



# POWAY Today



A Quarterly Municipal Newsletter for the Residents of Poway, California

Fall 2014



## Meet Dan Singer, Poway's New City Manager

travel and are hoping to do that more frequently now that our kids are adults.

### Do you have any pets?

No, which makes moving a bit easier! We lost our Golden Retriever, Max, two years ago and probably will get another dog soon.

### Where did you go to college?

Chapman University (although it was just a liberal arts college when I was there). I then went on to Graduate School in upstate New York at Syracuse University's Maxwell School of Citizenship and Public Affairs.

### When and where did you begin working in government?

Just out of Grad School I received a paid internship working for the City of Lafayette. I worked in public works and the City Manager's office and helped staff the planning counter. I was also the staff liaison to a Blue Ribbon Parks Task Force.

### What was the first permanent position you held?

My first "real" job was Administrative Assistant in the City Manager's office in Ojai, before it was reclassified as "Assistant to the City Manager."

### If you had not selected government employment, what type of work do you think you would be doing?

Non-profit work or communication skills and conflict resolution consulting.

### What is your favorite part about being a City Manager?

I love the interaction with people and I enjoy problem solving and thinking creatively about a community's issues and challenges.

### What do you feel was your greatest contribution to the communities you have worked for in the past?

Recently in Goleta, it has been expanding economic development and establishing strong financial policies and stability. In Ojai, I had the privilege of doing a lot of project work, like establishing a local transportation system, renovating the historic downtown area, and building and improving local parks.

### What attracted you to Poway?

I've been spoiled with the opportunity to work and live in highly desirable places (Lafayette, Ojai & Goleta), so Poway fits my criteria for having a high quality of life and being a desirable community. Throughout my tenure here, I hope to build on Poway's past successes.



## Pardon our Dust!

The Poway Library is going to be generating dust starting late July. Coming soon will be a fresh, bright facelift! The library remodel project will improve sightlines, increase the amount of usable interior space, and allow for more natural light into the building. The improved functionality will also create more opportunities for the City and library to partner to provide programs and activities for teens and families. It's a win-win for everyone!

The work will begin on the exterior of the building where a beautifully-designed patio cover will be installed over the area between the library building and the meeting room. This shaded space will be ideal for outdoor activities. The more extensive interior work will follow.

Please pardon our dust until the end of the year as we create a fabulous new library for all generations to enjoy!



## Helping Hands Hard At Work Hundreds of Volunteers Turn Out to Make a Difference

On Saturday, April 26, the hills were alive with close to 500 volunteers pitching in to improve and beautify our local parks and trails. In spite of a rainy Friday night and waking up to cloudy skies, there was no dampening the enthusiasm and hearty work ethic of the helpful crowd.

This year's focus areas were Lake Poway, Blue Sky Reserve and Poway Creek Trail. Volunteers assigned to the Lake placed 20 tons of base material on Fisherman's Trail, cleaned up the shoreline and trimmed landscaping bordering the park, performed extensive landscape maintenance in the primitive campground, and did a thorough clean up along the north side of Lake Poway Road. About 40 yards of debris was hauled away after the volunteers' work was complete.

Blue Sky glistened after the special attention volunteers gave the roadside, parking lot and entry areas. Banks along the parking lot were cleared of dead brush, 60 yards of mulch was placed in planters, four tons of cobble was used to enhance the gate area,

and 80 yards of debris was removed from the area.

Meanwhile, about a dozen dedicated Poway Rotarians were hard at work on the Poway Creek Trail, where they performed cleanup maintenance on the trail segment between City Hall and Community Road. The area's overgrown vegetation is now about 20 yards lighter thanks to the hard work of this volunteer team.

April's community activities took months of devoted pre-planning by coordinators for the volunteer groups and City staff. The phenomenal success of this annual tradition can be directly attributed to the dedicated, advance work performed by event planners and to the community pride that shines from the enthusiastic, caring volunteers who generously give of themselves. A heartfelt thank you to all! Keep an eye out this summer for new tools that will help the City match volunteers with service opportunities.

Gray skies didn't discourage volunteers from lending a hand sprucing up Blue Sky Reserve (this photo) and Poway Creek Trail (below).



### This Issue:

#### Shop Poway

Every dollar counts! Shopping in Poway helps the City pay for programs and services that benefit everyone. Learn where your dollars go. **pg. 2**



#### Vegetation Management

With a record drought not letting up, maintaining defensible space around your home is key to fire safety. **pg. 2**

#### Parking in Poway

Learn about several laws regulating parking on Poway city streets, in the Poway Business Park, and for commercial vehicles. **pg. 15**



#### Turf Removal Rebates

See how to save water and money during the drought with new rebates. **pg. 15**

#### WHEN IN DROUGHT

Save every day, every way.

# SHOP POWAY It All Adds Up

Shopping in Poway reinvests your dollars in Poway. One percent of taxable sales in Poway is allocated to the City's General Fund. Sales tax makes up 31% of the City's General Fund and as such is an extremely important source of revenue. Sales tax dollars are used to support public safety, parks, streets, and much more. When you shop and dine in Poway you are reinvesting in Poway's quality of life.

### Where Does the Sales Tax Go?

The total amount of sales tax you pay in Poway is 8%, but the percentage of sales tax allocated to the City is only 1%.

- 1.00% City where the purchase is made
- 6.50% State of California
- 0.50% County where purchase is made

**= 8.00% Total Poway Sales Tax**

### Your Sales Tax Dollars at Work

Sales tax dollars go towards all the things that make Poway a safe and enjoyable community. It helps pay for Poway's high quality services and facilities including fire protection, law enforcement, recreation programs, outdoor amenities, well maintained streets, and open space (see graphic below).

### What can you do?

- Purchase your electronics and appliances in Poway. Poway's big box stores sell all major brand names of refrigerators, washing machines, televisions, computers, cellular phones, video games, and computer tablets.

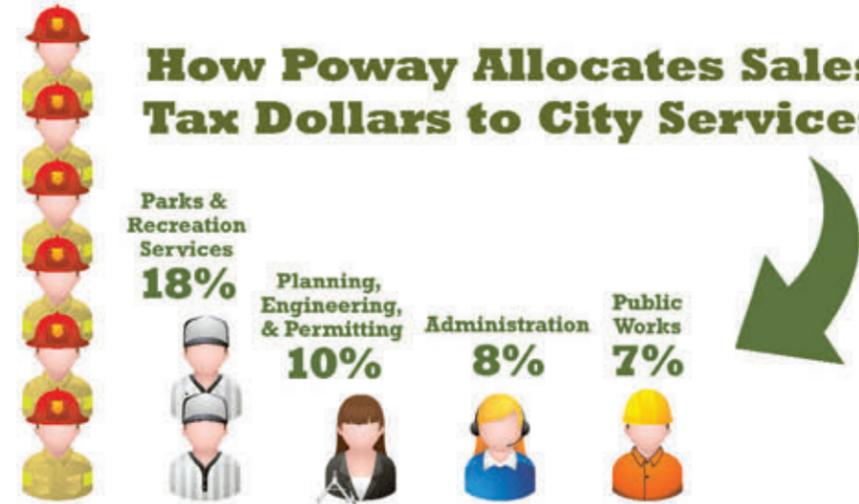
- Consider making your major purchases like cars, motor homes, and off road vehicles from Poway dealerships.
- Shop for sports equipment, tools, and toys at convenient Poway stores to make your life easier.
- Fill your gas tank in Poway.
- Include "Poway" when you search for stores to do your shopping and dining.
- Educate your friends and neighbors on how important it is to Shop Poway!

### Why Does Shopping Poway Matter?

- Poway is ranked as the safest city in San Diego County. That is only possible by investing city revenue in high quality fire protection and law enforcement. By ensuring a constant flow of sales tax we can ensure a safer community.
- Investing in the quality of our business communities also helps to keep our economy strong – providing jobs and self-employment opportunities to our residents.
- A strong economic base includes having businesses, and their employees, shop for local services and supplies.
- Sales Tax supports Poway's quality of life by providing high quality recreation programs, outdoor amenities, well maintained streets, performing arts programs, and open space.
- Shopping Poway is more convenient than travelling out of town and that helps you save the environment.
- Getting to know your local businesses helps to build a stronger community.

Fire, Paramedics, & Sherriff  
**57%**

## How Poway Allocates Sales Tax Dollars to City Services



# There's a New Sheriff in Town

In April 2014, the City of Poway welcomed Captain Jeff Maxin to the Poway Sheriff's Station to replace Captain Bill Donahue who was transferred to the Sheriff's Central Investigations Division.

Jeff Maxin is a 25-year veteran of the San Diego Sheriff's Department. He began his law enforcement career as an academy recruit in 1989. After graduating, Jeff was assigned to the San Diego Central Jail until 1994 when he transferred to the Encinitas Sheriff's Station as a patrol deputy, promoted to FTO/Corporal, a COPPS deputy, and finally as a Detective. In 2005, Jeff was selected as a Detective in the Sheriff's Homicide Detail and worked there for two and a half years. In 2007, he was promoted to the rank of Sergeant and worked at the Court Services Field Division in both the Vista and Lemon Grove Sheriff's Stations. In December 2011, Jeff was promoted to the rank of Lieutenant and worked in the Communications Center and the San Marcos Sheriff's Station. For the past year and a half, he has been the Lieutenant for the Sheriff's Personnel Division. In March 2014, Jeff was promoted to the rank of Sheriff's Captain and continued to work at the Sheriff's Personnel Division. In April 2014, he was named the Captain of the Poway Sheriff's Station.

Jeff is a native San Diegan. He and his family live in North County. The City of Poway is fortunate to have another experienced, veteran officer in charge of the Poway Sheriff's Station. Welcome Captain Maxin!



# Check Out Your New Utility Billing System



As many of you know, the City of Poway recently launched its new utility billing system and on-line payment program, called eCare, offering much more consumer information and functionality. If you would like to use our new, enhanced online system to manage your account preferences, view your utility bill, set up automatic payments or one-time payments, you are encouraged to register at: <https://ecare.poway.org>.

Once you have registered through eCare, and if you choose to set-up electronic payments for your account, you will be directed to a secure third-party website allowing you to sign-up for automatic payments or make a one-time payment using your bank account. There is no cost to you to pay your water/sewer bill via direct withdrawal from your checking or savings account.

For more detailed instructions on how to register and/or set-up your automatic payment schedule, please visit our website at [www.poway.org/water](http://www.poway.org/water).



### eCare provides new features, such as:

- View Consumption history and graphs to monitor and manage water usage
  - Manage billing preferences
  - View payments and statements on a real-time basis
  - Manage payment frequency options
  - Make on-line payments using debit and credit cards (a transaction fee will apply)
- If you have any questions or need assistance, please contact the City's Customer Services Division at 858- 668-4401

# Vegetation Management

Reduce the Risk of Wildfire by Managing Vegetation and Creating Defensible Space on Your Property

From May through August of each year, the City of Poway conducts its annual Vegetation Management Program (VMP) and Wildfire Defensible Space Program (WDSP). The purpose of the VMP is to manage and maintain the annual growth of tall weeds, dry grasses, dead shrubs, and dead trees on specific properties in order to minimize fire hazards through the dry season (typically May through November). Several hundred property owners currently participate in the annual program managed by the City's Development Services Department. The program allows property owners the choice of completing the maintenance themselves or requesting that the City complete it with the cost paid through annual property taxes.

Property owners may utilize several different methods to manage vegetation. Mowing and weed whipping are typically acceptable ways of cutting weeds. Weeds and grasses should be cut low to the ground and removed while leaving the roots intact to prevent erosion. Spraying with a weed killer is not an acceptable method to eliminate vegetation, as it leaves an abundance of dried weeds that create a fire hazard. Disking is also not allowed. Dead shrubs and trees must be removed from the property and may require the use of hand held saws. In addition, any vegetation abatement operator using mechanical equipment is recommended to have immediate access to an operable water-filled fire extinguisher.

Properties in Poway have several native habitats, which are home to a number of federally protected, sensitive, rare, threatened, and endangered plant and animal species. Native vegetation includes, but is not limited to, grassland, sage scrub, chaparral, and wetlands. Vegetation management within native habitat areas may be limited. If a property owner is in doubt as to where vegetation management should occur, the City may assist in identifying areas of habitat



Create Defensible space by modifying vegetation around your property. Zone 1 should be well maintained and utilize fire resistant vegetation types. Zone 2 should be thinned to reduce vegetation density and clear dead foliage.

that should be avoided. The WDSP guidelines allow City staff to work in partnership with property owners to develop a plan to lessen the risk of wildfire and comply with environmental guidelines. The program's purpose is to save homes during wildfires by reducing flammable vegetation around structures, creating what is often referred to as "defensible space." The program targets the reduction of highly flammable chaparral species and annual weeds within 100 feet of habitable structures. Property owners are required to complete the vegetation reduction within 30 days of being notified by the City. Homeowners who are asked to remove flammable vegetation may request information, including a map of their property, informational pamphlets and a DVD regarding the program's requirements, and a list of contractors that are available to assist in this type of work. Additionally, courtesy home assessments can be provided by City staff that include a detailed checklist to help residents determine the steps necessary to safeguard their property. These assessments include creation of defensible space, fuel reduction, intelligent landscaping and fire-resistant building materials. If you have questions or would like more information on these programs, answers to frequently asked questions are available on the City website at [www.poway.org](http://www.poway.org) or you may contact Code Compliance at (858) 668-4611 or via email at [codecompliance@poway.org](mailto:codecompliance@poway.org)

# POWAY Community Services

Sports | Recreation | Aquatics | Fitness | Nature | Teens | Community Events

## Fall 2014 Registration begins AUGUST 5

**Smart & Final extra!**  
**Summer Concert Series**

Don't miss out on FREE family fun and great tunes! Enjoy the best local entertainment around this summer on Sundays from 5:30pm-7:00pm. Thanks to our generous sponsors Smart & Final, Cox Communications, Marrakol Design & Remodeling, Cymer, General Atomics, Poway Toyota, Palomar Drinking Water, and Country Montessori School of Poway. **Concerts take place on Sundays from 5:30 pm to 7:00 pm. Free shuttle service is available from Poway High School north parking lot to Lake Poway. Information: www.poway.org or Lake Poway (858) 668-4770; Old Poway Park (858) 668-4576.**

**FREE Summer Concerts Sundays 5:30pm-7:00pm**

Date	Location	Performer	Musical Style
July 27	Old Poway Park	Benedetti Trio	Classic Favorites
Aug 3	Lake Poway	Classic Chrome Revue	Motown
Aug 10	Old Poway Park	Pomerado Community Band	Big Band

**SUMMER MOVIES IN THE PARK**

Enjoy a FREE family-friendly movie under the stars during the Summer Movie-in-the-Park Series. Movies start at sunset. Concessions will be hosted by teen volunteers to fundraise for City of Poway teen programming. Info: (858) 668-4671 or www.poway.org



Date	Location	Movie	Cost
July 26	Community Park	The Nut Job	Free
August 9	Poway Swim Center	The Lego® Movie	Free
August 23	Community Park	Planes	Free

## FALL IS HISTORICAL SEASON IN POWAY! NEW! Old-Fashioned Family Days

Come enjoy fun, quality time with your family at the all-new, Old-Fashioned Family Days at Old Poway Park! Families and children of all ages are invited to spend an afternoon playing games, participating in "Old-Fashioned" themed activities, and enjoying living history. The series will host three, specific events from July through November. Train photo opportunities will be offered on November 16. We look forward to seeing you there! Information: www.poway.org/oldpowaypark or (858) 668-4576.

