

Carmichael Recreation & Park District

ACTIVITY GUIDE

Fall / Winter 2026-27



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Meet your Advisory Board of Directors

The CRPD Advisory Board of Directors consists of up to five local individuals who are appointed by the Sacramento County Board of Supervisors. The charge of the Board is to set policies that will guide the District. Board members serve a term from 4 to 8 years and come from a variety of backgrounds and skills. They all share one important trait - a commitment to serve the park and recreation needs of this community



District Information

District Office

5750 Grant Ave., Carmichael, CA 95608
 Phone: (916) 562-4783
 Email: info@carmichaelpark.com
 Office Hours: By appointment only
 Park Maintenance Shop: (916) 481-0603

La Sierra Recreation Office

5325 Engle Road, Suite 100, Carmichael, CA 95608
 Phone: (916) 562-4783
 Email: info@carmichaelpark.com
 Office Hours: 8:30 AM–5:00 PM (Closed 1–2PM)
 Park Maintenance Shop: (916) 487-6234

Sacramento County Board Supervisor

Honorable Rich Desmond, District 3

Advisory Board of Directors

Lisa Mattos, Chair
 Chris Ives
 Joe Leavitt
 Jessica Wall

The Advisory Board meets on the third Thursday of each month at 6:00 PM in the Clubhouse at Carmichael Park, 5750 Grant Avenue, Carmichael, or remotely via Zoom. Meetings are open to the public. Agendas are posted at carmichaelpark.com.

Management Staff

Stacey Yankee, District Administrator
 Matt Lemcke, Administrative Services Manager
 Alaina Lofthus, Recreation Services Manager
 James Perry, Park Services Manager

Recreation Staff

Tori Weber, Recreation Supervisor
 Cameron Wiggins, Recreation Supervisor
 Brooke De Los Santos, Recreation Coordinator
 Regina Hill, Customer Service Representative
 Trevor Lewis, Recreation Coordinator
 Ryan Radvanyi, Recreation Specialist
 Chandler Tinder, Recreation Specialist
 Jennifer Weiher, Recreation Coordinator

Administrative Staff

Ty Campbell, Administrative Analyst
 Brian Shaw, Finance Technician

Park Staff

Clinton Salas, Lead Worker – Parks
 Darren Bewley, Park Maintenance Worker II
 Mitchell Botts, Park Maintenance Worker II
 Wes Buda, Park Maintenance Worker II
 Mike Edwards, Park Maintenance Worker II
 Curtis LaDuke, Park Maintenance Worker II
 Matthew Owens, Park Maintenance Worker II

Letter from the District Administrator



Dear Carmichael Community,

Autumn will soon be upon us and there will be a crispness in the air along with cooler temperatures. Many people may find themselves venturing outside to enjoy the color changes in the leaves and spend time walking and playing in the parks. This may be easier once the intense heat of summer is long gone.

I encourage you to explore some of the new park amenities that have opened (and others due to open up in a few weeks) as part of the Measure G Bond Projects in both Series 2023 and Series 2025. These improvements include the new pickleball courts and Tot Lot playground at Carmichael Park, a new playground at Glancy Oaks Park, new accessible walking paths at O'Donnell Heritage Park, and the new soccer field, walking path and improvements to the T-ball fields at La Sierra Community Center. We have many more projects currently under construction, including a new playground and parking lot at Cardinal Oaks Park and Jan Park is getting a new pavilion, walkways and a misting stick. La Sierra Community Center parking lot and Carmichael Park parking lots and roadways are both receiving upgrades along with ADA improvements planned to begin in a multi phased approach starting in summer of 2027. A transformation is taking place in your parks, and it's all out there waiting for you to discover.

There are many new changes happening to our activity offerings in this guide for everyone as well. Inside this guide you will find new creative classes including sewing, painting, journaling, photography, felting, ceramics, candles, pressed flowers and soapmaking. We have Spanish classes, School of Rock classes, karate, bocce ball, basketball and for the little ones there is Early Explorers and the Music Movers classes. There really is something for everyone in this guide, whether you're taking a class for your health, spending time with your child or making something as a gift for a loved one for the holidays.

More Measure G Bond projects will be on the horizon, as we still have another series of bond projects to be designed and constructed. I am thankful to all of you in our community for passing Measure G and your ongoing support of the Carmichael Recreation and Park District.

While you gather with family and friends during the upcoming holiday season, may you find shared joy and gratitude in this wonderful community that we all live in called Carmichael. Wishing all of you a Happy Autumn and Holiday Season!

Stacey Yankee
District Administrator

LEARN MORE ABOUT MEASURE G AT
CARMICHAELPARK.COM



MOVIE IN THE PARK

FRIDAY SEPT. 18TH, 2026 7:00-9:30PM
SHOWTIME 7:30PM
CARMICHAEL PARK, 5750 GRANT AVE



Join us for a magical night under the stars with a special **FREE** screening of Jumanji (1995) starring Robin Williams.





24 AT CARMICHAEL PARK

SEPT OPEN 5PM-8PM 5750 Grant Ave. Carmichael





Founder's Harvest Festival

Saturday, October 10th | 10am - 2pm



Carmichael Park: 5750 Grant Ave. Carmichael, CA 95608



Live Entertainment - Food Trucks - Craft Vendors
Kids Zone - Pumpkin Patch - Petting Zoo - Car Show

Would you like to be part of the Founder's Harvest Festival?
Sponsorships and vendor booths available, please visit carmichaelpark.com



Pet costume contest with prizes!

Carmichael Parks Foundation
presents:

Barktober Festival

Saturday, October 17th
10:00am to 1:00pm

Carmichael Park - 5750 Grant Ave

Vendor Booths, Activities, Pumpkin Patch,
Demonstrations, & Food Trucks







WALL OF HONOR

Saturday, November 7th | 10:00 am
Patriot's Park - 6827 Palm Ave. Fair Oaks, CA 95628

Join us for this event honoring our local heroes. Recognize community members who have given their lives in the line of duty, including CHP, Sacramento Sheriff's Department, Sacramento Metro Fire District, and the U.S. Military.



Holiday Tree Lighting

Thursday December 3rd 4:30pm to 7:30pm

Live Music | Arts & Crafts | Food Trucks | Santa Photos
Tree Lights at 6:15pm at Carmichael Park







Carmichael Park Farmer's Market



Carmichael Park
5750 Grant Ave

Sundays
9:00am - 2:00pm



The Carmichael Park Farmers Market brings together the best of the season with locally grown produce from family farms throughout the region. Meet the farmers who grow your food, learn about their practices, and enjoy a market atmosphere filled with fresh flavors and local vendors.





SPONSORSHIP OPPORTUNITIES WITH THE CARMICHAEL RECREATION AND PARK DISTRICT

WHY SPONSOR?



LARGE REACH
Carmichael residents and beyond.



INCREASE BRAND AWARENESS
Hundreds of thousands of impressions per year.



SUPPORT LOCAL PARKS
Be a champion of parks in the Carmichael community.

FOR MORE INFORMATION, EMAIL INFO@CARMICHAELPARK.COM



Programs and Classes

Registration Information

- Residents of the District will receive a discount for specific programs. Please see page 44 for the District boundary map.
- R=Resident and NR=Non Residents.

Registration can be completed in one of the following ways:

Online Registration: Available for most programs and classes at carmichaelpark.com.

Mail or Drop Box: Mail completed registration form to our office or place in drop box. Please do not include cash:

La Sierra Community Center

Attn: Program Registration
5325 Engle Road, Suite 100
Carmichael, CA 95608

Phone: Phone: (916) 562-4783

Walk-In Registration: La Sierra Offices: 5325 Engle Rd, Suite 100. Monday through Friday 8:30am-5pm, closed 1-2pm.

