



POWAY Today



A Quarterly Municipal Newsletter for the Residents of Poway, California

Winter 2014

Host Town Poway



Los Angeles is set to welcome more than 7,000 Special Olympics athletes from 170 nations to compete in the 2015 Special Olympics World Games. The Games will be the largest sports and humanitarian event anywhere in the world in 2015, and the biggest single event in Los Angeles since the 1984 Olympic Games. These monumental games will showcase athletic ability and determination, as well as acceptance and inclusion. It's a world stage for athletes to demonstrate on the playing field their courage, determination, and spirit of sportsmanship.

Want to be part of this epic event? You can, right here in our City!

The City of Poway was asked to be 1 of 100 Host Towns in Southern California, stretching from San Luis Obispo to San Diego, to welcome Special Olympic Athletes. Poway was selected based on accommodations, sports practice facilities, recreation/entertainment offerings, and unique community charm.

Poway will roll out the red carpet for approximately 100 Special Olympic athletes

and coaches from July 21 through July 24. The Olympians will have the opportunity to participate in social and cultural activities and events that are unique to Poway, such as Old Poway Park. Of course, the athletes will also be given time to rest and practice prior to commencement of the Games. We will showcase our great City, get to know the athletes, and foster an international connection to our local community. Poway's own special needs groups are excited to interact and engage with these athletes from around the world.

How can you help? This event will require a community-wide coordination of fundraising, volunteer hours, and support. Contact Robin Bettin, Director of Community Services, via email at Rbettin@poway.org or by phone at (858) 668-4585 to see how you can be involved.

Join us in welcoming Special Olympic athletes and coaches for three, never-to-be-forgotten days in the "City in the Country." Be part of opening eyes, changing attitudes, and breaking down barriers!

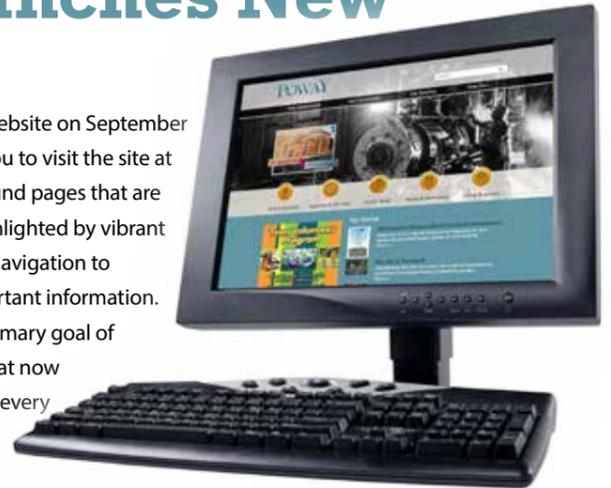
City Launches New Website

The City launched its new website on September 16, 2014! We encourage you to visit the site at www.poway.org, where you'll find pages that are more community focused, highlighted by vibrant pictures, and that offer better navigation to enhance public access to important information. Improving navigation was a primary goal of this effort, with main menus that now provide quick access to almost every internal area of the site.

For example, you will see four main menu items displayed prominently at the top of the new homepage, including Your Government, Our Community, City Services, and How Do I... options to guide you deeper into the website. The homepage also includes five buttons to provide direct links to frequently requested information, including Online Services, Agendas & Minutes, Notify Me, Parks & Recreation, and Doing Business. Further down the homepage, our visitors will see information about Top Stories (i.e., press releases) and an Upcoming Events calendar to highlight meetings and activities. In every way, the homepage was designed to help our visitors easily navigate to their area of interest.

We are also pleased to announce that the new website features a responsive design, which means content and images automatically reformat to different screen sizes for viewing on a variety of devices. Now, whether you are stationary using a desktop computer, or on-the-go and using a smartphone or tablet, the City's web pages, menus, and links to information are available for easy viewing.

Again, we hope you will go online today to explore the City's new website. Easy and direct access to our community awaits you!



Poway City Council Meetings Live & On-Line!



Did you know you can view your City Council meetings live on the internet? In July, the City began live-streaming the Tuesday evening City Council Meetings. To view the meetings, simply visit the City of Poway website at www.poway.org and select Your Government. Live meetings and archived meetings can be viewed by clicking on Meeting Video Stream and Archive.

Residents may also view City Council meetings live at 7:00 p.m. on Cox Cable Channel 24 and Time Warner Cable Channel 19.

Are you looking to volunteer in your community?

Poway has partnered with JustServe and VolunteerMatch to help match volunteers with volunteer opportunities in the Poway area. By registering as a volunteer on either website you will automatically be notified when opportunities become available near you. These volunteer opportunities not only include City of Poway events and programs, but other local non-profit opportunities as well. Whether you are looking to volunteer for one day or every week, JustServe and VolunteerMatch offer opportunities to meet your needs and interests. Local civic groups are also encouraged to use these websites to promote additional volunteer opportunities. To become a volunteer today, visit www.justserve.com or www.volunteermatch.com.



Have you registered for eCare yet?



Did you know that the City of Poway's new utility billing system and on-line payment program (called eCare) offers much more consumer information and functionality? New features include the ability to monitor and manage water usage via consumption history and graphs as well as compare your usage to the average usage on your street. The City encourages you to take advantage of these great new features by registering at ecare.poway.org. Once registered, you can easily manage your account preferences, including viewing your utility bills and setting-up automatic or one-time payments. For more detailed instructions on how to register and/or set-up an automatic payment schedule, please visit our website at www.poway.org, and go to Online Services and select Pay Your Water/Sewer Bill. If you have any questions or need assistance, please contact the City's Customer Services Division at 858-668-4401.

