

CAMERON PARK

FALL 2016

COMMUNITY SERVICES DISTRICT

ACTIVITY GUIDE



www.cameronpark.org

530-677-2231



Facility rentals available for events, parties and special occasions



**LABOR DAY
AT THE POOL**
Monday,
September 5



**GOLD BUG QUILTERS
QUILT SHOW**
Friday, Saturday & Sunday
October 7, 8 & 9



**COMMUNITY
SERVICES SHOWCASE**
Thursday,
October 13

COUNTRY FEST
Saturday,
September 10



**HALLOWEEN CARNIVAL
& PUMPKIN PATCH**
Saturday, October 22



**OLD FASHIONED
CHRISTMAS
CRAFT FAIRE**
Saturday,
November 19



**SANTA RUN/
PANCAKE BREAKFAST**
Saturday, December 3

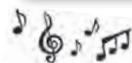


CLEAN UP DAY
Saturday,
September 17



SANTA VISITS
December 7, 8, 13, 14, 15 & 19

**COMMUNITY
YARD SALE**
Saturday,
September 17



SACRAMENTO JAZZ ORCHESTRA
Wednesday, December 14



SANTA PARADE
Friday – Sunday
December 9-11; rain date
December 16-18



**MOMMY
MARKET
(& DADDY
TOO!)**
Saturday,
September 17

EVENTS/CONTENTS

\$1 DAY- LABOR DAY AT THE POOL

Monday, September 5, 1-5pm
Cameron Park Community Pool
 Come spend the Labor Day Holiday with us. \$1 admission, \$1 food, \$1 drinks, and FREE games and prizes! It is fun for all ages!

CAMERON PARK COUNTRY FEST

Saturday, September 10, 3-8pm
Christa McAuliffe Park
 Celebrate our gold country roots at this light-hearted, home-style family friendly festival. Enjoy live music featuring Kenny Frye Band, and Robby James and the Streets of Bakersfield Band, an amateur BBQ competition, Kid Zone, vendors, and great food and drink. Admission is Free!

CAMERON PARK CLEAN-UP DAY PARTNERING WITH EL DORADO DISPOSAL

Saturday, September 17, 8am-2pm
Cameron Springs Middle School Parking Lot
 Bring down your unwanted items and properly dispose them at this FREE event for CP 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.

CAMERON PARK COMMUNITY YARD SALE

Saturday, September 17, 8am-12pm
Cameron Park Community Center
 Clean out your garage, attic, and closets and make some extra money for the upcoming holidays. Yard Sale spaces available for \$20 in advance.

MOMMY MARKET (& DADDY TOO)

Saturday, September 17, 8am-12pm
Cameron Park Community Center
 Come and shop at our Mommy Market, Become a "mommy/daddy" vendor and sell you gently used items. Admission is free. Vendor spaces \$20, and commercial/direct sales vendors \$40.

CAMERON PARK LAKE CLEAN UP DAY

Saturday, September 17, 8-11 am
 Contact Amber Ruonavaara at 916-607-7507 for more information and to sign up

COMMUNITY SERVICES SHOWCASE

Thursday, October 13, 5-7pm
Cameron Park Community Center

- Music, Food, & Beverages
- 3 FREE Cash Drawings
- Free Non-Profit Booths
- Business Booths Available
- Community Job Fair
- \$1 Hot Dogs, Free to Vets
- Great Family Event

Admission is Free!

HALLOWEEN CARNIVAL AND PUMPKIN PATCH

Saturday, October 22, 1:30-4pm
Cameron Park Lake
 FREE Entrance! Put on your costumes and come down to Cameron Park Lake which has transformed into an enchanted place of costumes and games for an afternoon of fab-Boo-lous family fun! Old fashioned carnival games with prizes, crafts, food and refreshments.

OLD FASHIONED CHRISTMAS CRAFT FAIRE

Saturday, November 19, 10am-4pm
 21st Annual Event features hundreds of hand-made crafts by local and visiting vendors specific for the Holiday season! No entrance fee.

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HOLIDAY KICKOFF

Saturday, December 3
Cameron Park Community Center

SANTA RUN

Check in at 7am; Run starts at 8am
 Kick off your Christmas Holiday with the 5k run/walk Santa Run – fun for the whole family. Race begins and ends at the Cameron Park Community Center. Pre-registration fee \$25 adults; \$15 ages 17 and under. Breakfast included.

CAMERON PARK EXPLORER POST 89 FIRE DEPARTMENT PANCAKE BREAKFAST

8:00am – 12:00pm
 Come enjoy a fireman size pancake breakfast with your community and local Fire Department. Breakfast includes pancakes, bacon, eggs, orange juice ,and coffee! \$5 per person.

SACRAMENTO JAZZ HOLIDAY CONCERT

Wednesday, December 14
Doors open at 6:00pm and the show starts at 7:00pm.
 Advance tickets for \$13 each, 2 for \$24. Or buy tickets at the door for \$15 each. Tickets are available at District Office, Cameron Park Bel Air, Shingle Springs/ Cameron Park Chamber of Commerce and online at www.showclix.com.

SANTA PARADE

Friday – Sunday, December 9-11; rain date December 16-18.
 Santa Claus will be driving through Cameron Park accompanied by the Cameron Park Fire Department.

SANTA VISITS

December 7, 8, 13, 14, 15, & 19
 Limited to Cameron Park Residents only. \$60 per time slot. Book now!



AQUATICS

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!! These classes are great for all ages. Drop in and try a class or purchase a punch card.

Water Aerobics

– M- F 9-9:55A** Till Sept 2

Water Aerobics

–T/TH 6:30-7:15P ** Till Sept 9

A variety of techniques done on land such as jogging, kicking, jumping jacks, etc. but in the water. The water will provide added resistance to your work out.

Location: Cameron Park Community Pool

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

Instructor: Connie Ballard & Tiffany Ortega



Mermaid School

(Ages 8+)

The only mermaid classes offered in Northern California are here in Cameron Park. Learn to be a mermaid from a real professional mermaid! Join your instructor as she leads your mermaid class in untailored drills and skill practice before donning tails, repeating the drills and skills in the tails, play a group mermaid game, and have a chance for free swim / photos in tail. Participants are to bring their own swimmable mermaid tail to class.

Class minimum: 8 participants.

220210-08 F 8/26 4-5P

Location: Community Center Pool

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

Instructor: Mermaid Rachel

Pool Schedule

Beginning August 15 until September 11

Public Swim

M-F 4-8P**/**

Sat & Sun 1-5P and

Monday Sept 5 – Labor Day 1-5P

–Special event - \$1 Day !!

*Shallow area will be closed Tuesday and Thursday from 6:30 to 7:15P for water exercise classes in August and September. No access during this time.

** Beginning August 15 – six lanes will be used during public swim for Aquasol for swim practice. Then September 6– eight lanes will be used during public swim for Aquasol for swim practice

Admission Fees:

2yrs & under Free**

Youth (3-17) \$4.00

Adult (18+) \$5.00

Senior (62+) \$4.00

**With adult admission

All persons must pay to enter the pool area. Children under the age of 11 must be accompanied by a paying adult.

Lap Swim

August 10 till September 2:

Open to all swimmers 16 years and older.

A pace clock will be on deck. M-F 7-10A**

Depending on usage time may change to

8:30-10:30A Drop in Fee: \$4 per visit

Ten punch pass card: \$35

**lap swim hours subject to change.

Last Chance Swim Lessons

One week swim lessons offered

(four classes – 4 student max per class)

Session 1 – August 15-18

(Monday – Thursday)

420201.09 Guppy –ages 3-5 3-3:25P

420204.09 Starfish –ages 5+ 3-3:25P

420205.09 Seahorse –ages 5+ 3:30-3:55P

420206.09 Seals –ages 5+ 3:30-3:55P

Session 2 –August 22-25

(Monday – Thursday)

420201.10 Turtle –6mo - 36mo 3-3:25P

420201.10 Guppy – ages 3-5 3-3:25P

420207.10 Stingray – ages 7+ 3:30-3:55P

420205.10 Seahorse – ages 5+ 3:30-3:55P

Session 3 – August 29 –September 1

(Monday –Thursday)

420201.11 Guppy – ages 3-5 3-3:25P

420204.11 Starfish - ages 5+ 3-3:25P

420205.11 Seahorse – ages 5+ 3:30-3:55P

420206.11 Seals –ages 5+ 3:30-3:55P

Location: Community Pool

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



WWW.AQUASOLSWIMTEAM.COM

COME SWIM WITH US THIS FALL!

AquaSol Swim Team is running a 9 week stroke development clinic from Tuesday, September 6 – Thursday, November 3 at the Cameron Park CSD pool. Classes are either on M/W or T/Th. This program is for swimmers interested in further developing their swimming technique and skills. The emphasis of the program is on developing proper stroke mechanics using drills and the latest teaching techniques. USA certified level swim coaches will be leading these popular stroke classes. Please visit our website at aquasolswimteam.com for registration information, or email Aimee Lehr at aimswims@sbcglobal.net

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.

TOT/YOUTH CLASSES

Dance

Baby Ballet

(Ages 1 - 3)

Ballet is the foundation of all dance so why not get an early start?

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 in class, hair should be tightly secured.

120622-08 F 8/26-9/30 9-9:30A
120622-10 F 10/7-11/4 10-10:30A
120622-11 F 11/18-12/23* 10-10:30A

*no class 11/25

Location: Dance Studio

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

Oct & Nov Fee \$55/\$50 with CP res. discount

Instructor: Miss Alison - Turns n Tumbles



Pre Ballet/Tap

(Ages 3 - 5)

Ballet is the foundation of all dances. 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.