General Information

- Pre-registration is required for all classes and programs.
- Carefully read each program/class description for pertinent information.
- Payment in full must be made at the time of registration.
- Classes may be cancelled if a minimum number of participants are not met. Please register early!
- Refund Policy: View our Refund Policy at carmichaelpark.com.
- The District reserves the right to cancel or change program offerings at any time.

Payment: We accept the following forms of payment:

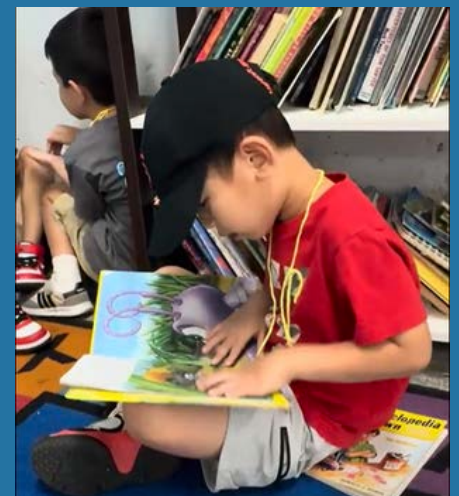
- Checks payable to the Carmichael Recreation and Park District (CRPD). There is a \$25 service charge for all returned checks.
- Credit Card (3.5% convenience fee- non-refundable).
- Debit Card
- Cash accepted in exact amount only.

Office Closures: Offices are closed on all County of Sacramento Holidays.



The Sharon Ruffner Youth Scholarship Fund

Every child deserves the opportunity to learn, play, and grow. Through the generous support of the Carmichael Parks Foundation, partial scholarships are available for qualifying youth (ages 0–17) to help make District programs more affordable. Visit our website or contact the Recreation Office to learn more and apply.





Ages 13+ / Located at La Sierra Community Center

Botanical Trinket Dish

Nov 20 / Friday / 6:00pm-8:00pm

Registration: \$45 (R) | \$47 (NR)

Create a beautiful nature-inspired trinket dish using air-dry clay and botanical textures. Participants will learn hand-building techniques while pressing leaves, flowers, and natural elements into their piece to create a functional keepsake perfect for holding jewelry, keys, or other small treasures.

Materials provided.



Build Your Own Button Doll

Feb 25 / Thursday / 6:00pm-8:00pm

Registration: \$45 (R) | \$47 (NR)

Bring a whimsical character to life in this creative clay workshop! Participants will sculpt a unique doll face from air-dry clay and combine it with buttons, fabric, and decorative embellishments to create a one-of-a-kind keepsake full of personality and charm. No prior experience is necessary.

Materials provided.





Ages 13+ | Located at La Sierra Community Center & Carmichael Park



Intro to Felting: Make a Felted Mushroom

Nov 12 | 6:00pm–8:00pm

Registration: \$39 (R) | \$41 (NR)

Discover the art of needle felting as you transform soft wool into a charming handmade mushroom. This beginner-friendly class will introduce basic felting techniques while creating a whimsical keepsake.

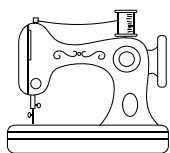


Basic Wire Wrapping: Make a Pendant

Dec 10 | 6:00pm–8:00pm

Registration: \$39 (R) | \$41 (NR)

Learn the fundamentals of wire wrapping as you turn a stone into a unique handmade pendant. Participants will explore basic jewelry-making techniques and leave with a wearable piece of art.



Learning to Use Your Sewing Machine

Jan 14 | 6:00pm–8:00pm

Registration: \$29 (R) | \$30 (NR)

Build confidence with your sewing machine in this hands-on beginner workshop. Learn machine basics, common functions, and essential techniques to help you start sewing with ease.



Intro to Weaving: Board Loom

Feb 11 | 6:00pm–8:00pm

Registration: \$55 (R) | \$58 (NR)

Explore the timeless craft of weaving while creating your own woven wall hanging on a simple board loom. Participants will learn foundational weaving techniques and leave with a finished project to display at home.



Ages 13+ / Located at La Sierra Community Center

DIY Embossed Chimes

Aug 27 | Thursday | 6:00pm–8:00pm
Registration: \$45 (R) | \$47 (NR)



Create beautiful, shimmering wind chimes in this hands-on workshop! Participants will emboss copper sheets with unique designs, then assemble them into a one-of-a-kind musical and decorative wind chime or hanging decoration.

Beginner Cross Stitch

Sept 10 | Thursday | 9:00am–11:00am
Jan 28 | Thursday | 6:00am–8:00am
Registration: \$39 (R) | \$41 (NR)

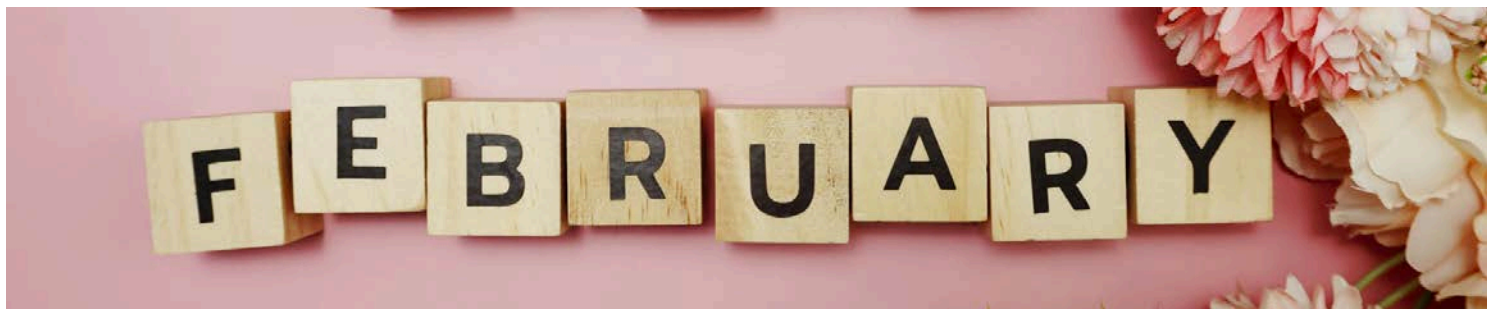
Interested in learning cross stitch? Join us for one of our beginner-friendly workshops and discover the basics of this relaxing and rewarding craft. Participants will learn foundational stitching techniques, how to read simple patterns, and create a project to take home. Materials Provided.

Visible Mending: Repair, Renew, & Reimagine

January Series | Jan 4, 12, 18, 25
6:00pm–8:00pm
Registration: \$75 (R) | \$79 (NR)

Give well-loved clothing a second life in this creative four-week series. Participants will learn mending techniques such as patching, stitching, and embellishment while transforming worn or damaged items into unique pieces that celebrate sustainability and personal style. No prior sewing experience is required.





Made with Love Series

Creating Seasonally Inspired Crafts & Gifts
Ages 13+ | Located at La Sierra Community Center
Series Registration Fee: \$175 (R) | \$184 (NR)



Cozy Candle Creations **Feb 3 | Wed | 6:00pm–8:00pm**

Registration: \$45 (R) | \$47 (NR)

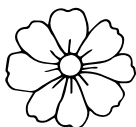
Create your own custom candle while exploring the art of candle making. Participants will learn the basics of wax, fragrance, and design while crafting a cozy handmade candle to enjoy at home or give as a thoughtful gift.