Date	Event	Time
July 25	Astronomy, Campfire Songs & Storytelling	7:00pm-9:00pm
Aug 10	Tom Sawyer Read-A-Thon in the Park	12:00pm-3:00pm
Nov 16	Old-Fashioned Family Picnic (nominal fee for BBQ)	12:30pm-4:00pm

### Blue Sky Ecological Reserve 25th Anniversary Celebration!

Join us for an afternoon of nature-themed activities to celebrate Blue Sky's 25th Anniversary. In addition, Friends of Blue Sky will present "A History of Blue Sky", and the San Diego Sheriff's Department will teach kids how to stay safe when lost. Park in the dirt lot on the corner of Espola Road and Old Coach Road and enjoy a free shuttle to the Reserve.

**Saturday, Oct 11 1:00-4:30pm FREE for All Ages**

### ONCE UPON A HALLOWE'EN

**Sunday, Oct 26 5:30-8:30pm FREE for All Ages**

The Old Poway Park Action Committee proudly presents Once Upon a Halloween. This turn-of-the-twentieth-century, family-friendly event will be hosted on Sunday, October 26, from 5:30 to 8:30 pm at Old Poway Park. Celebrate Halloween in a unique way by taking a ride aboard the "Halloween Express," on Poway's own Baldwin Steam Locomotive. Participate in a carved pumpkin contest for a nominal fee, witness a shoot-out between cowboys and aliens, enjoy story telling in Templars Hall, visit the "cemetery" and haunted house, play carnival-type games, and enjoy spooky Halloween crafts plus tasty treats. Information: www.poway.org/oldpowaypark or (858) 668-4576.

## History Comes Alive at the Rendezvous in Poway

Visit over 15 living history encampments demonstrating life during California's turn-of-the-twentieth-century and civil war eras. Meet real cowboys, pioneers, mountain men and women, buckaroos, gunslingers, and soldiers. Ride aboard the 1907 Baldwin Steam Engine, pan for gold, watch gun-fighting demonstrations, and view handmade items for sale at the Poway Boardwalk Craft Market.

Learn how to barn dance in Templars Hall on Friday, October 3 at 7:00pm and join us around the campfire for stories, songs, and s'mores on Saturday, October 4 at 5:30pm. Information: (858) 668-4576.



**RENDEZVOUS ACTIVITIES:**  
**Saturday, Oct 4, 10:00am-4:00pm**  
**Sunday, Oct 5, 10:00am-2:00pm**  
**Barn Dance: Friday, Oct 3, 7:00pm**  
**Campfire: Saturday, Oct 4, 5:30pm**  
**FREE for ALL AGES!**

### Rendezvous in Poway Educational Tours

Let your students LIVE history on **Thursday, October 2 and Friday, October 3**. Groups of 20 or more are invited to participate in a one-of-a-kind, interactive, hands-on learning experience. Students will visit over 15 encampments. During the tour students will learn to square dance, pan for gold, and ride the train. These educational tours coincide with the Poway School District's curriculum and will bring history to life in a fun and educational manner. Advanced registration is required and space is limited. Bookings are made on a first-come, first-serve basis, so call today! For more information, or to schedule your tour, call (858) 668-4579.

# SPEND HOWL-OWEEN IN THE WILD AT BLUE SKY!

## Hoot, Howl & Prowl

Blue Sky comes alive after dark! Meet the canyon's "wildlife" (docents dressed in animal costumes) up close! Groups will leave at 15-minute intervals, between 5:30 pm and 8:00 pm, and tours last approximately 75 minutes. End the evening with a warming cup of hot chocolate!

**Registration is required.**

To register, visit [www.poway.org/classes](http://www.poway.org/classes) on or after August 5.

Location & Parking: Blue Sky Ecological Reserve



8169.200	Sat 5:30pm	Oct 25	\$5/person
8169.201	Sat 5:45pm	Oct 25	\$5/person
8169.202	Sat 6:00pm	Oct 25	\$5/person
8169.203	Sat 6:15pm	Oct 25	\$5/person
8169.204	Sat 6:30pm	Oct 25	\$5/person
8169.205	Sat 6:45pm	Oct 25	\$5/person
8169.206	Sat 7:00pm	Oct 25	\$5/person
8169.207	Sat 7:15pm	Oct 25	\$5/person
8169.208	Sat 7:30pm	Oct 25	\$5/person
8169.209	Sat 7:45pm	Oct 25	\$5/person
8169.210	Sat 8:00pm	Oct 25	\$5/person

## Children's Activities

### Hopscotch: Tiny Tots Preschool | Ages 3-5

Hop into learning and fun during the Hopscotch Tiny Tots Preschool! Children will socialize, play, and learn with their peers in a fun, relaxed atmosphere. Each month offers a unique theme and incorporates art projects, musical instruments, dancing, educational activities, and even some yoga! Watch your children grow this fall in a preschool that gives them the opportunity to creatively be themselves. Please bring water and a healthy snack each day.

**Instructor:** Kimberly Bruch

**Location:** Community Park, Youth Activity Room

**No Class:** Nov 11 & 27

			RES/NON
4011.200	T/Th 9:00am-12:00pm	Sep 23-Oct 16	\$149/\$159*
4011.201	T/Th 9:00am-12:00pm	Oct 21-Nov 18	\$149/\$159*
4011.202	T/Th 9:00am-12:00pm	Nov 20-Dec 16	\$149/\$159*

\* \$10 materials fee due first day of class

### Mom & Tot Gymnastics | Ages walking to 3½

This class is designed for toddlers and their parents to participate together in basic gymnastics while interacting with other children and an instructor. They will develop their basic motor skills, confidence, balance, coordination, and social interaction in a fun-filled, positive atmosphere. Wear comfortable clothes or a leotard with no snaps, zippers, or buttons. Participants should be walking by the time the class begins.

**Instructor:** Poway Gymnastics

**Location:** Poway Gymnastics, 12850 Brookprinter Place

**No Class:** Nov 27 & 29

			RES/NON
2312.200	Thu 10:45-11:15am	Sep 25-Dec 18	\$161/\$171*
2312.201	Sat 8:45-9:15am	Sep 27-Dec 20	\$161/\$171*

\* \$10 materials fee due first day of class



### Soccer Shots Minis | Ages 2 to 3

Soccer Shots Minis is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

**Instructor:** Soccer Shots

**Location:** Community Park, Open Play Area

			RES/NON
2443.200	Sat 8:45-9:15am	Sep 27-Nov 15	\$112/\$122*

\* \$10 materials fee due first day of class

### Soccer Shots Classic | Ages 3 to 6

Using creative and imaginative games, weekly sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation. Soccer Shots will introduce your child to the fun of soccer and provide the foundation needed to get started in the sport.

**Instructor:** Soccer Shots

**Location:** Community Park, Open Play Area

			RES/NON
2443.201	Sat 9:20-10:05am	Sep 27-Nov 15	\$112/\$122*

\* \$10 materials fee due first day of class



### Abakadoodle: Mini-Doodlers | Ages 2-5

Learn about artists and techniques, and create a new masterpiece each week! Children explore their creativity through carefully-designed lessons that ignite the imagination and encourage skill development. Each class introduces a new artist or art technique, and each child leaves class with a framed piece of art. Using real artists' materials, children sculpt, paint, draw, and print to create artwork that is truly unique.

**Instructor:** Abakadoodle

**Location:** Old Poway Park, Parlour

			RES/NON
4011.206	Mon 9:30-10:15am	Sep 22-Oct 13	\$56/\$66
4011.207	Mon 10:30-11:15am	Sep 22-Oct 13	\$56/\$66
4011.208	Mon 9:30-10:15am	Oct 20-Nov 10	\$56/\$66
4011.209	Mon 10:30-11:15am	Oct 20-Nov 10	\$56/\$66
4011.210	Mon 9:30-10:15am	Nov 17-Dec 8	\$56/\$66
4011.211	Mon 10:30-11:15am	Nov 17-Dec 8	\$56/\$66

### Ice Skating | Ages 3-5

This fun, learn-to-skate class will let your child experience the thrill and excitement of ice skating. Participants will learn the basic elements of skating, including skating forwards and backwards, the proper way to fall and get-up, balancing skills, and stopping. **Skate rental is included in the fee.**

**Instructor:** Ann Daniels

**Location:** San Diego Ice Arena, 11048 Ice Skate Place

**No Class:** Nov 26

			RES/NON
2091.200	Wed 4:00-4:30pm	Sep 3-Sep 24	\$45/\$55
2091.201	Wed 4:00-4:30pm	Oct 8-Oct 29	\$45/\$55
2091.202	Wed 4:00-4:30pm	Nov 5-Dec 3	\$45/\$55



### Kid's Night Out | Grades 1st-5th

Kid's Night Out is a win-win for everyone! Parents, take the night off because Kid's Night Out is all about the kids. Offered during the school year, kids in grades 1st - 5th will enjoy a themed night of recreation games, arts and crafts, special presenters, movies, and so much more. It's not your average night... it's Kid's Night Out!

**Registration is required.**

**Instructor:** Community Park Staff

**Location:** Community Park, Auditorium

8432.200	Fri 4:30-9:00pm	Sep 12	\$5/participant
8432.201	Sat 4:30-9:00pm	Oct 11	\$5/participant
8432.202	Fri 4:30-9:00pm	Nov 7	\$5/participant
8432.203	Sat 4:30-9:00pm	Dec 20	\$5/participant

### Skyhawks Mini Hawk | Ages 3½-6

This multi-sport program was developed to give children a positive first step into athletics. The essentials of soccer and flag football are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our games and activities were designed to allow participants to explore balance, movement, hand/eye coordination, and skill development at their own pace.

**Instructor:** Skyhawks Sports: [www.skyhawks.com](http://www.skyhawks.com)

**Location:** Community Park, Open Play Area

**No Class:** Nov 26

			RES/NON
2443.250	Wed 3:00-4:00pm	Sep 24-Oct 22	\$60/\$70*
2443.251	Wed 3:00-4:00pm	Nov 5-Dec 10	\$60/\$70*

\* \$10 materials fee due first day of class



## Night Out Activities

### NEW! Teen Flick 'n Float | Grades 6th-9th

Not quite ready to say goodbye to summer? Neither are we! Join us for one more night of water-filled fun under the stars! Rock out while you challenge your friends to some wicked water games and then scarf down a delicious barbeque. As the sun fades, chill on your inner tube while we watch *Divergent* on a big, inflatable screen. Don't let the end of summer slip by - send it off in style! **For more information or to register now, call (858) 668-4671.**

**Instructor:** Community Park Staff

**Location:** Community Park, Swim Center

Sat	4:00-9:30pm	Sep 27	FREE
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### Glow-in-the-Dark Dodgeball | Grades 6th-9th

What's better than playing dodgeball? Playing glow-in-the-dark dodgeball, of course! Bring yourself and your friends, dress in your Halloween costume or don't, and get ready for some glow-in-the-dark fun with music, dodgeball, delicious treats, prizes, and more! Register early; space is limited. **For more information or to register now, call (858) 668-4671.**

**Instructor:** Community Park Staff

**Location:** Meadowbrook Gymnasium

Sat	5:00-8:00pm	Oct 25	FREE
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### Teen Night Out | Grades 6th-9th

Teens - it's your night out! Teens in grades 6th - 9th will have an absolute blast choosing which activities THEY want to participate in during Activity-A-Palooza! Race your friends in Mario Kart on the Wii, get funky with arts and crafts, win cool prizes playing recreation games, kick back with friends, devour yummy snacks, and so much more! Register early; space is limited. **For more information or to register now, call (858) 668-4671.**

**Instructor:** Community Park Staff

**Location:** Community Park, Auditorium

Sat	4:00-9:30pm	Nov 22	FREE
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## Dance | Youth & Teen

**For Ms. Debbara's and Ms. Kellie's classes, please note: Dance classes are designed to increase in difficulty with continued enrollment. Students who enroll in Fall, Winter, and Spring sessions may perform in the annual June dance recital. Parent watching days are the last class of each month.**

### Dance Production: *Nutcracker Follies!* | Ages 5-18

Be a part of our second annual *Nutcracker Follies!* Dancers will learn ballet, tap, jazz, or lyrical dances to classical *Nutcracker* and contemporary holiday music, which will be performed onstage during our annual holiday show! **The *Nutcracker Follies* performance will be held on Tuesday, December 9 at 6:30 p.m. in the Poway Community Park Auditorium.**

No tickets are required to see the show. A "school day" performance TBA in December. Concurrent enrollment in Tap & Ballet, Ballet for Kids, or Fun 'n Funky Jazz for Kids is required, students must also be 5 years or older by Sep 1 in order to perform.

**Instructor:** Debbara Childress:  
www.MsDebbarasDanceForChildren.com

**Location:** Community Park, Auditorium

**No Class:** Nov 25

			RES/NON
5111.214	Tue 6:15-7:30pm	Sep 16-Dec 9	\$108/\$118*
* \$15 materials fee due first day of class			



### Fun 'n Funky Jazz for Kids! | Ages 5-18

Come move and groove to the music as we learn Fun 'n Funky jazz! This fun class will teach children the basics of jazz that they can use in many other styles of dance. Children will learn rhythm, coordination, flexibility, teamwork, and a love for dance! Dance attire and black jazz shoes are required.

