ARDEN PARK

RECREATION AND PARK DISTRICT



Fall & Winter Activity Guide 2026-2027



Exceptional TOGETHER

ANDREW AUGUSTINE | AMY ALBERGHINI | KERI STERNBERG | BERNADETTE AUGUSTINE | MELISSA SHROUT | CRISTINA QUIRARTE

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DRE# 01311232

AUGUSTINE & ASSOCIATES
REAL ESTATE SERVICES

Nick Sadek | Sotheby's INTERNATIONAL REALTY

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REGISTER FOR PROGRAMS AND ACTIVITES ONLINE!

SCAN ME

www.aprpd.org

3 ARDEN PARK DISTRICT INFORMATION

BOARD OF DIRECTORS

- Rebecca Akroyd - Chair
- Brian Weatherford
- Nora Shetty
- Lauren Erickson
- Robert Lemmon

DISTRICT STAFF

- Cathy Phillips - General Manager
- Darcie Maeesomy - Recreation Supervisor
- Jennifer Sanchez - Operations Supervisor
- Brooke Swan - Recreation Coordinator
- Willie Burr - Park Maintenance Supervisor
- Darwin Massey - Park Maintenance
- Angelo Dominguez - Park Maintenance

SECURITY PARTOL

- CALIFORNIA SECURITY AGENCY: 916-676-0420
- SACRAMENTO SHERIFF'S DEPARTMENT: 916-874-5115

ARDEN PARK RECREATION & PARK DISTRICT RESERVES THE RIGHT TO PHOTOGRAPH FACILITIES, ACTIVITIES, AND PROGRAM PARTICIPANTS FOR PROMOTIONAL USE. ALL PHOTOS REMAIN THE PROPERTY OF ARDEN PARK.

BOARD MEETINGS

The Arden Park Recreation & Park District Board of Directors meets on the 3rd Tuesday of the month at 7PM at the Arden Park Community Center. Meetings are open to the public and the agenda is posted 72 hours prior online and in the District Office.

DISTRICT OFFICE

ADDRESS: 1000 LA SIERRA DRIVE
SACRAMENTO, CA 95864
PHONE: 916-483-6069
HOURS: MONDAY-FRIDAY 8:00AM-5:00PM
REGISTRATIONS 8:30AM-4:30PM
WEBSITE: WWW.APRPD.ORG

PARK LOCATIONS

ARDEN PARK: 1000 LA SIERRA DRIVE
SACRAMENTO, CA 95864
CRESTA PARK: 4033 CRESTA WAY
SACRAMENTO, CA 95864

REGISTRATION

Registration for Arden Park programs is available online 24/7 and in-person at the District Office during business hours. Refunds are issued only if the program is cancelled by the District.

Follow us on:

FACEBOOK INSTAGRAM

Director's Note

Hello Arden Park!

I am honored to introduce myself as the new General Manager of the Arden Park Recreation and Park District. As an Arden Park resident for the past 23 years and a District employee for the past 17 years, I know what a privilege it is to be part of this community and work for a District known for its beautiful, tree-filled parks, engaging recreation programs, and fun, family-friendly events.

Our District is fortunate to have a team of talented and dedicated employees, and I am grateful for the opportunity to work alongside them every day. The creative energy of our recreation staff, combined with the knowledge and expertise of our maintenance and operations teams, provides the memorable experiences that everyone who participates in our programs and visits our parks has come to appreciate.

As I begin this new role, I look forward to meeting more of you, listening to your ideas, and working together to build on what makes the Arden Park Recreation and Park District such a wonderful place to gather, play, and enjoy. Please stop by the office and say hello!

Cathy Phillips

FACILITY RENTAL INFORMATION

Celebrating a birthday, baby shower, family reunion, or hosting a business meeting? Come rent the Arden Park Community Center! Perfect for entertaining, the Community Center has a prep kitchen, tables, and chairs. We also have picnic areas available to rent at both Arden Park and Cresta Park with BBQ pits and picnic tables.

Arden Park Community Center

SPECIAL EVENT RENTALS

DESCRIPTION: FRI-SUN, NON-BUSINESS HOURS
4 HOUR BLOCK MINIMUM

FEE: $346/RESIDENT - $85/ADDT'L HOUR
$478/NON-RESIDENT - $120/ADDT'L HOUR

BUSINESS MEETING RENTALS

DESCRIPTION: MON-FRI, BUSINESS HOURS
2 HOUR BLOCK MINIMUM

HOURLY FEE: $35/RESIDENT
$58/NON-RESIDENT

VISIT OUR WEBSITE FOR VIRTUAL TOUR OF PARK FACILITIES & AMENITIES

APRPD.ORG

ROOM CAPACITY: 80 PEOPLE SEATED, 60 DINING
ROOM SIZE: 22' X 60' - 1,320 SQUARE FEET
KITCHEN SIZE: 7' X 11' - 77 SQUARE FEET
KITCHEN AMENITIES: REFRIGERATOR, SINK, MICROWAVE





