noon

Sustainable Gardening

Deborah Nichols

Sustainable Gardening - What Is It, Why Should You Do It, And How Do You Do It? Come learn why you need to practice gardening sustainably to maintain your own little piece of the environment and maybe even improve it. Learn how to save resources, money and time as you garden.

Wednesday, April 13, 9am to noon

AARP Driver's Safety Class

Want to save \$\$ on your auto insurance? Age 50 or older? Just complete the 8 hour AARP Driver Safety class being offered at Cameron Park Community Center. February class is presented in two 4-hour blocks; held on Monday, February 1 and Wednesday, February 3 from 9am to 1pm. March class is a one day refresh-er class on Wednesday, March 2 from 8:30am-1pm. The class will keep you up to date on current DMV information, present a review of rules of the road and introduce defensive driving techniques for older drivers. NO TESTS to take and a DMV certificate of completion is issued if you participate in all 8 hours of the class. There is a \$15 class fee for AARP members and a \$20 fee for non- members. Pre-registration, with payment, is required as class size is limited to 20 participants so call the El Dorado County Senior Center at 530-621-6255 or Ralph Hern at 530-626-5268 for additional information and to reserve your spot. Forms for the class are available at the CSD office.

THANK YOU DISTRICT ANNUAL SPONSORS!

The Cameron Park Community Services District serves a broad audience and would like to thank our annual sponsors for their support. Please visit the inside back cover for sponsors' logos

and be sure to support these businesses. Advertising sponsors can be viewed on pages 12 & 14. Please visit cameronpark.org for ad space opportunities.

- BINGO -

Bingo sponsored by **New West Haven, Nurse Next Door and the Cameron Park CSD** is held on the 2nd Tuesday of the month from 1-3pm. \$3 for 2 cards, \$1 each additional – 4 card limit. January 12, February 9, March 8, and April 12.

Senior Nutrition

The Senior Nutrition program is held at the Cameron Park Community Services District on Mondays and Friday from 12-12:30pm.

Senior Lunch

Tuesdays and Thursdays at 12P at Church of the Foothills.
2380 Merrychase Drive.

Free Tax Assistance

Volunteer income tax counselors from the AARP Tax-Aide Program will be available here at the Cameron Park Community Center and other locations throughout El Dorado County from February 1st through April 15th of 2016 to help you prepare your income tax returns. This service is free and available to all moderate and low income tax payers, with special attention to those age 60 and older. We do not have an age or income limitation but the tax returns have to be within the scope of our program. We cannot handle complex returns with depreciation, rental property, businesses with employees or inventory or part-year residents. The AARP Foundation, in conjunction with the Internal Revenue Service and the California Franchise Tax Board, provides this free tax preparation service.

You do not have to be a member of AARP to use this service. Those desiring to use the services of the Tax-Aide Program must make an appointment in order to secure a date, time and location convenient for them. The Cameron Park Community Center Tax-Aide site will be open on Tuesdays only, from February 2, 2016 to April 12, 2016. To make an appointment at this site, call 530-303-7046 The appointment line will be staffed beginning January 19, 2016. Telephone hours will be 10:30AM-4:30PM. For other locations in El Dorado County, please call (530) 303-8115 or visit www.aarp.org/taxaide

50+ ROOM - JOIN THE FUN!

GAMES, LECTURES AND PERSONAL SUPPORT

Join us every Tuesday/Thursday, in the 50+ Room, located at the Cameron Park Community Center (CSD)

January

TUESDAY/THURSDAY

5 Rummikub 10 am
7 50+ Room open 10 am
12 Brain Health 10:30 am Judy Bakke
Guest Speaker, Norma Echabarne 11 am
14 Mexican Train 10 am
19 Chair Exercise 10 am/50+ Room
open 10 am
21 Chair Exercise 10 am/ Come join us
for games
26 Game Day 10 am
sponsored by CP Newcomers
Mandalas & Color Class 1 pm
28 50+ Room Open 10 am

February

TUESDAY/THURSDAY

2 Rummikub 10 am

4 50+ Room Open 10 am
9 Brain Health 10:30 am Judy Bakke
11 Mexican Train 10 am
16 Chair Exercise 10 am/ Pinochle/
Crown 8, etc
18 Chair Exercise 10 am/ Come join us
for games
23 Game Day 10 am
sponsored by CP Newcomers
Short Story/Discussion 1 pm
25 50+ Room open 10 am