**Instructor:** Kellie Childress-Nichols:  
www.MsDebbarasDanceForChildren.com

**Location:** Community Park, Auditorium

**No Class:** Nov 25

			RES/NON
5121.207	Tue 3:45-4:30pm	Sep 16-Dec 2	\$98/\$108
5121.208	Tue 4:30-5:15pm	Sep 16-Dec 2	\$98/\$108
5121.209	Tue 5:15-6:00pm	Sep 16-Dec 2	\$98/\$108

### Tap & Ballet | Ages 3-18

Come dance and sing with us! This fun-filled, action-packed, dynamic tap and ballet program will teach your child rhythm and coordination, as well as a love of dance. Tap shoes and leather ballet slippers/dance attire required. Currently enrolled Tap, Ballet, and Jazz students may participate in our second-annual "Nutcracker Follies!" See "Dance Production" for more info.

**Instructor:** Debbara Childress:  
www.MsDebbarasDanceForChildren.com

**Location:** Community Park, Auditorium

**No Class:** Nov 24 & 27

			RES/NON
Ages 3-4			
5111.201	Mon 11:00am-Noon	Sep 15-Dec 8	\$108/\$118
5111.203	Thu 2:00-3:00pm	Sep 18-Dec 11	\$108/\$118
Ages 4-6			
5111.205	Mon 3:00-4:00pm	Sep 15-Dec 8	\$108/\$118
Ages 6-8			
5111.206	Thu 3:00-4:00pm	Sep 18-Dec 11	\$108/\$118
Ages 5-7			
5111.207	Mon 4:00-5:00pm	Sep 15-Dec 8	\$108/\$118
Ages 8-11			
5111.208	Thu 4:00-5:00pm	Sep 18-Dec 11	\$108/\$118
Ages 8-12			
5111.209	Mon 5:15-6:15pm	Sep 15-Dec 8	\$108/\$118
Ages 12-14			
5111.210	Thu 5:00-6:00pm	Sep 18-Dec 11	\$108/\$118
Ages 13-18			
5111.211	Mon 6:15-7:15pm	Sep 15-Dec 8	\$108/\$118

### Dance for Children with Ms. Debbara | Ages 3-5

#### *Creative Movement and Tumbling for Boys and Girls*

Dance, sing, tumble, balance, imagine, express, gain self-confidence, strength, and flexibility during this fun-filled introduction to dance and tumbling. Boys and girls will experience the joys of movement and creative expression, and come away with skills valued for a lifetime in this great pre-Tap & Ballet class. Come join the fun! Wear comfortable clothing or dance attire, and leather ballet slippers or bare feet.

**Instructor:** Debbara Childress:  
www.MsDebbarasDanceForChildren.com

**Location:** Community Park, Auditorium

**No Class:** Nov 24

			RES/NON
5111.200	Mon 9:00-9:45am	Sep 15-Dec 8	\$108/\$118



### Princess Ballet for Kids | Ages 3-12

Learn the beautiful art of ballet in a musical, fun & creative environment! Class combines grace and technique of classical ballet, with a princess twist! Continuing students can perform in our dance recital in June. Dance clothes and pink leather ballet shoes required.

**Instructor:** Kellie Childress-Nichols:  
www.MsDebbarasDanceForChildren.com

**Location:** Community Park, Auditorium

**No Class:** Nov 29

			RES/NON
Ages 3-5			
5121.200	Sat 9:00-9:45am	Sep 20-Dec 6	\$98/\$108
Ages 6-8			
5121.201	Sat 9:45-10:30am	Sep 20-Dec 6	\$98/\$108
Ages 9-12			
5121.202	Sat 10:30-11:15am	Sep 20-Dec 6	\$98/\$108



## Kids Hip Hop Dance

### Beat Breakers & Hip Hop | Ages 4-12

This fun, high-energy hip hop and breakdancing class will definitely have you movin' to the beats. Learn to let loose while developing confidence, coordination, musicality, and listening skills. No need to be intimidated ... this class is great for those who want to enhance their creativity. All music and moves are age appropriate.

**Instructor:** Dance to EvOLVE:  
info@dancetoevolve.com

**Location:** Old Poway Park, Templars Hall

**No Class:** Nov 17

			RES/NON
Beat Breakers Ages 4-7			
5131.200	Mon 3:50-4:45pm	Sep 22-Oct 27	\$94/\$104
5131.201	Mon 3:50-4:45pm	Nov 3-Dec 15	\$94/\$104
5131.202	Mon 3:50-4:45pm	Sep 22-Dec 15	\$170/\$180
Hip Hop Ages 8-12			
5131.203	Mon 4:50-5:45pm	Sep 22-Oct 27	\$94/\$104
5131.204	Mon 4:50-5:45pm	Nov 3-Dec 15	\$94/\$104
5131.205	Mon 4:50-5:45pm	Sep 22-Dec 15	\$170/\$180



## Creative Arts

### Art Start | Ages 7-12

Artist Susan Bainbridge will use directed drawing techniques to encourage participants to develop their drawing skills, confidence, and imagination. Young artists will learn to recognize the basic shapes that form their subject matter and the first steps toward realistic drawing. A variety of media will be explored: pencil, water color, markers, and pastels, as well as one clay project; because children always request it!

**Instructor:** Susan Bainbridge: www.artstart1.com

**Location:** Old Poway Park, Great Room

			RES/NON
6182.200	Thu 4:00-5:15pm	Oct 9-Nov 20	\$105/\$115*
* \$20 materials fee due first day of class			

### NEW! Best of Broadway | Ages 7-14

Let's create a show from Musical Theatre's most popular songs and scenes! Participants will create a show by selecting their favorite songs from Musical Theatre, and then creating a script leading into their favorite songs and scenes. Participants will develop skills in acting technique, terminology, and improv, followed by a fantastic dance class and a dive into vocal technique.



On the last day, participants will perform a showcase for their families to enjoy!

**Instructor:** Catherine Colby  
**Location:** Old Poway Park, Templars Hall

			RES/NON
6182.234	Th 4:30-6:00pm	Sep 25-Nov 20	\$135/\$145

## Special Interest

### Animals After School | Ages 4-10

Education at Helen Woodward Animal Center offers children a variety of unique learning opportunities, which support the bond between humans and animals by nurturing knowledge, compassion, and respect towards all living things.



Children will learn about different animals through hands-on interactions and valuable lessons taught through interactive games, activities, and crafts. Lessons include pet care and lifetime commitment; domestic and wild animals; animals communication and safety; sea life and pollution; adaptations and camouflage; animal welfare; heroic animals; and animal habitats.

**Instructor:** Helen Woodward Animal Center

**Location:** Old Poway Park, Great Room

**No Class:** Nov 11

			RES/NON
6182.270	Tue 3:30-4:30pm	Sep 23-Nov 18	\$130/\$140*
* \$30 materials fee due first day of class			

### Ice Skating | Ages 6-12

This fun, learn-to-skate class will let your child experience the thrill and excitement of ice skating. Participants will learn the basic elements of skating, including skating forwards and backwards, the proper way to fall and get-up, balancing skills, and stopping. **Skate rental is included in the fee.**

**Instructor:** Ann Daniels

**Location:** San Diego Ice Arena, 11048 Ice Skate Place

**No Class:** Nov 26

			RES/NON
2091.203	Wed 4:30-5:00pm	Sep 3-Sep 24	\$45/\$55
2091.204	Wed 4:30-5:00pm	Oct 8-Oct 29	\$45/\$55
2091.205	Wed 4:30-5:00pm	Nov 5-Dec 3	\$45/\$55

### NEW! Pre-Engineering using LEGO® Thanksgiving Camp | Ages 5-7

Bring Minecraft to life using tens of thousands of LEGO®! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO or a seasoned veteran, you'll be hooked on the endless creative possibilities.

**Instructor:** Play-Well TEKologies

**Location:** Meadowbrook Gymnasium

			RES/NON
9416.206	M-W 9:00am-12:00pm	Nov 24-26	\$111/\$121



### NEW! Mine, Craft, Build using LEGO® Thanksgiving Camp | Ages 7-12

Bring Minecraft to life using LEGO®! Build a motorized walking Creeper, a terrifying Ghost, and a motorized Minecart! This project-based camp, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO.

**Instructor:** Play-Well TEKologies

**Location:** Meadowbrook Gymnasium

			RES/NON
9416.209	M-W 1:00-4:00pm	Nov 24-26	\$111/\$121

## Health & Wellness



### NEW! Tap Dance for Adults | Ages 18+

Tap Dance just for Adults! Come learn the exciting art of tap dance—no experience needed! Get your body moving in this music-filled, low-impact, toe-tapping class! Learn some new skills, meet new friends, spend an hour just for you!

**Instructor:** Debbora Childress

www.MsDebborasDanceForChildren.com

**Location:** Community Park, Bill Bond I & II

**No Class:** Nov 27

			RES/NON
5111.202	Thu 6:00-6:50pm	Sep 18-Dec 11	\$98/\$108

### Aqua Zumba® | Ages 16+

Are you ready for a Zumba® "pool party"? The Aqua Zumba® program gives new meaning to the idea of an invigorating workout. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together! This safe, challenging, water-based workout will be cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Only your mid-chest is submerged in the water, so there is no requirement to know how to swim. Water shoes are encouraged so they can provide support and traction. Join the party in the water (pool is heated to at least 82 degrees)!

**Instructor:** Harumi Osawa

**Location:** Community Swim Center

			RES/NON
5417.250	Thu 6:00-6:50pm	Sep 25-Oct 30	\$58/\$68



### Water Works | Ages 18 & under

In the water, your body's buoyancy takes the stress off joints, and the multi-directional resistance makes a unique and challenging environment for working out. Using the properties of water, each participant will work at their level to be challenged appropriately. This class will be a refreshing change to the usual land classes and provides a fun and challenging workout. Non-swimmers are welcome; this is a vertical workout that does not require submerging. Flotation and resistance equipment will be provided. Bring a towel and water bottle to hydrate.

**Instructor:** Fit-X Fitness Instructor, Renee Meyst

**Location:** Community Swim Center

			RES/NON
5417.255	Tue 6:00-6:50pm	Sep 23-Oct 28	\$54/\$64

### NEW! Low Back Care on the Pilates Reformer | Ages 16+

Learn how to find your deep core muscles as we introduce you to simple movements and techniques using the Pilates Reformer. This will help you support and strengthen your back, not only in the Pilates environment, but in your daily life, as well. This class is for people with chronic low back pain, recent back injury that has kept them from returning to regular exercise, and people who may not have pain but feel fatigue in their backs with strenuous or activities requiring endurance.

**Instructor:** Poway Pilates

**Location:** Poway Pilates, 14053 Midland Road

			RES/NON
5417.245	Mon 12:30-1:30pm	Sep 22-Oct 20	\$74/\$84
5417.246	Wed 12:30-1:30pm	Sep 24-Oct 22	\$74/\$84

### NEW! Target Training | Ages 18+

Come and see how you can make your body more defined. Target Training will be done for specific muscles each week. Proper form for each exercise will be emphasized to maximize results. The goal is to increase muscle strength and endurance, while working on that "cut" look. Wear supportive athletic shoes, and bring a towel and water to hydrate.

**Instructor:** Fit-X Fitness Instructor

**Location:** Community Park, Auditorium

No Class:			RES/NON
Nov 27			
5417.270	Thu 6:15-7:15pm	Sep 25-Oct 30	\$54/\$64
5417.271	Thu 6:15-7:15pm	Nov 6-Dec 18	\$54/\$64
5417.272	Thu 6:15-7:15pm	Sep 25-Dec 18	\$108/\$118

### NEW! Cardio and Core | Ages 18+

This class will get you moving and burning calories, while boosting your metabolism! Participants will learn how to effectively monitor their heart rate, and therefore level of intensity, by three different methods. The core is the basis of strength and support for the back and is one of the most important muscular structures of the body. We will concentrate on working the core safely and effectively. Please wear supportive athletic shoes, and bring a towel and water to hydrate.

**Instructor:** Fit-X Fitness Instructor

**Location:** Community Park, Activity Rooms I & II

			RES/NON
5417.261	Mon 6:00-7:00pm	Sep 22-Oct 27	\$54/\$64
5417.262	Mon 6:00-7:00pm	Nov 3-Dec 8	\$54/\$64
5417.263	Mon 6:00-7:00pm	Sep 22-Dec 8	\$108/\$118



### Pilates | Ages 16+

Transform your body from the inside out. Strengthen your abdominals and back. Improve posture and become more visibly toned while your arms and legs become leaner. Pilates is a safe and sensible way to exercise that will help you feel your best. People around you will notice a substantial difference in your overall appearance. Join the nearly nine million other people in the U.S. who have discovered the benefits of Pilates.

**Instructor:** Emma Sarmiento

**Location:** Community Park, Activity Room I & II

**No Class:** Nov 25

			RES/NON
5417.201	Tue 6:00-7:00pm	Sep 23-Dec 16	\$108/\$118

### Zumba® Toning & Sentao | Ages 16+

When it comes to body sculpting, Zumba® has raised the bar. Zumba® Toning combines basic dance footwork and upper body-sculpting exercises with the use of toning sticks to create a calorie-torching, strength-training, dance fitness party. Zumba® Sentao transforms a chair into a sizzling dance partner providing a workout that strengthens your core and reshapes the hips, glutes, and legs using your own body as resistance. Zumba® Toning & Sentao is the perfect way for enthusiasts to sculpt their bodies naturally while improving cardiovascular endurance and having a blast!

**Instructor:** Emma Sarmiento

**Location:** Community Park, Auditorium

**No Class:** Nov 26

			RES/NON
5417.203	Wed 6:15-7:15pm	Sep 24-Dec 17	\$108/\$118

## Combo Class

Get more fitness for less!!  
Sign up to take a combination class:

Pilates & Zumba® Toning & Sentao | Ages 16+

5417.208	Tue 6:00-7:00pm	Sep 23-Dec 17	\$168/\$178
	Wed 6:15-7:15pm		

\* Please see individual class descriptions for no class dates and locations

### Tai Chi 24 Forms Intermediate Practice | Ages 17+

The ancient practice of Tai Chi Chuan is clinically proven to be one of the most effective exercises to improve health, fitness, and relaxation. The 24 Forms is the most widely practiced Tai Chi form. While there are many variations, the flowing Yang Style is completely authentic and very enjoyable. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

**Instructor:** Cheri Hotalen

**Location:** Old Poway Park, Templars Hall

**No Class:** Nov 17

			RES/NON
5417.210	Mon 7:15-8:00pm	Oct 6-Dec 1	\$75/\$85

### Yogazander/Beginning Gentle Yoga | Ages 17+

Experience a unique approach to yoga! Practice gentle breathing exercises and gentle yoga poses combined with the profound body wisdom of the Alexander Technique. Yogazander will help you softly release muscle tension and develop natural body alignment. Enjoy less stress and more flexibility! Bring a yoga mat, small blanket or beach towel, and water.

