

Celebrating 70 Years of Parks, People and Community



As we head into Summer 2026, we're excited to celebrate a major milestone: 70 years of the Fulton–El Camino Recreation & Park District (1956–2026). For seven decades, our parks, programs, and people have helped shape the heart of this community by creating memories, supporting wellness, and bringing neighbors together.

Celebrating 70 Years!

All year long, we'll be honoring the legacy and future of parks and recreation in our district. We invite you to: Explore our parks, try a new class or activity, and join in special 70th-anniversary events and surprises. Stay updated at www.fecrpd.com, and don't forget to sign up for our e-newsletter for all the anniversary fun headed your way.

Measure Q: your Investment at Work

Thank you for supporting Measure Q. Your commitment helps us maintain and improve the parks and facilities you love.

Measure Q funding allows us to:

- Repair and upgrade playgrounds
- Improve park amenities
- Modernize facilities
- Plan for long-term community needs

Project updates and opportunities to get involved are available at www.fecrpd.com.

Conzelmann Community Center Improvements

Thanks to Measure Q, the Conzelmann Community Center at Howe Park has received several important upgrades, including:

- New interior and exterior paint
- A full roof replacement
- Enhanced outdoor lighting

These improvements boost safety, refresh the building's appearance, and ensure it remains a welcoming space for community events and programs.

Splashing into Summer

Seely Park Splash Pad Reopens re-opens Sunday, May 17 at 12:00 pm. Hours: Daily, 12:00–7:00 pm
It's the perfect place for families to cool off, play, and enjoy the sunshine all season long.

Cottage Pool reopens for public swim on May 23, see page 8 of the guide for public swim hours.

Your parks are calling, come out and play!

Emily Ballus
General Manager



FEC Board of Directors

- Teresa Higgins - Chair**
- Michael Seaman - Vice Chair**
- Kathleen Stricklin - Secretary**
- Chris Fischer - Director**
- Laura Lavallee - Director**



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 Recreation and Park District Staff Contacts

District Office: 2201 Cottage Way, Sacramento, CA 95825

**Phone: (916) 927-3802
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

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Dounia Beshara	Office Manager	x122	dbeshara@fecrpd.com

Community Contacts

Youth Organizations

4-H	875-6811
Boy Scouts of America	929-1417
Boy Scout Troop 266	925-8198
Girl Scouts of the USA	(800) 322-447
North Area Teen Center	486-9893

Emergencies

Emergency	911
Sheriff Emergency	874-5111
Sheriff Non-Emergency	874-5115

Parks and Recreation

Arcade Creek	482-8377
Arden Manor	487-7851
Arden Park	483-6069
Carmichael	485-5322
Cordova	362-1841
Fair Oaks	966-1036
Fulton-El Camino	927-3802
Mission Oaks	488-2810
North Highlands	332-7440
Orangevale	988-4373
Rio Linda Elverta	991-5929
Southgate	428-1171
Sunrise	725-1585

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Community Yard Sales 2026

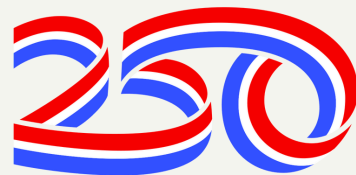
Sunday, June 7th & Sunday, October 4th



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
Vendor Fee: One selling space - \$25
Two selling spaces - \$35
***NO firearms, fireworks, or controlled substances permitted.**

AMERICA



4th of July
**COMMUNITY
CELEBRATION**

Saturday, 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 & Chick-Fil-A Arden while supplies last!



We're gearing up to mark 70 incredible years of serving our community and you're invited to celebrate with us! Keep an eye out for exciting news and special event announcements as we honor this milestone together. For all the latest updates and information, visit our website at www.fecrpd.com. Everyone at FEC can't wait to celebrate with you!