Picnic Areas

ARDEN PARK COVERED PICNIC AREA

CAPACITY: 50 PEOPLE
FEE: $165/RESIDENT
$209/NON-RESIDENT

ARDEN PARK ENTIRE PICNIC AREA

CAPACITY: 150 PEOPLE
FEE: $280/RESIDENT
$352/NON-RESIDENT

TRELLIS PICNIC AREA

CAPACITY: 40 PEOPLE
FEE: $105/RESIDENT
$132/NON-RESIDENT

SOFTBALL PICNIC AREA

CAPACITY: 50 PEOPLE
FEE: $72/RESIDENT
$90/NON-RESIDENT

CRESTA PARK PICNIC AREA

CAPACITY: 50 PEOPLE
FEE: $145/RESIDENT
$180/NON-RESIDENT

5 BABY & TODDLER PROGRAMS

ARDEN PARK PRESCHOOL 2026-2027

LEARN & SOCIALIZE IN A FUN & CREATIVE ENVIRONMENT!

Welcome to Arden Park Preschool! Our preschool is a recreation and play-based program located at Arden Park. Our students participate in music, arts and crafts, cooking, story time, circle time, show and tell, indoor and outdoor play, and more. Our preschool teachers encourage students to gain independence and self-confidence while learning valuable social and emotional skills. You are financially committed to the entire month.

MONDAY/WEDNESDAY/FRIDAY CLASS

AGES: STUDENTS MUST BE 4 YEARS OLD ON OR BEFORE DECEMBER 31, 2026 TO ATTEND THE 2026-2027 MON/WED/FRI CLASS

TIMES: 9AM - 12PM

DATES: SEPTEMBER 9, 2026 - MAY 22, 2027

FEE: MONTHLY RATE:

RESIDENTS: $270

NON-RESIDENTS: $315









TUESDAY/THURSDAY CLASS

AGES: STUDENTS MUST BE 3 YEARS OLD ON OR BEFORE DECEMBER 1, 2026 TO ATTEND THE TUES/THURS 2026-2027 CLASS

TIMES: 9AM - 12PM

DATES: SEPTEMBER 8, 2026 - MAY 21, 2027

FEE: MONTHLY RATE:

RESIDENTS: $190

NON-RESIDENTS: $222







www.aprpd.org

BABY & TODDLER PROGRAMS

Baby Ballet

This class is perfect for the budding baby dancer! We introduce young children to the wonderful world of movement and ballet through story, make believe and music. Basic ballet steps will be taught in an age appropriate way.

AGES: WALKING-3 YEARS
DAY: WEDNESDAYS
TIME: 9-9:30AM
FEE: $48/MONTH (+$5 MATERIALS FEE FOR RECITALS)
LOCATION: ARDEN PARK, ROOM A



DATES: SEPTEMBER- 9/2-9/23
OCTOBER- 9/30-10/21
NOVEMBER- 10/28-11/18 ($36) NO CLASS 11/11
DECEMBER- 12/2-12/16 ($36) + $5 MATERIALS FEE
JANUARY- 1/6-1/27
FEBRUARY- 2/3-2/24 ($36) - NO CLASS 2/17
MARCH- 3/3-3/31 - NO CLASS 3/24

Ballet

For kids who love to dance, this class teaches the basics! Beginning technique and proper terms are used. Students focus on rhythm, posture, flexibility and coordination. Dress girls in pink tights, black leotard and pink ballet slippers. Boys dress in black shorts, white shirt and black ballet slippers. AM or PM classes available!

AGES: 3-6 YEARS
DAY: WEDNESDAYS
TIME: 9:30-10:15AM OR 12:30-1:15PM
LOCATION: ARDEN PARK, ROOM A



FEE: $48/MONTH (+$5 MATERIALS FEE FOR RECITALS)
DATES: SEPTEMBER- 9/2-9/23
OCTOBER- 9/30-10/21
NOVEMBER- 10/28-11/18 ($36) NO CLASS 11/11
DECEMBER- 12/2-12/16 ($36) + $5 MATERIALS FEE
JANUARY- 1/6-1/27
FEBRUARY- 2/3-2/24 ($36) - NO CLASS 2/17
MARCH- 3/3-3/31 - NO CLASS 3/24



Gymnastics

Join our gymnastics class for kids 3-6 years! Gymnastics are the foundation to all sports. This class offers a fun and safe experience balancing, rolling, and helping with coordination.

AGES: 3-6 YEARS
DAY: WEDNESDAYS
TIME: 1:30-2:15PM
FEE: $48/MONTH

DATES: SEPTEMBER- 9/2-9/23, OCTOBER- 9/30-10/21
NOVEMBER- 10/28-11/18 ($36) NO CLASS 11/11
DECEMBER- 12/2-12/16 ($36) + $5 MATERIALS FEE
JANUARY- 1/6-1/27, FEBRUARY- 2/3-2/24 ($36) - NO CLASS 2/17
MARCH- 3/3-3/31 - NO CLASS 3/24
LOCATION: ARDEN PARK, ROOM A



FOR ALL CLASSES REGISTER ONLINE AT APRPD.ORG

BABY & TODDLER PROGRAMS

Tiny Tots Program

TINY TOTS

Tiny tots is a program for pre-preschoolers. This is a parent participation program designed so children can work on coordination and strengthening hands and minds. Children will have several stations to explore, story time and so much more! Walking to 3 years old.

