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ANSWERS TO FAQ's

1. What are the hours of operation?

Monday through Thursday 8:00 AM – 6:30 PM
Friday 8:00 AM – 5:00 PM

We observe the following holidays:

New Year's Day	January 2, 2012
Martin Luther King Day	January 16, 2012
Lincoln's Birthday	February 13, 2012
Washington's Birthday	February 20, 2012
Memorial Day	May 28, 2012
Independence Day	July 4, 2012
Labor Day	September 3, 2012
Veteran's Day	November 12, 2012
Thanksgiving Day	November 22, 2012
Day after Thanksgiving	November 23, 2012
Day before Christmas	December 24, 2012
Christmas Day	December 25, 2012

2. Are there any adult sports leagues in the Citrus Heights/Antelope area?

SRPD offers leagues for both men and women in a variety of sports. Check out our Adult sports pages on the website for more information

[Click here for the Adult Sports page link](#)

3. Where can I get adult sports information?

Visit our website sunriseparks.com, teamsideline.com/sunrise, or call 725-6287

4. Where can I play tennis in Citrus Heights or Antelope?

The following parks have tennis courts:

Antelope area

Antelope Community
Foothill Community
Pokelma Park
Tetotom Park
Westwood Park

Citrus Heights area

Brooktree
Crosswoods
Eugene Ahner Park
Madera Park
Northwoods Park
Rusch Park
San Juan Park
Tempo Park

5. Are there any dog parks in the area?

C-Bar-C has a large and small dog park area and is located at 8275 Oak Avenue Citrus Heights, CA.

As a courtesy to other guests we ask that please clean up after your dog.

6. Does SRPD have a senior center?

SRPD offers a variety of senior activities at Rusch Community Center, Crosswoods Community Center and Foothill Community Center. Go to the District website or contact our office at 725-1585.

7. Where can I get my taxes done for free?

From February 1 through April 15 the AARP provides free tax assistance for seniors at Rusch Community Center. Contact the Sacramento Information Line at 498-1000 (option 4) to schedule an appointment

8. Does SRPD have any public swimming pools?

SRPD owns and operates 2 swimming pool complexes located at Rusch Community Park and Antelope Community Park. Each pool complex offers a variety of aquatic programs ranging from instructional swimming, public swim, family nights, fitness programs, competitive aquatic teams and pool rentals. Visit the aquatics section of the web site for more information or contact the District Office at 725-1585.

9. How can I sign my child up for swim lessons?

SRPD offers spring, summer and fall swim lessons. There are three easy ways to register! online (sunriseparks.com), walk in (M-Th 8:00 am – 6:30 pm, Fri 8:00 am-5pm) or mail in (7801 Auburn Blvd. Citrus Heights, Ca 95610)

10. Does SRPD have facilities to rent for special occasions?

SRPD offers many facilities for your social and business events. Rusch Park Community Center, Foothill Community Center and Crosswoods Community Center, Rusch Park Pool, Antelope Aquatic Complex as well as many of our parks. Contact the District office at 725-1585 and let us help you find the perfect venue for your special occasion.

11. Does SRPD have a skate park?

Yes, the skate park is located off Antelope Road at Rusch Park. Helmets, kneepads and elbow pads are required.

12. Does SRPD offer summer day camps?

SRPD offers a variety of activities for school aged children at state licensed day care sites. Attending summer camps encourage children to meet new friends and stay active all

summer. Children enrolled enjoy a safe environment while participating in age appropriate activities.

For more information, please contact the Site Director.

Antelope Meadows Sunrise Kids Club
Antelope Meadows Elementary School
8343 Palmerson Dr., Antelope
725-0794

Oak Hill Sunrise Kids Club
Oak Hill Elementary School
3909 North Loop Blvd., Antelope
331-6042

Olive Grove Sunrise Kids Club
Olive Grove Elementary School
7926 Firestone Way, Antelope
726-0224

13. Are there any before and after school programs for my kids?

Yes, SRPD operates the “Sunrise Kids Club” program, a state licensed day care, at three elementary school campuses. Sunrise Kids Club participants are encouraged to meet new friends and stay active while enjoying a safe environment and participating in age appropriate activities. For more information, please contact the site director.

Antelope Meadows Sunrise Kids Club
725-0794

Oak Hill Sunrise Kids Club
331-6042

Olive Grove and Dry Creek Sunrise Kids Club
726-0224

14. How do I sign my child up for preschool?

SRPD offers preschool at several different locations. Most of our Sunrise Kids Club locations have a traditional preschool component however there is also a preschool program at Rusch Community Center and Foothill Community Center. District staff is trained in early childhood development and are dedicated to introducing children to the aspects of play, learning and social interaction within a safe and positive environment.

For more information, please contact:

Antelope Meadows Sunrise Kids Club and Rusch Preschool
725-0794

Dry Creek Sunrise Kids Club Preschool
726-0224

Oak Hill Sunrise Kids Club and Foothill Preschool
331-6042

Olive Grove Sunrise Kids Club
726-0224

15. Why can't I register my child for the daycare or preschool program online?

Children are enrolled during an annual enrollment period for each year and new participants are added as space becomes available. Mandated teacher to child ratios are required. We encourage families to preview both of these programs and speak with the site directors, who will then provide you with the most up to date enrollment information.

16. Does SRPD offer any fitness programs?

Yes, SRPD encourages physical fitness and offers a variety of classes for young and old. More information can be found in our seasonal program guide or click on the appropriate tab on the web site.

