

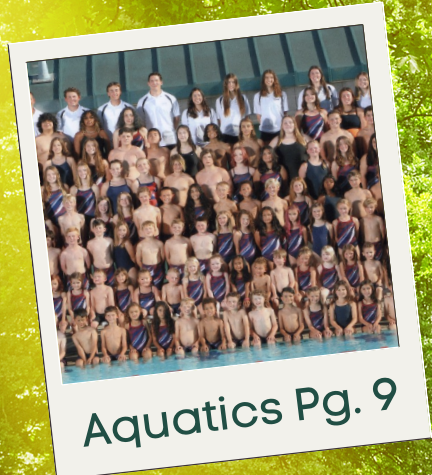


SPRING & SUMMER

2024 ACTIVITY GUIDE

Presented by: Friends of FEC

SUMMER FUN IN ARDEN ARCADE



Aquatics Pg. 9



Sports Pg. 15



Camps Pg. 6



Classes Pg. 8



Seniors Pg. 17



Rentals Pg. 19

FEC Board of Directors

Jessica Dias – Chair

Laura Lavallee – Vice Chair

Michael Seaman – Secretary

Teresa Higgins – Director

Kathleen Stricklin – Director

As we head into Summer 2024, get ready for our upcoming facility improvements and upgrades!

Splash pad opens May 18!

On Saturday, May 18 at 12:00 pm, the Seely Park splash pad will open! Hours of operation will be daily from 12:00 pm to 7:00 pm. 3000 Pope Avenue.

New hardcourt volleyball courts

Volleyball hardcourts will be installed at Howe Park, 2201 Cottage Way. These courts are made possible through a grant from the Sacramento Housing and Redevelopment Agency.

New shade structure

A shade structure will also be installed at Howe Park in the permissible picnic area near the north parking lot. The shade structure was made possible by the SMUD 2024 Shine grant.

New gazebo

A new gazebo will be built in Santa Anita Park, 2271 Bell Street, near the Bell Street entrance. The gazebo is funded through a grant from Sacramento Housing and Redevelopment Agency.

New playground

A new playground will be built in Bohemian Park, 3131 Wright Street and Yellowstone.

Bohemian Park Project design will begin. The District received \$10.445 million for the project; \$4 million from former Assembly member Ken Cooley and \$6.445 million from the California State Parks Prop 68.

So, look out for these additions while visiting your neighborhood parks. And join in summer programs through Little League, summer camps, swim and synchronized swimming teams, and swim lessons. Or enjoy a family and friends event at one of our community centers or picnic facilities. Read on to find your ideal summer activity.

Enjoy your summer, play well!
Board of Directors and Staff

**Parks
Make
Life
Better!**

District Security

The Fulton-El Camino Park Police patrol our parks daily providing security and law enforcement services to our Park District and its contract districts. Park Police are fully sworn California Peace Officers with the same authority as Sheriff's Deputies and City Police Officers. When necessary, they make arrests and issue citations for violations of local, state, and federal law. It is the goal of our Park Police to provide park visitors and their families with a safe and enjoyable recreation atmosphere. Professional interaction with visitors as well as a balanced combination of education and enforcement by our Park Police helps to accomplish this goal.

Equal Opportunity

In compliance with the American with Disabilities Act, the Fulton-El Camino Recreation and Park District encourages those with disabilities to participate in our programs. If you have special needs, please call us a (916)927-3802.

Photo/Video Disclaimer

The Fulton-El Camino Recreation and Park District reserves the right to photograph facilities, activities, and program participants for future use. All photos and video remain the property of the Fulton-El Camino Recreation and Park District and may be used for publicity and promotional purposes.



Fulton - El Camino Recreation and Park District Mission Statement

Enhance the quality of life for our community by providing park facilities and recreation programs of exceptional quality while maintaining and protecting parklands for future generations

Fulton - El Camino Staff Contacts

District Office: 2201 Cottage Way, Sacramento, CA 95825

Phone: (916) 927-3802 Fax: (916) 927-3805
Hours: Monday - Friday 9:00am - 4:00pm

Visit us on the web at: www.fecrpd.com

“Like” us on Facebook! | Follow us on Twitter: @FECrecreation

Administration:

| | | |
|---|------|---------------------|
| Emily Ballus, General Manager | x118 | eballus@fecrpd.com |
| Mike Chahal, Director of Finance & Admin. | x110 | mchahal@fecrpd.com |
| Dounia Beshara, Administrative Assistant | x122 | dbeshara@fecrpd.com |

Parks & Recreation:

| | | |
|---|------|--------------------|
| Ryan Harder, Director of Parks & Recreation | x114 | rharder@fecrpd.com |
| David Price, Parks Manager | x117 | dprice@fecrpd.com |
| Jaden Delfer, Recreation Supervisor | x125 | jdelfer@fecrpd.com |
| Robin Romines, Recreation Supervisor | x112 | romines@fecrpd.com |

Park Police:

| | | |
|--|------|---------------------|
| Beth Johnson, Chief of Police Services | x123 | bjohnson@fecrpd.com |
|--|------|---------------------|

Community Contacts

Youth Organizations

4-H875-6811
Boy Scouts of America929-1417
Boy Scout Troop 266925-8198
Girl Scouts of the USA(800) 322-447
North Area Teen Center486-9893

Emergencies

4-H875-6811
Boy Scouts of America929-1417
Boy Scout Troop 266925-8198
Girl Scouts of the USA(800) 322-447
North Area Teen Center486-9893

Parks and Recreation

Arcade Creek482-8377
Arden Manor487-7851
Arden Park483-6069
Carmichael485-5322
Cordova362-1841
Fair Oaks966-1036
Fulton-El Camino.....927-3802
Mission Oaks488-2810
North Highlands332-7440
Orangevale988-4373
Rio Linda Elverta991-5929
Southgate428-1171
Sunrise725-1585

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COMMUNITY CELEBRATION

**Thursday, July 4th
2pm - 7pm
Cottage Pool
(3097 Cottage Way)**

Join us for a community celebration at Cottage Park Pool! Bring the whole family to wave the red, white and blue! Cottage Pool will be open 2-7pm with discounted pool admission for the public! FREE food and drinks will be provided by the Fulton Avenue Business Association and Chick-Fil-A Arden while supplies last!