Handcrafted Tote **Feb 10 | Wed | 6:00pm–8:00pm**

Registration: \$45 (R) | \$47 (NR)

Learn beginner-friendly sewing techniques while creating a practical and stylish reusable market tote. Participants will build confidence with sewing basics and leave with a handmade bag perfect for everyday use.



Pressed Flower Keepsakes **Feb 17 | Wed | 6:00pm–8:00pm**

Registration: \$45 (R) | \$47 (NR)

Preserve the beauty of nature by creating a one-of-a-kind pressed flower keepsake. Participants will arrange and design botanical elements into a decorative piece that celebrates the colors and charm of the season.



Artisan Soap Making **Feb 24 | Wed | 6:00pm–8:00pm**

Registration: \$45 (R) | \$47 (NR)

Discover the art of handcrafted soap making in this creative, beginner-friendly workshop. Participants will learn the basics of soap crafting while creating custom bars to take home and enjoy or share as handmade gifts.



Friday Paint Nights (13+)

Location: La Sierra Community Center
Registration: \$39 (R) / \$41 (NR)

Make the first Friday of every month your new favorite tradition! Each month features a unique themed painting led by a local artist in a welcoming environment.

Whether you're joining friends, planning a date night, or simply looking for a creative way to unwind, you'll enjoy step-by-step instruction while creating your own work of art. No experience is necessary. Materials provided.

Date	Time	Theme
Aug 7	6:00pm-8:00pm	Coast Meets Country
Sept 4	6:00pm-8:00pm	Mystical Mushrooms
Oct 2	6:00pm-8:00pm	The Movie Twilight
Nov 6	6:00pm-8:00pm	Harvest Moon
Dec 4	6:00pm-8:00pm	Gingerbread Cottage
Jan 8	6:00pm-8:00pm	Oceans of Possibility
Feb 5	6:00pm-8:00pm	Paint Your Partner

Paint in the Park (5+)

Location: Carmichael Park
Registration: \$50 (R) / \$53 (NR)

Create lasting memories with one brushstroke at a time! Paint in the Park is an Adult & Me painting experience where one adult and one child create side by side in a fun, instructor-led class set in beautiful Carmichael Park. Held every other month, each session features a new seasonal design.

One registration includes both adult and child. Materials provided.



Date	Time	Theme
Oct 3	9:00am-11:00am	Autumn in the Park
Dec 5	9:00am-11:00am	Winter Wonderland
Feb 6	9:00am-11:00am	Cozy Critters



Young Artists Studio (Ages 8-12)

Year-Round Program

Mondays | 4:30–5:45 PM

Location: La Sierra Community Center

Monthly Registration: \$75 (R) / \$79 (NR)

Young artists will build their skills and confidence through a month-long progressive art series designed to encourage creativity and self-expression. Meeting every Monday, participants will explore a variety of drawing and painting techniques while creating new projects each week and developing their artistic abilities over time.

Materials provided.



Holiday Makers Workshop : Paint Your Own Nutcracker (5+)

Dec 12 | Saturday | 10:00am-12:00pm

Location: La Sierra Community Center

Registration: \$45 (R) / \$47 (NR)

Get into the holiday spirit as you paint your very own nutcracker! Participants will customize a decorative wooden nutcracker using festive colors and take home a unique holiday keepsake to display and enjoy for years to come.

Materials provided.



Located at Sutter-Jensen Community Park, the Carmichael Community Garden exists to promote a positive environment for community members with a passion for working outdoors to share gardening tips and build camaraderie. Featuring sixty-two, 20' x 20' plots renewed annually, available on an application basis.

Visit us online for more info at www.carmichaelpark.com



Nature's Lab
A BILINGUAL, EXPERIENTIAL PLAY SCHOOL

Thank you to our Community Garden Sponsor!

Rooted in Nature: Fall Workshop Series

Build your gardening knowledge one class at a time.

This fall series covers essential techniques every gardener should develop, including plant propagation, vermiculture composting, and overwintering your summer garden. Gain practical, science-backed skills to improve your soil, strengthen your plants, and set your garden up for success year-round.

Garfield House, Sutter-Jensen Community Park

Ages 18+ | Fee per class : \$15 (R) | (NR) \$16

Beneficial Insects	August 22, Saturday 9:00am-10:00am
How to Compost	September 19, Saturday 9:00am-10:00am
Vermiculture	October 31, Saturday 9:00am-10:00am
Overwintering Garden Beds	November 14, Saturday 9:00am-10:00am

KARATE CLUB



HP Shotokan Karate (5+)

Year-Round Program

Meets every Monday & Wednesday

Beginner: 6:00–7:00pm

Intermediate/Advanced: 7:00pm–8:00pm

Location: La Sierra Community Center

Monthly Registration: \$80 (R) | \$84 (NR)

Discover the art of traditional Japanese karate through HP Shotokan Karate Classes. Students will learn balance, coordination, and self defense in a structured and supportive environment.





This instructional soccer experience includes age appropriate activities, skill demonstrations, fun games, and instructional scrimmages conducted in a non-competitive, recreational format. Perfect for first time players while being fun and engaging for kids with some experience.

Kidz Love Soccer Class Hotline:
1-888-372-5803

Call for questions & cancellations

Location: Carmichael Park 5750 Grant Ave

Tot / Pre-Soccer

Ages 3.5-4

Tot soccer helps kids learn to be part of a structured group activity without a parent by their side. Our field tested, age specific curriculum builds confidence and promotes physical development in a safe, supportive, and fun environment. Tot Soccer focuses on helping kids develop their large motor skills through skill demonstrations and entertaining games like Bugs in the House!

Soccer 1: Techniques & Teamwork

Ages 5-6

Where players learn dribbling, passing, defense and shooting goals! Fun skill games are played at every session, while small-sided soccer matches will be introduced gradually. Perfect for first time players while keeping intermediate's engaged.

Soccer 2: Skillz & Scrimmages

Ages 7-10

A great introduction to competitive soccer, Skillz and Scrimmages teaches advanced techniques like dribbling, passing, goal-tending and shooting. From defense and mid-field to forward and goalie, kids get exposure to playing every position and practice playing as a team. Appropriate for players of varying skill levels.

Program	Days	Dates	Times	Fee
Tot/Pre-Soccer	Sat	10/3-11/7	4:10-4:45pm	\$165 (R) \$173 (NR)
Soccer 1	Sat	10/3-11/7	2:30-3:15pm	\$165 (R) \$173 (NR)
Soccer 2	Sat	10/3-11/7	3:20-4:05pm	\$165 (R) \$173 (NR)

The Spanish Classroom Presents

MOVIE NIGHTS EN ESPAÑOL

OCTOBER 16 | COCO | 6:00PM-9:00PM

NOVEMBER 13 | TOY STORY | 6:00PM-9:00PM

DECEMBER 11 | RIO | 6:00PM-9:00PM

Registration: \$40 (R) | \$42 (NR)

Ages 6-12

Keep your child's Spanish skills growing through the fun of movies! Each movie night features a kid-friendly film presented completely in Spanish, helping participants build listening comprehension and vocabulary in a natural, engaging way. The evening also includes themed games, a creative art project inspired by the movie, and pizza dinner. It's a fun and memorable way to learn, create, and connect with language beyond the classroom.



Learn the Language: Beginner Spanish

8 Week Series | Mondays | 5:15pm-6:30pm

Location: La Sierra Community Center

Registration: \$195 (R) / \$205 (NR)

K-5th Graders

Designed as a small group learning experience for K-5th graders, this 8-week course begins the week you enroll and runs for eight consecutive weeks. Students follow a structured curriculum focused on vocabulary, reading, sentence building, conversation, and interactive games, with personalized attention in a small-group setting. It's perfect for families looking to build real Spanish language skills in a fun, supportive environment.