70th Anniversary Events:

Saturday, May 9
Music in the Park – Howe Park
70th Anniversary Celebration
2pm–5pm

Saturday, June 27
Party in the Park – Conzelman Community Center
Gala benefit fundraiser
5:30pm–9:00pm

Friday, July 10
Dive In Movie – Cottage Pool
Public Swim 7:00 pm - 8:30
Movie at Approx. 9pm

Friday, August 14
Dive In Movie – Cottage Pool
Public Swim 7:00 pm - 8:30
Movie at Approx. 9pm

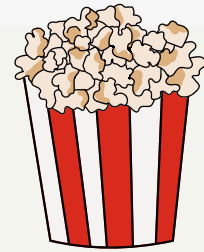


For event information contact Jaden Delfer:
(916) 927-3802 x125 or jdelfer@fecrpd.com

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!

Dive In Movie Nights at Cottage Pool

Friday, July 10
Friday, August 14



Join us on Friday, July 10th & Friday, August 14th for an evening that's all about good vibes and family fun. Start with a refreshing swim from 7:00pm to 8:30 pm, then grab your picnic blanket and settle in under the stars, right by the pool for a surprise summer movie (titles announced soon)! The movie starts around 9:00 pm. Evening swim is just \$5 per person, and the movie is on us. Bring your crew, your snacks, and your best cannonball. See you poolside!

Time: 7:00pm-10:30pm
Fee: \$5 public swim 7-8:30pm,
Movie is free (9pm approx.start)
Place: Cottage Pool(3097 Cottage Way)

COMING THIS *Fall &*
Winter



Howe Park's Frightfully Fun Carnival

Saturday, October 24

Come enjoy a ghoulishly fun Halloween carnival at Howe Park for the whole family. Enjoy the games and haunting decorations in a safe and fun environment.

Who: Everyone
Time: 3:30 - 5:30pm
Place: Howe Park Softball Fields
FREE Event!

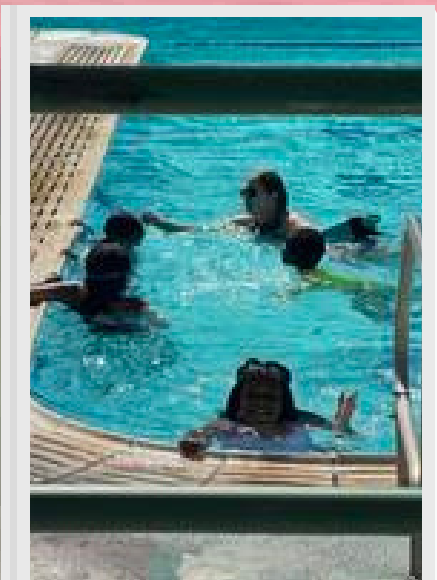
Annual Tree Lighting on Fulton Ave & Santa's Workshop

Saturday, December 5



Fulton-El Camino RPD and the Fulton Avenue Association is holding its annual 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!

Time: 5:00pm(Tree Lighting approx 6pm)
Place: Dept. of Human Assistance (2700 Fulton Ave)
FREE Event!



Adventure Club

YOUTH SUMMER CAMP

Ages: 5-10

Located at 3097 Cottage Way, 95825

Session Times and Fees

Full Day: 7:30am-5:30pm Mon-Fri

Registration opens Tuesday March 24th, 2026, starting at 5pm
www.fecrpd.com

Weekly Fee: Res. Discount - \$185 Non-Res - \$205

Get ready for an unforgettable summer filled with fun, learning and adventure! Our summer camp offers themed weeks packed with indoor and outdoor activities to spark your child's creativity, curiosity, and teamwork skills. Pack two snacks and a full lunch each day. Children must wear closed toe and heeled shoes. Bring a water bottle daily.

