

CITY OF ROCKLIN

FALL & WINTER 2018/2019

RECREATION

YOUTH SPORTS + CLASSES + EVENTS + FAMILY FUN



ROCKLIN

CALIFORNIA

CITY OF ROCKLIN
Parks & Recreation Dept
5460 Fifth Street
Rocklin, Ca 95677

Parks & Recreation, and our partners, are pleased to bring you these great recreation programs!

Questions? Call us:
916.625.5200

Unless otherwise noted, get more details, and register today at:

rocklin.ca.us/classes



HIGHLIGHTS

1 Soccer for Tots to Ten

2 Football fun!



5 Jr. NBA Basketball comes to Rocklin!



7 Physical, and mental engagement for Older Adults, including a new Hula class! Keep your eyes on the hands!

6 Rocklin Mini Maker Faire 5th Anniversary!

LOCATIONS

Clarke Dominguez Gym
5035 Meyers Street

Community Center
5480 5th Street

Johnson-Springview Park
5480 5th Street

Kathy Lund Park
6101 West Oaks Blvd.

Margaret Azevedo Park
1900 Wildcat Blvd.

Parks & Recreation Building
5460 5th Street

Parks & Rec Senior Activity Room
5460 5th Street

Parks & Rec Parkview Activity Room
5460 5th Street

Quarry Park
4000 Rocklin Road

Rocklin Event Center
2650 Sunset Blvd.

Twin Oaks Park
5500 Park Drive

Find a park:
rocklin.ca.us/find-park



3 Add enrichment with Art, French, & more

9 Swim Teams - year round fun and fitness



11 Spraygrounds NOW OPEN! Find out when & where you can beat the heat!

#ThisIsWhereWePark

SUBSCRIBE to eNEWS—
Online: rocklin.ca.us/subscribe
text ROCKLIN to: 42828

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FALL SPORTS



SKYHAWKS TOTS SOCCER

These soccer themed motor skills classes are very easy for youngsters to enjoy. Younger age groups focus on developing motor skills and self-confidence. Older classes focus more on developing core soccer skills and personal focus. Above all else we promote fun, fun, fun! Bring size 4 soccer ball. Cleats and shin guards recommended.

Breen Park
\$69 Resident | \$79 Non-Res
Ages 3-4: 3:30-4:15pm
Ages 4-5: 4:30-5:15pm

Thursdays, Sept 5-26
Ages 3-4 | #1702
Ages 4-5 | #1703

Thursdays, Oct 3-24
Ages 3-4 | #1706
Ages 4-5 | #1707

Thursdays, Oct 31-Nov 21
Ages 3-4 | #1710
Ages 4-5 | #1711

SKYHAWKS SOCCER

Skyhawks is the nation's #1 camp for learning the fundamentals of soccer. Using our progressional curriculum, boys and girls will gain the technical skills and sport knowledge required for that next step into soccer.

Breen Park
\$69 Resident | \$79 Non-Res
Ages 5-7: 3:30pm - 4:30pm
Ages 8-10: 4:45pm - 5:45pm

Wednesdays, Sept 4-25
Ages 5-7 | #1700
Ages 8-10 | #1701

Wednesdays, Oct 2-23
Ages 5-7 | #1704
Ages 8-10 | #1705

Wednesdays, Oct 30-Nov 20
Ages 5-7 | #1708
Ages 8-10 | #1709



SKYHAWKS RED BALL TENNIS

A relaxed environment where fundamental tennis skills are taught. A variety of fun activities are used to improve player athleticism through agility, balance, coordination, and movement development. In addition to expanding tennis skills, players improve their movement and rallying skills. We help each player to develop better tennis mechanics and more consistent shots.

Twin Oaks Park
\$69 Resident | \$79 Non-Res
Ages 5-8: 4:00pm - 5:00pm

Fridays, Sept 6-27 | #1712

Fridays, Oct 4-25 | #1714

Fridays, Nov 1-22 | #1716

Fridays, Jan 10-31 | #1718

Fridays, Feb 7-28 | #1720

SKYHAWKS GREEN BALL TENNIS

Class emphasizes all aspects of the game and helps improve proper shot technique. Focus is placed on live ball drills that develop rallying and decision-making skills, along with proper movement and recovery. Using teaching progressions that lead to live ball play is a key element in this program.

