

North Highlands Recreation & Park District RECREATION GUIDE

FALL 2026
SEPTEMBER-NOVEMBER



Upcoming Events:

Don't miss the Halloween Extravaganza on **October 10th**! Check out our Pumpkin Patch, crafts & activities, music, and costume parade!



www.nhrpd.org

  @NHRPD

 (916) 332-7440

6040 Watt Avenue, North Highlands, CA 95660

**NORTH
HIGHLANDS**
Recreation and Park District

2 DISTRICT INFORMATION

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BOARD OF DIRECTORS

The North Highlands Recreation and Park District's Board of Directors consist of 5 individuals who have been elected or appointed to represent the North Highlands community. Board Directors set policies that guide the District and are committed to serving the community's park and recreation needs.

Joanna McVay - Chairperson (Term expires 12/26)
Crystal Harding-Jenkins - Vice Chairperson (Term expires 12/28)
Patrick Williams - Secretary (Term expires 12/26)
Zach Freels - Board Member (Term expires 12/28)
Beau Reynolds - Board Member (Term expires 12/28)

BOARD MEETINGS

The Board of Directors meet on the second Thursday of each month at 6:30pm in the Recreation Center located at 6040 Watt Avenue in North Highlands. The public is encouraged to attend in-person or participate by Zoom!

Upcoming Dates:

August 13th, September 10th, October 8th, November 12th

DISTRICT INFORMATION

Mission Statement

To help enrich and fulfill the lives of the citizens through the provision of facilities and programs that will provide and enhance creative, wholesome and imaginative leisure time living patterns with emphasis on family and youth oriented programs.

District Office

6040 Watt Avenue, North Highlands CA 95660

Phone: (916) 332-7440

Email: Recreation@nhrrpd.org

Office Hours: Monday - Friday, 9:00am - 4:30pm

District Holiday Closures

The District Office will be **closed** on:

September 7th: Labor Day

November 11th: Veteran's Day

November 26th & 27th: Thanksgiving Break

STAFF DIRECTORY

Administration

Scott Graham - District Administrator

Scott@nhrrpd.org

Terri Kollorz - Administrative Services Manager

Terri@nhrrpd.org

Parks Division

Kevin Kelly - Parks and Facilities Superintendent

Kevin@nhrrpd.org

Sergio Portela - Park Maintenance Supervisor

Sergio@nhrrpd.org

Recreation Division

Rachel Robertson - Recreation Superintendent

Rachel@nhrrpd.org

Kayla Thayer - Recreation Supervisor

Kayla@nhrrpd.org

Kelly Jew - Recreation Coordinator

Kelly@nhrrpd.org

Amaya Barnes - Recreation Coordinator

Amaya@nhrrpd.org

JOIN OUR NEWSLETTER!

Check out our monthly newsletter for updates and reminders on upcoming events and programs! The newsletter will be emailed out the first business day of the month and will be available to view on our website under the **About Us** tab.

To sign up, go to **www.nhrrpd.org** and click on "Join our mailing list" on the bottom of the page.

A NOTE FROM THE DISTRICT ADMINISTRATOR



Dear North Highlands Community,

As we move into the fall season, I am excited to share a variety of programs, activities, and community events designed to bring people together and celebrate the diversity that makes North Highlands such a special place to live.

One of the most rewarding aspects of parks and recreation is the opportunity to create experiences that connect neighbors, families, and friends. Throughout the year, our goal is to provide programs and events that are welcoming, accessible, and reflective of the many interests, cultures, and traditions found throughout our community. This fall is no exception.

We are proud to continue several popular community events that offer opportunities for residents of all ages to gather, learn, and celebrate together. Our annual Halloween Extravaganza remains one of the District's most anticipated family events, providing a safe and fun environment for children and families to enjoy games, activities, costumes, and seasonal festivities.

We are also honored to host our Dia De Los Muertos Family Workshop and Ofrenda Display. This meaningful event provides an opportunity for families to learn about and celebrate the rich cultural traditions associated with Dia De Los Muertos while remembering and honoring loved ones. Events such as these help foster understanding, appreciation, and connection among community members from all backgrounds.