17. How can I enroll my child in a youth sports team?

In addition to youth leagues offered by SRPD, we partner with several youth sports organizations in our area. For more information visit the youth sports page on our web site.

YOUTH SPORTS ORGANIZATIONS

Antelope Highland Girls Fastpitch	721-4555	Sunrise Girls Softball League	723-2255
Citrus Heights Little League	726-8525	Antelope A.Y.S.O.	491-2529
Citrus Heights Youth Baseball	729-6389	Citrus Heights Soccer Club	722-6387
Foothill Farms Little League	348-3355	Sunrise Soccer Club	722-8154
Northridge Little League	225-8712	Foothill Farms Soccer Club	344-5425
Sunrise Little League	722-5676	Antelope Community Tennis Assoc	
		www.antelopetennis.com	
		info@anteloetennis.com	

18. Where can I pick up a Youth Sports program flyer and registration form?

Flyers and registration forms are available online, at Rusch Park Community Center, or the following school districts: San Juan Unified School District, Center Joint Unified School District, Twin Rivers Unified School District and Dry Creek Joint Elementary School District. Each of the school district does distribute the program flyers/registration forms prior to the start of each program. Please refer to our website for program information and registration form.

19. My child won't be able to make it to the flag football player ratings day. Can he/she still play in the Youth Sports program?

Yes, although player ratings are highly recommended, they are not required. The child will be given an average score of those of the same gender and in the same grade level and placed on a team.

20. If the Youth Sports league is full, can my child somehow still get into the league?

Yes, once a league fills up, players are added to a waiting list and placed as space becomes available. Waiting lists are kept until the week prior to the first game.

21. What Youth Sports equipment do you recommend for my child?

Soccer: shin guards, athletic shoes or plastic cleats

Flag Football: mouth guard, athletic shoes or plastic cleats

Basketball: athletic shoes

Baseball Camp: glove, athletic shoes or plastic cleats

22. I am interested in coaching a Youth Sports program. How do I sign up?

Complete a volunteer application and email to tgordon@sunriseparks.com or fax (916) 725-2541 or contact us at 725-0186.

23. Why are Youth Sports league schedules handed out so late?

Schedules cannot be made until after teams are established, which normally occurs after the first week. Sometimes a team does not have a coach right away, so this further delays the process. If this happens, staff will make every effort to have schedules created one week prior to the first game. Please note that coaches are informed of game dates, locations, and approximate game times at the initial coaches meeting.

24. When the cancellations are made up in the Youth Sports leagues?

Games cancelled due to weather or other reasons will be made up if and when/where feasible. This is dependent on availability of game officials, conflicts with other events, and availability of facilities.

25. How can I receive financial assistance for my child to participate in Recreation programs?

Hearts for Parks is a nonprofit organization working to benefit and improve recreation activities, special programs and park facilities associated with the Sunrise Recreation & Park District. Emphasis is placed on children within the district unable to afford full program fees and on programs needing supplemental funding. Qualifications and applications are available at the District Office or in the forms section of the web site.

26. Which forms of payment does SRPD accept?

The District accepts cash, check, money order, Visa, MasterCard and American Express. If you prefer to Register on line a Visa, MasterCard or American Express is accepted.

27. How can I receive a refund for Recreation Program?

Complete a refund request form, available on the web site or at the District Office.

1. Full refund or credit will be given if the district cancels the program, for medical reasons, or the participant is cut from the program.

2. No refunds or credit after the class/program/league has had its second meeting.
3. A credit may be given for any program offered by SRPD
4. All refund requests will be approved or denied by the SRPD. All refund checks will be processed through the County of Sacramento and mailed to you within 4-6 weeks.
5. The SRPD reserves the right to adjust this policy, depending upon the circumstances and the severity of the situation.

28. How can I obtain a job with SRPD?

To obtain a job with SRPD please complete an application available on the forms page of the website or at the District Office. Check the jobs section of the web site often for updates.

29. How can I reserve a picnic area?

The District has 13 reservable parks that can be reserved by visiting the District Office. Please call our office to verify availability. ***Bounce houses are allowed in our parks only with reservation & insurance.***

30. How can I reserve an athletic field?

Fields are allocated among local youth sports leagues and special event rentals. If you represent a local youth team or need special event information and would like more information, please call 725-0186.

31. How often are the restrooms in parks cleaned?

They are cleaned daily and disinfected at least 4 days a week or more if needed.

32. How often are the parks and facilities inspected?

Parks and facilities are inspected daily for safety, cleanliness, and vandalism issues. They are inspected monthly for compliance and aesthetics.

33. How often is the grass mowed in the parks?

The grass is mowed once a week at approximately 3 inches. Most of our fields consist of a tall fescue grass variety and that is the recommended cutting height.

34. Is alcohol allowed in the parks?

Consumption of alcohol is prohibited in all of District parks.

35. When are parks irrigated?

Parks are irrigated from approximately 9:00PM – 7:00AM however if the grass is being stressed from lack of pressure or other hydraulic issues, staff will water during the day in isolated locations.

36. Who do I call to report illegal dumping?

In Citrus Heights call CHPD 916-727-5500. In the unincorporated areas (Foothill Farms and Antelope) contact the Sacramento County Sheriff's Department non-emergency number 916-876-9656.

37. Who decides what play equipment is installed in parks?

The park development staff works with several manufacturers to select the play equipment. Input is also obtained during the planning process through discussions at public workshops.

38. Why do some parks have restrooms and some don't?

Small neighborhood parks generally do not have restrooms because they serve those within walking distance of the parks themselves.