This Issue:

Are You Prepared for Flooding? Even though there's a drought, it's never too late to prepare for winter storms. **pg. 2**



D-I-Y Information Corner
If you change your own oil, there are several options in Poway to properly dispose of the used oil and filters. **pg. 2**



Earthquake Preparedness
Tips and techniques for staying safe in an earthquake, no matter where you might be when it hits. **pg. 15**

Don't Drink and Drive this Holiday Season
The Sheriff's Department will strictly enforce drunk driving laws – stay safe and sober behind the wheel. **pg. 16**



Flood Safety Awareness

Despite the drought, the rainy season officially begins in October, bringing the possibility of flooding in Poway. The City provides free, unfilled sandbags and loose sand to residents for use during severe winter storms. These supplies can be picked up on Garden Road (across from Garden Road School), Midland Road (across from Old Poway Park Train Barn), and Lake Poway Road (at the first parking lot on the right approaching the lake). All fire stations also have unfilled sandbags available.

Maintenance of drainage facilities and natural creeks is very important because any obstructions to flow can contribute to flooding, stream bank erosion, and property damage for yourself and your neighbors. Obstructions can also result in the accumulation of debris and cause sedimentation build-up, increasing the chance of a creek to overflow. It is important to know that individual property owners are responsible for the maintenance of creeks or private drainage facilities located on private property. In addition, permits may be required to perform maintenance within natural creeks. Routine maintenance of

natural creeks that may not require permits could include the removal of fallen trees, accumulation of yard waste, stockpiled wood or other material, leaves and other debris, and the trimming or pruning of dense vegetation. Property owners should inspect, clean, and repair rain gutters, roof tops, yard drains, and take care of any problems noticed during last year's rains. If you are unsure about whether a particular facility or creek is City-maintained, or if you have any questions regarding the maintenance of drainage facilities, contact the City's Development Services Department at 858-668-4600.

Most alterations to structures or land require permits from the City. If the proposed work is located in a mapped floodplain, a floodplain development permit is required. Flood maps and additional flood protection information are available at both City Hall and the Poway Public Library. Please contact the City's Development Services Department at 858-668-4600 with any questions regarding the maintenance of drainage facilities or to obtain copies of elevation certificates on buildings built in the floodplain since 1995.

The City of Poway participates in the National Flood Insurance Program. The Program makes flood insurance available to everyone, even for properties which have previously flooded. Flood insurance is mandatory in certain situations; however, even if it is not required for your property, you can still talk to your insurance agent about purchasing a flood insurance policy if you are concerned about the possibility of flood damage.

Stay safe this season and remember to approach standing water on roads with caution. As little as six inches of water can reach the bottom of most cars and cause stalling or loss of control. To report flooding, call the Public Works Department at 858-668-4700 (during business hours) or 858-668-4751 (after hours).



Something to be Thankful For



Once again it's time to gather your family for a festive Thanksgiving dinner and to give thanks for all the blessings we

enjoy every day. But in this time of drought, don't forget to give thanks for the water that makes it all possible.

From growing the food, to cooking the food, to washing the dishes, it takes a lot more water than you probably think to prepare even this one dinner. Providing adequate hydration to a growing turkey can take up to 24 gallons of water. All of the ingredients in a pie take 234 gallons. A can of cranberry sauce uses more than 1,500 gallons, and a bowl of mashed potatoes uses 2,500 gallons of water! It is estimated that it can take more than 30,000 gallons of water to bring together a Thanksgiving dinner for 6 people!

Here are some tips to help reduce water waste in the kitchen:

- **Thaw frozen food in your refrigerator or microwave rather than under running water.**
- **Rinse vegetables in a sink or basin filled with water. A running faucet uses 3 to 5 gallons of water per minute.**
- **Presoak utensils and dishes in a sink filled with water.**
- **Only run your dishwasher once it is full.**
- **If you wash your dishes by hand, do not leave the water running for rinsing.**

Keep in mind, these tips are not just for Thanksgiving. By reducing water waste every day, you can help conserve water for the future. Throughout San Diego County, water reserves are being tapped to help meet current needs during the drought. Every gallon not used this year is a gallon that will be available next year if the drought continues, as it is currently projected to do. More information is available on the City's website at www.poway.org/waterconservation.

Welcome to Poway Lieutenant J.T. Faulkner!

Lieutenant J.T. Faulkner, a 31-year veteran of the Sheriff's Department, has been assigned to the Poway Sheriff's Station. Lt. Faulkner began his career with the Sheriff's Department as an academy recruit in 1983. Following graduation, J.T. was assigned to the San Diego Central Jail. In 1986, he was assigned to the Encinitas Patrol Station where he was assigned as a patrol deputy, a field training officer, and as a traffic investigator. In 2004, J.T. was promoted to the rank of Sheriff's Sergeant. While serving as Sergeant, J.T. served at the San Diego Central Jail, the Poway Station, and Court Services Field Division.

In January 2012, J.T. was promoted to the rank of Lieutenant and worked in the Communications Center and the Sheriff's Traffic Coordinator position. In September 2014, J.T. was transferred to the City of Poway as the Station Lieutenant, working under Captain Jeff Maxin.

J.T. was born in Brooklyn, New York, grew up in the mid-west, and served ten years in the Navy. He has been married to his wife Deborah for 19 years and has two grown children and five grandchildren. Their daughter Trilina lives in Poway and their son Jeremy lives in Spokane, Washington. J.T. and his family find time to be involved in many community activities.

The City of Poway is fortunate to have an experienced, veteran San Diego County Sheriff's Department officer return to our City. Welcome back Lieutenant Faulkner!



