



SUMMER CAMPS SWIM LESSONS CREATIVE CORNER AND MORE!

**SUMMER 2023** 



#### MISSION

To provide recreation programs and facilities for the benefit of the North of the River community.

#### ABOUT THE FUNBOOK

Chair

Vice Chair

Member

Member

Member

The Funbook is published three times a year in Spring, Summer, and Fall/Winter. Leagues, camps, and programs are available to the public. We're adding programs through the season! Programs may be re-scheduled or cancelled according to NOR policy and registered participants will be notified of a change in program status. Residents living within the District's boundaries may be eligible for a rate discount at registration for select programs.

NOR BOARD

NOR ADMINISTRATION

**Steve Ruettgers Crystal Madden** James Nabors Jenifer VanAlstein **Brooks Douglas** 

Wavne McArthur Mike Evans Steph Sanders Esther Grijalva Jasmin LoBasso

**Finance Director** Superintendent of Parks & Facilities **Planning & Construction Director** Human Resources Director Superintendent of Recreation & **Community Services** 

#### NOR CENTERS





**GA** - Greenacres 392.2010 2014 Calloway Dr SAC - Rasmussen 392.2030

392.2000 3825 Riverlakes Dr 115 E. Roberts Ln



**RL - RiverLakes** 

**RV** - Riverview 392.2020 401 Willow Dr

Visit an NOR Park Today!



Visit Ø NORfun.org for all 24 parks!



Visit NORfun.org

to find out what's

new, confirm

date program

the most up-to-

information, and

Explore NOR

#### A Virtual Scavenger Hunt for Your Playcation. Kicks off this June!

- Visit NORfun.org/playcation.
- Discover the weekly scavenger hunt.

Participate as much or as little as you'd like. Activities are designed for self-directed exploration of NOR parks, facilities, and activities.

End your week with a Movie in the Park.

#### **REGISTER ONLINE** \*For most activities, unless otherwise noted







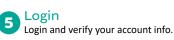
Check the box to the left of the description.

Add to cart Select the ADD TO CART button.



**NO ACCOUNT? NO WORRIES!** 

Select the "Sign Up Now" option under the Login button. Add each family member to your account to register for unique activities.



6

Proceed to checkout Follow the prompts and proceed to checkout. You're ready to JOIN THE FUN



## FUNBOOK

## NORTH MEADOWS 3300 McCray St

## 🥥 norfun.org



#### **POOL INFORMATION**

#### GREENACRES



#### 2014 Calloway Dr., 392.2019

Children 8 years old and under require one-on-one supervision by an adult. All lifejackets must be U.S. Coast Gúard approved.

2p - 4p

#### **REC SWIM**

BEAT THE HEAT AT OUR POOL FOR ONLY \$1 PER PERSON! Admission is

FREE with the donation of a non-perishable food item to benefit the NOR Meals on Wheels program. Purchase a season pass for \$15. If it is 105° or hotter at time of entrance during Rec Swim, admission is FREE!

T/W/Th 6/27 - 8/3



SAFELY BEAT THE HEAT

• Know the hazards of heat-related

injuries and how to prevent them.

• Do not run. Walk near pools or on

THINK SO YOU DON'T SINK • Use only U.S. Coast Guard approved

• Make sure all buckles and straps are

wet concrete to minimize risk.

lifejackets.

secure.

TAKE CAUTION TO AVOID SLIPS

MealsonWheels

\$1

#### **POOL RENTAL**

Pool rental available on July weekends only for \$115 per hour, minimum of 2 hours. Fee includes pool supervision by Red Cross Certified Lifeguards and Pool Manager. The pool rental fee must be paid in advance and arrangements can be made by calling 392-2000.

#### Water Safety Tips Provided to you by American Red Cross, Poolsafely.gov, and NOR.

#### TOO MUCH SUN IS NO FUN

 Always wear sunscreen to protect skin from harmful UV rays.

#### SWIM WITH A BUDDY

 Stay in supervised areas with parental supervision.

#### LOOK BEFORE YOU LEAP

- Choose safe places to swim and dive.
- Make sure your area is clear of others.

 Always go feet first in less than 5 feet of water.