AGES: WALKING-3 YEARS
DAY: WEDNESDAYS
TIME: 10:45-11:15AM
FEE: $48/MONTH (+$5 MATERIALS FEE)

DATES: SEPTEMBER- 9/2-9/23,
OCTOBER- 9/30-10/21
NOVEMBER- 10/28-11/18 ($36) NO CLASS 11/11
DECEMBER- 12/2-12/16 ($36)
JANUARY- 1/6-1/27,
FEBRUARY- 2/3-2/24 ($36) - NO CLASS 2/17
MARCH- 3/3-3/31 - NO CLASS 3/24

LOCATION: ARDEN PARK, ROOM A







register online at APRPD.org

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ARDEN PARK RECREATION & PARK DISTRICT 2026 EVENT CALENDAR

Facebook

Instagram

2026 SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

2026 OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

2026 NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

2026 DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

9/4 - Movie in the Park: 7:30pm

9/12-9/13 - Tents in Town: 5pm-8:30am

9/19 - Music in the Park: 6-9pm

10/2 - Movie in the Park: 6:45Pm

10/17 - Fall Festival: 11am-3pm

11/14 - Characters & Cookies - 9-11am

12/4 - Holiday in the Park: 6-8pm

12/12-19 Holiday Sleigh Rides: 5:30-9pm

Arden Park
Recreation & Park District

Thank you to our Annual Sponsors

2026 PLATINUM SPONSOR	2026 GOLD SPONSOR
AUGUSTINE & ASSOCIATES REAL ESTATE SERVICES Nick Sadek | Sotheby's INTERNATIONAL REALTY BERNADETTE AUGUSTINE ANDREW AUGUSTINE	GRAY GROUP COLDWELL BANKER REALTY Dana Gray & Mandy Scott

YOUTH PROGRAMS & CAMPS

ARDEN PARK EXPLORERS 2026-2027

School Year Care

Before School Explorers

Need to get to work but school doesn't start till 8:55am? Our Before School Explorers program is for you! Transportation to Mariemont Elementary from the Before School Program is provided every day. We only transport students to Mariemont.

AGES: AM KINDER-5TH GRADERS
TIMES: MONDAY-FRIDAY, 7-8:55AM
DATES: AUGUST 13, 2026-JUNE 8, 2027
LOCATION: ARDEN PARK ROOM B
FEE: MONTHLY RATE:
RESIDENTS: $218
NON-RESIDENTS: $277
W/ MONTHLY FINANCIAL COMMITMENT





All Day Explorers

Need help on those random days off your kids get at school? We've got you covered! All Day Explorers provides care on the non-instruction days at San Juan Unified School District. Max 45 participants.

AGES: KINDER-5TH GRADERS
TIMES: 7AM-6PM
FEE: RESIDENTS: $55/DAY
NON-RES: $60/DAY
LOCATION: ARDEN PARK ROOM B
DATES: 10/15/26, 11/12/26, 11/13/26, 1/4/27, 4/23/27





After School Explorers

Looking for an after school program? Come check out the After School Explorers program! We provide homework help, games, crafts, STEM activities and more. We follow the San Juan Unified schedule and are open minimum days. Transportation from Mariemont Elementary is available for an additional fee. We only transport students from Mariemont.

AGES: KINDER-5TH GRADERS
TIMES: MON/TUE/WED/FRI: 3-6PM
THURSDAYS: 1:45-6PM
DATES: AUGUST 13, 2026-JUNE 8, 2027
LOCATION: ARDEN PARK ROOM B
NON-TRANSPORTATION FEE: RESIDENTS: $337
NON-RESIDENTS: $376
TRANSPORTATION FEE: RESIDENTS: $378
NON-RESIDENTS: $436
W/ MONTHLY FINANCIAL COMMITMENT





Little Explorers

Arden Park is excited to offer our after school program for TK and Kindergarten aged children. Little Explorers will provide a fun and engaging environment with lots of STEM activities, crafts, outdoor play and more. Transportation from Mariemont Elementary is available for an additional fee. We only transport students from Mariemont.

AGES: TK-KINDER
TIMES: MONDAY-FRIDAY: 12-3PM
DATES: AUGUST 13, 2026-JUNE 8, 2027
LOCATION: ARDEN PARK ROOM B
NON-TRANSPORTATION FEE: RESIDENTS: $285
NON-RESIDENTS: $320
TRANSPORTATION FEE: RESIDENTS: $340
NON-RESIDENTS: $375
W/ MONTHLY FINANCIAL COMMITMENT

YOUTH CAMPS & CLASSES

Arden Park Explorers Seasonal Camp

Arden Park Explorers is open during San Juan Unified School District seasonal school breaks! We host themed seasonal camps including Thanksgiving Break Camp, Presidents' Break Camp, and Spring Break Camp. With all the fun you've come to know and love from summer camp, we carry that same camp excitement throughout the school year! No care available during Winter Break as the Arden Park office is closed.

