

Rocklin Parks & Recreation
ACTIVITY GUIDE

Rocklin Parks & Recreation Department

We've Moved to

▶ 5460 Fifth Street, Rocklin, at Johnson-Springview Community Park ◀
www.rocklin.ca.us - 916.625.5200



"Like" us on Facebook & Follow us on Twitter:

@RocklinParksRec

**Parks
Make
Life
Better!**





Finnish Temperance Hall
4090 Rocklin Road | Capacity: 144

Rocklin Facilities

www.rocklin.ca.us/facilities
916.625.5227



Rocklin Event Center
2650 Sunset Blvd. | Capacity: 320



Johnson Springview Park Pavilions
5480 Fifth Street | Capacity: 330



Check out the Rocklin Business Discount
Reserve by June 30 to enjoy 15% off your Rocklin Event Center rental. Hold your next 2012 business event here.
Applies to any Event Center room!



Rocklin Community Center
5480 Fifth Street | Capacity: 178



Whitney Park Pavilion
1801 Whitney Ranch Pkwy. | Capacity: 65

\$20/hour SPECIAL
Recreation Meeting Room
Through June 30, enjoy discounted rental rates of the meeting room at Rocklin Parks and Recreation Office.
Great for trainings and small events. 840 sq. ft. - seats 30 comfortably.





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Rocklin Citizens Academy

This free, 5-week community education program seeks to engage residents in learning the ins and outs of Rocklin City government. Participants are introduced to city departments, where they learn the roles and operations of each, ask questions and discuss issues. Applications may be found on the City's website. Rocklin Citizens Academy is offered twice a year.

Administration

Recreation Services

Recreation Director

Gordon Holt

Rec. Superintendents

John House

Leslie Woodman

Rocklin Recreation Commission

Chairperson

Jack Haycock

Vice Chairperson

Paul Ruhkala

Commissioners

Christine Anderson

John Carter

Nancy Hartwell

The Rocklin Recreation Commission meets at 6pm the 2nd Wednesday of each month on the 2nd floor of the Administration Building, 3970 Rocklin Road.

Rocklin Planning Commission

Chairperson

Gregg McKenzie

Vice-Chairperson

Ralph Coleman

Commissioners

Pierre Martinez

Larry Menth

Jeff Shirhall

Rocklin Planning Commission meets at 6:30 pm the 1st and 3rd Tuesday of each month on the 2nd floor of the Administration Building, 3970 Rocklin Road.

Rocklin City Officials

City Clerk

Barbara Ivanusich

Assistant City Clerk

Terry Stemple

City Manager

Ricky Horst

Rocklin City Council

Mayor

Brett Storey

Vice-Mayor

Peter Hill

Councilmembers

Diana Ruslin

George Magnuson

Scott Yuill

Rocklin City Council meets at 6pm the 2nd and 4th Tuesday of each month on the 2nd floor of the Administration Building, 3970 Rocklin Road.

Every effort is made to ensure that the information printed in the Recreation Guide is accurate.

*Visit our website for updates:
www.rocklin.ca.us*





Preschool 2012-2013

Ages 3-5

Designed to prepare your child for entrance into Kindergarten; the program emphasizes group learning in a positive environment. Activities include language & physical development, science, math concepts, art, music, socialization, and field trips.



The City of Rocklin, in partnership with RUSD and First 5 Placer, is dedicated to providing services to both typically developing children and children with special needs in an inclusive preschool program. Tuition subsidy is available through an application process. Parent resources are provided for Rocklin Preschool parents thanks to First 5 Placer and Prop 10 funds.

Paperwork for current participants & siblings accepted between 4/10-4/23 at the Rocklin Parks & Rec. Department

Open Reg. Begins: 4/24

Registration

Packets available at the Rocklin Parks & Recreation Department Office, 5460 5th Street, Preschool sites, and the city's website on **March 29**.

Online registration is not available; however, tuition may be paid online: www.rocklin.ca.us/RecDirect

What to Bring

1. \$75 non-refundable reg. fee - check or money order only
2. Completed Preschool Registration Packet
3. Parent Agreement Form
4. Copies of Child's Birth Certificate & Immunization Records

Tuition

Paid on a monthly basis in ten equal payments. No credit for missed classes. All fees subject to change.

Rocklin Residents
\$23/Day, pre-paid monthly
Non-Residents
\$26/Day, pre-paid monthly

Classes are held at the following locations:

Rock Creek
Elementary School
2140 Collet Quarry
916-625-5265

Ruhkala
Elementary School
6530 Turnstone Way
916-625-5244

Sunset Ranch
Elementary School
2500 Bridlewood Dr.
916-625-5267

Preschool Class Schedule

Class	Child's Birthdate	Class Date/Time:
AM 3 YO	11/2/08 - 10/1/09	T/TH 8:30-11:00am
PM 4 YO	11/2/07 - 11/1/08	T/TH 12:00-3:00pm
AM 4 YO	11/2/07 - 11/1/08	M/W/F 8:30-11:30am
PM 4 YO	11/2/07 - 11/1/08	M/W/F 12:30-3:30pm

Kids Junction Before & After School

Grades: K - 6

Kids Junction is Rocklin's only on-campus Before & After School Program conveniently located a few steps away from K - 6 classrooms. This state-licensed childcare program is well known for safety and reliability. Activities include games, arts & crafts, sports, homework assistance and fun play.