For event information contact Jaden Delfer:
(916) 927-3802 x125 or jdelfer@fecrecrecpark.com

Visit us on the web at www.fecrpd.com, like us on Facebook, or follow us on Twitter (@FECrecreation) to see more special and community events!

Fishing in the City Fishing Clinic

**JULY
6TH**



at Howe Park Pond

FEC and Fishing in the City are excited about Catfish Season! Offered at the Howe Park Pond, Fishing in the City is providing FREE loan of rods, bait, and tackle for up to 50 people and FREE instructional clinics.

No registration required. First come, first served.

Limit of 5 fish per person per day

Who: The Entire Community

When: July 6, 2024

Time: 8:30am - 12:00pm

Place: Howe Park, 2201 Cottage Way

Fee: FREE fishing

For more Information please visit:
wildlife.ca.gov/Fishing-in-the-City/Sac

Community Yard Sale 2024

Sunday, June 2nd & Sunday, October 6th

Make some cash, shop to your heart's content, or do both at one massive Community Yard Sale! Enjoy the day at Howe Park as your former trinkets become someone else's treasures. Vendor registration begins one month prior to the date of each event.

Who: The Entire Community

Time: Vendor set-up: 7:30am

Shopping: 9:00am - 1:00pm

Place: Howe Park, 2201 Cottage Way
North Lot off of Bell Street

Fee: Vendors: One selling space - \$20
Two selling spaces - \$30

***NO firearms, fireworks, or controlled substances permitted.**

COMING THIS

Fall &
Winter



Howe Park's Frightfully Fun Carnival

Saturday, October 26th

Come enjoy a ghoulishly fun Halloween Trunk N' Treating carnival at Howe Park for the whole family. Enjoy the games and haunting decorations in a safe and fun environment. Prizes will be rewarded to the best decorated vehicles. Enter your vehicle by October 28th at fecrpd.com to join in the fun!

Who: Everyone

Time: 3:30 - 5:30pm

Place: North Lot, Howe Park
FREE Event!



Annual Tree Lighting on Fulton Ave & Santa's Workshop

Saturday, December 7th



Fulton-El Camino RPD and the Fulton Avenue Association is holding its annual the tree lighting at the Human Assistance building on Fulton avenue! Join us for the festivities with free food provided by Chick-Fil-A, the Fulton Avenue Association and FECRPD!

When: Saturday, December 7, 2024

Time: 5:00pm Parade start (Howe Park, 2201 Cottage Way), Tree Lighting approx 6pm at the Dept. of Human Assistance 2700 Fulton Ave

Senior Christmas Lights Tour

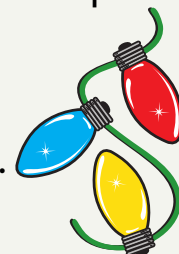
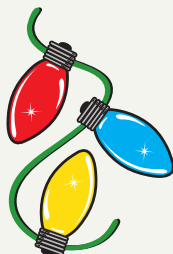
Wednesday, December 11th

Fulton-El Camino is taking a tour of the Fab 40's. This unique neighborhood is ablaze with lights and displays. Meet at Howe Park, 2201 Cottage way at 6 p.m. Sharp. We have Hot Chocolate and lap blankets!

Who: Adults 55 and Over

When: Wednesday December 11th 6 p.m.- 8 p.m.

Where: Meet at Howe Park, 2201 Cottage way at 6 p.m. Sharp.
Cost: \$7.00 (Must Pre-Register at District Office)



March
25-29th

Spring Fling Fun Camp Ages 5-12



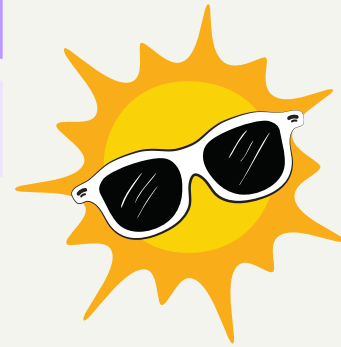
March 25th -29th Monday - Friday at Cottage Children's Center (3097 Cottage Way)

Spring is here, let the fun start! A fun-filled week for your child is planned and we can't wait to meet all our new campers! Help us celebrate spring by participating in creative crafts, goofy games and tons more. You supply the camper, and we will supply the fun. To make sure your camper has enough energy to participate in all the fun, please pack a lunch and two snacks daily. Also, to ensure your child has as much fun as possible, please be sure your camper is dressed in comfortable clothing, with closed toe and heel shoes. We accept child action. No family discounts..

| Program | Time | Fee | Resident |
|---------|---------|-------|----------|
| All Day | 7am-6pm | \$160 | \$145 |



Adventure Club Summer Camp Ages 5-12



Summer is here! Come enjoy recreational activities and socialize with other children. Trained recreation leaders will plan each week of fun around a central theme to ensure that your child has a fun, safe and stimulating summer. We will have indoor, outdoor, and life-sized games, art, science, fun days, and laughs. Come play with us and break some summer camp records in cardio drumming, quiet olympics, investigations, showdowns, creations, and stopping the clock at Cottage Park this summer.

Please pack 2 snacks and a full Lunch each day. Children must wear closed toe and heeled shoes. Don't forget to bring a water bottle daily.

Online Registration opens Wednesday March 6th, 2024, starting at 5pm www.fecrpd.com
You may also register in person starting March 7th during regular office hours 10am-4pm.

Weekly Sessions

Session 1: June 10 - June 14

Adventure Club Record Breakers - Rubber Ducky Races

Session 2: June 17 - June 21 (Closed June 19th)

A Galaxy Far Far Away - Howe Park

Session 3: June 24 - June 28

Zombie Zoo - Folsom Zoo

Session 4: July 1 - July 5 (Closed July 4th & 5th)

America the Beautiful - Gold Rush Game

Session 5: July 8 - July 12

International Flight - Festival of Foods

Session 6: July 15 - July 19

Marvelous Minutes - Chuck E Cheese

Session 7: July 22 - July 26

Camping in Candyland - Tie Dye

Session 8: July 29- August 2

Rainbow Ninja Warriors - Rainbow Ninja Course

Session 9: August 5 - August 9

A walk in Jurassic Park - Seely Park Splash Pad

| Program | Time | Fee | Resident |
|----------------|--------------|---------|----------|
| Weekly Session | 7am-6pm | \$190 | \$175 |
| Season Pass | All sessions | \$1,550 | \$1,425 |

**** \$35 One time yearly registration fee per child**

For more info on Camps contact
Robin Romines: (916) 927-3802 x112 or rromines@fecrpd.com



Before and After School

Registration Begins: Wednesday, June 26

5:00 pm Online

Program Starts: Thursday, August 15



Treat your child to a positive After School experience. This recreation program has everything your child needs. We Provide Transportation, Nutrition, Recreation, Tutoring / Homework Assistance, Leisure, and Enrichment Activities. Children enjoy a Fun, Safe, Creative, and Educational Environment through Fulton-El Camino Recreation and Park District. Weekly fees do not include minimum days, non-instructional days or camps.

