

# CAMERON PARK

COMMUNITY SERVICES DISTRICT



## 2024-2025 FALL/WINTER ACTIVITY GUIDE

  @cameronparkcsd



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## **District Staff**

**Alan Gardner**, General Manager  
generalmanager@cameronpark.org

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**Russell Dill**, Parks & Facilities  
rdill@cameronpark.org

**Jim Mog**, CC&R Compliance Officer  
ccr@cameronpark.org

**Kay Mullins**, Receptionist  
cpcsd@cameronpark.org

## **Mission Statement**

To enrich our community's quality of life for the health, safety, and wellbeing of Cameron Park residents.

## **District Office**

2502 Country Club Drive,  
Cameron Park CA, 95682

Phone: (530)677-2231

Email: CPCSD@cameronpark.org

Office Hours: Monday-Friday from  
9:00am - 4:30pm

Holiday Closures: 09/02, 10/14,  
11/11, 11/28, 11/29, 12/24, 12/25

## **Board Meetings**

This Board Meetings are held on the 3rd Wednesday of each month at 6:30 p.m., at the Cameron Park Community Center.

**Upcoming Meetings:** Sep. 18th, Oct. 16th, Nov. 20th, Dec. 18th

## **Board of Directors**

**Monique Scobey**, President

Term: 12/20 - 12/26

**Dawn Wolfson**, Vice President

Term: 12/22 - 12/26

**Eric Aiston**, Director

Term: 12/20 - 12/24

**Sidney Bazett**, Director

Term: 12/20 - 12/24

**Tim Israel**, Director

Term: 12/22 - 12/26



## Letter from the **General Manager** Introducing Alan Gardner

As the leaves change and a new season begins, the Cameron Park Community Services District is excited to introduce fresh programming, new hours, and more opportunities for you to be a part of our vibrant community. From Fall through Winter, this guide will showcase the many ways we're embracing this wonderful time of year.

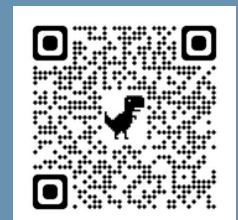


Our team has exciting plans, and we invite you to join us for the FREE Halloween Monster Mash, where kids can enjoy trunk-or-treating, dress up for the costume contest, and—if registered as one of the first 50—participate in the Pumpkin Plunge! Be sure not to miss the Annual Christmas Craft Faire for some early holiday shopping and bring the kids along for a special visit from Santa, himself, with opportunities for photos and a quick chat.

While our seasonal events will come and go, it's our programming that truly makes this time of year special. We're offering a wide variety of activities, from Musical Tap and Jazz dance classes to Bully Prevention Workshops for kids. Adults can also try something new, like Line Dancing, as we continue to offer enriching experiences for all ages.

### Sign up for our E-Newsletter!

Stay connected with the District by subscribing to our monthly E-Newsletter. New programs, events, department messages, community resources and more are included. **Use the QR Code to visit our website at [cameronpark.org](http://cameronpark.org) and subscribe!**



**Our New Motto is**  
**YES WE CAN!**  
**PLAN YOUR**  
**EVENTS WITH US!**  
*Please suggest activities for any age — day or night!*

- \* Special Events
- \* Youth Programs
- \* Adult Programs
- \* Senior Programs
- \* Aquatics
- \* Facility Rentals
- \* **Volunteers Welcome**

**PROGRAMS \* EVENTS \* ACTIVITIES FOR ALL AGES**  
**AQUATICS \* PARKS \* FACILITY RENTALS**

*Stay Informed! Visit our website and subscribe to our FREE email service for News & Events or Meetings*  
2502 Country Club Drive, Cameron Park • 530-677-2231 • [www.cameronpark.org](http://www.cameronpark.org)



# PROGRAM REGISTRATION



## Three Ways to Register!

Choose the best registration method for you! Registration is on a first come first serve basis. No registration will be taken without payment. Major credit cards accepted for all methods of registration.

1. **Online Registration** – available 24 hours a day, an account name and password is required.
2. **Phone Registration** – call (530) 677-2231 during our office hours (M-F 9am- 4:30pm)
3. **Walk In Registration** – accepted during office hours. Cash, check, and major credit cards are accepted.