This is an ongoing program that runs September thru December

SCHOOL of ROCK

Rock 101 Program

AGES
7 - 14

09/02/2026-10/21/2026

WEDNESDAYS 3:30 - 5:00PM

LOCATION: CARMICHAEL SCHOOL OF ROCK

LOOKING FOR A ENGAGING WAY FOR YOUR CHILD TO EXPLORE MUSIC AFTER SCHOOL?

THE ROCK 101 PROGRAM IS THE PERFECT INTRO TO THE WORLD OF ROCK & ROLL!

WHAT THEY'LL EXPERIENCE

1.5 HOUR WEEKLY GROUP LESSONS + BAND PRACTICE, STUDENTS LEARN CLASSIC ROCK SONGS THAT HAVE BEEN SIMPLIFIED SPECIALLY FOR BEGINNER MUSICIANS

STUDENTS CHOOSE A ROCK INSTRUMENT: GUITAR, BASS, DRUMS, VOCAL, KEYBOARD

COMBINES PERFORMANCE-BASED MUSIC EDUCATION WITH A UNIQUE CURRICULUM DESIGNED FOR STUDENTS WITH NO PREVIOUS MUSICAL EXPERIENCE

END-OF-PROGRAM LIVE PERFORMANCE FOR FAMILY & FRIENDS

8 WEEK SESSION \$299 (R) / \$314 (NR)





Fall Photography: Series for Beginners (13+)

October | Mondays | 5:00pm-6:30pm

Location: Carmichael Park

Registration: \$75 (R) | \$79 (NR)

Take your photography skills to the next level in this multi-week series designed for aspiring photographers. Meeting every Monday evening in October, participants will explore composition, lighting, seasonal landscapes, and creative techniques through a combination of instruction and hands-on practice while building a strong foundation behind the lens.

* Participants must bring their own digital camera.



Intro to Digital Photography (13+)

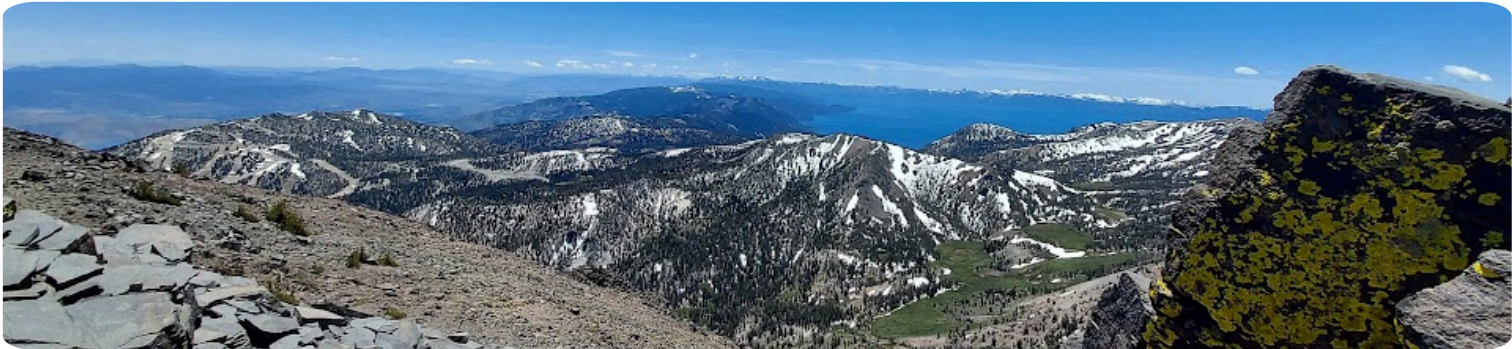
Jan 23 | Saturday | 1:00pm-4:00pm

Location: Carmichael Park

Registration: \$40 (R) | \$42 (NR)

Learn the fundamentals of photography while building confidence with your camera. This beginner-friendly workshop will cover camera settings, composition, lighting, and techniques to help you take better photos.

* Participants must bring their own digital camera.



Explore Northern California one trail at a time! Our guided day hikes combine outdoor recreation with opportunities to learn about local history, ecology, and natural resources. Trips average 4–6 miles and depart at 7:00am with variable return times. Visit the program webpage for trail difficulty, elevation gain, pickup/drop-off locations, packing recommendations, and other trip-specific details. Transportation included. Ages 18+

Date	Location	Activity	Cost (R) (NR)
Aug 29	Oakland Hills	Coastal Redwoods Day Hike	\$75 \$79
Sept 26	Tahoe Forest	Golden Aspen Fall Hike	\$75 \$79
Nov 15	Marshall Gold Discovery SHP	Historical Gold Rush Hike	\$55 \$58

Clinics

Climbing 101: How to Get Started
October 28 | 6:00pm–7:00pm
Location: La Sierra Community Center
Registration: \$15 (R) | \$16 (NR)

Curious about rock climbing but not sure where to begin?
This introductory class covers the different styles of climbing, essential gear and equipment, basic skills to develop, and tips for getting started safely and confidently in the sport. Perfect for aspiring climbers looking to take their first steps into the climbing world. Ages 13+

Custom Trips

Looking for a custom outing for your group? Carmichael Recreation & Park District offers private hikes, nature walks, outdoor education programs, and customized adventures.

For availability & pricing, contact tweber@carmichaelpark.com

www.carmichaelpark.com/outdoor-trips-clinics



Adult & Pediatric First Aid/CPR/AED Certification

Ages 13+ | Location: La Sierra Community Center
Registration: \$75 (R) | \$79 (NR)

Gain the skills and confidence to help when it matters most. This American Red Cross course prepares participants to respond to common first aid, breathing, and cardiac emergencies involving adults, children, and infants. Learn CPR, how to use an AED, respond to choking, and provide care for sudden illnesses and injuries through practical, hands-on instruction.

This blended-learning course includes online coursework that must be completed before the in-person skills session. Participants who successfully complete both portions will receive an American Red Cross certification valid for two years. Participants only need to register for one date to receive certification.

Date	Time
September 3	2:00pm–5:00pm
October 8	4:00pm–7:00pm
December 5	8:00am–11:00am



TODDLER & ME

EARLY EXPLORERS



Early Explorers is a fun adult-and-child class where little ones discover nature through easy park walks, sensory activities, songs, and play. Together, you'll explore the outdoors while encouraging curiosity, movement, and a love of nature

-  Lil' Scouts: Ages 1-2
10:00am-10:45am
-  Jr. Rangers: Ages 2-3
11:00am-11:45am
- Monthly: Tuesdays
- Fee: \$70 (R) | \$74 (NR)
- Location: Sutter-Jensen
Community Park

TODDLER & ME

Music MOVERS

Music Movers is a fun adult-and-child class where caregivers and little ones enjoy music, movement, and play together. Each session features songs, simple dances, and hands-on instruments that encourage creativity while building coordination and motor skills.

-  Tempo Tots: Ages 1-2
10:00am-10:45am
-  Rhythm Rascals: Ages 2-3
11:00am-11:45am
- Monthly: Thursdays
- Fee: \$70 (R) | \$74 (NR)
- Location: Sutter-Jensen
Community Park



Tiny Tots Preschool

The Tiny Tots Preschool provides a nurturing and engaging environment designed to support each child's emotional, physical, social, and cognitive development. Through hands-on activities, creative play, and age-appropriate learning experiences, children build confidence, independence, and important social skills. Recognizing that every child develops at their own pace, our program encourages individual growth while fostering respect for oneself and others in a positive and supportive setting.