REGISTRATION AND OPEN HOUSE - Wednesday May 22, 2024, 6-7pm.

Come to Cottage Park afterschool building, located at 3097 Cottage Way to view the facility, and meet the afterschool teachers. Registration will begin online at 6pm and continue at district office Mon-Fri 10:00 a.m. to 4:00 p.m.

Before-School is held Monday - Friday, 7:00am - 8:30am

After-School is held Monday - Friday, 11:30am - 6:00pm

| Program | Weekly Fee | Resident | Yearly Passes | Yearly Fee | Resident |
|--|------------|----------|--|------------|----------|
| Afterschool (1st- 5th grade) | \$110 | \$100 | Before School | \$1565 | \$1200 |
| Kindergarten | \$150 | \$140 | Afterschool (1st- 5th grade) | \$4000 | \$3600 |
| AF Transportation | \$30 | \$25 | Afterschool (Pre-k & K) | \$5350 | \$5000 |
| Before School | \$45 | \$35 | Transportation | \$800 | \$650 |
| BF Transportation | \$30 | \$25 | <p>** \$35 One time yearly registration fee per child** Non-Instructional School Day Fee - \$40 per day (open 7am - 6pm for teacher workday)</p> <p>Minimum Day Fee - \$28 per day (1st - 5th grade)</p> | | |
| <p>For more information call Robin Romines at 916-927-3802 x 112 or email rromines@fecrpd.com</p> | | | | | |

Robinson's Taekwondo

Little Dragons (4 - 6 yrs)

Mon. & Wed. 5:00 - 5:30pm

Class focuses on coordination, self-esteem, conflict resolution, social interaction skills, and self-defense fundamentals.

Junior Taekwondo (7 - 14 yrs)

Mon. & Wed. 5:30pm - 6:30pm

Class is designed to promote muscular development, coordination and flexibility taught in a non-competitive format where all students advance based on individual ability and earn UWTA belts.*

Robin's Taekwondo Class Fees

Once a Week
\$80

Twice a week
\$150

For more information call or text 916-517-7139
or visit www.fecrpd.com

Beginning Gymnastics

Monthly Fee: \$60 Res. Dis.: \$54
(School Age) Thursdays 4:30 - 5:15pm

Introduction to dance, ballet, cheer, and gymnastics in a positive & non-competitive environment. Please wear comfortable clothing that allows movement.

Intermediate Gymnastics

Monthly Fee: \$60 Res. Discount: \$54
(School Age) Intermediate Thursdays 5:15 - 6:00pm

This program provides a great introduction and challenges all ability levels in a safe environment. Please wear stretchy clothes that allows movement.

For more information on contract classes
contact Robin Robines at
(916) 927-3802 x112 or romines@fecrpd.com

Ballet

Monthly Fee: \$60 Res. Discount: \$54
(School Age) Thursdays 3:45 - 4:30pm

Learn new ballet techniques while moving to the rhythm! Please wear dance shoes (or tennis shoes) and clothes that allow movement.



The Sacramento Children's Musical Theater is dedicated to offering high quality performing arts experiences to Sacramento youth ages 5-18.

Our inclusive program accepts all youth who audition and we offer a variety of performing arts opportunities for first timers to experienced performers. SCMT fosters diversity and inclusion and no experience is required.

Weekday and Weekend rehearsals are held at Fulton-El Camino Recreation & Park District's Richard T. Conzelmann Community Center located in Howe Park (2201 Cottage Way).

For more information please visit
www.sacramentochildrensmusicaltheater.com
or call (916) 905-7514

COTTAGE POOL: 3097 COTTAGE WAY

Public Swim

May 25th - June 8th Weekends Only
 *Pool opens May 27 Memorial Day 1:00 - 5:00pm
 June 7th - August 12th Fri, Sat, Sun
 August 17th - Sept 1st Weekends Only
 *Pool open September 2nd, Labor Day 1:00- 5:00pm

Friday 1:00 - 4:30pm
 Saturday - Sunday 2:30 - 6:00pm

Twilight Public Swim
 August 2nd 6:00 - 8:00pm

Swim Fees (Public, Lap, & Twilight Swim)
 Drop-In: \$5 per person



Children Policy

Children 8 and under must be accompanied by someone 14 yrs or older. Children under 2 years old are free. Children who are not potty-trained are required to wear a swim-diaper.

Note: Personal flotation devices are prohibited!

Cottage Pool Rentals

Have a fun and safe swimming party at FEC! Cottage Pool is a heated facility that features a slide, 1-meter diving board, lap pool with shallow end, changing rooms, indoor and outdoor shower facilities, and shaded seating areas.

| # IN PARTY | RESIDENT | NON-RESIDENT |
|------------|----------|--------------|
| 1-100 | \$160/hr | \$185/hr |
| 101-250 | \$250/hr | \$275/hr |

Pool time is rented on a first-come, first served basis. A \$125 non-refundable initial payment must be made in order to reserve the facility. The remaining balance must be paid in full ten (10) business days prior to the rental. An additional \$150 fee will be added to your total price if an already scheduled program is canceled to meet the needs of your time request. Contact Ryan Harder (916) 927-3802 x114 or rharder@fecrpd.com for more information or to schedule a rental.

FEC Stingray Aquatics Teams



Swim Team Registration is currently being accepted.

Fees

Stingray Swim & Synchro Teams

| Swimmer | FEE | RES |
|---------|-------|-------|
| 1st | \$253 | \$230 |
| 2nd | \$227 | \$207 |
| 3rd | \$205 | \$186 |

* Each additional family member will cost \$185 (\$168 Resident).

* A family member is defined as: children living in the same household with at least one shared guardian.