## Recreation Participant Program Grants

We are working to renew our Recreation Participant Program Grants and will have more information coming soon! We want to do what we can to support our community so that everyone has an opportunity to participate in the recreational programs provided by the Cameron Park Community Services District.

*Coming  
Soon*

# Special Events



Cameron Park Community Services District  
In partnership with El Dorado Disposal:  
**Community Clean-Up Day!**  
Saturday, October 12<sup>th</sup>, 2024  
8am - 2pm



Use this day to clean unwanted junk out of garages, clean yards of unwanted clippings & tree trimmings and to properly dispose of bulk items. Used bikes will be collected by the Cameron Park Rotary Club.

LOCATION\* CAMERADO MIDDLE SCHOOL



BINS FOR THE FOLLOWING WILL BE PROVIDED:

- GENERAL RECYCLING
- TRASH
- YARD WASTE – will be collected. Trimmings or tree branches not larger than 12" in diameter may be hauled over and placed into the truck. Please, no root balls, poison oak or berries. \*Waste must be un-bagged or in compostable bags. NO PLASTIC BAGS.



Cameron Park CSD Staff will be present to direct traffic in and out of the Camerado School parking lot. You are responsible for unloading your own vehicle/trailer at this event pending we find volunteers to assist you.

**Prohibited Items:**

- LARGE APPLIANCES: SUCH AS REFRIGERATORS, FREEZERS, WASHER, DRYERS & DISHWASHERS
- MATTRESSES AND BOX SPRINGS
- DEAD ANIMALS
- AIR COMPRESSORS, LANDSCAPE EQUIPMENT WITH GAS OR OIL IN IT, MOTOR OIL, PROPANE CYLINDERS, TIRES
- HOUSEHOLD HAZARDOUS WASTE (EXAMPLE: INSECTICIDES, PESTICIDES, PAINTS, PHARMACEUTICALS, SOLVENTS, CHEMICALS, BATTERIES, HERBICIDES, PESTICIDES, AND FLORESCENT BULBS & TUBES)
- CONSTRUCTION DEBRIS, CONCRETE, DRYWALL, INSULATION, PLYWOOD, ROCKS, STUCCO SIDING, AND PRESSURE TREATED WOOD
- NO COMMERCIAL WASTE ACCEPTED

**HAZARDOUS WASTE COLLECTION CENTERS**

El Dorado Disposal - EDD

4100 Throwita Way,  
Placerville 530-626-4141  
www.eldoradodisposal.com  
Friday, Saturday, Sunday:  
9:00 am - 4:00 pm

\*El Dorado County Environmental Management does collect hazardous waste but BY APPOINTMENT ONLY. For more information, please call (530)621- 5300.

**Accepted Items:**

- GENTLY USED HOUSEHOLD ITEMS, SINKS
- FURNITURE, SLEEP SOFAS
- GREEN WASTE, FENCE
- MATERIAL BARBEQUES (WITHOUT PROPANE CYLINDERS)
- TOYS (BATTERIES MUST BE REMOVED), BIKES, SPORTS & EXERCISE EQUIPMENT
- SCRAP METAL

FOR CAMERON PARK RESIDENTS ONLY

For more information call the Cameron Park CSD office (530)677-2231 or visit [www.cameronpark.org](http://www.cameronpark.org)

Please join us for a  
**HALLOWEEN MONSTER MASH**  
WITH SPECIAL APPEARANCE FROM  
MYSTIC MADAME KAY &  
THE SANDERSON SISTERS

**FREE ENTRY**  
REGISTRATION IS REQUIRED

**TRUNK OR TREAT & BEST TRUNK CONTEST**

**COSTUME CONTEST**

**PUMPKIN PLUNGE**

**FIRST 50 REGISTRANTS PARTICIPATE IN THE PUMPKIN PLUNGE**

**OCTOBER 18, 2024**  
**5:30PM - 8:00PM**  
**@ THE CSD CAMPUS**  
**2502 COUNTRY CLUB DR.**  
**CAMERON PARK**

REGISTER AT [CAMERONPARK.ORG](http://CAMERONPARK.ORG)  
OR CALL 530-677-2231

Please join us for our annual  
**Christmas Craft Faire**  
With special appearance from Santa and his Elves

We are thrilled to welcome you back to our beloved FREE community event, the Annual Christmas Craft Faire! This festive gathering is a cherished tradition that brings together neighbors, friends, and families to celebrate the joy of the holiday season. Explore a delightful array of handcrafted treasures, from unique ornaments and festive decorations to beautiful handmade gifts perfect for everyone on your list.