#### **SPRAY PARKS**

**Emerald Cove** 4303 Patton Way

Madison Grove 10115 Norris Rd

**North Meadows** 3300 McCray St

#### **Polo Community**

401 Willow

San Lauren 4101 Mohawk St

11801 Noriega Rd **Riverview** 

Silver Oak 15855 Opus One Dr

Sears

444 Norris Rd

#### Check back in May!

To view the Spray Park operation schedule at NORfun.org.







## **AQUATICS**

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Go online to find out what's new, confirm the most up-to-date program information, and register for activities.

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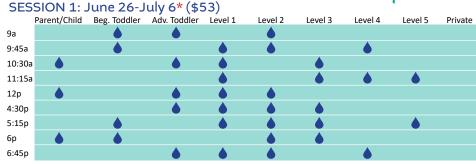
#### SWIM LESSONS

Red Cross swim lessons are designed to help swimmers of varying ages and abilities develop their water safety, survival, and swim skills. As children progress through the various levels, they increase their comfort level in and around the water. NOR also provides Private Lessons that focus on one swimmer. Lessons are 30 minutes in length, Monday through Thursday for two weeks. \*NOR will be closed the 4th of July and will reopen on July 5th. Fees will be prorated for Session 1. Registration begins May 10th.

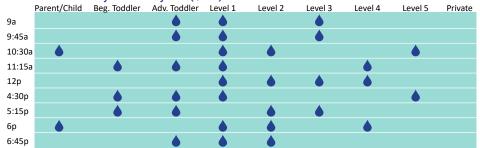
Purchase any two swim lessons for the same household and receive 25% off the third swim lesson for levels 4 or 5. Must live in-district and meet qualifications for scholarship eligibility. Refunds will be accepted until the Friday before the first day of your registered swim lesson.

### All Sessions Run Monday-Thursday

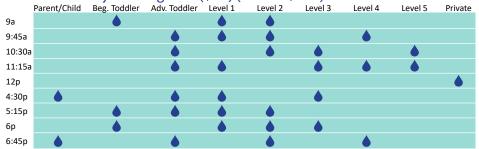




#### SESSION 2: July 10 - July 20 (\$57)



#### SESSION 3: July 24 - August 3 (\$57) (Private \$107)



#### **PARENT & CHILD**

AGES 6mos-3 Parents and children learn together to increase children's comfort in the water &



build a foundation of basic aquatic & water safety skills. The philosophy of this class is to help your child feel comfortable in the water & as the parent, you will be teaching your child to relax & have fun. All skills taught are with physical support from the parent. Please note: This class will not teach your child how to swim & is only the first step; as your child progresses to future levels, they will begin to swim independently.