Days: Monday–Thursday
Time: 9:00am–12:00pm
Location: Tiny Tot Room, Veterans Memorial Building at Carmichael Park
Ages: 3–4 years old

Reach out to us to meet the instructor and set up a tour!
bdelossantos@carmichaelpark.com
(916) 562-4783

Session	Dates	Fees R NR
1	8/17–8/27	\$208 \$218
2	8/31–10/1	\$493 \$518
3	10/5–10/29	\$415 \$436
4	11/2–11/19	\$285 \$299
5	11/30–12/17	\$311 \$327
6	1/4–1/28	\$403 \$423
7	2/1–2/25	\$323 \$339
8	3/1–4/1	\$430 \$452
9	4/5–4/29	\$430 \$452
10	5/3–5/27	\$430 \$452
R: Resident NR: Non-Resident		

Registration is ongoing.



Kids Hangout After School Program

Kids Hangout is a fun and engaging after-school program that provides a safe and welcoming environment for students in grades 1–8. Participants can complete homework, enjoy nutritious snacks, socialize with friends, and take part in a variety of games, sports, and recreational activities. Transportation is provided from participating schools to the La Sierra Community Center, making it easy for families to have the care they need after the school day ends.

Participating Schools: Barrett Middle School, CMP Carmichael Campus, Churchill Middle School, and Deterding Elementary School.

Grades: 1st – 8th (for Kindergarten inquiries, please contact bdelossantos@carmichaelpark.com or call (916) 562-4783.

Location: La Sierra Community Center

Dates: August 10, 2026 – June 11, 2027

Days: Monday–Friday

Times: School dismissal time until 6pm
Includes early release days, minimum days,
and parent-teacher conferences

Fees: Full-Time (4–5 days per week)
➤ \$115/week (R) | \$120/week (NR)
Part-Time (1–3 days per week)
➤ \$95/week (R) | \$100/week (NR)



Contact us at:
(916) 562-4783
bdelossantos@carmichaelpark.com

FALL BREAK KIDS HANGOUT CAMP

Looking for something fun for your children this Fall Break?

Sign them up for Kids Hangout!

Located at our La Sierra Community Center where kids have the opportunity to play in our two gymnasiums, open field spaces, and playground!

Ages: 5 – 12 years old

Dates: Nov 23 – 25

Program is closed on Nov 26th and 27th

Times: Open 7:30am – 6pm

Location: La Sierra Community Center

Fees: \$132 (R) | \$139 (NR)



Winter Break Kids Hangout Camps

Have a blast this Winter Break at our Kids Camp!

Kids will play games and sports, make arts and crafts, get creative with dance and drama all while making new friends. Located at our La Sierra Community Center where kids have the opportunity to play in our two gyms, open field spaces, and playground!

Ages: 5 – 12 years old

Week 1: Dec 21 – 23 (closed 12/24-25)

Week 2: Dec 28 – 30 (closed 12/31-1/1)

Times: Open 7:30am – 6pm

Location: La Sierra Community Center

Fees Per Week: \$132 (R) | \$139 (NR)





Elementary Volleyball

Grades: 4-6

League Dates: 9/11 – 10/30

Location: La Sierra Community Center – Big Gym

Times: Between 4pm – 8pm
Clinics: 9/11 and 9/18: 4:30-6pm
Games start 9/25

Practices & Games: Friday nights teams practice for 40 minutes and play games for 40 minutes in time blocks between 4pm – 8pm

Fee: \$130 (R) | \$137 (NR)

Registration Dates: 8/3 – 9/16

Middle School Volleyball

Grades: 6/7 & 8

Location: La Sierra Community Center– Big Gym

Grade	Days of Play
6 th – 7 th Grades	Games: Mon & Wed Practices: Tues & Thurs
8 th Grade	Games: Tues & Thurs Practices: Mon & Wed

Games: Start the week of 9/21

Practices: Begin the week of 8/31.

Fee: \$180 – Includes a T-shirt

Registration Dates: 8/3 – 8/30



Parent Volunteer Coaches Needed!

We’re looking for parent volunteer coaches for all of our youth sports programs. Please contact us at tlewis@carmichaelpark.com or (916) 562-4783 to learn how you can get involved.

All coaches must pass a fingerprint background check provided by CRPD. Program fee discounts available for parent volunteer coaches.



Boys Elementary Basketball

Grades: 2-3 & 4-6

Dates: 1/8 – 3/6 (no practice or games on 2/18 & 2/19)

Location: La Sierra Community Center Gymnasiums

Practices: Fridays Evenings
Teams are assigned a 1-hour practice time on Fridays between 4:00pm–8:00pm.

Games: Saturdays starting 1/16.

Fee: \$175 (R) | \$184 (NR)

Registration Dates: 11/2 – 1/3

Girls Elementary Basketball

Grades: 2-3 & 4-6

Dates: 1/8 – 3/6 (no practice or games on 2/18 & 2/19)

Location: La Sierra Community Center Gymnasiums

Practices: Fridays Evenings
Teams are assigned a 1-hour practice time on Fridays between 4:00pm–8:00pm.

Games: Saturdays starting 1/16.

Fee: \$175 (R) | \$184 (NR)

Registration Dates: 11/2 – 1/3



Pee Wee Basketball

Dates: 1/16 – 3/6 (Saturdays Only)

Grades & Times:

- Kindergarten: 9:00am – 9:50am
- 1st Grade: 10:00am – 10:50am

Location: La Sierra Community Center

Fee: \$130 (R) | \$137 (NR)

Registration Dates: 11/2/26 – 1/15/27

Boys Middle School Basketball

Grade: 6/7 & 8

League Dates: 11/2 - 1/30

Practices: Practice will begin the week of 11/2 and be twice weekly at school site. Specific days and times will be announced at the information meeting.

Games: Games are on Fridays and/or Saturdays at the La Sierra Community Center & other local gyms. Schedule will be handed out after teams are formed. Games start the week of 12/4.

Fee: \$200 - Includes a jersey

Registration Dates: 9/28 - 11/1

Girls Middle School Basketball

Grade: 6/7 & 8

League Dates: 2/1 - 4/24

Practices: Practice will begin the week of 2/1 and be twice weekly at school site. Specific days and times will be announced at the information meeting.

Games: Games are on Fridays and/or Saturdays at the La Sierra Community Center & other local gyms. Schedule will be handed out after all teams are formed. Games start the week of 3/5.

Fee: \$200 - Includes a jersey

Registration Dates: 12/14 - 1/31



Youth Scholarships

Apply online for partial youth scholarships funded by the Carmichael Parks Foundation - Sharon Ruffner Youth Scholarship Program.



Volleyball Leagues

Dates: Fall: 9/14 to 11/20 (approx.)
Winter: 1/4 to 3/18 (approx.)
Times: Game times are scheduled to start from 6:15pm – 9:15pm.
Location: La Sierra Community Center

Team Registration Fees:

Fall: \$315 (R) | \$331 (NR)
Winter: TBD

Gather your team and hit the court in our Adult Volleyball Leagues! Stay active and enjoy friendly competition.

League champions receive championship t-shirts.

Leagues	Days of Play
Women’s 6’s: BB & B	Tuesdays
Reverse Coed Quads: A & B	Wednesdays
Coed 6’s: C	Thursdays
Women’s Quads: BB & B	Thursdays

Register your team now online or call (916) 562-4783.

