SWANSTON COMMUNITY CENTER

SPRING into SUMMER

May-June 2017

Activity Guide

SWANSTON COMMUNITY CENTER

Parks Make Life Better!

Mission Oaks Recreation & Park District

@SWANSTONCC

@MISSIONOAKSREC

2350 NORTHROP AVE.,
SACRAMENTO, CA 95825
333-6464
MORPD.COM

YOUTH PROGRAMS

CAMPS

CAMP KIDS

AGES: 6-12
DATES: MON-FRI, June 5 – August 4
TIMES: 8am – 12:30pm and/or 12:30 – 5pm
WEEKLY FEES: Half Day $46 Per Child
Full Day $92 Per Child

PROJECT HYPE

AGES: 8-13
DATES: MON-FRI, June 12 – July 28
(no program July 3-7)
TIMES: 8am – 12:30pm
LOCATION: Valley Oak Park
1150 Eastern Avenue, Sacramento
WEEKLY FEES: $50 per Child
Free/Reduced Lunch Rate: $10 per Child

SPANISH ENRICHMENT

Students will develop vocabulary & phrases of everyday living skills.
AGES: 7-11
WEEK 1: June 19-23, 9:30-11:30AM
WEEK 2: July 10-14, 9:30-11:30AM
CLASS FEE: $120 per child plus a $10 material fee due to the instructor at the first class.

LEGO ROBOTICS

MINDSTORMS EV3 Robotics (incoming grades 5-9) and WeDo Robotics (incoming grades 1-4) use the familiar LEGO product and give students an active role in computer science and STEM learning.
GRADES: 1-9
WEEK 1: July 17-21, 1-4PM (LEVEL 1)
WEEK 2: July 24-28 1-4PM (LEVELS 1&2)
CLASS FEE: $225/child per week
Scholarships available, contact dcurtola@morpd.com

CLASSES

BABYSITTING/ CHILD SAFETY + CPR

"A course for building a safe and successful babysitting business." Participants must attend BOTH days, and bring a snack/lunch.
AGES: 12-18
DATES: June 28 & 29; July 19 & 20
TIMES: 8:30am-1:30pm
COST: $35 registration, plus $35 material fee due to instructor.
(Includes Child and Babysitting manual and CPR handbook.)

CIRCLE TIME

Storytelling, singing, and crafts for children up to five years old and their parents.
DATES: Tuesdays, June 20-August 1
(no class 7/4)
TIMES: 11am-12pm
COST: FREE

PROJECT LIFELONG

Outdoor Trips for teens 13-17.
May 14: Rock Climbing with REI Outdoor School in Auburn, CA
June 23: Learn to Ride All-Terrain-Vehicles (ATV's) in Prairie City, Ca (Trip 1)
June 30: Learn to Ride All-Terrain-Vehicles (ATV's) in Prairie City, Ca (Trip 2)
July 23-24: Campout at the Yuba River - Sierra Buttes Hiking excursion
COST: $25 per participant
Register with SCIP at the Swanston Community Center OR contact project director Sean LaTour
Phone: (916) 591-0950
Email: projectlifelong@sacscip.org.

ADULT/FAMILY CLASSES

JAZZERCISE DANCE MIXX
M/W/F 9:15-10:15am
and SAT 8:30-9:30am

JAZZERCISE STRENGTH45
WED 8:15-9am
$50 Monthly

AIKIDO SELF DEFENSE
Mondays, 6-8pm
$35 per 5 week session
Ages 10 years to adult

ANYONE CAN DRUM
Thursdays, 1-2pm
$25 per month or $7 drop-in
West African drumming, no experience necessary.

TAI CHI
Tuesdays and Thursdays
9:30-10:30am
$30 per month
Wear comfortable, loose fitting clothing.

CHAIR YOGA
Tuesdays and Thursdays
10:45-11:45am
$20/month 4 classes
$30/month 8 classes
Bring a yoga mat and water.

SECOND FRIDAY DANCES
AT SWANSTON COMMUNITY CENTER

Friday, May 12 6:30-8:30pm
Friday, June 9 6:30-8:30pm
FREE! Space is limited, first come first serve

Sponsored By:
Aver Real Estate Services
Adrianna Nand
Residential and Condominium property management services.
Realtor/Broker
706-1843

Enjoy this community dance for adults/seniors. There will be a line-dance lesson during this first 30 minutes, then enjoy some boot scootin' jams provided by DJ Tim! All levels welcome.

333-6464 • MORPD.com
2350 Northrop Ave., Sacramento

PING PONG CLUB
Mondays, 1-2:30pm
Fridays 11am-1:30pm
$2 Donation
Beginners welcome!

CPR/FIRST AID
Saturday, June 8am-5pm
Includes 2-yr certification and EMSA.
$55 per class, $25 materials

WANT TO START A CLASS?
Join us
Wednesday, June 21, 6-8pm
for an Instructor Informational Meeting
at Swanston Community Center
RSVP to Tisho Ward
tward@morpd.com

MORPD.COM

MISSION OAKS RECREATION
& PARK DISTICT
WITH
MUTUAL ASSISTANCE NETWORK

presents...

Mother's Day Recognition

Do you know a great mom who deserves some recognition?
Nominate her for our 2017
Outstanding Community Mother Award

Contest opens April 1
Visit Facebook.com/SwanstonCC
for details on how to enter!

SATURDAY, MAY 13
3-5PM

Swanston Community Center, 2350 Northrop Ave., Sacramento

MORPD.com

MISSION OAKS RECREATION AND PARK DISTRICT presents

Wow!

4th Annual Summer Concert

GOOD TIMES

FREE! JUNE 17 | 3-7pm

featuring

ARDEN PARK ROOTS
www.aproots.com

CLEAR CONSCIENCE

NATOMAS HIGH DRUMLINE

PROUDLY SPONSORED BY

SCIP SACRAMENTO COUNTY

SWANSTON PARK
2350 NORTHROP AVE., SACRAMENTO
333-6464

Parks Make Life Better!

SWANSTON SPLASH PARK

2017 Season

Season Opener	5/27	11am-6pm
Weekends Only	5/27 - 6/11	11am-6pm
Memorial Day	5/29	11am-6pm
Open 7 Days	6/12 - 8/4	11am-6pm
Weekends Only	8/5 - 10/1	11am-6pm
Labor Day	9/4	11am-6pm

SWANSTON COMMUNITY CENTER

WEDDINGS PARTIES SEMINARS

FACILITY RENTAL PACKAGES

Call for a quote today

Full class descriptions and listings are available at the community center, and online at MORPD.com. You can register for programs and classes online or in in person at the Swanston Community Center front desk. If registering by mail, please do not send cash. For more information please visit MORPD.com or call 333-6464.