AGES: KINDER-5TH GRADERS TIME: 7AM-6PM LOCATION: ARDEN PARK ROOM A

CAMP	DATES	THEME	FEE
THANKSGIVING BREAK CAMP	MONDAY-WEDNESDAY NOVEMBER 23-25	GOBBLE GAMES	RESIDENT: $140 NON-RESIDENT: $155
PRESIDENTS' BREAK CAMP	WEDNESDAY-FRIDAY FEBRUARY 17-19	LEADER & LEGENDS WEEK	RESIDENT: $140 NON-RESIDENT: $155
SPRING BREAK CAMP	MONDAY-FRIDAY MARCH 22-26	SPRING BREAK AROUND THE WORLD	RESIDENT: $205 NON-RESIDENT: $230
INTRO TO SUMMER CAMP	WEDNESDAY-FRIDAY JUNE 9-11	READY, SET, SUMMER!	RESIDENT: $140 NON-RESIDENT: $155



Family Classes

FAMILY PAINT CLASSES

Fun for the whole family and no prior painting experience required! Join The Art Shock as we guide you every step of the way in creating your very own art while making great memories - and you get to bring home your art as a keepsake. All painting supplies are provided for you. Paintings are geared toward beginning painters and are easily achievable with instruction. Bring your own beverages and snacks to enjoy while we paint.

DAY: SATURDAY
AGES: ALL AGES
FEE: $35/CLASS
LOCATION: ARDEN PARK ROOM A

DATES/ SEPTEMBER 19, 12-2PM
TIMES: NOVEMBER 14, 12-2PM
JANUARY 9, 12-2PM









YOUTH PROGRAMS & SPORTS

ARDEN PARK YOUTH FITNESS PROGRAMS

Kids Conditioning sessions focus on age-appropriate athletic development, movement literacy, injury- prevention, and enjoyable skill-building. The program supports physical literacy, social skills, and healthy habits in a safe, inclusive environment. For more information call (916)396-4893.

DAY: TUESDAYS & THURSDAYS
AGES: 4-13
FEE: $170/SESSION
LOCATION: ARDEN PARK,
1000 LA SIERRA DRIVE

DATES:
SEPTEMBER SESSION- SEPTEMBER 8-OCTOBER 1
OCTOBER SESSION- OCTOBER 6-OCTOBER 29









FUTSAL FACTORY CORE SKILLS CLINICS

Futsal Factory is dedicated to providing high quality, meticulously planned soccer and futsal sessions that are fun, engaging, challenging and focused on embracing and nurturing every child's desire to play the game. With a focus on player development, participant enjoyment and attention to detail, we strive to develop not only game related skills and knowledge but to also build key character values such as respect, honesty, integrity, cooperation, compassion, fair play and sportsmanship.

TODDLER BALLERS	KINDER KICKERS	JUNIORS	CADETS
AGE: 2-3 YEARS FEE: $170 PER SESSION LOCATION: ARDEN PARK BASKETBALL COURT DAYS: SUNDAYS TIME: 9:00AM-9:40AM	AGE: 4-5 YEARS FEE: $170 PER SESSION LOCATION:ARDEN PARK BASKETBALL COURT DAYS: SUNDAYS TIME: 9:45AM-10:30PM	AGE: 6-8 YEARS FEE: $170 PER SESSION LOCATION: ARDEN PARK BASKETBALL COURT DAYS: SUNDAYS TIMES: 10:35AM-11:20AM	AGE: 9-13 YEARS FEE: $170 PER SESSION LOCATION: ARDEN PARK BASKETBALL COURT DAYS: SUNDAYS TIMES: 11:25AM-12:15PM

FALL SESSION : SEPTEMBER 13-OCTOBER 25

(MAKE-UP NOVEMBER 1)

REGISTER @ campscui.active.com

WWW.APRPD.ORG

VISION SOCCER TRAINING
Focused on Player Development!

WHERE PLAYERS ARE CREATED!
FUTSAL FACTORY

YOUTH SPORTS

SKYHAWKS FALL SPORTS CLINICS AT ARDEN PARK

For over 45 years, Skyhawks has partnered with communities to deliver high-quality youth sports programs. Led by trained local coaches, our programs teach kids more than the game, we teach confidence, character, and leadership.