SKILLS Introduce safety topics TAUGHT • Safely enter & exit water

 Blow bubbles Play with water toys

SKILLS TAUGHT

 Develop arm & leg action Introduce front & back float Explore underwater

**AQUATICS** 

#### **BEGINNING TODDLER**

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BEGINNING TODDLER	SKILLS	TAUGHT
AGES 3-5 Introduction to Water Skills Introduces children to the aquatic environment & helps them gain basic aquatic skills.	<ul> <li>Safely enter &amp; exit water</li> <li>Blow bubbles</li> <li>Open eyes underwater</li> </ul>	<ul> <li>Roll front to back &amp; back to front</li> <li>Learn leg &amp; arm actions</li> <li>Float on front &amp; back</li> </ul>
ADVANCED TODDLER AGES 3-5 Fundamental Aquatic Skills Helps children gain greater independence in their skills & develop more comfort in and around the water.	<ul> <li>Jump into water</li> <li>Learn bobbing</li> <li>Submerge entire head</li> <li>Open eyes underwater</li> </ul>	<ul> <li>Retrieve submerged objects</li> <li>Learn front &amp; back glide</li> <li>Learn combined leg &amp; arm actions</li> <li>Acquire safety skills</li> </ul>
LEVEL 1 AGES 6+ Introduction to Water Skills Helps participants feel comfortable in the water & develop introductory water skills.	<ul> <li>Safely enter &amp; exit water</li> <li>Blow bubbles</li> <li>Learn bobbing</li> <li>Open eyes underwater</li> </ul>	<ul> <li>Retrieve submerged objects</li> <li>Learn leg actions &amp; arm actions</li> <li>Learn combined leg &amp; arm actions</li> </ul>
LEVEL 2 AGES 6+ Fundamental Aquatic Skills Prepares participants for success by practicing fundamental skills.	<ul> <li>Safely enter &amp; exit water</li> <li>Learn bobbing</li> <li>Open eyes underwater</li> <li>Retrieve objects</li> <li>Tread water</li> </ul>	<ul> <li>Learn front &amp; back floats</li> <li>Learn front &amp; back glides</li> <li>Change direction while swimming</li> <li>Learn combined leg &amp; arm actions</li> <li>Fully submerge &amp; hold breath</li> </ul>
LEVEL 3 AGES 6+ Stroke Development Expands participant skills with practice in deeper water.	<ul> <li>Learn rotary breathing</li> <li>Practice survival float</li> <li>Tread water</li> <li>Learn elem. backstroke</li> </ul>	<ul> <li>Enter headfirst from side in sitting &amp; kneeling positions</li> <li>Push off &amp; begin flutter or dolphin kicks</li> </ul>
LEVEL 4 AGES 6+ Stroke Improvement Develops & improves participant confidence in aquatic skills.	<ul> <li>Swim underwater</li> <li>Tread water</li> <li>Learn breaststroke, sidestroke, &amp; butterfly</li> </ul>	<ul> <li>Enter headfirst from side in compact &amp; stride positions</li> <li>Learn feet first surface dive</li> <li>Practice freestyle &amp; backstroke flip turns while swimming</li> </ul>
LEVEL 5 AGES 6+ Stroke Refinement Provides participants with further coordination and refinement of strokes.	<ul> <li>Practice skills: shallow-angle dive, flip turns, sculling, tread water</li> </ul>	• Practice 6 strokes: freestyle, backstroke, breaststroke, butterfly, sidestroke, & elementary backstroke

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Go online to find out what's new, confirm the most up-to-date program information, and register for activities.

#### NEW CREATIVE CORNER

AGES 6-10 This program gives children a chance to explore a wide range of activities including art, science, crafts, and cooking. Projects are developed for children to express themselves through their work and vary from week to week. Drop off your child to enjoy three hours of fun! \*This program is eligible for a residency discount.

S 8/5-8/26 1-4p RV \$14
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#### NEW PAINT NIGHT

AGES 3+ Enjoy the artist in you with a pre-drawn canvas Paint Night. Great for girls' night, family, or date night. Your canvas will be thick cardstock paper. Package includes 1 11x17 cardstock paper with picture pre-drawn, paint colors and brushes. The canvas is easy to paint with beautiful line art drawings ready to be filled in for beginners or pro painting artists. Each additional person is \$20.

Th	8/10	5:30 - 7:30p	GA	\$35

#### LINE DANCING

AGES 13+ Country Line Dancing is a fun way to exercise and socialize. We will learn line dances like Electric Slide, Tulsa Time, Watermelon Crawl, Boot Scootin' Boogie, and Cowboy Cha Cha. A drop in year round class.

М	Beginner	5:30 - 6:30p	GA	\$6
М	Intermediate	6:30 - 7:30p	GA	\$6
Th	Beginner	10a	SAC	\$5
Th	Intermediate	1:30p	SAC	\$5

#### **ORDER OF THE DRAGON**

AGES 4+ Master Earl Absher, 8th Degree black belt, teaches a combination of Tae Kwon Do, Karate, and self-defense. Practical "real life" self protection program for all students. Goals are to learn self defense, become aware of stranger danger, and safety awareness - all with an emphasis on respect and discipline. This is a year round program, sign up any time! \$10 Drop in rate or monthly charge (three classes per week). For more information, call 588-3217.

T/W/F	White Belt	6 - 6:40p	GA	\$49
T/W/F	Yellow Belt	6:45 - 7:25p	GA	\$49
T/W/F	Orange Belt	7:30 - 8:10p	GA	\$49

#### JUNIOR THEATRE - FINDING NEMO JR.

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AGES 5.5-18 Marlin, an anxious and over-protective clownfish, lives in the Great Barrier Reef with his kid Nemo, who longs to explore the world beyond their sea anemone home. But when Nemo is captured and taken to Sydney, Marlin faces his fears and sets off on an epic adventure across the ocean. All who audition are cast. \*This program is eligible for a residency discount.