Weekly Sessions

Session 1: June 15 - June 19 (Closed June 19th)

Cowboys & Critters – Big Country Breakfast

Session 2: June 22 - June 26

Secret Agent Academy – Scavenger Hunt

Session 3: June 29 – July 3 (Closed July 3rd)

Splatter & Shine Week – Color Run

Session 4: July 6 – July 10

Hero Headquarters – Sea Show

Session 5: July 13 – July 17

Haunted Mansion of FEC – Escape Room

Session 6: July 20 – July 24

Hollywood Star – Talent Show

Session 7: July 27 – July 31

Treasure Seekers Camp – Mini Golf

Session 8: Aug 3 – Aug 7

Action Zone Athletics – Water War

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

Lounge 360 TEEN SUMMER CAMP

Ages: 11-14

Located at 3097 Cottage Way, 95825

Space is limited to 10 Participants

Session Times and Fees

Full Day: 7:30am-5:30pm Mon-Fri

Registration opens Tuesday March 24th, 2026, starting at 5pm
www.fecrpd.com

Weekly Fee: Res. Discount - \$200 Non-Res - \$220

The Lounge isn't your typical day camp—it's a space where teens 11+ gain real-world skills, build lifelong friendships, and express who they are. Whether they're crafting a short film, building a resume, or planning a community project, The Lounge is where independence meets fun.

Weekly Sessions

Session 1: June 15 - June 19 (Closed June 19th)

Forensic Science – Urban Photo + Video Walk in Old Sacramento

Session 2: June 22 - June 26

Sports and Wellness – Bike + Trail Endurance Challenge

Session 3: June 29 – July 3 (Closed July 3rd)

Foodie Lab – California Pizza Kitchen

Session 4: July 6 – July 10

Beginning Coding – Code Racers Grand Prix

Session 5: July 13 – July 17

Community Heros – Community Engagement Project

Session 6: July 20 – July 24

Art Lab – Creator Clash: Media, Games & Art Battle Expo

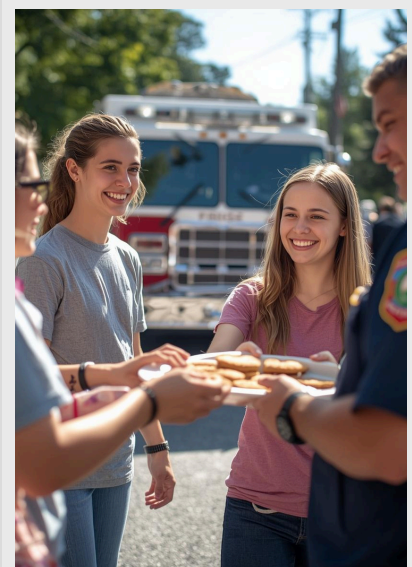
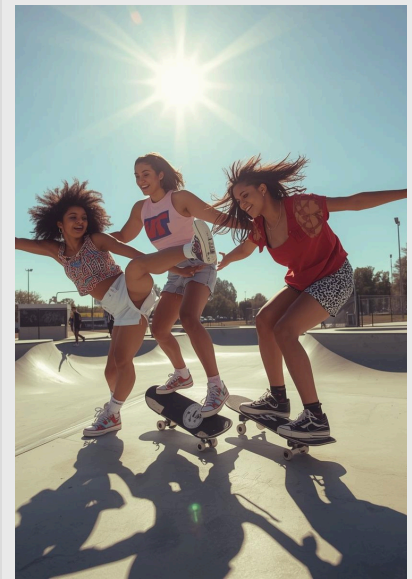
Session 7: July 27 – July 31

Media Takeover - Skate Park Sports Filming

Session 8: Aug 3 – Aug 7

Final Showdown - Indoor Rock-Climbing Challenge

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



Robinson's Taekwondo

Little Dragons(4 - 6 yrs)

Mon. & Wed. 5:00pm - 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



Experience the tradition of FEC Little League in our upcoming 2026 season!

- Tee Ball - 4-6 years old
- Minors Coach Pitch - 7-9 years old
- Minors Player Pitch - 8-10 years old

Registration opens December 2026, give your young athlete the opportunity to develop skills, build confidence & create lasting memories on the diamond.

Ready to join our baseball community? Visit www.fecrpd.com for complete program details and registration information.



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 PUBLIC SWIM: 3097 COTTAGE WAY

Swim Fees (Public, Lap, & Twilight Swim)
Drop-In: \$5 per person, Pool Punch Pass available for purchase

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.



