

Cordova Recreation and Park District/
City of Rancho Cordova Workshop

Monday, January 29, 2007, 5:30 p.m.
City Hall, American River Room

Workshop Agenda

Min.

- 5 I. Welcome/Introductions
- 5 II. Outcomes for the Meeting
 - Recap of First Two Joint Meetings
 - Provide an Overview of Current Park Projects and Joint Efforts
 - One Shared Vision for the Community
 - 1. Continue to Forge Relationships and Strengthen our Collaborative Effort
 - 2. Improve Knowledge of Recreation Programs and Events Offered in the Community
 - 3. Gather Feedback on the Recreation Program and to Discuss Future Joint Efforts
- 10 III. Recap of the First Two Joint Meetings and Accomplishments
- 30 IV. Overview of Current Park Projects and Joint Efforts
 - 1. White Rock Park Renovation Project
 - 2. Neighborhood Park Renovation Projects
 - 3. Community Park Master Plans – Dave Roberts, Lincoln Village, Hagan
 - 4. Park Development in Anatolia and Capital Village
 - 5. City of Rancho Cordova/CRPD MOU
 - 6. Park Development Fee Nexus Study
 - 7. Developing Design Standards – Continuity in Design Elements
 - 8. Strong Neighborhoods Initiative
- 15 V. Mather Sports Center Renovation Project – Presentation by Jerry Fox (Project Manager) and Jay Beals (Beals Alliance, Landscape Architects)
- 15 VI. Recreation Program Presentation – CRPD Staff
 - 1. Overview – Charlie Rice, Recreation Superintendent
- 10 Break
- 90
 - 2. Adult Sports/Mather Sports Center – Chris Nissen
 - 3. Cordova Senior Activities Center – Josie Bryant
 - 4. Aquatics and Preschool – Diane Robinson
 - 5. Youth Sports – Rick Bauer
 - 6. Youth and Adult Programs – Gracie Malson
 - 7. Children's Programs and Events – Trish Lindvall

Cordova Recreation and Park District/
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VII. New Items

1. Trap Neuter Release (TNR) program (being discussed by Animal Services and Scottie Moore)
2. Park Maintenance Issues – Landscape failure in V. of Zinfandel, Stonecreek – removal of trees that may violate the SPA, complaints to city about dead plants, failure of watering system, etc.
3. Quality of New Park Construction – Park at Anatolia Clubhouse – poor appearance of cement work, drainage issues, placement of children's play structure near street with limited protective fencing
4. Management of Mills Station – not advertised in CRPD bulletins.
 - RT Contract
 - Park District has not pulled out of the leasing of Mills Station yet
5. Multi-year Plan for use of Park Renovation Funds – what are CRPD's Priorities?
6. Grant Projects – Cordova Villa Park – CDBG\$ allocated for play structure or some improvement (2004?) no progress?
7. City Authorized Park Renovation Funds for ADA improvements and Master Plans (early 2006) – has there been enough progress, should these funds be re-purposed?
8. White Rock and Mather Grants – tremendously over budget (200-500%). Are these projects taking too many resources from other areas? Anatolia, etc.?
9. CRPD's charges for Development services – Has this met needs for additional staff so as to complete reviews in a reasonable time period? Even after fees adopted in 2005 – apparently none were collected in 2006.
10. Parks Master Plan status – two attempts so far?
11. Capacity and ability of the Park District to manage the financial aspects of the Park's Capital Improvement Plan
12. Clear and Consistent Direction – CRPD staff has had difficulty getting to clear conclusions on project design issues. Frustration has sometimes resulted due to lack of clear direction from CRPD staff. Comments are often received in the form of verbal input that is difficult for both City staff and project applicants to address. This situation has been discussed with CRPD and attempts are underway to remedy the problem.
13. 7-acres per 1,000 and City's 10% component

CORDOVA RECREATION AND PARK DISTRICT ACCOMPLISHMENTS

ADMINISTRATION

New District Logo
Website Renovation
Construction Cost Accounting Ordinance
2nd Joint City Council/Board of Directors Meeting
Draft Master Plan Approved February 9, 2005, including
 Capital Improvement Programs for Renovation and New Development
 Park Standards
Park and Facility Design Guidelines - MIG
Developer Checklist and Development Packet
District Park Development and Fee Ordinance
District and City 7-acre Park Dedication Standard Adoption
Ahlstrom Park Public Meeting and Playground Replacement
Federspiel Park Public Meeting and Pool Closure
Contracting Park Maintenance for Independence at Mather & Villages Of Zinfandel Parks
New Employees:
 Gary Williams as the Golf Superintendent
 Allison Hamaker as the Administrative/Financial Analyst
 Gary Hyden – Landscape Architect
 Steve Ebert – Park Superintendent
 Jeff Giese – Moved to Construction Manager
 Ricky Dickerson – Park Maintenance Employee
 Zack Gonzales – Mather Sports Center Director
 Noelle Wilson – Recreation Coordinator
 Melinda Dinin – Assessment District Coordinator
 David Edmonds – Assistant District Administrator
Maintenance Division Position Analysis and Reorganization Study
District Wage Scale Analysis and Recommendation
City/District MOU Close to Completion
Architects Selected/Master Plans: MIG/White Rock Park
 Beals Alliance/Mather Sports Center
 Callander & Associates/Dave Roberts Park
Assessment District Passage by 63%, with Operations Guidelines Written and Oversight
 Committee Formed
Increased Golf Course Fees to increase Revenues
Parks Named by Committee
Overhead Computation completed and implemented in Fee Ordinance
New Office built at Mather Sports Center
Free Office Furniture Installed for the Main Office
Maintenance staff capacity building through National Recreation and Park Association
 Maintenance Management School
Sexual Harassment Training for Supervisory Staff
City approval of Neighborhood Park Americans with Disabilities Act renovation work
Engaged BRECA, Rosemont, College Greens, Sunriver, & Gold River neighborhood associations
District participation in formulating the new American River Parkway Master Plan
Land purchases at Golf Course and MSC
Nexus Studies
Peer review response