Skill levels from highest to lowest: A, BB, B, C

Basketball Leagues

Location: La Sierra Community Center
Times: Game times are scheduled to start from 6:15pm – 9:15pm.
Hit the hardwood this season with our 3-on-3 and 5-on-5 basketball leagues!

5 vs 5 Basketball

Dates: Fall: 8/24 to 11/16 (approx.)
Winter: 1/11 to 4/5 (approx.)

Team Registration Fees:

Fall: \$590 (R) | \$620 (NR)
Winter: TBD

League champions receive championship t-shirts.

3 vs 3 Basketball

Dates: Fall: 9/16 to 11/18 (approx.)
Winter: 1/6 to 3/17 (approx.)

Team Registration Fees:

Fall: \$150 (R) | \$158 (NR)
Winter: TBD

Leagues	Days of Play
5v5 B/C	Mondays & Thursdays (Fall Only)
3v3 A/B & C	Wednesdays
Womens 3v3 C	Wednesdays





Softball Leagues

Dates: Fall - 9/18 to 11/20 (approx.)

Times: Game times are scheduled to start from 6:15pm - 9:15pm.

Location: Carmichael Park, Ball Field 2

Team Registration Fee:

Fall: \$535 (R) | \$567 (NR)

Our Softball League offers a fun way to get together with friends and be active!

League champions receive championship t-shirts.

Leagues

Days of Play

Coed Recreation C

Fridays



Drop-In Indoor Pickleball

Dates: 11/3/26 to 3/18/27

Days: Tuesdays & Thursdays

Times: 9am - 12pm

Location: La Sierra Community Center

Fee: 1 day Pass: \$8 (R) | \$9 (NR)

10-visit punch card: \$53 (R) | \$56 (NR)

5 Courts - All ages and all skills

Bocce Ball League

Dates: 9/17 to 10/29 (approx.)

Days: Thursdays

Times: Games times will be scheduled between 9am - 12pm

Location: Carmichael Park

Team Registration Fees: \$160 (R) | \$168 (NR)

Get your team of 4 together and roll into some friendly competition with our Bocce Ball League! Whether you're a seasoned player or a first timer, you'll enjoy weekly matches and plenty of fun! League champions receive a medal!



Tai Chi For Seniors

Year-Round Program

Tuesdays & Thursdays | 8:30–9:30am

Location: Carmichael Park, Veterans Hall

Monthly Registration: \$75 (R) | \$79 (NR)

Tai Chi and exercises for seniors includes basic Yang style Tai Chi and Qigong energy movements for better balance, traditional stretching and strengthening exercises for balance and physical strength.

Next season's Senior Softball League will start Spring of 2027!



Carmichael Senior Citizens Club

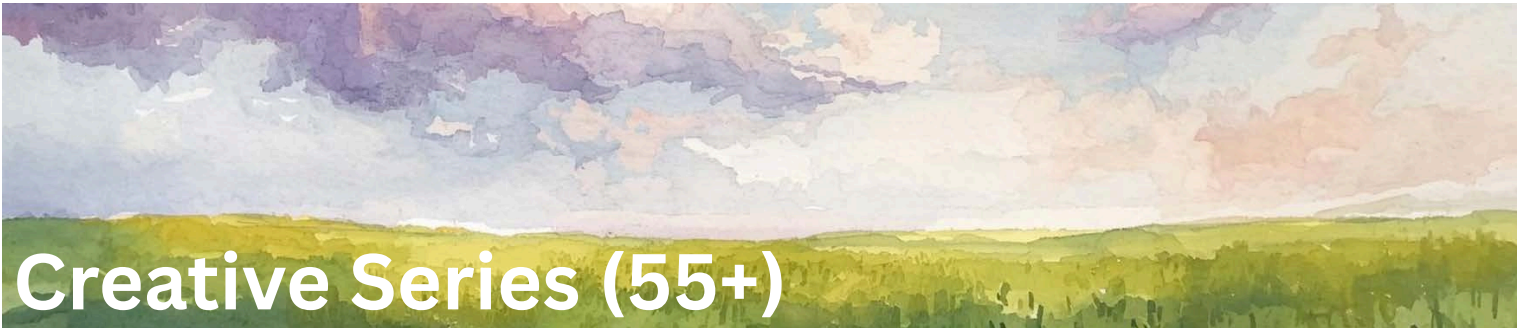
*2nd & 4th Thursdays of the month
10:00am–2:00pm*

*Location: Carmichael Park
5750 Grant Ave*

Activities include: Potluck lunches, Entertainment, Casino Bus Trips, Bingo, Rummage Sales, Theatre Outings, and More! Call Valerie at (916) 487-5525 for more information.



This is not a CRPD sponsored program



Creative Series (55+)

Oct-Feb | Every Third Wednesday of the Month | 9:00am-11:00am

Location: La Sierra Community Center

Single Class Registration Fee: \$39 (R) | \$41 (NR)

Series (5 Classes) Fee: \$175 (R) | \$184 (NR)

Oct 21: Beginner Sewing Class

Explore the fundamentals of sewing while creating a simple project in a relaxed and supportive setting. No prior experience is necessary.

Nov 11: Basic Wire Wrapping – Make a Pendant

Learn the fundamentals of wire wrapping as you transform a stone into a unique handmade pendant. No experience necessary. *(Please note: This class will meet on the second Wednesday of the month due to staffing.)*

Dec 16: Watercolor Painting – Lavender Fields

Enjoy a relaxed morning of watercolor painting as we create a lavender field filled with soft colors. Explore watercolor techniques, and self-expression in a welcoming environment. All skill levels welcome.

Jan 20: Slow Stitching for Relaxation

Slow down and unwind through mindful hand stitching. Create a beautiful textile piece while enjoying the benefits of creative focus.

Feb 17: Intro to Junk Journaling

Discover the art of junk journaling by combining papers, ephemera, and keepsakes into a personalized creative journal. Perfect for beginners looking to explore a fun new hobby.





Jensen Botanical Garden

8520 Fair Oaks Blvd. Carmichael, CA 95608

Nestled within Sutter-Jensen Community Park, Jensen Botanical Garden offers a peaceful setting for learning, exploration, and connection with nature. Throughout the year, the garden serves as a living classroom and gathering place for community programs, workshops, and special events.

Are you interested in volunteering with the Friends of Jensen Botanical Garden? Visit our volunteer website to learn more:

carmichaelpark.com/jensen-botanical-garden-volunteer-workday



Help Us Maintain Your Parks!

Walking in the park and notice graffiti, vandalism, or other maintenance issues? Call the Maintenance Line and leave a detailed message describing your observation, including contact info in case of follow up.

Report a non-emergency park maintenance concern online at: <https://www.carmichaelpark.com/crpd-non-emergency-contact-form>

Park Maintenance Line: (916) 481-0603



Schweitzer Grove Nature Area



Carmichael Dog Park

This off leash park is open 7 days a week and perfect for a good run or romp.
Big and small dogs welcome!

Leashed dogs are welcome in all of our parks!

Support Carmichael Dog Park

If you and your pup love our park, please consider volunteering. Email us at info@carmichaelpark.com or call (916) 562-4783



Disc Golf Course | Carmichael Park

Come play disc golf at Carmichael Park!
Our 9-hole course is great for beginner and intermediate play.

Open during park hours.



You can find a full course map online at carmichaelpark.com/disc-golf-course.



John Smith Hall

Carmichael Recreation and Park District offers a variety of rental facilities to suit your event needs.

