

# CAMERON PARK

WINTER/SPRING 2017

COMMUNITY SERVICES DISTRICT

# ACTIVITY GUIDE



[www.cameronpark.org](http://www.cameronpark.org)

530-677-2231



Facility rentals available for events, parties and special occasions





**MOVIE NIGHT**  
Friday,  
January 6



**CAMERON PARK CONCERT SERIES:**  
Saturday, March 4  
"Lacy J Dalton"



**FIRE DEPARTMENT CRAB FEED**  
Saturday,  
February 18

**CAMERON PARK CONCERT SERIES:**  
Saturday, January 21 "Doubletake"



**CLEAN UP DAY & YARD SALE**  
Saturday, April 22



**EASTER EGG HUNT**  
Saturday, April 15



**REDS, WHITES & JEWELS**  
Saturday,  
January 28



**SPRING ANTIQUE, CRAFT & GARDEN SHOW**  
Saturday, May 6



**AFFAIR OF THE HEART**  
Tuesday,  
February 21



**IT'S A WEDDING AFFAIR**  
Sunday,  
February 26



# EVENTS/CONTENTS

## **FREE!** MOVIE NIGHT "FINDING DORY"

**Friday, January 6**  
**Cameron Park Community Center**  
Come watch a movie, bring your blankets and chairs. Doors open at 6pm, movie starts at 6:30pm. \$1 hot dogs, ice cream, popcorn, and soda.

## **CONCERT SERIES - "DOUBLETAKE" 50'S & 60'S TRIBUTE BAND**

**Saturday, January 21, doors open at 6pm, concert starts at 7pm**  
**Cameron Park Community Center**  
"Doubletake" performing tributes to Elvis, Buddy Holly, and the Everly Brothers. Advance tickets for \$18/ 2 for \$34; \$20 at the door. Tickets available at CP Bel Air, SS/CP Chamber of Commerce, CP District Office, and online at [www.showclix.com](http://www.showclix.com).

## **FREE!** 7TH ANNUAL REDS, WHITES & JEWELS SHOW

**Saturday, January 28, 11am - 4pm**  
**Cameron Park Community Center**  
An afternoon of wine, food, and jewelry shopping. Local and visiting vendors will have hundreds of items for you to purchase for that special someone or find the perfect new piece for yourself.

## **CAMERON PARK FIRE DEPARTMENT CRAB FEED**

**Saturday, February 18, 2017**  
**Doors open at 5pm**  
**Cameron Park Community Center**  
Come enjoy delicious crab, listen to great music and participate in the raffle and silent auction all in support of the Cameron Park Fire Department. Tickets are available at Fire Station 89. Tickets are \$45 each.



## **FREE!** AFFAIR OF THE HEART

**Tuesday, February 21, 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 will include guest speakers, health screenings, healthy food sampling, wine tasting, instructor demonstrations, vendors and more! RSVP at [www.affairoftheheart.eventbrite.com](http://www.affairoftheheart.eventbrite.com)

## **FREE!** IT'S A WEDDING AFFAIR

**Sunday, February 26, 10am - 2pm**  
**Cameron Park Community Center**  
Get all aspects of your wedding planned in a fun and relaxing atmosphere! This wedding show is designed for brides of every style! Brides, please pre-register to be placed into the drawing.

## **CONCERT SERIES - "LACY J DALTON"**

**Saturday, March 11, doors open at 6pm, concert starts at 7pm**  
**Cameron Park Community Center**  
An American country singer and songwriter with a number of hits through the 1980s, 1990s, and 2000s. Advance tickets for \$18/ 2 for \$34; \$20 at the door. Tickets available at CP Bel Air, SS/CP Chamber of Commerce, CP District Office, and online at [www.showclix.com](http://www.showclix.com).

## **FREE!** EASTER EGG HUNT - 34TH ANNUAL

**Saturday, April 15, 10am**  
**Rasmussen Park; Mira Loma Drive**  
Easter Bunnies arrive at 10 am, 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. There will be face painting and a bounce house for a nominal fee.



## **COMMUNITY CLEAN-UP DAY**

**Saturday, April 22, 8am - 2pm**  
**Camerado Springs Middle School**  
**2480 Merrychase Drive**  
Bring down your unwanted items and dispose of them at this FREE event for Cameron Park residents. Items can be donated to Snowline Hospice. E-Waste and Green Waste will be collected. The CP Fire Explorers will be volunteering at this event and collecting tax deductible donations.

## **COMMUNITY YARD SALE**

**Saturday, April 22, 8am - 12pm**  
**Community Center Parking Lot**  
Clean out your garage, attic or closets and make some extra money. Yard Sale spaces available for \$20 in advance.

## **FREE!** 6TH ANNUAL SPRING ANTIQUE, CRAFT, AND GARDEN SHOW

**Saturday, May 6, 9am - 3pm**  
**Cameron Park Community Center**  
Large, indoor/outdoor show featuring antiques, hand-made crafts, plants and garden accessories specific for the spring season. Food and beverages available. Vendor space \$55.

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# TOT/YOUTH ACTIVITIES

## Dance

### Baby Ballet

(Ages 1 - 3)

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

120622-01 F 1/13-2/17 10-10:30A  
120622-03 F 3/3-4/7 10-10:30A  
120622-04 F 4/21-5/26 10-10:30A

Location: CSD Dance Studio

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

Instructor: Miss Alison – Turns n Tumbles

### Pre Ballet/Tap

(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 1/13-2/17 10:30-11:15A  
120608-03 F 3/3-4/7 10:30-11:15A  
120608-04 F 4/21-5/26 10:30-11:15A

Location: CSD Dance Studio

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

Instructor: Miss Alison – Turns n Tumbles

### 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 1/11-2/15 6:30-7:15P  
120607-03 W 3/1-4/5 6:30-7:15P  
120607-04 W 4/19-5/24 6:30-7:15P

Location: CSD Class Room A

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

Instructor: Miss Alison – Turns n Tumbles

### Creative Dance for Children

(Ages 3-5)

A fun introductory class exploring the art of dance in a playful, stimulating and supportive environment. Children develop creativity, physical fitness, and movement intelligence, while building their classroom etiquette and interpersonal skills. It's fun, lively, and teaches rhythm skills.

120626-01 Th 1/5-1/26 5-5:30 PM  
120626-03 Th 3/2-3/23 5-5:30 PM

Location: Jammin' Dance and Fitness

6090 Enterprise Dr, Diamond Springs

Fee: \$43/\$38 with CP resident discount

Instructor: Kay Lenhart

### NEW! Beginning Tap Dance

(Ages 6 – 10)

A class for children who are always tapping their toes! The class will consist of accurate tap dance techniques and the opportunity to perform rather quickly. Tap dancing has been shown to stimulate brain activity, helping to improve hand eye coordination, math skills, and response time. It's fun, lively, and teaches rhythm skills. Tap dance has had a historical impact on all dance forms. It springs from our African and Irish ancestors. Many musicians understand the benefits of learning Tap Dancing, and appreciate doing percussion with your feet!

120624-01 Tu 1/10-1/31 4:30-5P  
120624-02 Tu 2/21-3/14 4:30-5P

Location: Jammin' Dance and Fitness

6090 Enterprise Dr, Diamond Springs

Fee: \$43/\$38 with CP resident discount

Instructor: Kay Lenhart

### Jazz I

(Ages 7 - 10)

Students will learn proper technique, alignment and vocabulary. Basic jazz steps will be taught through across the floor and center combination work. Wear black or tan jazz shoes, color leotard, tan tights, hair in ponytails, dance shorts ok.

120640-01 Th 1/5-1/26 6-7P  
120640-02 Th 2/2-2/23 6-7P  
120640-03 Th 3/2-3/23 6-7P  
120640-04 Th 4/6-4/27 6-7P

Location: CSD Dance Studio

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

Instructor: April Mason

### NEW! Zumba® for Kids and Parents!

(Ages: 7+ with Parents)

How about a family exercise class! A class for kids and/or parents too! A special discount is given for two or more from the same family. Each Zumba® class will use the traditional Zumba® steps, with subtle dance techniques. It is a great class for kids and adults who enjoy fun dance music, and want to learn how to move, NO DANCE EXPERIENCE necessary! Please wear comfortable workout clothing, athletic shoes, and bring a small towel and water.

120725-01 Tu 1/10-1/31 5:30-6:30P  
120725-03 Tu 3/7-3/28 5:30-6:30P

Location: Jammin' Dance and Fitness

6090 Enterprise Dr, Diamond Springs

Fee: \$31/\$26 with CP resident discount;

\$12 for each additional family member

Instructor: Kay Lenhart



## 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.

# TOT/YOUTH ACTIVITIES

## Children's Beginning Hula

(Ages 8 - 12)  
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. It's 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	1/3-1/24	4:30-5:15P
120618-02	Tu	1/31-2/28*	4:30-5:15P
120618-03	Tu	3/7-3/28	4:30-5:15P
120618-04	Tu	4/4-4/25	4:30-5:15P

\* No class 2/21/17

Location: CSD Dance Studio

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

Instructor: Rosalie Stearns

## 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	1/3-1/24	3:30-4:30P
120638-02	Tu	1/31-2/28*	3:30-4:30 P
120638-03	Tu	3/7-3/28	3:30-4:30P
120638-04	Tu	4/4-4/25	3:30-4:30P

\* No class 2/21/17

Location: CSD Dance Studio

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

Instructor: Rosalie Stearns

## Fitness

### Kinderkicks/Taekwondo

(Ages 4 - 6)  
Come and join this fun Martial Arts class. 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	1/9-3/8*	5-5:30P
120700-03	M,W	3/6-5/3*	5-5:30P

\*No class 1/16/17 & 2/20/17

\*No class 4/10/17 & 4/12/17

Location: Cameron Park Taekwondo Studio  
3181 Cameron Park Drive, Suite #103

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

Instructors: Mr. & Mrs. Westphal and Ms. Jones

## Kids White Belt

(Ages 7 - 12)

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.