Additional \$100 (\$90 Resident) per swimmer to join both teams

Parent Club Fee:

\$300 per family to FEC Stingray Boosters (Refundable if parent volunteers)

Swim Team

Monday - Friday

Come join the FEC Stingrays for a fun-filled summer at Cottage Pool! Our recreational swim team focuses on stroke technique, endurance, sportsmanship, teamwork, and fun. Swim Season runs April 10 to July 17. Meets are held on Saturdays in June and July.

| Evening Practices | |
|-------------------|----------------|
| 6 & Under | 5:30 - 6:00 pm |
| 7 - 8 | 6:00 - 6:30 pm |
| 9 - 10 | 6:30 - 7:00 pm |
| 11 - 12 | 7:15 - 8:00 pm |
| 13 & Over | 7:45 - 8:45 pm |

Synchronized Swim Team

Combine swimming with glamour, fun, and friends! FEC Stingray Synchronized swimming has it all! All swimmers on our recreational team will learn basic figures and routines. Synchro Season runs April 7th to July 14th. Meets will be held on Wednesday evenings in June and July.

* Variable schedule for routine practice. Verify practice times with Coach during Season.

For Aquatics Teams & Partial Scholarship information contact Ryan Harder: (916) 927-3802 x114 or rharder@fecrpd.com

Super Splash

Discount Swimming Lessons

Tuesday - Thursdays May 28th - May 30th

Fee: \$20 Res. Dis.: \$15

Super Splash includes three 25-minute swim lessons for three days, taught by new instructors under the supervision of an instructor trainer. All lessons adhere to our strict quality standards. You save money and experience a high student-to-teacher ratio! Lessons for each age group and skill level will be offered.

Check with the District Office or website for the right time and lesson for you.

Super Splash Session Times

4:00-
4:25pm

4:30-
4:55pm

5:00-
5:25pm

**twilight
evening
swim**

Friday, August 2nd

Come out for an evening dip at Cottage pool before the start of the school year! Fun for the whole family!

Fee: \$5 per person for evening swim

Evening Public Swim: 6:00 - 8:00 pm



Swim Lesson Registration

Begins March 4th at Conzelmann Community Center in Howe Park, 2201 Cottage Way, or online at www.fecrpd.com

No Refunds: Due to volume of interest in the program, FEC adheres by a no refund policy once the participant is registered.

Transfers: Participants may transfer to a different session or class for an additional \$5 fee. The \$5 fee will be waived if the transfer is made by FEC aquatic staff.

Class Cancellations: FEC reserves the right to cancel classes due to low enrollment. In the case of low enrollment, classes will be canceled the Thursday before the lesson and swimmers enrolled will be transferred to another class free of charge.

Late Registration: Swim lesson registration closes at 5:00pm the Thursday before the lesson. A \$5 late registration fee will be applied if registering after that time. Please review the Swim Lesson pages for more information (pg 12 & 13).

Summer 2024 Swim Lessons

FEE: Group Lesson: \$65 Non-res. /\$60 Res
 Private Lessons: \$145 Non-Res. /\$130 Res
 *Additional \$45 to add one swimmer to a private lesson

Summer 2024 Group Lessons

Monday-Thursday | 2 weeks
 Eight 25-minute lessons

Session 1:

June 3rd – June 13th

Session 3:

July 8th – July 18th

Session 5:

August 5th – August 15th

Session 2:

June 17th – June 27th

Session 4:

July 22nd – August 1st



| Evenings | Starfish | Guppies | Otters | Turtles | Seals | Dolphins | Whales | Private |
|----------|----------|---------|--------|---------|-------|----------|--------|---------|
| 4:00pm | | • | • | • | • | | | • |
| 4:30pm | • | • | • | | • | | | • |
| 5:00pm | | • | | • | | • | • | • |

Note: If you would like to add a participant for a Semi-Private Lesson, please enroll one person for the Private Lesson and contact us directly for us to accommodate the price adjustment for the 2nd person. Also note* there are limited spaces for Private Lessons and openings are on first-come, first-serve basis.

REGISTER: Online at fecrpd.com.
 *If you register your child for the wrong class, there will be a fee of \$5.00 to switch them into the appropriate class.

If you have any questions, contact Ryan Harder at (916) 927-3802 x114

This is not a program of the San Juan School District and San Juan accepts no liability or responsibility for this program. The distribution or display of this material is provided as a community service

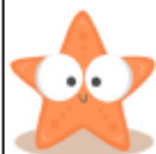


Cottage Pool Swim Lessons

(All Ages) | Monday – Thursday | Lesson Duration: 25 min.

2-week Fee: \$60 Non-Resident/ \$55 Resident

We are proud to offer a wide variety of swim lesson options that meet the abilities and age levels of most swimmers. With exceptional swim instructors, we work with various ages, abilities, levels, and adaptations. The levels we provide not only include beginner to advanced youth classes, but also include classes for adults of all skill level and any students with adaptive needs. Please call for special accommodations so we can pair the student with an appropriate instructor. See the swim lesson matrix for lesson times, dates, class levels provided, and other details. **REGISTER** online at www.fecrpd.com or call (916) 927-3802.



Starfish Fun

Ages 6 mo. – 3 yrs.

In this class both parent and child are in the water to experience water adjustment and basic swimming skills such as front/back floats, assisted monkey crawls, and kicking on their backs with support. Children will enjoy fun activities in the pool!



Guppies

Ages 3 – 5 yrs.

This water adjustment class is designed to orient new swimmers to the aquatic environment and teaches them elementary swimming skills such as blowing bubbles and floating with support.



Otters

Ages 3 – 5 yrs.

This class is structured for children who already feel comfortable in the water and are ready to start swimming with skills such as front and back floats, streamline w/glide, flutter kick, and basic arm strokes. ****Requirements:** Recommendation from Guppies instructor preferred.



Turtles

Ages 5+ yrs.

This water adjustment class is designed to orient new swimmers to the aquatic environment and to teach them elementary swimming skills such as freestyle and back stroke steam line, and freestyle arms with flutter kick. **Important:** Swimmers must be able to swim without assistance to move up to seals.



Seals

Ages 5+ yrs.

Seals offer introduction of primary skills and stroke readiness for beginner swimmers. This class will focus on the fundamentals of aquatic locomotion including glides freestyle, back stroke, and elementary back stroke. ****Requirements:** Students must be 5 years+ with a recommendation from their Turtle or Otter instructor.



Dolphins

Ages 6+ yrs.