To register visit www.register.skyhawks.com



HOOPSTERTOTS

DAY	DATES	TIME	AGE	FEE
WEDNESDAY	SEPT. 16–OCT. 14	4:10PM–4:55PM	2–5 YEARS	$80
WEDNESDAY	OCT. 28–DEC. 2	4:00PM–4:40PM	2–5 YEARS	$74



BASKETBALL

DAY	DATES	TIME	AGE	FEE
WEDNESDAY	SEPT. 16–OCT. 14	5:05PM–6:05PM	6–13 YEARS	$105
WEDNESDAY	OCT. 28–DEC. 2	4:40PM–5:25PM	6–13 YEARS	$79



BASEBALL TOTS

DAY	DATES	TIME	AGE	FEE
THURSDAY	SEPT. 17–OCT. 15	4:10PM–4:55PM	2–5 YEARS	$80
THURSDAY	OCT. 29–DEC. 3	4:00PM–4:40PM	2–5 YEARS	$74

BASEBALL

DAY	DATES	TIME	AGE	FEE
THURSDAY	SEPT. 17–OCT. 15	5:00PM–6:00PM	6–13 YEARS	$105
THURSDAY	OCT. 29–DEC. 3	4:40PM–5:25PM	6–13 YEARS	$80



CHEER

day	*dates*	*time*	*age*	*fee*
FRIDAY	SEPT. 11–OCT. 9	4:10PM–5:20PM	6–13 YEARS	$108
FRIDAY	OCT. 23–NOV. 27	4:10PM–5:20PM	6–13 YEARS	$108

VOLLEYBALL

day	*dates*	*time*	*age*	*fee*
SATURDAY	SEPT. 12–OCT. 10	9:30AM–10:30AM	6–10 YEARS	$105
SATURDAY	OCT. 24–NOV. 28	9:30AM–10:30AM	6–10 YEARS	$105
SATURDAY	SEPT. 12–OCT. 10	10:40AM–11:40AM	9–13 YEARS	$105
SATURDAY	OCT. 24–NOV. 28	10:40AM–11:40AM	9–13 YEARS	$105









YOUTH & ADULT TENNIS

PRIVATE/SEMI-PRIVATE & GROUP LESSONS

Private, semi-private and group lessons are offered as drop in classes year-round. Private single and private group lessons can be purchased in the Park District Office or online. Lessons are arranged by contacting our tennis pro. CONTACT: THAD WHITE 916-717-9092





PEEWEE & YOUTH LESSONS

PEEWEE & JUNIOR SCHEDULED CLASSES

ALL CLASSES RUN TUESDAYS AND THURSDAYS.

AGES: PEEWEE: 5-6 YEARS, JUNIOR DIVISION I: 7-12 YEARS, JUNIOR DIVISION II: 13-17 YEARS
ALL SESSIONS: MIN. 3 STUDENTS, MAX. 8 STUDENTS

SESSION	DATES	TIMES	FEES
SESSION 5	SEPTEMBER 8- OCTOBER. 1, 2026	PEEWEE : 4:00-4:30PM JUNIOR DIVISION I: 4:30-5:30PM JUNIOR DIVISION II: 5:30PM-6:30PM	PEEWEE : RESIDENT $50, NON-RESIDENT $60 JUNIOR DIVISION I : RESIDENT $80, NON-RESIDENT $90 JUNIOR DIVISION II : RESIDENT $80, NON-RESIDENT $90
SESSION 6	OCTOBER 6- OCTOBER 29, 2026		

NECESSARY MATERIALS:

TENNIS RACKET
USTA CHAMPIONSHIP HEAVY DUTY TENNIS BALLS.
PEEWEE: 1 UNOPENED CAN. JUNIOR DIVISION I & II: 2 UNOPENED CANS.

LOOKING FOR A LOCAL SPORTS CLUB?

ARDEN PARK SWIM TEAM

website: apdolphins.org

ARDEN PARK SOCCER CLUB

website: apsoccer.org

ARDEN LITTLE LEAGUE

website: ardenlittleleague.com

Oh What A Year It's Been...


















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Harrold Timpe TEAM
Windermere REAL ESTATE

2580 Fair Oaks Blvd., Suite 20, Sacramento, CA 95825

ARDEN PARK REVIEW 2026

- ***Median Sales Price - $1,058,000***
- ***Average Days on Market - 30***
- ***Number of Homes Sold - 36***
- ***List Price to Sales Price - 99%***
- ***Average price per square foot - $492***

Lowest Sale - $485,000
Highest Sale - $2,205,100
19 Homes have sold over $1 Million in 2026!

Please call us for a complimentary market analysis of your home in Arden Park or anywhere in Sacramento!

All measurements and calculations of area are approximate. Information provided by the seller, other sources, not verified by Broker. All interested persons should independently verify accuracy of above information. Information presented by Harrold Timpe Team provided by MLS MetroList Service.

ADULT FITNESS

ADULT FITNESS

JAZZERCISE

Jazzercise is the original dance party workout! We are an inclusive woman-owned fitness company dedicated to helping people of all ages live healthier, happier lives through fitness. We believe that working out is about more than looking great—it's about feeling great. The program fuses dance cardio and strength training in a 55-minute sweat session that burns up to 800 calories per class.