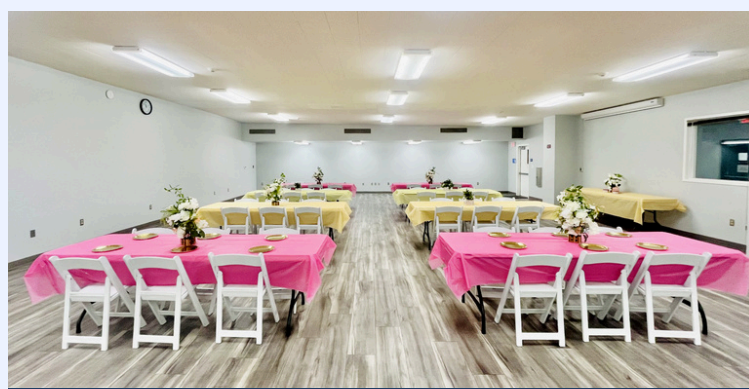
La Sierra Community Center Facilities

5325 Engle Rd, Suite 100, Carmichael, CA 95608 | (916) 562-4783



Room 800

Best for meetings & classes. Capacity 50.



Cypress Room

Great for small parties & events. Capacity 115.



John Smith Hall

Perfect for wedding receptions, fundraisers, and large events. Capacity 385.



Johnson & Villareal Gymnasiums

Large and small gyms – Basketball hoops, volleyball nets, and pickleball nets available.

Carmichael Park Facilities

5750 Grant Avenue, Carmichael, CA 95608 | (916) 562-4783



Community Clubhouse

Medium space for meetings, baby showers, fundraisers, and other events. Capacity 150.



Raymond & Hazel Nay Memorial Picnic Shelter

Great option for large outdoor gatherings or summer grilling. Capacity 80.



Veteran's Memorial Hall

Perfect for holiday gatherings, clubs, meetings, and small receptions. Capacity 75.

More facilities and rental information available on our website: www.carmichaelpark.com

Carmichael Park Court Rentals

5750 Grant Avenue, Carmichael, CA 95608 - (916) 562-4783



Pickleball Courts

3 reservable courts for rental and 3 courts for free play. All open play when not reserved.



Bocce Ball Courts

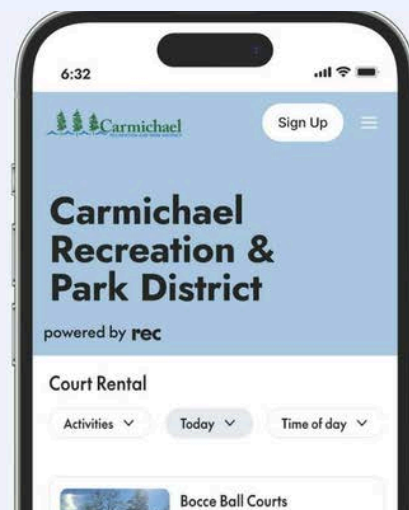
2 courts can be reserved for rental or open for free play.



Tennis Courts

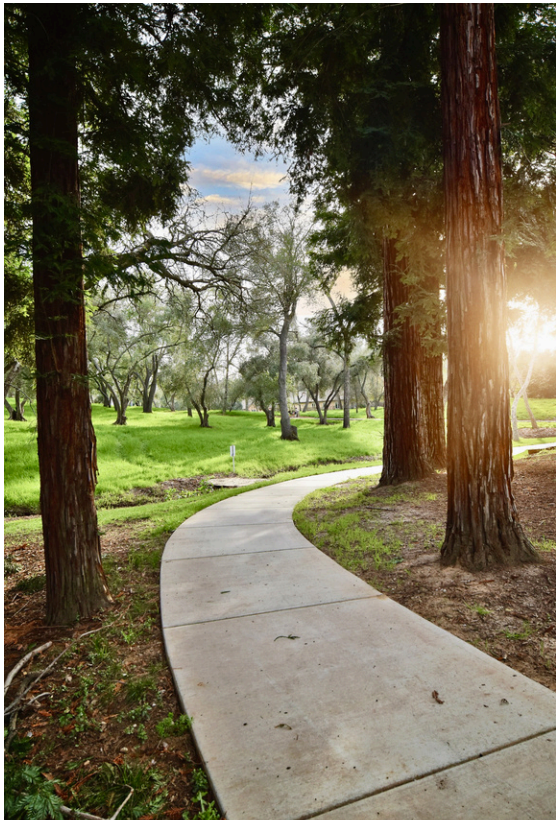
2 reservable courts for rental and 2 courts for free play. All open play when not reserved.

**Reserve
a court
online
now!**



**Rec Technologies!
A simpler reservation system!**

**More facilities and rental information available on
our website: www.carmichaelpark.com**



The Garfield House

This 1,900 sq ft wooded home sits on an expansive hill overlooking the nearby olive groves and Charles C. Jensen Botanical Gardens



A secluded and intimate space perfect for weddings, family reunions, company retreats, and more.





Koobs Nature Area

This 5 acre reserve nestled in the heart of Carmichael is home to many native species of plants and animals. On first Saturdays of every month, the Kiwanis Club of Carmichael opens the area from 10am to 2pm for themed days filled with science and art activities for kids. The reserve also hosts annual ceremonies for Memorial Day and Veterans Day.

Located at 5325 Engle Rd next to La Sierra Community Center.



Therapeutic **RECREATION SERVICES** PHYSICAL & DEVELOPMENTAL PROGRAMS

Therapeutic Recreation Services (TRS) provides year-round therapeutic recreation programs for people with disabilities throughout Sacramento County. Programs are provided at community centers, parks, and various locations throughout the County, as well as virtually online via Zoom. Programs include social opportunities, classes, special events, sports training, and community outings.

*For more information call (916) 484-2044,
email TRS@saccounty.net or visit sacparks.net*

FALL CRAFT FAIR

HANDMADE ITEMS | JEWELRY | HOME DECOR | CANDLES | & MORE

SATURDAY, NOVEMBER 14, 2026

FOR MORE EVENT INFORMATION VISIT MORPD.COM



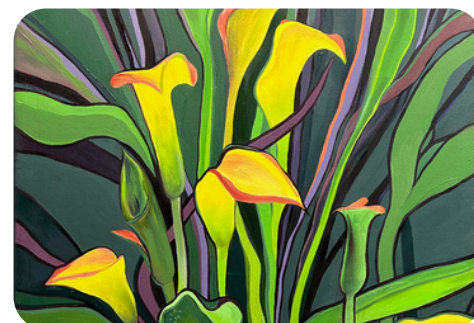
Nature's Lab

A BILINGUAL, EXPERIENTIAL PLAY SCHOOL

**Thank you to our
Community Garden
Sponsor!**



A regional arts center in your neighborhood!



Hours: Tue–Fri 11am–3pm | Sat 11am–5pm
5330-B Gibbons Drive, Carmichael CA 95608
(916) 971-3713 | sacfinearts.org

Established in 1986, Sac Fine Arts Center is dedicated to the creation and presentation of the visual arts. Featuring four galleries, numerous clubs, summer programs for kids, and a wonderful gift shop, there is something for everyone!

Upcoming Art Shows

Aug. 11 – Sept. 5: Ars Gratia Artis:
Exhibit & Art Raffle

Sept. 8 – Oct. 3: The Art of the
Automobile

Oct. 6 – 31: Bold Expressions

Events

Aug. 15: Second Hand Art Supply Sale

Aug. 29: Quarterly Meeting – Art
Management

Sept. 12: British Sports Car Plein Air

Nov. 14: Sac Arts Center Marketplace

CHAUTAUQUA PLAYHOUSE

Chautauqua Playhouse will open its 51st season on August 26, 2026. The season features a wide range of comedies, dramas, musicals and thrillers, with productions for adults, young adults and children. The Playhouse is the longest-running community theater in the Sacramento Valley and has served Carmichael since 1985.



