

CITY OF ROCKLIN

FALL & WINTER 2020-21

# RECREATION

YOUTH SPORTS + CLASSES + FAMILY FUN



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Be sure to use the live link for the Recreation Guide for the most current information. We update as needed, based on State & County guidelines for safety during the COVID-19 pandemic.

A link to this Rec Guide is always available on the City of Rocklin website: [rocklin.ca.us/classes-and-programs](http://rocklin.ca.us/classes-and-programs)

**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](http://rocklin.ca.us/classes)



With our in-person programs postponed, and facilities temporarily closed, we will continue to share activities and resources to keep our community active and connected on-line.

Visit this page often, or follow us on Instagram and Facebook, for new ideas to keep you and your loved ones healthy, active, and engaged.

## 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 Office**

#### **Senior Activity Room**

#### **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](http://rocklin.ca.us/find-park)

## COVID-19 Information and Resources



### **STAY SAFE WITH COVID-19 INFO AND UPDATES POSTED ON THE CITY OF ROCKLIN WEBSITE:**

[rocklin.ca.us/coronavirus](http://rocklin.ca.us/coronavirus)

City of Rocklin staff, partners, and instructors are working hard and following Placer County's guidelines and all precautions for your safety.

#### **Cover Your Face**

Cloth face coverings or masks help reduce the spread of coronavirus.

#### **Maintain Your Space**

Avoid people outside of your household and maintain a safe social distance of six-feet when ever outside the house.

#### **Wash Hands**

Regularly wash hands with antibacterial soap and water, and rub for at least 20 seconds.





# HIGHLIGHTS

4 New VIRTUAL and LIVE online sports programs for kids! Sportsmanship and teamwork in a digital environment.



9 Jr. NBA Basketball comes to Rocklin!

12 Older Adults can stay physically active from home with an on-line Clogging class.



Throughout the Guide look for YouTube links to programs you can enjoy for free, from home!



**SUBSCRIBE!** Keep up to date with news delivered straight to you: [rocklin.ca.us/newsletter-signup](https://rocklin.ca.us/newsletter-signup)



14 Swim Team - delivers fun and fitness



We want to hear from you! Tag us in your photos:

 RocklinParksRec

 RocklinParksRec

 RocklinParksRec



# NEW!

## VIRTUAL-LIVE ONLINE AFTER SCHOOL SPORTS CLUBS

In response to current school structure, Skyhawks is continuing its virtual sports programming to meet the varying needs and schedules of families. The virtual offerings, conducted via Zoom®, compliment in-person classes and provide options for families seeking opportunities to keep their kids active and learning via Zoom®. Register at: [teamsideline.com/sites/rocklinrecsports/home](https://teamsideline.com/sites/rocklinrecsports/home)



### MIND & BODY SERIES

#### ESPORTS & PLAY

##### ROCKET LEAGUE

It's game time! This new program combines a high energy, game-based physical education program with a unique and exciting gaming experience. With passionate instructors at the core, this program will engage your child in fun activities that develop the fundamental movement skills needed to play a wide variety of sports. As a free add-on, partners at Nimbus Esports Academy challenge your child's mind with a skill-based Rocket League program. Participants work through customized drills, play in teams and compete in friendly competition. This exciting class promotes sportsmanship and teamwork in an immersive digital environment, while providing a positive outlet through physical activity.

\$125 Resident | \$135 Non-Res  
Ages 7-12

Mondays 1:30-3:15pm  
Sept 21 - Oct 19 [#7002](#)  
Nov 2 - Dec 7 [#7010](#)  
(no class 11/23)

#### ESPORTS & PLAY

##### FORTNITE

Team up! This exciting program combines high-energy, game-based physical education program with a new, one-of-a-kind gaming experience. Fun, engaging, activities that develop the fundamental movement skills needed to play a wide variety of sports. As a free add-on, partners at Nimbus Esports Academy provide students with an exciting and engaging Fortnite program aimed at helping players improve through custom curriculum. Players participate in exercises and drills through training workshops, private custom matches against other students, and opportunities for competitive play via private tournaments and show matches. All activities promote sportsmanship and teamwork in an immersive digital environment, while providing a positive outlet through physical activity.

\$125 Resident | \$135 Non-Res  
Ages 10-14

Thursdays 4:00-5:45pm  
Sept 24 - Oct 22 [#7003](#)  
Nov 5 - Dec 10 [#7011](#)  
(no class 11/26)



A list of equipment needed for the virtual programs will be provided prior to the start.

Skyhawks virtual classes are conducted through Zoom. The link is sent to participants prior to the start and the same link will be used for each class.