Every workout counts

DAYS & TIMES: MON/TUES/WED, 5:30-6:30PM
TUESDAY/THURSDAY, 8-9AM
SUNDAY 8:45-9:45AM
FEE: $72/MONTH OR $20/DROP-IN
LOCATION: ARDEN PARK ROOM A
REGISTER: JAZZERCISE.COM



JAZZERCISE®



CLAIM YOUR FIRST FREE CLASS

Scan the QR code and fill out the form on our website

FIT4MOM offers pre and postnatal health, wellness, and fitness programs for every stage of motherhood. All of our programs were created by moms for moms to provide Strength in Motherhood®. Motherhood takes a village—find yours at FIT4MOM!

*Offer valid for new clients or clients who haven't attended a class in the past 6 months.

selenabrown@fit4mom.com SACRAMENTO.FIT4MOM.COM text: (916) 572-9154

STROLLER STRIDES | BODY WELL | STROLLER BARRE | STRIDES 360 | RUN CLUB+ | BODY BOOST | BODY IGNITE | FIT4MOM ON DEMAND

ADULT FITNESS

FIT4MOM

STROLLER STRIDES

Stroller Strides® is a 60-minute total-body workout with strength, cardio, and core training, all while engaging the little ones in a stroller! You'll leave class feeling strong, empowered, connected, and energized—no matter your stage of motherhood.

TIMES: 9:30-10:30AM
DATES: WEDNESDAY & FRIDAYS (YEAR-ROUND)
FEE: YOUR FIRST CLASS IS FREE WITH MEMBERSHIP OPTIONS TO SELECT FROM
LOCATION: ARDEN PARK
REGISTER: SACRAMENTO.FIT4MOM.COM

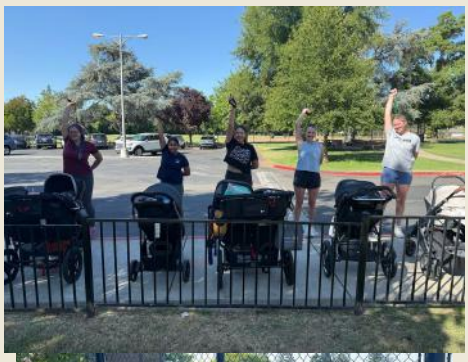
STROLLER BARRE

Stroller Barre® is a 60-minute stroller workout that improves your posture, stability, and mobility while strengthening your body from the inside out! Reconnect with your body, increase flexibility, and find the inner strength you need for motherhood.

TIMES: 9:30-10:30AM
DATES: MONDAYS (YEAR-ROUND)
FEE: YOUR FIRST CLASS IS FREE WITH MEMBERSHIP OPTIONS TO SELECT FROM
LOCATION: ARDEN PARK
REGISTER: SACRAMENTO.FIT4MOM.COM







BODY IGNITE

Body Ignite is a mom-only strength workout that targets every muscle in your body. This easy-to-follow program will increase your metabolism, athleticism, and ability to lift, lunge, and push everything mom life throws your way!

TIMES: 7PM-8 PM
DATES: WEDNESDAYS (EXCEPT THE 4TH WED OF MONTH WE ARE HOSTING AT DRAKES: THE BARN IN WEST SACRAMENTO)
FEE: YOUR FIRST CLASS IS FREE WITH MEMBERSHIP OPTIONS TO SELECT FROM
LOCATION: ARDEN PARK
REGISTER: SACRAMENTO.FIT4MOM.COM









FREE PLAYGROUP

Our playgroups offer a variety of activities that can stimulate a child's cognitive and creative development regardless of age. Different play options, from arts and crafts to outdoor games, contribute to a well-rounded experience geared toward allowing children to interact with their peers, helping them develop crucial social skills like sharing, taking turns, and communicating.

TIMES: 10:30AM-11:30AM
DATES: FRIDAYS (YEAR-ROUND)
FEE: FREE TO ANYONE
LOCATION: ARDEN PARK
REGISTER: SACRAMENTO.FIT4MOM.COM

OLDER ADULT PROGRAMS

Older Adult Fitness

TIME TO THRIVE: SENIOR STRENGTH AND FALL PREVENTION

This class focuses on building strength, having better posture, and improving balance. We specifically work on how to prevent falls. This is perfect if you are looking to be stronger, move better, and keep independently doing the activities you love! This class is suitable for anyone looking for a low intensity, full body session. You are encouraged to bring your own roll up yoga/exercise mat.

DAYS: MONDAYS

TIMES: 8:45-9:40AM

FEE: $45/MONTH OR $10/DROP IN

AGE: ADULTS 55+

LOCATION: ARDEN PARK ROOM A



PERFORMANCE-OLOGY

Arden Park Golden Club

ARDEN PARK

GOLDEN CLUB

Arden Park Golden Club will offer enrichment classes, fitness activities, and opportunities to socialize, all to optimize the experience of aging. Membership is NOT a requirement but there may be a minimal fee for some of the events or activities. For more information call 916-483-6069 or email programs@aprpd.org.

DESIGNED FOR ADULTS 55+
MEETINGS WILL BE ON
TUESDAY MORNINGS

Local Adult Clubs

ARDEN PARK BOOK CLUB



Do you love to read? Would you like to connect with other like-minded adults in the neighborhood? Join the Arden Park Book Club! This club is free to join and meetings are BYOB - bring your favorite drinks and snacks to enjoy while discussing each month's book!