**Instructor:** Cheri Hotalen

**Location:** Old Poway Park, Templars Hall

			RES/NON
5417.212	Thu 10:00-11:15am	Oct 9-Nov 13	\$70/\$80

### Beginning WuDang 18-Form Taiji | Ages 17+

Tai Chi Chuan from the WuDang Daoist Kungfu Institute in China. Regular practice of this graceful moving meditation develops essential skills for healthy living; including improved breathing, posture, balance, circulation, and coordination. These benefits, plus the added discipline of remembering a dynamic sequence of movements, will strengthen the neural network in such a way that body, mind, and spirit create profound health and wellbeing. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

**Instructor:** Cheri Hotalen

**Location:** Old Poway Park, Templars Hall

**No Class:** Nov 17

			RES/NON
5417.215	Mon 6:00-7:15pm	Oct 6-Dec 1	\$95/\$105

### NEW! Power Vinyasa Yoga | Ages 18+

This beginner level yoga sequence will help you build strength, gain flexibility, and find focus. This uplifting hour of Vinyasa flow will leave you feeling challenged, yet empowered. Come experience your body in a new way as we flow together, linking our breath with our movements. Please bring a yoga mat and water.

**Instructor:** Fit-X Fitness Instructor, Karyn Beebe

**Location:** Old Poway Park, Great Room

			RES/NON
5417.230	Wed 6:00-7:00pm	Sep 24-Nov 12	\$80/\$90



### NEW! Kettlebell Kickboxing | Ages 16+

Restart your fitness goals with Kettlebell kickboxing interval training; a non-intimidating approach to exercise that will turn your body into a fat-burning machine. Kettlebell kickboxing training works to develop dense muscles, which require much more energy. In addition, it will help with stamina, flexibility, and developing your core muscles. Your metabolism will keep burning calories for up to 24 hours after the workout. Working with kettlebells is safe fun for all fitness levels. **Equipment supplied.** Wear comfortable workout clothes and bring a towel to class. Are you ready to rumble with get-fit greatness?

**Instructor:** Poway Pilates

**Location:** Poway Pilates, 14053 Midland Road

			RES/NON
5417.240	Mon 6:00-6:45pm	Sep 22-Oct 27	\$74/\$84

## Sports | Youth & Teen

### Youth Taekwondo | Ages 6-13

This is a complete martial arts program for boys and girls. In addition to learning important self-defense skills, children develop respect, self-discipline, self-control, concentration, and confidence. Participants may take part in an examination at the end of the session to advance to a higher belt level. A white martial arts uniform is required and may be purchased from the instructor for \$25. Parents who wish to attend with their children may enroll in the Adult Taekwondo class (1247.204) and attend either class.

**Instructor:** Master Wolpert: (858) 748-1333

**Location:** Community Park, Bill Bond Hall I

**No Class:** Nov 28  
**2091.209 MWF 6:00-7:00pm Sep 22-Dec 12 RES/NON \$95/\$105**

### Teen Taekwondo | Ages 14-17

This class is designed to help teens develop more strength, coordination, speed, endurance, confidence, and self-defense skills. Participants may take part in an examination at the end of the session to advance to a higher belt level. A white martial arts uniform is required and may be purchased from the instructor for \$25.

**Instructor:** Master Wolpert: (858) 748-1333

**Location:** Community Park, Bill Bond Hall I

**No Class:** Nov 28  
**2091.210 MWF 7:00-8:00pm Sep 22-Dec 12 RES/NON \$95/\$105**

### Youth Volleyball | Ages 9-14

Looking for a fun sport? Come and play some volleyball on Monday night! Boys and girls are invited to participate in this fun, recreational activity. Volleyball play will be mixed with the learning of fundamental volleyball skills, including serving, passing, setting, and hitting.

**Instructor:** David Claycomb

**Location:** Meadowbrook Gym

**Ages 9-12 RES/NON**

**2091.212 Mon 5:30-6:30pm Sep 22-Nov 10 \$55/\$65**

**Ages 12-14**

**2091.213 Mon 6:30-7:30pm Sep 22-Nov 10 \$55/\$65**

### Girls Running Strong | Ages 9-13

Girls Running Strong is an 8-week running/fitness and self-esteem program for girls ages 9-13. The culmination will be the completion of the Fit Foodie 5k race on Nov. 15th on the San Diego Bay front. Entrance fee paid separately. Girls will learn the basics of running, how to set and achieve goals, proper nutrition, team building and leadership skills, the importance of a great attitude, healthy lifestyle, and positive self-body image. All girls will receive a GRS t-shirt, cinch sak, notebook, awards, and other goodies.

**Instructor:** Joanne Olson: www.girlsrunningstrong.com

**Location:** Silverset Park

**2091.222 TTh 3:30-5:00pm Sep 23-Nov 18 RES/NON \$129/\$139\***

\* \$25 materials fee due first day of class

### NEW! Skyhawks Soccer | Ages 6-12

Using our progression curriculum, our sport-specific staff will ensure your young athlete will gain the technical skills & sport knowledge required for their next step into soccer. This camp focuses on dribbling, passing, shooting, and ball control. By the end of the class, your child will have learned new life skills such as teamwork and sportsmanship, made new friends, and will be prepared for playground or league play!

**Instructor:** Skyhawks Sports: www.skyhawks.com

**Location:** Community Park, Open Play Area

**No Class:** Nov 25  
**2443.256 Thu 3:00-4:00pm Sep 25-Oct 23 RES/NON \$60/\$70\***

**2443.257 Tue 3:00-4:00pm Nov 4-Dec 9 \$60/\$70\***

\* \$10 materials fee due first day of class

### NEW! Skyhawks Flag Football | Ages 6-12

Skyhawks flag football is perfect for your young athletes who want a complete introduction to America's Game, or who simply want to brush up on their skills in preparation for league play. Through our 'skill of the day,' participants will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning - all presented in a fun & positive environment. The class will end with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills on the gridiron!

**Instructor:** Skyhawks Sports: www.skyhawks.com

**Location:** Community Park, Open Play Area

**No Class:** Nov 27  
**2443.258 Tue 3:00-4:00pm Sep 23-Oct 21 RES/NON \$60/\$70\***

**2443.259 Thu 3:00-4:00pm Nov 6-Dec 11 \$60/\$70\***

\* \$10 materials fee due first day of class



### Intro to Skateboarding | Ages 6-13

Are you a first time rider? Do you want to improve your skills? The beginning class is designed to help build balance, confidence, and coordination. Students will learn the fundamentals of riding, skateboarding safety, and early trick development.

**All participants MUST have a helmet, elbow pads, and knee pads each class.** Bring your own skateboard or contact the instructor for rental options prior to the first class.

**Instructor:** Andrew Barbosa: Andrew@sdskatelife.com

**Location:** Community Park, Skate Park

**7600.200 Wed 5:00-6:00pm Sep 24-Nov 12 RES/NON \$95/\$105**

### Intermediate/Advanced Skateboarding | Ages 6-13



The intermediate/advanced class focuses on the principles of getting air, developing flip tricks, and grinding. Students must have at least one year of skateboarding experience OR have participated in the Intro Skateboarding Class before enrolling in this course. Students will develop flowing runs, learn about competitive skateboarding, meet guest professionals, and even get the opportunity to participate in mock skateboarding competitions. **All participants MUST have a helmet, elbow pads, and knee pads each class.** Bring your own skateboard or contact the instructor for rental options prior to the first class.

**Instructor:** Andrew Barbosa: Andrew@sdskatelife.com

**Location:** Community Park, Skate Park

**7600.201 Wed 4:00-5:00pm Sep 24-Nov 12 RES/NON \$95/\$105**

### Tennis: Beginner | Ages 5-14

Beginning tennis skills are taught in this class. These skills include: forehand and backhand ground strokes, volleys, and a good first serve. Group instruction will encompass drills, court positioning, footwork drills, doubles play and strategy, scoring system, and court etiquette.

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts

**No Class:** Nov 27

**Ages 5-7 RES/NON**

**3013.200 Sat 9:00-10:00am Sep 27-Oct 25 \$40/\$50\***

**3013.201 Sat 9:00-10:00am Nov 1-Nov 29 \$40/\$50\***

**Ages 8-14**

**3013.202 T/Th 4:00-5:00pm Sep 23-Oct 23 \$65/\$75\***

**3013.203 Sat 10:00-11:00am Sep 27-Oct 25 \$40/\$50\***

**3013.204 T/Th 4:00-5:00pm Oct 28-Dec 2 \$65/\$75\***

**3013.205 Sat 10:00-11:00am Nov 1-Nov 29 \$40/\$50\***

\* \$5 materials fee due first day of class

### Tennis: Intermediate | Ages 7-16

At this level, you will be incorporating advanced techniques, along with fine-tuning beginning strokes. Participants will refine topspin, forehand and backhand ground strokes, conventional volleys, a good first and second serve, and a good overhead smash. Instruction will include footwork drills, groundstrokes, approach shots, volleys, singles and doubles play and strategy, scoring system, light competitive games, and court etiquette.

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts

**No Class:** Nov 27

**3013.206 T/Th 5:00-6:00pm Sep 23-Oct 23 RES/NON \$65/\$75\***

**3013.207 Sat 11:00am-12:00pm Sep 27-Oct 25 \$40/\$50\***

**3013.208 T/Th 5:00-6:00pm Oct 28-Dec 2 \$65/\$75\***

**3013.209 Sat 11:00am-12:00pm Nov 1-Nov 29 \$40/\$50\***

\* \$5 materials fee due first day of class

### Tennis: Advanced Juniors | Ages 9-16

At this hotshot level, tennis enthusiasts will enhance their ability level by focusing on forehand and backhand ground stroke drills, volley drills, serving drills, and overhead smash drills. The class includes singles and doubles play, and strategy. The class is preparing participants for tournaments, league play, and high school teams. Advanced class placement determined by instructor.

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts

**3013.210 MW 4:00-5:30pm Sep 22-Oct 22 RES/NON \$75/\$85\***

**3013.211 MW 4:00-5:30pm Oct 27-Nov 26 \$75/\$85\***

\* \$5 materials fee due first day of class

## Sports | Adults

### Beginning Coed Volleyball | Ages 16+

Interested in learning to play volleyball? This is the place! This coed class is designed for beginning players or those who need to work on their basic skills. Volleyball play will be mixed with the learning of volleyball fundamentals including serving, passing, setting, and hitting.

**Instructor:** David Claycomb

**Location:** Twin Peaks Multipurpose Center

**1247.220 Wed 6:00-7:30pm Sep 24-Oct 29 RES/NON \$60/\$70**

### Intermediate Coed Volleyball | Ages 16+

All intermediate players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. **Past volleyball experience is strongly recommended.**

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

**No Class:** Nov 27

**Mens RES/NON**

**1247.200 Thu 6:30-9:30pm Oct 2-Dec 4 \$65/\$75**

**Womens**

**1247.201 Thu 6:30-9:30pm Oct 2-Dec 4 \$65/\$75**

### Advanced Coed Volleyball | Ages 16+

All advanced players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. **Past league experience is required.**

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

**No Class:** Nov 11

**Mens RES/NON**

**1247.202 Tue 6:30-9:30pm Sep 30-Dec 2 \$65/\$75**

**Womens**

**1247.203 Tue 6:30-9:30pm Sep 30-Dec 2 \$65/\$75**

### Women's Volleyball | Ages 16+

All players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. **Past volleyball experience is strongly recommended.**

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

**No Class:** Oct 13

**1247.210 Mon 6:30-9:30pm Sep 29-Dec 1 RES/NON \$65/\$75**

### Adult Taekwondo | Ages 18+

This is a complete martial arts program for men and women. It is designed to help you develop more strength, coordination, speed, endurance, confidence, and self-defense skills. Participants may take part in an examination at the end of the session to advance to a higher belt level. A white martial arts uniform is required and may be purchased from the instructor for \$25.

**Instructor:** Master Wolpert: (858) 748-1333

**Location:** Community Park, Bill Bond Hall I

**No Class:** Nov 28  
**1247.204 MWF 7:00-8:00pm Sep 22-Dec 12 RES/NON \$95/\$105**

### 3-on-3 Basketball League | Ages 18+

Teams can have up to four persons on their roster and there is free substitution during the games. The teams play half-court; best two out-of-three games to 21 points. The season ends with a tournament, where the winning team will receive bragging rights for the next season! All players must sign the roster before the team's first game.

**Instructor:** Recreation Staff

**Location:** Meadowbrook Gym

**1247.205 Wed 6:30-9:30pm Sep 17-Nov 26 FEE \$68/team**



## Open Play Sports

Twin Peaks Multipurpose Center 14640 Tierra Bonita Road (858) 668-4599	Meadowbrook Gymnasium 12320 Meadowbrook Lane (858) 668-4598
<b>Friday</b> Open Badminton 6:00-9:00pm	<b>Tuesday</b> Open Basketball 6:00-9:00pm
<b>Saturday</b> Open Pickleball 2:30-5:30pm	<b>Thursday</b> Open Basketball 6:00-9:00pm
<b>Open Badminton</b> 6:00-9:00pm	<b>Sunday</b> Adult Open Basketball 8:00-11:00am
<b>Sunday</b> Open Volleyball 6:00-9:00pm	Youth Open Basketball 11:00am-2:00pm

Hours are subject to change without notice. Please visit our website for the most up-to-date hours: [www.poway.org/community](http://www.poway.org/community).

## Dog Obedience Training

Information: [www.poway.org/classes](http://www.poway.org/classes)

**NOTE: Proof of current vaccinations must be shown at first class. An adult must accompany all participants under 16. No metal choke chains or pinch collars; they are not needed.**

### Beginning Obedience | Owners Aged 12+ Dogs 12 weeks to Adult

In the Beginning Obedience class, your dog will learn to walk politely and appropriately socialize while on a leash. Behavioral problems associated with the leash will be covered. The commands of come, sit, down, stand, heel, and stay will also be covered.

**Instructor:** Good Dog Training School, Lynne Moore  
**Location:** Tue: Old Poway Park, Green Park  
Sat: Garden Road Park

			RES/NON
9019.200	Tue 6:30-7:30pm	Sep 23-Oct 28	\$95/\$105*
9019.201	Sat 9:30-10:30am	Sep 27-Nov 1	\$95/\$105*
9019.202	Tue 6:30-7:30pm	Nov 4-Dec 9	\$95/\$105*
9019.203	Sat 9:30-10:30am	Nov 8-Dec 13	\$95/\$105*

\* \$25 materials fee due on first day of class

### Intermediate Obedience | Owners Aged 12+ Dogs 6 months to Adult

In the Intermediate Obedience class, your dog will work to obtain a Canine Good Citizen Certification (AKC program) and experience more distraction training, such as leaving other dogs and people alone. Dogs in this class must have taken an introductory course or have knowledge of basic commands.