Register today! Click the code link or visit: [teamsideline.com/sites/rocklinrecsports](https://teamsideline.com/sites/rocklinrecsports)

## STAYING ACTIVE SERIES

### **SOCCER SKILLS**

It's game time! This new program combines a high energy, game-based physical education program with a unique and exciting gaming experience. With passionate instructors at the core, this program will engage your child in fun activities that develop the fundamental movement skills needed to play a wide variety of sports. As a free add-on, partners at Nimbus Esports Academy challenge your child's mind with a skill-based Rocket League program. Participants work through customized drills, play in teams and compete in friendly competition. This exciting class promotes sportsmanship and teamwork in an immersive digital environment, while providing a positive outlet through physical activity.

\$65 Resident | \$75 Non-Res  
Ages 6-12

Wednesdays 4:00-4:45pm  
Sept 23 - Oct 21 [#7004](#)  
Nov 4 - Dec 9 [#7013](#)  
(no class 11/25)

Fridays 12:00-12:45pm  
Sept 25 - Oct 23 [#7012](#)  
Nov 6 - Dec 11 [#7014](#)  
(no class 11/27)

### **PHYS ED FUN**

Skyhawks is proud to offer an engaging, game-based physical education program designed for the home. With passionate instructors at the program's core, this class offers children a wide variety of activities that involve locomotor, non-locomotor, manipulative skills, and fitness development exercises. Our goal is to build self-confidence, create body awareness and inspire each participant with a passion for an active lifestyle.

\$65 Resident | \$75 Non-Res  
Ages 6-12

Mondays 2:30-3:15pm  
Sept 21 - Oct 19 [#7006](#)  
Nov 2 - Dec 7 [#7017](#)  
(no class 11/23)

Tuesdays 12:00-12:45pm  
Sept 22 - Oct 20 [#7015](#)  
Nov 3 - Dec 8 [#7018](#)  
(no class 11/24)

Thursdays 4:00-4:45pm  
Sept 24 - Oct 22 [#7016](#)  
Nov 5 - Dec 10 [#7019](#)  
(no class 11/26)

## SUPERTOTS SERIES

### **SOCCER TOTS**

Soccer Tots programs develop motor skills, and self-confidence in a fun, engaging format. Skyhawks is excited to bring our best instructors together with our most popular games, to offer a unique at-home class that promotes the early development of soccer skills and a love for an active lifestyle. This fast-paced program will keep your child engaged with an imaginative warm-up and great activities that disguise learning and focus on fun!

\$65 Resident | \$75 Non-Res  
Ages 3-5

Wednesdays 12:00-12:45pm  
Sept 23 - Oct 21 [#7008](#)  
Nov 4 - Dec 9 [#7020](#)  
(no class 11/25)

### **BASEBALL TOTS**

Baseball Tots programs focus on fine and gross motor skills as well as body control. With lessons modified for participation in the home, top instructors teach baseball basics including throwing, catching and hitting. We are excited to help these little ones develop a love of the game! Children will experience an exciting program featuring dynamic warm-ups, stretching best practices, fun games and valuable life lessons along the way.

\$65 Resident | \$75 Non-Res  
Ages 3-5

Fridays 12:00-12:45pm  
Sept 25 - Oct 23 [#7009](#)  
Nov 6 - Dec 11 [#7021](#)  
(no class 11/27)



Register today at:  
[teamsideline.com](https://teamsideline.com)



# NEW!



## VIRTUAL-LIVE ONLINE AFTER SCHOOL SPORTS CLUBS

National Academy of Athletics has successfully transitioned our highly recommended "All Sorts of Sports After School Club" program to deliver a virtual solution for families who enjoy sports and exercise, but are not comfortable with in-person instruction. Our curriculum is derived from **Social and Emotional Learning (SEL)**, **National Standards & Grade Level Outcomes** to produce a quality sports program that creates confidence, optimism, and growth, while experiencing new sports.