Cooperative Efforts

Assisted and coordinated with Rancho Cordova City staff in development of parks and open space elements in their general plan
Represented District interests in City's Redevelopment Plan Preparation
Advised County in design approach for GenCorp Developments
Fourth of July – Major Player
Eyes on Parks progressed
MOU with Metro Fire
Negotiated Joint Use Agreement with Elk Grove Unified School District and updated existing agreements with Folsom/Cordova and San Juan Unified School Districts to allow consistent use by programs currently in place.
Successfully negotiated for use of Rosemont High School's classrooms and pool for summer program.
Tour of Rosemont Parks with Community Leaders

Training and Staff Development

Staff Team Retreats (3) for Training and Team Building
Staff abilities built through participation in California Park and Recreation Society (CRPD) District events and conference, and National Recreation and Park Association (NRPA) Revenue and Marketing School and Maintenance Management school, and opportunities to work outside classification
Recreation Presentations from Rick Bauer and Chris Nissen to the CRPD Board
Staff attended "Staying in Compliance" law course at UC Davis
Ethics Training
Sexual Harassment Training for Supervisory Staff

PLANNING

District participation in formulating the new American River Parkway Master Plan
Represented the District on the Laguna Creek Collaborative
Purchased property at the Cordova Golf Course
Negotiated for property at Mather Sports Center
Credit/Reimbursement Agreements Signed
Aerojet Water Treatment Facility negotiations
Dave Roberts and Lincoln Village Parks are being Master Planned by Calander Landscape Architects, with Hagan, Rosemont and Larchmont to follow
Skate park bid architect selected and public planning meeting held
Current Projects in the Planning Stage: Douglas 98, Grantline 208, Waegell, Rio del Oro, Capital Village, Easton, Westborough, Montelena, Mather Sports Center, White Rock Park, Riverstone Square
Worked with City of Rancho Cordova on Development Agreements for Anatolia IV, Montelena, East Properties, Old Placerville, Ellenwood, Fite Property, and others
Finalized conceptual drawings for the White Rock Park Revitalization Project
Finalized designs for the Mather Sports Center Renovation project
Skate park bid completed
Hired Julia Cox as Associate Landscape Architect

INFRASTRUCTURE

Petting Barn Renovation
Golf Course Renovations
Hagan Well Project I, II
Computerized Irrigation Project – Installed and Operational at Ind. at Mather and VOZ
Mather Sports Center Soccer Field Renovation
Maintenance Office Expansion
Grants Applications Approved:
 White Rock Park Revitalization
 Mather Sports Center: One Stop Shop for Family Recreation
 Hagan Park Recreation Trails
 Mather Sports Center Soccer Field Renovation
Grant Applications Submitted:
 Hagan Park Recreation Trails
 Mather Sports Center Building
 Hagan Park Accessibility Project
Renovation of the Hagan Park Bathrooms – John Hansen
Irrigation upgraded in almost every park – hundreds of heads replaced (Weathertech converted to Rainbird for better safety and performance)
Upgraded equipment at Rosswood and Henley Parks
Renovated Little League Fields at Rosemont Park
Hagan Park Restroom Rebuilt
Plants replaced in Villages of Zinfandel and at Independence Park
15 Dead Trees removed and 100 New Trees Planted (25 oaks in Dave Roberts Park alone)
Tuscany Park Dedicated in June 2006
Sonoma Park Dedicated in July 2006
Stone Creek Park Dedicated in August 2006
Current Projects in Construction: Bike Trails at Villages of Zinfandel and Anatolia, Argonaut Park, Sandpiper Park and Eagle's Nest Park at Anatolia, and Anatolia I & II Streetscapes

RECREATION

Weed & Seed Funding for Recreation Programs
Sports Staff Reorganization – Including new Supervisor I and Sports Center year-round hourly
Recreation Interns – Zack Gonzalez, Noelle Wilson
Day Camp Expanded to Mather Heights Elementary
Good Sport U – Rick Bauer
Added Recreation Supervisor I Position
New programs added:
 - Fun with Science, Kids Cooking, Princess Parties, My Little Sweetheart Dances, Park Openings, Open Air Concert Series, Parent's Night Out, Health and Wellness Extravaganza, Design Your Own Model Airplane, AbraCadoodle, Health Series, Digital Camera, Intermediate, after-school soccer program
Greatly expanded successful camp program. Programs now include:
 - Camp Cordova
 - Camp Rosemont
 - Vocal Training Camp
 - Gymnastics and More Camp

- All-Sports Camp
- Fitness and Fun Camp
- Hoop Improvement Basketball Camp
- Challenger Soccer Camp

Brought back gymnastics program

Successfully negotiated for use of Rosemont High School's classrooms and pool for summer programs

Added 2nd Pre-Kindergarten Class

Blue Marlin Swim Team registration is up 60% in two weeks

Partnership formed between CRPD, Mission Oaks RPD, Carmichael RPD, Sunrise RPD, and San Juan Unified School District (SJUSD) for a year round Middle School sports league next school year. Sports to include Girl's Volleyball, Track & Field, Soccer or Flag Football, and both boys and girls Basketball. Joint Use agreement renegotiated with SJUSD to allow consistent use by the programs.

Added online registration capability for day camp programs

Trained program staff in "Code Adam" protocols for missing child

Petting Barn Literacy Programs awarded California Association of Recreation and Park Districts Award of Distinction, Best Innovative Program

Increases in Dance class participation reached 44% since July of last year

Applied for a California Cultural and Historical Endowment grant for the River History Center project

Formulated Letter of Intent for a Baseball Tomorrow Fund grant to support the Cordova Villa project

Formulation of support committee for future dog parks, including subcommittees

Participation and partnership in the following collaborative committees or community programs

- Mentoring Children of Prisoners/Roots and Horizons
- Cordova Community Council
- Kids Day, coordination of entertainment and agency booth
- Grand Opening of Rancho Cordova City Hall
- Rancho Cordova Health and Wellness Task Force
- Youth Development Committee, including assistance in applying for a REACH Grant through Sierra Health Foundation
- Support and assistance to CampFire USA in applying for Stewardship Council grant
- Technical assistance to Sacramento Splash
- Staff participation in Kinney High School Career Day
- Mather Air Show

Staff capacity building through participation in CPRS District events and conference, and NRPA Revenue and Marketing School, and opportunities to work outside classification