Period	Days	Time
May 23 – June 8	Saturdays & Sundays	2:30pm – 6:00pm
June 9 – August 14	Tuesday – Friday	1:00pm – 4:00pm
June 9 – August 12	Saturdays & Sundays	2:30pm – 6:00pm
August 13 – August 30	Saturdays & Sundays	2:30pm – 6:00pm

Special Public Swim Days 2026	Dates	Time
Memorial Day Public Swim	May 25	1:00pm – 5:00pm
4th of July Public Swim	July 4	2:00pm – 6:00pm
Twilight Public Swim & Movie	July 10 & August 14	7:00pm – 8:30pm
Labor Day Public Swim	September 1	1:00pm – 5:00pm

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	\$180/hr	\$200/hr
101-200	\$270/hr	\$300/hr

Pool time is rented on a first-come, first served basis. A \$150 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.

Contact Jaden Delfer at (916) 927-3802 x117 or jdelfer@fecrpd.com for more information or to schedule a rental.

Super Splash

Discount Swimming Lessons

Tuesday -Thursdays May 27 - May 29

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 Spash Session Times

4:00-4:25pm

4:30-4:55pm

5:00-5:25pm



Swim Lesson Registration

Registration begins March 30 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 10 & 11).

TWILIGHT EVENING SWIM & MOVIE

Friday, July 10 &
Friday, August 14

Come out for an evening dip in the pool then picnic with your family while watching a fun summer flick!

Public Swim: 7:00 – 8:30 pm
Movie begins at approx 9pm

Movies: TBD
Fee: \$5 per person for evening swim
Movie: Free

2026 GROUP & PRIVATE SWIM LESSONS SCHEDULE

Group Lessons

Monday - Thursday | 2 weeks
Eight 25-minute lessons

Session 1:
June 1 – June 11

Session 2:
June 15 – June 25

Session 3:
July 6 – July 16

Session 4:
July 20 – July 30

Session 5:
August 3 – August 13



SWIMLESSON 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

EVENINGS	Starfish	Guppies	Otters	Turtles	Seals	Dolphins	Whales	Private
4:00pm								
4:30pm								
5:00pm								

REGISTER: Online at fecrpd.com.

*There will be a \$5.00 change fee if you are required to move your child to another class.






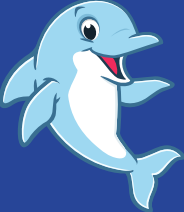

For group & private swim lesson information
contact Sabrina Wiederhold
(916) 927-3802 x117 or swiederhold@fecrpd.com

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*

COTTAGE POOL SWIM LESSON CLASS DESCRIPTIONS

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 <i>Ages 6 mo-3 yrs</i>	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 <i>Ages 3-5 yrs.</i>	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 <i>Ages 3-5 yrs.</i>	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
	Turtles <i>Ages 5+ yrs.</i>	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 <i>Ages 5+ yrs.</i>	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 <i>Ages 6+ yrs.</i>	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 <i>Ages 6+ yrs.</i>	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.

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:

\$350 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 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*

*Times subject to change

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 20 to July 18. Championships will be held July 20.

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 Sabrina Wiederhold: (916) 927-3802 x117 or swiederhold@fecrpd.com

Lifeguarding classes

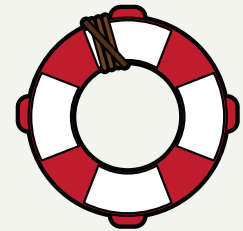
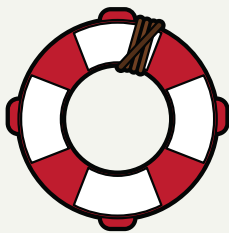


Have you ever considered becoming a lifeguard or need to re-certify for the upcoming summer? Fulton – El Camino Recreation and Park District is holding Lifeguarding and recertification classes this Spring! Upon completion of the class, you will hold all the certifications necessary to be a lifeguard 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.