All sessions: \$119 Resident | \$129 Non-Res  
Register at: [teamsideline.com/sites/rocklinrecsports/home](https://teamsideline.com/sites/rocklinrecsports/home)



### Coed Grades TK - 2

6 weeks - 35 minutes per session 2 classes per week (12 total)

Tue & Thurs | Sept 15 - October 22

Option 1:	11:30 am - 12:05 pm	16 students max	<a href="#">#7036</a>
Option 2:	1:00 pm - 1:35 pm	16 students max	<a href="#">#7037</a>
Option 3:	2:30 pm - 3:05 pm	16 students max	<a href="#">#7038</a>
Option 4:	3:30 pm - 4:05 pm	16 students max	<a href="#">#7039</a>

Wed & Fri | Sept 16 - October 23

Option 1:	11:30 am - 12:05 pm	16 students max	<a href="#">#7040</a>
Option 2:	1:00 pm - 1:35 pm	16 students max	<a href="#">#7041</a>
Option 3:	2:30 pm - 3:05 pm	16 students max	<a href="#">#7042</a>
Option 4:	3:30 pm - 4:05 pm	16 students max	<a href="#">#7043</a>



### Coed Grades 3 - 5

6 weeks - 45 minutes per session 2 classes per week (12 total)

Tue & Thurs | Sept 15 - October 22

Option 1:	11:45 am - 12:30 pm	24 students max	<a href="#">#7044</a>
Option 2:	12:45 pm - 1:30 pm	24 students max	<a href="#">#7045</a>
Option 3:	2:15 pm - 3:00 pm	24 students max	<a href="#">#7046</a>
Option 4:	3:15 pm - 4:00 pm	24 students max	<a href="#">#7047</a>
Option 5:	4:15 pm - 5:00 pm	24 students max	<a href="#">#7048</a>

Wed & Fri | Sept 16 - October 23

Option 1:	11:45 am - 12:30 pm	24 students max	<a href="#">#7049</a>
Option 2:	12:45 pm - 1:30 pm	24 students max	<a href="#">#7050</a>
Option 3:	2:15 pm - 3:00 pm	24 students max	<a href="#">#7051</a>
Option 4:	3:15 pm - 4:00 pm	24 students max	<a href="#">#7052</a>
Option 5:	4:15 pm - 5:00 pm	24 students max	<a href="#">#7053</a>

During these extraordinarily challenging times, we have adapted to provide healthy, active, and engaging programs for kids. All of the programs provide high quality instruction and adhere to the COVID-19 safety protocols and guidelines for the county, the CDC, and state of California.

—NA of A

### Coed Grades 6 - 8

6 weeks - 45 minutes per session 2 classes per week (12 total)

Tue & Thurs | Sept 15 - October 22

Option 1:	1:00 pm - 1:45 pm	24 students max	<a href="#">#7054</a>
Option 2:	2:15 pm - 3:00 pm	24 students max	<a href="#">#7055</a>
Option 3:	3:15 pm - 4:00 pm	24 students max	<a href="#">#7056</a>

Wed & Fri | Sept 16 - October 23

Option 1:	1:00 pm - 1:45 pm	24 students max	<a href="#">#7057</a>
Option 2:	2:15 pm - 3:00 pm	24 students max	<a href="#">#7058</a>
Option 3:	3:15 pm - 4:00 pm	24 students max	<a href="#">#7059</a>

## IN-PERSON WEEKEND SPORTS CLASSES

Whether your child is a beginner or more advanced player, the drills taught at these clinics will help them fall in love with the sport. Our sport specific classes are the perfect place to learn about the game and fitness while having a blast and making new friends. These clinics use our expanded curriculum to include Social and Emotional Learning (SEL), and meets the National Standards & Grade Level Outcomes to produce a quality P.E. program that creates confidence, optimism, and growth.

Johnson-Springview Park Multifield  
\$129 Resident | \$139 Non-Res  
6-weeks - 90 minutes per session  
(9-hours total)

Sat or Sun | Sept 19 - October 25

### Coed Grade K - 2

9:00am - 10:30am Sat [#7022](#)

9:00am - 10:30am Sun [#7023](#)

### Coed Grade 3 - 5

10:45am - 12:15pm Sat [#7024](#)

10:45am - 12:15pm Sun [#7025](#)

### Coed Grade 6 - 8

12:30pm - 2:00pm Sat [#7026](#)

12:30pm - 2:00pm Sun [#7027](#)

## IN-PERSON AFTER SCHOOL SPORTS CLASSES

Whether your child is a beginner or more advanced player, the drills taught at these clinics will help them fall in love with the sport. Our sport specific classes are the perfect place to learn about the game and fitness while having a blast and making new friends. These clinics use our expanded curriculum to include Social and Emotional Learning (SEL), and meets the National Standards & Grade Level Outcomes to produce a quality P.E. program that creates confidence, optimism, and growth.