In September, we look forward to collaborating with local organizations, community groups, and public agencies to present the Celebrate North Highlands Community Event. This partnership showcases the strength of our community and highlights the many resources, services, and opportunities available to residents. By working together, we can create a stronger and more connected North Highlands for everyone.

These events represent much more than entertainment. They create opportunities for neighbors to meet, families to spend quality time together, and residents to develop a stronger sense of belonging within their community. Parks and recreation play an important role in building healthy, vibrant communities, and we remain committed to providing experiences that welcome and serve all generations.

On behalf of the Board of Directors and District staff, thank you for your continued support of the North Highlands Recreation and Park District. We look forward to seeing you and your family at our programs, parks, and community events this fall.

Scott Graham, District Administrator

Mark your calendars!



**8/1
FALL
REGISTRATION
OPENS!**
www.nhrpd.org



**9/26
CELEBRATE NORTH
HIGHLANDS**
10:00am - 3:00pm
Freedom Park

**10/10
HALLOWEEN
EXTRAVAGANZA &
COSTUME PARADE**
10:00am - 12:00pm
Community Center



**10/27
DIA DE LOS
MUERTOS FAMILY
WORKSHOP &
OFRENDA DISPLAY**
5:30pm - 6:30pm
Recreation Center



**Follow Us on
Social Media!**



4 RENTALS

DISTRICT OFFICE FACILITY RENTALS

To receive a quote, please submit an application **at least 45 days in advance of rental date**.
Please visit www.nhrpd.org/facility-rentals for additional information.



Kay F. Dahill Community Center

The Kay F. Dahill Community Center offers a spacious setting for wedding receptions, quinceañeras and other large scale social gatherings.

- Can comfortably seat 275 people for dinner
- Can seat 285 people for assembly (chairs only)
- Includes WiFi, kitchen, stage, tables, and chairs
- **Refundable Security Deposit:** \$500.00
- **Location:** 6040 Watt Ave, North Highlands, CA 95660



Recreation Center

The Recreation Center offers a great space for gatherings, intimate baby showers, meetings, and other social gatherings for small groups.

- Can comfortably seats 60 people for dinner
- Can seat 78 for assembly (chairs only)
- Includes WiFi, kitchen, tables, and chairs
- **Refundable Security Deposit:** \$500.00
- **Location:** 6040 Watt Ave, North Highlands, CA 95660

GYM RENTALS

General-use reservations must be made **at least 1 week in advance of rental date**.
Gym rentals must be reserved for **a minimum of 2 hours**.
Please call us at (916) 332 - 7440 to inquire.



Capehart Gym

Capehart Gymnasium is perfect for sporting events and practices. **Food/drinks are not allowed** in this gym.

Location: 7916 Aztec Way, Antelope

Fees:

- \$65.00/hour (General-use)
- \$85.00/hour (Tournament-use)
- **Refundable Security Deposit:** \$170.00 (Tournaments only)

All tournament rentals must complete and submit an application at least 2 weeks in advance of tournament date.



Ridgepoint Gym

Ridgepoint Gym is located at Ridgepoint Elementary school. It is not a full-size gym but is perfect for kids' sports games, practices and birthdays (see next page).

Location: 4680 Monument Drive, Sacramento

Fees:

- \$45.00/hour (General use)
- \$65.00/hour (For-Profit use)
- \$150.00 for Birthday Party Package
 - 2 hours rental with themed games

FREEDOM PARK PAVILION RENTALS



Freedom Park

Pavilion rentals available from March to October. Reservations can be made up to 3 days in advance



Liberator
\$110.00 Per Day



Constellation
\$130.00 Per Day



Starfighter
\$130.00 Per Day



Aardvark
\$160.00 Per Day



Roger Dickinson
\$160.00 Per Day



SEE SOMETHING? SAY SOMETHING.

Please report any suspicious activities to:

- NHRPD District Office
 - (916) 332-7440, M-F, 9:00am - 4:30pm
- Anytime outside of District office hours
 - Sheriff's non-emergency line:
 - (916) 874-5115
- For emergencies, please call 911

Check out our website
to rent a Pavillion:
www.nhrpd.org/freedom-park

SPLASH PAD AT FREEDOM PARK

The Splash Pad is open every day from
12:00 PM–7:00 PM through Labor Day.