#### AUDITION

S	5/27	10a	RV	
WORKS	НОР			
M-Th	6/12 - 7/27	6 - 8p	RV	\$300*
PERFOR	MANCE			
S	7/29	6р	SAC	\$10

#### **CO-OP PRESCHOOL**

Our children's school year program provides hands on activities, arts/crafts, music, and fun activities that include holiday celebrations. Children will participate in hands-on learning age-appropriate activities focused on (STEM) Science, Technology, Engineering, Math, Literacy, and much more! Parents are required to help with activity prep work once per month. Child must be toilet trained and current with immunizations. One time registration fee of \$25. \*This program is eligible for a residency discount.

#### GREENACRES (Ages 3.5-5. Must be 3.5 by start date)

M-Th	9/5/23 - 11/16/23	8:30 - 11:30a	GA	\$760 Sess./\$315 Mo.*
M-Th	11/27/23 - 2/22/24	8:30 - 11:30a	GA	\$760 Sess./\$315 Mo.*
M-Th	2/26/24 - 5/16/24	8:30 - 11:30a	GA	\$760 Sess./\$315 Mo.*

#### RIVERVIEW (Ages 3-5. Must be 3by start date)

M-Th	9/5/23 - 11/16/23	10a - 1p	RV	\$675 Sess./\$275 Mo.
M-Th	11/27/23 - 2/22/24	10a - 1p	RV	\$675 Sess./\$275 Mo.
M-Th	2/26/24 - 5/16/24	10a - 1p	RV	\$675 Sess./\$275 Mo.

#### REGISTER NOW FOR THE NEW SCHOOL YEAR 2023/24!

#### **NEIGHBORHOOD PLACE**

We offer free educational, social programs and activities to assist children up to five years of age in learning skills necessary for adequate school preparation. All children must be current with immunizations. Awesome Art, Spinning Tales, and Fit-N-Fun programs will return in the future!

#### LITTLE LEARNERS

Little Learners offers free educational, recreational, and social opportunities to help prepare children for kindergarten. The program is focused on early learning development.

M-Th 18mos - 5 8:45 - 9:45a RV FREE	
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#### **4 & 5 READY TO STRIVE**

Get your child ready for kindergarten! Our 4 & 5 class is structured toward kindergarten readiness and focuses on new curriculum that includes Science, Technology, Engineering, Math (STEM), and Literacy. Age-appropriate hands-on activities are provided to help further your child's educational development, expand their social skills, and learn in a classroom environment.

M-Th	Ages 4 - 5	10 - 11a	RV	FREE
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Go online to find out what's new, confirm the most up-to-date program information, and register for activities.

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#### **SUMMER CAMP**

AGES 6-12 We invite campers to join us for up to 9 weeks of summer fun. Each week features activities based on themes and offers a variety of activities including active games, arts and crafts, and special activities. Program offers indoor and outdoor activities. Come Join the Summer Fun! Campers must bring their own lunch. A weekly registration is available for \$170\* and must be paid the Wednesday before the start date. (Camp is closed on July 4th) \*This program is eligible for a residency discount.

M-F	6/5 - 7/7	7:30a - 6p	GA	\$710*
M-F	7/10 - 8/4	7:30a - 6p	GA	\$565*

#### **TOT SUMMER CAMP**

AGES 3-6 Camp for preschoolers with summer fun activities, themes, arts & crafts, kindergarten

school readiness, and much more! Children must be toilet trained, be 3yrs old by start date, and child immunizations must be up to date. (Camp is closed on July 4th.) \*This program is eligible for a residency discount.

M-F	6/5 - 6/30	10a - 1p	RV	\$240
M-F	7/10 - 8/4	10a - 1p	RV	\$240

#### **YOUTH TENNIS CAMP**



AGES 6-14 Instruction will include basic fundamentals of tennis - grip, swing, follow thru, forehand, backhand, volleys, serving and fun game based drills. Shirt included. \*This program is eligible for a residency discount.

#### #1 (6/5 - 6/8) #2 (6/12 - 6/15) #3 (6/19 - 6/22) #4 (6/26 - 6/29)

M-Th	Beginner	8 - 10a	Madison Grove	\$97*
M-Th	Beginner	8 - 10a	Silver Oak	\$97*
M-Th	Intermediate	10a - 12p	Madison Grove	\$97*
M-Th	Intermediate	10a - 12p	Silver Oak	\$97*



#### SUMMER SPORTS CAMP

AGES 6-15 Join Coach Brendt Crews in one of NOR's longest running programs. Work to improve your fundamental skills in basketball and volleyball. Bring court shoes or sneakers, knee pads (for volleyball), water, and lunch. Registration closes the Friday before scheduled session. \*This program is eligible for a residency discount.