120701-01	M,W	1/9-3/8*	6-6:45P
120701-03	M,W	3/6-5/3*	6-6:45P

\*No class 1/16/17 & 2/20/17

\*No class 4/10/17 & 4/12/17

Location: Cameron Park Taekwondo Studio

3181 Cameron Park Drive, Suite #103

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

Instructors: Mr. & Mrs. Westphal

and Ms. Jones

## Gymnastics

### Toddler Class

(Age walking to 3 years)

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

120715-01	Th	1/5-1/26	9:15-10A
120715-02	Th	2/2-2/23	9:15-10A
120715-03	Th	3/2-3/23	9:15-10A
120715-04	Th	3/30-4/27*	9:15-10A

\* No class 4/13/2017

Location: Tumble Time Gymnastics

2568 Meadow Lane Cameron Park

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

Instructor: Tumble Time Gymnastics

## Mini Gym/Kinder

(Age 3 - 4)

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	Th	1/5-1/26	9:15-10A
120712-02	Th	2/2-2/23	9:15-10A
120712-03	Th	3/2-3/23	9:15-10A
120712-04	Th	3/30-4/27*	9:15-10A

\* No class 4/13/2017

Location: Tumble Time Gymnastics

2568 Meadow Lane Cameron Park

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

Instructor: Tumble Time Gymnastics

## NEW! Beginning Boys Gymnastics

(Ages 5+)

Beginning Gymnastics skills for boys.

Bars, vault, floor, and trampoline. Learn to roll and fall safely for all sports.

120718-01	W	1/4-1/25	3:45-4:45P
120718-02	W	2/1-2/22	3:45-4:45P
120718-03	W	3/1-3/22	3:45-4:45P
120718-04	W	3/29-4/26*	3:45-4:45P

\*No class 4/12/2017

Location: Tumble Time Gymnastics

2568 Meadow Lane Cameron Park

Fee: \$70/\$65 with CP resident discount

Instructor: Tumble Time Gymnastics

## NEW! Girl's Gymnastics Level A

(Ages 5+)

Beginning gymnastics skills on bars, beam, floor and vault



120719-01	M	1/2-1/23	6:30-7:30P
120719-02	M	1/30-2/20	6:30-7:30P
120719-03	M	2/27-3/20	6:30-7:30P
120719-04	M	3/27-4/24*	6:30-7:30P

\* No class 4/10/2017

Location: Tumble Time Gymnastics

2568 Meadow Lane Cameron Park

Fee: \$70/\$65 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	Tu	1/3-1/24	4:15-5:15P
120713-02	Tu	1/31-2/21	4:15-5:15P
120713-03	Tu	2/28-3/21	4:15-5:15P
120713-04	Tu	3/28-4/25*	4:15-5:15P

\* No class 4/11/2017

Location: Tumble Time Gymnastics

2568 Meadow Lane Cameron Park

Fee: \$70/\$65 with CP resident discount

Instructor: Tumble Time Gymnastics

# YOUTH ACTIVITIES

## Art

### Kids Sewing

(Ages 7 - 14)

Designed for students who have little or no sewing experience. Learn the basics of using a sewing machine or 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: cushions, potholders, bookmarks, pencil cases, and dolls quilts.

120150-01	Sa	1/28	9A-12P
120150-02	Sa	2/18	9A-12P
120150-03	Sa	3/25	9A-12P
120150-04	Sa	4/29	9A-12P

Location: Community Center

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

Instructor: Rosemarie Kelliher



### Spring Princess Tea Party

(Ages 3-13)

Jammin' Dance will be hosting a special Spring 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 foods entrees! Age appropriate activities will be offered! Formal wear or princess outfits are recommended. \$5 material fee payable to the instructor.

120110-03	Sa	3/25	12-2P
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Location: Jammin' Dance and Fitness  
6090 Enterprise Dr, Diamond Springs

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

Instructor: Kay Lenhart and  
Valerie Baker

## Gardening

### Recycled Tin Can Bird Feeder

(Ages 6+)

This is a great class for kids and home schoolers. Feed the birds and reuse and recycle at the same time. We will paint, create our bird feeder and learn about local birds at the same time. We will create a bird feeder using a tin can, paint and supplies from our garden. \$8 material fee payable to El Dorado Nursery.

120109-02 W 2/8 10-11A

Location: CSD Community Center

Fee: \$5

Instructor: Juliet from El Dorado Nursery



### Garden Veggie Rocks

Ages 8+ (including adults)

We are going to make "garden markers" for our veggie garden. Class involves painting garden rock markers for your garden. Perfect for marking your tomatoes, peppers, eggplants or whatever you are growing. If you don't have a veggie garden, you can create festive rocks for the garden. Create up to 4 markers/rocks and the patterns will be available to take home with you. Class includes all supplies to create 4 rock markers. \$20 material fee payable to El Dorado Nursery.

120109-03 W 3/15 10-11:30A

120109-3A W 3/15 3-4:30P

Location: El Dorado Nursery

3931-C Durock Rd., Shingle Springs

Fee: \$5

Instructor: Juliet from El Dorado Nursery

### Veggie Garden Class

(Ages 6-14 years)

Want to get your kids to eat their veggies? Kids love to play in the dirt and studies show that kids who garden eat more veggies. A hands on class; learn seed basics, soil types, container gardening, and how to keep the pests away. Fee includes everything you need to create a personal veggie garden in a junior earth box: container, soil, fertilizer, and plants! Earth Box junior can be used on a patio, balcony, or any garden setting. \$40 materials fee payable to El Dorado Nursery

120109-04 Su 4/2 1-3P

Location: El Dorado Nursery

3931-C Durock Rd Shingle Springs

Fee: \$5

Instructor: Juliet from El Dorado Nursery



## Cooking

### Cooking with Kids

(Ages 5+)

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. Please bring \$35 material fee to first class.

120106-01 Tu 1/10-1/31 3:45-4:45P

120106-02 Tu 2/7-2/28 3:45-4:45P

120106-03 Tu 3/7-3/28 3:45-4:45P

120106-04 Tu 4/4-5/2\* 3:45-4:45P

\*No class 4/11/2017

Location: CSD Kitchen

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

Instructor: Susan Kakavas - Little Chefs World

## Biking

### NEW! The right way to change a tire!

(Age 8+)

There are many ways to do it but we've got the best way about it. Bring your tire with rim and learn the tricks to keep you inflated and rolling. Free tube and water bottle.

For more information visit  
[www.samstowncyclery.com](http://www.samstowncyclery.com).

340101-01 Th 1/12 5:30-6:30P

Location: Sam's Town Cyclery

3950 Cambridge Road

Fee: \$10

Instructor: Sam's

Town Cyclery



# YOUTH ACTIVITIES/YOUTH SPORTS

## **NEW!** Bicycle Home Maintenance

(Age 10+)  
Tune-ups should be done annually but there are many things you can do at home to keep your bicycle operating smoothly! This class will cover basic brake and drivetrain care and review a few other checks! Bring your bike with you!  
340103-02 Th 2/2 5:30-6:30P  
Location: Sam's Town Cyclery  
3950 Cambridge Road  
Fee: \$10  
Instructor: Sam's Town Cyclery

## **NEW!** Bicycle Safety Rodeo

(Age 5+)  
An overall basic safety course for all ages. Sam's Town Cyclery will host a training video and bicycle relay/rodeo course so that we can begin expanding safe riding in our community! For more information visit [www.samstowncyclery.com](http://www.samstowncyclery.com).  
340103-01 Sa 1/28 2-3P  
Location: Christa McAuliffe Park  
2400 Merrychase Drive  
Fee: \$5  
Instructor: Sam's Town Cyclery

## PLAN AHEAD FOR SUMMER FUN!

- Summer Camps
- Sport Camps
- Programs
- Events & More!

For more information visit [www.cameronpark.org](http://www.cameronpark.org)

## Tennis Programs

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 as progressions. 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 or Soft Red Training Balls to the first class.**

## **NEW!** Winter Sessions

Held in Community Center Gym

### Junior Pre-Pee Wee Ages 4-5 yrs.

Intro to Tennis Basics and Fun!

Quick Start format

120321-01 W 1/11 - 2/1 10-10:30A

120321-W1 W 1/11 - 2/1 1-1:30P

120321-02 W 2/8 - 3/1 10-10:30A

120321-W2 W 2/8 - 3/1 1-1:30P

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

### Junior Pee Wee Ages 6-7 yrs.\*\*

Intro to Tennis Basics and Fun!

Quick Start format

120322-01 W 1/11 - 2/1 10:30-11:15A

120322-W1 W 1/11 - 2/1 1:30-2:15P

120322-02 W 2/8 - 3/1 10:30-11:15A

120322-W2 W 2/8 - 3/1 1:30-2:15P

Fee: \$57/\$52 with CP resident discount

### Spring Session - Cameron Park Lake

#### Junior Pre-Pee Wee Ages 4-5 yrs.

Intro to Tennis Basics and Fun!

Quick Start format

120321-03 W 3/15 - 4/5 3:15-3:45P

120321-04 W 4/12 - 5/3 3:15-3:45P

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

Location: Cameron Park Lake Tennis Courts

#### Junior Pee Wee Ages 6-7 yrs.\*\*

Intro to Tennis Basics and Fun!

Quick Start format

120322-W3 W 2/8 - 3/1 3:15-4P

120322-03 W 3/15 - 4/5 3:45-4:30P

120322-04 W 4/12 - 5/3 3:45-4:30P

\*\*5 year olds may sign-up with

Instructor Approval

Fee: \$57/\$52 with CP resident discount

Location: Cameron Park Lake Tennis Courts

### Jr. Beginner Ages 8-12 yrs.

Fundamentals of Tennis using Quick Start Mid/Full Court format.