Make sure to bring your cameras to get a FREE photo with Santa!

**Date: Saturday, November 23rd**  
**Time: 9:00am - 3:00pm**

For more information visit [cameronpark.org](http://cameronpark.org) or call 530-677-2231

**Christmas MOVIE NIGHT**  
Featuring: Elf the Movie

Gather your loved ones, cozy up, and join us for a heartwarming Christmas Movie Night!

There will be a hot cocoa bar and a popcorn machine, all proceeds will benefit future youth programming.

**FREE**  
When: December 13th, 2024  
Time: 6pm - 8pm  
Where: CSD Assembly Hall  
2502 Country Club Dr.  
Cameron Park

**TICKET**

**NORTH POLE**

For more information visit [cameronpark.org](http://cameronpark.org) or call 530-677-2231

# Cameron Park Community Services District Upcoming Events:



**Interested in  
Volunteering?**



The CSD is always looking for volunteers to help with many of our events. If you are interested in volunteering please complete the volunteer form found on our website and submit it to the CSD office.

If you have questions, or for more information about volunteering please contact the CSD office at (530) 677-2231.

Check out some photos below from some of our amazing volunteers and their involvement in our community, events, and camps!

- Community Clean Up: Oct. 12, 2024
- Monster Mash: Oct. 18, 2024
- Christmas Craft Fair: Nov. 23, 2024
- Christmas Movie Night: Dec. 13, 2024
- Santa Parade: Dec. 20/21/22, 2024
- Ties & Tiaras: Feb. 8, 2025
- Easter Open House: April 12, 2025
- Summer Spectacular: June 28, 2025

## Activities

### September - December

- Youth Sports/Classes
- Adult Sports/Classes
- Senior Programs
- Lap Swim
- Aquarobics
- Indoor Pickleball



## Cameron Park Lake

The Cameron Park Lake recreation area provides an enjoyable, serene, and beautiful setting to all visitors. This recreation facility offers a 1.1 mile walking path, catch and release fishing, 18-hole disc golf course, tennis courts, playground, paved parking, and a Gazebo with picnic areas that are rentable. Dogs are not allowed at this park, with the exception of service animals.



*We ♥ our  
Volunteers*



## Bullyproof Workshop



In this workshop, Instructor James will discuss the various ways that children may encounter bullying and provide strategies for adults and children to respond to this behavior. James hopes to educate our community on how to handle these situations.

Day	Dates	Time	Ages	Location	Fee
Fri	Sept 20	7:00pm - 8:00pm	7 - 14	4100 Cameron Park Dr #123	\$40.00 per session



## Over The Net Tennis Club



National Academy of Athletics and the CSD bring your a tennis club! Whether your child is a beginner or more advanced player, the drills taught at this camp will help them fall in love with the game. Our tennis camps are the perfect place to learn about the game and fitness while having a blast and making new friends. Through proper conditioning, warm-ups, balance, and coordination, this program is a confidence builder! Join now and learn defensive and offensive concepts, footwork, speed, agility competitions, challenges rallying and serving. Register now and enjoy some great tennis fun!

Day	Dates	Time	Ages	Location	Fee
Sat	Oct 19 - Nov 9	11:30am - 1:00pm	7 - 13	Cameron Park Lake	\$116.00



## Kinderkicks

For children the ages of 4-6. Each class is 30 minutes long and focuses on exercise, balance, coordination, attention and self-control. This class meets at the Taekwondo Studio located at 3181 #103 Cameron Park Dr, Cameron Park.

Day	Dates	Time	Ages	Fee
Mon & Wed	Aug 19 - Oct 16	5:30pm - 6:30pm	4 - 6	\$109.50
Mon & Wed	Oct 21 - Dec 18	5:30pm - 6:30pm	4 - 6	\$109.50

## Kids White Belt

For ages 7 - 12 years old. This class focuses on improving the hand-eye-foot development. Fee includes a uniform! This class meets at the Taekwondo Studio located at 3181 #103 Cameron Park Dr, Cameron Park.