Twin Oaks Park
\$69 Resident | \$79 Non-Res
Ages 9-12: 5:15pm - 6:15pm

Fridays, Sept 6-27 | #1713

Fridays, Oct 4-25 | #1715

Fridays, Nov 1-22 | #1717

Fridays, Jan 10-31 | #1719

Fridays, Feb 7-28 | #1721

FALL NFL FLAG FOOTBALL

City of Rocklin Parks & Recreation Department is partnering with National Academy of Athletics to offer the popular, non-contact, 5 on 5, NFL Flag Football League for boys and girls, 1st-8th grade. Practices during the week and games Saturdays.

Games at Kathy Lund Park
Sept 14 - Nov 2

Individual:
\$129 Resident | \$139 Non-Res

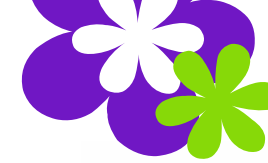
Individual with coach:
\$79 Resident | \$89 Non-Res

Equipment Fee \$25
Includes an official 49ers reversible jersey and flags.

\$50 COACHES DISCOUNT!

To receive volunteer coach discount (for one child) you must sign up in office (not available online) and turn in coaches application.

Grades 1-2 #3100
Grades 3-4 #3200
Grades 5-6 #3300
Grades 7-8 #3400



WOOFSTOCK

SUNDAY
AUG 25



peace 🌸 love 🌸 pups
Johnson-Springview Park 🌸 Rocklin

5k Grateful Dog Rescue Run
Pancake Breakfast 🌸 PAWrade
Weiner Dog Races 🌸 Food 🌸 Music
Dog-gone good time!
Rocklin.ca.us/Woofstock

8am to 1pm



COMMUNITY CLASSES



DANCE

Pottier Académie de Danse offers a comprehensive dance program. It includes a variety of styles for all ages and levels of experience, including combination classes. Our unique combination of training, supportive staff, and innovative styles, create the perfect environment to develop the dancers' skills and take them to the next level. Enroll for classes at any time. Tuition is due to the instructor the first day of class, along with an annual registration fee of \$30.00, upon enrollment. Register online at: pottieracademie.com

Parks & Rec Activity Room
\$45-75

Dance Schedule

Ballet V Pointe*	Mondays	5:30pm-7:00pm
Lyrical I & II*	Tuesdays	6:15pm-7:00pm
Intermediate Jazz Stretch & Strength Combo	Wednesdays	5:30pm-6:30pm
Intermediate Tap	Wednesdays	6:30pm-7:00pm
Beginning Tap/Jazz Combo	Thursdays	5:45pm-6:15pm
Acro Dance **	Thursdays	6:15pm-7:00pm
Ballet I & II	Saturdays	9:30am-10:30am
Pre-Ballet & Pre-Tap	Saturdays	10:30am-11:15am

FRENCH

Using the latest foreign language teaching techniques, students learn about the French culture and various celebrations throughout the year.

Twelve students per class.

Rocklin Event Center
Thursdays Feb. 28 - May 23

Email for more info:
info.efsac@gmail.com

CYCLING SKILLS

Children will learn proper cycling skills for lifelong safety. There will be fun and games, competition, and positive reinforcement for confidence. International level of education from former Tour de France professional cyclist.

Johnson Springview Park
Ages 5-12 | Tuesdays

Cyclists meet at parking lot next to tennis courts.

More info Alexander Efimkin:
sportsdestiny.com
916.913.8798

\$100

Feb. 5-26		4pm-5pm
March 5-26		5pm-6pm
April 2-23		6pm-7pm
May 7-28		6pm-7pm
June 4-25		6pm-7pm
Aug. 6-27		6pm-7pm



Parks make life better —
Rocklin parks contribute to a healthy and livable community

594 ACRES OF PARK

thisiswherewepark.com

ENRICHMENT



WHERE MAKERS, TECHIES,
ARTISTS AND
ENTREPRENEURS UNITE!

Hacker Lab

Positioned squarely at the heart of northern California's maker movement, we're an all-in-one makerspace, coworking facility, and startup incubator. We bring people, training, and advanced prototyping equipment together under one roof, giving innovators the opportunity to bring their vision to life.

102 CLASSES YOU CAN ENROLL IN

4415 Granite Drive #200, Rocklin
916.514.7044 | hackerlab.org | #HackerLab



ART

Tap into your creative side! Join this drawing and painting class! Learn basic color and composition while designing your own creations. Try out a variety of materials and discover how to make them work through guided lessons and experimentation.