120324-02 W 2/8 - 3/1 4-4:45P

Fee: \$57/\$52 with CP resident discount

120324-03 W 3/15 - 4/5 4:30-5:30P

120324-04 W 4/12 - 5/3 4:30-5:30P

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

Location: Cameron Park Lake Tennis Courts

### Jr. Adv Beginner 10-12 yrs.

Focus is on stroke mechanics, movement and beginning play.

120325-02 Th 2/9 - 3/2 3:30-4:30P

120325-03 Th 3/16 - 4/6 3:30-4:30P

120325-04 Th 4/13 - 5/4 3:30-4:30P

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

Location: Cameron Park Lake Tennis Courts

## TEENS

### Jr Intermediate/HS Teens

Focus is on stroke mechanics, movement and beginning play.

130321-02 Th 2/9 - 3/2 4:30-5:30P

130321-03 Th 3/16 - 4/6 4:30-5:30P

130321-03 Th 4/13 - 5/4 4:30-5:30P

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

Location: Cameron Park Lake Tennis Courts

## SPRING BREAK WEEK TENNIS CAMP

Learn to Play Basic Tennis Fundamentals, Games and FUN!

### Jrs Camp Ages 8-12 years

220321-04 M-Th 4/10 - 4/13 10:30A-12P

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

## Summer Job Opportunities

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

Application starts  
February 1st

For more information visit [www.cameronpark.org](http://www.cameronpark.org)

# YOUTH SPORTS

## Youth Sports

### Skyhawks Soccer Tots

(Ages 3-5)  
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. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, introducing an element of light competition.

420406-16	Tu	1/10-2/28	3:30-4:15P
420406-17	Tu	1/10-2/28	4:30-5:15P
420406-18	Tu	3/21-5/9	3:30-4:15P
420406-19	Tu	3/21-5/9	4:30-5:15P
420406-20	Th	3/23-5/11	3:30-4:15P
420406-21	Th	3/23-5/11	4:30-5:15P

Location: Christa McAuliffe Park  
Fee: \$108/\$103 with CP resident discount  
Instructor: Skyhawk Sports

### T-Ball

(Ages 4-7)  
A coed program for ages 4-7 years old. Recreation leaders teach the fundamentals of the game of softball/baseball.



This instructional program takes place on Saturdays only, 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. Each participant will receive a t-shirt and hat included with the registration fee. Registration deadline - April 14.

No games 5/27/2017  
420309-01 Sa 5/6-6/17 9A-12P  
420309-02 Sa 5/6-6/17 9A-12P  
Location: Fields at Rasmussen Park  
Fee: \$60/\$55 with CP resident discount

### Sunday Night Futsal League

(Divisions – U8 - U11 and U12 - U14)  
Join the Futsal movement that is changing the way youth soccer players are developing their skills and advancing their footwork. This league will field 12 to 14 total teams using both age ranges - (7 to 10 year-olds recommended in the younger division with 11 to 13 year-olds in the upper division) \$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. 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 less 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 start hourly at 1:30 to 7:30pm. Non marking court shoes and shin guards required. Questions or concerns? Free agents looking for a team? Call Stephen Beck at 530-333-5842.

530411-01	Su	1/8 -2/5	1:30-8:30P
530411-02	Su	2/12 -3/19*	1:30-8:30P
530411-03	Su	3/26-4/30**	1:30-8:30P

\*No games 2/26/2017; No games 4/16/2017  
Location: Community Center Gym  
Fee: \$350/team  
Instructor: Stephen Beck



### Friday Night Futsal

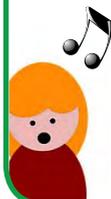
(Ages 13-17)  
Each session is designed to give individual players interested in developing their skills through Futsal an opportunity to register with other players to create a very rich and diverse learning environment. Futsal is played on a small field court with lines (not walls) creating constant pressured situations- 1) From other players 2) From out-of-play boundaries. 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 less players on the field, promoting mastery of the foot skills and proper body mechanics that will naturally carry over into the outdoor game. 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. Non marking court shoes and shin guards required.

430411-02	F	2/10 -3/17	7:30-9P
430411-03	F	3/24 -4/28	7:30-9P

Location: Community Center Gym  
Fee: \$54  
Instructor: Steve Beck

## CANTEMUS YOUTH CHORUS

Give the gift of song to your child this year! Cameron Park has its very own community youth choir! Students get weekly music instruction and perform various concerts throughout the year. Be a part of Sunshine Singers for ages 4-8 yrs or Cantemus Ambassadors for ages 9-15 yrs.



For more information and to enroll your child visit:  
[WWW.CANTEMUS.US](http://WWW.CANTEMUS.US)  
or call Director Erin Bailey  
801-362-8792



# YOUTH SPORTS/TEEN/ADULT CLASSES



## 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). 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 Park  
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](http://www.nflflag.com/form/player)  
[www.nflflag.com/form/coach](http://www.nflflag.com/form/coach)

**Important Dates: Evaluation Days:**  
Saturday, March 18 (Put on by the Ponderosa Bruins Football team) -for all registered players  
Coaches Meeting: March 27 @ 5:30P  
Games Begin: Saturday, April 8  
Games End: Saturday, June 3  
\*\*There will be at least one double header.  
Registration Deadline: March 17  
\*\* No games 4/14 & 5/27

## Flag Football Coaches Wanted

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.

## **NEW!** Sterling "Smooth" Forbes SPRING Basketball Camp

(Ages 5 +)

Camps are directed by former Harlem Globetrotter Sterling "Smooth" Forbes and a qualified staff of experienced basketball coaches and players. The camp is tailored to meet the needs and development of each camper. There is a 10 to 1 camper to instructor ratio, and instructors are experienced in teaching both boys and girls of various skill levels. Much of the staff includes local High School coaches and players. Our wish is for every camper to learn the fundamentals of basketball, meet and make new friends, and HAVE FUN!!!

420414-04 M,Tu,W,Th,F 4/10-4/14 1-4P  
Location: CSD Gym  
Fee: \$95/\$90 with CP resident discount  
Instructor: Sterling Forbes

## 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 fee.

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

## **NEW!** Fly Fishing Clinic

(Ages 12-18)

A clinic, put on by members of the Granite Bay Flycasters that will provide young members of the community with an introduction to the world of fly fishing. The six essential elements of a fly cast will be addressed. Instruction will include learning the role cast, the pickup and laydown forward cast, and false casting. In addition, students will learn basic fly fishing needs including the various types of fly rods, reels, lines, and flies. For proper safety precautions while casting, eye protection and a hat are required of each student. Class size is limited to 10 students.

130313-04 Sa 4/22 & 4/29 10A-12P  
Location: Cameron Park Lake  
Fee: \$5  
Instructors: Granite Bay Flycasters

## Teen/Adult Classes Fitness

### Karate/Taekwondo

(Ages 13 +)

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

140701-01 Tu,Th 1/10-3/2 6:45-7:30P  
140701-03 Tu,Th 3/7-5/4\* 6:45-7:30P  
No class 4/11 & 4/13/2017

Location: Cameron Park Taekwondo Studio, 3181 Cameron Park Drive, Suite #103  
Fee: \$124/\$119 with CP resident discount  
Instructors: Mr. & Mrs. Westphal and Ms. Jones

## Fishing

### Fly Fishing Class

(Ages 13+)

Learn the basic techniques of fly casting; how to assemble and string a fly rod, how to grip the rod, safety precautions while casting a fly, exercises and methods to prevent sore wrists and arms, casting accurately (types of casts, proper stance, casting strokes) and proper way to carry a rod on trails. Handouts will be available. Bring your own fly rod/real/line if you have one. Eye protection (clear or tinted) and a hat are required of each student.

530630-03 Sa 3/18 10A-12P  
Location: Cameron Park Lake  
Fee: \$20  
Instructor: Joseph Bania

# YOUTH/TEEN CLASSES

## Birding

### Bird Identification

(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 of 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.  
440140-04 Sa 4/29 8-11A  
Location: Cameron Park Lake  
Fee: \$17/\$12 with CP resident discount  
Instructor: John Robinson

## Dance

### Intermediate/Advanced Hula

(Ages 16+)

Kumuhula –Lokalia brings the Spirit of Aloha. Kahiko(ancient) Auana



(contemporary) Tahiti –Otea and Aparima. In this class we will go beyond the classroom into the surrounding community performing with the Aloha Spirit.  
160609-01 Tu 1/3-1/24 7-8P  
160609-02 Tu 1/31-2/28\* 7-8P  
160609-03 Tu 3/7-3/28 7-8P  
160609-04 Tu 4/4-4/25 7-8P  
\* No class 2/21/2017  
Location: CSD Dance Studio  
Fee: \$50/\$45 with CP resident discount  
Instructor: Rosalie "Lokalia" Stearns  
–certified Kuma Hula

### Teen/Adult Ballet I

(Ages 13 +)

Students will learn proper technique, alignment and vocabulary. Ballet steps will be taught through across the floor and center work combinations. Each class begins with barre work. Wear pink tights, black leotard, pink ballet shoes, and hair in a bun, ballet skirts are ok.

160612-01 Th 1/5-1/26 7:15-8:15P  
160612-02 Th 2/2-2/23 7:15-8:15P  
160612-03 Th 3/2-3/30 7:15-8:15P  
160612-04 Th 4/6-4/27 7:15-8:15P

Location: CSD Dance Room  
Fee: \$50/\$45 with CP resident discount  
Instructor: April Mason

## Cooking

### Truffles Class

(Ages 13 +)

What if you could create beautiful, gift-worthy chocolate truffles in two hours? Well, you're in luck! During this class, 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.