*Pre-requisites: You must be 15+ years of age by the first day of class, be able to swim up to 200 yards, tread water for 2min without using arms, and perform a 20 yard swim, diving 9-feet to retrieve a 10 lb brick .
Be prepared to swim everyday.*

Registration: www.fecrpd.com
 Instructor: TBA
 Location: Cottage Pool (3097 Cottage Way)
 Fee:
 Lifeguard Class with Title 22:*
 \$200/Resident Discount \$180
 Lifeguard Rectification Class with Title 22:
 \$100/Resident Discount \$80



***Reimbursement of \$40 offered if you apply to be a lifeguard with Fulton-El Camino*

Class	Dates	Time
Lifeguard Recertification Class with Title 22	April 11	9am - 5pm
Lifeguard Class with Title 22	TBD	9am - 5pm
Lifeguard Class with Title 22	TBD	4pm-8pm (Fri), 9am-5pm (Sat)
Lifeguard Recertification Class with Title 22	TBD	9am - 5pm

For a group of 5 or more – an additional course may be arranged.
 For more information on Health and Safety classes contact:
 Sabrina Wiederhold (916) 927-3802 x117 or swiederhold@fecrpd.com

ADULT SOFTBALL

Summer Slow-Pitch Softball

Fall Slow-Pitch Softball

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

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

Games begin the first week of June.

Games begin the last week of Aug.

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

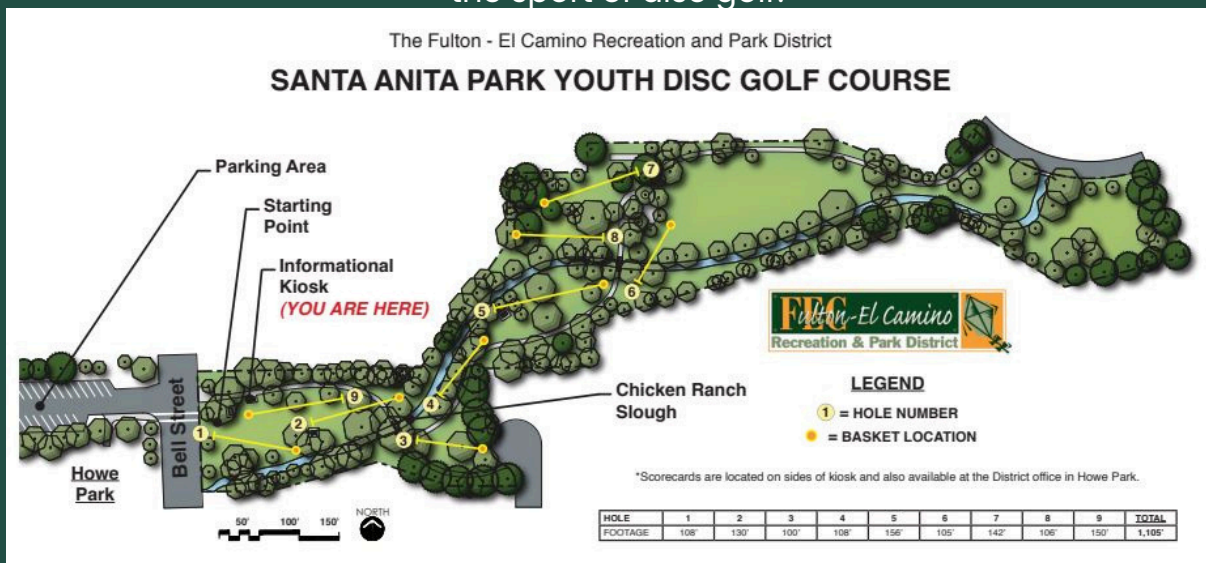
Summer leagues		
Mon	Tue	Thurs
Mens D3	Coed D3	Mens D3

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

Fall leagues		
Mon	Tue	Thurs
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 line-up 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

Connect body, breath, and mind with yoga. Classes are open to all and tailored to different abilities. Bring a mat and an open mind. Register online at www.fecrpd.com at least one week before each session to reserve your spot.

Instructor: Ann Wehrman

Fee	Resident	Drop-In
\$26	\$24	\$10

Sundays, 12:30 - 1:30 pm at the Cottage Center (3097 Cottage way)

ADULT +

TABLE TENNIS

TUESDAYS 1-3:30PM



COTTAGE PARK CENTER

3097 COTTAGE WAY, SACRAMENTO, CA 95825

Whether you're here to compete or just have fun, each session is a chance to energize your body, mind, and spirit. Grab your paddle and join the action!