Parks & Rec Senior Activity Room
\$120 four lessons | 2 hr class \$140

Age 7-19 | Wednesdays
4:00pm - 6:00pm

Ages 7-teen | Sundays
11:30am - 1:00pm

Age 13-19 | Sundays
11:00am - 1:30pm

Contact Mara Raubitschek
916.412.5516

maracreates@gmail.com

ROCKLIN
COMMUNITY THEATRE

Audition to join the cast or
reserve your seat for a show!

JULY 12-28

WEST
SIDE
STORY®

AUG 9-25

Disney
HIGH
SCHOOL
MUSICAL
ON STAGE!

OCT 4-20

Once
Upon
a
Mattress

DEC 6-22

Seussical

rocklintheatre.org



MORE SPORTS!



ADULT SOFTBALL

Take to the fields and have some softball fun!

Tuesday Men's League E-1
Wednesday Men's League D-2
Sunday Coed League

League begins week of Aug 11

Azevedo Park
Reg by July 26 for only \$490
Late Reg \$515
Details at:

teamsideline.com/rocklinrecsports



THANKSGIVING HOOP IT UP BASKETBALL CAMP



The Hoop It Up Basketball Camp is packed with fun. Packed with skills, drills and daily competitions, boys and girls fall in love with the game and become better basketball players. Skills covered: footwork, passing, ball-handling, and defense. Our basketball camps are the perfect place to learn about the game and fitness while having a blast and making new friends. Clarke Dominguez Gym

Coed Ages 7-13
Mon-Wed | Nov 18-20

Half Day 9:00am - 12:00pm
\$99 Resident | \$109 Non-Res
#3600

Full Day 9:00am - 3:00pm
\$149 Resident | \$159 Non-Res
#3601



Practices start Jan 6, 2020
Games Jan 18-March 7, 2020
Coed by ages for K-7
\$109 plus \$25 equipment fee

Grades 1-2 | #3700
Grades 3-4 | #3800
Grades 5-6 | #3900
Grades 7-8 | #4000

The Jr. NBA, the league's official youth basketball participation program has partnered with select multi-court facilities to host 3v3 leagues for thousands of youth across multiple markets. The Jr. NBA shares in the philosophy that 3v3 play can serve as a motivational and educational approach to teaching the game of basketball. The Jr. NBA 3v3 leagues' objective is to impact youth players' long-term development by delivering fun on court experiences that creates additional opportunities for boys and girls 10-13 to engage in play, foster skill development, and cultivate friendships.

REGISTER: teamsideline.com/rocklinrecsports




ADULT ACTIVITIES

The City of Rocklin offers a variety of activities for our Active Adult Community! All activities are free and each group is always looking for new members to join in the fun. More info: 916-625-5200.



DUPLICATE BRIDGE

Parks & Rec Senior Activity Room
Mondays | 9:00am - 1:30pm
Thursdays | 12:00pm - 3:30pm

MEN'S BRIDGE

Parks & Rec Senior Activity Room
First Thursday of each month
Thursdays | 6:30pm - 9:00pm

COUPLES BRIDGE

Parks & Rec Senior Activity Room
Fourth Tuesday | 6:00pm - 10:00pm
Third Thursday | 6:00pm - 10:00pm

ADULT CLOGGING

Learn this American Folk Dance and meet some fabulous people. No special shoes required.

Parks & Rec Activity Room
Thursdays | 9:30am - 11:30am
Email for more info:
sewiclog@gmail.com

CONVERSATIONS ON RACIAL HEALING

A series of four weekly meetings to learn about and discuss racism and racial bias. Designed to provide information on multiple topics related to race relations and to offer a safe place to share personal experiences regarding racism.

Rocklin Event Center
Wednesday
6:30pm - 9:00pm

Aug 21 | #1901
Sept 25 | #1902
Oct 23 | #1903
Nov 6 | #1904

CPR + YOGA + SELF DEFENSE

In partnership with California Family Fitness, unique events and educational classes will be offered at California Family Fitness for members and non-members.

California Family Fitness
2165 Sunset Blvd
For info visit:

californiafamilyfitness.com/calfit_events



AEROBICS

Fun workout to music with other active adults. New members are always welcome!