Johnson-Springview Park Multifield  
\$195 Resident | \$205 Non-Res  
3:00pm-4:30pm  
6-weeks - 90 minutes per session  
(18-hours total)

### Coed Grade 2 - 5

Mon & Wed | [#7028](#)

Sept 14 - October 21

Tue & Thurs | [#7029](#)

Sept 15 - October 22

### Coed Grade 6 - 8

Mon & Wed | [#7030](#)

Sept 14 - October 21

Tue & Thurs | [#7031](#)

Sept 15 - October 22

**PLAY HARD - HAVE FUN!**



**CONFIDENCE,  
OPTIMISM,  
AND GROWTH  
THROUGH  
PHYSICAL  
EDUCATION**

Register today at:  
**[teamsideline.com](https://teamsideline.com)**

## BENEFITS OF YOUTH SPORTS

The evidence supporting sports participation for young people is overwhelming...It has the power to combat everything from racism to low self-image, to the high-school drop-out rate."  
(Sue Castle, Executive Producer of PBS Sports: Get in the Game)

### PHYSICAL BENEFITS

Children who play sports develop general physical fitness in a way that's fun, and they establish lifelong habits for good health. This is particularly important at a time when obesity in the United States has reached epidemic proportions. The incidence of obesity has increased by more than 50% among America's children and teens since 1976. It continues to grow at a staggering rate. The 2009 National Survey of Children's Health showed that non-athletes are 60% more likely to be overweight than athletes.

Read more at:

[kidsplayusafoundation.org](https://kidsplayusafoundation.org)



# COMMUNITY CLASSES

## A DISH OF DISNEY: VIRTUAL ZOOM COOKING CLASS

Children will have delicious fun cooking dishes from Disney movies: Beauty and the Beast, Aladdin, Lady and the Tramp.... More! Each 1.5 hour class includes a cooking demonstration, Disney story and a trivia game. Recipe booklet, cookware needs, and link to the 5-class series emailed before the session.

\$149 Res | \$159 Non-Res  
Ages 6 - 14 yrs  
3:30pm - 5:00 pm  
Thursdays, Oct 8 - Nov 5  
[#2002](#)

Register today! Click the Class Code or Click here

## STAR WARS: MAY THE FORK BE WITH YOU! VIRTUAL ZOOM COOKING CLASS

There is no epic greater than Star Wars! Each class "voyages" to cooking delicious recipes represented by Princess Leia's buns, Chew Bacca donuts, and others! Each 1.5 hour class includes a cooking demonstration, Star Wars story and a trivia game. Recipe booklet, cookware needs, and link to the 5-class series emailed before the session.

\$149 Res | \$159 Non-Res  
Ages 6 - 14 yrs  
1:00pm - 2:30 pm  
Wednesdays, Nov 11 - Dec 16  
(no class 11/25)  
[#2001](#)



## EVERYTHING BUT THE TURKEY: VIRTUAL ZOOM COOKING CLASS

Delicious side dishes, yummy stuffing, mouthwatering desserts, the best cranberry sauce you'll ever eat! Each camp day we make 3 recipes. Other fun activities include a daily cooking demonstration, a Thanksgiving story and a trivia game show.

\$195 Res | \$205 Non-Res  
Ages 6 - 14 yrs  
9:00am - 12:00 pm  
Mon-Wed, Nov 23-25  
[#2000](#)

## 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 [rocklin.ca.us](#) the first day of class, along with an annual registration fee of \$30.00, upon enrollment. Register online at [rocklin.ca.us](#)

**WATCH FOR THESE PROGRAMS  
TO RETURN**

Use a LIVE LINK to this Fall Rec Guide.  
It is updated regularly with program changes.

Access the online Rec Guide from the website page (just click below):

[rocklin.ca.us/classes-and-programs](https://rocklin.ca.us/classes-and-programs)



## 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

Email for more info:  
[info.efsac@gmail.com](mailto:info.efsac@gmail.com)

## KARATE

Training for belt test in November.

Parks & Rec Activity Room  
\$ Resident | \$ Non-Res  
Ages 5-9: 4:00pm - 5:00pm

Oct 4-25 | #  
Oct 23-Dec 4 | #  
Jan | #  
Feb | #



## CYCLING SKILLS

We help your child take off those training wheels in a couple of lessons, through a dedicated training program. They will be led to the cycling top with our former Tour de France cycling racer and coach, while building up knowledge, fitness, and confidence.

We are dedicated to child safety and professional training, while fun memories are made.