March

TUESDAY/THURSDAY

1 Rummikub 10 am
3 "Generations" Vicki Ludwig 10am
8 Brain Health 10:30 am Judy Bakke
10 Mexican Train 10 am
15 Chair Exercise 10 am/50+ Room
open 10 am
17 Chair Exercise 10 am/ Come join us
for games
22 Game Day 10 am
sponsored by CP Newcomers
Mandalas & Color Class 1 pm

24 50+ Room open 10 am
29 50+ Room open 10 am
31 50+ Room open 10 am

April

TUESDAY/THURSDAY

5 Rummikub 10 am
7 50+ Room open 10 am
12 Brain Health 10:30 am Judy Bakke
14 Mexican Train 10 am
19 Chair Exercise 10 am/ Pinochle/
Crown 8, etc
21 Chair Exercise 10 am/ Come join us
for games
26 Game Day 10 am
sponsored by CP Newcomers
Short Story/Discussion 1 pm
28 50+ Room Open 10 am



TRIPS/TOURS/MATURE ADULTS/EVENTS

Charleston and Savannah

"America's Musical Heritage" featuring 2 nights in Charleston, 2 nights in Savannah and 2 nights in St. Augustine, departing March 16, 2016, 7 days, Wednesday – Tuesday.

Tour Highlights

Charleston City Tour; Boone Hall Plantation; Fort Sumter Boat Tour; Beaufort; Beaufort Horse Drawn Carriage Tour; Savannah City Tour; Mrs. Wilkes Boarding House Dinner; Jekyll Island Trolley Tour; Lunch at Jekyll Island Club; St. Augustine Trolley Tour. 2 Nights Charleston, SC; 2 Nights Savannah, GA; 2 Nights St. Augustine, Florida

Inclusions

Roundtrip Airfare – SMF; Roundtrip Transfers – SMF; 10 Meals: 6 -Breakfasts, 1 - Lunch & 3 –Dinners; Professional Tour Director; Daily Sightseeing per Itinerary; Deluxe Motorcoach; Baggage Handling; Hotel transfers

Accommodations

2 Nights - Holiday Inn Historic District, Charleston; 2 Nights - Hilton Garden Inn or Doubletree Historic District, Savannah and 2 Nights - St. Augustine, Florida.

Tour Rates: \$2545 per person double +\$750 Single Supplement

Cape Cod and the Islands

June 5, 2016 –7 days, Sunday - Saturday

Tour Highlights

Nantucket Island Tour; Boston City Tour; Plymouth Plantation, Plymouth Rock, Mayflower II; Hyannis; Martha's Vineyard Tour; Newport Ocean Drive; Breakfast Mansion Tour; Heritage Plantation; Sandwich; New England Lobster Dinner & Faneuil Hall Marketplace.

Inclusions

Roundtrip Airfare- SMF, Roundtrip Transfers - SMF; 6 Nights First Class Hotel, Accommodations, 9 Meals - 6-Breakfasts & 3-Dinners, Daily Sightseeing, Admissions per Itinerary, Professional Tour Director, Deluxe Motorcoach, and Baggage Handling

Accommodations

6 Nights –Double Tree Hyannis, Hyannis, MA Booking Discount ** \$2245 per person double; Regular rate - \$2345 per person double +\$650 single supplement

BOOKING DISCOUNT - Deposit by January 31, 2016 by check or credit card and make your Final Payment by check & receive \$200 per couple/\$100 per person Booking Discount!

Trips offered by Premier World Discovery.

Come and attend a presentation on the trips planned for the upcoming year on Thursday, January 28 at the Community Center from 10am to noon.

Kris Adams will be here to highlight what tours will be offered for travel in the upcoming months.

Gold Nugget Quilters

Wednesday mornings means quilting at the Cameron Park Community Center. Always wanted to learn, but never had the time? Or are you a quilter and want to become more involved? Then come visit the Gold Nugget Quilters when we meet from 9:00 am to 12:00 pm every Wednesday. You will be very welcome!

- Additional Activities

Bridge - Mondays –1-3pm
Wednesdays -9:30am-12:30pm

Mahjong - 1pm 2nd & 4th Wednesday

Going Gold with Summer Spectacular

**17th Annual Summer Spectacular
Saturday, June 25
Cameron Park Lake
2989 Cambridge Road**

Coming Soon! Miss Teen Cameron Park Contest

Open to girls between the ages of 13-15 who reside in Cameron Park. Applications available at the CPCSD office starting December 21, deadline to apply April 4, 2016. Contest to be held at Summer Spectacular 2016

This is the Cameron Park Community Services District Largest Event!!