Parks & Rec Activity Room
Mon, Wed, Fri | 9:00am - 10:00am

STRETCH & FITNESS

Get out and workout with other active adults!

Parks & Rec Activity Room
Mon, Wed, Fri | 11:00am - 12:00pm

ZUMBA GOLD

Latin based cardio & fitness class with salsa, cha cha and more. Low impact class, for anyone with mobility issues it's a great way to get in shape. It's so much fun it's exercise in disguise!

Parks & Rec Activity Room
Tue, Thurs | 11:00am - 12:00pm
July 2 | #9001
Aug 6 | #9002
Sept 3 | #9003
Oct 1 | #9004
Nov 5 | #9005
Dec 3 | #9006

HULA & TAHITIAN

Easy to follow traditional hula moves! Class helps coordination, balance and core strength. Enjoy the beauty of the dance.

Parks & Rec Activity Room
Fridays | 10:00am - 11:00am
July 5 | #9007
Aug 2 | #9008
Sept 6 | #9009
Oct 4 | #90010
Nov 1 | #90011
Dec 6 | #90012



AARP DRIVING CLASSES

Learn how age changes your driving skills, gain understanding on how to cope with normal and hazardous driving situations, roadway conditions, signs, signals, vehicle safety, and how medications affect driving. Course highlights:

- Effective safe-driving practices, skills and strategies you can use on the road every day
- Defensive driving techniques for dealing with aggressive drivers
- Local laws and traffic rules
- Proper maintenance of your vehicle so it's safe

Receive a DMV certificate for a possible reduced insurance premium. Check payable to AARP, due at first class.

Rocklin Event Center
\$15 AARP Members
\$20 NonMembers

New driver courses:
Tue & Wed | 9:00am - 1:00pm
Nov 12 & 13 #20023

If you've previously completed the AARP course you can enroll in the Refresher Course, hitting the highlights.

Recertification courses:
Tue | 9:00am - 1:00pm
Sept 17 #20021
Oct 1 #20022

SUPPORT

SENIOR PEER COUNSELING

This course is a voluntary, free, confidential, in-home, and short-term support program for Placer county residents 55 years and older. Peer Counselors work with a resident in their home to offer support on age-related issues such as family conflict/boundaries, grief/loss, caregiver stress, change of independence level, situational depression and anxiety, adjustment to age-related transition and more. Peer counselors are volunteers who are trained to listen, support and gently encourage the client towards the individual's stated goals.

Get connected by contacting Teresa Koch, Placer County Rocklin Event Center
tkoch@placer.ca.gov

HICAP

Health Insurance Counseling and Advocacy Program. Free service for active adults which provides information and counseling regarding Medicare.

Rocklin Event Center
Second and Fourth Thursday
each month
10:00am - 2:00pm
For more info:
Mariko Nakabayashi
916.376.8915



THIS IS WHERE WE PARK

Real-life stories are unfolding every day at the gathering spaces that parks provide. Vibrant life is happening here.

Rocklin parks have created a place for relationships to flourish. From parents taking their kids to the water fun or playground structures and enjoying a day with them, to grandparents attending their grandkids' baseball or soccer games, to friends walking together for exercise, the parks create space for connection and community, which are the heartbeat of life.

People tend to adopt parks based on their needs, proximity to their home, or where their kids play sports. Through this campaign, we want to capture people's personal connection to the parks and hone their sense of pride. By using "we" in the key messaging, we want to foster a sense of unity among the community that includes all residents - whether they use the parks consistently or not.

#ThisIsWhereWePark

AQUATICS



ENJOY THE HEATED WHITNEY HIGH SCHOOL POOL!

Sign up for a Rocklin Swim Team program.

Visit rocklinswimteam.org or phone 916-975-5130.

MAVERICKS (Yr-Round Team)

Tryouts by appointment for swimmers up to age 18. Multisport athletes who cannot commit to Rocklin WAVE, can focus on personal and long term development of swim skills, with meets once a month for qualification to local and national championships. **Register year-round after tryout appointment!**

FALL TEAM & WINTER TEAM

AUG 26-OCT 30

NOV 4-JAN 30

No tryout required for these Mavericks seasonal swim sessions for swimmers able to swim 50 yards unassisted. These are flexible Monday through Thursday swim practices over an approximate 9-week duration with no practice during Rocklin Unified School District holidays. Option to participate in USA Swim sanctioned meets with our Rocklin Mavericks team. Start to register in July for Fall Team and October for Winter Team!

