

Rio Linda Elverta Recreation and Park District Activity Guide

Spring/ Summer
2018



IMPORTANT DATES

Spring Eggstravaganza - March 24th

Pool Opening Day - June 9th

Kids Triathlon - July 21st



RLE Recreation and Park District

Mon-Fri, 8:00am-5:00pm

810 Oak Lane, Rio Linda, Ca 95673

(916)-991-5929 • RLEparks.com

Facebook.com/rleparks

Instagram: @rleparks Twitter: @rleparks

Board of Directors

Becky L. McDaniel– Chair

Lisa Morris– Vice Chair

Chuck Gordon– Secretary

Stacey Bastian– Director

Charlea Moore- Director

Admin Corner

The Rio Linda Elverta Recreation and Park District has all of your recreational and park needs as we head into the spring and summer of 2018!

Our pool opens on June 9th, come out for some lap swim or get involved with your child and become a member of our swim team. The AquaKnights is one of the most dynamic swim teams in the Greater Sacramento region and always shows well during swim meets.

As school is winding down for the year, you may want to consider one of our summer camps for your children. Our camps are programmed full of fun and sun in our parks and at the pool. Our seasoned staff will ensure that your child has a camp experience that will be remembered for years to come. Movies in the Park (and Pool) will be returning this year. This will be fun for the whole family.

For our adults, we are ready to start up the spring softball season. Get your team ready to compete at Westside Park on Sunday's. For those looking to get more active, try our week-night exercise program at the Depot and in Depot Park. Senior's, our pickleball court still has matches taking place Monday and Wednesday mornings. Come on out and get involved in America's fastest growing pastime. Pickleball is very popular for all participants.

We look forward to seeing you get involved in the District's activities and events this year. Please join our staff in programs and fun! If you have any suggestions or ideas for new and exciting programs or events (for any age level) please contact the District Offices.

Yours in Recreation,



Mike Heller
District Administrator
mheller@rleparks.com

Jobs and Training

Now Hiring Summer Lifeguards!

Must Be:

- Age 15 by June 1st 2018
- Lifeguard Certified
- Willing to teach swimming lessons
- Able to Swim Crawl, Breast, & Backstroke

Check our website for job description & applications!

*Lifeguards who certify through RLE Parks, work every week of summer & receive positive evaluations at season close will be eligible to receive back a portion of their initial certification fee.

For questions email adesalles@rleparks.com

Safety Training Classes:

Lifeguard Certification

March 26th-28th RLHS Pool

Fee: \$200 Re-Cert: \$150

****Incentives for guards who complete Summer 2018 as part of the RLERPD Pool Staff.***

For details call or email: (916)335-9161
adesalles@rleparks.com

Title 22 Certification

June 7th-8th Depot Building

Fee: \$100

****Adjusted fee available for returning RLERPD Pool Staff***

CPR & First Aid Cert.

April 28th Community Center

May 19th Community Center

Fee: \$50

****Incentives for Rec Leaders who complete Summer 2018 as RLERPD Staff.***

for details email:
ehernandez@rleparks.com

Special Events



Eggstravaganza

Saturday, March 24th 9:00am-12:00pm

Bring the family for Breakfast, Carnival Fun, Raffle Prizes, Egg Hunting, and a Craft Fair with Local Vendors! At the Community Center!

EGG HUNTS 9:30am, 10:30am, 11:30am

**Hunt areas are designated by age group. *Each hunt time includes all ages.*

Movies in the Park

Location: Depot Park

Time: Movies Begin at Dusk

Fee: Free

April 27th, May 25th,

**June 15th, July 13th, August 17th,
September 14th**



Movies at the Pool

Location: RLHS Pool

Time: Movies Begin at Dusk

Fee: \$4

June 22nd, July 27th

***Concessions for Sale**

***See www.RLEparks.com
for Movie List**

Kids Triathlon

This event is a fun way to get out and get some exercise. Join us for a swim, walk/run, and bike event for all ages. Parents are encouraged to participate with their kids. Fee includes event participation, race bib, award, and celebration.

Location: RLHS pool

Date: July 21st

Time: 8:00am-12:00pm

Fee: Sibling Discount: A \$5 discount for each additional sibling registered in the same transaction.

- By July 6th: \$30 Individual, \$50 Parent/Child Team
- By July 20th (at Packet Pick Up): \$35 Individual, \$55 Parent/Child Team

Group Discounts Available

Check our website for race details and more info

Creek Week Cleanup 2018

4 locations available- Hayer Park, Dry Creek Ranch House, Community Center Park, Northbrook Park

Time: 9:00am-12:00pm Saturday, April 14th

Come join other community members as we clean up the areas around our creeks. All supplies will be provided. Visit www.creekweek.net for more information and to register.