**Instructor:** Good Dog Training School, Lynne Moore  
**Location:** Garden Road Park



			RES/NON
9019.204	Sat 10:45-11:45am	Sep 27-Nov 1	\$95/\$105
9019.205	Sat 10:45-11:45am	Nov 8-Dec 13	\$95/\$105

## Safety Training

**Please Note: If registering for both the First Aid and CPR class, there is a one-time \$32 (certification) or \$4 (informational; no certification) materials fee.**

### First Aid | Ages 11+

This American Red Cross class will prepare you to handle any emergency first aid situation with loved ones, friends, and co-workers. This course includes responding, recognition, and care in life-threatening situations such as burns and bleeding; muscle, bone, and joint injuries; head and spinal injuries; heat-and cold-related emergencies; and sudden illness. Participants will receive a ready reference card and an American Red Cross certification valid for two years.

**Instructor:** American Red Cross Instructor, Blythe Paley  
**Location:** Community Park, Activity Rooms I & II

			RES/NON
5418.201	Wed 6:00-9:00pm	Sep 24	\$20/\$30*

\* \$20 (certification) or \$2 (information only) materials fee due on the first day of class

### CPR for the Adult/Child/Infant | Ages 11+

Become certified in this American Red Cross CPR class. Learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. This course teaches skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Participants receive a ready reference card and an American Red Cross certification card valid for two years. An AED Certificate is also available, if desired.

**Instructor:** American Red Cross Instructor, Blythe Paley  
**Location:** Community Park, Activity Rooms I & II

			RES/NON
5418.200	Mon 6:00-9:00pm	Sep 22	\$30/\$40*

\* \$24 (certification) or \$4 (information only) materials fee due on the first day of class

### Babysitter's Training | Ages 11-18

The American Red Cross has created a course for babysitters with components that include: leadership, professionalism, responsibility, child development, safety, and responding to emergencies while on the job. Participants will receive a card from the American Red Cross with no expiration date. **Bring a lunch and large doll or stuffed animal to class.**



**Instructor:** American Red Cross Instructor, Blythe Paley  
**Location:** Community Park, Activity Rooms I & II

			RES/NON
7617.200	Sat 9:00am-3:00pm	Oct 25	\$45/\$55*

\* \$17 materials fee due on first day of class

### Babysitter's Training CPR & First Aid | Ages 11-18

**Participants who are registered in a Babysitter's Training course** can also choose to receive an American Red Cross certification in Pediatric CPR and First Aid valid for two years.

**Instructor:** American Red Cross Instructor, Blythe Paley  
**Location:** Community Park, Nutrition Room

			RES/NON
7617.201	Mon 5:00-8:00pm	Oct 27	\$20/\$30*

\* \$18 materials fee due on first day of class

## Special Needs

### Bowling | Ages 13+

This bowling class provides unlimited fun for everyone! Awards and a party will conclude the last class. If the participant needs one-to-one attention or has special needs, provide a description of the situation to the instructor. Depending on the circumstances, an aide may be required to accompany the participant. **All participants must be picked up by 3:30pm.**

**Instructor:** Sarah Gana-D'Agostino  
**Location:** Poway Fun Bowl, 12941 Poway Road



			RES/NON
9397.200	Fri 1:30-3:30pm	Oct 10-Dec 19	\$40/\$50*

\* \$8 class fee is collected at bowling alley each week

### NEW! Drama and Theater Production | Ages 8+

Individuals of all abilities are invited to participate in the production of a fall comedy. Through this inclusive program, participants will learn stage acting, set design, theater techniques, stage make up, costuming, and much more. The class will begin with mock "try-outs" and everyone will be casted into their perfect role. After a few weeks of practice and rehearsals, the cast will put on a performance for their friends and families.

**Instructor:** Michelle Winkenwerder  
**Location:** Community Park, Auditorium

			RES/NON
9397.201	Wed 3:00-4:30pm	Sep 24-Dec 10	\$120/\$130*
9397.202	Wed 4:30-6:00pm	Sep 24-Dec 10	\$120/\$130*

\* \$10 class fee due on first day of class

## Poway Swim Center



### Swim Center

The Swim Center includes a 50-meter by 25-yard pool with an attached diving well and shallow children's area. During open pool hours, residents and nonresidents of Poway can enjoy the one-and three-meter diving boards, open swimming areas, and lap swimming lanes. A one-foot baby pool is available for play during the spring, summer, and fall months. The Swim Center offers a complete shower and dressing area. Water temperature in the pool is maintained between 80 and 84 degrees, providing for comfortable swimming year-round. For general information regarding pool hours and fees, call (858) 668-4680. For program information, call (858) 668-4580. Swimmers may be required to show proof of residency in order to be eligible for resident rate.

**Location:** 13094 Civic Center Drive

**Information:** [www.poway.org/swim](http://www.poway.org/swim)  
(858) 668-4680

### Costs:

	RES/NON
<b>Daily Admission</b>	
Adults (Ages 18+)	\$2.50/\$5.00
Youth & Seniors (Ages 60+)	\$2.00/\$4.00

**A responsible adult who has paid the admission fee must accompany children under 8 in the water.**

**Season and Yearly Passes** [www.poway.org/swim](http://www.poway.org/swim)



### Aquatic Safety

The aquatic staff is available to give presentations on aquatic safety to schools, scout troops, and organizations. Information: (858) 668-4680.

Information: [www.poway.org/swim](http://www.poway.org/swim)

### Hours:

#### Fall (September 1-October 26)

Monday/Wednesday/Friday	10:30am-7:30pm
Tuesday/Thursday	8:00am-7:30pm
Saturday/Sunday	10:30am-5:00pm

#### Pool Closed

September 27	Swim Meet
December 15-January 4	Pool maintenance

#### Winter (October 27, 2014-March 30, 2015)

Monday-Friday	11:00am-1:30pm
	3:00pm-7:00pm
Saturday/Sunday	CLOSED

During open recreational swim, lanes will be set aside for those interested in swimming laps. Some open recreational swim times will be shared with swim lessons and swim clubs. Portions of the pool may not be available for use by the public during these times.

## Birthday Party Package!



**Why not have your next Birthday Party at the Pool?** Included: reserved picnic area for two hours, public pool use for up to 25 persons, and 30 minutes of games with pool staff. Information: (858) 668-4680.

RES/NON  
\$52/\$62

# Swim Lessons

## Swim Lesson Assessment | All Ages

Make an appointment to have a free swim lesson assessment. It is highly recommended for determining the appropriate placement for participants. Call: (858) 668-4680

**WAITLISTS:** Can't find space in the class you're looking for? Contact us: (858) 668-4680 or e-mail: [swimwaitlist@poway.org](mailto:swimwaitlist@poway.org) to be placed on a waitlist at no charge. Please include: the participants name, age, class activity number, and phone number. We will contact you if space becomes available. New classes created based on instructor availability and pool space.

**Please note: There will be no classes on Monday, September 1; instead, classes will be held on Friday, September 5.**

## Swim Lesson Registration

Please note the age, skill level requirements, and time for each class. If you are unsure which level to enroll in, skill assessments are available by appointment. Students enrolled in a class above or below their ability level may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call (858) 668-4683 prior to the start of the class to ensure that you are not dropped.

## Parent/Child | Ages 6 months-2 years

Develops a comfort for the water and introduces basic water skills. Does not teach children to be accomplished swimmers nor survive in the water. **Parents must accompany their children in the water.**



			RES/NON
0020.200	MW 4:20-4:50pm	Aug 25-Sep 10*	\$39/\$49
0020.201	TTh 4:20-4:50pm	Sep 23-Oct 9	\$39/\$49

## Pre-Grunion | Age 2 years

Designed for young children who are ready to begin learning swimming skills, but not ready to participate without their parents. Skills introduced: water entry, breath control, bobbing, and beginning swim stroke. **Parents must accompany their children in the water.**

			RES/NON
0030.200	MW 5:10-5:50pm	Aug 25-Sep 17*	\$52/\$62
0030.201	TTh 5:10-5:50pm	Aug 26-Sep 18	\$52/\$62
0030.202	TTh 5:10-5:50pm	Sep 23-Oct 16	\$52/\$62



## Grunion 1 | Ages 3-4

Designed for children with limited or no swimming experience. Skills range from submerging underwater, front and back floats, front and back kicking, and beginning swim stroke.

			RES/NON
0121.200	MW 3:30-4:10pm	Aug 25-Sep 17*	\$52/\$62
0121.201	MW 6:00-6:40pm	Aug 25-Sep 17*	\$52/\$62
0121.202	TTh 3:30-4:10pm	Aug 26-Sep 18	\$52/\$62
0121.203	TTh 4:20-5:00pm	Aug 26-Sep 18	\$52/\$62
0121.204	TTh 6:00-6:40pm	Aug 26-Sep 18	\$52/\$62
0121.205	MW 3:30-4:10pm	Sep 22-Oct 15	\$52/\$62
0121.206	MW 4:20-5:00pm	Sep 22-Oct 15	\$52/\$62
0121.207	TTh 3:30-4:10pm	Sep 23-Oct 16	\$52/\$62
0121.208	TTh 5:10-5:50pm	Sep 23-Oct 16	\$52/\$62

## Grunion 2 | Ages 3-5

Introductory class for children who have successfully completed the Grunion 1 class or who are very comfortable in the water. Reinforces skills learned in Grunion 1, with a greater emphasis on efficiency.

			RES/NON
0122.200	MW 3:30-4:10pm	Aug 25-Sep 17*	\$52/\$62
0122.201	MW 4:20-5:00pm	Aug 25-Sep 17*	\$52/\$62
0122.202	MW 6:00-6:40pm	Aug 25-Sep 17*	\$52/\$62
0122.203	TTh 3:30-4:10pm	Aug 26-Sep 18	\$52/\$62
0122.204	TTh 4:20-5:00pm	Aug 26-Sep 18	\$52/\$62
0122.205	TTh 6:00-6:40pm	Aug 26-Sep 18	\$52/\$62
0122.206	MW 3:30-4:10pm	Sep 22-Oct 15	\$52/\$62
0122.207	MW 4:20-5:00pm	Sep 22-Oct 15	\$52/\$62
0122.208	MW 6:00-6:40pm	Sep 22-Oct 15	\$52/\$62
0122.209	TTh 3:30-4:10pm	Sep 23-Oct 16	\$52/\$62
0122.210	TTh 4:20-5:00pm	Sep 23-Oct 16	\$52/\$62



## Grunion 3 | Ages 3-5

Designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Skills emphasized include: front and back crawl. *Students should feel comfortable in at least 4 feet of water.*

			RES/NON
0123.200	MW 3:30-4:10pm	Aug 25-Sep 17*	\$52/\$62
0123.201	MW 4:20-5:00pm	Aug 25-Sep 17*	\$52/\$62
0123.202	TTh 3:30-4:10pm	Aug 26-Sep 18	\$52/\$62
0123.203	TTh 5:10-5:50pm	Aug 26-Sep 18	\$52/\$62
0123.204	MW 4:20-5:00pm	Sep 22-Oct 15	\$52/\$62
0123.205	MW 5:10-5:50pm	Sep 22-Oct 15	\$52/\$62
0123.206	TTh 3:30-4:10pm	Sep 23-Oct 16	\$52/\$62
0123.207	TTh 6:00-6:40pm	Sep 23-Oct 16	\$52/\$62

## Otter Pup | Ages 3-5

Designed for swimmers that are ready to move on to the Otter level, but not old enough for the Otter class. Focuses: improved technique, increased endurance of front crawl and back crawl, as well as side-breathing. *Students must be proficient in all Grunion 3 skills prior to enrollment in this class.*

			RES/NON
0124.200	MW 5:10-5:50pm	Aug 25-Sep 17*	\$52/\$62
0124.201	TTh 5:10-5:50pm	Aug 26-Sep 18	\$52/\$62
0124.202	MW 4:20-5:00pm	Sep 22-Oct 15	\$52/\$62
0124.203	TTh 6:00-6:40pm	Sep 23-Oct 16	\$52/\$62

## Starfish | Ages 6-12

Designed for older swimmers with limited or no swimming experience. Students will learn fundamentals of submerging, floating, and locomotion (both front and back crawl). Orientation to four feet of water is also introduced.

			RES/NON
0221.200	MW 4:20-5:00pm	Aug 25-Sep 17*	\$52/\$62
0221.201	MW 5:10-5:50pm	Aug 25-Sep 17*	\$52/\$62
0221.202	TTh 4:20-5:00pm	Aug 26-Sep 18	\$52/\$62
0221.203	TTh 6:00-6:40pm	Aug 26-Sep 18	\$52/\$62
0221.204	MW 3:30-4:10pm	Sep 22-Oct 15	\$52/\$62
0221.205	TTh 4:20-5:00pm	Sep 23-Oct 16	\$52/\$62

## Seahorse | Ages 6-12

Continuation of Starfish. Designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasis is placed on improving the front crawl and back crawl. *Students should feel comfortable in at least 4 feet of water.*

			RES/NON
0222.200	MW 5:10-5:50pm	Aug 25-Sep 17*	\$52/\$62
0222.201	TTh 4:20-5:00pm	Aug 26-Sep 18	\$52/\$62
0222.202	MW 5:10-5:50pm	Sep 22-Oct 15	\$52/\$62
0222.203	MW 6:00-6:40pm	Sep 22-Oct 15	\$52/\$62
0222.204	TTh 5:10-5:50pm	Sep 23-Oct 16	\$52/\$62

## Otter | Ages 6-14

Designed to improve technique, promote self-proficiency, and increase endurance of front crawl and back crawl. Additionally, focuses on side-breathing, as well as the ability to pass the "Open Swim" test.

			RES/NON
0223.200	MW 6:00-6:40pm	Aug 25-Sep 17*	\$52/\$62
0223.201	TTh 5:10-5:50pm	Aug 26-Sep 18	\$52/\$62
0223.202	MW 5:10-5:50pm	Sep 22-Oct 15	\$52/\$62
0223.203	MW 6:00-6:40pm	Sep 22-Oct 15	\$52/\$62
0223.204	TTh 4:20-5:00pm	Sep 23-Oct 16	\$52/\$62
0223.205	TTh 5:10-5:50pm	Sep 23-Oct 16	\$52/\$62



## SESSION 1 | SESSION 2

## Seal | Ages 6-16

Takes place in 11-12 feet of water. Prerequisites include: the ability to swim 15 yards of front crawl (with side breathing), back crawl, and elementary backstroke. Skills introduced: butterfly and breaststroke kick, and introduction to diving from the side of the pool.