Day	Dates	Time	Ages	Fee
Mon & Wed	Aug 19 - Oct 16	6:00pm - 6:45pm	7 - 12	\$129.50
Mon & Wed	Oct 21 - Dec 18	6:00pm - 6:45pm	7 - 12	\$129.50

## Teen/Adult

For ages 13 and older. This class focuses on strikes, blocks, discipline, building character and confidence. Work up a great sweat while you train! This class meets at the Taekwondo Studio located at 3181 #103 Cameron Park Dr, Cameron Park.

Day	Dates	Time	Ages	Fee
Tues & Thur	Aug 20 - Oct 17	6:45pm - 7:30pm	13+	\$129.50
Tues & Thur	Oct 22 - Dec 19	6:45pm - 7:30pm	13+	\$129.50

# YOUTH PROGRAMS - SPORTS

## Futsal League

Join the Futsal Movement that is changing the way youth soccer players are developing their technical skills and advancing their footwork. Futsal is an amazing game that sharpens first touch in arguably the most efficient and effective way around with methodology that is play based and incredibly result driven.

The game is played in the gym on the basketball court, 5 players vs 5 players(4 Field and a goalie). Subs are critical for this fast paced game and are rotated on the fly to keep the game moving, 6 players minimum per team and 8 maximum to support play time and player development. Half court warm up time (approximately 13 minutes) is provided for teams before delivering two 20 minute halves with a 3 minute half time.



Session # 1 is 5 weekends and each Team and Free Agent will be scheduled for 5 games. Scheduling is unique as players and teams are evaluated week to week to adjust and expose all involved to an optimal playing environment for effective development.

**There are a total of 4 sessions, more information and registration coming soon!**

**Please Note: Registration is for participants who have ALREADY joined a team. If you don't have a team, register as a Free Agent for \$89.**

**If you register after November 11th, you will be charged an additional \$10 late fee.**

Day	Dates	Time	Ages	Fee
Fri/ Sat/Sun	Nov 15 - Dec 29	Fri: 6pm - 9pm Sat: 9am - 9pm Sun: 9am - 8pm	5 - 17	\$79.00

## Pre Ballet **NEW**

We will work on developing basic ballet skills such as ballet vocabulary, spatial awareness, and improve coordination and balance skills. We will cover the standard pre-ballet positions and movements.

Day	Dates	Time	Ages	Fee
Fri	Oct 4 - Oct 25	9:45am - 10:30am	3.5 - 5	\$60.00
Fri	Nov 1 - Nov 22	9:45am - 10:30am	3.5 - 5	\$60.00



## Baby Ballet **NEW**

This class is for our littlest ballerinas. An introduction to ballet which focuses on balance, coordination, and most importantly having fun through moving our bodies.

Day	Dates	Time	Ages	Fee
Fri	Oct 4 - Oct 25	9:00am - 9:30am	2 - 3.5	\$60.00
Fri	Nov 1 - Nov 22	9:00am - 9:30am	2 - 3.5	\$60.00



**Hip Hop Dance** **NEW**

Our Hip Hop dance class blends high-energy routines with fundamental hip hop moves, making the experience both fun and challenging. Children will develop rhythm, coordination, and teamwork. Our classes are inclusive and supportive, allowing kids of all skill levels to participate and express themselves.

Day	Dates	Time	Ages	Location	Fee
Tues	Oct 1 - Oct 22	12:00pm - 12:45pm	6 - 8	CSD Dance Room	\$60.00
Tues	Oct 29 - Nov 19	12:00pm - 12:45pm	6 - 8	CSD Dance Room	\$60.00

**Jazz Dance** **NEW**

A jazz dance class for kids is a fantastic way to introduce young ones to the vibrant world of dance. It is energetic and fun, making it an ideal choice for children. These classes help kids develop coordination, flexibility, and strength while fostering a love for music and movement. In addition to physical benefits, jazz dance classes also nurture creativity and self-expression.