This class develops confidence and competency through stroke development for advanced beginner swimmers. Class will focus on building endurance and stroke proficiency in freestyle, back stroke, and elementary back stroke. Breaststroke, butterfly, and side stroke will be introduced. ****Requirements:** Student must complete Seals and swim 10 yards unassisted.



Whales

Ages 6+ yrs.

Whale lessons are designed to refine swimming techniques for intermediate swimmers. The class will focus on developing efficiency, power, endurance, and refinement of all swimming strokes. ****Requirements:** Student must complete Dolphins class, or swim 15 yards freestyle, 15 yards backstroke, 10 yards elementary backstroke efficiently and must be able to jump off diving board.

Private Swim Lessons (All ages) Two-week class.

Mon-Thurs. **FEE: Non-Res. \$140/\$126 Res.**

Our private one-on-one lessons will be taught to each student's ability level. The fee includes eight 25-minute lessons for one student. Two students can take a semi-private lesson for only \$30 more!

For more Swim Lesson information please contact Ryan at (916) 927-3802 rharder@fecrpd.com



Lifeguarding classes



Have you ever considered becoming a lifeguard or just need to re-certify for the upcoming summer? Well, here is your chance. FEC is holding Lifeguarding, Title 22, CPR, and re-certification classes. Upon completion of these classes, you will hold all of the certifications necessary to be a lifeguard in the state of California. This American Red Cross class will cover water rescue skills, CPR for the Professional Rescuer, Title 22 First Aid, and lifeguard training. Prerequisites: You must be 15+ years of age by the first day of class, be able to swim 300 yards continuously, tread water for 2 minutes without using arms, and perform a 20 yard swim, diving 13 feet to retrieve a 10 lb brick. Be prepared to swim every day. 30 minutes is given for lunch each day.

Lifeguard/Title 22 Review & Lifeguard/Title 22 Review

Date/Time: March 25-29 2024

Instructor: Ryan Harder

Location: Cottage Pool (3097 Cottage Way) & Conzelmann Center (2201 Cottage Way)



Adult, Child, & Infant CPR

First Aid/CPR/AED

Fee: \$100 Res.Dis.: \$90

You will learn to recognize an emergency, control bleeding, splint injuries, and treat sudden illnesses. Book included.



Dates: Saturdays,
Sep. 21 & Oct. 26
Time: 9:00am - 3:00pm
Instructor: Ryan Harder
Location: Varies



For a group of 5 or more - an additional course may be arranged.
For more information on Health and Safety classes contact:
Ryan Harder (916) 927-3802 x114 or rharder@fecrpd.com

ADULT SOFTBALL

Spring Slow-Pitch Softball

Summer Slow-Pitch Softball

Team Registration: Currently being a Place: Howe Park, 2201 Cottage Way
Fee: \$495/Team

Team Registration: Starts May 22 Place: Howe Park, 2201 Cottage Way
Fee: \$525/Team

Games begin the first week of April.

Games begin the last week of June.

| Spring leagues | | |
|----------------|---------|---------|
| Mon | Tue | Fri |
| Mens D3 | Coed D3 | Mens D3 |

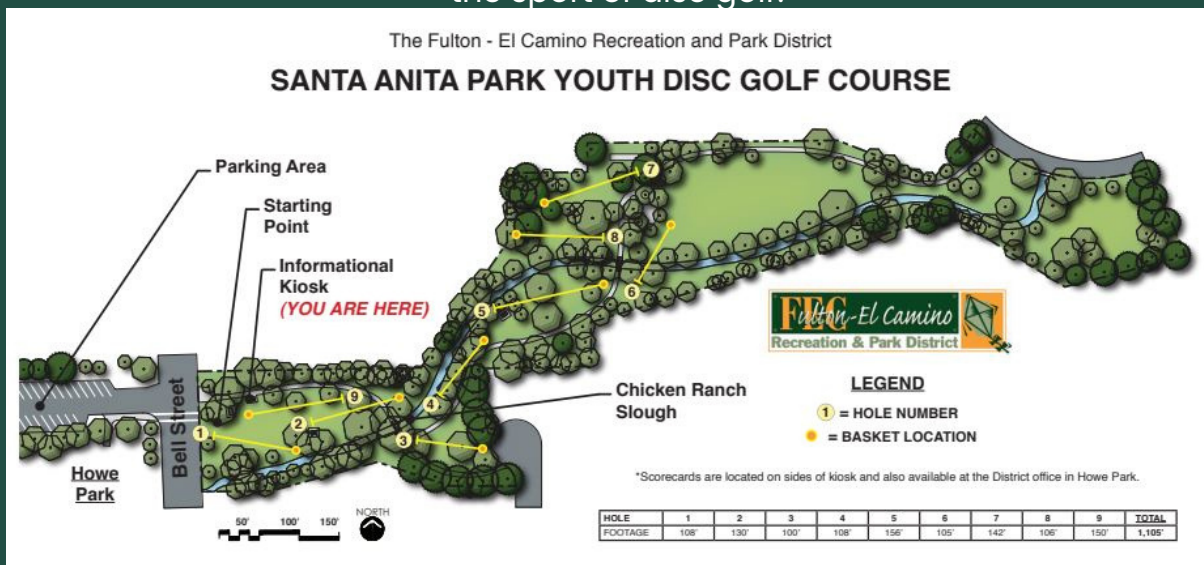
Guaranteed 8 games. Top 4 teams in each division will play in a playoff game.

For sports information contact Jaden Delfer at (916) 927-3802 x125 or jdelfer@fecrpd.com

| Summer leagues | | |
|----------------|---------|---------|
| Sun | Tue | Wed |
| Mens D3 | Coed D3 | Mens D3 |

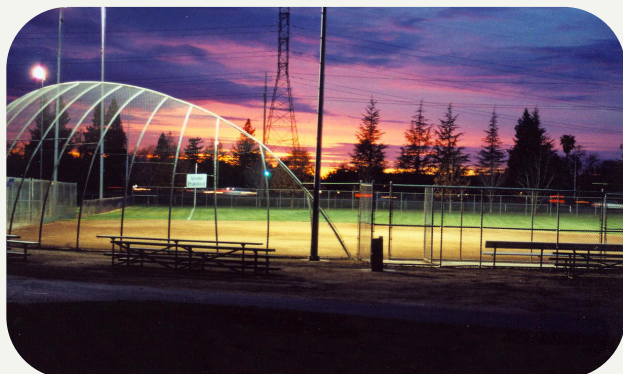
Disc Golf at Santa Anita Park

Come enjoy the popular 9-hole disc golf course at scenic Santa Anita Park! It's a flying good time for the whole family! Thee course is designed for youth and is a great way to introduce the sport of disc golf!