Schedule

Mon-Fri

7:00am-6:00pm

**\$75 | Child registration fee
(non-refundable)**

Kindergarten

AM Before/After School: \$38/Day
AM Kinder Before School: \$10/Day
AM Kinder After School: \$33/Day
PM Kinder After School: \$22/Day

Grades: 1 - 6 & Extended Kindergarten

Before/After School: \$30/Day
Grade 1 - 6 Before School: \$10/Day
Grade 1 - 6 After School: \$22/Day
Grade 1 - 6 Minimum Day: \$6/Day

**Rates subject to change*

**Kids Junction's Kindergarten program must maintain a minimum enrollment of 6 full-time participants per session or it may be cancelled. No before school care offered for PM Kindergartners at this time.*



Preschool Summer Camp

Prepare for Preschool or Kindergarten

Age: 3-4
Two-week sessions. Designed with learning centers, circle time, art, music, outdoor play and hands-on fun. Qualified Preschool teachers lead the adventure. Daily snack is included.

3 year olds - Tue/Thu

Time	Date	Code
8:30- 11am	6/19-28	12714
8:30- 11am	7/17-26	12716
8:30- 11am	7/31-8/9	12718
12- 3:30pm	7/31-8/9	12719

4 year olds - M/W/F

Time	Date	Code
8:30- 11:30am	6/18-29	12720
8:30- 11:30am	7/16-27	12722
12:30- 3:30pm	7/16-27	12723
8:30- 11:30am	7/30-8/10	12724
12:30- 3:30pm	7/30-8/10	12725

Rock Creek Preschool
3 YO \$92 R | \$102 NR
4 YO \$138 R | \$148 NR



Play Depot Camp

Grades: K-2

Arts & crafts, sports, games and cooking projects are provided for children entering Kindergarten through 2nd grade. Exciting weekly themes, field trips and special presentations are also planned.
M-F 7am-6pm
Twin Oaks Elementary School
12662

Kids Junction Traditional Camp

Grades: K-6

Our camp leaders are energetic and trained to lead the children in a variety of activities ranging from indoor and outdoor sports, arts & crafts, games, water play, weekly field trips and much, much more!

2012 Summer Locations:
M-F 7am-6pm
Cobblestone - 12663
Rocklin - 12660
Rock Creek - 12661
Valley View - 12664

Registration

Open registration for these Summer Camps will begin April 24 at the Rocklin Parks & Recreation Department. The office is open Monday-Thursday 8am-4:30pm. Registration packets and camp calendars may be found online, at the office, and at the sites. Parents are responsible for providing a lunch for their children on camp days.

Daily \$40 | Weekly \$190
Summer Camps Start: 6/11

Summer Legends Sports Camp

Ages: 8-13
Participants play a variety of sports such as basketball, tennis, football, volleyball, hockey, lacrosse, air hockey and video games. Camp will emphasize fundamental skills, sportsmanship, teamwork, and most importantly FUN! The program also offers field trips: Site is closed on trip days. Participants must provide their own lunches. A snack bar is also available.

6/11-8/17
Monday-Friday
7:30am- 5:30pm
Spring View Middle School
Teen Center 12547
Daily \$35 | Weekly \$165



Ages 13-15 are welcome to join Summer Legends Sports campers on their weekly field trips. Check online for trip locations and dates.



The Little Gym

Ages: 4 Months - 12 Years

Progressively structured classes in gymnastics, dance, sports, and karate, and a positive learning environment create opportunities for your child to try new things and build self-confidence. For more information, visit www.littlegym.com/placercountyca. Register with Rocklin Parks & Recreation.

May	12264
June	12537
July	12538
August	12539

The Little Gym,
6015 Fairway, Rocklin
\$78 R | \$88 NR

The Little Gym Anytime Summertime Kids Camp

Ages: 3-8

6/4-8/17 12546
~~8:30am-12:30pm~~
\$96 R | \$106 NR
*\$10 Material Fee

Mondays, Wednesdays,
Fridays 9 am - 12pm
June 4 - June 8
The Little Gym's Crazy Carnival
June 11 - June 15
Cars, Planes, Trucks, & Trains
June 18 - June 22
X-treme Sports of ALL Sorts
June 25 - June 29
Superheroes!
July 2 - July 6
Legends, Fables, & Folklore (no camp July 4)



July 9 - July 13
Lights, Camera, Action!
July 16 - July 20
Secret Agent: "Gyms Bond!"
July 23 - July 27
Hip-Hop Karate Chop!
July 20 - Aug. 3
My Animal Planet
Aug. 6 - Aug. 10
The Little Gym Summer Olympics
Aug. 13 - Aug. 17
Barnyard Bonanza

Flip 2 It - Fantastic Summer Camps

Ages: 3.5+

Experiences include rock climbing, arts & crafts, super swing, fitness games, break dancing, parkour, taekwondo and tumbling. Each week has a different theme. *Pack a snack for campers who stay until 12:30pm or a lunch for those who stay until 2:30pm. Register online at www.rocklin.ca.us. See full schedule at www.flip2itsportscenter.com.

Flip 2 It Sports Center,
10556 Industrial Ave.
Suite 130,
Roseville

Monday-Thursday
8:30am-2:30pm
\$144 R | \$154 NR
(add-on Fri. for \$36)
8:30am-12:30pm
\$104 R | \$114 NR
(add-on Fri. for \$26)
Single Days -
Half \$32/Full \$48



Flip 2 It - Specialty Camps

Ages: 5+
Mon-Thurs
10 - 1-week Camps 6/11-8/17
8:30am-2:30pm
\$144 R | \$154 NR

Just Tumble Camp

Hip-Hop Camp

Cheer Camp

UrbanGYM-UrbanFLOW
Camp

Flip 2 It - Princess Camp

Ages: 5+
6/11-15, 7/9-13, 8/6-10
Your little princess will get an up-do in the salon then will create her own wand and wings. The girls will dream up a show for the last day of camp. Wear your favorite princess costume!