Day	Dates	Time	Ages	Location	Fee
Tues	Oct 1 - Oct 22	12:45pm - 1:30pm	6 - 12	CSD Dance Room	\$60.00
Tues	Oct 29 - Nov 19	12:45pm - 1:30pm	6 - 12	CSD Dance Room	\$60.00



# YOUTH PROGRAMS

## Intro Guitar

Looking to start a new hobby and learn how to play an instrument? All you need to get started is the instrument and the book! Please bring a guitar and a copy of Step One: Teach Yourself Guitar

Day	Dates	Time	Ages	Fee
Tues	Oct 8 - Oct 29	7:00pm - 7:45pm	12+	Res: \$46 Non Res: \$51.00
Tues	Nov 5 - Nov 19	7:00pm - 8:00pm	12+	Res: \$46 Non Res: \$51.00
Tues	Dec 3 - Dec 17	7:00pm - 8:00pm	12+	Res: \$46 Non Res: \$51.00

## Let's Uke!

Looking to start a new hobby and learn how to play an instrument? All you need to get started is the instrument and the book! Please bring a ukelele (no baritones) and a copy of the book: 'Easy Ukulele Method Book 1'

Day	Dates	Time	Ages	Fee
Tues	Oct 8 - Oct 29	6:15pm - 7:00pm	12+	Res: \$46 Non Res: \$51.00
Tues	Nov 5 - Nov 19	6:00pm - 7:00pm	12+	Res: \$46 Non Res: \$51.00
Tues	Dec 3 - Dec 17	6:00pm - 7:00pm	12+	Res: \$46 Non Res: \$51.00

## Speaking Spanish with Kids

Children kindergarten through 8th grade will learn Spanish from an experienced elementary teacher, Sharon Caputo. Through songs, dances, and games, the students will grow in their Spanish speaking skills. This class meets in Classroom A at the CSD.

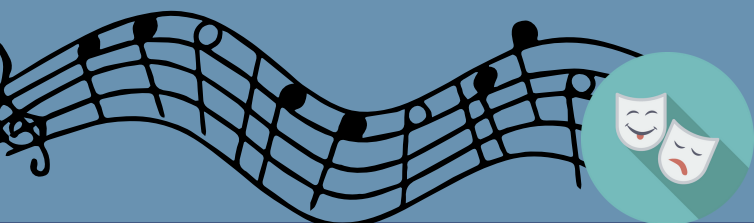
Day	Dates	Time	Ages	Fee
Wed	Aug 21 - Oct 9	4:00pm - 5:00pm	K - 8th Grade	\$80.00
Wed	Oct 16 - Dec 11	4:00pm - 5:00pm	K - 8th Grade	\$80.00

## Musical Theater Tap Dancing



Come have fun tapping in a musical theater inspired tap class. All levels are welcome to come join in. We will be working on musical theater movement and skills that can be applied in school theater and musicals. This class meets in the Dance Room.

Day	Dates	Time	Ages	Fee
Thurs	Sept 5 - Sept 26	5:30pm - 6:30pm	14+	\$15.00 per class
Thurs	Oct 3 - Oct 24	5:30pm - 6:30pm	14+	\$15.00 per class
Thurs	Nov 7 - Nov 21	5:30pm - 6:30pm	14+	\$15.00 per class



# Adult Programs

## Indoor Pickleball



CPCSD is excited to continue our Pickleball Open Gym Program! Whether you are looking to escape the wind or rain this Fall and Winter, we have 3 courts ready for you in our Gym! Participants must supply their own equipment to play. We have nets available for set up.

Dates	Time	Location	Fee
Mon - Fri	9:00am - 1:00pm	CSD Gymnasium	\$4 (Resident) \$5 (Non Resident) FREE (Annual Pass Holders)



## Tai Chi For Health

Tai Chi can help balance your internal energy for a healthy mind, body and spirit. Classes are open to all levels.

Days & Times	Dates	Ages	Fee
Tues: 9am - 10am Thurs: 7pm - 8pm	Sep 3 - Sep 26	14+	\$44.00 (Half) \$59.00 (Full)
Tues: 9am - 10am Thurs: 7pm - 8pm	Oct 1 - Oct 31	14+	\$44.00 (Half) \$59.00 (Full)
Tues: 9am - 10am Thurs: 7pm - 8pm	Nov 5 - Nov 26	14+	\$44.00 (Half) \$59.00 (Full)

## Blyss Yoga



Join us with Instructor Alyssa Hamlin of Blyss Yoga as we harmonize our mind, body, and soul through gentle Yin stretches and dynamic Flow sequences.