120608-08 F 8/26-9/30 9:30-10:15A
120608-10 F 10/7-11/4 10:30-11:15A
120608-11 F 11/18-12/23* 10:30-11:15A

*no class 11/25

Location: Dance Studio

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

Oct & Nov Fee \$55/\$50 with CP res. discount

Instructor: Miss Alison - Turns n Tumbles

Facility Rentals

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

NEW! Creative Dance for Children

(Ages 3 - 6)

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

120626-09 M 9/12-10/3 4-4:30P

120626-10 M 10/10-11/7* 4-4:30P

*no class 10/31

Location: Dance Studio

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

Instructor: Kay Lenhart

Ballet I

(Ages 5 - 10)

Ballet is the foundation of all dances. 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.

120607-08 W 8/31-10/5 6:30-7:15P

120607-10 W 10/12-11/9 6:30-7:15P

120607-11 W 11/16-12/21* 6:30-7:15P

*no class 11/23

Location: Community Center

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

Oct & Nov Fee \$55/\$50 with CP res. discount

Instructor: Miss Alison - Turns n Tumbles

NEW! Tap I

(Ages 7 - 10)

Learn basic tap steps and rhythms in across the floor and center combination work. Time steps and turns will also be covered. Black tap shoes, leotard, tan tights, hair in ponytail, dance shorts ok.

120639-09 W 9/7-9/28 4:30-5:30P

120639-10 W 10/5-10/26 4:30-5:30P

120639-11 W 11/2-11/23 4:30-5:30P

120639-12 W 11/30-12/21 4:30-5:30P

Location: Dance Studio

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

Instructor: April Mason

NEW! 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. Black or tan jazz shoes, color leotard, tan tights, hair in ponytail, dance shorts ok.

120640-09 Th 9/8-9/29 6-7P

120640-10 Th 10/6-10/27 6-7P

120640-11 Th 11/3-12/1* 6-7P

120640-12 Th 12/8-12/22** 6-7P

* No class 11/24

Location: Community Center

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

**December Fee: \$40/\$35 with CP

resident discount

Instructor: April Mason

Children's Beginning Hula

(Ages 5 - 7)

Aloha - beginning Hula. This class is for children who want to learn the basics of Hawaiian Dance, and how to tell the stories of each song and dance with their eyes, hands and body

language. Great for a little education on the language too. "Aloha, Mahalo, Kaholo, Ami" and much more..... Bring a "wrap around" for the hips (sarong).

120618-09 Tu 9/6-9/27 4:30-5:00P

120618-10 Tu 10/4-10/25 4:30-5:00P

120618-11 Tu 11/1-11/22 4:30-5:00P

Location: Dance Studio

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

Instructor: Rosalie "Lokalia" Stearns

-certified Kuma Hula



Beyond Basics Youth Hula

(Ages 8 - 12)

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

120638-09 Tu 9/6-9/27 3:30- 4:30P

120638-10 Tu 10/4-10/25 3:30- 4:30P

120638-11 Tu 11/1-11/22 3:30- 4:30P

Location: Dance Studio

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

Instructor: Rosalie "Lokalia" Stearns

- certified Kuma Hula

TOT/YOUTH CLASSES

Fitness

Kinderkicks/Taekwondo

(Ages 4 - 6)

Come and join this fun Martial Arts class designed for 4 to 6 year olds. A 30 minute class where children will work on exercises, balance, coordination, attention, self-control, and Taekwondo blocks and kicks. Class includes a FREE uniform.

120700-09 M,W 9/7-11/2* 5:30-6P

120700-10 M,W 10/17-12/14* 5:30-6P

*No class 10/31 & 11/23

Location: Cameron Park Taekwondo Studio, 3161 Cameron Park Drive, Suite #103
 Fee: \$104/\$99 with CP resident discount
 Instructor: Mr. & Mrs. Bob Westphal and Ms Jones

Kids White Belt

(Ages 7 - 12)

A great class for anyone who wants to work on hand/foot and eye coordination development.

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

120701-09 M,W 9/7-11/2* 6-6:45P

120701-10 M,W 10/17-12/14* 6-6:45P

*No class 10/31 & 11/23

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



Gymnastics

Toddler Class

(Age walking to 3 years)

Get your toddler out and moving.

Age appropriate activities! Climbing and balancing, music and movement.

120715-09 M 8/29-9/19* 10:30-11:15A

120715-10 M 9/26-10/17 10:30-11:15A

120715-11 M 10/24-11/14 10:30-11:15A

120715-12 M 11/28-12/19 10:30-11:15A

* No class 9/5

Location: Tumble Time Gymnastics
 2586 Meadow Lane, Cameron Park
 Fee: \$65/\$60 with CP resident discount

* September Fee: \$51/\$46 with CP resident discount



Mini Gym/Kinder

(Ages 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!

120712-09 M 8/29-9/19* 10:30-11:15A

120712-10 M 9/26-10/17 10:30-11:15A

120712-11 M 10/24-11/14 10:30-11:15A

120712-12 M 11/28-12/19 10:30-11:15A

* No class 9/5

Location: Tumble Time Gymnastics

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

* September Fee: \$51/\$46 with CP resident discount

Trampoline & Tumbling

(Ages 6 - 14)

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

Strength, flexibility, coordination, and agility are some of the wonderful benefits

that students will learn from gymnastics! Tumbling goes hand in hand with many other sports, such as martial arts, dance, cheerleading and more.

120713-09 Th 9/1-9/22 3:30-4:30P

120713-10 Th 9/29-10/20 3:30-4:30P

120713-11 Th 10/27-11/17 3:30-4:30P

120713-12 Th 12/1-12/22 3:30-4:30P

Location: Tumble Time Gymnastics

2586 Meadow Lane, Cameron Park

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



Little Stars

(Ages 6 months to 2 years)

Parent participation class for little ones getting ready to move, getting up on their feet, or up and going but still getting steady! Activities and class structure are designed to stimulate and complement this exciting developmental stage.

120703-09 F 9/9-10/28 12:15-1P

Location: All Star Gymnastics & Cheer

6160 Enterprise Drive St A, Diamond Springs

Fee: \$107/\$102 with CP resident discount

Instructor: All Star Gymnastics

NEW! Starlites

(Ages 18 months - 3 years)

This adult/tot partner class is especially for little ones who are up on their feet and ready-to-run but still need the extra reassurance of having their adult partner with them. Coaches introduce fine & gross motor skill challenges that are developmentally appropriate & important for your active tot.

120704-09 W 9/7-10/26 9:15-10:15A

Location: All Star Gymnastics & Cheer

6160 Enterprise Drive St A, Diamond Springs

Fee: \$127/\$122 with CP resident discount

Instructor: All Star Gymnastics

NEW! Cheer Basics

Ages 5 - 14

This class is designed for girls & boys that are interested in learning the basics of cheer. Curriculum includes stunting, jumps, motions and dance. Athletes develop body control, technique and physical stamina to be prepared for participation in any cheer program. There is no prerequisite to participate.

120709-09 ages 5-9

M 9/12-10/24 4:30-5:30P

120709-10 ages 10-14

M 9/12-10/24 5:30-6:30P

Location: All Star Gymnastics & Cheer

6160 Enterprise Drive St A, Diamond Springs

Fee: \$137/\$132 with CP resident discount

Instructor: All Star Gymnastics

Art

Kids Sewing Class

(Ages 7-15)

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

120150-09 F 9/16 4-7P

120150-10 F 10/7 4-7P

120150-11 F 11/4 4-7P

Location: Community Center

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

Instructor: Rosemarie Kelliher

NEW! After School Kids Art Program

(Ages 8-13)

A fun after-school art program hosted by the Fine Arts School in the Pines for kids. Instructor is Thea Cinnamon; who has a bubbly personality and ability to work with children. Kids are given a unique and creative experience each week that encourages and inspires each child to express their own individual inner artist! Week 1: We will explore Alexander Calder! Week 2: We will sculpt in water based clay, starting with a Bas Relief which is art that has three sides. Week 3: We will learn how to use our imagination to re-purpose unwanted materials. Week 4: We will be making Halloween masks out of paper mache! Please bring a one-time \$35 materials and supply fee payable to the Fine Arts School in the Pines.

120104-09	Th	9/8 – 9/29	3:30 – 5:30P
120104-10	Th	10/6 – 10/27	3:30 – 5:30P
120104-11*	Th	11/3 – 12/1	3:30 – 5:30P

* No class 11/24

Location: Community Center
 Fee: \$111/\$106 with CP resident discount
 Instructor: Thea Cinnamon

Flag Football Coaches Needed

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

YOUTH SPORTS NFL Youth Flag Football Fall

(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.

520305-09 Grades 2 – 4

520307-09 Grades 5 – 8

Location: Dave West or 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

www.nflflag.com/form/coach

Important Dates: Evaluation Days: Saturday, August 27 (Put on by the Ponderosa Bruins Football team) – for all registered players – Games Begin: Saturday, September 17
 Games End: Saturday, November 5
 Registration Deadline: August 26



Friday Futsal

(Ages 11-16)

Session is designed to give players the opportunity to develop soccer skills through Futsal. Futsal is played on a small field court with lines (not walls) creating constant pressured situations. Players learn to settle the ball rapidly, cut sharply, shield effectively, pass quickly, and move into space. All work is done with a weighted futsal ball. Promoting mastery of the foot skills and proper body mechanics. 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.

430411-19 F 9/9 –9/16 7:30-9P

430411-20 F 10/14 –10/21 7:30-9P

Location: Community Center Gym

Fee: \$24

Instructor: Stephen Beck

Special Thanksgiving One Day Clinics

(Ages 6-15)

430411-21 Su ages 6-10 11/27 2-3:30P

430411-22 Su ages 11-15 11/27 3:30-5P

Location: Community Center Gym

Fee: \$12

Instructor: Stephen Beck

Skyhawks Tot Programs

(Ages 3-5)

Soccer Tots: This program brings soccer-themed motor skill classes that are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self confidence. Instructor to student ratio is kept small to maximize individual development and above all else we promote fun, fun, fun!