Saturday Morning Flea Market

Our Flea Markets are coming back in June and will be every third Saturday through September. Rent a space and sell anything that fits into your spot except for food; firearms or dangerous items; drugs or paraphernalia; and animals. Vendors must register by the Thursday prior to each date.

Dates: June 16th, July 21st, August 18th, September 15th

Time: 8:00am-1:00pm

Price: \$20.00 for 3 parking spots \$35.00 for 6 spots

Location: Community Center

Kidz Love Soccer— skill building

Location: Westside Park

Day	Dates	Weeks	Fee
Thurs	4/5 - 5/10	6	\$90
Tot/Pre-Soccer (3½-5yrs)		3:40- 4:15pm	
Soccer 2 (7-10yrs)		4:15- 5:00pm	
Soccer 1 (5-6yrs)		4:15- 5:00pm	
Mommy/Daddy & Me Soccer (2-3½yrs)		5:10- 5:40pm	

Day	Dates	Weeks	Fee
Thurs	5/31 - 6/28 & 7/26 - 8/23	5	\$78
Tot/Pre-Soccer (3½-5yrs)		4:40- 5:15pm	
Soccer 2 (7-10yrs)		5:15- 6:00pm	
Soccer 1 (5-6yrs)		5:15- 6:00pm	
Mommy/Daddy & Me Soccer (2-3½yrs)		6:10- 6:40pm	

Pitch Hit and Run

Come test your baseball skills at this FREE competition. Winners will have the opportunity to advance to an Oakland A's game or a San Francisco Giants game and potentially the 2018 MLB All Star Game.

NO METAL CLEATS ALLOWED

Date: Sunday April 15th, 2018

Time: 9:00am

Ages: 6-15 years old

Location: Babe Best Park

Contact to register:

Tina Vaughn

(916) 802-3997

volunteers@riolindall.com

Youth Tennis

Join us for a FREE youth tennis program run by our recreation leaders. This program will last six weeks, and will introduce players to the game of tennis.

Rackets and balls will be provided. Funded by the Sacramento Tennis Fund Grant

Day: Saturdays beginning April 7th

Time: 11:30am **Ages:** 6-10

Fee: FREE

Location: Community Center Tennis Courts

Karate/ Jujitsu

This class will build strong internal commitment and inner balance. Sensei Galen Reece will train students both physically and mentally, improving self confidence, self-defense and discipline.

Days: Tuesdays and Thursdays

Time: 6:00-8:00pm

Ages: 6 years- Adult

Fee: \$61 monthly fee

Location: Community Center

Youth Rugby Camp

Rugby NorCal along with Rookie rugby will be providing a three day camp that will introduce kids to rugby, and help refine basic skills and techniques. This is a non-contact clinic, flags will be utilized for small sided games. No metal cleats allowed.

Date: June 25th-27th

Time: 5:30pm-8pm **Ages:** 6-14

Fee: \$25

Location: Westside Park

Youth Fishing

Youth Fishing: Gain entry-level experience into the sport of fishing! Learn common fishing tackle, practices, and guidelines as we fish stocked ponds with "Fishing in The City." Transportation and equipment provided. Youth Fishing is led by Patrick Kozitza a fishing hobbyist & commercial fisherman. **3 week program, 7 spots available.**

Days: Saturdays beginning February 24th

Time: 8:00am-11:00am

Ages: 8-14

Fee: \$20

Meeting Location: Community Center

Joanna's Kids R it

Location: Community Center

Curriculum based and standardized programs

Floor Gymnastics, Mondays Ages 2+ times vary

Dance— Ballet, Tap & Jazz Fridays Ages 2+ times vary

Adult tap Fridays Ages 18+ 6:15pm

Fee: \$42/ month plus annual registration fee

(see website for detailed times and dates)

Contact: 916-331-0554 www.joannaskidsrit.com

Summer Camp

Want to keep your kids busy over the summer? Drop your kids off for a fun filled day camp, including visits to the pool (Mon,Wed,Fri), crafts, field trips including the Zoo, movie theatres and much more. Ages 3-5 and 6-10

Location: Community Center

Days: Monday-Friday beginning June 11th

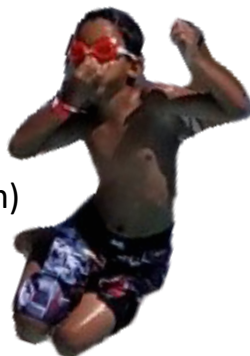
Time: 8:00am-5:00pm (half day available 8:00am-12:30pm, or 12:30-5:00pm)

Weekly Fee:

\$130 full days

\$85 half days (8:00am-12:30pm, or 12:30-5:00pm)

\$40 daily drop in



Junior Counselors

We are looking for young leaders in this Community to partake in a summer full of fun activities and events. Our camp counselors will learn to coordinate and lead summer camp activities for participants. Counselors will be rewarded each week with their own trips and events. Ages 11-15

Location: Community Center

Days: Monday-Friday beginning June 4th

Time: 8:00am-5:00pm

Weekly Fee: \$50

Sewing Class

Beginning sewing for adults. Bring a working sewing machine, thread, scissors and fabric. Come and sew with me! This is a 6 week program and there are only 5 spots available.

