HIGHLIGHTS

1. Soccer for Tots to Ten!

2. Football fun!

3. Add enrichment with Art, French, & more

4. Jr. NBA Basketball comes to Rocklin!

5. 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!

7. Swimming Teams - year round fun and fitness

8. Splashpads NOW OPEN! Find out when & where you can beat the heat!

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

Whitney Park
1801 Whitney Ranch Parkway

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

Questions? Call us:
916.625.5200

Unless otherwise noted, get more details, and register today at:
rocklin.ca.us/classes

These materials are neither sponsored nor endorsed by the Rocklin Unified School District, the superintendent, or this school. The school makes no representation regarding the nature or quality of the services or activities promoted. The Rocklin Unified School District shall be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney’s fees and judgments or awards.
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
Oct 4-25 | #1714
Nov 1-22 | #1716
Jan 10-31 | #1718
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
Oct 4-25 | #1715
Nov 1-22 | #1717
Jan 10-31 | #1719
Feb 7-28 | #1721

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 2-25
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

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 are during the week and games are held on 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 the office (not available online) and turn in the coaches application.
Grades 1-2 #3100
Grades 3-4 #3200
Grades 5-6 #3300
Grades 7-8 #3400

FALL SPORTS

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
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

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 in the parking lot next to the tennis courts. For more info contact Alexander Efimkin at: 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

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

* Teacher placement required to be enrolled in this class.
** Students must be concurrently enrolled in ballet or jazz.

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

COMMUNITY CLASSES
WHERE MAKERS, TECHIES, ARTISTS AND ENTREPRENEURS UNITE!
102 CLASSES YOU CAN ENROLL IN
4415 Granite Drive #200, Rocklin 916.814.7044 | hackerlab.org | #HackerLab

auldion to join the cast or reserve your seat for a show!
JULY 12-28 rocklintheatre.org OCT 4-20 AUG 9-25 DEC 6-22 rocklintheatre.org 102 CLASSES YOU CAN ENROLL IN
4415 Granite Drive #200, Rocklin 916.814.7044 | hackerlab.org | #HackerLab

FENCING
Learn basics of fencing, including proper stance, basic movements, and how to handle the modern fencing foil over a four week session. Classes for Introductory, Intermediate, and Advanced. Clarke Dominguez Gym Tue & Thu $60 per month 4:30pm - 7:30pm Details at: rocklin.ca.us/classes

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PARKS make life better —
Rocklin parks contribute to a healthy and livable community
594 ACRES OF PARK

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REGISTER: teamsideline.com/rocklinrecsports

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

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 the 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, 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 make 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

The Jr. NBA league’s official youth basketball participation program hosts 3v3 leagues for youth in thousands of communities. The Jr. NBA shares in the philosophy that 3v3 play can serve as a motivational and educational approach to teaching the game of basketball. Players develop passing, defense, shooting, rebounding, and dribbling skills. The Jr. NBA 3v3 league’s objective is to impact youth players’ long term developments by delivering fun on court experiences that create additional opportunities for boys and girls to engage in play, foster skill development, and cultivate friendships.

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

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 fun. More info: 916-625-5200.

DUPLICATE BRIDGE
Parks & Rec Senior Activity Room
First Thursday of each month
6:00pm - 10:00pm

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

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

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

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

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
Sep 25 | #1902
Oct 23 | #1903
Nov 6 | #1904

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, and 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
Sep 3 | #9003
Oct 1 | #9004
Nov 5 | #9005
Dec 3 | #9006

HULA & TAHITIAN
Easy to follow traditional hula moves! Class helps with 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 | #9010
Nov 1 | #9011
Dec 6 | #9012

AARP DRIVER SAFETY

SENIOR PEER COUNSELING

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

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

In the fun. More info: sewiclog@gmail.com

Tahitian classes
Oct 1 #2002
Nov 12 & 13 #20023
Seconday and Fourth Thursday each month
10:00am - 2:00pm
For more info: Mariko Nakabayashi
916.376.8915

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 Non Members

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
Sep 17 #20021
Oct 1 #20022

This course is 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

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

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
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. Register in July for Fall Team and October for Winter Team!

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
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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.

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

More Youth Sports Organizations...
Rocklin Youth Soccer Club rocklinsoccer.org
Rocklin Little League rocklinllb.com
Rocklin Girls Softball rocklingirlssoftball.org
Tri City Little League tricitylittleleague.com
Rocklin Jr Thunder jrthunder.com
Whitney Jr Wildcats whitneyjrwildcats.org
teamsideline.com/rocklinrecretsports

Enjoy the Heated Whitney High School Pool!
Sign up for a Rocklin Swim Team program.
Visit rocklinswimteam.org or phone 916-975-5130.

Scouts | BSA
Be prepared for new adventures
Find a troop today to join the adventure, learning, and fun!
Beascout.org

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

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

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

More Youth Sports Organizations...
Rocklin Youth Soccer Club rocklinsoccer.org
Rocklin Little League rocklinllb.com
Rocklin Girls Softball rocklingirlssoftball.org
Tri City Little League tricitylittleleague.com
Rocklin Jr Thunder jrthunder.com
Whitney Jr Wildcats whitneyjrwildcats.org
teamsideline.com/rocklinrecretsports

Enjoy the Heated Whitney High School Pool!
Sign up for a Rocklin Swim Team program.
Visit rocklinswimteam.org or phone 916-975-5130.

Scouts | BSA
Be prepared for new adventures
Find a troop today to join the adventure, learning, and fun!
Beascout.org

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

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

Access Rocklin

ROCKLIN.CA.US/ACCESS-ROCKLIN

SPASHPADS

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

PARKS, TRAILS, & BIKEWAYS MAP
ROCKLIN EVENT CENTER
2650 Sunset Boulevard

Glamorous and affordable venue for a variety of events

Smaller rooms perfect for intimate parties, or trainings and meetings!
Call today for info:
916.625.5239
rocklin.ca.us/venues

Weddings, corporate, and social events for over—discover the variety of options at the Rocklin Event Center!