CAMPS

#### BASKETBALL

DRUGICE				
M-F	6/12 - 6/16	8a - 2p	RL	\$169*
M-F	6/26 - 6/30	8a - 2p	RL	\$169*
VOLLEY	BALL			
M-F	6/5 - 6/9	8a - 2p	RL	\$169*
M-F	6/19 - 6/23	8a - 2p	RL	\$169*
M-F	7/10 - 7/14	8a - 2p	RL	\$169*



#### YOUTH EVOLUTION SOCCER CAMP

AGES 5-11 Play, Learn, and Grow. As we play, we begin to learn the sport of Soccer and grow as a team through sportsmanship and encouragement.

LEVEL 2 - Ages 5-7 Dribbling, passing & shot technique.

	<u> </u>	5 I S I		
M-F	6/12 - 6/16	9a - 12p	Polo	\$175
M-F	7/10 - 7/14	9a - 12p	Polo	\$175
M-F	7/24 - 7/28	9a - 12p	Polo	\$175
Level 3	- Ages 8-11 Focus or	fitness, agility & drills.		
M-F	6/12 - 6/16	9a - 12p	Polo	\$175
M-F	7/10 - 7/14	9a - 12p	Polo	\$175
M-F	7/24 - 7/28	9a - 12p	Polo	\$175

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#### NEW ADULT ULTIMATE FRISBEE TOURNAMENT

AGES 18+ NOR invites all adult ultimate frisbee players to participate in our first Adult Ultimate Frisbee Tournament. A recreational tournament for adults of all skill levels and abilities to participate in. Team must consist of a minimum of 8 players and will play a minimum of 4 games. Registration July 19 - September 6.

S	9/16	8a - 5:30p	Polo	\$350
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#### **DISC GOLF**

ALL AGES It's a walk in the park with a point! Try this exciting and popular sport, played similarly to golf but with "Frisbee-like" discs. In partnership with Kern County Disc Golf Club, we offer an 18 hole course with different tee locations.

Weekly	Ongoing	Park Hours	RV	FREE
Weekly	Ongoing	Park Hours	San Lauren	FREE

#### **OPEN GYM**

AGES 18+ Open Gym is defined an inclusive opportunity that gives everyone at all skill levels free time (for an established participation fee) to play with different players, come alone and have someone to play with, learn or expand skills, and most importantly, to have fun! The Open Gym program is not intended for the use of private lessons or group classes, competitive games, player discrimination or non-inclusion, or closed groups. Pickleball nets are provided; players set up and take down nets. Paddles and Wiffle Balls are not provided. Players and spectators must pay fee. Daily fee of \$3 or \$30 for a 15-day pass. CASH ONLY

#### BASKETBALL

M-F	Ongoing	10a - 12p	GA	\$3
PICKLE	BALL			
M-F	Ongoing	11:30a - 2p	RV	\$3
Su	Ongoing	11:30a - 2:30p	RV	\$3

#### **YOUTH & ADULT TENNIS**

AGES 6+ Instruction will focus on basic fundamentals of tennis to include grip, swing, forehand, backhand, volleys, serving, and fun game based drills. Please dress appropriately and bring a racquet. Youth Beginner racquet size is 23-25". All other racquet sizes are 27". \*This program is eligible for a residency discount.

#### YOUTH #3 (4/22-5/20) #4 (6/3-7/1) #5 (8/12-9/16)

S	Beginner	7:30 - 8:30a	Westdale	\$65*
S	Beginner	8:30 - 9:30a	Westdale	\$65*
_			Madison Grove	<b>1 2 3 4</b>
S	Intermediate	9:30 - 10:30a	Westdale	\$65*
ç	Lligh Cohool	10.20 11.20-	Madison Grove	\$65*
5	High School	10:30 - 11:30a	Westdale Madison Grove	\$05"
ADULT	#3 (4/22-5/20)	#4 (6/3-7/1) #5	6 (8/12-9/16)	
Su	Beginner	11a - 12p	Silver Oak	\$65*
Su	Intermediate	12 - 1p	Silver Oak	\$65*

#### ADULT SPORTS

AGES 18+ Stay in shape and enjoy the friendly competition of one of our Adult Sports programs. Entry fees are per team so sharing the cost with friends makes it affordable and fun. Visit our website for registration deadlines for each sport's season.