420406-11 Tu 9/20-11/15* 3:30-4:15P

420406-21 Tu 9/20-11/15* 4:30-5:15P

* No class 10/18

Location: Christa McAuliffe Park

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

Instructor: Skyhawk Sports



NEW! Harvest Party

(Ages 4-13)

Want another chance to use the Halloween costume? CPCSD will be hosting a special HARVEST Party!! We will be doing lots of activities, such as: Dancing, Artwork, Crafts, and Games with a Harvest Theme. We will also have a harvest feast, and ask each participant to bring a piece of fruit for our Friendship Salad! \$3 material fee payable to the instructor. Please dress up for this event in any costume that allows for movement and play!

120110-10 Sa 10/22 12-2pm

Location: Community Center

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

Instructors: Kay Leinhart and Valerie Baker



YOUTH SPORTS/CAMPS

NEW! Volleyball Camp

(Ages 6-12)

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This program is designed for the beginning and intermediate player. Our staff will assist boys and girls in developing fundamental skills through games, speed drills and daily scrimmages aimed at developing the whole player.



420406-13 M,Tu,W 11/21-11/23 9A-12P

Location: Community Center Gym

Fee: \$118/\$113 with CP resident discount

Instructor: Skyhawk Sports

FUNDamental Volleyball

(Grades 4 - 8)

Volleyball lessons for beginners and intermediate players taught by top-notch instructors from Gold Cal Volleyball Club Director Melanie DeMuir and other Gold Cal Volleyball Coaches

120310-09 F 9/9-9/30 4-5:30P

120310-10 F 10/14-10/28* 4-5:30P

Location: Community Center Gym

Fee: \$100/\$95 with CP resident discount

*\$75/\$70 with CP resident discount

Instructor: Melanie DeMure and staff

One-Day Volleyball Clinic

(Grades 4-8)

Passing/Serving Clinic

120310-1B F 11/11 3:30-5:30P

Location: Community Center Gym

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



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with local employers since 1981**

Placerville / Cameron Park Branch

622-7110

www.blueribbonpersonnel.com



Tennis Program- Held at Cameron Park Lake

FREE TENNIS DAY

– Saturday August 27

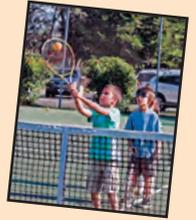
Come out to the courts and meet our Pro/Coach Andy Webb. Join in the Fun with a quick lesson and see what a Group Tennis Lesson is all about. For New/Re-starting students. Registration required/Limit 1 Free Clinic per student. Loaner racquets available.

140323-08 Adults 8/27 12-12:45P

120324-08 Juniors Ages 8-12 8/27 12:45-1:30P

120322-08 Juniors Ages 5-7* 8/27 1:30-2P

*Parents may be asked to participate with child. Additional times will be offered if classes fill.



LESSONS

The Lesson 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. Wear comfortable clothing for movement and have proper tennis shoes. Bring sufficient water and have hat/visor and sunscreen. Loaner racquets available if needed. ***All students must bring 1 can of New Tennis Balls or Training Red, Green or Orange Dot 3 pack balls to first class.**

Fall Sessions

120321-09 Jr Pre-Pee Wee ages 4-5 Th 9/8-9/29 3:30-4P

120321-10 Jr Pre-Pee Wee ages 4-5 Th 10/6-10/27 3:30-4P

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

120322-09 Junior Pee Wee ages 6-7 W 9/7-9/28 3:30-4:15P

120322-10 Junior Pee Wee ages 6-7 W 10/5-10/26 3:30-4:15P

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

120324-09 Junior Beginners ages 8-12 W 9/7-9/28 4:15-5:15P

120324-10 Junior Beginners ages 8-12 W 10/5-10/26 4:15-5:15P

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

120325-09 Junior Adv Beginners ages 8-12 Th 9/8-9/29 4-5P

120325-10 Junior Adv Beginners ages 8-12 Th 10/6-10/27 4-5P

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

130321-09 Junior Intermediate/HS Teens Th 9/8-9/29 5-6P

130321-09 Junior Intermediate/HS Teens Th 10/6-10/27 5-6P

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

HOME SCHOOL TENNIS

120322-9H Junior Pee Wee 5-7 yrs Th 9/8-9/29 1:45-2:30P

120322-1H Junior Pee Wee 5-7 yrs Th 10/6-10/27 1:45-2:30P

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

120325-9H Junior Beginner 8-12 yrs Th 9/8-9/29 2:30-3:30P

120325-1H Junior Beginner 8-12 yrs Th 10/6-10/27 2:30-3:30P

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

Cameron Park Library Fall Events

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

PJ Storytime

First Thursday of
the month @ 6 pm

PAWS for Reading

Tuesdays @ 4-5 pm

Mother Goose

On The Loose

Fridays @
10:15 and 11 am

2's and 3's on the Go

Wednesdays @ 10:30 am

Early Literacy Storytime

Tuesdays @ 3:30 pm

YOUTH SPORTS/TEEN/ADULT CLASSES

Youth Basketball – Winter 2016

Come join the Cameron Park Community Services District for another great youth basketball season. This league will help develop and allow players to play basketball in an organized, fun, and safe atmosphere. Players in each division will learn, develop, and improve basic and team oriented skills necessary to be successful in the great sport of basketball. Every player plays and becomes an integral part of a team.

Dates:

Registration Begins: August 18
Deadline to Register grades 3-8 –Dec. 9
1st & 2nd Grade –December 16
Skills Clinic –Saturday, December 3 and
Wednesday, December 7. Times TBA

Bruin Camp:

Saturday, January Date & Time TBA.
Location: Community Center Gym
Season Starts: Saturday, January 21
Holidays/No Games:
President's Day Weekend: February 18
Last Day of the Season: March 18

1st & 2nd Grade Boys and Girls

This is an instructional league that operates on an eight week schedule, beginning January 21. The league will be set up in a format where teams are instructed by their team coach for 25 – 30 minutes and will be followed by a 30 minute (two 15 minute halves) scrimmage. As the season progresses there are opportunities to allow for more time to hold scrimmages. Scores of the games will not be kept and games will be officiated by recreation leaders who are instructed to help with the instruction and flow of the scrimmage. **THERE WILL BE NO SCHEDULED PRACTICES FOR THIS AGE GROUP.**

Early Bird Fees (through December 16)

\$100 / \$95 with CP resident discount

Late Fees (starting December 17)

\$110 / \$105 with CP discount

Fees include T-Shirt and Bruin Camp, but does not include pictures.



3rd – 8th Grade Boys and Girls:

Separate leagues and divisions will be formed for Girls and Boys Divisions as well as by grade level. These divisions will emphasize basketball techniques, skills, teamwork, sportsmanship, and Fun. Players of any skill level are encouraged to sign up and teams are selected to be as fair and competitive as possible. There will be limited spaces available for late registration (if any).

League Divisions:

3rd/4th Boys and Girls

5th/6th Boys and Girls

7th/8th Boys and Girls

Early Bird Fees (through December 9)

\$110 / \$115 with CP resident discount

Late Fees (starting December 10)

\$120/ \$125 with CP discount

Fee includes Jersey and Bruin Camp, but does not include pictures.

Skills Rating Evaluation:

Sat., Dec. 3. Community Center Gym

Time: TBD

Make-Up Evaluation: Wed., Dec. 7

Community Center Gym –

Time: 3/4 (6pm), 5/6 (7pm), 7/8 (8pm)

Coaches Meeting: Tues., Dec. 13

6pm –Community Center

Practice Begins: Tentatively following coaches meeting limited time available in December

Team practice begins in January

Course code 220301

TEEN/ADULT

Fitness

Karate/Taekwondo

(Ages 13 +)

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

140701-09 T,Th 9/6-10/27 6:45-7:30P

140701-10 T,Th 10/18-12/15* 6:45-7:30P

*No class 11/24

Location: Cameron Park Taekwondo Studio,
3161 Cameron Park Drive, Suite #103

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

Instructor: Mr. & Mrs. Bob Westphal
and Ms. J

Dance

Beginning Hula

(Ages 14 +)

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

160609-09 Th 9/1-9/22 6-7P

160609-10 Th 9/29-10/20 6-7P

160609-11 Th 10/27-11/17 6-7P

Location: Dance Studio - Community Center

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

Instructor: Rosalie "Lokalia" Stearns
–certified Kuma Hula



NEW! Teen/Adult Ballet

(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. Pink tights, black leotard, pink ballet shoes, and hair in a bun, ballet skirts are ok.

160612-09 Th 9/8-9/29 7:15-8:15P

160612-10 Th 10/6-10/27 7:15-8:15P

160612-11 Th 11/3-12/1* 7:15-8:15P

160612-12 Th 12/8-12/22** 7:15-8:15P

* No class 11/24

Location: Community Center

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

** December Fee \$40/\$35 with CP res. discount
Instructor: April Mason

YOUTH BASKETBALL COACHES NEEDED

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

TEEN/ADULT CLASSES

Birding Birdwatching as a Hobby

(Ages 13 +)

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

460140-11 Sa 10/22 8-11A

Location: Cameron Park Lake

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

Instructor: Joseph Munizich



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.

530630-10 Sa 10/8 10A-12P

Location: Cameron Park Lake

Fee: \$20

Instructor: Joseph Bania



Holiday Tin Centerpiece

(Ages 13 +)

Have you ever wondered what to do with all those "cookie" tins that you have saved? This is the class for you. We are going to create a succulent holiday themed centerpiece perfect for your holiday table complete with candles and treasures to make it sparkle. There is a \$30 materials fee payable to El Dorado Nursery.