The "Do-it-Yourselfers" Information Corner

Did you know there are several options to dispose of used oil and filters? Besides the City's Household Hazardous Waste facility, which is open most Saturdays from 9 a.m. to 3 p.m., the City has a number of Certified Collection Centers in town. Residents who need to dispose of used motor oil, oil filters and oil absorbent may take these items to one of the Centers listed on the City's website at www.poway.org. These centers are located throughout the community and are open seven days a week with evening hours for your convenience. Please call first to confirm participation and hours of collection. Each collection center accepts up to five gallons of uncontaminated used motor oil, in containers no larger than five gallons each, per person, per day.

The City wishes to thank its residents for doing their part to dispose of their used oil

Ready When Needed

Fire Hydrant Maintenance for Safety

Fire hydrants are everywhere, so common as to almost go unnoticed. In the event of a fire, it is critical that hydrants be in top condition to protect life and property.

The City of Poway completes routine maintenance of the water system, including fire hydrants, on a continuous three-year cycle for water quality protection, general maintenance, and emergency preparedness. Maintenance includes turning the valves through a full cycle and back to their normal position (called "exercising") on a schedule that is designed to prevent a buildup of deposits that could render the valve inoperable or prevent a tight shut-off. Water quality flushing is required after valves are exercised to remove deposits that were attached to the valves and are now loose inside the pipe.

The City of Poway saves water during flushing maintenance by flushing only when absolutely necessary and using the unidirectional flushing method. Unidirectional flushing is an engineering method to move water through the system in only one direction, causing the water to move with a greater velocity and strength. This process cleans the pipes more effectively and at a faster pace, resulting in less water being discharged.

Recapturing the water generally is not feasible because flushing requires the water to flow at a high velocity. Starting and stopping the flushing activity to load water into water trucks could multiply the amount of water needed several times over and prohibit achieving the required velocity to successfully perform the flushing. Although this practice may seem wasteful during drought conditions, flushing is essential to properly maintain the water system and, most importantly, to ensure the health and safety of our residents.

The City of Poway's water distribution maintenance program dates back to the early 60's, and continues to keep Poway's water distribution system in great operational shape. We have found that performing regular maintenance, similar to preventive maintenance to your car or house, results in far fewer surprises when the valves, fire hydrants, and air-releases are needed during an emergency.



POWAY Community Services



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

WINTER 2014

Registration begins **NOVEMBER 18** for Poway Residents & Nonresidents

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 together playing old-fashioned games, participating in themed activities, and enjoying living history. A BBQ lunch will also be available for a nominal fee. Free photo opportunities with the Baldwin

Sunday, November 16
12:30-4:00pm
FREE for the whole Family!

Steam Engine Train will be available from 2:30pm-4:00pm. We look forward to seeing you there!
Information: www.poway.org/oldpowaypark or (858) 668-4576.

2 Events to Celebrate the Season!

Join us at Old Poway Park for an old-fashioned holiday tradition! This free event will take you back in time with caroling, live musical performances, a holiday craft boutique, and square dancing demonstrations. Create a unique gift in Santa's Workshop, enjoy a horse-drawn hayride, visit with Santa and Mrs. Claus, watch historic blacksmithing, and view an extensive model train display. Purchase tasty treats for a nominal fee, complete your Christmas shopping, or board the 1907 Baldwin Steam Engine Train for a thrilling, night-time ride around the park.



Saturday, December 13
3:30-8:30pm
FREE for the whole Family!

Bring an ornament for the community Christmas tree, which will be lit at 5:15pm, followed by Santa's arrival. The event is co-sponsored by the City of Poway, the Old Poway Park Action Committee, Home Depot, ER Management, and Walter Andersen Nursery.
Information: (858) 668-4576 or visit our website at www.poway.org/oldpowaypark

NEW! Teen Excursion: JUST FOR TEENS!

San Diego Ice Arena | Grades 6th - 9th
Who's down with kickin' it COLD-school style? We thought so! Join us as we head to the San Diego Ice Arena for a one-of-a-kind teen meltdown! Show off your skating skills while rocking out to your favorite tunes. Challenge your friends to some crazy cool games. Or summon your inner abominable snowman while helping your team to victory in a snowball fight to end all snowball fights! Don't be left out in the cold - chill with us for the evening!

Register early; space is limited.
Instructor: Community Park Staff
Drop-off & Pickup: Community Park, Auditorium

8432.310 Friday 5:30-10:00pm Jan 23 FEE \$6

ROCK THE ICE!

2015 Winter Festival

Experience the magic and charm of winter like never before at Community Park! Feel snow between your fingers while sledding down snow hill; smell roasted marshmallows as you devour delicious s'mores; experience the wind in your hair skating around the synthetic ice rink; and peruse a variety of vendors and their sensational products. Lights will twinkle, as music sets the tone and laughter fills the air. The Winter Festival brings to life all of the appeal and entertainment of a cold-mountain town set right in Poway. Bring the whole family; there's something for everyone!

Information: (858) 668-4671 or www.poway.org. Special thanks to our sponsors, **Lowe's & Kelchlin Construction**.

Friday, January 9 5:00-9:00pm
Saturday, January 10 4:00-9:00pm
FREE!



Trout Season Returns! SWEET!

Thursday, December 4

The fishing frenzy returns the first week in December when Lake Poway is once again stocked with the popular Nebraska Tail-Walking Trout. Poway currently holds the County record for the largest rainbow trout at 17.85 pounds, and our reputation as the "Big Trout Destination" still holds true. The Lake is stocked approximately every two weeks through April. We offer the best permit and boating prices in the area and our concessions offers everything you might need to catch "The Big One". Please check our website for the most up-to-date fishing conditions and stocking dates at www.poway.org/lakepoway.

Fishing Seminar & Campout! FREE!