Recreation staffing analysis for next ten years

Ricky Dickerson Benefit Concert and Dinner

Rosemont High School opened to Recreation Classes

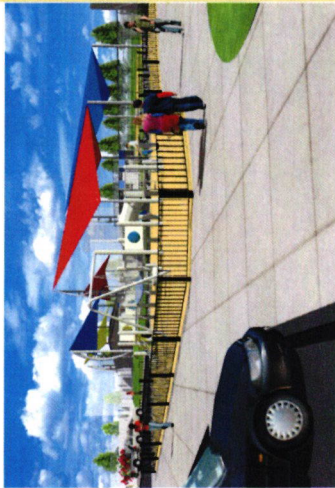
Taste of December Event

Senior Activity Center Grant Application

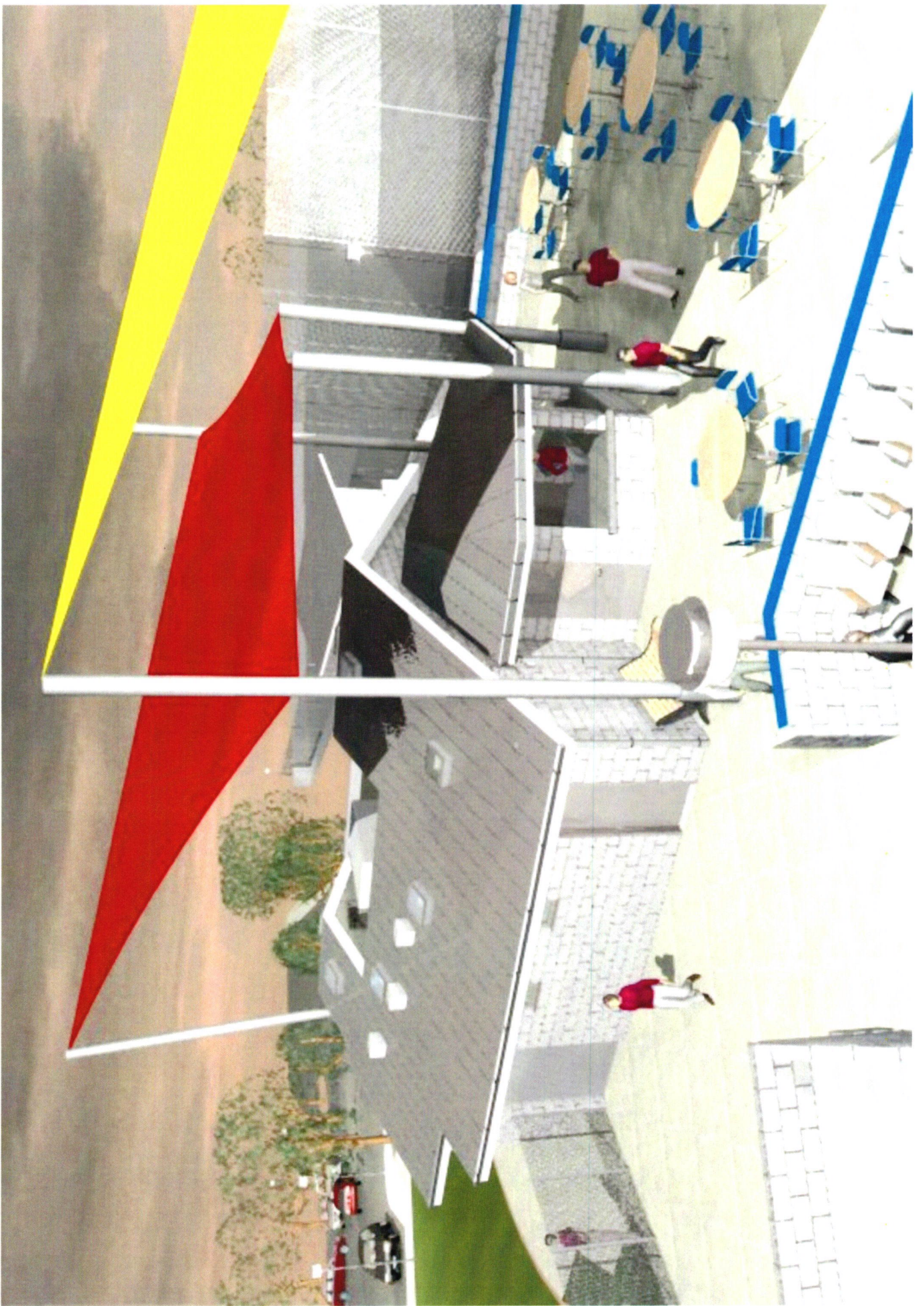
School Venues added: Erlewine, Navigator, Mather Heights, Peter Shields

Approximately 50 classes held last autumn, with hundreds of participants

Professionally designed a promotions booth

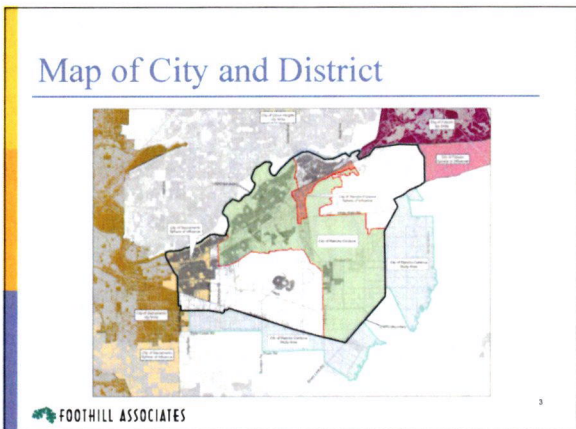


Mather Sports Center Cordova Recreation and Park District





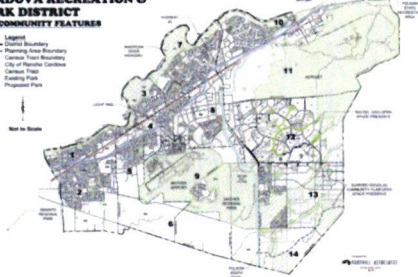




Map of Adjacent Recreation Resources and Community Features

CORDOVA RECREATION & PARK DISTRICT KEY COMMUNITY FEATURES

Legend
 - - - - - Planning Area Boundary
 - - - - - Cordova Town Boundary
 - - - - - City of Phoenix Boundary
 - - - - - Canyon Park
 - - - - - Mountain Park
 - - - - - Proposed Park