Mon-Thurs
8:30am-12:30pm
\$96 R | \$106 NR
*\$10 Material Fee



Fencing

Ages: 10+

This year-round program taught by James Colgate is open for enrollment at the beginning of each month. Equipment provided.

Intro to Foil

Fencing

This is a one session class for the individual who has never fenced before. Wear athletic shoes. No shorts.

Thurs	5:30-6pm
8/2-8/23	12528

Parkview Activity Room
\$25 R/\$30 NR

Beginning Fencing

Apply the skills learned in the introductory class.

Thurs	6-7:30pm
6/14-6/28	12525
7/2-7/12	12526
8/2-8/23	12527

Parkview Activity Room
\$50 R | \$60 NR
\$45 R | \$50 NR
Family Discount

Beginning II Fencing

Ages 12 and adult - Older students having advanced from Beginning Fencing I in both age and skill. Instructor approval required.

Thurs	7:30-9pm
6/14-6/28	12531
7/2-7/12	12532
8/2-8/23	12533

Parkview Activity Room
\$50 R | \$60 NR
\$45 R | \$50 NR
Family Discount

Rocklin School of Baseball

Ages: 5 - 15

Learn techniques from knowledgeable high school, college and professional baseball coaches. Contact Roc Murray: 916.622.3611.

Mon-Fri
8:30-12:00pm
 6/11-6/15 **12445**
 6/18-6/22 **12446**
 7/9-7/13 **12447**
 7/16-7/20 **12448**
 7/23-7/27 **12449**

Twin Oaks Park,
 Baseball Fields
 \$130

Four-Day Jr. Golf Camp

Ages: 6 - 16

Four day classes include putting, chipping and full swing. Junior classes available.

Tues-Fri
11:30am-1pm
 7/3-7/6 **12450**
 7/24-7/27 **12451**
 Diamond Oaks Golf Course
 \$120 R | \$130 NR

Karate

Ages: 7+

Sensei Al Muir teaches martial arts for self-defense, recreation, and/or competition. Students build respect and self-esteem through kicks, punches, throws, and takas. Students may purchase gis from instructor and test for higher belt level (\$35). Adults welcome.

Tuesday **6-7:30pm**
 5/1-6/26 **12345**
 7/3-8/28 **12346**
 Parkview Activity Room
 \$55 R | \$65 NR

Rocklin CrossFit Youth Program

Ages: 8+

A fundamental speed, strength, and conditioning program that teaches coordination, balance, body awareness, and injury prevention. Athletes will push, pull, run, throw, lift, and jump to the next level regardless of whether or not they play sports.

Tuesday & Thursday
11am-12pm
 6/26-8/16 **12452**
 California Family Fitness
 \$215

Dynamite Sports Speed

Ages: 8-18

This program will prepare your young athlete to play and excel at the highest levels of competitive high school sports. Athletes will learn an arsenal of skills that will help them take their game to new heights and prepare them for the next level. All materials provided by instructor. Call 564.3930 or visit www.DynamiteSportSpeed.com

Monday-Friday
 6/11-15
 8-10 **9-9:45am** **12619**
 11-13 **10-11am** **12621**
 14-18 **11:15-12:15pm** **12623**
 6/25-29
 8-10 **9-9:45am** **12620**
 11-13 **10-11am** **12622**
 14-18 **11:15-12:15pm** **12624**
 Nelson Espinoza
 Clark Dominguez Gym
 \$75

William Jessup Basketball Camps

Camps include fundamental instruction, camp T-shirt, basketball, written evaluation, certificate and workout packet. Lunch will be provided only at the all-day camps.

Nike Basketball Camp
Ages: 8-18
Mon-Thurs
9am-4pm
 7/9-7/12 **12453**
 \$410 overnight
 \$310 day campers

Junior Skills Camp
Ages: 5-12
Mon-Thurs
9am-4pm
 7/16-7/19 **12454**
 \$125 R | \$135 NR

Competition Camp
Ages: 8-18
Mon-Thurs
9-4pm
 7/16-7/19 **12455**
 \$200 R | \$210 NR

Del Norte Camp @ Arcade Baptist in Sacramento
Ages: 6-12
Mon-Thurs
9am-12pm
 7/23-7/26 **12456**
 \$50 R | \$60 NR

William Jessup, Activities Building

Spike the Rock Grass Volleyball

Rocklin Recreation is offering an instructional grass volleyball league.

Tuesday **6:30-8pm**
 6/19-8/7 **12513**
 Johnson-Springview Park,
 Football Field
 \$65 R | \$75 NR

Good Sport U Basketball

Good Sport U is offering several exciting youth basketball clinics that will provide your child the opportunity to play in a fun and positive environment. Games and contests will develop their skills, knowledge and love of the game. Fee includes a GSU T-shirt!

Hoop Improvement for Kids - Coed
Monday-Friday
6/18-22
Grades 1-3
 9-10:50am **12534**
Grades 4-6
 11-12:50pm **12535**
 Clarke Dominguez Gym
 \$85

Contact: Rick Bauer
 916.316.3084
goodsportu@sbcglobal.net
goodsportu.com

Intro to Bowling

Ages: 5-14
 Group lesson with individualized, progressive instruction by certified coach. Includes use of lane, bowling ball and shoes. Bumpers for younger players.