Friday, February 6, 5:00pm

Want a slight advantage the night before the 20th Annual Youth-Only Fishing Derby? Learn to fish from the pros and see demonstrations on how to properly rig a line. A FREE pizza dinner will be served for all attendees starting at 5:00 pm, with the seminar immediately following at 5:30 pm. Participants and their families are invited to camp overnight and sleep under the stars for just \$15 per car. Don't forget your camping and grilling supplies! Absolutely no fishing is permitted prior to the tournament. Families may start setting up their campsites at 7:00 am Friday morning. No alcohol is permitted. Information: (858) 668-4772.

20th Annual Youth-Only Fishing Derby! FREE!

Saturday, February 7, 6:00am-Noon

Fishing, prizes, entertainment, story-telling contests, a free barbeque lunch, and more! Join the City of Poway, Captain Ron Baker of www.takekidsfishing.net, El Cajon Ford, Smart & Final, and others for an exciting day of fun and prizes at the Free 20th Annual Youth-Only Fishing Derby! Freshly stocked with 3,000 pounds of rainbow trout, the Lake will be open only to youth ages 15 and younger from 6:00 am-12:00 pm. Winners must be present to claim prizes at the awards ceremony, which is scheduled to begin at 12:30pm. Information: (858) 668-4772.

Connect with Us and Never Miss a Recreation Opportunity Again!

SAVE THE DATE!

Early Summer Camp Registration starts Tuesday, April 14, 2015

Watch our website for more details: www.poway.org/classes

NEW website: www.poway.org
@cityofpoway
City of Poway

Community Services is Here for You!

The Community Services Department always strives to enhance your quality of life and this year will be no exception! You can count on us to bring you and your family high quality, affordable opportunities to enjoy life here in Poway, while making memories that will last a lifetime. We strive to bring you the best instructors and classes that you are interested in at the lowest price possible. So this New Year, invest in renewing your mind, body, and spirit, and we'll renew our commitment to doing all we can to help you along the way.



Health & Wellness Check out these Exciting NEW Classes!

NEW! Tap Dance for Adults | Ages 18+

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, and spend an hour just for you!

Instructor: Debbora Childress:

www.MsDebborasDanceForChildren.com

Location: Community Park, Auditorium

No Class: Feb 17

5111.302 Tue 6:15-7:00pm Jan 6-Mar 24 RES/NON \$98/\$108



NEW! PiYo™ Strength | Ages 16+

PiYo™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that is fun, challenging, and will make you sweat! It's all about energy, power, and rhythm with this pilates/yoga fusion class. Think sculpted abdominals, increased overall core strength, and greater stability.

Instructor: Emma Sarmiento

Location: Community Park, Activity Rooms I & II

No Class: Feb 17

5417.301 Tue 6:00-7:00pm Jan 6-Mar 24 RES/NON \$99/\$109

NEW! POUND! The Rockout Workout | Ages 16+

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics, and isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

Instructor: Poway Pilates

Location: Poway Pilates: 14053 Midland Road

1247.347 Wed 5:30-6:15pm Jan 7-Feb 11 RES/NON \$74/\$84

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, Bill Bond Hall 1

No Class: Feb 19

5417.303 Thu 5:30-6:30pm Jan 8-Mar 26 RES/NON \$99/\$109

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

PiYo™ Strength + Zumba® Toning & Sentao RES/NON
5417.308 Tue 6:00-7:00pm Jan 6-Mar 26 \$154/\$164
Thu 5:30-6:30pm

* See individual class descriptions for No Class dates and locations.

Yogazander | 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: Wed: Old Poway Park, Great Room

Thu: Old Poway Park, Templars Hall

5417.312 Wed 6:00-7:30pm Jan 7-Feb 11 RES/NON \$75/\$85

5417.313 Wed 6:00-7:30pm Feb 18-Mar 25 \$75/\$85

5417.314 Thu 10:00-11:30am Jan 8-Feb 12 \$75/\$85

5417.315 Thu 10:00-11:30am Feb 19-Mar 26 \$75/\$85



Beginning WuDang 18-Form Taiji | Ages 17+

Now you can learn and practice the beautiful WuDang 18 Form Taiji, a traditional short form of 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, Great Room

No Class: Feb 16

5417.316 Mon 6:00-7:15pm Jan 19-Mar 16 RES/NON \$95/\$105



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 Yang Style is one of the most authentic. This is in an intermediate level class for Tai Chi students who wish to deepen their understanding of the Tai Chi principles and how to use them to further develop their Tai Chi practice. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

Instructor: Cheri Hotalen

Location: Old Poway Park, Great Room

No Class: Feb 16

5417.310 Mon 7:15-8:00pm Jan 19-Mar 16 RES/NON \$55/\$65

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, Templars Hall

No Class: Jan 26 & Feb 23

5417.330 Mon 6:00-7:00pm Jan 5-Feb 9 RES/NON \$50/\$60

5417.331 Mon 6:00-7:00pm Feb 16-Mar 23 \$50/\$60

5417.332 Mon 6:00-7:00pm Jan 5-Mar 23 \$90/\$110

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

No Class: Jan 19 & Feb 16

5417.340 Mon 6:00-6:45pm Jan 5-Feb 23 RES/NON \$74/\$84



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

No Class: Jan 19

5417.345 Mon 12:30-1:30pm Jan 5-Feb 9 RES/NON \$74/\$84

5417.346 Wed 12:30-1:30pm Jan 7-Feb 4 \$74/\$84



Children's Activities

Register online at: www.poway.org/classes

NEW! Hopscotch: Tiny Tots Preschool | Ages 2-5

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

Theme: *Under the Sea* RES/NON

4011.300 TTh 9:00am-12:00pm Jan 6-Jan 29 \$149/\$159*

Theme: *Insects & Birds*

4011.301 TTh 9:00am-12:00pm Feb 3-Feb 26 \$149/\$159*

Theme: *Gardening*

4011.302 TTh 9:00am-12:00pm Mar 3-Mar 26 \$149/\$159*

*\$10 materials fee due first day of class



NEW! Spanish for Preschoolers | Ages 3-5

¡Hola Amigos! Did you know that preschool age is the perfect time for language acquisition? This class is designed to tap into your child's natural sense of curiosity and energy as they learn Spanish basics through song, movement, play, art, and stories! Each week we will explore components of the Spanish language with a variety of themed sensory and interactive learning activities. Through this fun and play-based class, participants will walk away with a solid foundation of a new language that they can build upon for years!