In addition to the kids' carnival, there is swimming at the lagoon, refreshments, food and craft vendors, exhibitors and live music. The evening finishes with an amazing fireworks show.

Exciting new activities this year include a Miss Teen Cameron Park Contest, Gold Rush events highlighting the El Dorado Gold Event, and more!!

Be sure to get your advance entry on sale now at CSD Office for only \$4 (ages 7 and up) or \$6 day of event.



COMMUNITY EVENTS AND SERVICES

The Gold Rush Returns!



The 2016 World Gold Panning Championships, scheduled from September 11th to 18th, 2016 includes a host of over 600 international competitors from over 30 countries. Event organizers teaming with businesses from El Dorado County will be “rolling out the red carpet” for this World Event. El Dorado County Gold Week kicks off with a Parade of Nations down Main Street Placerville. Opening ceremonies,

daily Gold panning competitions, live bands, and activities for kids and adults will be hosted at the EDC Fairgrounds and numerous other locations throughout El Dorado County. El Dorado County will come alive for this event!

For more information regarding the World Gold Panning Championships in 2016 visit our website at www.ElDorado2016.com or contact the organizers eldoradogold2016@gmail.com.

Christmas Tree Recycling

Residents of Cameron Park Community Services District may drop off Christmas Trees from December 26th through Feb 1 at Cameron Park Lake – 2989 Cambridge Road from 7am to dusk.

Christmas Tree Pickup

Boy Scout Troops 700 and 550 Christmas Tree pickup is January 2nd to most Cameron Park single family homes. Suggested donation is \$10 per tree. Donations help Scouts earn money to support Boy Scout events and camps. Trees picked up will be recycled. Due to traffic safety considerations Scouts may not be able to reach all homes. Eligible single family

homes will receive an envelope on December 5th with complete pick up details and information. Thank you for your support. For questions, please call 530-676-5366.



**Early Bird Special
Purchase by
April 30th!**

Early Bird Combo Passes

**Discounted Price
December 1st – April 30th**

Family Pass \$129
Individual Pass \$50

Senior Pass..... \$40
Additional Family Member \$30



CAMERON PARK EVENT CENTER

Whether it's for business or pleasure, our facilities offer something for everyone!

The Cameron Park Community Services District has a variety of rooms for any of your special occasions at reasonable and competitive rates. Whether it's for business or pleasure, our facilities offer something for everyone!

- The main assembly hall can seat 252 people comfortably for banquet seating or up to 356 people for assembly style seating. The space can also be divided into thirds for smaller meeting areas with sound dampening dividers. The hall is equipped with a projector and screen and the technology to hook up laptops and iPads for presentations. There is an expansive stage for musical and theatrical performance, complete with green room and loading docks.
- The commercial kitchen has two gas convection ovens, a six burner heavy duty gas range and griddle, a microwave, commercial refrigeration with freezer, plus more! Perfect for a business chef.
- The social room can be used for meetings or social gatherings.
- The dance room has a free floating floor, mirrors and bars.
- The gymnasium has bleacher seating for over 200, six retractable baskets to accommodate regulation, half, and quarter court play, and can be set up for side-by-side Volleyball.
- Our aquatics center boasts a beautiful rim flow design pool with a water slide and 10 lanes for competition swimming or open swim, plus a shallow area for program activities. Don't forget pool parties and public events can be held at the pool.

Please give us a call or stop by for specialized service. If you're planning an event regardless of size and duration we have a reasonably priced space for you.

Park locations are available for outdoor event venues such as weddings, family gatherings, corporate events, and more!

An ideal location to hold your holiday party - book now!



CAMERON PARK CSD

CSD Board of Directors

Amy Blackmon
 Scott McNeil
 Margaret Mohr
 Holly Morrison
 Greg Stanton

Board meetings are held the third Wednesday of every month at 6:30pm at the Cameron Park Community Center.