DAY: FOURTH THURSDAY OF THE MONTH

TIME: 6:30PM

FEE: FREE MEETINGS - MUST PROVIDE YOUR OWN BOOK EACH MONTH

LOCATION: ARDEN PARK ROOM A



ARDEN PARK CRAFT CLUB

Join us for Craft Club, where creativity knows no limits! Each meeting offers exciting new projects using a variety of materials—paper, paint, fabric, recyclables, nature items, and more. Whether you're a beginner or a seasoned DIYer, this club is perfect for anyone who loves to create, explore, and have fun.

DAY: SECOND TUESDAY OF THE MONTH

TIME: 6:30PM

AGES: 16+

FEE: FREE MEETINGS - FEES BASED ON CRAFT OR PRESENTER THAT MONTH

LOCATION: ARDEN PARK ROOM A

OCTOBER 8: SPOOKY CRAFT

NOVEMBER 12: FLORAL CENTERPIECE



ARDEN PARK GARDEN CLUB

Arden Park Garden Club, active since 1948, promotes an interest and knowledge in gardening, horticulture, landscape design, and furthering a better understanding of environmentally sound gardening practices that contribute to the health of our yards and our surroundings. Garden Club meets on the second Tuesday of the month from 10AM-1PM in the Arden Park Community Center, 1000 La Sierra Drive, Sacramento.

For more information contact the Arden Park District Office.

ARDEN PARK NEIGHBORHOOD ASSOCIATION

The Arden Park Neighborhood Association (APNA) is a neighborhood organization that serves the members of our community. Become a member of the Arden Park Neighborhood Association for $150/year. With these funds the APNA hires security to patrol the neighborhood, distributes quarterly TAP flyers announcing news/upcoming events and supports park events. The APNA meets on the first Tuesday of the month at 7PM via Zoom. Please contact myardenpark@gmail.com for the Zoom link 24 hours prior to the meeting.

MAIL: 1010 LA SIERRA DRIVE
SACRAMENTO, CA

PHONE: 916-491-6960

EMAIL: MYARDENPARK@GMAIL.COM

WEBSITE: MYARDENPARK.COM

Arden Park
Neighborhood Association
Promoting The Health, Safety & Welfare of our Community

www.aprpd.org

ADULT PROGRAMS

ADULTS NIGHT OUT SERIES

Join us at the Arden Park Community Center for a fun, adults only (21+) event! Each event we will host an activity designed to get you out of the house and into an atmosphere full of laughs and general merriment. Most events are free, though there may be some that require sign-up ahead of time in order to reserve a spot. Donations for the Park District are accepted. Feel free to bring your favorite snacks and drinks (wine, beer, soda, etc.) for the events - these nights are BYOB!

DAY: FRIDAYS
TIME: 7-9PM
AGES: 21+
LOCATION: ARDEN PARK ROOM A

DATES: OCTOBER 16: HALLOWEEN TRIVIA NIGHT
NOVEMBER 20: THE GREAT TURKEY BINGO BASH
DECEMBER 18: UGLY SWEATER HOLIDAY TRIVIA



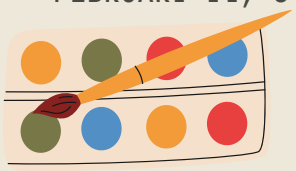


ADULT PAINT AND SIP CLASSES

Grab your friends and neighbors and join The Art Shock for an Adult Paint Night Out as we guide you every step of the way to create your very own art while making great memories. No prior painting experience required and be prepared to have fun! All painting supplies are provided for. Paintings are geared toward beginning painters and are easily achievable with instruction. Bring your own beverages (wine, soda, coffee) and food/snacks to enjoy while we paint.

DAY: SATURDAY
AGES: 21+
FEE: $36/CLASS
LOCATION: ARDEN PARK ROOM A

DATES/ OCTOBER 24, 6-8PM
TIMES: DECEMBER 19, 6-8PM
FEBRUARY 14, 6-8PM













COUNTRY LINE DANCING WITH TINA GOINS

Line Dancing is great fun and exercise. Come join us as we learn simple dance patterns that we will build on each week. No experience and no partner needed.



DAYS: MONDAYS
TIMES: 7-8PM
FEE: $53
LOCATION: ARDEN PARK ROOM A



ARDEN PARK SPECIAL EVENTS

MUSIC IN THE PARK

Come rock out with us at Music in the Park this fall! Bring your blankets and lawn chairs to sit and enjoy the music, or feel free to dance the night away!

DATE: SATURDAY, SEPTEMBER 19TH - 6-9PM

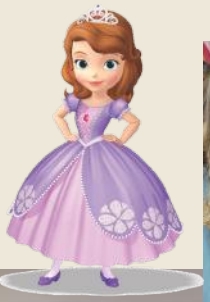
BAND: BUSY BEING FABULOUS

LOCATION: ARDEN PARK



CHARACTERS & COOKIES

Meet your favorite characters while you enjoy fruits and treats with your family! We will sing songs and read a story while eating and sipping hot chocolate! Feel free to dress up. Pictures with the characters will be available at the end of the event. You must be with a child 12 or under to attend.