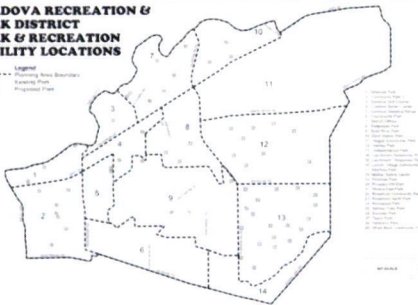


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Map of Existing CRPD Parks

CORDOVA RECREATION & PARK DISTRICT PARK & RECREATION FACILITY LOCATIONS

Legend
 - - - - - Planning Area Boundary
 - - - - - Cordova Town Boundary
 - - - - - City of Phoenix Boundary
 - - - - - Canyon Park
 - - - - - Mountain Park
 - - - - - Proposed Park



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Existing Parks and Facilities

- 3 Acres of Mini Parks (3 Parks)
- 68.5 Acres of Neighborhood Parks (15 parks)
- 180 Acres of Community Parks (8 CP and Mather Sports Center)
- 80 Acres Cordova Golf Course
- 75 Acres Cordova Shooting Range

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Population Projection

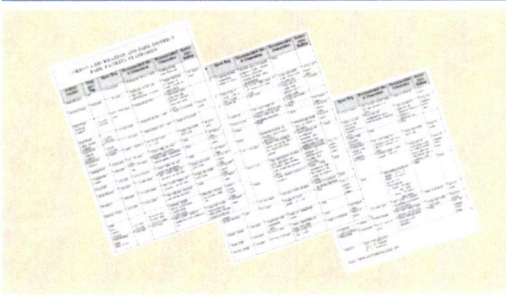
From 2000 to 2040, projected population growth is 68,000 people.

- Year 2000 – 95,532
- Year 2005 – 110,483
- Year 2010 – 138,526
- Year 2014 – 163,133

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Chart of Suggested Park and Recreation Standards



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Park Definitions

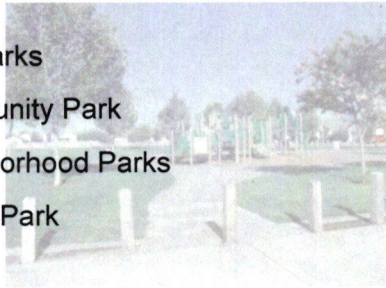
- **Mini Parks** — 1/4 to 1 acre park with turf, trees, irrigation, small playground, walkway, possibly a 1/4 basketball court, scattered picnic tables for individual and family, security lights, and intended for passive use.
- **Neighborhood Parks** — 5 to 10 acres park intended primarily for surrounding neighborhood use with turf, trees, irrigation, tot and pre-teen playground, walkways, possibly a basketball and or tennis courts, group and family picnic facility, informal ball / soccer field, restroom, water feature, security lights, possibly with off-street parking and other recreation facilities and facility lights.
- **Community Parks** — A park of 20 to 60 acres plus intended for active, organized recreational use often with lighted facilities and large off-street parking lots and a Recreation Center. In addition to the improvements found in a typical Neighborhood Park, Community Parks often include a full size basketball court, tables / seating, shade structure, large and small Group Picnic Areas with group barbecues and picnic tables, pond or water feature, restroom, adult and youth soccer fields, 1/2 baseball / girls softball fields, 1/2 tennis courts, and other improvements as needed.
- **Sports Park** — A park of 40 plus acres intended for athletic games and tournaments. Often the location of ball field complex, soccer complex, and other game fields and courts. It may also include many of the features of a Community Park and include large parking lots.
- **Regional Park** — A park developed for specialized recreation, often involving entry fee or user fee and intended to attract users from beyond the community. Some of the possible features might include adult sports fields, RV and tent camping, Amphitheater, BMX course, Paint Ball Park, Roller Hockey, Skate Park, Soccer Complex, Trail Linkage and Staging Area, Water Park, and a Lake.

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Vision for New & Existing Parks - Similar Standards

- Mini Parks
- Community Park
- Neighborhood Parks
- Sports Park



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Building Community - Park and Open Space Planning

- Visual Aesthetics & Connectivity



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Building Community - Park and Open Space Planning

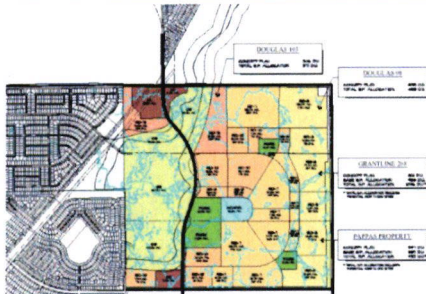
- Accessibility to Parks / Tot Lots (1/4 – 1/2 Miles)



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Sunridge East



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Building Community - Park and Open Space Planning

- Large Community Park versus Decentralized Smaller Parks



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Community Park & Recreation Services through Joint Powers Authority

- Park and Recreation activities have significant economic benefit to the Community.
- Jointly develop Administrative Center / Corporation Yard with the City.
- Work cooperatively with the City, County, adjacent jurisdictions, State, Federal Agencies, utility companies, and non-profit groups to preserve linked creek ways and open space preserve.
- Work with the City to encourage the development of off-street multi-use recreational trail system, and on-street bike lanes and routes.
- Work jointly with the School District(s) and Developers to fund an Aquatic Center.
- Work with the School Districts to develop Before and After School Facilities and Programs for children.
- Work with a School District to encourage the development of a Cultural and Performing Arts Center in a existing school site and in the Sunrise Douglas Area.
- Jointly develop park/school sports complexes on adjoining sites.

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Collaboration with Schools

- Aquatic Center
- Before and After School Programs
 - Use of Multi-Purpose Rooms or Facilities built at School for Program
- Cultural and Performing Arts Center
- Gymnasiums

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Open Space and Trails

- Creeks and Open Space Preserve
- Detention Basin / Park
- Recreation Trails

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Cordova Regional Park

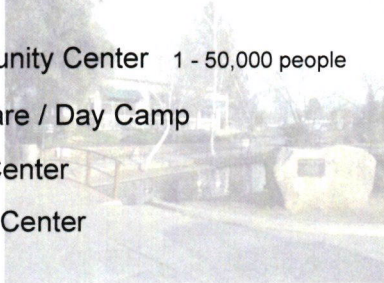
- Work with the City to attract developer / operator of commercial Park.
- Adult Sports Park
- Amusement and Water Park
- RV Park and Campground
- Other possible features:
Amphitheater, BMX course, Dog Park, Group Picnic Facilities, Multi-purpose turf area, Paint Ball Park, Adventure Play Area, Roller Hockey, Sand Volleyball Courts, Skate Park, Soccer complex, and Trail linkage and Staging Area.