540109-11 Su 11/13 1-2:30P

Location: El Dorado Nursery

3931 Durock Rd, Shingle Springs

Fee: \$8

Instructor: El Dorado Nursery

Music

Let's Uke!

(Ages 13 +)

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

140444-08 M 8/29-9/26* 6-6:45P

140444-11 M 11/7-11/28 6-6:45P

* No class 9/5

Location: Social Room

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

Instructor: Lew Johnson

Art

NEW! Book

Crafting Workshop

(Ages 13+)

Book and craft lovers, come learn cross-structure paper case binding and make your own unique book! Materials will be provided but if you have something special you'd like to decorate or use in your books (special paper, doodles, cartoons, sheet music, pictures, stickers, personal notes, images from magazines, old calendars, beads (for book marker), bring them! These books make great gifts for birthdays, holidays, travel and just to tote around. The finished size is approximately 4.375" x 5.625" x .75". \$5 supply fee payable to the instructor.

160119-09 Sa 9/10 9A-12P

Location: Community Center

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

Instructor: Keri Vogtmann

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 the questions you've ever had about bird identification! This class will coincide with the tail end of the fall migration so you will have the opportunity to identify many of the winter bird migrants that visit our area from about October to April, in addition to the common year round residents. Space is limited. Please bring a pair of binoculars.

440140-11 Sa 11/12 8-11A

Location: Cameron Park Lake

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

Instructor: John Robinson

Gardening

Fall Veggies Garden Class

(Ages 13 +)

Learn how to keep your harvest going by planting fall veggies. We will go over selection, soil prep, what to pull out from your summer garden and what to save. Gardening in the Fall is great-warm days-cool nights...perfect for planting. Class is open to all ages.

540109-09 Su 9/11 1-2:30P

Location: El Dorado Nursery

3931 Durock Rd, Shingle Springs

Fee: \$13

Instructor: El Dorado Nursery

Copper Water Can Petunia Planter

(Ages 13 +)

Create a beautiful copper water can planter-just in time for fall. Perfect for fall decorating. Class includes all materials needed to create your fall planter, soil, plants, and fertilizer. There is a \$30 materials fee payable to El Dorado Nursery

540109-10 Su 10/16 1-2:30P

Location: El Dorado Nursery

3931 Durock Rd, Shingle Springs

Fee: \$8

Instructor: El Dorado Nursery

TEEN/ADULT CLASSES

NEW! Acrylic Paint & Palette Class



(Ages 15+)
Create a beautiful acrylic painting in 2 hours! No experience necessary.

You will receive instruction by Dennis Von Zamory, fine art instructor for the Fine Arts School in the Pines. His fun personality and expertise in color will provide you the opportunity to create a beautiful painting to hang on your wall or give as a gift, and teach you fundamental painting techniques and color values. This class is for anyone who wants to explore their inner artist and is looking for a fun and unique social night out. Please bring \$20 art materials and supply fee to class payable to Fine Arts School in the Pines.

140187-09	Th	9/15	6-8p
140187-10	Th	10/11	6-8p
140187-11	Th	11/10	6-8p
140187-12	Th	12/15	6-8p

Location: Community Center
Fee: \$32/\$27 with CP resident discount
Instructors: Dennis Von Zamory

NEW! Beginning Drawing 1

(Ages 15+)
This class is for anyone who has the desire to learn the art of drawing. It is focused on teaching the most fundamental drawing skills and will cover the building blocks for great drawing. Learn the differences between contour drawings (line drawings) and drawing with value. Other fundamentals taught are understanding different drawing tools, image translation, creating gray scales and different techniques for creating value. Once these techniques have been mastered, they are applied to make a linear sketch into a three dimensional drawing. Taught by fine arts instructors for the Fine Arts in the Pines. Please bring a \$25 art materials and supply fee to first class payable to the Fine Arts School in the Pines.

140185-09	Tu	6-8p
Part 1	9/20 - 9/27;	Part 2 10/11 - 10/18

Location: Community Center
Fee: \$101/\$96 with CP resident discount
Instructors: Dennis Von Zamory & Thea Cinnamon

NEW! Beginning Drawing 2

(Ages 15+)
This class uses the skills learned in the Beginning Drawing 1 class to begin drawing a still life image. This class will teach how to look at an object and see it like an artist. Students will learn how to identify values, draw shapes and proportions, and apply shading to create a three dimensional drawing. Art language is introduced to help students with composition. Students learn art terminology such as background, mid-ground, fore-ground, including the understanding of values and horizons and how these can be seen in a composition. If you already have experience in drawing with contour drawings and value drawings and are looking to increase your knowledge and skill set. Or if you just want a refresher, this is a great class for you. Taught by fine arts instructors for the Fine Arts in the Pines. Please bring a \$25 art materials and supply fee to first class payable to Fine Arts School in the Pines.

140186-11	Tu	6-8p
Part1	11/15-11/22;	Part 2 12/6-12/13

Location: Community Center
Fee: \$101/\$96 with CP resident discount
Instructors: Dennis Von Zamory & Thea Cinnamon

ADULT CLASSES **Fitness**

Zumba® Basic

(Ages 18 +)
Are you ready to Party yourself into shape?? Forget the workout, just lose yourself in the music and find yourself in 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.

140718-09	T, Th	9/6-9/29	12:30-1:25P
140718-10	T, Th	10/4-10/27	12:30-1:25P
140718-11	T, Th	11/1-11/29*	12:30-1:25P
140718-12	T, Th	12/1-12/27	12:30-1:25P

* No class 11/24

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

Zumba®

(Ages 18 +)
The most fun you will ever have working out!! Zumba combines amazing Latin beats and Pop music that makes it easy to forget you're actually working out. Easy to follow dance moves- perfect for all fitness and experience levels. Dance fitness classes that make you feel amazing!

140725-09	M, W	9/7- 9/28	10-11A
140725-10	M, W	10/3-10/26	10-11A
140725-11	M, W	10/31-11/23	10-11A
140725-12	M, W	11/28-12/21	10-11A

Location: 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

NEW! Zumba® Fitness

(Ages 18 +)
The most fun workout ever! Zumba® is about dancing to great music and burning lots of calories while having fun

140729-09	Tu	9/6-9/27	5:30-6:30P
140729-10	Tu	10/4-10/25	5:30-6:30P
140729-11	Tu	11/1-11/22	5:30-6:30P
140729-12	Tu	11/29-12/20	5:30-6:30P

Location: Dance Studio
Fee: \$35/\$30 with CP resident discount
Instructor: Brenna Garske

Zumba® Gold from a Chair

(Ages 18+)
A Chair-Based Zumba class that is to improve flexibility and fitness for people who prefer to remain seated, either on a chair or in a wheelchair. The classes are gentle and are particularly suitable for people who are less able. They offer the opportunity to exercise to music and to improve your limb mobility, muscle strength, coordination, balance and range of movement. The classes are set to Zumba music, and also classic oldies!

150714-09	M	9/12-10/3	4:30-5P
150714-10	M	10/10-11/7*	4:30-5P

* No class 10/31
Location: Dance Studio
Fee: \$42/\$37 with CP resident discount
Instructor: Kay Lenhart

ADULT CLASSES

NEW! Cardio Barre

(Ages 18 +)

Cardio Barre is an energetic 60-minute ballet barre workout that blends deep muscle toning with intervals of fat-blasting cardio techniques. The dance-inspired class combines the fluidity of ballet, the flexibility of yoga and the core strengthening of Pilates. No dance experience is required and available to all fitness levels.

140726-09 M, W 9/7- 9/28 9-10A

140726-10 M, W 10/3-10/26 9-10A

140726-11 M, W 10/31-11/23 9-10A

140726-12 M, W 11/28-12/21 9-10A

Location: 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

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.

140717-09 T, Th 9/6-9/29 11:30A-12:25P

140717-10 T, Th 10/4-10/27 11:30A-12:25P

140717-11 T, Th 11/1-11/29* 11:30A-12:25P

140717-12 T, Th 12/1-12/27 11:30A-12:25P

* No class 11/24

Location: Dance Studio

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

Instructor: Jan Lowry

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.

140704-09 M 9/12-10/3 6:30-7:30P

140704-10 M 10/10-10/31 6:30-7:30P

140704-11 M 11/7-11/28 6:30-7:30P

140704-12 M 12/5-12/19* 6:30-7:30P

*December fee \$40/\$35

Location: Dance Studio

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

Instructor: Erica Brett

Morning Tai Chi

(Ages 18 +)

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

140732-09 Sa 9/9-9/30 8-8:50A

140732-10 Sa 10/1-10/22 8-8:50A

140732-11 Sa 10/29-11/19 8-8:50A

140732-12 Sa 12/3-12/17 8-8:50A

Location: Dance Studio

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

*December Fee: \$39/\$34 with CP

resident discount

Instructor: Matt Messer



Jazzercise

(Ages 18+)

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

Tuesday thru Friday - 5:30A

Monday thru Sunday - 8:05A

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

Monday thru Thursday - 4:45P

Monday - 5:45P

140740-09 September

140740-10 October

140740-11 November

140740-12 December

Location: Jazzercise Foothills Center

4050 Durock Rd #2, Shingle Springs

Fee: \$54/\$49 with CP res. discount for 8 classes

Instructor: Sherrie Lee

Music

NEW! Guitar Ensemble

The Guitar Ensemble classes will provide students of any age or skill level an opportunity to play in an orchestra type setting, improve playing, musical skills, and technique.



Guitar players very rarely get the ensemble experience that band and orchestra instruments do in school. 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.