Days: Wednesdays

Time: 5:00-7:00pm

Date: March 7th-April 11th

Fee: \$50 for 6 weeks

Location: Community Center

Painting Class

This class promotes personal creativity while teaching students to construct works of art. Students are encouraged to bring their own personal supplies. Classes are ongoing monthly.

Ages: 18+

Fee: \$20 month

Days/ Time: Thursday 1:00-3:00pm

Location: Community Center

The Rio Linda Farmers' Market & Peddlers' Fair

A variety of local crafters, produce from local growers and entertainment. The Market is a center for information about events and activities in the Rio Linda Elverta Community. All groups welcome to participate in the Market. No charge for booths.

Days: Thursdays, May - September

Time: 5:00-8:30pm (vendor set up at 4:00pm)

Location: Depot Park

Lisa's Fit Camp

A womens fitness bootcamp class for all ages and skill levels. We use different equipment such as dumbbells, kettlebells, battle ropes and tires and utilize them in different forms of training, working on the full body or focused on a particular muscle group. Along with strength training, we incorporate cardio, plyometrics, body weight, Tabata and HIIT exercises to increase endurance, strength and stamina. Come out and join an amazing group of women for a great workout and witness the

transformations and lifestyle changes many of these women have made.

Location: Depot Building

Fee: Unlimited Classes for the month - \$65

Individual Classes- \$5

5 Classes - \$20 EXPIRES 4 weeks from purchase date

10 Classes - \$40 EXPIRES 8 weeks from purchase date

Check website monthly for updates

Adult Activities

The Elder Craftsman's E.C.H.O Program

Learn while you enjoy the company of like minded adult crafters. We make beautiful quilts, afghans, scarves, hats and other crafts that are donated to several community outreach programs. No age or time requirements. Materials provided. Ongoing program

Days: Wednesdays

Time: 10:30am-2:30pm

Location: Depot Building

Zumba

Description: Zumba is a cardio class that uses Latin music as a form of fitness. Come and dance to salsa, cumbia, merengue, and hip hop.

Ages: All ages

Fee: \$5 drop in

Days/ Time: Wednesday 7:30pm ongoing

Location: Community Center

Senior Lunch Program

Hosted by district staff and sponsored by Meals on Wheels, this free lunch program allows participants an opportunity to socialize and engage within their community. Active adults gather with friends to share stories and lunch. Transportation available

Days: Monday-Thursday

Time: Lunch served at 11:30am (Come early for coffee, donuts, conversation and a walk on our beautiful bike trail!)

Age: 60+ years young

Fee: Donation based

Location: Community Center

AARP Drivers Safety

This class updates drivers with current info to aid the mature driver. This course may qualify you for a discount on your car insurance. Ages 50+

Location: Community Center

Renewal class: April 13th 9:00am-1:30pm

Full course: June 21st & 22nd 9:00am-1:00pm

Must attend both days

RLE Pickleball Club

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast paced, competitive game for experienced players. Come out and play the game that is taking the nation by storm! Ongoing program

Days: Mondays, Thursdays, and Saturdays

Times: 9:00am

Location: Community Center Park

Yoga

Want to do yoga but not sure where to begin. Come practice Yin Yoga a passive practice that involves variations of seated, supine, standing and wall poses. Positions are typically held for 3 to 5 minutes, accessing deeper layers of fascia and stretching the connective tissues. Improves flexibility, joint mobility and muscle strength. Get Flexy. Do Yoga with Mary Ann of "Yogi Wonders"

Days: Tuesdays 5:00pm, Sundays 10:00am. Ongoing beginning February 13th

Fee: \$5 per class

Location: Community Center

Coed Adult Softball Sundays

Get your team ready for another season of softball. Our teams play 8 games including playoffs, and follow ASA rules. Championship teams receive a prize and bragging rights for the year!

Spring begins March 11th Registration closes March 8th

Summer begins June 10th Registration closes June 1st

Fee: \$400 per team

Location: Westside Park

Water Aerobics

Burn-up those calories in the pool! Water Aerobics provides a low-impact way to build strength while having fun. All skill levels are welcome!