#### BASKETBALL

M-Th	5/22 - 7/20	Summer	RL/GA/RV	\$625
M-Th	8/14 - 10/12	Fall	RL/GA/RV	\$625
KICKBALI	_			
W	6/7 - 7/12	Summer	NR	\$250
W	9/6 - 10/18	Fall	NR	\$250
SOFTBAL	L			
Su/T/Th	5/21 - 8/10	Summer	RL/GA	\$450
Su/T/Th	9/5 - 12/17	Fall	RL/GA	\$450
VOLLEYB	ALL			
Th	6/1 - 7/6	Summer 1	RL	\$375
Th	7/27 - 9/7	Summer 2	RL	\$375
Th	9/28 - 11/2	Fall	RL	\$375

#### FENCING Register directly at <u>kernaff.org</u>

#### **INTRO TO FENCING**

AGES 8+ In partnership with the Kern Athletic Fencing Foundation (KAFF), youth and adults can learn the basics of Foil Fencing in an introductory 4-week course. Classes are held at KAFF's fencing studio located upstairs of the Bakersfield Woman's Club, 2030 18th St. All equipment will be provided. Participants must wear athletic shoes, full-length sports pants, and bring a water bottle.

S 6/3 - 6/24 12 - 2p 2030 18th St \$10	0
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#### PARAFENCING

AGES 13+ Athletes with mobility impairments can try the Paralympic Sport of wheelchair (seated) fencing with private or semi-private lessons. All equipment is provided. Contact KAFF for a free consultation at <u>kernaff.org</u>.

	Varies	Ongoing	Varies	2030 18th St	FREE
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#### **YOUTH EVOLUTION SOCCER**

AGES 2-11 Play, Learn, and Grow. As we play, we begin to learn the sport of Soccer and grow as a team through sportsmanship and encouragement.



BABY KICKERS - Ages 2-3.5 Learn the fundamentals of soccer.

S	7/8 - 8/5	8:30 - 9a	Polo	\$109
LEVEL 1	- Ages 3.5 - 4.5 Move	ment & overall motor skills.		
T S T	5/30 - 6/27 7/8 - 8/5 7/18 - 8/15	6:15 - 6:45p 9 - 9:30a 6:15 - 6:45p	Almondale Polo Polo	\$109 \$109 \$109
LEVEL 2	- Ages 5-7 Dribbling, pa	ssing & shot technique.		
T S T	5/30 - 6/27 7/8 - 8/5 7/18 - 8/15	5:30 - 6:15p 9:30 - 10:15a 5:30 - 6:15p	Almondale Polo Polo	\$109 \$109 \$109
Level 3 -	Ages 8-11 Focus on fitm	ess, agility & drills.		
T S T	5/30 - 6/27 7/8 - 8/5 7/18 - 8/15	4:45 - 5:30p 10:15 - 11a 4:45 - 5:30p	Almondale Polo Polo	\$109 \$109 \$109

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#### **YOUTH EVOLUTION FLAG FOOTBALL**

AGES 6-11 Designed for girls and boys to learn and develop football fundamentals with an emphasis on fun and fair play. Highly recommended for kids who want a safer alternative to contact leagues. This program will emphasize practicing good sportsmanship, the importance of dedication, and more importantly FUN. Instruction focuses on skill progression, movement, and overall player development.

#### LEVEL 2 - Ages 6-7

M	6/5 - 7/3	9 - 9:45a	Polo	\$109
M	7/17 - 8/14	9 - 9:45a	Polo	\$109
M-S	7/31 - 8/4	8:30 - 11:30a	Polo	\$175
LEVEL 3	- Ages 8-9			
M	6/5 - 7/3	9:45 - 10:30a	Polo	\$109
M	7/17 - 8/14	9:45 - 10:30a	Polo	\$109
M-S	7/31 - 8/4	8:30 - 11:30a	Polo	\$175
LEVEL 4	- Ages 10-11			
M	6/5 - 7/3	10:30 - 11:15a	Polo	\$109
M	7/17 - 8/14	10:30 - 11:15a	Polo	\$109
M-S	7/31 - 8/4	8:30 - 11:30a	Polo	\$175

#### NEW GIRLS FLAG FOOTBALL TOURNAMENT

**High School Girls** Join the Fun as we explore California's newest sanctioned sport for high school girls, Flag Football! Games are non-contact played with a 7 on 7 format. Tournament play includes round robin with a single elimination final round. You can register as a team (10 players max) or as a free agent to be placed on a team. Visit our website for registration details.