160106-02 Sa 2/4 10A-12P  
Location: Kitchen at El Dorado Hills CSD  
160106-03 Sa 3/18 10A-12P

Location: Kitchen at Cameron Park CSD  
Fee: \$44/\$39 with CP resident discount  
Instructor: Karen Moore



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Network Installation and Repair

\$40 Per Hour

Rich Percy (530) 333-5227  
Mypcworks1@gmail.com

## Art

### NEW! Furniture Painting Workshop: Bring Your Own Project

(Ages 14 +)

You'll be amazed at how easy it is to transform furniture using chalk style paint. With no sanding or stripping required, it's easy to see why the trend is sweeping the nation. In this workshop you'll bring your own small project and give it new life through paint and wax. Just bring your project; all other materials will be supplied. You may get paint on your clothes. Please dress accordingly \$20 materials fee paid to the instructor. Project guidelines available at CSD office.

140182-02 Sa 2/4 9A-1:30P  
140182-04 Sa 4/8 9A-1:30P

Location: CSD Community Center  
Fee: \$92/\$87 with CP resident discount  
Instructor: Brooke Sobol

### NEW! Chalk Style Painting Basics

(Ages 14+)

Painting furniture and decor using chalk style paint is one of the decade's hottest DIY trends. In this workshop you'll learn about the products, experiment with three different paint techniques, and complete a small project to bring home. Don't bring a thing, all materials will be provided. You may get paint on your clothes. Please dress accordingly.

\$10 materials fee paid to the instructor.

140181-01 Th 1/19 6-8:30P  
140181-03 Tu 3/21 10A-12:30P

Location: CSD Community Center  
Fee: \$57/\$52 with CP resident discount  
Instructor: Brooke Sobol

## Facilities Rental

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

# TEEN/ADULT CLASSES

## Music

### Let's Uke!

(Ages 13 +)

Class 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 baritone) and a copy of the book. You can pick up an information sheet on purchasing a ukulele in the CSD office.

140444-01 M 1/9-2/6\* 6-6:45P

140444-02 M 2/13-3/13\*\* 6-6:45P

\*No class 1/16/2017 \*\*No class 2/20/2017

Location: CSD Social Room

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

Instructor: Lew Johnson



### **NEW!** Bicycle Tune Up 101

(Age 13+)

We will share with you the "trade secrets" of properly tuning your bicycle. It's time to understand what the bike mechanic is going to do when they say, "We can tune that"! Bring your bike and basic tools. We have tools to borrow, but bring what you have.

340102-02 Th 2/9 5:30-7P

Location: Sam's Town Cyclery

3950 Cambridge Road

Fee: \$10

Instructor: Sam's Town Cyclery

## ADULT CLASSES

### Fitness

### 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 T,Th 1/3-1/31 12:30-1:25P

140718-02 T,Th 2/2-2/28 12:30-1:25P

140718-03 T,Th 3/2-3/30 12:30-1:25P

140718-04 T,Th 4/4-4/27 12:30-1:25P

Location: CSD Dance Studio

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

Instructor: Jan Lowry

### Zumba®

(Ages 18+)

Once the Latin and World Rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise... A total workout, combining all elements of fitness, cardio, muscle conditioning, balance and flexibility, boosting your energy and giving you a serious dose of awesome each time you take a class.

140725-01 M/W 1/4-1/30 10-11A

140725-02 M/W 2/1-2/27 10-11A

140725-03 M/W 3/1-3/29 10-11A

140725-04 M/W 4/3-4/26 10-11A

Location: CSD Dance Studio

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

\*\* Can only attend one class per week?

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

Instructor: Susan Spencer

### Cardio Barre

(Ages 18 +)

Cardio Barre is a fun, energetic fusion of Dance, Pilates, Yoga, and fitness that will tone, define, and chisel your whole body!

140726-01 M/W 1/4-1/30 9-10A

140726-02 M/W 2/1-2/27 9-10A

140726-03 M/W 3/1-3/29 9-10A

140726-04 M/W 4/3-4/26 9-10A

Location: CSD Dance Studio

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

\*\* Can only attend one class per week?

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

Instructor: Susan Spencer

### 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 M 1/9-1/30 6:30-7:30P

140704-02 M 2/6-2/27 6:30-7:30P

140704-03 M 3/6-3/27 6:30-7:30P

140704-04 M 4/3-4/24 6:30-7:30P

Location: CSD Dance Studio

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

Instructor: Erica Brett

### 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:

Tues/Thurs/Fri 5:30A

Every day 8:05A

Mon/Wed/Fri 9:15A

Mon/Tues/Wed/Thurs 4:45P

Mon/Wed 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 res. discount for 8 classes

Instructor: Sherrie Lee

## Biking

### **NEW!** Grease is the word- special guest Mr. Torque!

(Age 13+)

Bicycle assembly requires a couple of key items, proper grease and proper torque! Come learn from the pros at Sam's Town Cyclery how to care for your bike!

340102-01 Th 1/19 5:30-6:30P

Location: Sam's Town Cyclery

3950 Cambridge Road

Fee: \$10

Instructor: Sam's Town Cyclery

### **NEW!** Wheel Hub Overhaul

(Age 13+)

Hubs are not "scary" as someone recently said to me. Hubs are your best friends if cared for and MANY hubs are a very expensive, key part to your ride! Sign up and we will show you how to disassemble, inspect, properly grease and reassemble a hub. Tuning is the final key step to this class so bring your listening skills!

340104-01 Th 1/26 5:30-6:30P

Location: Sam's Town Cyclery

3950 Cambridge Road

Fee: \$10

Instructor: Sam's Town Cyclery

# ADULT CLASSES

## Belly Fit®

### Moving Women

(Ages 18 +)

Belly Fit® is the myth busting, spirit soothing, booty shaking workout designed by women for women and the movement is growing. Please bring your own yoga mat.  
 140717-01 T,Th 1/3-1/31 11:30A-12:25P  
 140717-02 T,Th 2/2-2/28 11:30A-12:25P  
 140717-03 T,Th 3/2-3/30 11:30A-12:25P  
 140717-04 T,Th 4/4-4/27 11:30A-12:25P

Location: CSD Dance Studio  
 Fee: \$50/\$45 with CP resident discount  
 Instructor: Jan Lowry

## Dance

### Ballroom Dance

(Ages 18+)

Ballroom dancing is hot! Classes cover easy to learn patterns that have you quickly looking great on the dance floor. No partner is required. Monthly classes are offered for beginners and experienced dancers alike. The instructor's 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.

#### Tango

260612-01 W 1/4-1/25 7-8P

#### Night Club Two-Step

260601-01 W 1/4-1/25 8-9P

#### Foxtrot

260603-02 W 2/1-2/22 7-8P

#### Waltz Dance

260605-02 W 2/1-2/22 8-9P

#### Cha-cha

260610-03 W 3/1-3/22 7-8P

#### Salsa/Merengue

260604-03 W 3/1-3/22 8-9P

#### West Coast Swing

260609-04 W 4/5-4/26 7-8P

#### East Coast Swing

260602-04 W 4/5-4/26 8-9P

Location: CSD Dance Studio  
 Fee: \$49/\$44 with CP resident discount or sign up as a couple for \$69/\$64 with CP res. discount  
 Instructor: Richard Kowaleski

## 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! Beginners and experienced dancers alike learn elegant moves that impress. Phone him for details: 916-722-1382. Come and have fun!  
 360600-01 Sa 1/21 9-11A



### Latin Dance Workshop

Latin dancing is all the rage! Beginners 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 him for details: 916-722-1382. Come and have fun!  
 360600-02 Sa 2/11 9-11A

### Swing Dance Workshop

Swing dancing is still in! Beginners 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 him for details: 916-722-1382. Come and have fun!  
 360600-03 Sa 3/11 9-11A

### Slow Dancing Workshop

Get ready for those holiday dances! Learn how to slow dance like a professional! Beginners 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 him for details: 916-722-1382. Come and have fun!  
 360600-04 Sa 4/8 9-11A  
 Location: CSD Dance Studio  
 Price per workshop: \$12 per person  
 Instructor: Richard Kowaleski

## NEW! Middle Eastern Dance/Belly Dance

(Ages 18 +)

Let's explore the art and history of Middle Eastern Dance. You will learn traditional Turkish and Egyptian dance style. Class focus is on proper posture to promote balance and flexibility through movement. Wear clothes to move in, shoes are optional.

140719-01 T 1/3-1/24 2:30-3:25P  
 140719-02 T 1/31-2/28\* 2:30-3:25P  
 140719-03 T 3/7-3/28 2:30-3:25P  
 140719-04 T 4/4-4/25 2:30-3:25P

\* No class 2/21/2017

Location: CSD Dance Studio  
 Fee: \$50/\$45 with CP resident discount  
 Instructor: Jan Lowry

## NEW! Intermediate Adult Tap Dance

(Ages 16 +)

Dust your tap shoes off, and come join the fun in our Intermediate Tap class! This tap dance class is a blend of Broadway and Rhythm Tap for experienced tap dancers. Class will consist of accurate tap dance techniques, along with working on better balance techniques. Tap dancing is fun, lively and teaches rhythmic skills. Tap dance provides a good cardiovascular workout and is a great stress releaser. Come have some fun with other tap dancers and lift your sole/soul!  
 140609-01 W 1/11-2/1 7:30-8:30P  
 140609-03 W 3/8-3/29 7:30-8:30P  
 Location: Jammin' Dance and Fitness  
 6090 Enterprise Dr., Diamond Springs  
 Fee: \$53/\$48 with CP resident discount  
 Instructor: Kay Lenhart

Cameron Park



Taekwondo

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Start the New Year (2017)  
Special

1 month of Taekwondo classes  
\$39.00 inc. uniform. 1st timers only

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# ADULT CLASSES

## **NEW!** "You CAN Dance" - aka: Adapted Dance for Adults

(Ages 16+)

You CAN dance is a class for Adapted Adults (Special Needs), which allows for expression of one's self through the art of dance and other movement activities. It aims to create joy in one's life by moving, providing benefits of exercise, experiencing dancing to fun music, and increasing positive social interaction. Props, fun music, and lots of dancing are included! A portion of the class is done sitting, enabling freedom of movement, without the need to balance. (Wheelchairs and walkers are welcome).