Cameron Park

Community Services District

2502 Country Club Dr.
 530-677-2231 fax 530-677-2201

www.cameronpark.org

Office hours; Mon – Fri, 8am – 5pm

District Staff

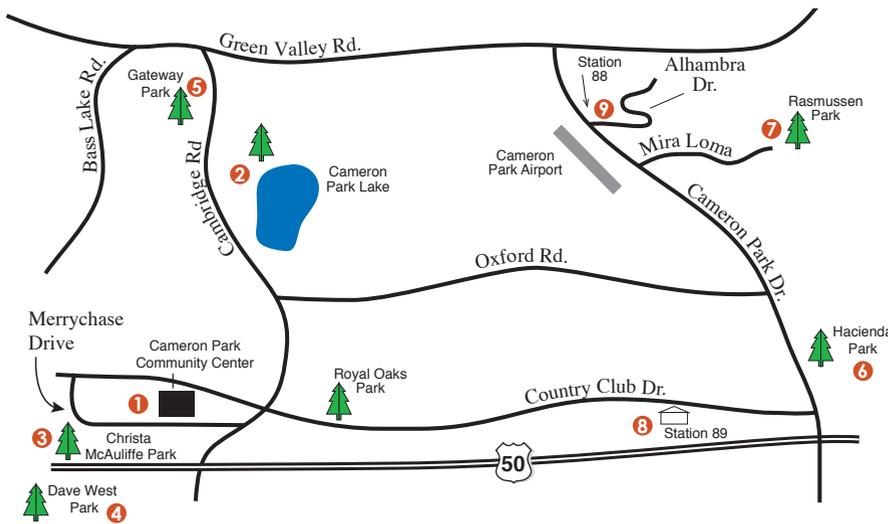
Mary Cahill, General Manager
 Fire Battalion Chiefs:
 – Bob Counts, Administration
 – Mike Smith, Fire Marshall
 J.R. Hichborn, Interim Parks Superintendent
 Tina Helm, Recreation Supervisor
 Aris Chambers, Recreation Coordinator
 Lyle Eickert, CC&R Compliance Officer
 Ted Williams, Senior Accountant
 Darcy Porter, Front Office

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
- CC&R Compliance Review and Enforcement
- Disposal Contract Services

Mission Statement

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.



Park and Facility	Address	Hours	Boat Rentals	Multi use/Use Fields	Fishing	Facility/Park Rentals	Gym	Pets (on leash)	Dog Park (off leash)	Picnic	Playground Equipment	Restrooms	Tennis	Walking Trail	Multi-purpose Room w/stage	Swimming Lagoon/Pool	Acreage
1 Cameron Park Community and Aquatic Center	2502 Country Club Drive	M-F 8am -10pm															4.1
2 Cameron Park Lake	2989 Cambridge Road	Dawn-Dusk	•	•	•												56
3 Christa McAuliffe Park & Skate Park	2400 Merrychase Drive	Dawn-Dusk		•	•			•	•	•							7
4 Dave West Park	Crazy Horse Drive	Dawn-Dusk		•				•	•								6.2
5 Gateway Park	Cambridge Drive	Dawn-Dusk						•									13
6 Hacienda Park	Cameron Park Drive	Dawn-Dusk						•	•	•				•			4.9
7 Rasmussen Park	Mira Loma Drive	Dawn-Dusk		•				•	•	•				•			10
8 Station 89	3200 Country Club Drive																2
9 Station 88	2961 Alhambra Drive																.23

CSD office will be closed for the following Holidays:

Between Christmas & New Year's Day .. Dec. 24-Jan. 1
 Martin Luther King Jr. Day January 18

Lincoln Birthday February 12
 Presidents' Day..... February 15

EASY 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 CPCSD. Refund requests need to be made in writing at the CPCSD Office. Full refunds minus the processing fee will be processed when a 2 week notice is given prior to start of the program/class. Less than a 2 week notice refunds will be pro-rated 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/transfer. Refund checks take approximately 3-4 weeks to process. Refunds will not be granted for non-attendance, any excursions, trip or activities that require pre-paid admission, or material fees paid in advance.