SPRING SWIM CLINIC No tryout as these are stroke clinics for youth swimmers able to swim a least 25 yards unassisted. Join us at the heated Whitney High School pool and jump start the swim season with this stroke refresher for our prospective Rocklin SPLASH and Rocklin WAVE swimmers. Each week will be a specific stroke focus. Start to register in February, clinic in March.



We want to hear from YOU!
Tag is us in your photos on:

- RocklinParksRec
- RocklinParksRec
- RocklinParksRec

Use our hashtag **#ThisIsWhereWePark** to show us where you park!

MORE YOUTH SPORTS ORGANIZATIONS...



According to the World Health Organization, studies suggest that physically active young people more readily adopt other healthy behaviours (e.g. avoidance of tobacco, alcohol and drug use) and demonstrate higher academic performance at school.

Rocklin Youth Soccer Club
rocklinsoccer.org

Rocklin Little League
rocklinllb.com

Rocklin Jr Thunder
jrthunder.com

Rocklin Girls Softball
rocklingirlssoftball.org

Tri City Little League
tricitylittleleague.com

Whitney Jr Wildcats
whitneyjrwildcats.org

Rocklin Pony Baseball
rocklinponybaseball.com

teamsideline.com/rocklinrecsports

SCOUTS | BSA

BE PREPARED FOR NEW ADVENTURES

FIND A TROOP TODAY TO JOIN THE ADVENTURE, LEARNING, AND FUN!
BEASCOUT.ORG

NEW



*beat the heat
play in the spray*

10am - 7:30pm
7 days a week!
through Oct 15

KATHY LUND PARK
6101 West Oaks Blvd
WHITNEY PARK
1801 Whitney Ranch Pkwy



Access Rocklin

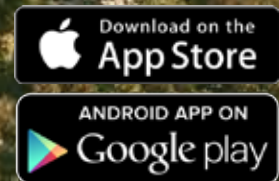


An easy way to report a problem or send your questions, complaints or compliments directly to the City staff person.

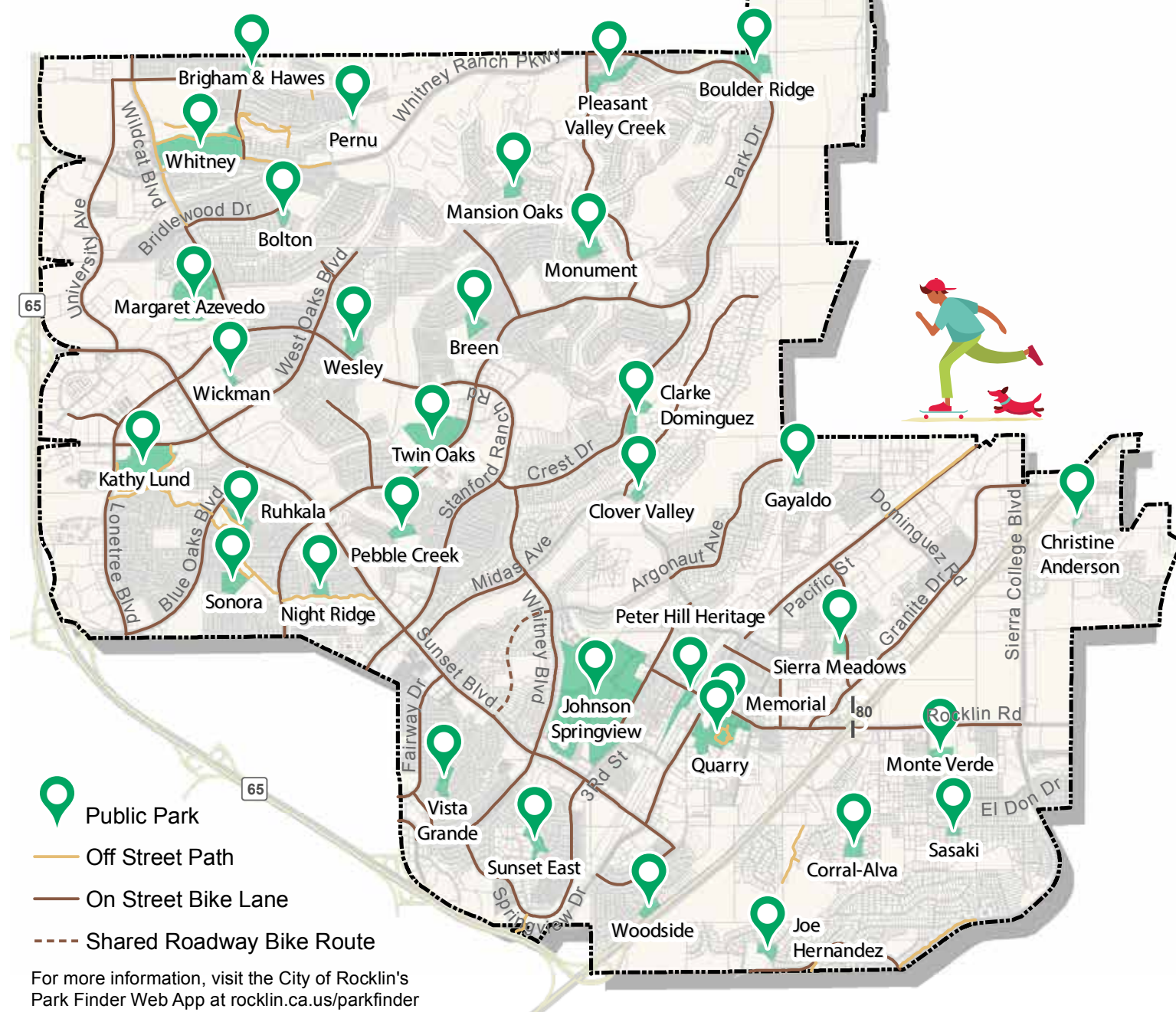
Take a picture, drop a pin on your location & send!