			RES/NON
0321.200	MW 6:00-6:40pm	Aug 25-Sep 17*	\$52/\$62
0321.201	TTh 6:00-6:40pm	Aug 26-Sep 18	\$52/\$62
0321.202	MW 5:10-5:50pm	Sep 22-Oct 15	\$52/\$62
0321.203	TTh 6:00-6:40pm	Sep 23-Oct 16	\$52/\$62

## Sting Ray | Ages 6-16

Further develops technique and endurance of front crawl, back crawl, and elementary backstroke in 11-12 feet of water. Introduced: breaststroke, sidestroke, and diving from the diving boards.

			RES/NON
0322.200	MW 6:50-7:30pm	Aug 25-Sep 17*	\$52/\$62
0322.201	TTh 6:50-7:30pm	Aug 26-Sep 18	\$52/\$62
0322.202	MW 6:00-6:40pm	Sep 22-Oct 15	\$52/\$62
0322.203	TTh 6:00-6:40pm	Sep 23-Oct 16	\$52/\$62

## Dolphin | Ages 6-16

Focuses on stroke refinement and increased swimming distance. Proficiency in front crawl (alternate breathing), back crawl, elementary backstroke, sidestroke, and breaststroke are expected. Skills introduced: butterfly and flip turns.

			RES/NON
0323.200	MW 6:50-7:30pm	Aug 25-Sep 17*	\$52/\$62
0323.201	TTh 6:50-7:30pm	Aug 26-Sep 18	\$52/\$62
0323.202	MW 6:50-7:30pm	Sep 22-Oct 15	\$52/\$62
0323.203	TTh 6:50-7:30pm	Sep 23-Oct 16	\$52/\$62

## Swordfish | Ages 6-16

Develop skill proficiency and continue to progress towards greater distance in all strokes. *Participants are expected to swim at least 100 yards without stopping prior to taking this class.*

			RES/NON
0324.200	MW 6:50-7:30pm	Sep 22-Oct 15	\$52/\$62
0324.201	TTh 6:50-7:30pm	Sep 23-Oct 16	\$52/\$62

## Adult Beginner | Ages 16+

It's never too late to learn to swim! For adults who desire to become confident in the water and learn basic swimming skills.

			RES/NON
0521.200	MW 6:50-7:30pm	Aug 25-Sep 17*	\$52/\$62
0521.201	MW 6:50-7:30pm	Sep 22-Oct 15	\$52/\$62

## Adult Intermediate | Ages 16+

For adults who are comfortable in the water and have basic swimming skills. Focuses on increased endurance, stroke refinement, and improvement.

			RES/NON
0522.200	TTh 6:50-7:30pm	Aug 26-Sep 18	\$52/\$62
0522.201	TTh 6:50-7:30pm	Sep 23-Oct 16	\$52/\$62

## Red Cross Lifeguard Training | Ages 15+

Lifeguard training course teaches the necessary skills to become a professional lifeguard. Upon successful completion of the course, participants will earn their certification for Lifeguarding/First Aid/CPR/AED. There is a water skills test on the first day of class - failure to complete the following skills will result in immediate dismissal: Swim 300 yards continuously using front crawl and breaststroke; tread water for 2 minutes without using hands; and enter the water feet-first, swim 20 yards and retrieve a 10-pound brick from 11.5 feet of water, return 20 yards, and climb out of the pool in under 1 minute and 40 seconds. **100% attendance is required.** Class fee does not include books. Students must purchase the Lifeguard Training book and a resuscitation mask through the American Red Cross prior to the start of class. *Prerequisite: Must be 15 years of age by the first day of class.*

			RES/NON
0700.201	Sat/Sun 9:00am-5:00pm	Oct 4, 5, 11, 12	\$135/\$145*

\* Includes \$35 Red Cross certification fee

## Water Exercise | Ages 16+

Water exercise is a low-impact exercise for any ability. Classes are held in 4-foot water depth. Advanced swimming skills are not required. Daily admission is required. **Class is dependent on instructor availability.** MWF 11:00am-12:00pm

## Private Lessons | All Ages

Instruction is geared toward the individual's ability at any age. Must register for a minimum of four classes. Lessons are 30 minutes in length. Registration for lessons takes place in person at the Swim Center. Children under age of 3 may be required to have an adult in the water. Information: (858) 668-4680.

RES/NON  
\$26/\$36 per student per lesson

## Poway Community Park

Information: [www.poway.org/communitypark](http://www.poway.org/communitypark)

**Location:**  
13094 Civic Center Drive

**Park Hours:**  
Daily, Sunrise-Sunset

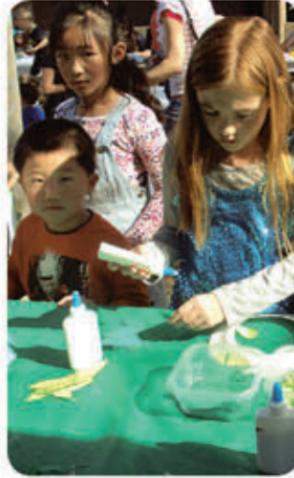
Recreation Office  
Mon-Sat 8am-9pm | Sun 12pm-9pm

Ball Fields  
Daily, 8am-10pm

Bocce Courts Mon-Sat 8am-9pm | Sun 12pm-9pm

Dog Park/Tennis Courts/Basketball Court Daily, Sunrise-10pm

Unsupervised Skate Park Daily, 8am-8pm



## Save the Date! Winter Festival

January 9th & 10th, 2015

**Winter Festival | FREE for all Ages**

Experience the magic and charm of winter like never before at Winter Festival! This year, the FREE event will be held on **Friday, January 9, 2015, from 5:00pm-9:00pm** and **Saturday, January 10, 2015, from 4:00pm-9:00pm.**



**Information:**

(858) 668-4671

[www.poway.org/communitypark](http://www.poway.org/communitypark)

**For FREE fun, visit the recreation office to borrow basketballs, footballs, and other cool recreation equipment! Be sure to bring a valid photo ID or keys.**

**NEW! In The Park Series | FREE for all Ages**

Express your creativity while constructing a masterpiece, challenge your friends to a game of Apples to Apples, enjoy the sweet sounds of music, or make home-made slime in whatever color you want! Community Park's In The Park Series will bring you two hours of themed-fun that's sure to provide exciting, unique experiences for the whole family. While the theme may change from month-to-month, one thing is guaranteed: FUN!

Mon	10:00am-12:00pm	Sep 22	Science Theme
Mon	10:00am-12:00pm	Nov 10	Art Theme

## Lake Poway

Information: [www.poway.org/lakepoway](http://www.poway.org/lakepoway)



**Location:**  
14644 Lake Poway Road

**Park Hours:**  
January-December Daily, 6am to sunset

**Lake Fishing & Boating Hours:**  
January-December Wed-Sun, 6am to sunset  
October Wed-Sun, 6am to sunset (Wed-Fri shoreline fishing only)

**Information:**

(858) 668-4770 | [www.poway.org/lakepoway](http://www.poway.org/lakepoway)

Park Ranger Office (858) 668-4772  
Park/Pavilion Reservations (858) 668-4595  
Lake Poway Concession (858) 668-4778



**Trout Season Returns to Lake Poway!**

Temperatures dropping means trout are returning! Lake Poway has the best permit and boat prices in the area and is truly a "Big Trout Destination"! The Trout Season opening date will be announced on our website at [www.poway.org/LakePoway](http://www.poway.org/LakePoway).



**Night Fishing**

Think you're ready for the night bite? Stocked regularly with catfish, Lake Poway also has a thriving bass population. Fish until 11:30pm on select Fridays & Saturdays, through September 6.



**Family Campouts**

Calling all novice campers! There's still time left for some outdoor fun in a family-friendly environment. Activities include: guided night hikes, smores, continental breakfast, and pedal boating. Don't forget your own camping equipment, dinner supplies to barbeque, and grill/charcoal.

9039.108 Sat-Sun 5:00pm-9:00am Aug 2-3 RES/NON \$52/\$62

**See New Camping Opportunities at Lake Poway on Page 14**

## Old Poway Park

Information: [www.poway.org/oldpowaypark](http://www.poway.org/oldpowaypark)



**Location:**  
14134 Midland Road

**Information:**

(858) 668-4576

[www.poway.org/oldpowaypark](http://www.poway.org/oldpowaypark)

**Christmas in the Park**

Enjoy a one-of-a-kind, magical holiday delight for the whole family during Poway's annual Christmas in the Park event. This year, the FREE event will be held on **Saturday, December 13, from 3:30 p.m. to 8:30 p.m.**



**Folk Concerts in the Park**

San Diego Folk Heritage is pleased to present an amazing lineup of folk concerts with music for all ages. All concerts are held in Templars Hall at 7:30 pm. Admission is \$15 for San Diego Folk Heritage members and \$18 for non-members. For information and advance ticket purchases: [www.sdfolkheritage.org](http://www.sdfolkheritage.org).

**Farmers Market | Flowers! Fresh Food! Fun!**

The fall is here, so head outdoors and enjoy Poway's Certified Farmers Market **every Saturday from 8:00 a.m. to 1:00 p.m., rain or shine.** If you're looking for some of the finest produce, unique foods, and a great "City in the country" atmosphere, then the Farmers Market is the place to be! All produce is certified and inspected by the agricultural commission, and brought to you fresh from the grower. The fall market offers beautiful, freshly picked flowers to brighten your home, homemade tamales, kettle corn, and healthy cooking oils. Information: (858) 668-4576.



**Historical Tours**

We offer easy, inexpensive, educational field trips Tuesday through Thursday for just \$4 per participant. Appropriate for any age or grade level. Experience the Nelson House, Heritage Museum, a train safety presentation, and a train ride aboard the Poway-Midland Railroad. Tours are great for schools, scout troops, ESS, and adult daycares. Information: [www.poway.org/oldpowaypark](http://www.poway.org/oldpowaypark) or call (858) 668-4576.

Date	Performer	Musical Style
Friday, August 8	Phil & David Boroff	Bluegrass
Friday, September 12	Sule Greg Wilson	American Griot
Friday, October 24	Kathy Kallie Band	West Coast Bluegrass

## Blue Sky Ecological Reserve



photo: Brad Petersen

### Location:

Espola Road, 1 mile north of Lake Poway Road

### Reserve Hours:

Daily, Sunrise-Sunset

### Information:

(858) 668-4781

[www.poway.org/bluesky](http://www.poway.org/bluesky)

**Blue Sky** is a 700-acre ecological reserve. Fully-trained docents offer hands-on experiences to identify and observe plants and animals, resource preservation activities, and programs. Bring your school or scout group for an outdoor nature program, discover skins, skulls, and animal artifacts with the family, or enjoy a relaxing hike in this unique habitat.

**SAVE THE DATE!**

**Hoot, Howl & Prowl Halloween**

**October 25 at Blue Sky**  
See Page 4 for Details

### School Tours & Outreach Program

Bring nature to your classroom! Our Outreach program will help you meet California's Science Content Standards. Or, book a field trip where observation skills, resource protection, identification of plants and animals are also emphasized. \$4 per student per program, or a reduced fee of \$6 per student when both a Tour and Outreach program are scheduled at the same time. Online reservation required at [www.poway.org/bluesky](http://www.poway.org/bluesky)



### FREE Docent-led Nature Walks

Check our website for up-to-date times and topics for weekend walks. Group walks available by reservation; bring your school or scout group! All hikes begin at south end of parking lot.

### Interactive Discovery Tables

Nocturnal animals of Blue Sky. Docents will be on hand to answer your questions.

Sunday, Oct 19  
8:30am-11:00am  
FREE



### FREE Junior Nature Ranger Program | Ages 6-10

This is a parent-participation program that provides a wonderful opportunity for families to have fun in the outdoors through nature-related activities. Limited to 15 children. **Reservation required.**

Saturday Nov 29 9:00am-11:00am FREE



For further information about programs offered at Blue Sky Ecological Reserve, call the Blue Sky office at (858) 668-4781.

## Sycamore Canyon Goodan Ranch Preserve

### Location:

16281 Sycamore Canyon Road  
Poway, California 92064

### Information:

(858) 513-4737

For a complete schedule of activities at Goodan Ranch, visit: [www.sdparcs.org](http://www.sdparcs.org)

The Goodan staging area is accessed from Poway Road east on Garden Road, then south on Sycamore Canyon Road, which ends at the staging area. Highway 67 staging area accessed through SOUTHBOUND HIGHWAY 67 ONLY, one-half mile south of Scripps Poway Parkway. All events are free. For information or to make event reservations call (858) 513-4737 or email [Justin.Gibbons@sdcounty.ca.gov](mailto:Justin.Gibbons@sdcounty.ca.gov)

Over ten miles of trails and service roads open to hiking, mountain biking and equestrian use. Preserve visitors are welcome to visit our new visitor center. Live animals and exhibits on Goodan History, Cedar Fire, Kumeyaay and the MSCP are on display.

Events, hikes and programs start at various Preserve locations.

**Some require a one mile walk from Goodan Ranch staging to the Visitor Center. Please check descriptions closely.**

No vehicular traffic is permitted in the Preserve. Transportation for those with disabilities can be arranged, by calling the ranger at (858) 513-4737.



## Goodan Ranch Fall Activities

Space is limited with some activities; please call (858) 513-4737 for reservations. RAIN or CLOUDS will CANCEL some events.

### August

Star Party | Fri, Aug 15 | Sunset  
Movies in the Moonlight (Frozen) | Sat, Aug 30 | Sunset

### September

Star Party | Fri, Sep 19 | Sunset  
Snakes Encounter | Sat, Sep 27 | 9:00-10:00 am

### October

Star Party | Fri, Oct 17 | Sunset  
Scavenger Hunt | Sat, Oct 25 | 9:00am-11:00am

### November

Star Party | Fri, Nov 21 | Sunset

## Kumeyaay-Ipai Interpretive Center at Pauwai

### Location:

13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)

### Hours:

Saturdays 9:00am-12:30pm

Closed the month of August; reopening Sept. 13

### FREE Docent-led Public Tours

(858) 668-1292

**Classes Offered:** Basket Weaving, Native Food, Medicines & Materials, Flint Knapping & more

Information: (858) 668-1292

[www.poway.org/kiic](http://www.poway.org/kiic)

[www.friendsofthekumeyaay.org](http://www.friendsofthekumeyaay.org)

### Docents Wanted!

Interested in Native American culture or helping students learn about this valuable archaeological site? A variety of opportunities are available. For information, please leave your name and telephone number at (858) 668-1292.