140610-01 Th 1/5-1/26 9:30-10:15A

140610-02 Th 2/2- 2/23 9:30-10:15A

Location: Jammin' Dance and Fitness

6090 Enterprise Dr., Diamond Springs

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

Instructor: Kay Lenhart

## Music

### Classical Guitar

(Ages 18 +)

This class is for students who have some prior experience. For an idea of the level these students have reached, the current class has worked through to page 64 of the Christopher Parkening Guitar Method Volume 1, and are currently working on studies number 25 and 26 on page 71. This book is available at Nicholsons Music at a cost of \$12.99 plus tax. The class has also done some basic scale work, and is also working through the Giuliani 120 studies for the right hand. The ability to read music is necessary, but you will also be introduced to tablature and chord charts. 30 to 45 minutes daily practice is recommended. If you have questions, please call Lewis Ridgeway, instructor, at 916-712-5930.

### Guitar III

140450-01 Th 1/5-1/26 6:30-7:30P

140450-02 Th 2/2-2/23 6:30-7:30P

140450-03 Th 3/2-3/23 6:30-7:30P

140450-04 Th 4/6-4/27 6:30-7:30P

Location: CSD Social Room

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

Instructor: Lewis Ridgeway

#### \*\*Beginner Guitar Class

If you are interested in a beginner class, please notify the CSD and have your name put on the waiting list. When there is enough interest, a class will be offered.

### Guitar Ensemble

Class provides students of any age or skill level an opportunity to not only play in an orchestra type setting, but improve your playing, musical skills, and technique in ways that will surprise and please you. Guitar players very rarely get the ensemble experience that band and orchestra instruments do in school. It is a great team experience. We'll explore a variety of musical styles from jazz to classical, and the parts will be within your technical abilities, (nothing too difficult) as our initial objective is learning to play together as a group, playing in time, and listening to what is going on around you. There will also be a place for one or two bass guitar players who can read music notation.



140453-01 Sa 1/14 & 1/28 9-10:30A

140453-02 Sa 2/11 & 2/25 9-10:30A

140453-03 Sa 3/11 & 3/25 9-10:30A

140453-04 Sa 4/8 & 4/22 9-10:30A

Location: CSD Community Center

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

Instructor: Lewis Ridgeway

## Art

### Easter Glass Plate

(Ages 18+)

Design a beautiful 8 x 8 glass Easter themed plate. You will create the plate with your own design on it. Once created, the instructor will take the piece home to be fused and then slumped (if desired). You will have a beautiful fused glass Easter plate! \$15 material fee payable to instructor.

360102-03 Tu 3/7 5:30-7:30P

Location: CSD Community Center

Fee: \$55

Instructor: Debbie Trapasso

### Jewelry Making Class

(Ages 18 +)

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

140166-01 Tu 1/24 10A-12P

140166-02 Tu 2/21 10A-12P

140166-03 Tu 3/14 10A-12P

Location: CSD Social Room

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

Instructor: Linda Siqueido

### Cathie's Paint Parties

(Ages 18 +)

Want to paint your own masterpiece? Each budding artist will create a ready to hang 11 x 14 canvas painting instructed by artist, Cathie Urquhart in a fun filled 3 hour class. All supplies will be provided for your project.

140102-01 Sa 1/14 10A-1P

**Theme: Colors of Night** 140102-02 Sa 2/11 10A-1P

**Theme: Cuppa Love** 140102-03 Sa 3/11 10A-1P

**Theme: Daffodil Barn** 140102-04 Sa 4/8 10A-1P

**Theme: Kitty in the Window**

Location: CSD Community Center

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

Instructor: Cathie Urquhart

### Paint and A Splash Too!

(Ages 18+)

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 acrylic painting class. (materials included).

Painting: Hummingbird

140101-01 Sa 1/28 10A-12P

Painting: Full Bloom Beauty

140101-04 Sa 4/1 10A-12P

Location: El Dorado Hills Senior Center

990 Lassen Drive, EDH

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

Instructors: Terri Haverty, Maggie Bosch, &

Sherry Pavloff

### Fun with Glass - Valentine's Glass Candle Holder

(Ages 18+)

Come join us for a fun night of creating a Valentine's Day fused glass candle holder.

You will create an 8 x 8 glass piece with various types of colored glass including frit, stringers, and noodles. The instructor will take the piece home to be fused and then slumped into a beautiful fused glass candle holder. \$15 material fee payable to instructor.

360102-01 Tu 1/31 5:30-7:30P

Location: Town Hall -City of Placerville

549 Main Street, Placerville

Fee: \$55

Instructor: Debbie Trapasso

# ADULT CLASSES

## You have Photos? We Have Solutions!

(Ages 18+)

Workshop gives you an opportunity to bring your loose pictures, memorabilia, and photo albums to class where you will learn the ABCs of organizing your memories. After completing your first organizing activity, you will choose some of your favorite photos for a free digital scanning. At the end of this class you will walk away with 80 - 100 scanned photos, or six photo album slides, to add to your digital collection. Please bring a flash drive or an external drive to class for transporting your scanned memories. Bring your laptop if you need help creating folders/albums for your scanned photos.

140418-01 Th 1/19 9-11:30A

140418-03 Th 3/16 6-8:30P

Location CSD Community Center

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

Instructor: Judy Bujold

## Create Photo Memory Books/Digital Scrapbooking with Mixbooks.com

(Ages 18+)

Have you ever wanted to create a beautiful Photo Memory Book to share and remember a wedding, vacation, celebration of life, or other significant event? In this class, you will learn the step by step process on how to make your own custom Photo Memory Book using Mixbook.com, an internet-based image publishing service. Mixbook lets you upload your favorite photos and then select a theme and a design that will make your memories pop! Bring your laptop, external drive or flash drive that contains a folder/album loaded with up to 200 digital photos that you are considering for your Photo Memory Book. Knowledge to connect to the internet through Wi-Fi access advisable. At the end of the final class, you will be ready to order your Custom Photo Memory Book preserving your most meaningful memories for you and your family to love for generations.

140419-02 Th 2/2 & 2/9 9-11:30A

140419-04 Tu 4/18 & 4/25 6-8:30A

Location CSD Community Center

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

Instructor: Judy Bujold

## **NEW!** Closet Makeover

(Ages 18+)

Declutter, Simplify & Save Money. Are you tired of the chaos in your closet? Let Image Consultant Blair Massey teach you how to: identify what works and what doesn't, clear the clutter and get organized, discover your closet's hidden treasures, create more looks with fewer pieces, build a wardrobe that supports your lifestyle, cut down on impulse buying, shop smart and save money. Learn to make sound wardrobe choices that stop frustration and bring peace to your daily dressing. \$3 material fee payable to instructor.

140116-02 Th 2/16 6-8:30P

Location: CSD Community Center

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

Instructor: Blair Massey, Image Consultant

## Gardening

### **FREE!** UCCE Master Gardener Public Education Classes

In partnership with the Cameron Park Community Services District. Classes held at the Cameron Park Community Center

### Small Garden Spaces

Join Master Gardener Mike Pavlick in a discussion that will cover sight 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 2/8

9A-12P

## Seasonal Color with California Bulbs

California landscapes are graced by seasonal bulbs, corms, and rhizomes that make up much of our region's wildflower beauty. Come learn to identify these plants, understand their growth and propagation needs, and get tips for success in your home garden.

Wednesday 3/8

9A-12P

## Orchids

You don't need a greenhouse to grow some lovely orchids both indoors and outdoors. Several species do well in the El Dorado County climate in a shade garden. Heidi Napier will cover basic care, simple propagation, easy varieties, and will show you how to get these enchanting plants to thrive and bloom.

Wednesday 4/12

9A-12P

## Japanese Maples

Learn how to prune Japanese Maples and basic pruning techniques. Class will cover all aspects of Japanese Maples from plant selection, pruning, proper placement and care all year. Learn how to shape, thin, and repair bad pruning jobs. This is a great pruning basics class too. Get all of your questions answered and all of the "maple myths" demystified. FREE - pre-registration is required.

540109-1A Su 1/22 11A-12:30P

540109-2A Sa 2/11 11A-12:30P

Location: El Dorado Nursery

3931 Durock Rd Shingle Springs

Instructor: Chris from El Dorado Nursery

## Roses

Learn how to prune and care for Roses. Class will cover pruning techniques, how to ward off pests and diseases, correct timing for fertilization and answer all questions related to all types of roses. Learn how to shape or salvage old roses. FREE - pre-registration is required.

540109-3A Su 1/22 1-2:30P

540109-4A Sa 2/11 1-2:30P

Location: El Dorado Nursery

3931 Durock Rd Shingle Springs

Instructor: Chris from El Dorado Nursery



**COMPANION  
ANIMAL HOSPITAL**

Dr. Erin L. Felton  
Dr. Erin L. McCarty • Dr. Amie Rodda

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530-677-3868

www.companionvet.com

# ADULT/SAFETY CLASSES

## Wellness

### **NEW!** Clearing the Path to Lasting Weight Loss

Ages 18+)

Have you tried everything to lose weight but nothing seems to work? Have you lost weight only to gain it back again? Do you feel stress, anger, guilt, or shame when you think about food or your body? If so, you may need to clear some internal blocks before you can smoothly travel the path to your ideal weight! In this workshop, certified EFT practitioner Jennifer Jackson will teach you how to reduce stress and anxiety concerning food, dissolve limiting beliefs about body image and weight loss, and help you deeply process the emotions behind food cravings to finally end negative cycles of emotional eating. Come join us as we get the New Year off to a grounded, healthy start!

140124-02 Sa 2/11 10A-12P

Location: CSD Social Room

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

Instructor: Jennifer Jackson

### **NEW!** Do You Need Estate Planning?

Ages 18 +

Attorney Clara Yang will address important legal issues that we will all face at some point in our lives, and will give you step by step advice on avoiding potential pitfalls. Her discussions will include Wills, Living Trusts, Special Needs Trusts, Durable Power of Attorney, Specific Power of Attorney, Advanced Health Care Directives, and how to use these estate planning documents to avoid court proceedings (probate, guardianship, conservatorship), minimize taxes, preserve the maximum amount of wealth possible for your loved ones, and to protect the interest of your minor children and disabled loved ones.