140453-09 Sa 9/17, 9/24 & 10/22 9-10:30A

140453-11 Sa 11/5, 12/3 & 12/17 9-10:30A

Location: Community Center

Fee: \$26/\$21 with CP resident discount

Instructor: Lewis Ridgeway

Classical Guitar

There will be two adult guitar classes for classic guitar. Guitar I is for beginners, and those who want a refresher, or those who can strum a few chords and would like to learn to read music. Guitar III are students who started in guitar I or signed up seeking a refresher class. If you already play a little and are not sure which class to sign up for, either email or call Lewis Ridgeway at 916-712-5930. You will be introduced to tablature and chord charts, but the primary emphasis will be on reading regular notation. Material needed: A guitar (nylon string), a music stand, a foot stool and the following book: Christopher Parekening Guitar Method, Vol 1 –book available at Nicholson's Music Store in Folsom, cost \$12.99 plus tax.

ADULT CLASSES

Guitar I

(Ages 18 +)

140451-09 Th 9/15-9/29 7:15-8:15P
140451-10 Th 10/6-10/27* 7:15-8:15P
140451-11 Th 11/3-11/17 7:15-8:15P
140451-12 Th 12/1-12/15 7:15-8:15P

Location: Social Room - Community Center
Fee: \$39/\$34 with CP resident discount
October Fee: \$49/\$44 with CP res. discount
Instructor: Lewis Ridgeway

Guitar III

(Ages 18 +)

140450-09 Th 9/15-9/29 6-7:10P
140450-10 Th 10/6-10/27* 6-7:10P
140450-11 Th 11/3-11/17 6-7:10P
140450-12 Th 12/1-12/15 6-7:10P

Location: Social Room - Community Center
Fee: \$39/\$34 with CP resident discount
October Fee: \$49/\$44 with CP res. discount

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 required. Monthly classes offered for beginners and experienced dancers alike. 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.

Night Club Two-Step

260601-09 W 8/31-9/21 7:15-8:15P

Tango

260612-09 W 8/31-9/21 8:15-9:15P

Waltz Dance

260605-10 W 9/28-10/19 7:15-8:15P

Foxtrot

260603-10 W 9/28-10/19 8:15-9:15P

Salsa/Merengue

260604-11 W 10/26-11/16 7:15-8:15P

Cha-cha

260610-11 W 10/26-11/16 8:15-9:15P

East Coast Swing

260602-12 W 11/30-12/21 7:15-8:15P

West Coast Swing

260609-12 W 11/30-12/21 8:15-9:15P

Location: Dance Studio

Fee: \$49/\$44 with CP resident discount or sign up as a couple, \$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!

360600-09 Sa 9/17 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!

360600-10 Sa 10/22 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!

360600-11 Sa 11/5 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!

360600-12 Sa 12/10 9-11A

Location: Dance Studio

Price per workshop: \$12 per person

Instructor: Richard Kowaleski

Gracious Ladies

(Ages 18 +)

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

160610-09 Th 9/1-9/22 7-8P

160610-10 Th 9/29-10/20 7-8P

160610-11 Th 10/27-11/17 7-8P

Location: Dance Studio

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

Instructor: Rosalie "Lokalia" Stearns

- certified Kuma Hula

Art

Fun with Glass:

Pendant & Earrings

(Ages 18 +)

This class will teach you how to make a beautiful glass jewelry with a focus on using different types of specialty glass. This fused glass class is designed to teach the fundamentals of glass jewelry designing and creating. The student will make a pendant and earrings. After the student completes the pendant and earrings the instructor will take the designed pieces of glass home to be fused in a glass kiln. The pendants and earrings will make a perfect holiday gift. \$15 material fee payable to instructor.

360102-10 Tu 10/4 6-8P

Location: Community Center

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

Instructor: Debbie Trapasso

Paint & A Splash Too!

(Ages 18+)

Never Painted before?? Perfect! We offer a completely comfortable and relaxing atmosphere where you and your friends can enjoy each others company while Terri, Maggie and Sherry guide you through a 2 hour acrylic painting - materials included.

Theme: Paris

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

Theme: Joy

140101-11 Sa 11/19 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

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.

140102-09 Sa 9/10 10A-1P

Theme: Roster Cogburn

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

Theme: Bewitched by Love

140102-11 Sa 11/5 10A-1P

Theme: Thanksgiving Wreath

140102-12 Sa 12/10 10A-1P

Theme: Winter Birch Trees

Location: Community Center

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

Instructor: Cathie Urquhart

ADULT CLASSES

NEW! Knitting for Newbies

(Ages 18+)

Learn to knit in this class series and make a beautiful cross-body bag, tank top/baby cardigan and socks! Local knitwear designer Joan McGowan-Michael guides you every step of the way. Learn to read a pattern, cast on/bind off and all the other skills that turn a newbie into an experienced knitter. The items made in this series make excellent gifts that you'll be proud to give for the holidays or keep for yourself!

Beginner

Class will include all the basic stitches. Students will learn to make a lovely cross-body handbag, fully lined. Please bring a pair of size 7 needles.

Supply fee of \$28 payable to instructor
140174-08 Tu 8/23-9/20 7-9P

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

Intermediate

Students will choose to make either an adult sized ladies tank top, or child's cardigan and will learn skills pertaining to garment construction and finishing. Supply fee of \$34 payable to instructor. Prerequisite: Basic knitting skills or participation in the beginner class.

140174-10 Tu 10/4-11/1 7-9P

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

Advanced

Students will learn to knit socks on a set of four double-pointed needles. Begin with a sample child-sized sock, then move on to an adult pair.

Supply fee of \$18 payable to instructor.

Prerequisite: Intermediate knitting skills or participation in the intermediate class.

140174-11 Tu 11/8-12/5 7-9P

Location: Community Center

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

Instructor: Joan McGowan Mich

Jewelry Making Class

(Ages 18 +)

Learn how to string and bead a necklace, bracelet or earrings, your choice! Instructor will provide all the supplies.

Linda Siqueido has been making jewelry since 1958

140166-10 Tu 10/18 10A-12P

140166-11 Tu 11/15 10A-12P

140166-12 Tu 12/13 10A-12P

Location: Social Room

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

Instructor: Linda Siqueido

NEW! Photoshop & Lightroom an Introduction

These programs together help the photo artist, organize, improve, and present their photographic masterpieces (sometimes known as snapshots). Lightroom: Quickly organize and do improvement on a number of photos at once; fix exposure and color balance. Photoshop: Create special effects like textures, composites for scrap-booking, B&W, and artistic painting; using text in fliers and brochures. Students will need Lightroom and Photoshop on their computer. For the class you can use both programs for \$9.99 for the month. To learn more, text Jim at 650-515-9583 before class starts. Class is taught by Jim Burzo, Photographer and Instructor for over 20 years.

140416-09 Tu 9/13-9/27 6:30-8:30P

Location: Community Center

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

Instructor: Jim Burzo

NEW! Get Your Photos Out Of Chaos!

(Ages 18+)

Our workshop gives you the opportunity to bring your biggest boxes or bags of loose pictures, memories and photo albums to class where you will learn the ABC's of organizing your memories. After complet-



ing 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 75 scanned photos, or six photo

album sides, to add to your digital collection. You are encouraged to 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 75 scanned photos.

140418 - 10 Th 10/6 9-11:30A

140418 - 11 Th 10/27 6-8:30P

140418 - 12 Th 11/17 9-11:30A

Location: Community Center

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

Instructor: Judy Bujold

NEW! Creating Holiday Photo Memory Books - 101

(Ages 18+)

You will learn the step-by-step process on how to make your own custom Photo Memory Book using Shutterfly, an Internet-based image publishing service. Shutterfly lets you upload your favorite photos and then select a theme and a design that will make your memories pop! Bring your laptop that contains a folder/album loaded with up to 250 digital photos that you are considering for your book. 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- 10 W 10/19 - 10/26 9-11:30A

140419- 11 M 11/14 - 11/21 6-8:30P

Location: Community Center

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

Instructor: Judy Bujold

Wellness Guided Imagery

(Ages 18 +)

Group Hypnotherapy: Guided Imagery/ Visualization In the hectic world we live in today many of us remain in "go-mode" Our modern life has caused us to experience an epidemic of burn out, chronic fatigue and stress related illnesses. Guided imagery is a safe and powerful technique that can be used for healing, releasing blocks, stress relief and personal development. You draw upon all of your mind's inner resources, at both the conscious and subconscious level, so you can create the changes, achieve the goals you choose and to bring about measurable positive changes in both your body and mind

Mondays

140120-09 Tu 9/6-9/27 6:-6:45P

140120-10 Tu 10/4-10/25 6:-6:45P

Location: Community Center

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

Instructor: DJ Lenson

Beyond Insomnia Workshop

(Ages 18+)

Tired of tossing and turning at night? Watching the clock in frustration while anxiously anticipating how exhausted you will be the next day? Followed everybody's advice on how to get a good sleep, but nothing seems to work? In this Two hour seminar, Beyond Insomnia Coach Jennifer Jackson will talk about how she moved beyond 28 years of chronic insomnia and how you can too. Come learn a powerful technique to clear busy, anxious thoughts, and move the body out of a stress response and into a relaxation response so that sleep comes easily and naturally. Say good-night to sleeping pills and tap into your natural power of sleep.

140125-08 Sa 8/20 10A-12P

140125-10 Sa 10/1 10A-12P

Location: Social Room – Community Center

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

Instructor: Jennifer Jackson

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. Apply makeup specifically selected to enhance your individual coloring and coordinate with your palette. Learn to use your color palette to create a flattering wardrobe. Discover how wearing the right colors will have everyone saying, “You look amazing!” Material fee of \$70 payable to instructor: covers personalized color palette with zippered case, worksheets, and handouts are included.

140117-10 Sa 10/8 & 10/22 10A-12:30P

Location: Community Center

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

Instructor: Blair Massey, Image Consultant

Discover your Personal Style

(Ages 18+)

Hate shopping because you can't find anything that looks good on you? Do you have clothes sitting in your closet that you never wear because the style isn't flattering? Tired of wasting money on clothes you never wear? 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. Covers a 63 page personalized Style Guide, worksheets and handouts.