### Ancient Community of Pauwai Uncovered!

Long before the Spanish arrived in the 1500s, thriving communities of native people populated Pauwai. The evidence of their lives and work can be seen today at the Kumeyaay Center. Visit us on Saturday mornings and take a guided tour of this archaeological site where you will experience artifacts, 'ewaas, and a milling and grinding station.



Information: [www.poway.org/kiic](http://www.poway.org/kiic)

## Kumeyaay-Ipai School Tours



Students learn the history, experience the life of the Kumeyaay, "discover" artifacts and ancient milling sites, and participate in "spirit rock" painting. School tours are available Thursday & Friday mornings throughout the school year. Cost: \$4 per student. Information and scheduling: [www.poway.org/kiic](http://www.poway.org/kiic)

## Poway Library

Info: [www.sdcl.org](http://www.sdcl.org)



photo: T. Piranteau

**Location:**  
13137 Poway Road, Poway, CA 92064

**Hours:**  
Monday-Thursday: 9:30am-8:00pm  
Friday & Saturday: 9:30am-5:00pm  
Sunday: 12:00pm-5:00pm

**Information:**  
(858) 513-2900 [www.sdcl.org](http://www.sdcl.org)



### Fall Children's Programs September, October, November

- Toddler Storytime**  
Monday & Tuesdays, 10:30 am
- Preschool Storytime**  
Wednesdays & Fridays, 10:30 am
- Books and Boogie Storytime**  
Thursdays, 10:30 am
- Elementary-Aged Yoga (Grades 1-5)**  
Mondays, 4:00-4:30 pm      September 8, 15, 22, 29
- Sci-Kids: Science fun for elementary school children(Grades 1-5)**  
Wednesdays at 3:30-4:30 pm      October 1, 8, 15, 22, 29
- Diwali Celebration**  
Wednesday at 4:30-6:00 pm      October 22
- Halloween Carnival**  
Saturday at 1:00-3:00 pm      October 25
- Children's Art Time (Grades 1-5)**  
Fridays at 3:30-4:30 pm      November 7, 14, 21

### Fall Teen Programs Grades 6-12

**Teen Tuesdays**  
Every Tuesday at 4:00 pm

### Other Programs



**Free Monthly Acoustic Concert**  
Second Saturday of every month at 2:00 pm



**Tai Chi for Adults**  
Mondays at 11 am. Call the library to register.

The library has many fun and interesting programs for children, teens and adults. Please visit [www.sdcl.org](http://www.sdcl.org) for a full listing of events. All programs subject to change, please call us at (858) 513-2900 for more information.



## Poway Senior Center

Information: [www.powayseniorcenter.org](http://www.powayseniorcenter.org)



**Location:**  
Poway Community Park, Weingart Center Bldg.  
13094 Civic Center Drive, Poway, CA 92064

**Hours:**  
Senior Center: Mon-Fri 8:00am-4:00pm  
Gift Shop: Mon-Fri 10:00am-2:00pm

**Information:**  
(858) 748-6094 [www.powayseniorcenter.org](http://www.powayseniorcenter.org)

### La Bella Bistro: What's Cookin'?

Join us for lunch every Monday through Friday from 11:30 am to 12:30 pm. A donation of \$4.00 is suggested for those 60 and older. Lunch for guests under 60 is \$6.00. Check out our menu on our website or newsletter, or just stop by and enjoy the special of the day. Reservations are not required.



**Need a Ride to Lunch?**  
Call Paul Boston, Nutrition Manager at (858) 748-6094 ext. 304 for details.

**This Could be You!**

**\$1,199**

**WINNER**



**No need to drive to the Casinos** when you can win big right here in Poway! Wager a bet on biweekly Bingo games at Poway Senior Center where making \$1,199.00 just got a whole lot easier. The gas money you save driving to the casino can go back into the piggy bank.

Bingo is open to anyone 18 years or older, and held at 12:15 p.m. every Tuesday and 5:00 pm every Saturday. Buy-ins are just \$10 for 12 games and \$11 for 13 games, respectively. For more information, call (858) 748-6094



**Bingo Tournament**

Sunday, September 21, 2014

Big Cash Prizes for 1st and 2nd place winners. Plus, door prize drawings!!

For more details, call (858) 748-6094 or visit our website: [www.powayseniorcenter.org](http://www.powayseniorcenter.org)

### ANNUAL MEMBERSHIP ONLY \$35.00!!

Come enjoy a whole range of fun activities!

- Feeling Fit Exercise twice weekly
- Social Groups
- Support Groups
- Wii Bowling
- Line Dancing
- Fun Friday's! ... Ping-Pong, Board Games, Cards, Line Dancing, Billiards, and more
- Needlecrafts, Quilting, and Jewelry Making
- Health & Wellbeing Lectures and Presentations



### Try your luck to win one of Our Ongoing Opportunity Drawings!!

- **Beautiful Hand-Stitched Quilt**  
Made by our Poway Senior Center Quilters. Tickets sold in the Gift Shop
- **Monthly Gift Basket**  
Every month in our Lobby, we have a new, themed gift basket you can win!! Tickets sold at the Reception Desk.

\$1.00 a ticket or 6 for \$5.00



## Poway Center for the Performing Arts



### POWAY CENTER *for the* PERFORMING ARTS

The Poway Center for the Performing Arts is an 800 seat, state-of-the-art theatre owned and operated by the City of Poway. We host a variety of events that include professional performances, concerts, dance productions, community theater groups, art exhibits, and Poway Unified School District events. Available for rent September through June, it's the perfect venue for professional and community performances.

### Purchase Tickets!

[www.PowayCenter.org](http://www.PowayCenter.org) (858) 748-0505

### Hours:

**Box Office Hours:** **Fri 12:00pm-5:00pm**  
**Sat 10:00am-3:00pm.**

The Box Office opens one hour before scheduled performance times and remains open 30 minutes after performances begin. Closed on major holidays

### Art Gallery & Facility

July-August **Tue-Fri 10:00am-2:00pm**  
September-November **Tue-Fri 9:00am-5:00pm**  
**Sat 10:00am-3:00pm**  
Closed on major holidays

### Rental & General Information:

15498 Espola Rd, Poway, CA 92064  
Administration (858) 668-4693  
Box Office (858) 748-0505  
[www.PowayCenter.org](http://www.PowayCenter.org)



**Become a volunteer usher today!**  
Information: (858) 668-4795

Information: [www.powaycenter.com](http://www.powaycenter.com)

### Exciting Fall Art Exhibits!

Visit the Poway Center for the Performing Arts, September through June, to view our featured Art Exhibits. A new exhibit opens monthly, showcasing a wide variety of styles, techniques, and media from local and regional artists, as well as student art.

#### September

Cathy Carey is a new art exhibitor at PCPA. Her vibrant oil paintings express emotional meaning through color and the story of being alive at a particular time.



#### October

Studio Art Quilt Associates create a highly-admired exhibit with beautiful, thought-provoking and cutting-edge artwork that is layered and stitched.



#### November

The San Diego Museum of Art Artists Guild is a support council of The San Diego Museum of Art; the region's most visited museum located in Balboa Park. The guild focuses on an awareness and appreciation of local artists.



## Poway Center for the Performing Arts Foundation Presents

# Poway Presents... 2014-2015 Professional Performance Series



"an ever-wonderful brand of bayou boogie and nonstop keyboard pounding that never grows old."  
- The Austin Chronicle

**BOOGIE ON THE BAYOU**  
featuring THE MARCIA BALL BAND  
and TERRANCE SIMIEN &  
THE ZYDECO EXPERIENCE

**SATURDAY**  
**SEPTEMBER 20, 2014**  
**8 PM**

Two legends of Zydeco, Cajun and blues music in one, rollicking concert.



**BERKLEY HART SELIS TWANG**  
CD RELEASE CONCERT

**SATURDAY OCTOBER 11, 2014 - 8 PM**

Jeff Berkley, Calman Hart, Eve Selis and Marc Twang have emerged from the studio with a fresh contemporary take on the California country sound of the 1970s, with tight vocal harmonies and well-crafted songs.



### CHARLIE MUSSELWHITE

**SATURDAY**  
**OCTOBER 25, 2014**  
**8 PM**

"With unabashed excellence, Charlie Musselwhite and his tight band set the standard for blues bands everywhere."  
- Rolling Stone

2014 Grammy Award Winner  
(Best Blues Album)



## PICK FOUR AND SAVE!

Buy any four performances in the 2014-2015 Season, and get the best prices for all shows.

**WOODSTOCK, THE CONCERT**  
featuring the Back to the Garden Band  
**SATURDAY, NOVEMBER 22, 2014 - 8 PM**

**DAVID BENOIT CHRISTMAS TRIBUTE TO CHARLIE BROWN**  
**SATURDAY, DECEMBER 6, 2014 - 8 PM**

**FELIX CAVALIERE'S RASCALS**  
**SATURDAY, JANUARY 24, 2015 - 8 PM**

**BALLROOM WITH A TWIST**  
**SATURDAY, FEBRUARY 28, 2015 - 8PM**

**THE LITTLE MERMAID**  
Missoula Children's Theater  
**AUDITIONS: MONDAY**  
**MARCH 2, 2015 - 4 PM**  
**TWO PERFORMANCES: SATURDAY**  
**MARCH 7, 2015 - 3 PM & 7 PM**

**THE SECOND CITY**  
**55TH ANNIVERSARY TOUR**  
**SATURDAY, MARCH 28, 2015 - 8 PM**

**THE ROMEROS**  
**55TH ANNIVERSARY TOUR**  
**SUNDAY, APRIL 12, 2015 - 2 PM**

**POWAY CENTER *for the* PERFORMING ARTS**  
FOUNDATION

[www.PowayArts.org](http://www.PowayArts.org)  
**858.748.0505**

Sponsored in part by



## Look What's New in Community Services!

### Fall Camping at Lake Poway!



#### Fall Camping Series

Camping your way! Set up your tent and explore the park at your own pace. Hike the main trails; drop a line to catch a fish; cruise the lake on a motorboat; or simply relax by your campsite and enjoy all the natural beauty that Lake Poway offers. Fishing permits and boat rentals are not included, but may be purchased for a nominal fee.

9039.201	Fri-Sat	1pm to 10am	Sep 5-6	\$25
9039.202	Fri-Sat	1pm to 10am	Sep 19-20	\$25
9039.203	Fri-Sat	1pm to 10am	Oct 17-18	\$25

### CALLING ALL TEEN VOLUNTEERS!



#### Teen Volunteer Program

Do you need volunteer hours for school? Would you like to meet other teens and serve the Poway community? If so, join the new City of Poway Teen Volunteer Program! Teens ages 14-17 will have the opportunity to earn volunteer hours during various recreation programs and events, as well as attend specialized trainings, participate in community service projects, and socialize during group outings.

Information: (858) 668-4671 or [teenvolunteers@poway.org](mailto:teenvolunteers@poway.org)

Visit [www.poway.org/teens](http://www.poway.org/teens) to apply!

[www.poway.org](http://www.poway.org)

# POWAY

## Community Services

Sports | Recreation | Aquatics | Fitness | Nature | Teens | Community Events

## REGISTRATION

Registration begins **AUG 5** for Poway Residents & Nonresidents

There are 3 convenient ways to register for classes:

### 1. Mail-In

Mail-in registration may be paid by check or credit card (MasterCard or VISA). Checks should be made payable to the City of Poway. Cash will not be accepted. Please submit a separate check for each class requested. If space is not available in a class, that specific check will be returned to you without delaying your registration for any other classes.  
Mail to: P.O. Box 789, Poway, CA 92074-0789

### 2. Walk-In

Walk-in registration is available at the Community Services Department during business hours.

Location:  
**13325 Civic Center Drive**

Extended Hours:  
**Mon-Thurs 7:30am-5:30pm**  
**Fri 8:00am-5:00pm (Closed every other Friday)**

### 3. Online

Online registration is available by visiting the City of Poway web site below. A \$1.50 convenience fee will be charged per class registration or waitlist request. Payment must be made by credit card only (MasterCard or VISA).

Website:  
**[www.poway.org/classes](http://www.poway.org/classes)**

**REFUND INFORMATION:** A full refund will be issued for all classes canceled or overbooked by the City of Poway and/or the independent contract instructor.

Prior to the first day of class: Customer may request a refund prior to the start date. A cancellation fee of \$15 per class will be deducted. Or, in lieu of a refund, customer may request a full credit to be placed on account. The credit on account will be valid for one year and may be applied to another enrollment or reservation. If the credit is not used after one year, the funds will be forfeited and the customer's account will be cleared. If a registrant fails to attend a program after it begins, the registrant is not entitled to a refund.

After the first day of class: Requests for refunds will only be granted if the slot can be filled by another customer on a waiting list. If that slot can be filled, the refund will be prorated. Requests for refunds

for classes, camps or programs with enrollment fees that are less than the \$15 processing fee will automatically be given as credit on account.

Exceptions may be authorized by the Director of Community Services. A doctor's note or written request describing the extenuating circumstances must be submitted to the Community Services Department. If you have any questions, please call (858) 668-4570.

#### SWIM LESSON REGISTRATION

Please note the age and skill level requirements for each class. If you are unsure which level to enroll in, skill assessments are available at the Swim Center by appointment. Students enrolled above or below their ability level may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call Austin Coates at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone,

in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

**FACILITY ACCESS** for all participants is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4581.

**CLASS INSTRUCTION** for most classes is taught by independent instructors contracted by the City of Poway. Class content, scheduling issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact Community Services at (858) 668-4595.

**POWAY RESIDENTS** are defined as those persons who live within the City limits of Poway. All programs are audited for compliance

with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.

**ENROLLMENT PRIORITY** is determined on a first-come, first-served basis. Online and walk-in registrations are posted with the date and time of the transaction. Registrations received by mail will be posted in order of the date received by the City of Poway once the registration period opens.

**FINANCIAL ASSISTANCE - P.L.A.Y.** (Poway Leisure Assistance for Youth) Did you know that developmentally disabled individuals and youth might be eligible to receive up to \$40 worth of City-sponsored recreation classes each season at no cost to you? To find out more, please visit our website at [www.poway.org/play](http://www.poway.org/play).