Mondays
4-5pm
 6/11-7/9
Ages: 5-8 **12658**
Ages: 9-14 **12659**
 Strikes Unlimited,
 5681 Lonetree Blvd.
Ages: 5-8 \$50 R | \$60 NR
Ages: 9-14 \$60 R | \$70 NR



Kidz Love Soccer (KLS)

Kids learn the world's most popular sport from professional coaches trained in the Kidz Love Soccer Method. A session experience includes age appropriate activities, skill demonstrations, fun games, and instructional scrimmages conducted in a noncompetitive, recreational format. Shin guards are required after first meeting. Visit www.kidzlovesoccer.com for more information. KLS Rainout Hotline: 800-871-2275

Tuesdays 6/12-8/7
Saturdays 7/7-8/25
 Margaret Azevedo Park

*New class:
 Kids Love
 Match Play;
 Check it out
 below!*

Class	Ages	Day	Time	Fees	Code
Mommy / Daddy & Me	2-3.5	Tuesday	9:00-9:30am	\$90 R \$100 NR	12514
Mommy / Daddy & Me	2-3.5	Saturday	9:00-9:30am	\$80 R \$90 NR	12519
Tot-Soccer	3.5-4	Tuesday	9:40-10:10am	\$90 R \$100 NR	12515
Tot-Soccer	3.5-4	Saturday	9:45-10:15am	\$80 R \$90 NR	12520
Pre-Soccer	4-5	Tuesday	10:10-10:45am	\$90 R \$100 NR	12516
Pre-Soccer	4-5	Saturday	10:15-10:50am	\$80 R \$90 NR	12521
Soccer 1	5-6	Tuesday	10:45-11:30am	\$90 R \$100 NR	12517
Soccer 1	5-6	Saturday	10:50-11:35am	\$80 R \$90 NR	12522
Skillz & Scrimmages	7-10	Tuesday	11:30-12:15pm	\$90 R \$100 NR	12518
Skillz & Scrimmages	7-10	Saturday	11:35-12:20pm	\$90 R \$100 NR	12523
Kidz Love Match Play	10-12	Sunday	4:00-5:00pm	\$90 R \$100 NR	12524



Challenger British Soccer Camps

Age: 5-12

British Soccer Camps provide young players with the rare opportunity to receive high-level soccer coaching from a team of international experts. Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily tournament. Includes soccer ball, camp shirt and award. *Golden goal camp is only open to players who register for half day camp too as an extended camp option. Runs Monday-Thursday only.

	9am-12pm	*1pm-3pm
June 18-22	Half Day: 12497	Golden Goal: 12498
July 9-13	Half Day: 12509	Golden Goal: 12510
August 6-10	Half Day: 12511	Golden Goal: 12512
	Half Day: \$160	Golden Goal: \$43*

Johnson Springview Park

Check out page 3 for Summer Legends Sports Camp



California Football Coaches Association Clinics & Camps

Age: 7-18

Lifting Clinic: Want to learn safe & effective lifting techniques and get bigger and stronger? This hands-on clinic will cover: Power Cleans, Squats and Bench Press to develop explosive power. Athletes will learn how to create a personalized training program.

Saturday, June 9 | 9am-1pm | 12559 | \$35

Intro to Football: This camp will teach safe and effective fundamental flag and tackle football skills through drills for each position. This is a non-contact camp.

Saturday, June 9 | 2-6pm | 12555 | \$35

Speed, Agility, Quickness & Power Clinic (SAQP): Enhance your performance in any sport. Increase forward and lateral speed, improve agility and power, and jump higher. Using ladders, parachutes, sleds & ply boxes you will succeed in increasing agility.

Monday-Tuesday, June 11-12 | 6-8pm | 12556 | \$50

Football Camp (Non-Contact): Want to improve previously learned tackle football techniques? Want to learn a new position and impress your coaches? Bring your cleats and bring it on! This is a non-contact camp.

Wednesday-Friday, June 13-15 | 6-8pm | 12557 | \$70

Football Camp: Want to boost up your game to increase playing time and be a more valuable player? This is a full-contact camp for high school tackle football players.

Monday-Wednesday, July 16-18 | 6-8pm | 12558 | \$99

Enrollment is limited! Bring a water bottle.

Johnson Springview Park

More information: www.calfootballcoaches.com or Call: 916.337.4898

Adult Leagues

Full payment is due at time of registration to reserve your spot. Priority registration is given to teams from prior year. Resident teams are given first priority over non-resident teams. Teams must show 66% resident players at time of registration to be considered a resident team. Please submit completed registration forms & full payment to City of Rocklin, 5640 5th Street, Rocklin, CA 95677. Registration packets are available at www.rocklin.ca.us/RocklinSports.

Sport	Location	League	Returning Team Deadline	New Team Deadline	League Begins	Team Fees
Adult Basketball	Clarke Dominguez Gym	Sun, D	Summer: 6/2	Summer: 6/16-6/19	Summer: 6/17	\$425 R
Adult Softball	Margaret Azevedo Park	Sun, Coed D Tues, Men's D Thurs, Men's D	Summer: 6/2	Summer: 6/16-6/19	Summer: 6/17	\$425 R
Adult Volleyball	Johnson-Springview Football Field	Tues, Mens & Womens Quads A/B	Summer: 6/2	Summer: 6/16-6/19	Summer: 6/17	\$120 R Quads

Free Agent Program

For those who would like to play in an Adult Sports Leagues but do not have a team, individual registration is allowed and encouraged. No fees will be accepted at time of registration. Registration packets are available at the Rocklin Recreation Office or on our website at www.rocklin.ca.us/RocklinSports. Call 916-625-5200 for more information.

Priority Registration

Registration is accepted on a first come-first serve basis according to the following priorities:

Priority I: Rocklin resident teams who participated in the 2011 season.

Priority II: New Rocklin-based teams must have 66% Rocklin residents on Roster.

Priority III: All other teams.

***All leagues consist of a minimum of seven regular season games, plus playoffs for qualifying teams.**



New!

Sattva Yoga Pilates Barre Classes

Twisty Toddlers (Pilates)

Age: 2-4

We know yoga and pilates are good for adults, but it's just as good for kids! This play based class will incorporate movement, music, games, and storytelling.