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Community Center Components

- Community Center 1 - 50,000 people
- Day Care / Day Camp
- Teen Center
- Senior Center



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**Creating Community and
Quality of Life Through
People, Parks and Programs
Since 1958.**

2197 Chase Drive • Rancho Cordova • CA • 95670
(916) 362-1841 www.CRPD.com

Recreation and the Community



Charlie Rice
Recreation Superintendent
(916) 362-1841 ext. 17
Crice@crpd.com



Shared Constituencies

- City of Rancho Cordova (56,000 pop.)



- Cordova Recreation Park District (103,000 pop.)





Two Agencies: One Vision



CRPD Core Values

- Strengthen community image and sense of place
- Support economic development
- Strengthen safety and security
- Promote health and wellness
- Foster human development
- Provide recreational experiences
- Facilitate community problem solving

Citywide Goals

- Foster a positive image of Rancho Cordova
- Drive diverse economic opportunities
- Ensure a safe community
- Sustain a livable community
- Foster responsible citizenship
- Establish a vibrant downtown
- Improve transportation & connectivity

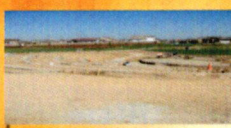
Strengthens community image and sense of place

- Benefits
- Concerts
- Park Dedications
- Holiday Celebrations






Supports economic development




Stone Creek Community Park

- Homes within walking distance to a park enjoy 20% more market value than comparable homes elsewhere. (American Planning Association)
- Tournaments, Fun Runs, Swim Meets, Holiday Celebrations, Festivals and Fairs



Strengthens safety and security

- Learn to Swim - Over 1,700 children register annually.
- CPR, First Aid, Lifeguard Training, Drivers Education, Hunter Safety, Martial Arts
- Estate Planning, Financial Counseling, Hearing Tests, Health Insurance Counseling and Advocacy



Promotes health and wellness



- 1 of 3 children born in the United States in 2000 will develop diabetes in his or her lifetime due to childhood obesity. (Center for Disease Control)
- In urban areas, teens who have access to a safe park get 50% more physical activity in a week compared to those without access. (UCLA Center for Health Policy Research)



Fosters human development



- Children who do not participate in extracurricular activities are 49% more likely to use drugs and 37% more likely to become a teen parent than those who spend just 1 to 4 hours per week in outside activities.

(U.S. Department of Education)



Provides recreational experiences



- Over 70% of children surveyed by the National Recreation & Parks Association stated they would rather play on a losing team than sit on the bench of a winning team.
- This result was replicated in a survey by CRPD of over 210 young female basketball players.



Facilitates community problem solving

Winner: 2006 CAPPO Most Innovative Program



Reading Haystack & Story Time in the Barnyard Programs
Award winning animal assisted literacy programs



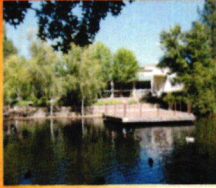
Increases cultural unity



- In 2002, Rancho Cordova was the most rapidly diversifying community in California.
(Public Policy Institute)



Protects environmental resources



- Looking at trees or gardens reduces stress within 5 minutes.
(American Journal of Preventative Medicine)
- Trees in the nation's metropolitan areas save the cities \$400 billion in the cost of building stormwater retention facilities. (American Forests)
- District cares for about 430 acres of parkland.



Trends

- "Extreme" Sports becoming mainstream
- The Front Porch Explosion
- Fishing makes a comeback
- Goodbye Stuff - Hello Experiences!
- Families playing together
- Actively aging population
- Marketing emphasis on benefits
- Heading out and coming in
- Taking the program to the neighborhoods



Challenges & Opportunities



- Venues
- Staff
- Effective Communication
- Attitudes
- Popular Culture
- Risk Free-Existence
- 5/50 Celebration, 2008





If you want one year of prosperity,
Grow grain.
If you want 10 years of prosperity,
Grow trees.
If you want 100 years of prosperity,
Grow people.



Parks & Recreation
Space to Learn & Play
We create environments through people, parks & programs like...

- building future developers
- promoting health and wellness
- providing recreational experiences



Parks & Recreation
Space to Be Safe & Secure
We create environments through people, parks & programs like...

- identifying undesirable problems
- providing security
- maintaining facilities
- strengthening safety and security



Parks & Recreation
Space to Create & Imagine
We create environments through people, parks & programs like...

- identifying community issues and needs of area
- providing cultural arts
- providing recreational resources



Recreation Programs



Adult Sports/Mather Sports Center




Chris Nissen
General Recreation Supervisor
(916) 362-1704
cnissen@crpd.com



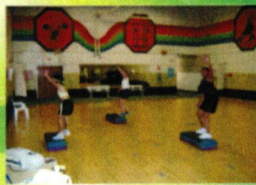
Fun



- Playing with friends
- Being active together



Fitness



- Fun to be fit



Choices...

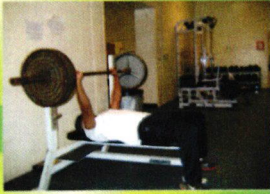


Adult Leagues are offered in

- Volleyball
- Softball
- Basketball
- Soccer



Choices...



- Two weight rooms
- Cardio equipment room
- Three Racquetball courts



And more choices.



- Rental opportunities
- Aerobic classes
 - Ballet



Opportunities



- To socialize
- To relieve **STRESS**
- To feel better about yourself
- To **PLAY!**



Softball Leagues



- Three Fields at MSC
- One each at Stone Creek, Lincoln Village, and Dave Roberts Parks



Three Seasons per Year



- Over 1,500 participants
- Corporate Leagues include VSP, FTB, Rotary
- Local companies include AD Land, CareMark, Ameriquest, OES, and Sutter Health



Future Improvements



- All-weather playing surface
- Full-size (ASA standard) field dimensions
- Restrooms, concessions, shaded viewing areas



What the Future Holds



- Increases in:
- League play
 - Tournament play
 - Youth leagues and tournaments
 - Year-Round use



Basketball Leagues



- Six seasons each year, over 48 weeks



Who Plays?