After Labor Day, it is open on
weekends only through the end of
September.

BROCK PARK FIELD RENTALS

Brock Park Sports Complex fields are now
available for rent!

If you're looking for a space to host your next game,
practice, or special event? Check out our recently
renovated Brock Park! We offer a variety of fields
available for rent, perfect for youth sports, adult leagues,
tournaments, and community gatherings.

Location: 3730 Antelope Road, Antelope 95843

Visit our website for pricing and additional rental
information!



6 COMMUNITY EVENTS



Join us for a day of fun, food, and community! In partnership with Foothill-Highlands Rotary we will be hosting the Third Annual Celebrate North Highlands event. Join us for vendors, community performances, food, kid activities, and so much more! Visit www.celebratenorthhighlands.com for more details including vendor and sponsorship opportunities or follow on social media @celebrate.NH

Day	Date	Time	Location	Fee
Sat	Sept 26	10:00am - 3:00pm	Freedom Park	FREE!

HALLOWEEN EXTRAVAGANZA & COSTUME PARADE

Oh my gourdness, it's time to get ready for Halloween! Join us to get your pick of the pumpkin patch, participate in crafts and activities, get your boogie on with the DJ and sign up to be a part of our costume contest to win a prize. It'll be a gourd time!

Get ahead of the carve and register to be a Truck-or-Treat vendor today! Vendors can advertise their business at our family friendly Halloween Extravaganza event by participating in our Trunk or Treat. Vendors may use their cars or a table (provided by NHRPD) and must have candy or other goods to pass out.

Day	Date	Time	Location	Fee
Sat	Oct 10	9:00am - 12:00pm	Community Center	Free



DÍA DE LOS MUERTOS FAMILY WORKSHOP & OFRENDA DISPLAY

Celebrate Día de los Muertos by adding to our Community Ofrenda, on display at the Recreation Center from October 28 – November 2. Join our workshop to make sugar skulls, papel picado, and more. Can't attend? Drop off photos, flowers, or Pan de Muerto to honor loved ones.

Celebra el Día de los Muertos con nuestra Ofrenda Comunitaria, del 28 de octubre al 2 de noviembre en el Centro de Recreación. Únete al taller para hacer calaveras de azúcar, papel picado y más. ¿No puedes venir? Deja fotos, flores o pan de muerto en la oficina.

Day	Date	Time	Location	Fee
Tues	Oct 27	5:30pm - 6:30pm	Recreation Center	Free

Parks and Recreation for Every Generation



North Highlands
Recreation and Park
District



@NHRPD

Follow Us on Social Media

FALL REGISTRATION BEGINS AUGUST 1ST

How to Register

- Go to www.nhrpd.org/register
- Click the "Sign In/Up" button.
 - First Time Users - Click the "Join" button.
 - Returning Users - Enter your log-in information.
- After logging in, click the "Activities" tab near the top of the page and browse our selection of program and events.

We strongly recommend using a desktop or laptop for online registration. Registration may be difficult using mobile devices. Registration for most events and programs are closed 1 week prior to the event/program date.

Processing fees will be applied for all transactions.

Refund Policy

All refund requests must be made either by a written letter that is turned in at the North Highlands District Office or by email to Recreation@nhrpd.org.

Refund requests for events or programs must be submitted 7 days or more prior to the first event or program date to qualify for a refund. The full refund policy can be found on our website.

PROGRAM SCHOLARSHIP OPPORTUNITIES

Would you like to participate in a program at North Highlands Recreation & Park District but can only cover part of the cost? Apply for our scholarship!

Eligibility

- Live within District boundaries or within the 95660 zip code
 - Attach documents to the application
- Scholarships are available for:
 - Youth (17 years or younger)
 - Seniors (55 years and older)
- Scholarships cover 50% of any program cost up to \$150.00 per participant per fiscal year.

How to Apply

- Complete the scholarship application and provide proof of residency.
- Submit the application and attached documents in person to our district office at least 10 business days prior to the program start date.
- The application and more details about the scholarship program are posted on our website:
 - www.nhrpd.org/scholarship-program

SPONSORED PROGRAM SPOTS!