Monday 10:15-10:45am
6/11-7/2 12590
7/9-7/30 12591
8/6-8/27 12592
Sattva Yoga Pilates Barre
2161 Sunset Blvd. #100
Jean Munoz-Keese
\$40 R | \$45 NR

Rest & Renew Yoga

Age: 12+

When you're in need of deep relaxation- this is the class for you. Restorative yoga allows the body and mind to completely let go. You will be supported by props to calm the body and the mind. You will leave feeling refreshed, clear, and ready for your life! This class is for all levels.

Sunday 4-5:15pm
6/10-7/1 12587
7/8-7/29 12588
8/5-8/26 12589
Sattva Yoga Pilates Barre
2161 Sunset Blvd. #100
Emily Burton
\$50 R | \$60 NR

Pilates Hotty Jr. Bootcamp

Age: 11-12

Teen pilates will leave you feeling strong, inside and out. We focus on core stabilization, concentration, and flowing movement. Build strength and improve posture and overall fitness.

Monday 3-3:55pm
6/11-7/2 12581
7/9-7/30 12582
8/6-8/27 12583
Sattva Yoga Pilates Barre
2161 Sunset Blvd. #100
Jean Munoz-Keese
\$50 R | \$60 NR

Pilates Hotty Teen Bootcamp

Age: 13-18

Monday 4-4:45pm
6/11-7/2 12578
7/9-7/30 12579
8/6-8/27 12580
Sattva Yoga Pilates Barre
2161 Sunset Blvd. #100
Jean Munoz-Keese
\$50 R | \$60 NR



Sattva Kitchere Kitchen Nutrition

Age: 18+

Monday 6-8pm
Sattva Yoga Pilates Barre
2161 Sunset Blvd. #100
Jean Munoz-Keese
Classes: \$25 R | \$30 NR
Full Series (6/11, 6/18, 6/25)
12596
\$60 R | \$70 NR

You are what you eat

6/11 12593

Learn about your unique constitution and how your food and lifestyle choices influence your health.

(With Alexandra Epple)

Transitioning to Vegetarian Lifestyle

6/18 12594

Reduce your meat and dairy intake or switch to a vegetarian or vegan diet.

(With Nancy Hartwig)

Cooking Outside the Box

6/25 12595

Learn to simplify kitchen habits and nourish your family with delicious vegetarian foods. (With Nancy Hartwig)

Yoga Basics

Age: 18+

Designed for beginners to learn postures, pranayama (breath control), and relaxation techniques fundamental to yoga.

Tuesday 4-5:15pm
6/12-7/3 12584
7/10-7/31 12585
8/7-8/28 12586
Sattva Yoga Pilates Barre
2161 Sunset Blvd. #100
Alexandra Epple
\$50 R | \$60 NR

Pilates Basics

Age: 18+

Whether you are new to pilates or have an existing practice, this class will be an hour well spent. Build core strength and stabilization. Practice concentration, control, breath, and flowing movement using mat techniques.

Thursday 10:30-11:30am
6/14-7/5 12736
7/12-8/2 12737
8/9-8/30 12738

Sattva Yoga Pilates Barre
2161 Sunset Blvd. #100
Jean Munoz-Keese
\$50 R | \$60 NR

Booty Barre Basics

Age: 18+

The Booty Barre™ is a structured, easy-to-follow choreographed routine that provides a total body workout with a cardio component to lift, tone and blast fat. Booty Barre™ incorporates the fluidity of ballet, flexibility of yoga and core strengthening of Pilates. For all fitness levels. No dance experience required.

Monday 9-10am
6/11-7/2 12578
7/9-7/30 12731
8/6-8/27 12732
Wednesday: 4-5pm
6/13-7/4 12733
7/11-8/1 12734
8/8-8/29 12735
Sattva Yoga Pilates Barre
2161 Sunset Blvd. #100
Mary Stabert
\$60 R | \$70 NR



CPR for the Professional Rescuer Recertification

Age: 13+
American Red Cross certification. Bring your own pocket mask, book and copy of cert.

Saturday 10-5pm
4/28 12567
6/9 12568
Recreation Meeting Room
Lorrie Fisher
\$32 R | \$42 NR

Water Safety Instructor Course

Age: 16+
Learn the mechanics of swimming and diving and proper teaching techniques to become a Red Cross swim instructor. Participants must attend ALL classes to receive certification. Must pass written exam and all class requirements. Books included.

Mon & Wed 6-10pm
Saturday 9am-6pm
5/7-12 12562
RHS Pool
\$252 R | \$262 NR



Babysitter Training

Age: 11 - 15
Participants learn about safety and responsible childcare, develop skills in interviewing, accident prevention, and care. ASHI certificate issued upon completion. Book included. Bring a snack.

Tues & Thurs 4-7pm
5/1 & 5/3 12439
Recreation Meeting Room
\$50 R | \$63 NR

CPR for Babysitters

Age: 11 - 15
Learn CPR, relief of foreign body airway obstruction, signs of choking, and prevention of the most common injuries.

Tuesday 4-7pm
5/8 12440
Recreation Meeting Room
\$35 R | \$44 NR

Dog Training

Age: 10+
A positive, nonaggressive approach to training and problem solving. Advanced levels based on instructor's discretion. One dog per handler, please. Bring to first class: proof of shots, treats and \$5 manual fee. Please be 10 minutes early to first class.

Monday Beginning
6/11-7/16 12184
Intermediate
6/11-7/16 12185
Advanced
6/11-7/16 12186
Johnson-Springview Park, Parking Lot
\$90 R | \$100 NR



Final 9 Sports

Storefront adjoining the Parks & Recreation Office sells Disc Golf discs, bags, apparel, Dog Discs, and snacks. Look to website or call for info about learning to play, lessons, and tournaments!
Call: 916.624.7200 or visit: www.final9sports.com.