- Franklin-Templeton Corporate League
 - Board of Equalization
 - 2,400 participants



Volleyball Leagues



- Six seasons over 48 weeks
- 600 participants



Volleyball Leagues



- Unique style of play



Fitness Facilities



- Upright and recumbent bikes
- Elliptical cross trainers
- Stair steppers
- Treadmills



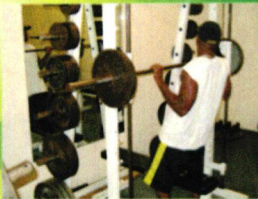
Who Comes?



- All ages
- Friendly, no frills environment
- Waiting for upgrades



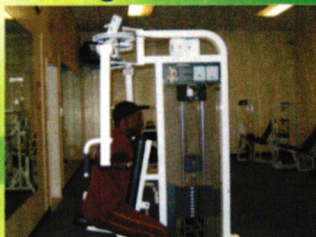
Weight Rooms



- Free weights
- Smith Machine
- Dumbbells 1 - 150 lbs



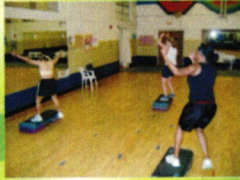
Weight Rooms



- Selectorized machines
 - Plate-loaded
- Multi-use machines



Fitness Classes



- Step Aerobics
- Kenpo Karate
- Basic Training Fitness



Racquetball



- Three Courts
- Walleyball available
- Annual Tournament



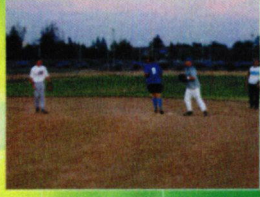
Special Events



- Annual Mather Mud Run
- Labor Day Girls Fast Pitch Tournament



Facility Rentals



- Gymnasium
- Baseball Field
- Softball Fields
- Soccer Fields



Who Do We Serve?



- 42,000 fitness and class visitations per year
 - Walking/jogging trail attracts 11,000 per year
 - Add league, rental, and tournaments to get:
- Over 100,000 visitations per year



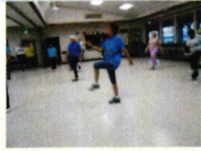
What Can The Future Bring?



- \$12 m renovation for outdoor facilities
- 60's - 70's look and feel to building/interior
- Deteriorating interior in need of a major upgrade



Cordova Senior Activity Center



Josie Bryant
Senior Activity Center Director
(916) 366-3133
CordovaSeniorCenter@sbcglobal.net



Reaching Out



- Transportation is available to seniors who need it.
- Meals on Wheels delivers a hot meal and a warm smile to home bound seniors.
- Programs also serve as a "safety net" for isolated seniors.
- Absent regulars receive a call by the "Friendly Voices" to check on their welfare.



Park District Classes



- Senior Exercise
- Ceramics
- Beginning Yoga
- Tai Chi
- Kung Fu
- Senior Tap Dance
- Ballroom Dance
- Beginning Country Line Dance
- Advanced Country Line Dance



Adult Education Classes



- Drawing
- Watercolor
- Oil Painting
- Decorative Painting
- Arts & Crafts
- Floral Design Techniques
- Genealogy



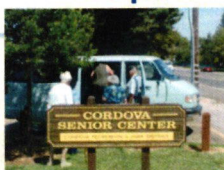
Additional Services



- Lunch service, Monday through Friday
- Financial Counseling
- Health Insurance Counseling and Advocacy Program
- Hearing tests, and Living with Hearing Loss class
- Estate planning consultations



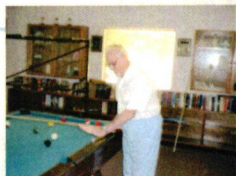
Trips



- Italy
- Alaska Cruise
- San Antonio
- Memphis, Branson & Nashville
- Monterey
- Theatre & Lunch trips
- Monthly Casino Trips



Additional Activities



- Jigsaw Puzzle Swap
- Library and Lounge
- Card Games
- Crochet & Knitting social
- Monthly Birthday Celebrations
- Sing-A-Long
- Bingo



Special Events



- Hawaiian Luau
- Oktoberfest
- Chuck Wagon dinner & dance
- Spaghetti & Mussels dinner
- Breakfast with Santa



All ages are welcome to the Center's great special events!



Maximizing Resources



- Over 9600 hours of volunteer service annually by active seniors.
- All age classes during non-peak times.
- Facility available for rental.
- Senior Advisory Board assists in programming and are most of the volunteer force.



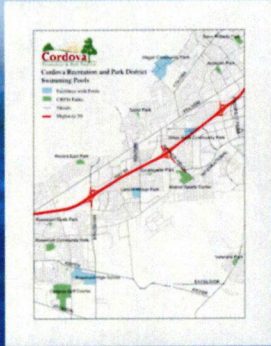
Aquatics



Diane Robinson
General Recreation Supervisor
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Locations



- Cordova Community Pool
- Lincoln Village Pool
- White Rock Pool
- Rosemont High School Pool



Total Pool Attendance

• Cordova	29,400
• Lincoln Village	5,400
• White Rock	1,400
• Rosemont	1,600
 • Total	 37,800



Aquatics

Swim Lessons



- 8 new swim instructor positions added
- Over 1,700 participated
- Added group and private lessons at Rosemont High pool



Aquatics

Making a Splash at Rosemont High!



- Swim Lessons
- Public Swim
- Water Aerobics
- Pool Rental




Swim Teams

"Why should I get up at 6 am, drive my kid to the pool, shiver in the cold, travel to away meets, and spend hours volunteering for the team?"



- Young people involved in sports report higher levels of voting, volunteering and engagement in their community than those who do not participate. (CIRCLE, University of Maryland)



Aquatics Blue Marlins Swim Team



- 100 boys & girls ages 5 – 18 years
- May – July
- 6-team Valley-Foothill Competitive Aquatic League
- 10 swimmers qualified for the regional "Meet of Champs"



Special Aquatic Activities



- Spirit Award awarded by League for spirit & sportsmanship.