CLICK,
DROP,
ROCKLIN.CA.US/ACCESS-ROCKLIN SEND!



PARKS, TRAILS, & BIKEWAYS MAP

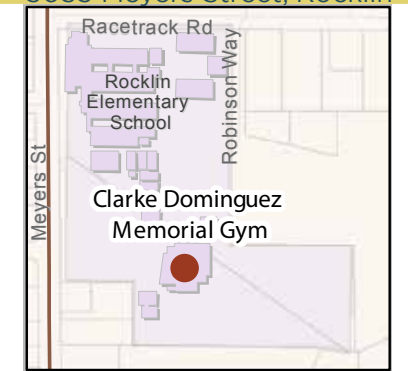
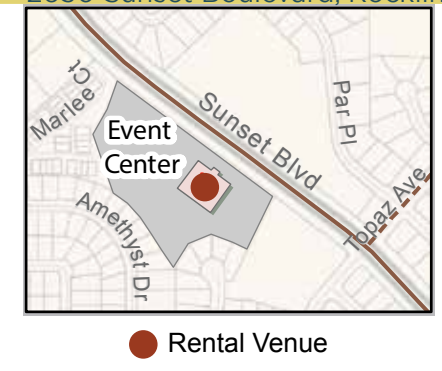
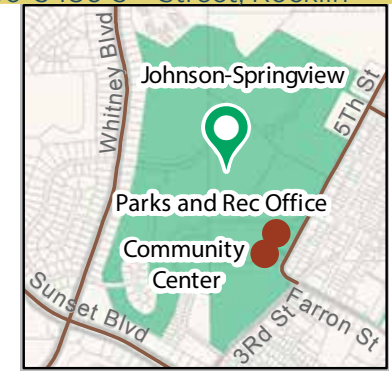


- Public Park
- Off Street Path
- On Street Bike Lane
- Shared Roadway Bike Route

For more information, visit the City of Rocklin's Park Finder Web App at rocklin.ca.us/parkfinder

RENTAL VENUES

Parks & Rec Office | Community Center Rocklin Event Center Clarke Dominguez Gym
5460-5480 5th Street, Rocklin 2650 Sunset Boulevard, Rocklin 5035 Meyers Street, Rocklin



Rental Venue

ROCKLIN EVENT CENTER

2650 Sunset Boulevard

Glamorous and affordable, venue for a variety of events



Weddings for more than 300, corporate and social events for over 400, discover the variety of options at the Rocklin Event Center!



Smaller rooms perfect for intimate parties, or trainings and meetings! Call today for info: **916.625.5239**


ROCKLIN
CALIFORNIA