Instructor: Christine Martinez

Location: Community Park, Youth Activity Room

No Class: Mar 13

4011.303 Fri 10:00-11:00am Jan 16-Mar 20 RES/NON \$110/\$120*

*\$15 materials fee due first day of class



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: Get Smart with Art, Ms. Vivian

Location: Old Poway Park, Parlour

4011.306 Mon 9:30-10:15am Jan 5-Jan 26 RES/NON \$56/\$66

4011.307 Mon 10:30-11:15am Jan 5-Jan 26 \$56/\$66

4011.308 Mon 9:30-10:15am Feb 2-Feb 16 \$42/\$52

4011.309 Mon 10:30-11:15am Feb 2-Feb 16 \$42/\$52

4011.310 Mon 9:30-10:15am Mar 2-Mar 23 \$56/\$66

4011.311 Mon 10:30-11:15am Mar 2-Mar 23 \$56/\$66

*\$10 materials fee due first day of class



Mom & Tot Gymnastics | Ages Walking-3 1/2 years

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: Jan 29 & 31

2312.300 Thu 10:45-11:15am Jan 8-Mar 26 RES/NON \$161/\$171*

2312.301 Sat 8:45-9:15am Jan 10-Mar 28 \$161/\$171*

*\$10 materials fee due first day of class

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

2091.300 Wed 4:00-4:30pm Jan 7-Jan 28 RES/NON \$45/\$55

2091.301 Wed 4:00-4:30pm Feb 4-Feb 25 \$45/\$55

2091.302 Wed 4:00-4:30pm Mar 4-Mar 25 \$45/\$55



Soccer Shots Minis | Ages 2-3

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

2443.300 Sat 8:45-9:15am Jan 31-Mar 21 RES/NON \$120/\$130*

*\$10 materials fee due first day of class



Soccer Shots Classic | Ages 3-6

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

2443.301 Sat 9:20-10:05am Jan 31-Mar 21 RES/NON \$120/\$130*

*\$10 materials fee due first day of class

Kid's Night Out

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 every month 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

8432.300 Fri 4:30-9:00pm Feb 13 Fee \$5

8432.301 Sat 4:30-9:00pm Mar 14 \$5

Teen Activities

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.

Instructor: Community Park Staff

Location: Community Park, Auditorium

Sat 4:00-9:30pm Feb 28 FREE

Glow-in-the-Dark Egg Hunt | Grades 6th-9th

What's cooler than your average egg hunt? A GLOW-IN-THE-DARK EGG HUNT! Join the quest to hunt one thousand glow-in-the-dark eggs. But, wait! These eggs will be filled with candy, gift cards, and tons of marvelous prizes. Don't miss out! **Register early; space is limited.**

Instructor: Community Park Staff

Location: Community Park, Auditorium

Sat 6:00-9:00pm Mar 28 FREE



For information & to register for Teen Events: (858) 668-4671

Hey Teens, check out the January Teen Excursion to San Diego Ice Arena on Page 3!

Dance | Youth/Teens

For Ms. Debbora's and Ms. Kellie's classes, please note: **Dance classes are designed to increase in difficulty with continued enrollment. Continuing participants can take part in the annual June dance recital. Costumes for the dance recital will be ordered in January and are paid for by the participants. Parent watching days are the last class of each month.**



Dance Production | Ages 6-18

Danced Version of a Famous "Story"

Participants will perform a danced version of a famous "story", using a variety of dance styles and music! This theatrical experience puts dance in perspective - giving participants a true stage experience complete with beautiful sets, props, and scene changes on a professional stage. A truly enriching experience that can't be beat! We perform this show at our annual dance recital in addition to the regular class dances. The "story" will be announced at the first class! **Concurrent enrollment in Tap & Ballet is required.**

Instructor: Debbora Childress:

www.MsDebborasDanceForChildren.com

Location: Community Park, Auditorium

No Class: Feb 19

			RES/NON
5111.314	Thu 6:15-7:30pm	Jan 8-Mar 26	\$75/\$85*

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! Dance clothes and pink leather ballet shoes required.

Instructor: Kellie Childress-Nichols:

www.MsDebborasDanceForChildren.com

Location: Community Park, Auditorium

No Class: Jan 10 & Feb 14

			RES/NON
5121.300	Sat 9:00-9:45am	Jan 3-Mar 28	\$98/\$108
Ages 6-8			
5121.301	Sat 9:45-10:30am	Jan 3-Mar 28	\$98/\$108
Ages 9-12			
5121.302	Sat 10:30-11:15pm	Jan 3-Mar 28	\$98/\$108

Dance for Children with Ms. Debbora | 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: Debbora Childress:

www.MsDebborasDanceForChildren.com

Location: Community Park, Auditorium

No Class: Feb 16

			RES/NON
5111.300	Mon 10:00-10:45am	Jan 5-Mar 23	\$108/\$118

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.MsDebborasDanceForChildren.com

Location: Community Park, Auditorium

No Class: Feb 17

			RES/NON
Ages 5-7 Years			
5121.307	Tue 3:45-4:30pm	Jan 6-Mar 24	\$98/\$108
Ages 8-12 Years			
5121.308	Tue 4:30-5:15pm	Jan 6-Mar 24	\$98/\$108
Ages 13-18 Years			
5121.309	Tue 5:15-6:00pm	Jan 6-Mar 24	\$98/\$108

Register online: www.poway.org/classes

Tap and Ballet | Ages 3-18

Tap dance is one of the most joyful, active, and theatrical forms of dance around! We dance to great tunes while learning tap technique, rhythm, coordination and showmanship in a progressive, creative, fun-filled environment. Basic ballet technique is also included! Classes are offered at multiple skill and age levels including: beginner, intermediate, and advanced. Dance attire, leather ballet slippers, and tap shoes are required.