Does your child attend a Twin Rivers school? If so, you may be eligible to have your child attend our programs for FREE! Visit our website for more details! www.nhrpd.org/sponsored-programs

Parker's Park Updates

Parker is a cheerful cartoon dog with a white body, yellow and brown patches, and a red collar. He is wearing a dark blue scarf with the "NORTH HIGHLANDS Recreation and Park District" logo. He is standing on a dark blue shadow, surrounded by falling orange and yellow leaves.

WE'RE EXCITED TO CELEBRATE RECENT IMPROVEMENTS AT TWO OF OUR COMMUNITY PARKS!

Karl Rosario Park now features a brand-new playground with updated play equipment, bright colors that complement the park's mural, shaded swings, and adult fitness equipment—creating more opportunities for fun, movement, and connection for visitors of all ages.

Freedom Park has also received exciting playground enhancements made possible through American Rescue Plan Act (ARPA) funding provided by Sacramento County. New swings and climbable play features add even more ways for children to explore, stay active, and enjoy outdoor play.

We invite you to visit these parks and experience the new improvements for yourself!



TEEN LIFE SKILLS

Auto Class

Get under the hood and learn the basics of car care! Led by Universal Technical Institute, this hands-on class gives teens the opportunity to build confidence and learn essential vehicle maintenance skills every new driver should know! Registration in advance required.

Day	Date	Time	Location	Ages	Fee
Mon	Sept 21	5:30pm - 7:00pm	Recreation Center	9 th - 10 th Graders	Free!

TEENS

Teen Night

Looking for a place to kick back and have fun? Join us for Teen Nites—a chill evening just for teens to hang out, play games, enjoy good food, and make new friends. Come vibe with us and make your Friday night one to look forward to!

Day	Date	Time	Location	Ages	Fee
Fri	Oct 23	7:00pm - 8:30pm	Ridgepoint Elementary	9 th - 10 th Graders	Free!



TOTS

Pop Into Play

Pop into playtime and celebrate the start of fall with three days of seasonal fun! This toddler-friendly program is designed for little ones to explore, create, and socialize through hands-on activities, crafts, sensory play, and imaginative adventures. Each day will feature a new fall-inspired theme filled with opportunities to learn, play, and make new friends.

Day	Date	Time	Location	Ages	Fee
Tues	Sept 1 - 15	9:00am - 9:45am	Recreation Center	1 - 3	\$25.00

YOUTH

Youth Hobby Hop

Get ready to carve out some fall fun! Join us for a festive hobby class where you'll carve your very own pumpkin and paint a mini pumpkin to take home. Whether your jack-o'-lantern is spooky, silly, or somewhere in between, this hands-on class is the perfect way to celebrate the season. We'll provide the pumpkins, tools, paint, and cleanup—you just bring your creativity

Day	Date	Time	Location	Ages	Fee
Tues	Oct 20	5:30pm - 7:00pm	Recreation Center	7 - 12	\$25.00

COOKING

Youth and Teen Cooking Class: Autumn Appetite!

Learn kitchen basics while making fun, seasonal recipes! This hands-on class teaches essential cooking skills and builds confidence—all while tasting your delicious creations.

September 17: Fruit Pie, Whipped Cream, & Pumpkin Spice Milkshakes

October 15: Pumpkin Muffins, Maple Butter, & Hot Apple Cider

November 19: Garlic Mashed Potatoes & Turkey Biscuit Bombs

Day	Dates	Time	Location	Ages	Fee
Thurs	Sept 17	5:30pm - 7:00pm	Recreation Center	7 - 16	\$25.00
Thurs	Oct 15	5:30pm - 7:00pm	Recreation Center	7 - 16	\$25.00
Thurs	Nov 19	5:30pm - 7:00pm	Recreation Center	7 - 16	\$25.00

FALL BREAK CAMP

Wizarding Wonders Camp

Step into a world of magic during Fall Break! Young wizards will spend three enchanting days creating crafts, playing magical games, tackling wizard-inspired challenges, and making unforgettable memories with new friends. From potion-making to magical adventures, every day is filled with imagination, laughter, and hands-on fun. No magic experience required—just bring your creativity and sense of adventure!