DAYS: SATURDAYS

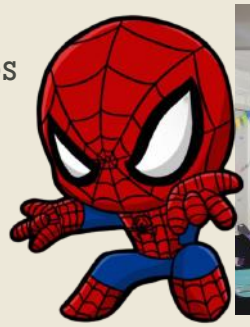
NOVEMBER 14: SPIDER MAN AND FRIENDS

JANUARY 23: SOFIA THE FIRST

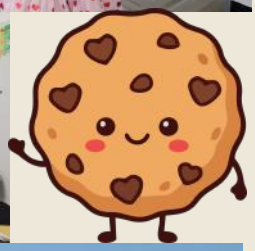
TIMES: 9AM-11AM

FEE: $15/PER PERSON

LOCATION: ARDEN PARK







MOVIE IN THE PARK

Bring your blankets and lawn chairs and enjoy a free movie under the stars with your neighbors.

DATE: OCT. 2- G.O.A.T - 6:45PM

LOCATION: ARDEN PARK





FALL FESTIVAL

The Fall Festival at Arden Park is going to be one autumn-filled day that you won't want to miss! Partnered with Mariemont Elementary PTA, the Fall Festival is fun for the whole family! Enjoy the Kid Zone with carnival games, petting zoo, bounce houses, and a pumpkin patch. We will also have craft vendors, a Garden Club raffle, a beer/wine garden hosted by Dukes Pints & Plates, food trucks, and live music.

DATE: SATURDAY, OCTOBER 17

TIME: 11AM-3PM

LOCATION: ARDEN PARK







ARDEN PARK SPECIAL EVENTS

LETTERS TO SANTA



Did you know that Santa's helpers put a special mailbox outside of the Arden Park Office for deliveries directly to the North Pole? Rumor has it that if you write a letter to Santa, put your address on it, and drop it off at this mailbox you may receive a surprise back!

DATES: TUESDAY, NOVEMBER 24–WEDNESDAY, DECEMBER 18
LOCATION: ARDEN PARK OFFICE

HOLIDAY IN THE PARK



Join us for the Holiday in the Park tree lighting! Santa will use Holiday magic to light up our 17ft tree for the season! Local music/talent groups will take the stage and help celebrate the kickoff to the holiday season. Pictures with Santa will be available after the tree lighting! Mariemont Elementary PTA will be hosting an indoor craft zone.

DATE: FRIDAY, DECEMBER 4
TIME: 6PM–8PM
LOCATION: ARDEN PARK

HOLIDAY SLEIGH RIDES



What better way to celebrate the holidays than with a horse-drawn sleigh ride through Arden Park? Each sleigh ride is 25 minutes. Make sure to bring a blanket! Sleigh capacity: 4 adults & 2 children max.

DATES: SATURDAY–SATURDAY, DECEMBER 12–19
TIMES: 5:30PM, 6PM, 6:30PM, 7PM, 7:30PM, 8PM, 8:30PM, & 9PM
FEES: RESIDENTS: $85 OR NON-RESIDENT: $100
LOCATION: ARDEN PARK PARKING LOT

NEW YEAR'S NIGHT IN



Want to make New Year's plans but don't know what to do with the kids? We've got it covered. This will be a fun filled night just for the kids. We will have a New Year's Eve dinner, a dance party with a DJ, create New Year's crafts,and watch the ball drop, all before 9pm!!!

DATES: THURSDAY, DECEMBER 31
TIMES: 6–10PM
FEES: RESIDENTS: $35 OR NON-RESIDENT: $40
LOCATION: ARDEN PARK ROOM A

FAMILY VALENTINE'S DANCE



All family members are welcome at the Arden Park Family Valentine's Dance! Come dressed to impress, and head to the dance floor to show off your dance moves, or go to the photo booth to make memories! Admission includes refreshments and craft activities.

DATE/TIME: FRIDAY, FEBRUARY 12TH FROM 6:30PM–8PM
FEE: $5/PERSON (REGISTER ONLINE)
LOCATION: ARDEN PARK ROOM A

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915 Coronado Blvd
4/3/3775/$1,550,000 | SOLD | Co-Listed with: Barbara Frago - Windermere - DRE:00580837


3841 Esperanza Drive
3/2/1953/$978,000 | SOLD - Listing Agent


3551 Buena Vista Drive
3/2/2373/$1,100,000/SOLD - Listing Agent


3905 Esperanza Drive
3/1/1208/$688,000 | SOLD - Listing Agent


1329 Eastern Avenue
4/2.5/2639/$1,100,000 | SOLD - Listing Agent


840 Coronado Blvd
3/2/2219/$995,000 | SOLD | Co-Listed with: Barbara Frago - Windermere • DRE:00580837

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