Instructor: Debbora Childress: www.MsDebborasDanceForChildren.com

Location: Community Park, Auditorium

No Class: Feb 16 & 19

			RES/NON
Ages 3-4 Years			
5111.301	Mon 11:00am-12:00pm	Jan 5-Mar 23	\$108/\$118
5111.303	Thu 2:00-3:00pm	Jan 8-Mar 26	\$108/\$118
Ages 4-6 Years			
5111.305	Mon 3:00-4:00pm	Jan 5-Mar 23	\$108/\$118
Ages 6-8 Years			
5111.306	Thu 3:00-4:00pm	Jan 8-Mar 26	\$108/\$118
Ages 5-7 Years			
5111.307	Mon 4:00-5:00pm	Jan 5-Mar 23	\$108/\$118
Ages 8-11 Years			
5111.308	Thu 4:00-5:00pm	Jan 8-Mar 26	\$108/\$118
Ages 8-12 Years			
5111.309	Mon 5:15-6:15pm	Jan 5-Mar 23	\$108/\$118
Ages 12-14 Years			
5111.310	Thu 5:00-6:00pm	Jan 8-Mar 26	\$108/\$118
Ages 13-18 Years			
5111.311	Mon 6:15-7:15pm	Jan 5-Mar 23	\$108/\$118

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: Jan 19 & Feb 23

			RES/NON
Beat Breakers Ages 4-7			
5131.300	Mon 3:50-4:45pm	Jan 5-Feb 9	\$80/\$90
5131.301	Mon 3:50-4:45pm	Feb 16-Mar 23	\$80/\$90
5131.302	Mon 3:50-4:45pm	Jan 5-Mar 23	\$145/\$155
Hip Hop Ages 8-12			
5131.303	Mon 4:50-5:45pm	Jan 5-Feb 9	\$80/\$90
5131.304	Mon 4:50-5:45pm	Feb 16-Mar 23	\$80/\$90
5131.305	Mon 4:50-5:45pm	Jan 5-Mar 23	\$145/\$155



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: Feb 17

6182.370	Tue 3:30-4:30pm	Jan 6-Mar 3
----------	-----------------	-------------

* \$30 materials fee due first day of class



	RES/NON
6182.370	\$130/\$140*



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

			RES/NON
2091.303	Wed 4:30-5:00pm	Jan 7-Jan 28	\$45/\$55
2091.304	Wed 4:30-5:00pm	Feb 4-Feb 25	\$45/\$55
2091.305	Wed 4:30-5:00pm	Mar 4-Mar 25	\$45/\$55

Creative Arts

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 create a script leading into their favorite songs and scenes. Participants will develop skills in acting technique, terminology, and improv, followed by a fantastic dance number 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

6182.334	Thu 4:30-6:00pm	Jan 29-Mar 26
----------	-----------------	---------------

* \$5 materials fee due first day of class

Art Start | Ages 7-12

Artist Susan Bainbridge will use directed drawing techniques to encourage students to develop their drawing skills, confidence, and imagination. Young artists will learn to recognize the basic shapes that form their subject matter, which is the first step toward realistic drawing. Creativity will be encouraged. A variety of media will be explored: pastels, watercolor, markers, and clay.

Instructor: Susan Bainbridge: www.artstart1.com

Location: Old Poway Park, Great Room

6182.300	Thu 4:00-5:15pm	Jan 22-Mar 12
----------	-----------------	---------------

* \$20 materials fee due first day of class



	RES/NON
6182.334	\$135/\$145*

	RES/NON
6182.300	\$105/\$115*

Sports | Youth/Teens

Meet the Instructor!



Master Wolpert (at far left) is a WTF-certified 7th Degree Black Belt, who began teaching taekwondo for the City of Poway in 1987!

Want to "try it before you buy it?"

Master Wolpert will be hosting trial classes on Monday, January 5 at 5:30pm, 6:15pm and 7:30pm. Registration is not required; however, a parent or legal guardian must sign a waiver upon arrival.



Youth/Teen Taekwondo | Ages 6+

This is a complete martial arts program designed to help participants of all ages develop respect, discipline, and self-control. Become more confident by improving your coordination, strength, speed, endurance, and self-defense skills. In addition to learning Taekwondo kicks, blocks and punches, participants will also receive instruction in Hapkido joint locking techniques. Participants may take part in an examination at the end of the session to advance to a higher belt level. A plain white taekwondo 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: Jan 19 & Feb 16

			RES/NON
2091.309	MWF 5:30-6:15pm	Jan 5-Mar 20	\$89/\$99
2091.310	MWF 6:15-7:00pm	Jan 5-Mar 20	\$89/\$99
2091.311	MWF 7:00-7:45pm	Jan 5-Mar 20	\$89/\$99

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 Gymnasium

No Class: Jan 19 & Feb 16

			RES/NON
Ages 9-12 Years			
2091.312	Mon 5:30-6:30pm	Jan 5-Mar 9	\$55/\$65
Ages 12-14 Years			
2091.313	Mon 6:30-7:30pm	Jan 5-Mar 9	\$55/\$65