140118-11 Th 11/3 & 11/17 6-8P

Location: Community Center

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

Instructor: Blair Massey, Image Consultant

Legal Program Wills vs. Trusts

(Ages 18 +)

Attorney Clara Yang will explain the differences between a will and a trust, and provide you with the framework to determine which document will best serve your needs. Even if you already have a will or a trust, you will benefit from understanding your options, including how to use the documents to avoid court proceedings, minimize taxes, preserve the maximum amount of wealth possible for your loved ones and maintain flexibility for yourself. This is an educational seminar only, with no pressure or obligation. Attorney Clara Yang has been working in estate planning, probate, and elder law in Placerville for over 9 years. She is dedicated to helping her clients achieve the best results for their individual situation and gain the maximum benefit from an estate plan.

140151-09 Tu 9/20 5-6:30P

Location: Social Room - Community Center

Fee: \$32

Instructor: Clara Yang –Attorney at Law

Protecting the Special Needs of Loved Ones

(Ages 18 +)

If you have a family member who is receiving financial assistance from a local, state, or federal government, leaving them an inheritance may jeopardize their benefits. This seminar is designed to help you understand how a Special Needs Trust can protect and improve the quality of life of your disabled loved one. Attorney Clara Yang has been working in estate planning, probate, and elder law in Placerville for over 9 years.

140152-09 Tu 9/27 5-6:30P

Location: Social Room - Community Center

Fee: \$32

Instructor: Clara Yang –Attorney at Law

NEW! 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.

140149-12 Tu 12/13 6:30-8P

Location: Community Center

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

Instructor: William Corley

Computer

NEW! Excel Introduction

(Ages 18 +)

Learn the basics of Excel, the spreadsheet program! Learn how to quickly work with formulas, lists, and formatting. Cut, copy & paste. And many other features. You'll need a laptop with the Excel application installed. A mouse is very helpful. Instructor can help with the install. Text Jim at 650-515-9583 before the class starts. Class is taught by Jim Burzo, Computer Instructor for over 20 years.

140417-10 Tu 10/11-10/25 6:30-8:30P

Location: Community Center

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

Instructor: Jim Burzo

ADULT CLASSES

NEW! Power Point Introduction

(Ages 18 +)

Get your message across. Create a PowerPoint Slide Presentation. Organize your slides, format, move slides, reuse slides in other presentations. Create graphics and special effects. Use photos and incorporate transitions. Import information from other programs like Excel and Word. You'll need a laptop with the Excel application installed. A mouse is very helpful. I can help with the install. Text me 650-515-9583 before the class starts. The class is taught by Jim Burzo, Computer Instructor for over 20 years.

140417-11 Tu 11/15-11/29 6:30-8:30P

Location: Community Center

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

Instructor: Jim Burzo

FREE! UCCE Master Gardener Public Education Classes

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

Putting your Garden to Bed

The extra effort you put into your yard and garden areas this fall will pay big dividends next year. Learn how easy it is to Put Your Garden to Bed with Master Gardeners Cindy Young and Cheryl Turner as they present this class. They will discuss yard and garden clean up, cool season planting, tool sharpening and cleaning, composting, mulching, pruning, the importance of collecting those valuable fall leaves, and much more. In addition, there will be lots of hands-on demonstrations.

Wednesday, September 14 9A – 12P



Fall Propagation = Free Plants

We'll show you how! In this class you will learn techniques to propagate some of the most common plants found within your own home, garden or landscape. Processes, from cuttings, layering and divisions will be discussed. Save money, have fun and learn a simple way to expand your garden using materials you already have and grow!

Wednesday, October 12 9A – 12P

Replacing Your Lawn

Mow no more! Learn how to get rid of your water-guzzling lawn and replace it with something just as beautiful, but less thirsty. We will cover how to kill the grass, how to improve the soil for other plants, how to install easy irrigation, and we'll give you ideas for native plants and others that don't require lots of water.

Wednesday, November 9 9A – 12P

FREE! UCCE Master Food Preservers Classes

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

Tomatoes: Basic and Fancy

Too many tomatoes? Then this is the class for you! This class will provide you with many ways to safely preserve them for future use. Learn everything from spicy salsa to homemade ketchup in this fun and essential tomato canning course.

Wednesday, August 17 9A – 12P

From Garden to Table

Apples and Pears

Join us in this collaborative class presented by both Master Food Preservers and Master Gardeners. Our presentation will cover the care and feeding of apple and pears trees, common bugs and diseases, and what to do with the produce once it is harvested.

Wednesday, August 24 9A – 12P

Grapes:

Come see how you can grow grapes successfully in our county and explore some of the ways you can utilize grapes for food preparation. Master Gardeners will inform the home gardener about how to choose their varieties of grapes best suited for El Dorado County, and also how to propagate, plant, cultivate and prune grapes. Master Food Preservers will share how to harvest, store, freeze and dry grapes. They will also demonstrate how to extract juice from grapes in order to make a "freezer" grape jelly.

Wednesday, September 7 9A-12P

Olives:

Olives have been a part of the human diet for thousands of years, long before the canning industry, grocery stores, and martinis came into play." Come join UCCE El Dorado County Master Gardeners and Master Food Preservers as they discuss growing and curing olives. You will learn the best olives trees to plant in our area, along with the different ways to preserve them. In addition, you will learn how to protect your trees from the destructive olive fruit fly and why it is so important to do so.

Wednesday, September 21 9A-12P

Sausages & Deli Meats

Learn to make your own sausage and deli meats safely at home. The meat is leaner, has less sodium and is a lot healthier. In this class you will learn food safety techniques for handling meat, learn about the different sausage casings and how to use them, and how to use cures for your own deli meats. Safe jerky making techniques will also be discussed. There will be live demonstrations and plenty of opportunities to ask your questions.

Wednesday, September 28 9A-12P

COOKING/SAFETY CLASSES

Cooking Classes

Cooking with Kids

(Ages 5+)

Calling all Little Chefs! Join us in the kitchen where we will explore the culinary world through a child's eyes. We work with all fresh/organic ingredients and eat or share our creations. Class features nutrition and kitchen safety. Menu changes each session. Students receive a recipe booklet with all of the dishes that they create as well as a Certificate of Completion at the last class. Please bring \$35 material fee to first class

120106-09 Tu 9/6-9/27 3:45-4:45P

120106-10 Tu 10/4-10/25 3:45-4:45P

120106-11 Tu 11/1-11/22 3:45-4:45P

Location: Kitchen-Community Center

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

Instructor: Susan Kakavas

Truffles Class

(Ages 12+)

What if you could create beautiful, gift-worthy chocolate truffles in two hours? Well, you're in luck! Participants will learn how to make elegant dome-shaped truffles. The instructor walks 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. Take home a dozen truffles in flavors of your 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.



120106-07 S 11/5 10A-12:15P
Location: Kitchen - El Dorado Hills CSD
Fee: \$44/\$39 with CP resident discount
Instructor: Karen Moore

CPR & First Aid Classes

Instructor: Rescue Training Institute

Location: 13405 Folsom Blvd., Ste. 150

Folsom (916) 939-2277

Please bring a valid picture ID to class. No walk-ins. Registration closes 48 hrs. before class.

Certification cards are issued by mail after class.

Heartsaver Adult/Child CPR & AED

(Ages 16 +)

160124-09 Sa 9/3 8-11A

160124-10 Sa 10/1 8-11A

160124-11 Sa 11/5 8-11A

160124-12 Sa 12/3 8-11A

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

Heartsaver Adult/Child/Infant CPR & AED

(Ages 12 +)

160116-09 Sa 9/3 8A-12P

160116-10 Sa 10/1 8A-12P

160116-11 Sa 11/5 8A-12P

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

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

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

(Ages 12 +)

Not approved for licensed daycare providers.

160126-09 Sa 9/3 8A-3P

160126-10 Sa 10/1 8A-3P

160126-11 Sa 11/5 8A-3P

160126-12 Sa 12/3 8A-3P

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

Heartsaver First Aid Only

(Ages 12 +)

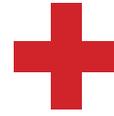
160130-09 Sa 9/3 1-3P

160130-10 Sa 10/1 1-3P

160130-11 Sa 11/5 1-3P

160130-12 Sa 12/3 1-3P

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



Basic Life Support CPR & EAD

(formerly Healthcare Provider CPR & AED)
(Ages 12 +)

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

160131-09 Sa 9/10 8A-12:30P

160131-9A Sa 9/17 8A-12:30P

160131-10 Sa 10/8 8A-12:30P

160131-1A Sa 10/15 8A-12:30P

160131-11 Sa 11/12 8A-12:30P

160131-12 Sa 12/10 8A-12:30P

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

Basic Life Support CPR Skills Session

(formerly Healthcare Provider CPR & AED Skills)

(Ages 12 +)

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

160121-09 Sa 9/10 1-2P

160121-9A Sa 9/17 1-2P

160121-10 Sa 10/8 1-2P

160121-1A Sa 10/15 1-2P

160121-11 Sa 11/12 1-2P

160121-12 Sa 12/10 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

160125-09 Sa 9/10 3-4P

160125-9A Sa 9/17 3-4P

160125-10 Sa 10/8 3-4P

160125-1A Sa 10/15 3-4P

160125-11 Sa 11/12 3-4P

160125-12 Sa 12/10 3-4P

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

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Please visit cameronpark.org for ad space opportunities.

SAFETY CLASSES/ADULT SPORTS

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.