# Parking In Poway

Did you know that there are several ordinances in Poway that pertain to the parking and storage of cars? These ordinances increase the livability, desirability and the appearance of all our neighborhoods. In Poway's pursuit to keep its city streets looking clean and uncluttered of stored vehicles, trailers, and commercial vehicles, the Sheriff's Department has three tools to manage the parking problems:

- An unattended vehicle check notice
- Issuance of parking citations
- Towing of vehicles

The Sheriff's Department works with the residents of Poway to ensure that Poway Municipal Codes and California Vehicle Codes are met. Municipal Code Chapter 10.28 addresses parking on our City streets. Section §10.28.130 prohibits the storage of vehicles on city streets and California Vehicle Code §22669 allows the removal of abandoned vehicles. The Sheriff's Department is in charge of enforcing these codes, but they cannot do so without the community's assistance. If you see a vehicle on your street that has been parked there and has not been used or moved in quite some time, please report the vehicle to the Department.

After the Sheriff's Department receives a report of the location and description of a vehicle parked for an unusual length of time, a Deputy or Community Service Officer (CSO) will check on the vehicle. They may try to contact the owner of the vehicle or they may place a notice on the vehicle for "Unattended Vehicle Check." The Code provides for the removal of a vehicle from a highway/street/alley after 72 hours of continuous parking in violation of the Poway Municipal Code.

If the Deputy or CSO checks the vehicle and determines it is an abandoned vehicle, they may attempt to contact the owner or they may have the vehicle towed off the street. In the event a notice is left, a Deputy or CSO will return to the location and determine if the parked vehicle has been moved in the previous 72 hours. At that point, the Deputy or CSO has the option of issuing a parking citation, towing the vehicle, or both.



Certain areas in Poway have been designated as No Parking Zones and have signs posted along the roadways. Pay attention or you risk being towed.

## Commercial Vehicles

Poway Municipal Code §10.28.170 prohibits the parking or standing of commercial vehicles on City streets. The term "commercial vehicles" includes large trucks, such as semi-trucks, and trailers such as boat trailers, utility trailers, stake-bed trailers, etc. If the Sheriff's Department determines the vehicle is parked in violation of Poway's Municipal Code, they have the option of issuing a parking citation, having the vehicle removed, or both.

## Parking in the Poway Business Park

Certain areas in Poway have been designated as No Parking Zones and have signs posted along the roadways. One of those areas is the Poway Business Park. All the streets are posted with "No Parking" signs and the businesses are required to have off-street parking for their employees, their customers, and for loading and unloading supplies and equipment. The parking citation for this violation is a \$38 fine.

The Sheriff's Department relies on the residents of Poway to let them know when vehicles are abandoned or parked on streets for long periods of time. Be vigilant, know the vehicles that belong in your neighborhood, and report any suspicious vehicles by calling 858-565-5200.



## Local Businesses Applauded For Expanded Recycling Efforts

Are you and your business saving money by removing treasures from your trash? We'd like to take this opportunity to recognize two Poway businesses who responded to new mandates by participating in a site visit and making changes that are helping their bottom line while diverting recyclables from disposal and into another useful life.

A recent visit to the Home Goods store on Poway Road resulted in a significant change in the amount of solid waste being sent to the landfill. A new 40-yard compactor dedicated to recycling has replaced a trash compactor making it possible to divert 50% of this retailer's previous discards from landfill disposal. After a quick waste analysis, a small manufacturing company located in the South Poway Business Park added recycling at their facility. Now all their cardboard is part of a new generation of products instead of taking up valuable and, perhaps irreplaceable, landfill space.

With the passage of the State Mandatory Commercial Recycling Law (Assembly Bill 341) in 2012, all businesses that generate four cubic yards or more of commercial solid waste per week and multi-family properties with five units or more (such as apartment buildings) are required to arrange for recycling services. To remain in compliance or become compliant, be sure to recycle everything you can! As the City's exclusive franchised hauler, EDCO Waste and Recycling Services conducts free on-site evaluations aimed at starting or enhancing recycling activities on your premises.

A partnership with EDCO and your business will help customize recycling services and containers to meet your needs. If you would like to sign up for commercial recycling services, please contact EDCO's customer service department at 858-748-7769. Tenants who are interested in recycling services should speak to their property managers for more information.

Please contact Pam Gravel in the Public Works Department at 858-668-4702 with your business recycling success stories. We are also interested in hearing from customers that use non-EDCO cardboard compactors so that we can ensure our city is receiving proper diversion credit.

Sewer spills are serious business with the potential to result in millions of dollars in fines to system operators and their ratepayers. Vista and Carlsbad were faced with a potential maximum fine of \$73 million in 2007. Spills in La Mesa and Oceanside in 2010 raised the possibility of \$800,000 and \$1.6 million fines, respectively. A settlement resulting from legal action arising from numerous sewage spills required the City of San Diego to spend more than \$1 billion to improve its sewage collection system between 2000 and 2013.



Preventing sewer spills starts with our customers. Most spills can be attributed to grease and root blockages. The City appreciates your help in trying to eliminate sewer spills by:

- Immediately calling 858-668-4700 during business hours or 858-668-4751 after hours if you see, smell or suspect a sewer spill.
- Preventing drain clogs and sewer blockages by disposing of cooking oil and grease (cooled and place in a non-recyclable container) in the trash rather than down the drain.
- Keeping your sewer lateral clean through regular maintenance.
- Keeping roots out of sewer pipelines by planting trees and bushes away from your home lateral that connects to the public sewer line.
- Never throwing garbage or debris into manholes.
- Reporting any vandalism to a manhole by calling 9-1-1.

The City of Poway has a "Zero Spill" goal and works very hard to prevent sewer spills by:

- Keeping the sewer system well maintained with daily pipe cleaning and a comprehensive manhole inspection program.
- Using specialized video cameras to monitor flows, inspect, and diagnose problems in sewer pipes using a closed circuit television system.
- Using overflow sensors at critical sewer system locations.
- Instituting an aggressive lift station cleaning and maintenance effort.
- Re-investing in pipes and pumps and undertaking system repairs and upgrades as necessary.
- Working with private sewer lift station owners to ensure proper maintenance and use of their systems.
- Working with restaurants and other users at high risk for fat, oil and grease problems to ensure compliance with regulations and implement best practices.
- Raising customer awareness about problems caused by placing improper items down the drain and planting landscaping near underground pipes.

Even with a vigilant prevention program, spills can still occur. Calls from individuals who suspect they see a sewer spill are critical to achieving a zero spill goal. Many immediate reports from a watchful public have prevented spills in Poway from reaching waterways, thus minimizing the potential for significant fines.

In the event of a sewer emergency, an immediate response is critical. Large trucks with tanks and vacuum hoses may be used to clean up a spill. Sometimes the blockage that caused the spill can be cleared with available equipment and tools and flow can be returned to normal. Other times a bypass pipe may need to be installed until the main pipe can be repaired. Sometimes it is necessary to build temporary berms to divert the sewage away from possible public contact, gutters that lead to the ocean, and property that could be damaged. City staff is on call 24 hours a day, seven days a week, including holidays, in order to respond to threats to public health, the environment and property.

a cash rebate of up to \$2.50 per square foot (that's \$2.00/sf from MWD and \$0.50/sf from the City of Poway) for replacing existing water-intensive turf grass with water-efficient landscaping. Some customers may also be eligible for the San Diego County Water Authority's (SDCWA) \$1.50/sf rebate program, bringing the potential rebate amount up to \$4.00/sf!

Although the programs have slightly different requirements, in all cases an application is required. Eligibility also differs

between the programs, so you must make sure your project meets the requirements of all programs to secure the maximum return of \$4.00/sf (note there are some maximum square footage limits). Also, do not remove your grass before getting your project approved, or you will not qualify for the rebate. Rebates are distributed on a first-come, first-served basis until available funds are exhausted.

Given that 50% to 80% of a household's water use can go to irrigation, cutting water bills

considerably by converting turf to a water-efficient alternative may make the effort worth the time and investment. Of course, conserving this precious resource for other uses or in case of a continuing drought is priceless!

For information on turf replacement programs, please visit the City's website at [www.poway.org/waterconservation](http://www.poway.org/waterconservation), the MWD's SoCal WaterSmart website at [socalwatersmart.com](http://socalwatersmart.com), or the SDCWA's WaterSmart website at [turfreplacement.watersmart.org](http://turfreplacement.watersmart.org).

## Take Out the Turf: Enhanced Rebates Offer Even More Reasons



## WHEN IN DROUGHT

Save every day, every way.

One of the turf replacement programs available to Poway residential, commercial, and institutional water customers has been made even sweeter. The City of Poway and the Metropolitan Water District (MWD) have both added funds to MWD's SoCal WaterSmart turf replacement program. You may be eligible for



The Rotary Club of Poway-Scripps will proudly present the 50th Annual Poway Days Parade on **Saturday, September 6**. The day will begin with a 5K race starting at 7:00 a.m., running up and down Poway Road from Community to Pomerado and finishing in Community Park. The run is being coordinated by the Rotary Club with tremendous support from the U.S. Army. Also, from 7:00-10:00 a.m., the Poway Kiwanis Club will host a Pancake Breakfast at the Boys & Girls Club. The 50th Poway Days Parade begins at 9:00 a.m., along the traditional route. Five high school marching bands have already committed to participate. Following the parade, the Soroptimists will host their annual MotorHead Madness event in the parking lot of the Boys & Girls Club. Finally, at 11:00 a.m., the Poway Chamber of Commerce will host a Poway Days Picnic in the park with food, entertainment and fun for the kids.

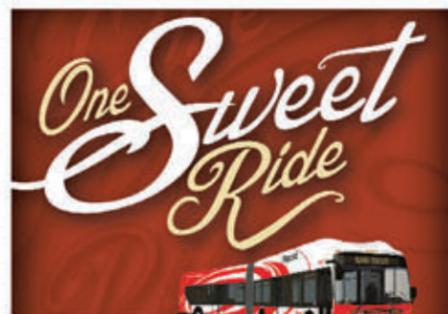
Donations are being sought to make this 5K and parade the best ever. In addition, sponsorship packages begin at the \$5,000 Title Sponsor level. There are Platinum, Gold, Silver, Bronze and Copper levels as well and each includes a special list of benefits like preferential placement in the parade, grandstand seating, invitation to the VIP breakfast, a link on the Poway Parade website, and inclusion in advertisements and event fliers. To make a donation or obtain complete sponsor package details contact Pam McCormick at PowayScrippsRotary@gmail.com or call 858-354-7335.

## Trail Dreams Closer to Reality Improvements Planned for Poway's Tooth Rock Trail

Tooth Rock Trail is located near the top of High Valley Road, east of Espola Road, extending from High Valley Road southerly until reaching the overlook to Rattlesnake Canyon where an actual "Tooth Rock" sits. The trail itself is named after the large and unique tooth-shaped boulder that majestically sits above Rattlesnake Canyon and can be seen from nearly any direction in Poway. For years, trail aficionados have dreamed of improvements for this rustic, yet popular trail. Recently, the elements required for development of the north end of the trail have fallen into place helping to realize a part of the vision for this unique hike.

A private developer has recently secured approval to develop multiple custom homes at the south end of Tooth Rock Road. Plans for the area include improvements to the entrance and shoulder of existing Tooth Rock Road and trail, as well as a transition from the existing asphalt to the trail connecting it with the adjacent open space. The work is also expected to correct grade and drainage issues and to provide an alternative connection to the west of the open space for future development.

This long-awaited development promises to be a "win-win solution" in regard to trail development. Trail grades that have been a maintenance challenge in the past are being corrected, and the actual trail will be designed to aesthetically blend into the community. As trail connections continue to link up in the High Valley area and efforts to expand south of Tooth Rock make progress, the Tooth Rock Trail is destined to become a popular and well-traveled major link to Poway's current network of trails.



**Rapid MTS**

Exciting news! Rapid is now in service between Escondido and Downtown San Diego. With just nine stops along the way, this new all-day, high-frequency, limited-stop transit service uses the I-15 Express Lanes to connect riders to a variety of destinations, including major employment centers, school, shopping, and entertainment venues.

Visit [RapidMTS.com](http://RapidMTS.com) for details



Your *crystal ball* for traffic information.

[511sd.com/app](http://511sd.com/app)

Tired of Traffic? 511 Has a Solution! The new 511 San Diego mobile app puts traffic and transit information in the palm of your hand. The free app features:

- Maps with current traffic conditions
- Real-time dynamic toll rates for the I-15 Express Lanes
- Predictive travel times, congestion information, and special event information for the I-15 corridor
- Ability to view roadside camera images
- Access to MTS bus routes, fares, and arrival times

Visit [511sd.com/app](http://511sd.com/app) for details



HOME & HOTEL AIRPORT RIDE • 24 HR SERVICE

Leave the driving to Cloud 9 SuperShuttle! The City of Poway and Cloud 9 SuperShuttle have an agreement offering Poway residents affordable service to San Diego International Airport, the San Diego Cruise Ship Terminal, and the Santa Fe Depot Train Station in downtown San Diego.

Poway residents living in the 92064 zip code will receive a 10% discount by entering the code POWAY at the time of making a telephone or online roundtrip reservation. For information or to make a reservation, call (858) 974-8885.

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From Trash to Treasure, Poway's Businesses Recycle

Take Out the Turf: Enhanced Rebates Offer Even More Reasons



### Summer Concert in the Park Series

July 27, 5:30-7:00 pm | Old Poway Park  
August 3, 5:30-7:00 pm | Lake Poway  
August 10, 5:30-7:00 pm | Old Poway Park

### Old-Fashioned Family Days

July 25, 7:00-9:00 pm | Old Poway Park  
August 10, 12:00 pm-3:00 pm | Old Poway Park  
November 16, 12:30 pm-4:00 pm | Old Poway Park

### Summer Movies in the Park

July 26, Sunset | Poway Community Park  
August 9, Sunset | Poway Swim Center  
August 23, Sunset | Poway Community Park

### 50th Annual Poway Days Parade

September 6, 9:00 am | Poway Road

### Rendezvous in Poway

October 4, 10:00 am-4:00 pm | Old Poway Park  
October 5, 10:00 am-2:00 pm | Old Poway Park

### Once Upon a Hallowe'en

October 26, 5:30-8:30 pm | Old Poway Park

### Christmas in the Park

December 13, 3:30-8:30 pm | Old Poway Park

### Save the Date: Winter Festival

January 9, 5:00-9:00 pm | January 10, 4:00-9:00 pm



Runners at the Poway Days Parade 5k Fun Run race to the finish line

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