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

No Class: Feb 18

			RES/NON
7600.300	Wed 5:00-6:00pm	Jan 14-Mar 11	\$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

No Class: Feb 18

			RES/NON
7600.301	Wed 4:00-5:00pm	Jan 14-Mar 11	\$95/\$105



CAMP! Skateboarding | Ages 6-13

Join us for a week of skateboarding fun at the Poway Skate Park! Come build your ramp skills, develop new tricks, learn safety techniques, meet special guest pros, and make new friends. This camp will benefit skateboarders of all levels! **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

			RES/NON
7600.302	M-F 9:00am-12:00pm	Feb 16-Feb 20	\$150/\$160

Register online: www.poway.org/classes

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

			RES/NON
Ages 5-8			
3013.300	Sat 9:00-10:00am	Jan 17-Mar 7	\$55/\$65*
Ages 9-14			
3013.301	Sat 10:00-11:00am	Jan 17-Mar 7	\$55/\$65*
3013.302	Sat 11:00am-12:00pm	Jan 17-Mar 7	\$55/\$65*
3013.303	TTh 4:00-5:00pm	Jan 13-Mar 5	\$95/\$105*

* \$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

			RES/NON
3013.306	TTh 5:00-6:00pm	Jan 13-Mar 5	\$95/\$105*

* \$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

No Class: Jan 19 & Feb 16

			RES/NON
3013.310	MW 4:00-5:30pm	Jan 12-Feb 25	\$105/\$115*

* \$5 materials fee due first day of class

Sports | Open Play

Open Play Sports | All Ages

The City of Poway operates two gymnasiums that provide a variety of activities for youth and adults. Open play basketball, volleyball, badminton, and pickleball are available during the week for your recreation needs at no charge.

During the months of January, February, and March the free open gym times are as follows:

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

Hours are subject to change without notice. For the most up-to-date operating hours, please visit our website at www.poway.org.

Sports | Adults

Register online: www.poway.org/classes



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

Men's			RES/NON
1247.300	Thu 6:30-9:30pm	Jan 8-Mar 5	\$65/\$75
Women's			
1247.301	Thu 6:30-9:30pm	Jan 8-Mar 5	\$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

Men's			RES/NON
1247.302	Tue 6:30-9:30pm	Jan 6-Mar 3	\$65/\$75
Women's			
1247.303	Tue 6:30-9:30pm	Jan 6-Mar 3	\$65/\$75



Interested in Taekwondo? Meet the instructor and learn how you can "try it before you buy it" on page 7!

Adult Taekwondo | Ages 6+
This is a complete martial arts program designed to help participants of all ages develop respect, discipline, and self-control. Become more confident by improving your coordination, strength, speed, endurance, and self-defense skills. In addition to learning Taekwondo kicks, blocks and punches, participants will also receive instruction in Hapkido joint locking techniques. Participants may take part in an examination at the end of the session to advance to a higher belt level. A plain white taekwondo 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: Jan 19 & Feb 16

			RES/NON
2091.309	MWF 5:30-6:15pm	Jan 5-Mar 20	\$89/\$99
2091.310	MWF 6:15-7:00pm	Jan 5-Mar 20	\$89/\$99
2091.311	MWF 7:00-7:45pm	Jan 5-Mar 20	\$89/\$99

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
No Class: Mar 11

1247.305	Wed 6:30-9:30pm	Jan 7-Mar 25	RES/NON \$68/Team
----------	-----------------	--------------	----------------------



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: Jan 19 & Feb 16

1247.310	Mon 6:30-9:30pm	Jan 5-Mar 16	RES/NON \$65/\$75
----------	-----------------	--------------	----------------------

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

9397.300	Fri 1:30-3:30pm	Jan 9-Mar 20	RES/NON \$40/\$50*
----------	-----------------	--------------	-----------------------

* \$8 class fee due 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 winter musical. Through this inclusive program, participants will learn stage acting, set design, theater techniques, stage makeup, costuming, and much more. Whether they wish to perform on stage or assist in production, all participants will be given the opportunity to showcase their unique talents! After a few weeks of practice and rehearsals, the cast will put on a performance on March 27 for their friends and families.

Instructor: Michelle Winkenwerder
Location: Community Park, Auditorium
No Class: Feb 18

9397.302	Wed 4:00-6:00pm	Jan 14-Mar 25	RES/NON \$120/\$130*
----------	-----------------	---------------	-------------------------

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

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.**

CPR/AED 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 information card and an American Red Cross certification card valid for two years.
Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park, Nutrition Room

5418.300	Tue 6:00-9:00pm	Jan 6	RES/NON \$30/\$40*
----------	-----------------	-------	-----------------------

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

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, Nutrition Room

5418.301	Wed 6:00-9:00pm	Jan 7	RES/NON \$20/\$30*
----------	-----------------	-------	-----------------------

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

About 92,000 people are saved by CPR each year in the United States!

Did You Know?



NEW! Babysitter's Training & CPR + First Aid | 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, as well as a certification in Pediatric CPR and First Aid valid for two years. **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

7617.300	Sat 9:00am-3:00pm	Jan 24	RES/NON \$65/\$75*
	Mon 5:00-8:00pm	Jan 26	

*\$35 materials fee due on the first day of class

Dog Obedience Training

Register online: www.poway.org/classes

Beginning Obedience | Owners Aged 8+ 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



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

			RES/NON
9019.300	Tue 6:30-7:30pm	Jan 6-Feb 10	\$95/\$105*
9019.301	Sat 9:30-10:30am	Jan 10-Feb 14	\$95/\$105*
9019.302	Tue 6:30-7:30pm	Feb 17-Mar 24	\$95/\$105*
9019.303	Sat 9:30-10:30am	Feb 21-Mar 28	\$95/\$105*

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

Intermediate Obedience | Owners Aged 8+ 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
9019.304	Sat 10:45-11:45am	Jan 10-Feb 14	\$95/\$105
9019.305	Sat 10:45-11:45am	Feb 21-Mar 28	\$95/\$105

Poway Swim Center

Information: www.poway.org/swim



Location: 13094 Civic Center Drive

Hours:

Winter (October 27, 2014 - March 29, 2015)
Monday-Friday 11:00am-1:30pm / 3:00-7:00pm
Saturday/Sunday CLOSED

Pool Closed

November 27-28 Thanksgiving Holiday
December 15, 2014 - January 4, 2015 Pool Maintenance
February 20 Swim Meet

Lap Swimming Hours

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.