S	8/6	8a - 5:30p	Polo	\$50/pp
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#### **YOUTH EVOLUTION BASKETBALL**

AGES 2-11 Using our progressive curriculum and focusing on the whole player, this basketball camp will teach your child the skills they need both on and off the court. Our coaches will focus on respect, teamwork and responsibility.

BABY BALLERS - Ages 2.5-4 Learn the fundamentals of basketball.

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S	6/10 - 7/1	9 - 9:30a	RL	\$88
W	7/19 - 8/16	6 - 6:30p	GA	\$109
LEVEL 1	- Ages 3.5-4.5 мо	vement & overall motor skills.		
S	6/10 - 7/1	9:40 - 10:10a	RL	\$88
W	7/19 - 8/16	5:20 - 5:55p	GA	\$109
LEVEL 2	- Ages 5-7 Dribbling	, passing & shot techniques.		
S	6/10 - 7/1	10:15 - 11a	RL	\$88
W	7/19 - 8/16	3:45 - 4:30p	GA	\$109
LEVEL 3	- Ages 8-11 Spatial	awareness, teamwork & agility.		
S	6/10 - 7/1	11 - 11:45a	RL	\$88
W	7/19 - 8/16	4:30 - 5:15p	GA	\$109

**SPORTS** 

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#### **DISCOVERY SPORTS**

AGES 3-6 It's never too early to work on your child's motor development skills and NOR's Discovery Sports program provides the building blocks for learning basic sports skills in a FUN,

FUN,

non competitive environment. Parents participate with their children so it is fun for the entire family. Choose from two different sports: soccer or t-ball, or try both of them and SAVE! Receive a 10% discount on 2nd sport when you register for two sports (per child) at the same time. Includes t-shirt, ball, and medal.\*This program is eligible for a residency discount.

#### BASKETBALL (6/5 - 6/9) or (7/10 - 7/14)

M-F M-F	Ages 3 - 4 Ages 5 - 6	10:30 - 11:15a 11:30a - 12:15p	GA GA	\$59* \$59*
INDOOR	R SOCCER (6/19 -	6/23)		
M-F	Ages 3 - 4	9 - 9:45a	GA	\$59*
M-F	Ages 5 - 6	10 - 10:45a	GA	\$59*
T-BALL	(5/20 - 6/24) No	class 5/25		
S	Ages 3 - 6	9 - 11:45a	Emerald Cove	\$59*
S	Ages 3 - 6	2 - 3:45p	N. Meadows	\$59*

#### SUPER TOTS Register directly at <u>supertotssports.com</u>

AGES 18mos-6 SuperTots Sports Academy offers a variety of kids sports classes which provide countless ways for your child to grow and stay active.

#### SOCCER (6/3 - 6/24) or (7/8 - 8/12)

JOCCEN	$J_{j} = 0/2 + j = 0 (7/0)$	0/12)		
S S S	18 - 24 mos. Ages 2 -3 Ages 3 - 5	9 - 9:30a 9:45 - 10:30a 10:45 - 11:30a	Madison Grove Madison Grove Madison Grove	\$80 \$80 \$80
BASKETBA	LL (6/4 - 6/25)			
Su Su	Ages 2 - 3 Ages 3 - 5	8:30 - 9:15a 8:30 - 9:15a	RL RL	\$80 \$80
MULTI-SPO	DRT (6/7 - 6/28)			
W W W	Ages 2 -3 Ages 3 - 4 Ages 4 -5	4:30 - 5:15p 5:30 - 6:15p 6:30 - 7:15p	GA GA GA	\$80 \$80 \$80
BASEBALL	. (7/11 - 8/8)			
T T T T	Ages 2 -3 Ages 3 - 5 Ages 2 - 3 Ages 3 - 5	9 - 9:45a 10 - 10:45a 5:30 - 6:15p 6:30 - 7:15p	N. Rosedale N. Rosedale N. Rosedale N. Rosedale	\$120 \$120 \$120 \$120 \$120
MULTI-SPO	ORT (7/14 - 8/11)			
F F F	Ages 2 -3 Ages 3 - 4 Ages 4 -6	4:30 - 5:15p 5:30 - 6:15p 6:30 - 7:15p	RL RL RL	\$120 \$120 \$120