Fee:
\$6/Mo w/Sage Membership
\$10/Mo Non-Membership

Come and go anytime during the session.

No experience needed.

SAGE *Ages 55+* **Membership** **SOCIAL • ACTIVE • GOLDEN • EXPERIENCES**



Stay active, social, and energized with a SAGE Senior Membership—exclusively for adults 55+. Start your week with our friendly walking group or relax in the Senior Card Lounge, where you'll find games, conversation, and a welcoming community.

Your membership includes a year of social activities, wellness programs, and special experiences:

- Access to the Senior Lounge and Walking Group (membership required)
- Discounts on SAGE activities like Table Tennis
- Early registration for Senior Trips
- Annual participation waivers required
- Membership is non-transferable

Be respectful, inclusive, and supportive

Join SAGE and make every day brighter—together.

Residents: \$15/year | Non-Residents: \$18/year
Valid January 1, 2026–December 31, 2026

WALK & ROLL

SENIOR 55+ WALKING GROUP

Join our friendly walking group at Howe Park! Walk the beautiful, shady 1-mile path—go 1 mile, 2 miles, or pick your own distance. Enjoy fresh air, good company, and a boost for your mood, memory, and heart health. Meet new friends or catch up with regulars; we typically have 8–12 walkers each session.

Mondays & Thursdays, 8:30–9:30am
All paces welcome—find your group!
SAGE Membership required

Meet outside Howe Park Conzelmann Center, 2201 Cottage Way, Sacramento

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 Jaden Delfer at (916) 927-3802 x125 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? Please contact Jaden at (916) 927-3802 x125 or jdelfer@fecrpd.com or any inquires on special permits.

FEC Board of Directors



Teresa Higgins
Chair
Term: 2025 - 2029



Michael Seaman
Vice-Chair
Term: 2022 - 2026



Kathleen Stricklin
Secretary
Term: 2025 - 2029



Chris Fischer
Director
Term: 2022 - 2026



Laura Lavallee
Director
Term: 2025- 2029

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 2026:

February 19, March 19, April 16, May 21, June 18, July 16, August 20, September 17, October 15, November 19 & December 17.

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

Fulton-El Camino Recreation & Park District



Parks & Recreation Improvement Bond



On behalf of the Board of Directors, FEC would like to extend our sincere gratitude to all our residents for supporting and approving Measure Q. Your vote of confidence paves the way for us to launch and complete a range of exciting projects that will transform our parks for generations to come. We're committed to keeping you informed every step of the way, and we hope you'll follow our progress as we work to create outdoor spaces that the entire community can enjoy and be proud of.

Stay Up to Date with Measure Q



View the measure Q webpage for community and project updates and more by scanning the QR code or by visiting fecrpd.com/measure-q-parks-recreation-improvement-bond

Bond Oversight Committee & Meetings

The BOC will be responsible for the overview of bond expenditures and certify that all bond funds will only be spent on allowable bond projects as identified in the ballot language of Measure Q. Members provide a valuable link between FECRPD and the citizens of our district in regard to the bond projects.

Responsibilities of the Bond Oversight Committee are:

- Help the District with community outreach as projects are further refined.
- Collect information and data as needed and provide ideas and insight to implement the projects.
- Monitor the implementation of the bond projects.
- Review bond expenditures and provide an annual report on the projects and expenditures.
- As needed or requested report to the Board on the progress of the Bond Projects

BOC Members

Steve Rice, Chair
 Jon Mohle, Vice-Chair
 Kristin Isaacson
 Emily Medeiros
 Lauren Ortega
 Paul Raine
 Melissa Robedee
 Alternate: John Crandley

BOC Meetings

The BOC meets 4 times a year at the District Office, 2201 Cottage Way Sacramento, CA 95825. Dates and agendas are posted at www.fecrpd.com.

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.

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, 9am-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, 9am-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.