140154-02 Tu 2/7 6-7:30P

Location: CSD Community Center

Fee: \$17

Instructor: Clara Yang, Attorney at Law

## 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. "You look amazing!" Material fee of \$80 payable to instructor, which includes personalized color palette with zippered case, worksheets, and handouts.

140117-03 Sa 3/11 & 3/25 10A-12:30P

Location: CSD Community Center

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

Instructor: Blair Massey, Image Consultant

## Discover your Personal Style

(Ages 18+)

Stop the fashion madness! Let 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 coordinated and versatile 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, fee covers a 63 page personalized Style Guide, worksheets and handouts.

140118-11 Th 4/6 & 4/20 6-8P

Location: CSD Community Center

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

Instructor: Blair Massey, Image Consultant

## 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.

## Legal Programs

### Social Security:

**How to Pay Less or Nothing in Taxes**  
(Ages 18 +)

Whether you are 55 or 75, there are ways you can minimize or eliminate income taxes on your social security benefits. Come to this informative workshop to learn effective ways to keep more of your hard earned money. A question/answer period is also included.

140149-02 Th 2/23 6:30-8P

Location: CSD Community Center

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

Instructor: William Corley

## Safety Classes

### CPR/First Aid & Babysitting 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 hours before class. Certification

cards are issued by mail after class.

### Heartsaver Adult/Child CPR & AED

(Ages 16 +)

160124-01 Sa 1/7 8-11A

160124-02 Sa 2/4 8-11A

160124-03 Sa 3/4 8-11A

160124-04 Sa 4/1 8-11A

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

### Heartsaver Adult/Child/Infant CPR & AED

(Ages 12 +)

160116-01 Sa 1/7 8-12P

160116-02 Sa 2/4 8-12P

160116-03 Sa 3/4 8-12P

160116-04 Sa 4/1 8-12P

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

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

(Ages 12 +)

Not approved for licensed daycare providers.

160126-01 Sa 1/7 8A-3P

160126-02 Sa 2/4 8A-3P

160126-03 Sa 3/4 8A-3P

160126-04 Sa 4/1 8A-3P

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

# SAFETY CLASSES

## Basic Life Support CPR & AED

(formerly Healthcare Provider  
CPR & AED)

(Ages 12 +)

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

160131-01	Sa 1/14	8A-12:30P
160131-1A	Sa 1/21	8A-12:30P
160131-02	Sa 2/11	8A-12:30P
160131-2A	Sa 2/18	8A-12:30P
160131-03	Sa 3/11	8A-12:30P
160131-3A	Sa 3/18	8A-12:30P
160131-04	Sa 4/8	8A-12:30P
160131-4A	Sa 4/22	8A-12:30P

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

## Heartsaver First Aid Only

(Ages 12 +)

160130-01	Sa 1/7	1-3P
160130-02	Sa 2/4	1-3P
160130-03	Sa 3/4	1-3P
160130-04	Sa 4/1	1-3P

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

## Child and Babysitting Safety

(Ages 11 - 15)

A course for building a safe and successful babysitting business, which covers getting started, leadership, care giving, safety & prevention, playtime, and first aid tips. No CPR training in this class, see Babysitting CPR. \$5 materials fee paid in class. Bring a snack for break.

130115-01	Tu,W	1/10-1/11	5:30-8:30P
130115-02	Tu,W	2/7-2/8	5:30-8:30P
130115-03	Tu,W	3/7-3/8	5:30-8:30P
130115-04	Tu,W	4/11-4/12	5:30-8:30P

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

## Babysitting CPR

(Ages 11 - 15)

Teaches child & infant CPR. Participation card received. No certification for this class. \$5 material fee paid in class.

130116-01	F 1/13	5-7P
130116-02	F 2/10	5-7P
130116-03	F 3/10	5-7P
130116-04	F 4/7	5-7P

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

## Basic Life Support CPR Skills Session

(formerly Healthcare Provider  
CPR Skills)

(Ages 12 +)

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

160121-01	Sa 1/14	1-2P
160121-1A	Sa 1/21	1-2P
160121-02	Sa 2/11	1-2P
160121-2A	Sa 2/18	1-2P
160121-03	Sa 3/11	1-2P
160121-3A	Sa 3/18	1-2P
160121-04	Sa 4/8	1-2P
160121-4A	Sa 4/22	1-2P

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

## BasicPlus CPR/AED/ First Aid Skills Session

(Ages 12 +)

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

160125-01	Sa 1/14	3-4P
160125-1A	Sa 1/21	3-4P
160125-02	Sa 2/11	3-4P
160125-2A	Sa 2/18	3-4P
160125-03	Sa 3/11	3-4P
160125-3A	Sa 3/18	3-4P
160125-04	Sa 4/8	3-4P
160125-4A	Sa 4/22	3-4P

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 1/28	8A-5P
160117-02	Sa 2/25	8A-5P
160117-3A	M/T 3/13-3/14	5:30-9:30P
160117-03	Sa 3/25	8A-5P
160117-04	Sa 4/29	8A-5P

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

**All above classes are held at Rescue Training Institute.**

## Super Sitters Class

(Ages 11-15)

Have fun becoming a competent, responsible babysitter! Home and fire safety (CPR not included). Emergency preparation and first aid. Age appropriate activities/child development. Safely advertising babysitting services. A snack will be provided. Bring a friend and save \$10 each.

130120-02 M 2/20 9A-1P

Location: CSD Community Center

Fee: \$57/\$52 with CP resident discount

Instructor: Marshal Medical



## 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](http://www.cdfw.ca.gov). Complete the self-study quiz at the end of the book, as it will help you pass the test at the end of class. You will receive your Hunter Education Certificate same day. Classroom instruction includes ethics, wildlife management, conservation, sportsmanship, ecology and firearms. Ten commandments of firearm safety. All students are required to obtain a California Get Outdoors ID (GO ID) prior to registering for California Hunter Education courses. Please visit <https://wildlife.ca.gov/Hunter-Education/GetGOID> to obtain ID. This ID number is needed when registering for class. \$10 material fee payable to instructor.

160105-02 Su 3/5 8:30A-5:30P

160105-03 Su 3/12 8:30A-5:30P

160105-04 Su 4/9 8:30A-5:30P

Location: CSD Community Center

Fee: \$15

Instructor: Larry Nelson

# SAFETY CLASSES



## 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, and reviewing your Lifeguard Participant Manual (a link will be provided to you). We'll then focus your in-person training time with hands on CPR/AED & First Aid skill review 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 13 9A-6P Fee \$135

## 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.

Friday, May 12 – 5:30 PM – 9 PM & Saturday, May 13 - 9A-4:30P Fee \$139

Friday, June 16 – 5:30 PM – 9 PM & Saturday June 17- 9A-4:30P Fee \$139

**Aquatic Safety Classes**  
held at the Cameron Park CSD  
**PREPARE FOR A SUMMER  
OR SEASONAL JOB**

## Lifeguard Class

Get your Lifeguard Certification FAST! 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.

Friday, April 21 – 5:30-9P, Saturday, April 22 & Sunday, April 23 8A-5:30P

Fee \$235

Friday, May 5 - 5:30-9P, Saturday, May 6 & Sunday, May 7 8A-5:30P

Fee \$235

Saturday, May 20 & Sunday, May 21 8A-6P

Fee \$235

Saturday, June 10 & Sunday, June 11 8A-6P

Fee \$235

Saturday, June 24 & Sunday, June 25 8A-6P

Fee \$235

## Waterfront Lifeguard

The purpose of the Waterfront Skills module is to teach current 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 16 9A-11A Fee \$49

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

## Join the El Dorado Camera Club!

Print competitions occur 3 times a year. They are open to anyone but there is a small entry fee. Monthly Challenges happen throughout the year. 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](mailto:EDCC.newsletter@gmail.com).

**Gear talk - Sharing what we like and dislike about various camera gear and computer programs.**

Thursday, January 19 – 7P

**Print competition**

Thursday, February 16 – 7P

**Regular Meeting**

Thursday, March 16 – 7P

**Regular meeting**

Thursday, April 20 – 7P



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

## 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](http://www.cameronpark.org)) or contact us at 530-677-2231.

## Vendors Wanted

**Red, Whites & Jewels Jewelry Show** – Saturday, January 28, 11A-4P

**Spring Antique, Craft & Garden Show** – Saturday, May 6, 9A-3P

**Welcome to Summer** – Saturday, May 27, 12-5P

**Summer Spectacular** – Saturday, June 24, 2-10P

For information on these shows, please call the Cameron Park CSD at (530) 677-2231 or email us at [cpcsd@cameronpark.org](mailto:cpcsd@cameronpark.org).

# ADULT SPORTS

## Cameron Park Library Events

2500 Country Club Drive  
530-621-5500  
www.eldoradolibrary.org

### PAWS for Reading

Every Tuesday 4-5 pm

### PJ storytime

First Thursdays 6 pm  
Jan 5, Feb 2, Mar 2, Apr 6

### Saturday Book Sales

Feb 11, Apr 8 9am - 1 pm

### Love Your Library - Free book bags!

Feb 14

### Dr. Seuss Birthday Party – Mar 2

### All Animals All April

Join us for special programs  
all month long!



## Adult Sports

### Adult Tuesday Basketball League

(Ages 18+)

#### Winter

140356-01 Tu 1/31-3/28

#### Spring

140356-04 Tu 4/18-6/13

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.

## RETURNS!

### Adult Softball

(Ages 18+)  
Adult Softball is continuing in the Summer of 2017!!  
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.cameronpark.org](http://www.cameronpark.org) or at the CSD office.