#### NEW KIDDOS IN THE KITCHEN

AGES 4-7 Drop off your child for fun cooking activities this summer. Each child will learn step-by-step simple recipes that they will enjoy and will receive their own cooking apron. Two day class. Child must be toilet trained. Must be 4 yrs old by start date.

T/Th	6/6 & 6/8	10a - 12p	RV	\$55
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#### **TOT OLYMPICS**

AGES 3-6 A week long Olympic sports camp for children. Kids will have tons of fun being introduced to various activities including sprints, obstacle course, relays, baseball throw, and long jump. On the last day of camp, the Tot Olympics will be held for parents to watch their child participate in multiple events and cheer their little Olympian along. Shirt and medal included. \*This program is eligible for a residency discount.

M-F	6/5 - 6/9	9 - 10a	GA	\$59*
M-F	7/10 - 7/14	9 - 10a	GA	\$59*

TOTS



Go online to find out what's new, confirm the most up-to-date program information, and register for activities.

@NORfun (O)@norrecreation

#### NEW SENIOR MARKETPLACE

AGES 60+ Seniors are invited on the third Wednesday of the month during lunch time to stroll through a convenient shopping experience comprised of local vendors right at the Senior Adult Center.

W	6/21	9a - 2p	SAC	FREE
W	7/19	9a - 2p	SAC	FREE
W	8/16	9a - 2p	SAC	FREE

#### **CONGREGATE NUTRITION**

Ongoing

AGES 60+ Enjoy nutritious meals for older adults in a group setting with an opportunity to socialize with others. Live music is played daily. Call 661.392.2030 by 2p the day before to make a lunch reservation. Lunch is served promptly at 12p and participants should arrive no later than 11:45a. Voluntary \$3 contribution. For companions under 60, meals cost \$6. Join us for holiday celebrations on these dates: 5/5 - Cinco De Mayo 6/16 - Father's Day 7/3 - Independence Day 8/25 - Hawaiian Party 3rd Wednesday - Monthly Birthday Celebration SAC FREE



12p

#### **BINGO**

M-F

AGES 60+ Grocery Bingo is played just like regular Bingo. Instead of a chance to win money, players have the chance to win snacks, toilet paper, or other household items.

GROCERY

т	Ongoing	1p	SAC	Varies

#### PENNY

AGES 50+ Penny Bingo is a game that you can play from just one penny. This activity offers the same thrill and excitement as the higher stake games, but for a fraction of the cost. Not only is this a low-risk way for new players to learn how to play bingo, but this game is popular amongst experienced players too.

Th	Ongoing	5:30 - 8p	GA	Varies
F	Ongoing	1p	SAC	Varies

#### NEW MOVIE NIGHT

AGES 60+ Seniors are invited to gather together for a movie night and light appetizers. Voluntary \$3 contribution.

W 4/26 4p	SAC	FREE
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#### **HOBBY MEETUP**

AGES 60+ Connect with seniors with shared interests and participate in your hobby with others at these informal get-togethers. Participants must bring their own supplies. SEWING & OUILTING

т	Ongoing	9a	SAC			
CROCHET						
W	Ongoing	9a	SAC			
PLAYING	PLAYING CARDS					
T/F	Ongoing	9a	SAC			
PAINTIN	G					
F	Ongoing	9a	SAC			

#### EXERCISE CLASS

60

**SENIORS** 

AGES 60+ Join Ruth Reid, an authorized Arthritis Association Teacher, in gentle exercise set to music. This is a great class focused on natural movements and general wellness.

Th Ong	going 9a	SAC	\$5
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#### 🥏 norfun.org

Go online to find out what's new, confirm the most up-to-date program information, and register for activities.

@NORfun ()@norrecreation





**Swim Lesson Registration Begins** May 10 Online or Any Community Center



**Riverview Community Center Finding Nemo Auditions** May 25 9a - 3p



**Riverview Community Center** June 6 & 8 10a - 12p





Greenacres Community Center