8/28 - 9/20 The Musical Comedy Murders of 1940



10/16 - 11/8 The House on Haunted Hill



10/24 - 11/7 Dorothy's Search Through All Oz



12/4 - 12/24 Scrooge



12/5 - 12/19 Alice's Christmas Party in Wonderland



1/8 - 1/31 Misery



1/16 - 1/30 Little Women



2/23 - 3/21 Theatre People or the Angel Next Door

5325 Engle Road, Suite 110, Carmichael, CA 95608
For info & tickets call (916) 489-7529 or visit cplayhouse.org
Email at tickets@cplayhouse.org



We're Hiring!
Youth Sports Coaches,
Recreation Instructors,
and other roles.

Check out our website for more details of how to apply, or email info@carmichaelpark.com



Diamond



Silver



LOVE YOUR PARKS

INVEST IN THE PLACES THAT BRING CARMICHAEL TOGETHER.

THE CARMICHAEL PARKS FOUNDATION IS THE NONPROFIT PARTNER OF CARMICHAEL RECREATION & PARK DISTRICT, FUNDING THE PROGRAMS, PROJECTS, AND EXPERIENCES THAT MAKE OUR COMMUNITY THRIVE.



2,400+
YOUTH SCHOLARSHIPS
AWARDED TO LOCAL
KIDS & FAMILIES.

\$475,000+
INVESTED SINCE 2011
BACK INTO CARMICHAEL
PARKS & RECREATION.

CLICK THE DONATE
BUTTON TO LEARN MORE

DONATE TODAY



Community Event Support



Youth Scholarships



Parks Beautification

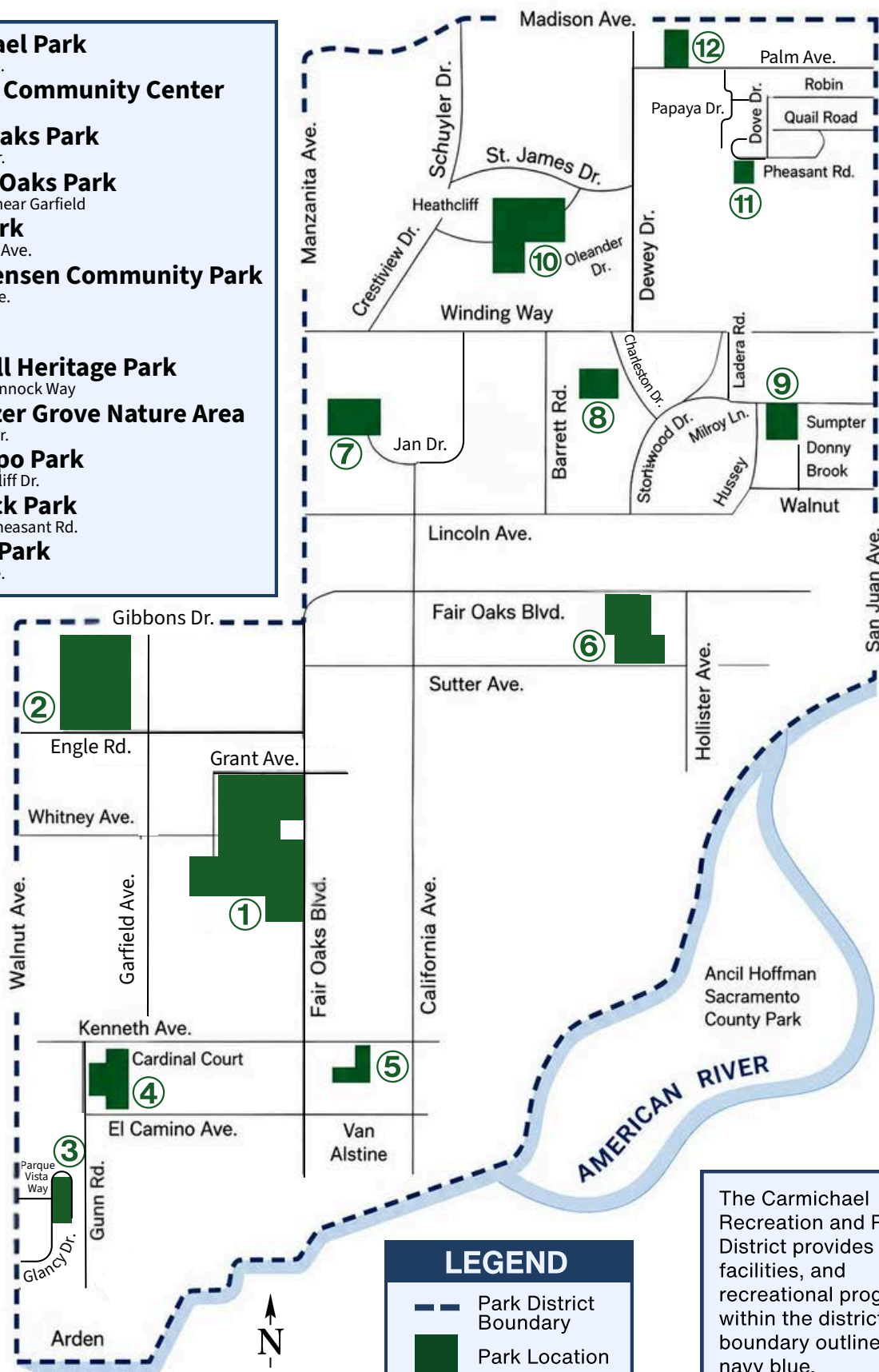


Recreation Programs Support



Carmichael Recreation & Park District Boundary Map

- 1 - Carmichael Park**
5750 Grant Ave.
- 2 - La Sierra Community Center**
5325 Engle Rd.
- 3 - Glancy Oaks Park**
5292 Glancy Dr.
- 4 - Cardinal Oaks Park**
On El Camino near Garfield
- 5 - Capra Park**
6600 Kenneth Ave.
- 6 - Sutter-Jensen Community Park**
6917 Sutter Ave.
- 7 - Jan Park**
4310 Jan Dr.
- 8 - O'Donnell Heritage Park**
6618 Rappahannock Way
- 9 - Schweitzer Grove Nature Area**
Off Sumpter Dr.
- 10 - Del Campo Park**
End of Heathcliff Dr.
- 11 - Bird Track Park**
West end of Pheasant Rd.
- 12 - Patriots Park**
6827 Palm Ave.



The Carmichael Recreation and Park District provides parks, facilities, and recreational programs within the district boundary outlined in navy blue.



GRAMMY-NOMINATED SAXOPHONIST ANDREY CHMUT
EXCLUSIVE WINE EXPERIENCE WITH ROMBAUER VINEYARDS
MUSICAL TRAIL OF LOCAL & REGIONAL TALENT
AWARD-WINNING POURS BY RIVER CITY BREWING
PASSED HORS D'OEUVRES
EXQUISITE OPEN-AIR DINNER
POST-DINNER DANCE PARTY FEATURING WASTED SPACE

AN IMMERSIVE EVENING OF MUSIC, WINE & COMMUNITY

DINNER IN THE *Park*

JENSEN
BOTANICAL
GARDEN

SEPT 19
2026



SUPPORTING YOUTH SCHOLARSHIPS, PARK ENHANCEMENTS, AND RECREATION IN OUR COMMUNITY.