Special Aquatic Activities



- *Coach Logan's special incentive program.*



Special Aquatic Activities



Awards for hard work and dedication



Aquatics

Cordova Cordettes Synchronized Swim Team



- 24 girls and 1 young man
- 6-team Valley Foothill Competitive Aquatic League
- Intermediate team placed 1st at Championships
- Sara Romano, 5 years as head coach
- Aqua Show



Special Aquatic Activities





- "Fun in the Sun" events
- Alumni BBQ
- Swim Team Family Night
- Aqua Show



Special Aquatic Activities



The **Alumni BBQ**
brought together staff and parents from the past 20 years.



Special Aquatic Activities



Preschool Programs



Our program encourages
children to explore and
discover.



Preschool Programs

Pre-Kindergarten Class



- 2 pre kindergarten classes
- Instructor Peggy Kneese, 17 years
 - Themed units
 - Community workers
 - Fairy tales
- Field trips and celebrations involving whole family



Preschool Programs

Tiny Tot Play Group



- Parent-child, free play for 12-36 month olds
- Socializing for parents
- Field trips to local venues.
- County of Sacramento Infant/Toddler Program



Additional Class Offerings




- Music for Children
- Driver's Education
- Kayaking
- Adult Fitness
- First Aid
- CPR
- Digital Photography



Youth Sports



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Recreation Supervisor
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Good Sport U



Designed by: Nathalia



Designed by: Olivia



Good Sport U



- Good Sportsmanship
- Safe, Fun and Positive
- Trained Leaders
- Fundamental Skills
- Team Building



Good Sport U



- × T-Ball
- × Basketball
- × Flag Football

Taught through team building, contests, and games



Good Sport U

Benefits



- × Exercise
- × Teamwork
- × Playing & Having Fun!



Good Sport U

Benefits

- × A survey of 4,000 high school students found low levels of activity were associated with a higher incidence of risky behavior. (Center for Disease Control)
- × In another survey, 30% of kids ages 9-17 cited the top reason they say "No" to drugs was their involvement in sports. (California Parks and Recreation Society)



Good Sport U



✧ Youth sports has grown from seasonal offerings



Good Sport U



Over 900 children learn and have fun each year in:

- ✧ Hoop Improvement Camps
- ✧ Half Court Hoopsters
- ✧ T-Ball
- ✧ Tour of the Parks
- ✧ Fast Break Festival
- ✧ Youth basketball



Good Sports U

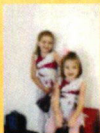
Family Friendly Programs



- ✧ T-Ball
- ✧ Kindergarten Basketball
- ✧ Family Hoops Day



Youth and Adult Programs



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Recreation Coordinator
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Classes for Youth and Adults

- ❖ Tap and Jazz
- ❖ Ballet
- ❖ Hip Hop
- ❖ Competitive Baton Twirling
- ❖ Country Line Dance
- ❖ Bellydancing
- ❖ Scottish Country Dance
- ❖ Parent's Night Out



Benefits of Recreation

- ❖ Increased socialization
- ❖ Recreation is essential to quality of life
- ❖ Builds strong families and healthy communities
- ❖ Key to balanced human development
- ❖ Reduces self-destructive and anti-social behavior
- ❖ FUN!!!!



Jazz and Tap

- ❖ Over 100 children and adults participate each year
- ❖ Beginner to Advanced classes for youth
- ❖ Jazz Exercise and Tap for teens and adults




Ballet for Kids

- ❖ Baby Ballet, Pre-Ballet, Beginning and Advanced Ballet
- ❖ Nearly 300 students participate each year
- ❖ Instructor has more than 17 years experience in professional dance and has been teaching for 7 years.




Hip Hop

- ❖ Nearly 200 students participate each year
- ❖ Instructor has competed on a national and international level, including the 2003 International Hip Hop Competition in Germany
- ❖ Classes for youth and a teen/adult class




Competitive Baton Twirling

- ❖ Acceleration Team - 52 girls compete across the United States, successfully placing high each year.
- ❖ Team performances - Disneyland, Monarch's games, TV appearances on Good Day Sacramento.
- ❖ Experienced instructor titles include: State, Regional and National Baton Twirling Championships, four time Junior Grand National Strut and Dance Twirl Champion, two time member of the United States World Twirling Team and a World Bronze Medalist.



Country Line Dance

- ❖ Attracts nearly 100 people each year, most a core group that has been with the instructor for years.
- ❖ Instructor incorporates popular line dances with classics to add more variety and fun to the class.
- ❖ Social each month.
- ❖ Committed instructor, teaching for the District for 15 years.



Belly Dancing

- ❖ 80 participants each year discover this fun dance style as a great way to tone in a fun environment.
- ❖ Instructor has studied dance formally since 2000 including ballet, jazz, hip hop, modern, and belly dance.
- ❖ In 2006 the instructor took first place in the Queen of the Nile competition and was featured on the July/August 2006 cover of Zaghareet magazine and the television show Good Day Sacramento.



Scottish Country Dance

- ❖ A core group of about 40 participants make up the beginning and advanced group.
- ❖ Instructor has taught for the District for more than 16 years and always makes this class fun!
- ❖ Group demonstrates their skills at the Scottish Games each year.




Parents Night Out

- ❖ Parents can leave their children in a safe and fun environment and take some time to themselves. The kids love it!

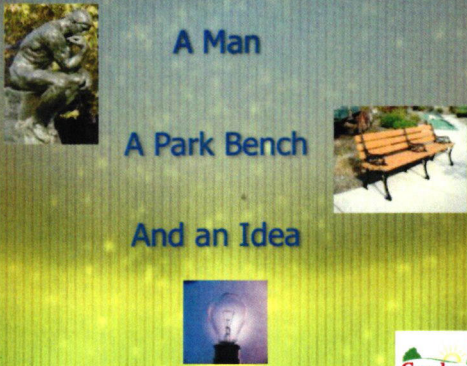



Children's Programs



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A Man

A Park Bench

And an Idea



That man was Walt Disney

And his vision became Disneyland




"But they're just... PLAYING!!!"