160117-9A M & Tu 9/12 -9/13 5:30-9:30P
 160117-09 Sa 9/24 8A-5P
 160117-10 Sa 10/22 8A-5P
 160117-1A M & Tu 11/14-11/15 5:30-9:30P
 160117-11 Sa 11/19 8A-5P
 160117-12 Sa 12/17 8A-5P

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

Child and Babysitting Safety

(Ages 11 - 15)

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

130115-09 Tu & W 9/6-9/7 5:30-8:30P
 130115-10 Tu & W 10/4-10/5 5:30-8:30P
 130115-11 Tu & W 11/8-11/9 5:30-8:30P
 130115-12 Tu & W 12/6-12/7 5:30-8:30P

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

Babysitting CPR

(Ages 11 - 15)

Teaches child & infant CPR. Participation card received. No certification card for this class. \$5.00 materials fee paid in class.

130116-09 F 9/9 5-7P
 130116-10 F 10/7 5-7P
 130116-11 F 11/11 5-7P
 130116-12 F 12/9 5-7P

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



Hunter Safety

(Ages 10 +)

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

160105-09 Su 9/11 8:30A-5:30P
 160105-10 Su 10/9 8:30A-5:30P
 160105-11 Su 11/6 8:30A-5:30P
 160105-12 Su 12/4 8:30A-5:30P

Location: Community Center

Fee: \$25

Instructor: Larry Nelson

ADULT SPORTS

Adult Tennis

Lessons held at Cameron Park Lake Tennis Courts

Free tennis day Sat August 27

Come out to the courts and meet our Pro/Coach Andy Webb. Join in the Fun with a quick evaluation/lesson tip/drill/play and see what CP TENNIS is all about. For New/Re-starting students who have not participated within this past year's lesson program.

140322-08 Adults S 8/27 12-12:45P

Adult Clinics

Adult Starters/Re-Starters with goal of Rallying and Beginning Play

140322-09 W 9/7-9/28 6:15-7:15P

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

Instructor: Andy Webb

Adult Int. 3.0+ Workout

Emphasis is on technique and movement. Competitive Drills!

140321-09 W 9/7-9/28 5:15- 6:15P

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

Instructor: Andy Webb

Grand Slam Tennis Mixers

(Ages 18 +)

Organized Round Robin for 3.0+ players. Meet, greet and play a little Tennis! Play by abilities with handicap bisques. US Open Mixer End of Summer Mixer at the Park. 440321-08 Sa 8/27 9:30-11:30A
 Location: Tennis Court - Cameron Park Lake
 Fee: \$12/ per mixer plus a New Can of Balls
 Instructor: Andrew Webb



Adult Tuesday Basketball League

(Ages 18 +)

Winter

140356-10 Tu 10/25-1/3 6 pm

No games 11/22 & 12/27

Playoffs: Top 4 teams

Location: Community Center Gym

Fee: \$425/session/team. Register teams or sign-up on the free agent list – no cost until placed on a team

Pickleball Program

Indoor Pickleball

150720-10 T/Th 9A-12P 10/4-10/27

150720-11 T/Th 9A-12P* 11/1-11/29

150720-12 T/Th 9A-12P 12/1-12/29

*No class 11/24

Location: Community Center Gym

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

Pickleball Lessons

Coming in October. Call for details.



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.

150712-09	Tu	9/6-9/27	1:30-2:30P
150712-10	Tu	10/4-10/25	1:30-2:30P
150712-11	Tu	11/1-11/22	1:30-2:30P

Location: Dance Studio

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

Instructor: Roy Imai

Chair Yoga

(Ages 50 +)

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

150707-09	M	9/12-10/3	1:30-2:30P
150707-10	M	10/10-10/31	1:30-2:30P
150707-11	M	11/7-11/28	1:30-2:30P
150707-12	M	12/5-12/19	1:30-2:30P

Location: Dance Studio

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

December Fee: \$32/\$27 with CP Res. discount

Instructor: Donna Rixmann

NEW! 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 - 09	T, Th	9/1-9/29	9-10A
150725 - 10	T, Th	10/4-10/27	9-10A
150725 - 11	T, Th*	11/1-11/30	9-10A
150725 - 12	T, Th	12/1-12/27	9-10A

* No 11/24

Location: 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

MATURE ADULTS

Zumba® Gold, from a Chair

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

150714-09 M 9/12-10/3 4:30-5P

150714-10 M 10/10-11/7* 4:30-5P

* No class 10/31

Location: Dance Studio

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

Instructor: Kay Lenhart

Medicare 101

Understanding Medicare and Medicare Supplements

(Ages 50 +)

Are you preparing to enter the world of Medicare or planning for retirement? Need to make a change? Overwhelmed by all the choices for Medicare plans? This class will provide information on what is and is not covered by Medicare Parts A, B and D. You will also learn about the role of supplemental insurance plans A-K, also known as "Medi-Gap", Medicare Advantage Plans and proposed changes for 2017 and beyond. For educational purposes only; this is NOT a sales seminar.

150100-09 Th 9/8 10-11:30A

150100-10 Th 10/13 10-11:30A

150100-11 Th 11/10 10-11:30A

150100-12 Th 12/1 10-11:30A

Location: Social Room

Fee: \$7

Instructor: Stacy Iseminger



- BINGO -

Bring your friends for fun and laughs
Bingo will be held the 2nd Tuesday of the month from 1-3pm. \$3 for 2 cards, \$1 each additional - 4 card limit
September 13, October 11, November 13 and December 13



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\$40 Per Hour

Rich Percy (530) 333-5227

Mypcworks1@gmail.com

MATURE ADULTS

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 classes are available – October and November.

October class - 1 day refresher class
Friday, October 7 - 8:30AM – 1PM.

November class – 2 day class
Tuesday, November 1 & Thursday,
November 3 – 8:30AM - 12:30PM.

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.

Senior Lunch Program

The Senior Lunch program is held at the Cameron Park Community Services District on Mondays and Friday from 12-12:30pm. \$3 suggested donation.

Additional Activities

Bridge

Mondays – 1-3pm

Wednesdays 9:30am-12:30pm

Pinochle

Mondays – 10am-4pm

Gold Nugget Quilters

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

Ponté Palmero Lunch

FREE!

Come have lunch prepared by Chef Diane of Ponté Palmero at the Community Center. Please join the Ponté Palmero Directors Rachel Amador, Tiffany Ortega and Greg Kasner on Wednesday November 2. Lunch will be served at 12pm. There will be music, food and fun for all! The next lunch is scheduled for Wednesday February 1 at 12pm.

Please call 530-677-2231 to reserve your space today.

Free Senior Legal Counseling

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

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

Please call 530-621-6154 to schedule an appointment.

Appointments are currently available on:

W	9/21	10A-2P
W	10/19	10A-2P
W	11/16	10A-2P
W	12/21	10A-2P

Location: Community Center

Holiday Facility Rentals



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

50+ Room – JOIN THE FUN!

Games, Lectures, and Personal Support

Join us every Tuesday and Thursday in the 50+ Room from 10A to 4P, 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 **NOW OPEN ON MONDAYS** For those interested in playing games before or after the Senior Nutrition Program. BRING FRIENDS; MAKE A DAY OF IT.

Regular monthly programs include:

- Brain Health/Activities - 2nd Tuesday of the month - 10:30A
- 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.

Speaker Series

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

Friday, September 16 - 10A Wellness Retirement

Presented by Scott Feher. Fun and creative approach to retirement that focuses on planning for the everyday aspects of life. Learn how to make your retirement a time of life that is truly meaningful, answer the three most powerful retirement questions that will change it forever, re-invent yourself, prepare for important conversations to strengthen your relationships, and develop wellness habits for your body, mind, and spirit. To find out more please log on to www.scottfeher.com and click on the green "RETIREMENT WELLNESS" box. We encourage you to go on the RETIREMENT WELLNESS link on the website and watch the video as well as read the material we have on this link to help you see what we have to offer in this workshop. No products or services will be promoted or sold.

Friday, October 14, - 12:45P A Loved One Has Died... Now What?

Carol Drebin will speak about the value of advance planning. She offers a wealth of information gathered from Sacramento area funeral homes and cemeteries. The topic is: "A loved one has died...now what?" How do you make informed decisions at the time of need: Learn about the documents, costs and process involved in caring for the deceased. Get answers to your questions in a comfortable setting, without the stress and high emotions involved when death is near. The information you gather will make it easier to talk about death with family and friends. Literature and resource list will be provided. No products or services will be promoted or sold.

Cameron Park Country Fest event kicks off Gold Rush week Saturday, September 10th at Christa McAuliffe Park. See page 3.

The Gold Rush Returns!

The 2016 World Gold Panning Championships, scheduled from September 11th to 18th, 2016 includes a host of over 600 international competitors from over 30 countries. Event organizers teaming with businesses from El Dorado County will be "rolling out the red carpet" for this World Event.

El Dorado County Gold Week kicks off with a Parade of Nations down Main Street Placerville. Opening ceremonies, daily Gold panning competitions, live bands, and activities for kids and adults will be hosted at the EDC Fairgrounds and numerous other locations throughout El Dorado County. El Dorado County will come alive for this event! For more information regarding the World Gold Panning Championships in 2016 visit our website at www.ElDorado2016.com or contact the organizers eldoradogold2016@gmail.com.



El Dorado Camera Club News

Print completion 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.

Thursday, August 18 – 7P
Star Field/Milkyway Photography

Thursday, September 15 – 7P
Street Photography

Thursday, October 20-7P
Print Competition

Thursday, November 17 – 7P
Member Slide Show



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

Artists and Crafters Wanted

**"An Old Fashioned Christmas Craft Faire"
Saturday, November 19, 2016**

Artists and crafters are needed for the 21st Annual Art and Craft Faire to be held at the Cameron Park Community Center located at 2502 Country Club Drive. The Faire will be held on Saturday, November 19 from 10:00AM to 4:00PM. Deadline to register is October 14, 2016 or when full. All items must be non-commercially manufactured items. There will be limited vendors for specific categories – i.e. jewelry. The booth fee is \$60 for a 10' X 10' space only. If electricity is required that is an additional \$10. For more information please call the Cameron Park CSD at (530) 677-2231 or email us at cpcsd@cameronpark.org.