**Yin:** A slow relaxing, meditative yoga that stretches your deep connective tissue.

**Flow:** Vinyasa style yoga flow that includes ab and glute workout.

Dates	Time	Location	Fee
Mondays (Flow)	4:30pm - 5:30pm	CSD Dance Room	\$10 per class
Tuesdays (Yin)	5:30pm - 6:30pm	CSD Dance Room	\$10 per class



## Kaiut Yoga



The Kaiut method is inclusive and accessible for all bodies. It is designed for those who are rigid, hyper-flexible and everything else in between. Adults, as well as seniors will benefit from the safe and simple movement of the joints which when done with consistency, sustainability and variety provides more freedom and space in the mind and body.

Dates	Time	Location	Fee
Tues or Thurs	10:30am - 11:30am	CSD Dance Room	\$10 per class
Wed	4:00pm - 5:10pm	CSD Dance Room	\$10 per class

# Adult Programs

## LineDancing



Join Instructor Lynnette Falls for a fun, boot scootin good time with lessons! Whether you're a beginner or an experienced dancer, everyone is welcome. No experience necessary, just bring your enthusiasm!



Day	Dates	Time	Ages	Location	Fee
Thurs	Sep 19	6:00pm - 7:00pm	16+	CSD Gymnasium	\$10 per person
Thurs	Oct 17	6:00pm - 7:00pm	16+	CSD Gymnasium	\$10 per person
Thurs	Nov 21	6:00pm - 7:00pm	16+	CSD Gymnasium	\$10 per person
Thurs	Dec 19	6:00pm - 7:00pm	16+	CSD Gymnasium	\$10 per person



## Low Impact Cardio & Tone



Whether you're new to fitness or looking for a workout that's gentle on your joints, this class is designed for you! Our low-impact cardio and tone class will help you burn calories and improve cardiovascular health without putting strain on your body. Including toning exercises will help strengthen and sculpt your muscles, leaving you feeling energized and empowered. There is no class on 10/14 & 11/11 to observe Columbus and Veterans Day.

Day	Dates	Time	Location	Ages	Fee
Mon	Oct 7 - Oct 28	10:15am - 11:15am	CSD Dance Room	17+	\$34.00
Mon	Nov 4 - Nov 25	10:15am - 11:15am	CSD Dance Room	17+	\$34.00

## Adult Basketball League

The Adult Basketball League consists of 8 teams and registration fills up quick! Don't have a team? Register as a Free Agent!

Day	Dates	Time	Ages	Location	Fee
Tues	Aug 27 - Oct 15	5:30pm - 9:30pm	18+	CSD Gym	\$440.00
Tues	Oct 29 - Dec 17	5:30pm - 9:30pm	18+	CSD Gym	\$440.00



## Women's Self Defense Workshop



Join instructor James Carswell in this Women's Self Defense Workshop. This workshop is open to women ages 14+ and will cover common scenarios women may encounter. If you or someone you know would love would like to participate in this special workshop, we encourage you to sign up today!

Day	Dates	Time	Ages	Location	Fee
Fri	Nov 8 & Nov 15	7:00pm - 8:00pm	14+	4100 Cameron Park Dr #123	\$40 per session



# Zumba



Get ready to shake, shimmy, and sweat your way to fitness while having a blast! No dance experience required - all levels are welcome. Bring a friend along where you'll dance away calories and stress while enjoying different kinds of latin music with Instructor Amber Guerrero!

Day	Dates	Time	Location	Fee
Wed	Oct 9 - Oct 30	5:30pm - 6:30pm	CSD Dance Room	\$35
Wed	Nov 6 - Nov 27	5:30pm - 6:30pm	CSD Dance Room	\$35

# Musical Theater Tap Dancing



Come have fun tapping in a musical theater inspired tap class. All levels are welcome to come join in. We will be working on musical theater movement and skills that can be applied in school theater and musicals. This class meets in the Dance Room.

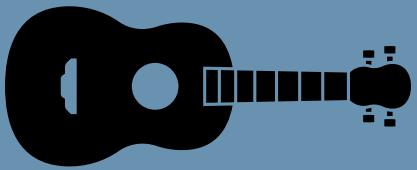
Day	Dates	Time	Ages	Fee
Thurs	Sept 5 - Sept 26	5:30pm - 6:30pm	14+	\$15.00 per class
Thurs	Oct 3 - Oct 24	5:30pm - 6:30pm	14+	\$15.00 per class
Thurs	Nov 7 - Nov 21	5:30pm - 6:30pm	14+	\$15.00 per class