Day	Date	Time	Location	Ages	Fee
Mon - Wed	Nov 23 - 25	7:30am - 5:30pm	Community Center	K - 6 th	\$78.00

Participants must arrive to camp every day with closed toed shoes, active clothing that can get messy, water bottle, lunch, 2 snacks, and sunscreen. Lunches and snacks must be ready to eat and not require refrigeration or the use of a microwave.

10 SPORTS/Wellness

TOTS

Pee Wee Flag Football: Skills and Drills

Build skills, gain confidence, and have fun! This program teaches the fundamentals of football through fun activities, skill-building exercises, and teamwork. Perfect for young athletes of all experience levels looking to learn and grow in a positive environment.

Days	Dates	Time	Location	Ages	Fee
Sat	Oct 3 - 24	10:00am - 11:00am	Capehart	4 - 6	\$38.00

DANCE

Youth Beginner Ballet Class

Ballet is an open class for new students to learn ballet. This class will introduce the basic terminology and steps needed to understand the building blocks of a ballet class. This is a great class for those who always wanted to dance ballet.

***Ballet shoes and a leotard attire are required**

Day	Dates	Time	Location	Ages	Fee
Wed	Sept 2 - 23	4:30pm - 5:15pm	Recreation Center	5 - 10	\$42.00
Wed	Sept 30 - Oct 21	4:30pm - 5:15pm	Recreation Center	5 - 10	\$42.00
Wed	Oct 28 - Nov 18	4:30pm - 5:15pm	Recreation Center	5 - 10	\$32.00

***No Ballet November 11th**

Youth and Teen Dance Workshop

Whether you're looking to improve your skills, learn new techniques, or just have fun, this dance workshop offers something for everyone. Don't miss the chance to learn from the best and be part of a supportive, energetic community. This is both a Youth and Teen dance workshop.

Day	Dates	Time	Location	Ages	Fee
Wed	Sept 2 - 23	5:30pm - 6:30pm	Recreation Center	5 - 16	\$42.00
Wed	Sept 30 - Oct 21	5:30pm - 6:30pm	Recreation Center	5 - 16	\$42.00
Wed	Oct 28 - Nov 18	5:30pm - 6:30pm	Recreation Center	5 - 16	\$32.00

***No Dance November 11th**



YOUTH

Youth Flag Football: Skills and Scrimmage

Take your game to the next level! This program focuses on developing passing, catching, footwork, agility, and game strategy through fun drills and competitive activities. Players of all skill levels are welcome to learn, improve, and build confidence on the field.

Days	Dates	Time	Location	Ages	Fee
Sat	Oct 3 - Nov 7	11:00am - 12:30pm	Capehart	7 - 12	\$58.00

TEEN

Teen Volleyball Skills and Scrimmage

Learn, practice, and improve your volleyball skills! Whether you're new to the game or looking to develop your abilities, this program combines skill-building drills and practice games to help players grow their understanding and confidence on the court. All skill levels welcome!

Days	Dates	Time	Location	Ages	Fee
Thurs	Oct 15 - Nov 19	6:30pm - 8:00pm	Capehart	12 - 15	\$55.00



ADULTS

Adult Coed Recreation Volleyball

Step up and get ready to spike, serve, ace, bump, and more! Our co-ed sixes recreational Volleyball league is run year-round.

Sign up as a team or an individual free agent.

All skill levels welcome.

Day	Dates	Time	Location	Ages	Fee
Mon	Sept 14 - Oct 26	6:30pm - 9:30pm	Capehart Gym	18+	\$190.00/team

Pickleball

Sign up with friends or join solo. Whether you are a beginner or looking to sharpen your skills, this lightly competitive program provides an opportunity to compete against others in the fast-growing sport of pickleball.

SENIORS 55+ ARE FREE.