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: 916.913.8798 or [click here](#)

Sept 1, 8, 15, 22  
6pm-7pm \$100

Oct 6, 13, 20, 27  
5pm-6pm \$100

Nov 3, 10, 17, & Dec 1  
3:30pm-4:30pm \$100

Dec 8 & 15  
3:30pm-4:30pm \$50

Jan 5, 12, 19, 26  
4pm-5pm \$100

Feb 2, 9, 23  
4pm-5pm \$75



This co-ed recreational 3v3 basketball program is designed to create community and develop young players interest in the game of basketball and team sports through skill development, enthusiastic challenges, and games. There is a one hour practice and a one hour game on Saturdays, included with the registration. The days and times listed on the registration are **possible** days and times that practices and games may be scheduled. All schedules are subject to change based on registration numbers.



Clarke Dominguez Gym  
Jan 9 Orientation and Skills Clinic  
Jan 15 Practices start  
March 6 League ends  
Coed by ages for 1-8  
\$189 Resident | \$199 Non-Res

Grades 1-2 | [#8000](#)

Grades 3-4 | [#8001](#)

Grades 5-6 | [#8002](#)

Grades 7-8 | [#8003](#)

REGISTER at:  
[teamsideline.com/rocklinrecsports](https://teamsideline.com/rocklinrecsports)



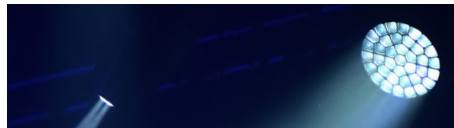
## ADULT SOFTBALL

Take to the fields and have some softball fun!

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

**RETURNING SPRING 2021**

[teamsideline.com/rocklinrecsports](https://teamsideline.com/rocklinrecsports)



# ROCKLIN COMMUNITY THEATRE

## AFTER SCHOOL CAMPS

Need some relief from the back-to-virtual school blues? After school camps at RCT are on! Designed for kids who have little or no previous theatre experience. Participants learn all aspects of a show including acting, singing, dancing, and blocking while creating a production captured on a professionally-produced video.

Finn Hall

Ages of 7-13 | \$250

### The Lion King Kids

Aug 24-Sep 4

### Winnie the Pooh

Sept 14-25

## MUSICAL THEATRE DANCE

Join us in person or via Zoom live-stream, whatever works best for you! Musical theatre performers of all experience levels develop and enhance their dance abilities. Each class provides the building blocks to enable you to approach dance auditions and the rigors of musical theatre choreography with confidence!

Finn Hall/Virtual

Wednesdays | Sep 2 - Nov 18

## VIRTUAL ACTING CLASSES

Beginner to advanced, interactive classes with peers!

Ages 8-15

Sept 1 - Oct 8

More info and to register:

[rocklintheatre.org/register](http://rocklintheatre.org/register)



## ADVENTURE WITH US!

ZIP • SOAR • CLIMB • EXPLORE



Reserve your time online today—

[QUARRYPARK.COM](http://QUARRYPARK.COM)



Parks  
Make  
Life  
Better!



## PARKS, RECREATION, & ARTS COMMISSION

The Commission is responsible for the promotion and preservation of community recreation, open space, park lands, public art, and cultural initiatives.

Residents are invited to attend. Meetings are on the second Wednesday of each month, at the Rocklin Event Center beginning at 6:00pm.

Meeting agendas and minutes: [rocklin.ca.us/praccommission](http://rocklin.ca.us/praccommission)

\*The public is invited to participate via Zoom, or view the meetings by NOVUS. Links for virtual viewing are provided on the agendas.

## ART TASK FORCE

The Art Task Force supports artists, and makes arts and cultural activities available to all Rocklin residents.

Residents are invited to attend. Meetings are on the fourth Monday of each month, at the Rocklin Event Center @ 5:00pm.

Learn more, and get involved: [\*\*Art Task Force Brochure\*\*](#)

Meeting agendas and minutes: [rocklin.ca.us/atf](http://rocklin.ca.us/atf)



Enjoy **FREE** **WI-FI** at our **COMMUNITY PARKS**



**wave**<sup>®</sup>  
**business**

# ADULT ACTIVITIES

**MOVED OUTDOORS!**

## ZUMBA GOLD

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

Community Center Patio  
Tue & Thurs | 11:00am - 12:00pm

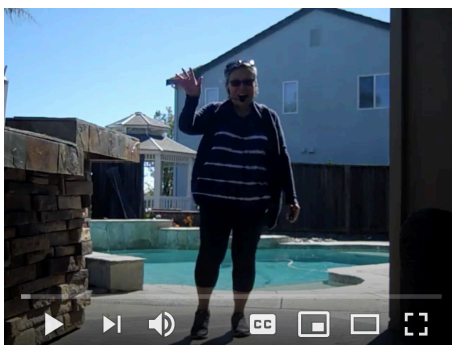
Dates | TBA

## HULA & TAHITIAN

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

Community Center Patio  
Fridays | 10:00am - 11:00am

Dates | TBA



## ADULT CLOGGING

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

Email for more info:  
sewiclog@gmail.com

Join virtual Clogging now:  
<https://www.youtube.com/>



## 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 stretch with other active adults!  
Parks & Rec Activity Room  
Mon, Wed, Fri | 11:00am - 12:00pm

## SUCCESSFUL RETIREMENT PLANNING

Are you on track to retire comfortably? This personalized course will show you how to determine your ideal retirement age, how to maximize your retirement savings and pensions, and the latest income strategies to minimize taxes and make sure your assets last a lifetime.