Store Hours
Mon-Fri 10am-6pm
Saturday 9am-6pm
Sunday 9am-5pm

Disc Golf Lessons

Age: 5+
Learn the basic information you need to know to start playing the game of disc golf. Learn about the types of discs and accessories available, various throwing techniques, basic rules, and scorekeeping. Equipment provided.

Friday 5-7pm
June 1
June 15
June 29
July 13
July 27
August 10
August 17
Johnson-Springview Park
\$20 per session

For more information and to register, please call Final 9 Sports at (916) 624-7200 or <http://www.final9sports.com>.

Scoop the Poop!

For cleaner creeks and streams... please pick up after your pet!



License your dog and get a **FREE** pet waste disposal canister!



In Rocklin, every dog needs a license!

Go to www.rocklin.ca.us/doglicense to get a license.





Rocklin Community Theatre

Performances at Historic
Finnish Temperance
Hall

4090 Rocklin Road

Sat & Sun Matinée
Curtain: 2:00pm

Fri & Sat Evening
Curtain: 7:30pm

Thoroughly Modern Millie

July 13 - July 22

*September Musical**

September 21-30

*December Musical**

December 7-16

For questions regarding
Rocklin Community Theatre
classes and productions, visit
www.rocklincommunitytheatre.com
or call 916.740.6229.

*Performance licenses pending.
Check RCT website for updates.

Rocklin Community Theatre (RCT)
provides theatre class instruction.
Register for the interest list by
email [RocklinCommunityTheatre@
yahoo.com](mailto:RocklinCommunityTheatre@yahoo.com). Forms and fees are col-
lected by RCT at first workshop.

Mainstage Theatre Workshops

Participants will receive
instruction in singing, chore-
ography, and acting to stage a
Broadway style production at
Finn Hall.

Thoroughly Modern Millie

Ages: 13-18
Tues/Wed/Thur 7-9:30pm
Sunday 2-5pm & 7-9:30pm
5/17-7/24

Girls 12414
Boys 12415
Parent Meeting 5/17
Audition 5/20 @2pm

Finn Hall
\$175 R | \$185 NR
\$25 Lab Fee to RCT

September Musical

Tues/Wed/Thur: 7-9pm
Sunday: 2-5pm & 7-9pm
7/26-9/30
Girls 9-14
Boys 9-14
Parent Meeting 7/26 @7pm
Auditions 7/28

Finn Hall
\$175 R | \$185 NR
\$25 Lab Fee to RCT

Musical Theatre Basics

Ages 8-12
Class includes intro to act-
ing, singing, dancing, audi-
tioning and basic blocking.
Theatre games and creative
teaching techniques make
it all fun. Recital 6/28.

Monday-Thursday
9-11:30am
6/18-6/28 12413
Finn Hall
\$100 R | \$110 NR

Fashion Design 101

Ages: 9-14
Demonstrations, informa-
tion and hands-on intro-
ductions to fashion. This
is the prerequisite for the
other classes in the series.

Saturday: 1:30-4:30pm
4/14 12351
Recreation Meeting Room
Teri Umhauer
\$45 R | \$50 NR
\$7 Lab Fee to Instructor

Fashion Drawing 101
Draw with fashion figures
4/21 12353

Fashion Drawing 201
Draw clothing designs
4/28 12354

Fashion Drawing 301
Render patterns & textures
5/5 12355

Fashion Camp

Ages: 9-14
Fashion! Inspiration! Color!
Demonstrations, informa-
tion, and hands-on intro-
duction to fashion.

Mon-Thurs: 9:00-12pm
6/6-8/9 12169
Recreation Meeting Room
Teri Umhauer
\$90 R | \$100 NR
\$15 Lab Fee to Instructor

December Musical

Ages: 8-Adult
Rehearsals: 10/4-12/16
Parent Meeting: 10/4
Tue, Thu & Sun
Check online for updates!

Rocklin Children's Art Club

Grades: 1-8
Weekly classes introduce
all media: watercolor,
acrylic, charcoal, pastel, ce-
ramics, etc. Students learn
about techniques, artists
and art history. Subjects
change monthly. All skill
levels are welcome.

Saturday: 10:30-12:30pm
6/2-6/23 12156
7/7-7/28 12665
8/4-8/25 12666
Parkview Activity Room
Maha Salem
\$65 R | \$75 NR
\$10 Lab Fee to Instructor

Rocklin Fine Arts Membership

Encouraging awareness
of fine arts in our area
through education, promo-
tion and support of local
artists. Members receive
newsletter and participate
in Spring Art Show and 'Art
in Public Places'. Contact
jerjarrett@sbcglobal.net,
or call 916.435.3066.

Membership Meetings
3rd Friday - 10-12pm
Event Center, Room 104

Annual Rocklin Fine Arts Member Show

Show open Saturday &
Sunday with People's
Choice Awards Voting. Free
admission to the public.

October 13 & 14
Reception 11/14 3-5pm
Finn Hall
www.rocklinfinearts.org



Ballet Classes

Ages 3-8
Students learn classical ballet fundamentals, progressing from basic positions to combinations. Dress Code: plain leotard (no skirt) with tights and leather ballet shoes sized to fit and hair tied back. No class: 7/2, 4, 6, 8/20, 22, 24, 27, 29, 31, 9/3

Pre Ballet

Ages 3-4
Monday
10-10:45am
5/7-6/4 12087
6/11-7/9 12638
7/16-8/6 12625
8/13-9/24 12626

Monday
3:45-4:30pm
5/7-6/4 12095
6/11-7/9 12627
7/16-8/6 12628
8/13-9/24 12639

Tuesday
3:00-3:45pm
5/1-5/22 12103
5/29-6/19 12104
6/26-7/24 12629
7/31-9/4 12630

Ballet

Ages 5-8
Monday
4:30-5:15pm
5/7-6/4 12112
6/11-7/9 12684
7/16-8/6 12678
8/13-9/24 12679

Tuesday
3:45-4:30pm
5/1-5/22 12120
5/29-6/19 12121
6/26-7/24 12680
7/31-9/4 12681

Parkview Activity Room
Sue Inman
\$40 R | \$45 NR

Country Line Dance Class

Age: 18+
Beginning
7:45-9pm
Low impact exercise for your body and stimulation for your mind the fun way. No partner needed. Learn how to line dance. No previous experience required.