Field & Court Rentals

FEC has multiple fields and courts for rental. Whether it be a fun afternoon with your friends, a tournament or weekly practice FEC has the rental for you!



For more information on field and court rentals visit www.fecrpd.com or Contact Jaden Delfer (916) 927-3802 x 125 or jdelfer@fecrpd.com for more information.

HOWE PARK SPORTS COMPLEX

Softball fields, volleyball courts, pickleball courts, Futsal and tennis courts are available for rental when District programs are not scheduled and weather permits.

OUTDOOR LIGHTED COURTS

Two outdoor lighted sand volleyball, Futsal, basketball and tennis are available for group and community use. These courts are available when District programs do not occupy the courts.
For rental information, call (916) 927-3802 x125.



FEC collaborates with XOSO sport and social leagues to bring the ultimate adult sports leagues to FEC parks! XOSO currently offers an exciting lineup of adult 3 on 3 basketball, adult sand volleyball, and adult pickleball on various evenings at Howe Park.

For more information please visit www.xososports.com

For sports or facility rental information contact Jaden Delfer
at (916) 927-3802 x125
or jdelfer@fecrpd.com

Gentle Yoga

Yoga is for everyone, learn the FUNdamentals of Yoga! Learn to let go of tension while becoming strong and flexible. Feel healthier and more relaxed. Please bring a yoga mat and an open mind. Please register a week before the start of the month to avoid class cancellation.
Instructor: Ann Wehrman

| Fee | Resident | Drop-In |
|--|----------|---------|
| \$26 | \$24 | \$10 |
| Sundays, 12:30 - 1:30 pm at the Cottage Center (3097 Cottage way) | | |

Instructors Interested in teaching a Adult or Youth Class for more Youth Class information contact:
 Robin Romines: (916) 927-3802 x112
 rromines@fecrpd.com



Socktober Senior Donation Drive

This drives goal is to provide seniors in need, nursing home residents, and elderly housing residents with a warm, slip free pair of socks this winter. We hope to help at least 100 seniors this October.

Traditional fun socks are also welcome. All socks must be new!

Drive starts: July 1, 2024

Drive Ends: October 22nd, 2024

All donations may be dropped off at the Districts Main Office at 2201 Cottage Way between 9am-4pm, or the Children’s Center located at 3097 Cottage Way between 11am-6pm.

Donation Delivery: October 30th, 2024

Contact Robin at 916-927-3802x112 or rromines@fecrpd.com

Kindness Matters!

Senior Advisory Committee Volunteers Welcome!!

FEC Senior Club



This is an exciting time for seniors at FEC as we are in the process of forming a new club! We want to hear from you! Local senior input is especially important in creating an inclusive, active and fun senior club.

If you would like to be a part in forming this new chapter at FEC please contact Robin at rromines@fecrpd.com or (916)927-3802 x112.

You must be at least 50 years of age or better to join this group.

Friends of Fulton-El Camino

Charitable Organization: Friends of FEC formed in April 1991 as a nonprofit public benefit corporation, 501 (c) (3), to support the Mission of the Fulton-El Camino Recreation and Park District. It is organized and operated exclusively for the charitable purpose of fostering educational, cultural, and recreational activities.

Functions: Friends of FEC increases awareness of the Fulton-El Camino Recreation and Park District by actively raising funds to provide community support. Friends of FEC gives over 20 sponsorships annually to disadvantaged youth to participate in recreation programs, helps produce promotion publications (such as this Activity Guide), and supports park improvement projects.

Membership and Meetings: Membership is open to all businesses, community groups, and local residents interested in supporting the Mission of FEC. Meetings are scheduled quarterly, with committee meetings as needed. Current committees include: Membership, Promotion, and Fundraising.



Ways to Support Friends of FEC:

1) Make a tax deductible contribution

- \$25 provides partial funding for an entire session of swim lessons
- \$50 provides two local teens with sponsorships for an outdoor recreational adventure.
- \$100 provides a local youth with a partial sponsorship for swim team or synchronized swim team.
- \$175 provides a local youth with a sponsorship for an entire session of summer camp.

2) Donate to Friends of FEC

Any donation is always welcome! You can donate on line at www.fecrpd.com or Please make check out to:

**Friends of FEC
2201 Cottage Way
Sacramento, CA 95825**

3) Get Involved with Friends of FEC

If you are interested in serving on the Board or volunteering to help promote or fundraise for our Friends of FEC, please contact Emily Ballus, General Manager, at (916) 927-3802 x118 or eballus@fecrpd.com.

FEC Facility Rentals

RICHARD T. CONZELMANN COMMUNITY CENTER

(HOWE PARK, 2201 COTTAGE WAY)

The perfect rental facility for your:

wedding • anniversary party • birthday party • business meeting



Are you in the midst of organizing a gathering or a landmark celebration? Look no further for the ideal space! Nestled within the Sacramento region, the Richard T. Conzelmann Community Center emerges as a premier choice, beloved for hosting elegant wedding receptions and heartfelt anniversary celebrations.

This facility boasts a spacious kitchen, equipped with a top-tier eight-burner stove, comprehensive triple sink, and ample refrigeration. Its sophisticated, understated design offers a versatile canvas that splendidly complements any decorative palette, while the expansive windows drench the space in natural light, crafting an open and inviting ambiance.

To enhance your event, we offer an array of audio-visual equipment rentals tailored to your specifications. The Richard T. Conzelmann auditorium can comfortably entertain up to 160 guests with round tables, 180 attendees with banquet tables (and room for spirited dancing), or a maximum of 196 individuals in either a theater arrangement or banquet format without a dance area. Typically available for your unique events throughout most weekdays and weekends.

The Gazebo at Howe Pond seats 100 guests. The combined facilities are the perfect site for a small garden wedding and elegant reception. Reservations may be made up to one year in advance.

For further information contact Jaden Delfer at (916) 927-3802 x125 or jdelfer@fecrpd.com.