#### Summer Men's Leagues

440302-13 M 6/19-8/14 (No games 7/3)

440302-14 Tu 6/20-8/15 (No games 7/4)

#### Co-ed League

440302-15 Th 6/30-8/17

Location: Rasmussen Park

Early Bird Fee: \$450/league/team

After May 26 – Fee is \$470/league/team

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

## Tennis

Adult Starters/Re-Starters

Fundamentals of Tennis  
with goal of Rallying and  
Beginning Play

140322-03 Th 3/16-4/6 5:30-6:30P

140322-04 Th 4/13-5/4 5:30-6:30P

Location: Tennis Courts Cameron Park Lake

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

Instructor: Andy Webb



## Pickleball

### Indoor Program

150720-01 T/Th 1/5-1/31 9A-12P

150720-02 T/Th 2/2-2/28 9A-12P

150720-03 T/Th 3/2-3/30 9A-12P

150720-04 T/Th 4/4-4/27 9A-12P

Location: Community Center Gym

Fee: \$3 drop in or \$25 for 10 punch card

## NEW! Pickleball Lessons

(Ages 45 +)

150721-01 Tu,Th 1/10-1/19 1:30-2:30P

150721-02 Tu,Th 2/7-2/16 1:30-2:30P

Location: Community Center Gym

Fee: \$64

Instructor: Doug Koch



# SAM'S TOWN CYCLERY

Mechanics • Bicycles • Accessories

HOLIDAY SERVICE  
*Special!*  
**FREE**  
HIGH QUALITY TUBE  
with any service  
or tune-up

PLEASE BRING IN GOLDEN VALUE COUPON.  
NOT GOOD WITH ANY OTHER OFFERS.  
EXPIRES 2-15-17.

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**FREE**  
WATER BOTTLE  
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**20% OFF**  
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NOT GOOD WITH ANY OTHER OFFERS.  
EXPIRES 2-15-17.

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- FAMILY FRIENDLY ~ 4 QUALITY BIKES: \$1500
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Just bring in a Golden  
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**(530) 313-3721**  
**Cameron Park • 3950 Cambridge Rd., #2**









## Pre-Season Swim Lessons



4 day swim lessons offered (Four classes – 3-4 students max per class)

### Session 1 – May 1-10 (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 2-11 (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 15-24 (Monday & Wednesday)

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

### Session 4 – May 16-25 (Tuesday & Thursday)

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

Location: Community Pool

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

## 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!! 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 workout. 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.

Starting May 2

Location: Cameron Park Community Pool

Fee: \$6 drop-in or \$50 - 10 punch card

Instructor: Tiffany Ortega

## Mermaid School

(Ages 8-17)

The only mermaid classes offered in Northern California are back 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 skills practice before donning tails, repeating the drills and skills in the tails, playing a group mermaid game, and having a chance for free swim. 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 5/5 4-5P

220210-02 F 5/12 4-5P

Location: Cameron Park Aquatics Center

Fee: \$47/\$42 with CP resident discount, save \$10 if you sign up for both classes at the same time. Instructor: Mermaid Rachel

\*\* Additional classes coming in June



## 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 techniques 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 5/5 5:15-6:15P

240210-02 F 5/12 5:15-6:15P

Location: Cameron Park Aquatics Center

Fee: \$47/\$42 with CP resident discount, save \$10 if you sign up for both classes at the same time.

Instructor: Mermaid Rachel

\*\* Additional classes coming in June



## Sierra Sharks Swim Team



Come swim with the Sharks for the 2017 Season!! Meet new friends and enjoy hanging out with old ones while staying cool and swimming at the CSD Pool. The Sharks is a recreational summer swim team with a 14 week season throughout the summer. Learn to improve your Freestyle & Back Strokes and learn how to do the Breast & Butterfly Strokes! There are 7 dual meets against other local Sacramento teams and a "can't" miss season Championship Meet for everyone on the team. Registration opens on January 1, 2017. April 21 attend the Water Safety Evaluations, Welcome Family night & More. Register with the Sierra Sharks Swim Team at [www.sierrasharks.com](http://www.sierrasharks.com).

# MATURE ADULTS

## 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 musculoskeletal 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 1/3-1/24 1:30-2:30P  
150712-02 Tu 1/31-2/28\* 1:30-2:30P  
150712-03 Tu 3/7-3/28 1:30-2:30P  
150712-04 Tu 4/4-4/25 1:30-2:30P  
\* No class 2/21/2017

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

## Modified Zumba

(Ages 50+)

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

150725-01 T/TH 1/3-1/31 9-10A  
150725-02 T/TH 2/2-2/28 9-10A  
150725-03 T/TH 3/2-3/30 9-10A  
150725-04 T/TH 4/4-4/27 9-10A

Location: CSD Dance Studio  
Fee: \$50/\$45 with CP resident discount  
\*\* Can only attend one class per week?  
Fee: \$35/\$30 with CP resident discount  
Instructor: Monica Chong

## **NEW!** Modified Zumba 70+

Perfect for Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

150727-01 T/TH 1/3-1/31 10:15-11A  
150727-02 T/TH 2/2-2/28 10:15-11A  
150727-03 T/TH 3/2-3/30 10:15-11A  
150727-04 T/TH 4/4-4/27 10:15-11A

Location: CSD Dance Studio  
Fee: \$45/\$40 with CP resident discount  
\*\* Can only attend one class per week?  
Fee: \$30/\$25 with CP resident discount  
Instructor: Monica Chong

## **NEW!** Senior Fitness Strength & Stability

This class is designed for the older, active adult that incorporates balance techniques with strength and cardio exercises. Over time you will feel more steady and confident as you move through your daily activities. Need to exercise in the chair?

No problem! We've got you covered.

150710-01 M 1/9-2/6\* 11-11:45A  
150710-02 M 2/13-3/13\*\* 11-11:45A  
150710-03 M 3/20-4/10 11-11:45A  
150710-04 M 4/17-5/8 11-11:45A

\* No class 1/16/2017, \*\* No class 2/20/2017  
Location: CSD Dance Studio  
Fee: \$35/\$30 with CP resident discount  
Instructor: Sue Spencer

## 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. Two - 2 day classes are available- January and March.

- January class – Monday, January 9th & Thursday, January 12th - 8:30A - 12:30P.
- March class – Monday, March 6th & Thursday, March 9th – 8:30A - 12:30P.

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 530-621-6333 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.



## **FREE!** Ponté Palmero Lunch

Come have lunch prepared by Chef Diann of Ponté Palmero at the Community Center. Please join the Ponté Palmero Directors Rachel Amador, Tiffany Ortega and Greg Kasner on Wednesday, February 1st. Lunch will be served at 12P. There will be music, food and fun for all! The next lunch is scheduled for Wednesday, May 3rd at 12P. Please call 530-677-2231 to reserve your space today.

## Volunteers Needed

The Community Services District is always in need of volunteers for special events. If you or your organization would like to volunteer your time and talents, please call the CSD offices at (530) 677-2231.

## Senior Lunch

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

## - BINGO -

Bring your friends for fun and laughs  
Bingo will be held the 2nd Tuesday  
of the month from 1-3P. \$3 for 2  
cards, \$1 each additional card – 4  
card limit. January 11, February 14,  
March 14 & April 11.

## Speaker Series

Held at the Cameron Park  
Community Center. Refreshments  
will be provided. Please call  
530-677-2231 to reserve a spot.

### GOLDEN YEARS

### WELLNESS WORKSHOP

**Friday, January 20 - 12:45P**

Presented by Scott Feher. A fun  
and creative approach to Your  
Golden Years, that focuses on  
planning for the everyday aspects  
of life. Learn how to make your  
golden years a time of life that is  
truly meaningful, answer the three  
most powerful retirement questions  
that will change it forever, re-invent  
yourself, and prepare for important  
conversations to strengthen your  
relationships, and develop wellness  
habits for your body, mind and spirit.

### “LEGAL BUCKET LIST FOR RETIREES”

**Friday, March 3 - 12:45P**

Attorney Diana Steele from El Dorado  
County's Senior Legal Services will  
discuss the legal documents needed  
for those years after retirement. Do  
you have a plan should you become  
incapacitated or pass away unexpect-  
edly? What if you need long term  
care? Learn about your options and  
alternatives and how to plan now for  
the unexpected.

## 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 2017 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 7, 2017 to April 11, 2017. To make an appointment at this site, call 530-303-7046. The appointment line will be staffed beginning January 16, 2017. 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](http://www.aarp.org/taxaide).

## 50+ ROOM - JOIN THE FUN!

### GAMES, LECTURES, AND PERSONAL SUPPORT

**Mondays** – Games 10A, Bridge 1-3P

**Tuesdays** – Games 10A

**Wednesday** – Quilting 9A – 12P. Learn  
to quilt or improve your quilting skills. All  
are welcome to attend.  
Bridge – 9:30A-12:30P

**Thursday** – Games 10A

Join us in the 50+ Room, located at  
the Cameron Park Community Center  
(CSD) Games include: RUMMIKUB,  
MEXICAN TRAIN, PINOCHLE, HAND  
& FOOT, CRIBBAGE, ETC OR BRING  
A GAME OF YOUR OWN.

### REGULAR MONTHLY PROGRAMS INCLUDE:

- Brain Health/Activities - 2nd Tuesday  
of the month - 10:30A
- Gift Card Play Day – 3rd Thursday of  
the month - 10A to 12P All winners for  
that day will win a gift card.
- Game Day sponsored by Cameron  
Park Newcomers –  
4th Tuesday of the month - 10A
- Short Stories/Discussion - 4th  
Tuesday of the month - 1P

For information on other monthly  
speakers and special events check the  
CPCSD website or the 50+ Room flyer,  
located on the information table at the  
CSD.