# ADULT PROGRAMS

## Intro Guitar

Looking to start a new hobby and learn how to play an instrument? All you need to get started is the instrument and the book! Please bring a guitar and a copy of Step One: Teach Yourself Guitar

Day	Dates	Time	Ages	Fee
Tues	Oct 8 - Oct 29	7:00pm - 7:45pm	12+	Res: \$46 Non Res: \$51.00
Tues	Nov 5 - Nov 19	7:00pm - 7:45pm	12+	Res: \$46 Non Res: \$51.00
Tues	Dec 3 - Dec 17	7:00pm - 7:45pm	12+	Res: \$46 Non Res: \$51.00



## Let's Uke!

Looking to start a new hobby and learn how to play an instrument? All you need to get started is the instrument and the book! Please bring a ukelele (no baritones) and a copy of the book: 'Easy Ukulele Method Book 1'

Day	Dates	Time	Ages	Fee
Tues	Oct 8 - Oct 29	6:15pm - 7:00pm	12+	Res: \$46 Non Res: \$51.00
Tues	Nov 5 - Nov 19	6:15pm - 7:00pm	12+	Res: \$46 Non Res: \$51.00
Tues	Dec 3 - Dec 17	6:15pm - 7:00pm	12+	Res: \$46 Non Res: \$51.00



# Senior Programs



## Modified Zumba

This is the perfect class for adults looking for Zumba, but at a lower intensity. Easy to follow choreography focusing on balance, range of motion, coordination, fitness, etc! Classes held in the Dance Room, Mon/Thurs \$35 (1 day/week), \$50 (2 days/week)



**NEW**

## Aquarobics

Days	Dates	Time	Location	Fee
Tues & Thurs	Sept 10 - Oct 3	6:30am - 7:30am	CSD Pool	\$80.00 Annual Pass: \$64.00

**NEW**

## Low Impact Cardio & Tone

Our low-impact cardio and tone class will help you burn calories and improve cardiovascular health without putting strain on your body.

Days	Dates	Time	Location	Fee
Mon	Oct 7 - Oct 28	10:15am - 11:15am	CSD Dance Room	\$34

## Free Programs

Program	Days	Time	Location
Gold Nugget Quilters Club	Wed	9:00am - 12:00pm	Classroom B
Senior Social	Tues/Thurs	10:00am - 1:00pm	Social Room
EDC Senior Nutrition*	Mon - Fri	11:00am - 12:15pm	Social Room

\*To participate, please contact the Senior Nutrition program by 9:00am at (530)-621-6160 to reserve your meal for that day.

## Tai Chi for Health



Tai Chi can help balance your internal energy for a healthy mind, body and spirit. Classes are open to all levels, and will meet with the choice of Tuesday mornings from 9am to 10am and/or Thursday evenings from 7pm to 8pm in the CSD Dance Room.

\$44 for once a week, \$59 for twice a week.

## Kaiut Yoga

**NEW**

The Kaiut method is inclusive and accessible for all bodies. It's designed for those who are rigid, hyper-flexible and everything in between. Adults, as well as seniors will benefit from the safe and simple movement of the joints which when done with consistency, sustainability and variety provides more freedom and space in the mind and body.

Dates	Time	Location	Fee
Tues or Thurs	10:30am - 11:30am	CSD Dance Room	\$10 per class
Wed	4:00pm - 5:10pm	CSD Dance Room	\$10 per class





## CSD Annual Pass

CPCSD offers annual passes that give's holders access to the Lake, Pool, pickleball in our Gym, and discounts on classes at the pool and CSD events. They are available all year long and are valid for a FULL YEAR from the date of purchase!

Type of Pass	Resident	Non-Resident
Individual	\$100	\$115
Family (up to 5)	\$215	\$240
Senior/Veteran	\$72	\$80
Additional (up to 3) Only for a Family pass and for members under 18 years of age.	\$40	\$46

A Family Pass can only have 2 adults per household. You must be 62+ years old to receive a Senior pass. Senior Passes are for a individual person and cannot be purchased for a couple or in lieu of a family pass. Proof of military service will need to be provided to receive a Veterans pass.