Dates: June 11th– August 3rd

Days: Monday-Friday

Time: 5:30-6:30pm

Age: 15+

Fee: \$5 Daily Drop In / \$20 for 5 Visit Card

Register at the pool on the day of class!

Location: Rio Linda High School Recreation Pool

Tai Chi

Learn the ancient art of Tai chi in a peaceful atmosphere. For all levels of experience. Students will be taught how to exercise and feel better through meditation, relaxation, and stress management.

Days: Monday at the Depot and Wednesday at the Community Center. Ongoing

Time: 9:30-10:30am

Fee: Donations accepted for program supplies

2018 Swim Lessons– Registration Info

Each lesson is 35 minutes long, and sessions run Monday-Thursday for 2 weeks
*8 classes total

Sessions:

1. June 11th-June 21st
(Registration begins May 1st)
2. June 25th-July 6th
(Registration begins May 1st)
NO CLASS July 4th **Make-up Friday, July 6th
3. July 9th-July 19th
(Registration begins June 25th)
4. July 23rd-August 2nd
(Registration begins June 25th)

Aquatics

Summer 2018 Swim Lesson Schedule

	9:20-9:55	10:00-10:35	10:40-11:15	11:20-11:55	4:05-4:40	4:45-5:20	5:25-6:00	Price
Parent & Me				X	X			\$53
Level 1	X	X	X		X	X		\$53
Level 2	X	X	X	X	X	X	X	\$53
Level 3	X	X	X	X	X	X	X	\$53
Level 4		X		X		X		\$53
Level 5			X				X	\$53
Adult							X	\$53
Private	X	X	X	X	X	X	X	\$95

AquaKnights Swim Team

The AquaKnights are back for another great season! The Rio Linda Elverta AquaKnights is a recreation youth swim team in the Nugget Conference of the NorCal Swim League. The AquaKnights swim out of the Rio Linda High School Pool. The season starts April 3rd and runs through late July. Team practice is daily and includes Saturday swim meets. For more information check out our website at: [www. RLEAquaKnights.org](http://www.RLEAquaKnights.org)

REGISTER NOW for Early Reg. Discount! **Early Reg:** March 1-31: \$150 (per child)

Registration: April –June 1: \$180

Fees:

\$180 —1st Child \$160—2nd Child
\$155—3rd Child+ (Rate does NOT apply to 1st & 2nd Child)
*\$90—15-18 years old *With signed Jr. Coaching Agreement

Public Swim Fees

Early bird family rate (4 people) **\$135** Purchase by May 30th

Daily **\$4**

10 visit punch card **\$25**

Individual Pass **\$60**

Regular Family Pass (4 people) **\$160**

Pool Party Rentals

HAVE YOUR BASH WITH A SPLASH!

Monday & Wednesday:
\$35/hour
Friday through Sunday:
\$55/hour

Price Includes:

Reserved Area , Tables, Chairs & Certified Lifeguards
15 Guests included
(additional guests \$4/each)

**Party must be held during Public Swim Hours
2 Hour Minimum

PUBLIC SWIM!

Dates: June 9th-August 3rd

***CLOSED:** June 16th,
July 4th, 7th & 14th

LOCATION: Rio Linda High School Pool 6309 Dry Creek Rd

Hours: M, W, F, Sat, Sun:
12:00-4:00pm

CLOSED:

TUESDAYS AND THURSDAYS

REGISTRATION

PHONE:

Registration and payments may be placed over the phone at (916) 991-5929. There may be a charge for debit and credit card transactions.

MAIL:

Please make checks payable to RLERPD. Cash and money orders are also accepted.

WALK-IN:

Registration is open during

normal business hours. There is also a secure drop-box at the Community Center for after-hours drop off.

ONLINE:

Registration and program information is available at RLEPARKS.COM.

All forms and payments are due prior to the first day of class, event or program.

All classes are subject to cancellation due to low enrollment

FACILITY & PARK RENTALS

For availability and rates, call (916) 991-5929 or visit rleparks.com for details and insurance requirements.

INDOOR RENTALS

1. RLE COMMUNITY CENTER

Seating for 144 people with parking, restrooms, a full kitchen and audio capabilities.

2. DEPOT BUILDING

This facility is perfect for meetings and smaller parties. It can seat 56 people and has parking and restrooms.

PICNIC RENTALS

We have several picnic areas that will meet your needs including tables, shade, BBQ and fun activities.

MULTI-PURPOSE BALL FIELDS

1. PAULSEN FIELD

Westside Park, 6601 W 2nd St.

2. BABE BEST PARK BALLFIELDS

7525 10th St.

CENTRAL PARK HORSE ARENA

District Map