Intermediate
6-7:30pm
Increase your skills to become a successful line dancer. This is an improver level class for advanced beginners and low intermediate interested in progressing up to intermediate level line dancing.

Wednesday
5/2-5/23
Beg.: 12058 Int.: 12067
7/11-8/1
Beg.: 12727 Int.: 12729
8/8-8/29
Beg.: 12728 Int.: 12730

Parkview Activity Room
Norm Gifford
Beginners: \$31 R | \$36 NR
Inter.: \$32 R | \$37 NR

Monthly Country Line Dances

Whether you are a newcomer or a veteran, Phyllis and Norm invite you to dance. If you need extra help getting started, they will work with you between 7:30-8:15pm.

1st Fri.: 7:30-10pm
April, May, September
Community Center Main Hall
\$6 at the Door

Come Dance with Me

Hip Hop
Age: 6-12
Learn today's hottest moves. All movements and music are child friendly. Develop coordination skills and muscles needed to perform jazz and hip hop dance.

Thursday: 6-6:45pm
6/14-6/28 12572
7/12-8/2 12573
8/9-8/30 12574

Parkview Activity Room
Paula Duffy & Staff
\$45 R | \$50 NR

Itty Bitty Hip Hop

Age: 3-5
Wednesday: 10-10:45am
6/13-6/27 12575
7/11-8/1 12576
8/8-8/29 12577

Parkview Activity Room
Paula Duffy & Staff
\$40 R | \$50 NR

Baby Ballet

Age: 18mo.-35mo.
Dance technique and terminology combine with movement and age-appropriate activities to provide a fun ballet experience.

Wednesday: 9:30- 10am
6/13-6/27 12569
7/11-8/1 12570
8/8-8/29 12571

Parkview Activity Room
Paula Duffy & Staff
\$40 R | \$45 NR

Zumba

Age: 18+
Latin dance-fitness fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program.

Mon & Fri: 7-8pm
6/11-6/29 12563
7/9-8/3 12564
8/6-8/31 12565

Parkview Activity Room
Paula Duffy & Staff
\$44 R | \$49 NR

Aerobic Dance

Age: 18+
A low-impact exercise program designed for all ages, is performed to a wide variety of upbeat music. Class includes stretching, floor exercise, aerobic-dance, and cool-down.

M/W/F 9- 10am
5/2-5/30 12163
6/1-6/29 12168
7/2-7/30 12597
8/1-8/31 12598
9/5-28 12599

Community Center,
Main Hall
Teri Hinojosa
\$37 R | \$42 NR

Stretch & Fitness

Age: 18+
This class offers strength building, toning, and increased flexibility for the more mature body. A fun and relaxing workout every adult body needs. No class: 7/2, 4, 6, 8/20, 22, 24, 27, 29, 31, 9/3

M/W/F: 11-12pm
4/27-5/23 12077
5/25-6/20 12078
6/25-7/27 12610
7/30-9/10 12611

Parkview Activity Room
Sue Inman
\$32 R | \$37 NR



Calendar of Events

4/15 - Run Rocklin - Johnson-Springview Park
 4/21 - Rocklin Clean-up Day - Corp Yard & Lonetree Park
 5/06 - Rubber Ducky Festival - Johnson-Springview Park
 5/20 - Kidsfest - Whitney Ranch Park
 6/08 - Evening in the Park - Johnson-Springview Park
 6/22 - Evening in the Park - Johnson-Springview Park
 7/13 - Evening in the Park - Johnson-Springview Park
 8/03 - Evening in the Park - Johnson-Springview Park
 8/26 - Woofstock - Johnson-Springview Park
 9/15 - Hot Chili & Cool Cars - Pacific Street



Run Rocklin - 4/15

5k Run/Walk and 12K Run
 Family Friendly Pricing
 Certified Course
 Great Post-Race Food
 A portion of the proceeds to benefit the Matt Redding Memorial Scholarship Fund. For more information, contact Larry Osborne, at 916.415.9991, or visit www.RunRocklin.com



Evening in the Park -

6/8, 6/22, 7/13, 8/3
 Presented by Rocklin Chamber of Commerce. Bring your blanket or chairs! Booth space available for \$150/ night or \$400 for all 4 nights, or call 916.624.2548. Exhibit space is a great way to support this community event and showcase your business to hundreds of area families.



Woofstock - 8/26

NorCal's premier canine event. Bring your beloved family pet to Johnson-Springview Park from 8am to 2pm for this special canine friendly event. Enjoy a day with vendors, demonstrations, activities, contests, 'Rescue Row Adoptions', the 'Grateful Dog Walk/Run' and more!