Play is recognized by the United Nations High Commission for Human Rights as a right of every child.

- Develops imagination, dexterity, and physical, cognitive, and emotional strength.
- Children create a world they can master, conquer fears and practice adult roles.
- Learn to work in groups, share, negotiate, resolve conflicts, and self-advocacy.
- Practice decision-making, self-pace, discover and engage fully in interests.
- Builds active, healthy bodies and essential to healthy brain development.



The Pressure on Play

- Children over scheduled and over stressed.
- Overuse injuries as children specialize in sports at younger age.
- Pressure on parents to make sure child is not "left behind".



Recess & Tag – A Thing of the Past

- Schools across the nation have banned tag and all running games.
(Bazar, Emily. "Tag! More schools ban games at recess" USA Today, June 27, 2006, p 1)
- Schools struggling with the No Child Left Behind Act of 2001.
- 1989 survey - 96% of school systems had at least 1 recess period.
- 1999 survey - only 70% of had a recess period.
(Source: National Association of Elementary School Principals)
- Less activity is particularly hard on boys in an academic setting.



At What Cost?

- 1 of 3 children born in the U.S. today will be diagnosed with diabetes.
(Center for Disease Control)
- 2002 economic impact of diabetes and related health issues - \$132 billion
- In 2007 total - \$215 to \$375 billion
- \$36 billion with each passing generation.
(American Diabetes Association)



Meeting the Challenge

- Increase in number of programs for families.
- Increase of youth sport programming.
- Get people out of their homes and into their parks during non peak times.
- Offer accessible, affordable, active programming to all ages and abilities
- Marketing the healthy benefits of recreation programs.
- Regularly engage children in active programming.



DAYCAMP - Messy Clothes, Happy Kids



- Children learn to make positive choices
- Emphasis on having FUN and being active
- Arts and crafts activities
- Learn to accept and value diverse cultures
- Bonding to a trained and positive teen role model
- ACTIVE and engaged seven hours a day



Day Camp



- Ages 5-12
- Low cost & all-inclusive
- Flexible child care
- Safe
- Over 700 registrations



Day Camp



- Spring Fling Day Camp
- Winter Festival
- Camp Cordova summer camp

New! Middle School camp



Staff



- CRPD is large employer of youth ages 15-23.
- Over 75% of camp staff return for an average of 5 years.
- Many first time employees, learning skills transferable to other jobs.
- Training includes First Aid, CPR, Basic Water Safety, child development, leadership skills and group management techniques.



The Benefits are Endless... And We Can Prove It!

- Camping improves self-image in short periods of time across all age groups, but particularly among younger campers. (Hersh, 1999)
- Children show significant gains in self control and self-worth and this carries over into life beyond the camp setting. (Sekine, 1994)
- Activities at camp lead to opportunities for young people to both assert their independence and learn cooperative teamwork. (Cheney, 1994)
- Self-reliance and independence was a predominant outcome. (Brannan et al., 1997)



Petting Barn



- Literacy Programs - 2006 CARPD Most Innovative Program award
- Free Public hours, Memorial Day to Labor Day
- School and private rentals
- Over 1000 visits last year
- 3400 volunteer hours contributed by Girls Scout Troop #499
- Support of Rotary



Online Programs Comfort, Convenience, Quality



- Mystery Shopping
- Anger Management
- Sponsorships
- Drivers Education

All in the comfort of your own home!



Additional Programs



- Selling On E-Bay
- Basic Auto Repair
- Private piano lessons for children and adults
- Camping Skills Workshop
- The Great Family Camp Out
- Family Camp Night



Park Openings- A Community Party!



Food • Games • Outdoor movies

Three park openings in 2006,
Three additional planned for 2007!



Seasonal Events



Easter Egg Hunt and Spring Extravaganza
Haunted Hagan
Howl-o-ween
Breakfast with Santa
Taste of December



Family Activities



Fun Activities for the whole family!

- Dog Shows
- Movie Nights
- Comedy Nights
- Mud Run
- Aquatics Show
- Concerts
- Car Shows
- Camping skills workshop
- Family Camp Night
- Family Fun Pool Nights
- Swim Meets
- Seasonal Special Events
- Parent/Child classes



Community Events



In Partnership with our Community:

- 4th of July
- Taste of December
- Kids' Day in the Park
- The Giving Tree
- The Great Family Campout
- Mather Air Show



Resource Development



- Funding Opportunities
- Staff Development
- Community Partnerships



Community Partnerships

- The City of Rancho Cordova
- Folsom Cordova Community Partnership
- Folsom Cordova School District
- Sacramento City Unified School District
- San Juan Unified School District
- Elk Grove Unified School District
- Weed & Seed
- Sacramento Valley Live Steamers
- Jewell Performing Arts Center
- Girl Scouts of America
- CampFire USA
- Friends of Cordova Parks, Inc.
- Mather Community Campout
- Rancho Cordova Soccer Club
- Mills Little League
- Rancho Cordova Little League
- Cordova Girls Softball
- Rosemont Soccer Club
- Capital City Mayors
- Sac. Elderly Nutrition Prog.
- Area 4 Agency on Aging
- Hans-Henning Roberts
- Dept. of Fish and Game
- American River Masons
- Rancho Cordova Rotary
- Rancho Cordova Kinarts
- County of Sacramento






Collaborative Projects

- Kid's Day at White Rock Park
- Weed & Seed Scholarship Fund
- Taste of December
- Rancho Cordova Health & Wellness Project
- Senior Care Program
- Senior Nutrition Program
- Scary U/Haunted Hagan
- REACH Grant Initiative
- Classic Car Show
- Eyes on Parks
- Joint Use Agreements
- Dog Park Committee
- Community Disaster Preparedness
- CERT program
- Metro Fire NET program
- 4th of July
- Hagan Park Petting Barn
- Easter Egg Hunt
- The Great Family CampOut
- Assessment District

In collaboration with the City of Rancho Cordova,

- Art Walk
- Arbor Day Celebration
- Run/Walk/Roll 5K Event
- 5/50 celebration, 2008



We do not stop playing
because we grow old



We grow old
because we stop playing.

~ George Bernard Shaw





Providing Space to Play, Create, and Imagine
for the future of Rancho Cordova



Stone Creek Community Park