Cameron Park Community Services District

Program Registration Form

You can also register online at www.cameronpark.org

Name: _____

Email: _____

Address: _____

Phone/cell phone: _____

City: _____ Zip: _____

Emergency Contact: _____

T-shirt size (if applicable) Youth _S _M _L Adult _S _M _L _XL

How did you hear about us?: _____

Participant's name:	Birth date	Grade	Class name	Code	Class Date	Fees

Please make checks payable to CPCSD

Total Fees enclosed \$ _____

Waiver: The enrolled named individual(s), or his or her legal guardian, has read the class description and understands the nature and content of the class, and in consideration of being permitted to participate in the class, agrees as follows:

In consideration of his/her permitted to participate in a class/activity sponsored by the Cameron Park Community Services District (CSD), for myself, my spouse, and my child, do release and forever discharge the CSD, its directors, employees and instructors from any and every claim, demand,

action or right of action arising from or by reason of any bodily injury or personal injuries, death or property damage which may occur as a result of his/her participation in the current enrolled class or any activities in connection with the current enrolled class, whether or not caused by any act or omission of the CSD, its directors, employees, or instructors. Cameron Park Community Services District does not have or provide medical or accident insurance for persons involved in programs sponsored by the Cameron Park Community Services District.

PHOTOGRAPHY RELEASE: By signing this waiver, I understand that the CSD staff or agents may photograph me and/or my minor children and that the CSD may use such photographs to promote recreational programs now and in the future. I expressly allow, and hereby waive any objection to the CSD or its agents photographing me and/or my minor children when I and /or my minor children are participating in CSD programs and activities. I understand that the photos shall remain the property of the Cameron Park Community Services District.

For Office Use Only Receipt # _____
cash check credit card

Visa /Mastercard/American Express # _____

Exp. Date: _____ 3 digit security Code: _____

I have read the above information and agree to its terms.

Today's Date: _____

Participant's Signature _____
(Parent or Guardian if under 18)

2016 Community Sponsors ... and Growing!



Mountain Democrat



Cameron Park Community Foundation

The Cameron Park Community Foundation, a 501(c)3, is an opportunity for community members to support "people, parks and programs."



Creating Community Through People, Parks & Programs

Your donations and commitment to the community can provide for:

- **People** (volunteer opportunities, volunteer recognition and community partnerships and more!)
- **Parks** (benches and tables, landscaping, new signage, fencing, improvements to park sites and more!)
- **Programs** (scholarships for summer camp, swim lessons, recreation programs, sports leagues, special events and more!)

We want to welcome your ideas to build community in a meaningful way! Please email us your ideas at cpcsd@cameronpark.org.

Connecting with the Future Starts Here

For Cameron Park.
For the Next Generation.

We are proud to serve and support the Cameron Park Community Services District. Thank you for all you do to enrich our community.



WASTE CONNECTIONS, INC.
Connect with the Future[®]
El Dorado Disposal Service

www.eldoradodisposal.com
(530) 626-4141

Find us on Facebook





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

Prst. Std
 US Postage
 PAID
 Permit No 13
 Shingle Springs,
 CA 95682

Dear Postal Customer

Annual Winter Concerts Return

Cameron Park Concert Series



Saturday, January 23
On Air - Power Rock
with Classic Horns

Saturday, March 12
Briefcase Full of Blues
a Blues Brothers tribute band



Advance sales; \$15 each, 2 for \$28 or \$17 at the door.
 Doors open at 6pm, music starts at 7pm.
 Cameron Park Community Center.

Pre-sale tickets available at Cameron Park Bel Air, Shingle Springs/Cameron Park Chamber of Commerce, Cameron Park CSD office or online at www.showclix.com
 Beverage sales benefit **Cameron Park Community Foundation.**



Reds, Whites, & Jewels

Saturday, February 6, 2016 • 11am – 4pm
Cameron Park Community Center

Shop early for the perfect Valentine's Day gift, or just a beautiful and unique piece of jewelry for yourself!

Immerse yourself in an afternoon of wine/champagne tastings, food and jewelry.

Admission is FREE!

It's a Wedding Affair



Sunday, February 21, 2016
10am – 3pm
Cameron Park Community Center

A special wedding show designed for brides of every style. Meet the area's most experienced wedding professionals and get every aspect of your wedding planned from bridal gowns, florists and honeymoons to MC/DJs, party rentals, photographers, videographers, catering and dessert tastings and more!
 Admission is FREE!

33rd Annual

Easter Egg Hunt



Saturday
March 26, 2016 • 10am
(rain or shine)
Rasmussen Park

The Easter Bunnies arrive at 10am and at 10:20 the big egg hunt begins! Bunnies are available for pictures at approximately 11am.
Don't miss out on this great event!
Event for ages 10 and under.
FREE admission!