**WATCH FOR ADULT PROGRAMS TO RETURN IN 2021**

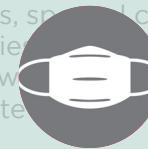
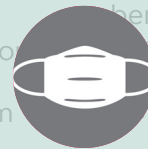
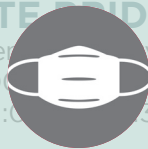
Use a LIVE LINK to this Fall Rec Guide. It is updated regularly with program changes.

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[rocklin.ca.us/classes-and-programs](https://rocklin.ca.us/classes-and-programs)

## DUPLICATE BRIDGE

Parks & Rec Senior Activity Room  
Mondays | 9:00am - 10:00am  
Thursdays | 12:00pm - 1:30pm



## MENS BRIDGE

Parks & Rec Senior Activity Room  
First Thursday of each month  
Thursdays



**Free Virtual Recreation:**

[rocklin.ca.us/virtualrec](https://rocklin.ca.us/virtualrec)

## COUPLES BRIDGE

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

LOOK FOR CLASS INFO IN WINTER 2021  
Mondays 6:00pm - 8:00pm  
\$39

## OUR SECURITY

Learn the best strategies to when to claim Social Security based on your life expectancy. Increasing your Social Security benefits, spousal claiming strategies for married couples, how to apply for potential Social Security.

LOOK FOR MORE CLASS INFO IN WINTER 2021  
\$25

Mondays	
Sep 21	#12005
Oct 19	#12006
Nov 16	#12007



# 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 VIRTUALLY by contacting  
Brooke Williams  
bwilliam@placer.ca.gov



## HICAP

Health Insurance Counseling and Advocacy Program. HICAP (a non-profit organization) continues to provide free, one-hour Medicare Counseling during the COVID-19 Pandemic via a phone or video conference appt.

To schedule a HICAP appt with a State-registered counselor, please call  
530-889-9500 (North Placer)  
916-376-8915 (South Placer).

Click on the following link to learn more about our services:  
[hicapservices.net](http://hicapservices.net)

Mariko Nakabayashi  
916.376.8915

## AARP DRIVING CLASSES

New classes should be offered again in 2021.

Watch your email & check back here for classes being added.