Day	Dates	Time	Location	Ages	Fee
Fri	Sept 4 - 25	10:00am - 12:00pm	Capehart Gym	18 - 55	\$10.00
Fri	Oct 2 - 23	10:00am - 12:00pm	Capehart Gym	18 - 55	\$10.00
Fri	Oct 30 - Nov 20	10:00am - 12:00pm	Capehart Gym	18 - 55	\$10.00

***No Pickleball November 27th**

SENIOR GAME DAY

This program is designed for seniors who love games and socializing. Whether you enjoy card games, board games, or just great company, there's something for everyone. Games are provided, but we encourage you to bring your favorite game to share with the group! Coffee is provided.

No Program September 7th

Walk-ins welcome.

Day	Time	Location	Ages	Fee
Mon	10:00am - 1:00pm	Recreation Center	55+	Free

SENIOR MOVIE DAY

Join our movie days where you can stay current on the movie releases or enjoy a classic with a side of popcorn.

Movies are September 2nd, October 7th and November 4th.

Walk-ins welcome.

Day	Time	Location	Ages	Fee
Wed	10:00am - Movie End	Recreation Center	55+	Free

HARVESTIME

Have fun while making new friends, enjoying guest speakers, playing cards, games, arts and crafts, and more! This weekly program has something for everyone.

No Program November 26th

Walk-ins welcome.

Day	Time	Location	Ages	Fee
Thurs	9:30am - 1:00pm	Recreation Center	55+	Free

SENIOR BINGO

Win at a game of chance at our popular Bingo program! This weekly program is a great way to meet other community members, and have fun in a relaxed, welcoming environment.

Walk-ins welcome.

Day	Time	Location	Ages	Fee
Tues	9:00am - 12:00pm	Kay F. Dahill Community Center	55+	\$0.05/card

SENIOR DANCE CLASS

This upbeat, fitness style dance class focuses on balance, range of motion and having fun! Designed for adults and seniors with all abilities. No equipment required.

No Class September 7th and November 11th

Walk-ins welcome.

Day	Time	Location	Ages	Fee
Mon	9:30am - 10:00am	Community Center	55+	Free
Wed	9:00am - 9:30am	Community Center	55+	Free

SENIOR FIELD TRIP

Take in the sights and sounds of Fall as we visit Apple Hill Farms. Participants will explore various farms, shops and growers in the area. An apple cider donut or other sweet treat will be provided!

Transportation pick up will be at the Recreation Center.

Day	Date	Time	Location	Ages	Fee
Wed	Nov 18	10:00 am Pick-Up	Recreation Center	55+	\$35.00



12 DISTRICT FACILITIES & PARKS MAP



PARK LOCATIONS

Brock Park	3730 Antelope Rd.	Larchmont Park	6528 Thomas Dr.
Capehart Gym	7916 Aztec Way.	Memorial Park	3911 Blackfield Dr.
Chardonay Park ...	5171 Cherbourg Dr.	Planehaven Park	North Airway Dr.
Cherry Blossom Park	End of Bing Dr.	Recreation Center	6040 Watt Ave.
Community Center	6040 Watt Ave.	Ridgepoint Park	Tippwood Way.
District Office	6040 Watt Ave.	Ruth Inman Park	5216 Watt Ave.
Freedom Park	5931 Recreation Way.	Sierra Creek Park	7781 Watt Ave.
Karl Rosario Park	3929 Karl Dr.	Strizek Park	3811 Stephen Dr.



THANK YOU TO OUR SPONSORS!

We are grateful for the support from our sponsors!
Their contributions help us continue creating successful events for the North Highlands community.



BECOME A SPONSOR!

Each year sponsorships and donations play a major role in the success of North Highlands Recreation and Park District community events. Check out below for our sponsorship tiers and benefits.

Community Helper - \$500

Featured on District website for 1 year of donation
Verbal recognition at community events

Community Catalyst - \$1,000

Community Helper Sponsor benefits
Listed as a sponsor at all major District events
Free vendor space at all major events

Highlands Champion - \$2,000

Community Helper/Catalyst Sponsor benefits
Banner advertising your company at District facilities
Advertised in quarterly Recreation Guide

Highlands Hero - \$2,500

Helper/Catalyst/Champion Sponsor benefits
Logo on all event marketing flyers
Listed as an annual sponsor on social media