## Lap Swim

**Location:** CPCSD Community Pool  
**Days:** Monday - Thursday & Sunday  
**Times: Mon - Thurs:** 5:30am - 6:30am or 6:30am - 7:30am  
**Sundays:** 7:00am - 8:00am  
**Fee:** Resident: \$4.00, Non-Resident: \$5.00  
 Free for annual pass holders, but **registration is still required.**

## Aquarobics NEW

Join Instructor Lynda Seymour for a high-energy water aerobics class and make a splash in your fitness routine! Whether you're looking to stay in shape, recover from an injury, or simply have fun while exercising, our water aerobics class offer something for everyone. There will be fun FREE giveaways each class as well, so join in on the fun!

Days	Dates	Time	Location	Fee
Tues & Thurs	Oct 8 - Oct 31	6:30am - 7:30am	CSD Pool	\$80.00 Annual Pass: \$64.00



# FACILITY RENTALS

## *Assembly Hall*

This is the perfect facility for a variety of events from community & corporate programs to weddings & parties.

- Use of Stage
- Use of projector, screen and lectern
- Commercial Kitchen attached to hall
- Tables and chairs set to your specifications
- Assembly style seating maximum = 356
- Dining style seating maximum = 250/200 with dance area

\*If you are looking for all these amenities but in a smaller space, check out our website about half room rentals!



### *Social Room*

The perfect space for smaller gatherings. In addition to tables and chairs, the room has a large screen available for use.



### *Classroom A*

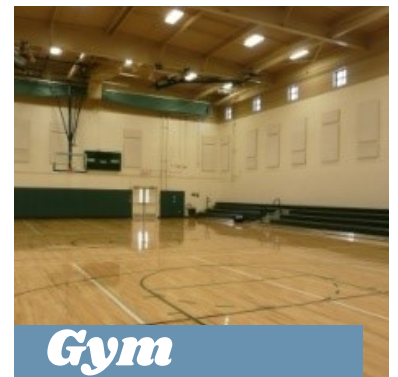
This room features a chalk board wall which is a fun addition to any child's birthday party!



### *Classroom B*

This room includes a TV, which can be used for photo slideshows, movies & powerpoint presentations!

This full court gym is perfect for basketball practices, volleyball leagues or any other sport rental. Gym, is lined for full court to two half courts for volleyball. Space includes electric bleachers.



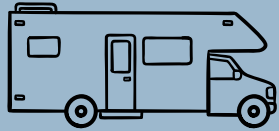
### *Gym*

**Fill out an application today!**




Submit it to the front office or email it to [cpcsd@cameronpark.org](mailto:cpcsd@cameronpark.org)

# DEPARTMENT MESSAGES



## CC&R AND ARCHITECTURAL REVIEW OFFICE



We hope everyone had an adventurous summer!

As we bring our boats out of the water and our recreational trailers, motorhomes, and jet skis home, we need to be cognizant of our CC&Rs. Keep in mind, there are over 80 different neighborhoods in Cameron Park that help keep our property values on over 7800 homes. To be a good neighbor, we like to keep our frontages clean and clear of trailered items and storable materials to insure that property values hold strong.



Below are some basic items that are required to be stored or maintained.

- **Recreational Vehicles:** Boats, any trailered items, Jet Skis, Motor Homes etc. are all items that need to be either stored off site or behind the fence lines. Some neighborhoods do not allow these on any lot, even behind the fence line. Most allow you to store them behind a fence line. Check your CC&Rs to see how your storage requirements apply to your items.
- **Materials:** Landscape materials, building materials, project materials, basically any items that you may be using as a project will need to be stored behind a fence line. Additionally, Appliances, trash, furniture etc. are not allowed to be in your frontage. You will be appreciated for your efforts here.
- **Steel Structures:** There are many residents that have steel structures as trailer ports or carports that were not approved by the Cameron Park Architectural Committee. These structures also require an El Dorado County permit for any structure over 120 square feet. Even if you were told that these are Temporary Structures, they are not allowed without permitted approval. Furthermore, these can be reported to the county by any resident.
- **Landscape:** There are many communities that do not have any requirements for landscape and there are some communities that are very strict about landscape. Landscape requirements or not, keep your weeds down, hedges trimmed and site lines clear. Even in drought, we can do maintenance to have a presentable frontage.

Neighborhood campaign notices have begun in all neighborhoods reminding residents of violations and their CC&Rs. To help our community, we ask all our residents to check out their own frontage for the above items to be addressed. If they are not, the CC&R office will be building a case file to send notices for correction. Thank you for your help and support!