PICNIC AREA RESERVATIONS

Howe Park's picnic area can accommodate up to 200 guests for your gatherings or special events and is available for reservation. It splits into halves for smaller groups up to 75, with amenities like barbecues, tables, and benches. Cottage Park suits smaller parties of 40 or fewer with similar facilities. For groups ranging from 25 to 40, consider Seely or Bohemian Park. Bookings can be made for the current year's dates. Seely Park and Bohemian Park are available to rent for groups of 25 - 40. Reservations may be made for the dates in the current year. Call (916) 927-3802 for further information.


POOL RENTAL

Cottage Pool pool features a slide, 1-meter diving board, indoor and outdoor shower facilities and a shaded seating area. See Page 9, or call Ryan Harder at (916) 927-3802 x114 for more information.

SPECIAL PERMITS

Interested in holding a public event at an FECRPD park? Interested in becoming a licensed food vendor in FECRPD parks? for any inquires on special permits pleas contact Jaden at (916) 927-3802 x125 or jdelfer@fecrpd.com for more information.

District Amenities & Map:

|  Fulton - El Camino Recreation and Park District Facilities Matrix | | Acres/Devel. by FECRPD | Wheelchair Accessible | Ballfield with Backstop | Basketball Court | Children's Play Equipment | Soccer Field (Seasonal) | Tennis Courts | Valleyball Courts | Dog Park | Open Play Area | Nature Area | Off Street Parking | BBOs | Benches | Community Center | Picnic Table Areas | Restrooms in Park | Shade Shelter | Reserve Picnic Areas | Natural Water Feature | Splash Park | Swimming Pool | Disc Golf |
|---|--|------------------------|-----------------------|-------------------------|------------------|---------------------------|-------------------------|---------------|-------------------|----------|----------------|-------------|--------------------|------|---------|------------------|--------------------|-------------------|---------------|----------------------|-----------------------|-------------|---------------|-----------|
| PARKS | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. Howe Park 2201 Cottage Way | | 38.00 | ● | ● | | ● | ● | ● | ● | ● | ● | | ● | ● | ● | ● | ● | ● | ● | ● | | | | |
| 2. Santa Anita 2000 Bell St. | | 7.70 | ● | | | | | | | | ● | | | ● | ● | | ● | | | | ● | | | ● |
| 3. Bellview 2600 Howe Ave. | | 4.30 | ● | | ● | ● | | | | | ● | | ● | ● | ● | | ● | | | | | | | |
| 4. Bohemian 3141 Wright St. and Yellowstone Ln. | | 8.20 | ● | | ● | ● | | ● | | | ● | | | ● | ● | | ● | ● | ● | ● | ● | | | |
| 5. Seely 3000 Pope Ave. | | 5.20 | ● | | ● | ● | | | | | ● | | ● | ● | ● | | ● | ● | ● | ● | | ● | | |
| 6. Creekside Nature Area 2641 Kent Ave. | | 1.90 | ● | | | | | ● | | | | ● | | | | | | | | | ● | | | |
| 7. Cottage 3057 Cottage Way | | 7.50 | ● | | | ● | | ● | | | ● | | ● | ● | ● | ● | ● | ● | ● | ● | ● | | ● | |

1) Richard T. Conzelmann Center and District Office
2201 Cottage Way
(916) 927-3802

2) Cottage Community Center
3097 Cottage Way
(916) 487-8435

3) Cottage Pool
3097 Cottage Way
(916) 487-8452

* For Reservation of Facilities call
(916) 927-3802

- 4) Babcock Elementary School
2400 Cormorant Way
- 5) Howe Ave. Elementary School
2404 Howe Ave.
- 6) Dyer Kelly Elementary School
2236 Edison Ave.
- 7) Creekside School Campus
2641 Kent Dr.
- 8) Cottage Elementary School
2221 Morse Ave.

- 9) St. Ignatius School
3245 Arden Way
- 10) Leo Palmiter ROP/
Elinor Hickey Junior/Senior High
2040 Ethan Way
- 11) St. Philomene's School
2320 El Camino Ave.
- 12) Aspire College Prep Sacramento
2360 El Camino Ave.

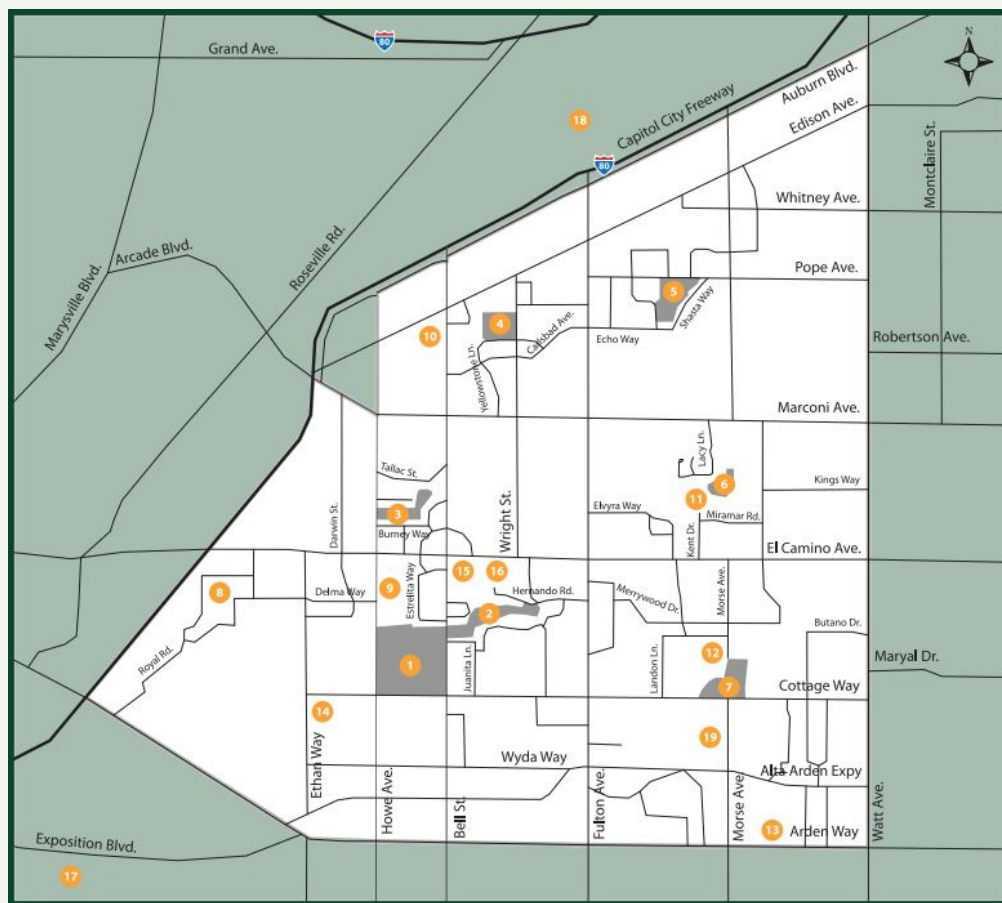
- 13) Cal Expo
Exposition Blvd.
- 14) Haggin Oaks Golf Course
2404 Howe Ave.
- 15) Kaiser Foundation Hospital
2025 Morse Ave.