Hot Chili & Cool Cars - 9/15 - 10am-4pm - Pacific Street

Chili Cook Off
 Classic Car Show
 Craft Booths
 Childrens Activities
 Business Showcase
 Live Entertainment

www.rocklinchamber.com

Parks in Rocklin

Bolton Park
 Boulder Ridge Park
 Breen Park
 Brigham and Hawes
 Clarke Dominguez Park
 Clover Valley Park
 Corral-Alva Park
 Gayaldo Park
 Heritage Park
 Joe Hernandez Park
 Johnson-Springview Park
 Lone Tree Park
 Mansion Oaks Park
 Margaret Azevedo Park
 Memorial Park
 Monte Verde Park
 Monument Park
 Night Ridge Park
 Old Timers Park
 Pebble Creek Park
 Pleasant Valley Creek Park
 Ruhkala Park
 Sasaki Park
 Sierra Meadows Park
 Sonora Park
 Sunset East Park
 Twin Oaks Park
 Vista Grande Park
 Wesley Park
 Whitney Park
 Woodside Park

Rocklin Community Organizations

Placer United Soccer Club
www.placerunited.com

Rocklin Girls Fastpitch Softball League
www.rocklingirlssoftball.org

Rocklin Jr. Thunder Football & Cheer
www.jrthunder.com

Rocklin Little league
www.rocklinllb.com

Rocklin Pony Baseball
www.rocklinponybaseball.com

Rocklin Wave Swim Team
www.rocklinwave.com

Rocklin Youth Soccer Club
www.rocklinsoccer.org

Tri-City Little League
www.tricitylittleleague.com

Whitney Jr. Wildcats Football & Cheer
www.whitneyjrwildcats.com

Rocklin Chamber of Commerce
www.rocklinchamber.com

Rocklin Clean Up Day - 4/21 - 8am-3pm

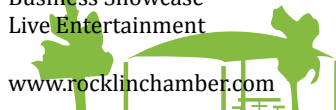
In Conjunction with Recology
 Rocklin Residents Only, I.D. Required

Drop Off Locations

Sierra College Overflow Parking Lot,
 City of Rocklin Corp Yar, 4081 Alvis Ct.
 Lonetree Park, West Oaks Blvd. & Lonetree

Dispose of items that normal trash collection will not take. A pick up service is offered to elderly or disabled residents. Call the Parks & Recreation Department at 625.5200 for arrangements. Items not accepted: refrigerators, freezers, air conditioners, paint, pesticides, tires or oversized loads. Nothing over 6'.

**Parks
 Make
 Life
 Better!**



Program Registration

Credit/Refund Policy

Full credits or refunds are issued only if a class is cancelled by the City of Rocklin Recreation Department. Credits can be kept on account for one year from the date of issue and applied towards any recreation program. No credits or refunds will be issued after a program has begun or due to a customer's failure to attend a program or due to weather or natural disaster. Written refund requests may be submitted for special circumstances only. Expenses incurred by the department will not be refunded to customer. Refunds issued will be charged a \$5 processing fee and may take up to 30 days.

Website

Program details and **Registration Form** may be found on our website: www.rocklin.ca.us/Parks&Recreation

Waiting List

Once a class is filled, a waiting list may be taken. You may call 916.625.5200 to be placed on a waiting list. Every effort is made to ensure that the information printed in the Recreation Guide is accurate. In the event of a program change, every effort will be made to notify registrants in a timely manner.

E-News

Subscribe to our newsletter for e-mail updates.

Social Media

Search RocklinParksRec on Facebook and Twitter - "Like" us and tweet with us for program updates, answers to questions, and periodic promotions!



Walk-In

Come see us at 5460 Fifth Street, in Rocklin. Registration is accepted Monday-Thursday from 8am-4:30pm. The Recreation Department Office is closed on Fridays and federal holidays. Payments of cash, check or Visa/Mastercard are accepted.

Paperless Registration

Online registration is currently available at: www.rocklin.ca.us/RecDirect. Visit www.rocklin.ca.us/RecDirectAccountRequest to create a brand new account, request a Login ID & Family PIN or request changes to your current account.

Drop Off

After-hours registration may be dropped in mail slot to the left of the door at the Rocklin Parks & Recreation Department, 5460 Fifth Street.

Mail-In

Fill out the registration form completely and send it to us at 5460 Fifth Street, Rocklin, CA 95677. Include your check or money order payable to "City of Rocklin." Send at least one week before first class date. Call for registration confirmation.

Registration Policies & Procedures

1. Program prices, dates, and times are subject to change.
2. In compliance with the Americans with Disabilities Act, the City of Rocklin encourages those with disabilities to participate in our programs. If you have special needs, please call us at 916.625.5200.
3. Registration is on a first-come, first-served basis.
4. Advance registration is required for all classes and special programs.
5. Supply fee may be included in class fee or paid to instructor at first class.
6. Class confirmation notices will not be sent. Mark your calendar & consider yourself enrolled unless otherwise notified.
7. No reduction of prices for late registration.
8. The City of Rocklin has established non-resident fees for recreation programs.
9. Special registration forms and/or emergency/medical forms to be completed and signed when enrolling for camps, trips, Kids Junction, Preschool, and sports leagues.
10. Your check is your receipt unless a self-addressed, stamped envelope is enclosed.
11. Rocklin residents not paying by pre-printed Rocklin check may be required to confirm proof of residency to the satisfaction of the Recreation Department
12. The department reserves the right to cancel any program.
13. Classes may be canceled due to insufficient enrollment numbers. Please make every effort to pre-register in advance for courses.

Rocklin Summer Camps
JUNE 11 - AUGUST 17
Sign up for a summer of FUN!

Look Inside:

New Classes

New Facility

Ask about our
facility rental special

916.625.5200
www.rocklin.ca.us

PLAY DEPOT SUMMER CAMP

Incoming K-2nd
Activities for the younger camper.

ROCKLIN KJ SUMMER CAMP

Incoming K-6th
Sports, arts, games, water play &
weekly field trips.

SUMMER LEGENDS SPORTS CAMP

Ages: 8-13
Sports based games, field trips & fun!

Camps for Preschoolers too!