# TRIPS/TOURS/EVENTS

## Discover Cuba

Highlights of Havana & Varadero  
8 days April 19-26, 2017

### Highlights

2 Nights Melia Varadero All-Inclusive Resort;  
4 Nights Havana; Varadero & Matanzas;  
Matanzas School of Art & Music; Museum of the  
Revolution; Old Havana Walking Tour  
(UNESCO); Home & Studio of Artist Jose  
Fuster; Walking Tour of the Colon Cemetery;  
Havana Club Rum Museum Tour;  
Hemingway's Farm - Finca La Vigia; Habana  
Compas Dance Group Performance; Old  
Style Classic Car Club Discussion; Nacional  
Hotel Tour; Former Cuban Baseball Player  
Discussion; Pinar Del Rio & Vinales Valley  
(UNESCO); Francisco Donatien Cigar  
Factory Visit; Tobacco Farm & Farmhouse  
Visit

### Inclusions

Round Trip Airfare from Sacramento(SMF);  
Round Trip Transfers to/from SMF; All Air  
Departure Taxes & Fees; Havana Airport  
Departure Taxes; Cuban Visa & Cuban  
Health Insurance; Hotel & Airport Transfers  
in Cuba; 7 Nights First Class Hotel  
Accommodations; Professional Bilingual  
Cuban Guide; U.S. Tour Manager; 16 Meals  
- (6B, 6L, 4D); Daily Bottled Water;  
Interactions & Admissions per Itinerary;  
Baggage Handling - (1 Checked Bag pp);  
Deluxe Air Conditioned Motorcoach;  
Gratuities for Hotel Porters, Wait Staff at  
included Meals, Step on Guides and All People  
to People Visits & Interactions

### Accommodations

1 Night Miami Airport Crown Plaza or similar; 2  
Nights Melia Varadero Resort (All Inclusive  
Resort) or similar (meliacuba.com); 4 Nights  
Melia Havana Hotel, Melia Cohiba Hotel,  
Quinta Avenida Hotel or similar.

**BOOKING DISCOUNT** - \*: \$5,195 pp double.  
Regular Rate: \$5,265 pp double,  
Single Supplement: +\$600

**FREE!**

## Trip Presentations by Premier World Discovery

Come and attend a presentation  
on the trips planned for the  
upcoming year on Wednesday,  
February 8, 2017 at the  
Community Center at 1pm.  
Kris Adams will be here  
to highlight what tours will  
be offered for travel in the  
upcoming months and more.

## Southwest Trains and Canyons

Featuring Arches, Canyonlands & Mesa  
Verde National Parks  
8 days June 15-22, 2017

### Highlights

Two Rail Experiences; Three National  
Parks; Salt Lake City; Dead Horse State  
Park; Santé Fe City Tour; Loretto Chapel;  
2 nights Moab, UT, 2 nights Durango, CO;  
2 nights Santé Fe, NM, Cowboy Dinner &  
Stage Show.

### Inclusions

Roundtrip Airfare –SMF; Roundtrip  
Transfers –SMF; 12 Meals – (7B, 1L & 4D);  
Professional Tour Director, Motorcoach  
Transportation; Sightseeing per Itinerary;  
Hotel Transfers; Baggage Handling

### Accommodations

2 nights Moab, UT, 2 nights Durango, CO; 2  
nights Santé Fe, NM.

**BOOKING DISCOUNT** \*: \$2,645 pp double.  
Regular Rate: \$2,745 pp double, Single  
Supplement: +\$925



## The CPCSD supports the California Children's Outdoor Bill of Rights

**Mission:** To encourage California's  
children to participate in outdoor  
recreational activities and discover  
their heritage.

**Objective:** That every child in  
California, by the completion of their  
14th year, has the opportunity to  
participate in each of the activities  
listed within the California Children's  
Outdoor Bill of Rights.

Members of the Roundtable include rec-  
reation, parks and tourism leaders from  
local, state and federal agencies, private  
and non-profit organizations, educational  
institutions and the public. Web Address:  
[www.calroundtable.org](http://www.calroundtable.org)

The California  
Children's  
Outdoor Bill  
of Rights  
provides that  
every child  
should have  
the right to:

- Play in a safe place
- Explore nature
- Learn to swim
- Go fishing
- Follow a trail
- Camp under stars
- Ride a bike
- Go boating
- Connect with the past
- Plant a seed

Participate  
in programs  
and experience  
the adventures  
on this  
list.

## 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 8, 10, 12, 14, & 18. Please visit  
[cameronpark.org](http://cameronpark.org) for ad space opportunities.

# COMMUNITY EVENTS AND SERVICES

## Christmas Tree Recycling

Residents of Cameron Park Community Services District may drop off Christmas Trees from December 26th through February 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 7th to most Cameron Park single family homes. Suggested donation is \$10 per tree. Donation helps Scouts earn money to support Boy Scout events and camps. Trees picked up will be recycled by the CSD. Due to traffic safety considerations Scouts may not be able to reach all homes. Eligible single family homes will receive an envelope on December 3rd with complete pick up details and information. Thank you for your support. For questions, please call 916-718-9677.



## — 18th Annual —

# Summer Spectacular

**Saturday, June 24 at Cameron Park Lake,  
2989 Cambridge Road**

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 music. The evening finishes with an amazing fireworks show.

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

**Early Bird Special  
Purchase by  
April 28th!**

## LAKE AND POOL PASSES

Combo passes available for the lake and the pool. Discounted prices through April 28th, prices will increase after April 28th. Buy them now! Family passes include up to 5 people.

**Early Bird Combo Passes**

**Available  
Again This Year!**

**Discounted Price**  
December 1st – April 28th

Family Pass	\$129	Senior Pass	\$40
Individual Pass	\$50	Additional Family Member	\$30

**Regular Price**  
May 1st – end of season

Family Pass	Res. \$265	Non-res. \$340	Senior Pass	Res. \$105	Non-res. \$140
Individual Pass	\$145	\$195	Add'l Fam Member	\$30	\$40



# CAMERON PARK EVENT CENTER & PARK RENTALS

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

The Cameron Park Community Services District has a variety of rooms and park event areas 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 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.

**Community Center and Park locations are available for event venues such as weddings, family gatherings, fundraisers, corporate events, parties and more! An ideal location to hold any activity – 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](http://www.cameronpark.org)

Office hours; Mon – Fri, 8am – 5pm

## District Staff

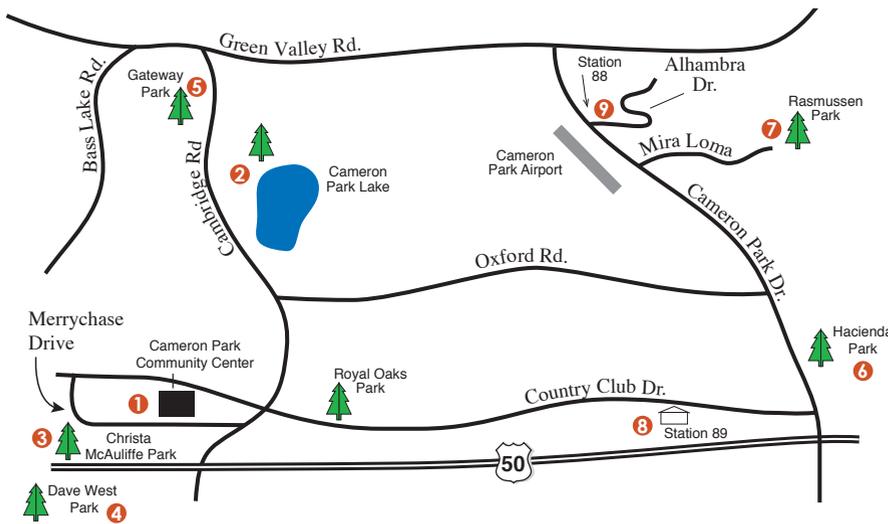
Mary Cahill, General Manager  
 Fire Battalion Chiefs:  
 – Bob Counts, Administration  
 – Mike Smith, Fire Marshall  
 J.R. Hichborn, Parks Superintendent  
 Tina Helm, Recreation Supervisor  
 Lyle Eickert, CC&R Compliance Officer

## Cameron Park Community Services District provides:

- Administration Services
- Fire Services
- Emergency Medical Services
- Parks and Facilities
- Recreation Programs and Facility Rentals
- Lighting and Landscape
- CC&R Compliance Review and Enforcement
- Architectural Review
- 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. 23-Jan. 2  
 Martin Luther King Jr. Day ..... January 16

Lincoln Birthday .....February 13  
 Presidents' Day.....February 20

# 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](http://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



PARKER DEVELOPMENT  
COMPANY



## 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](mailto: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.

Trash • Recycle • Yard Waste



WASTE CONNECTIONS, INC.

Connect with the Future®

El Dorado Disposal Service

[www.eldoradodisposal.com](http://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 21 - "Doubletake"**  
50s & 60s Rock & Roll Tribute Band

**Saturday, March 11 - "Lacy J Dalton"**

*An American country  
singer and songwriter with hits  
through the 1980s, '90s & 2000s*



Advance sales; \$18 each, 2 for \$34 or \$20 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](http://www.showclix.com)

Beverage sales benefit **Cameron Park Community Foundation**.

## Reds, Whites, & Jewels Show



**Saturday, January 28, 2017 • 11am – 4pm**  
**Cameron Park Community Center**

Come find the perfect piece for that special someone or find the unique piece you can't live without! Immerse yourself in an afternoon of wine tastings, jewelry and more!.

**Admission is FREE!**

## It's A Wedding Affair!

6<sup>TH</sup> ANNUAL CAMERON PARK BRIDAL SHOW



**Sunday, February 26, 2017 • 10am – 2pm**  
**Cameron Park Community Center**  
**2502 Country Club Drive in Cameron Park**



You don't have to travel to meet the area's most experienced wedding professionals as they will be here in Cameron Park! Come and get every aspect of your wedding planned from bridal gowns, florists and honeymoons to MC/DJs, party rentals, photographers, catering, deserts and more!

34th Annual

## Easter Egg Hunt



**Saturday**  
**April 15, 2017 • 10am**  
**Rasmussen Park**  
**(rain or shine)**

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