Board of Directors
 Jessica Dias Chair
 Laura Lavallee, Vice Chair
 Michael Seaman, Secretary
 Teresa Higgins, Director
 Kathleen Sticklin, Director

Administration
 Emily Ballus, General Manager
 Mike Chahal, Dir. of Fin. & Admin.
 Dounia Beshara, Admin. Assist.

Parks & Recreation
 Ryan Harder, Dir. of Parks & Rec.
 David Price, Parks Manager
 Jaden Delfer, Rec. Supervisor
 Robin Romines, Rec. Supervisor

Park Police
 Beth Johnson, Police Chief



FEC Board of Directors



Jessica Dias
Chair

Term: 2022 - 2026



Laura Lavallee
Vice-Chair

Term: 2020 - 2024



Michael Seaman
Secretary

Term: 2022 - 2026



Teresa Higgins
Director

Term: 2020 - 2024



Kathleen Stricklin
Director

Term: 2020 - 2024



The FECRPD Board meets the 3rd Thursday of each month at 6:30 p.m. Board meetings will be held in a hybrid format - in-person at the Conzelmann Community Center in Howe Park (2201 Cottage Way) and via zoom.

Scheduled Meetings:

March 21st, April 18th, May 16th, June 20th, July 18th, August 15th

To view the complete agenda for upcoming meetings please visit www.fecrpd.com, agendas are posted no later than 72 hours prior to the meeting date.

The Board of Directors for FEC prides itself on listening to the constituents of the park district. We are proud to serve our community based on need, not political boundaries. No other type of government can cross city and county lines. This offers flexibility to address the unique needs of our diverse community. Our district is transparent by filing an annual independent audit with the county and an annual financial statement and compensation report to the State Controller. By focusing on a specific service, your special district is permitted to pay greater attention than bigger bureaucracies to both long-term planning and everyday constituent and rate-payer feedback.

FECRPD has park advisory committees made up of our constituents. If interested in joining please contact Emily at eballus@fecrpd.com

How to Register

Five Easy Ways to Register:

Online Registration: Your class or program is just a click away! Please visit www.fecrpd.com to register with a major credit card.

In-Person Registration: Monday-Friday, 10am-4pm at the District office at Conzelmann Community Center located in Howe Park (2201 Cottage way). Cash, check or credit cards accepted (checks should be made out to FECRPD)

Phone: Register over the phone for select classes/events/programs Monday-Friday, 10am-4pm by calling 916-927-3802. Fax in registration form with credit card number to 916-927-3805.

Mail-In: Accepted with completed registration form and correct fees or credit card number, please do not send cash.

Drop Box: Accepted with completed registration form and correct fees or credit card number, please do not drop cash. The drop box is located to the right of the District office main door.

Registration Reminders:

REGISTER EARLY! Minimum class registrations must be reached within four days of the starting date or the class will be canceled. *Swim lesson registration closes at 5:00 pm the Thursday before the lesson. A \$5 late registration fee will be applied to the swim lesson price if registering after that time, providing the class has not been canceled.

Service Charge: There is a \$25 service charge on returned checks. Cash, credit card, or money orders only accepted for returned checks.

Mail-in/Phone-in/Fax-in Registration will NOT be accepted for: Swim Team, Synchronized Swim Team, Sports Leagues, Preschool Classes, Before/After School at the Park, Adventure Club, Hall Rental and classes noted "Register at Class."

In-Person Registration: Preschool and Sports Leagues have specific registration dates and times. Be sure to check these programs for the correct registration information.

Receipts/Verification of Enrollment: In an effort to keep the cost of classes down, we are unable to send receipts/verification of enrollment by mail but will have them available at our office by request for 30 days.

Priority: Mailed and faxed registrations are processed each day in the order they are received after walk-in and phone-in credit card registration.

REGISTRATION

Fulton-EI Camino Recreation and Park District Registration Form (Copies Accepted/Please Print)

Payer's Name _____ Phone _____ Email _____

Address _____ City _____ Zip _____

Emergency Contact: Name _____ Phone _____

Please Check One: District Resident Non-Resident Check if New Address

| Activity # | Participant's Name | Birthdate <small>(If Under 18)</small> | Activity Name | Start Date | Fee |
|--------------------|--------------------|---|---------------|------------|------------|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| (DO NOT SEND CASH) | | | | | Total Fee: |

Check or money order enclosed payable to: FECRPD

Credit Card Payment Visa Mastercard

Card Number _____ Expires Mo./Yr. ____ / ____

Name on card: _____ Authorized Signature _____

No confirmation will be sent. Receipts are available in our office: 2201 Cottage Way

Receipt # ____ Initial ____
(For Office Use Only)

Submit this form with a check or credit card number to:
**Registration
2201 Cottage Way
Sacramento, CA 95825**

AGREEMENT, WAIVER AND RELEASE

I have carefully read the description of class(es) for which I/we are registering and in consideration for being permitted by the Fulton-EI Camino Recreation and Park District to participate in the above activity, I hereby waive, release and discharge any and all claims for damages for personal injury, death or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the Fulton-EI Camino Recreation and Park District (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activity.

Parental Consent: *(To be completed and signed by parent/guardian, if applicant is under 18 years of age)*

I hereby consent that my son/daughter, _____, participate in the above activity, and I hereby execute the above Agreement, Waiver and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost or expense which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity. **I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE FULTON-EL CAMINO RECREATION AND PARK DISTRICT AND I SIGN IT OF MY FREE WILL.**

Signature of Participant (Parent or legal guardian if under age 18)

Date

**Friends of Fulton-El Camino
2201 Cottage Way
Sacramento, CA 95825**

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SPRING & SUMMER

2024 RECREATION GUIDE

Parks
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