Rocklin Event Center Room 107  
\$ 25 AARP Members  
\$ 30 Non-Members

# THIS IS WHERE WE PARK

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

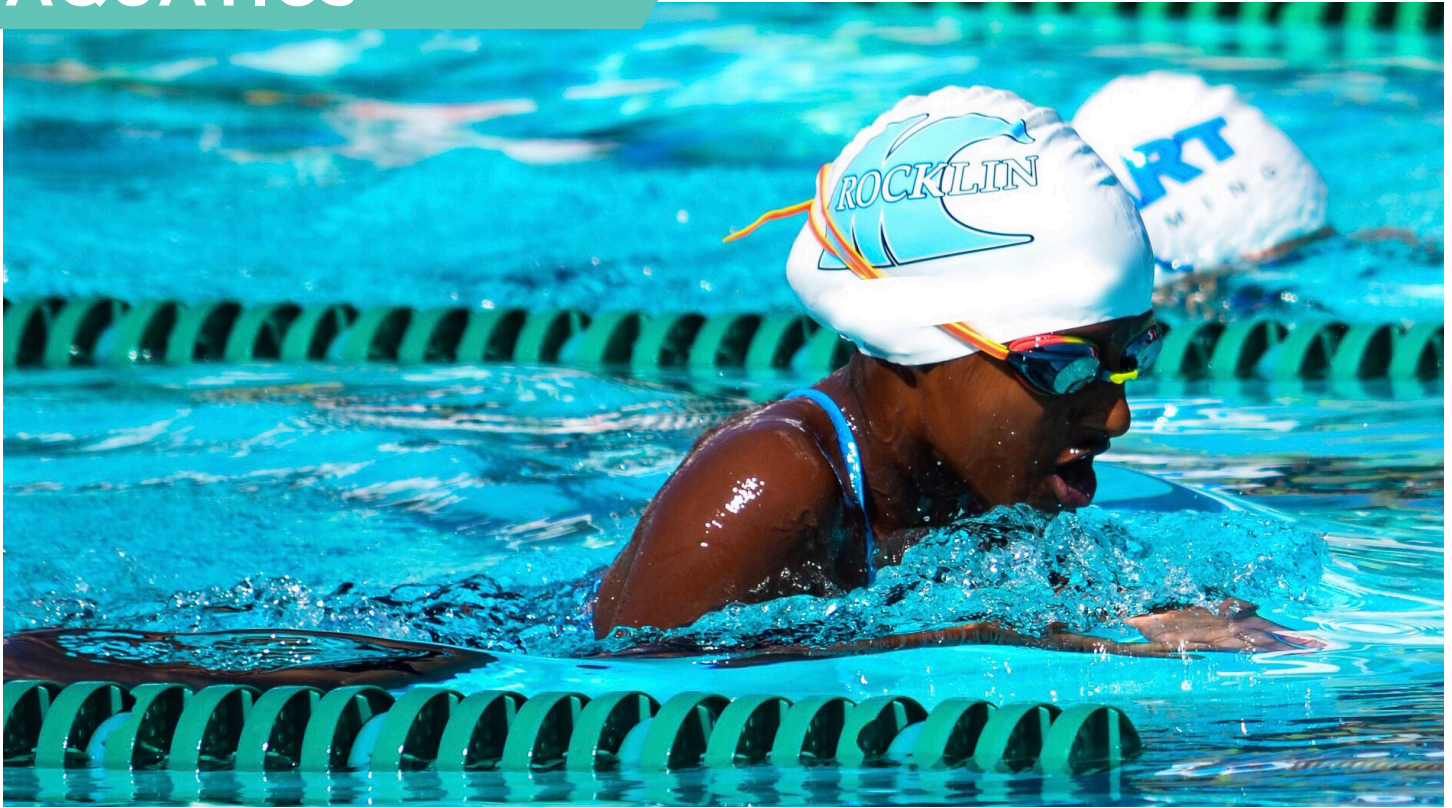
Rocklin parks have created a place for relationships to flourish. From parents taking their kids to splash pads, playground structures and enjoying a day with them. To grandparents attending their grandkids' baseball or soccer games, to friends walking together for exercise, the parks create space for 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




## FALL SWIM SESSION

Registration is open for the Rocklin Wave Fall Swim Session running from August 19 through December 6. Afternoon and evening training sessions are offered Monday through Friday. Open to swimmers of all ages capable of swimming 25 yards unassisted. Assessment is required for group placement.




Visit [rocklinwave.com](http://rocklinwave.com) for more information.



ENJOY THE **HEATED**  
WHITNEY HIGH SCHOOL POOL!



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!

## MORE YOUTH SPORTS ORGANIZATIONS...



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.

Rocklin Youth Soccer Club  
[rocklinsoccer.org](http://rocklinsoccer.org)

Rocklin Little League  
[rocklinllb.com](http://rocklinllb.com)

Rocklin Jr Thunder  
[jrthunder.com](http://jrthunder.com)

Rocklin Girls Softball  
[rocklingirlssoftball.org](http://rocklingirlssoftball.org)

Tri City Little League  
[tricitylittleleague.com](http://tricitylittleleague.com)

Whitney Jr Wildcats  
[whitneyjrwildcats.org](http://whitneyjrwildcats.org)

Rocklin Pony Baseball  
[rocklinponybaseball.com](http://rocklinponybaseball.com)

[TEAMSIDELINE.COM/ROCKLINRECSPORTS](http://TEAMSIDELINE.COM/ROCKLINRECSPORTS)



# SCOUTS | BSA

BE PREPARED FOR NEW ADVENTURES



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

[BEASCOUT.ORG](http://BEASCOUT.ORG)

# SPLASH PADS

*beat the heat  
play in the spray*



Now - Oct 15  
10am - 8pm  
7 days a week

*now three locations*

## JOHNSON-SPRINGVIEW PARK

5480 Fifth Street

## 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,



SEND!

[ROCKLIN.CA.US/ACCESS-ROCKLIN](http://ROCKLIN.CA.US/ACCESS-ROCKLIN)





# CITY OF ROCKLIN VENUE RENTALS

Space perfect for small  
gatherings, trainings, and meetings!