District Amenities & Map:

 Fulton - El Camino Recreation and Park District Facilities Matrix		Acreage 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	BBQs	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 7500 Howe Ave.	4.30	●		●	●	●					●		●	●	●		●							
4. Bohemian 3131 Wright St. and Yellowstone Ln.	8.20	●		●	●	●		●			●		●	●	●		●	●	●	●	●			
5. Seely 3000 Pope Ave.	1.20	●		●	●	●					●		●	●	●		●	●	●	●		●		
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
* For Reservation of Facilities call
(916) 927-3802

3) Cottage Pool
3097 Cottage Way
* 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) Kathrine Johnson Middle School
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

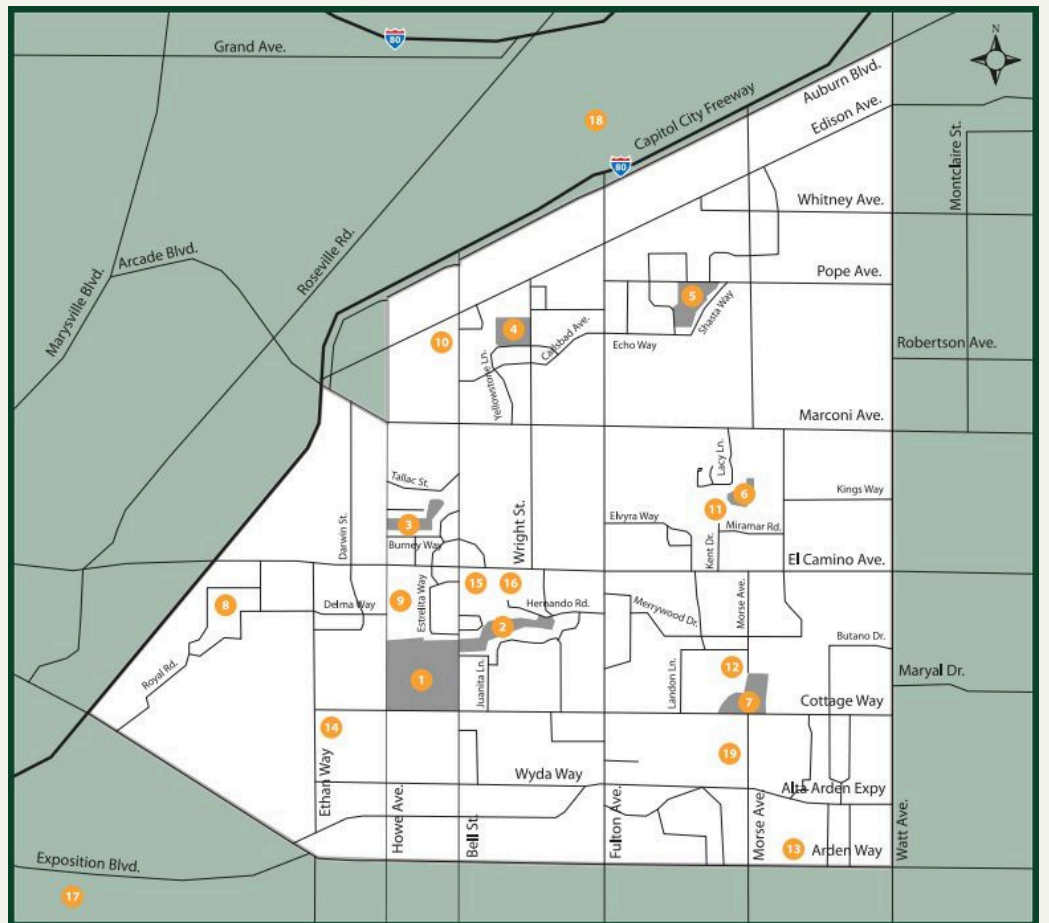
11) St. Philomene's School
2320 El Camino Ave.

12) Aspire Alexander Twilight
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.



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

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SPRING, SUMMER &

2026 FALL ACTIVITY GUIDE



www.facebook.com/FECRPD



[@fecrecreation](https://www.instagram.com/fecrecreation)