TRIPS/TOURS



Arizona Spring Training Getaway

Featuring 5 Nights at One Hotel in the Phoenix Arizona
6 days March 19, 2017

Highlights

Phoenix City Tour; 2 Spring Training Baseball Games; Hall of Flame Fire Museum; Old Town Scottsdale; Heard Museum of Native American Culture; Tucson Area; Mission San Xavier; Arizona-Sonora Desert Museum; Sabino Canyon Rec Area Tram Tour; Old West Farewell Dinner

Inclusions

Roundtrip Airfare – SMF; Roundtrip Transfers – SMF; Tour Director; 7 Meals: 5-Breakfasts & 2-Dinners; Motorcoach Transportation; Sightseeing per Itinerary; Hotel Transfers; Baggage Handling

Accommodations

5 Nights at One Hotel - Phoenix Area.

Booking Discount*: \$1795 pp double.
Regular Rate: \$1895 pp double, Single Supplement: +\$600

**Parks
Make
Life
Better!**

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

CP resident Joan:

*"Had great time,
enjoyable experience"*

– Grand Canyon Trip 10/2015

Southwest Trains & Canyons

Featuring Arches, Canyonlands & Mesa Verde National Parks
8 days June 15, 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: 7-Breakfasts, 1 – Lunch & 4-Dinners; 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*: \$2645 pp double.
Regular Rate:\$2745 pp double, Single Supplement: +\$925

FREE TRIP PRESENTATION Thursday, October 27th, 10A

Come and attend a presentation on the trips planned for the upcoming year. Kris Adams from Premiere World Discovery will be here to highlight what tours will be offered for travel in the upcoming months and more.

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.

Give a gift of an Experience



Holiday Gift
Certificates available.
Contact us for details.

Reds, Whites & Jewels Show

Saturday, January 28, 2017
11am- 4pm • Community Center



Enjoy an afternoon of wine/champagne tastings, light appetizers and jewelry shopping. Local and visiting vendors will have hundreds of items for you to purchase. Vendor spaces available. Admission is FREE!!

It's A Wedding Affair!

6TH ANNUAL



Sunday, February 26, 2017
10am-3pm • Community Center

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

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.



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 the stars
- Ride a bike
- Go boating
- Connect with the past
- Plant a seed



Members of the Roundtable include recreation, 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

Cameron Park CSD website

Visit our revised site! Look for surveys, activities, Cameron Park Community map and more at cameronpark.org

CAMERON PARK EVENT CENTER

Holiday Parties, Fundraisers, Seminars, Weddings.

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

- The **main assembly hall** can seat 252 people comfortably for banquet seating or up to 356 people for assembly style seating. The space can also be divided into thirds for smaller meeting areas with sound dampening dividers. The hall is equipped with a projector and screen and the technology to hook up laptops and iPads for presentations. There is an expansive stage for musical and theatrical performance, complete with green room and loading docks.
- The **commercial kitchen** has two gas convection ovens, a six burner heavy duty gas range and griddle, a microwave, commercial refrigeration with freezer, plus more! Perfect for a business chef.
- **ADDED – Kitchen equipment now available. Please inquire.**
- 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 a specialized tour. If you're planning an event regardless of size and duration we have a reasonably priced space for you.

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

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



CAMERON PARK CSD

CSD Board of Directors

Greg Stanton, President
 Margaret Mohr, Vice President
 Amy Blackmon
 Scott McNeil
 Holly Morrison

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

Cameron Park

Community Services District

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

www.cameronpark.org

Office hours; Mon – Fri, 8am – 5pm

District Staff

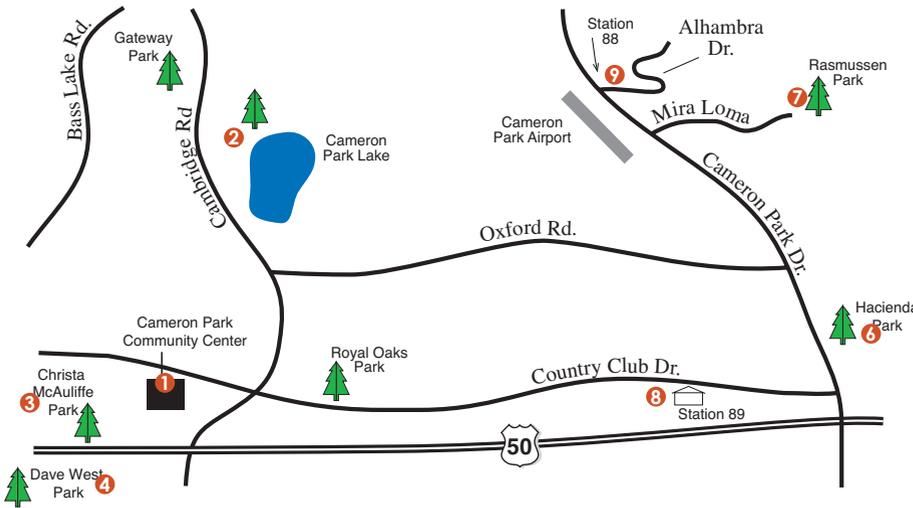
Mary Cahill, General Manager
 Fire Battalion Chiefs:
 – Bob Counts, Administration
 – Mike Smith, Fire Marshall
 J.R. Hichborn, Parks Superintendent
 Tina Helm, Recreation Supervisor
 Lyle Eickert, CC&R Compliance Officer

Cameron Park Community Services District provides:

- Fire Services
- Emergency Medical Services
- Parks Development and Management Services
- Recreation Programs and Facilities
- Lighting and Landscape Management Services
- CC&R Compliance Review and Enforcement
- Disposal Contract Services

Mission Statement

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



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

CSD office will be closed for the following Holidays:

Labor DaySeptember 5
 Columbus day October 10
 Veterans dayNovember 11

ThanksgivingNovember 24 & 25
 ChristmasDecember 23 & 26
 New Year's Day January 2

EASY WAYS TO REGISTER

Go Online

Visit our web page
www.cameronpark.org

Mail In

To CSD office
2502 Country Club Dr.
Cameron Park 95682

Phone In

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

In Person

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

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

Refund Policy: Full refunds will be given if

an activity or class is cancelled by CPCSD. Refund requests need to be made in writing at the CPCSD Office. Full refunds minus the processing fee will be processed when a 2 week notice is given prior to start of the program/class. Less than a 2 week notice refunds will be pro-rated to 50% due to staff level planning impacts. A "rain check

- household credit" in lieu of a refund can be provided. There will be a \$5 processing fee for each and every refund request/transfer. Refund checks take approximately 3-4 weeks to process. Refunds will not be granted for non-attendance, any excursions, trip or activities that require pre-paid admission, or material fees paid in advance.

Cameron Park Community Services District

Program Registration Form

You can also register online at www.cameronpark.org

Name: _____

Email: _____

Address: _____

Phone/cell phone: _____

City: _____ Zip: _____

Emergency Contact: _____

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

How did you hear about us?: _____

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

Please make checks payable to CPCSD

Total Fees enclosed \$ _____

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

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

action or right of action arising from or by reason of any bodily injury or personal injuries, death or property damage which may occur as a result of his/her participation in the current enrolled class or any activities in connection with the current enrolled class, whether or not caused by any act or omission of the CSD, its directors, employees, or instructors.

Cameron Park Community Services District does not have or provide medical or accident insurance for persons involved in programs sponsored by the Cameron Park Community Services District.

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

For Office Use Only Receipt # _____
cash check credit card

Visa /Mastercard/American Express # _____

Exp. Date: _____ 3 digit security Code: _____

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

Today's Date: _____

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

2016 Community Sponsors ... and Growing!



Mountain Democrat



Cameron Park Community Foundation

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



Creating Community Through People, Parks & Programs

Your donations and commitment to the community can provide for:

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

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

Connecting with the Future Starts Here

For Cameron Park.
For the Next Generation.

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

Trash • Recycle • Yard Waste



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

www.eldoradodisposal.com
(530) 626-4141

Find us on Facebook





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

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

Dear Postal Customer

October 22

HALLOWEEN CARNIVAL

and
Pumpkin Patch

1:30-4:00 pm • Cameron Park Lake
 Put on your costumes and come down to Cameron Park Lake which has transformed into an enchanted place of costumes and candy for an afternoon of fab-Boo-lous family fun! Enjoy old fashioned carnival games with prizes, crafts, food and refreshments. Strut your stuff in the costume parade and get lost in our pumpkin patch maze! Admission is Free!



Old Fashioned Christmas Craft Faire

**Saturday, November 19
 10:00am – 4:00pm
 Cameron Park Community Center**

Get a jump start on your holiday shopping! This Christmas Craft Faire, held inside the Cameron Park Community Center, features hundreds of hand-made crafts specific for the Holiday season! Don't miss out on one-of-a-kind gifts and decorations!



Holiday Kickoff

**Saturday, December 3
 Cameron Park Community Center**

Pancake Breakfast
 8:00am -12:00pm
 \$5 per person

Santa Parade
 December 12, 13, 14
 Rain Dates:
 December 19, 20, 21

Run with Santa
 7:00am-10:30am
 \$25 adults
 \$15 ages 17 & under
 Race day \$30 per person (cash only).
 Pancake breakfast included with registration!

Rain, shine or snow!!





Sacramento Jazz Concert

Wednesday, December 14. Doors open at 6:00pm. The show starts at 7:00pm.

Pre-order tickets for \$13 each, 2 for \$24. Or buy tickets at the door for \$15 each. Tickets are available at District Office, Cameron Park Bel Air, Shingle Springs/ Cameron Park Chamber of Commerce and online at www.showclix.com.