Whitney Park



Margaret Azevedo Park



Johnson-Springview Park



Rocklin Event Center



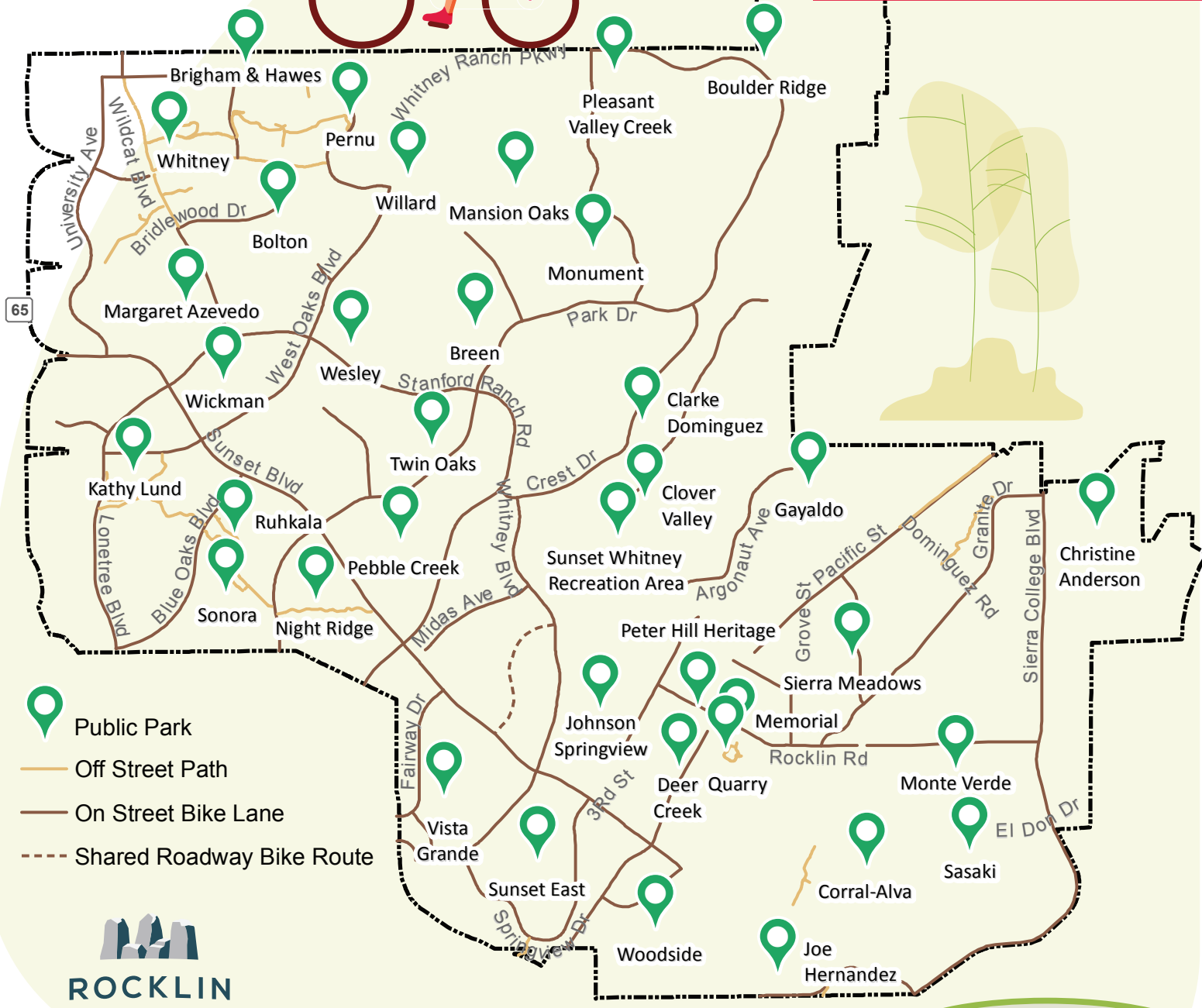
**ROCKLIN**  
CALIFORNIA

Call today for info  
916.625.5239 or visit  
[rocklin.ca.us/venues](http://rocklin.ca.us/venues)

# ROCKKLIN PARKS



Announcements and updates on Park status:  
[rocklin.ca.us/coronavirus](https://rocklin.ca.us/coronavirus)



THIS IS WHERE WE  
 PARK

—FIND A PARK NEAR YOU!—  
[ROCKKLIN.CA.US/PARKFINDER](https://rocklin.ca.us/parkfinder)

SUBSCRIBE FOR UPDATES:  
[rocklin.ca.us/newsletter-signup](https://rocklin.ca.us/newsletter-signup)