Information:

The Poway Community Swim Center is located at 13094 Civic Center Drive, within Poway Community Park. 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, Poway residents and nonresidents 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.

Please Note: A responsible adult who has paid the admission fee must accompany children under 7 in the water.

Costs:

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

Season and Yearly Passes www.poway.org/swim

Season and yearly passes may be purchased online or at the pool during business hours. Family passes include two adults (18 and over) and all immediate family members 17 and under residing in the same household. Season passes are valid for 90 days from date of purchase.

Season Pass Rates	RES/NON
Adults (Ages 18+)	\$94/\$125
Youth	\$73/\$105
Seniors (Ages 60+)	\$73/\$105
Family	\$157/\$256

Yearly Pass Rates

Adults (Ages 18+)	\$225/\$355
Youth	\$183/\$261
Seniors (Ages 60+)	\$183/\$261
Family	\$392/\$643



Water Exercise | All Ages

Water exercise is a low-impact exercise for any ability. Classes are held in four feet of water. Advanced swimming skills are not required. Daily admission is required.

MWF 11:00am-12:00pm RES/NON
Daily Admission Fee

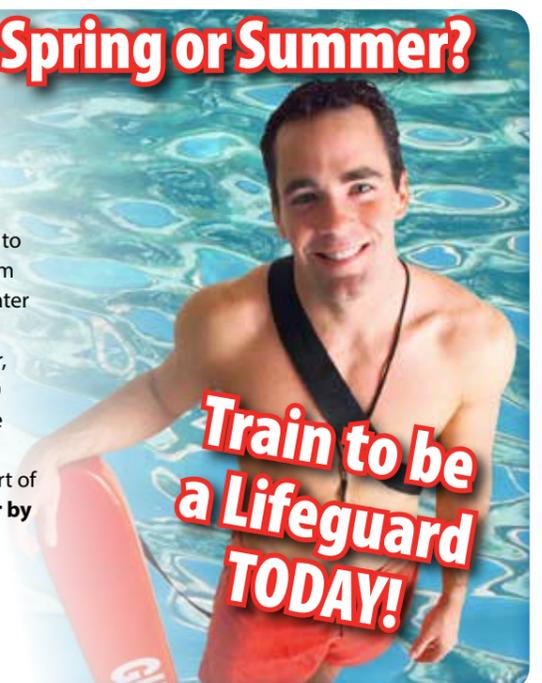
Thinking about a job for Spring or Summer?

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: Participants must be 15 years of age or older by the first day of class.**

			RES/NON
0700.301	M-Th 9:00am-5:00pm	Feb 16-19	\$135/\$145*
0700.302	T/Th 5:00-8:00pm	Mar 10,12,17,19	\$135/\$145*
	Sat 8:00am-5:00pm	Mar 14, 21	

*Includes \$35 Red Cross certification fee



Poway Community Park

Information: 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**

Information:

(858) 668-4671
www.poway.org/communitypark

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!

Tuesday 10:00am-12:00pm Nov 11 Art Theme
 Monday 10:00am-12:00pm Jan 19 Games Theme



Old Poway Park

Information: www.poway.org/oldpowaypark



Location: 14134 Midland Road

Information:

(858) 668-4576

Folk Concerts in the Park

San Diego Folk Heritage and the City of Poway are pleased to present folk concerts at Old Poway Park. Don't miss these amazing, family-friendly concerts where fiddle and acoustic instruments will fill the air. All concerts begin at 7:30 pm in Templars Hall. Admission: \$18 for San Diego Folk Heritage members; \$22 for non-members. For information or to purchase tickets: please visit the San Diego Folk Heritage website: www.sdfolkheritage.org.

Date	Performer	Musical Style
November 14	Richard Shindell	Acoustic
January 9, 2015	Duncan Phillips	Folk
January 16, 2015	Chris Stuart and Janet Beazley	Instrumental and Vocal
March 13, 2015	Silverwood	Celtic



Farmers Market Offers Winter-Season Goods

For a year-round, fresh adventure, come visit the Farmers Market every Saturday, 8:00 am to 1:00 pm., rain or shine. For seasonal fruits, vegetables, flowers, and food, 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. Don't let the cool weather keep you away! Come and enjoy a great "City in the Country" atmosphere. Information: (858) 668-4576.

Historical Tours

We offer easy, inexpensive, educational field trips that will exceed the needs of your curriculum. Reservations are now being accepted for December through June, Tuesdays through Thursdays for just \$4 per participant. We can present to groups of 20 or more and tailor presentations to meet any need. Our tours are appropriate for any age or grade level, and meet the learning needs of third through fifth and eighth grades. 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. For more information or to book your tour, call (858) 668-4576 or visit our website: www.poway.org/oldpowaypark.



Kumeyaay-Ipai Interpretive Center at Pauwai

Information: www.poway.org/kiic



Location: 13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)

FREE Docent-led Tours: (858) 668-1292

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

Information: (858) 668-1292
www.poway.org/kiic
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.



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

Lake Poway

Information: www.poway.org/lakepoway



Park Hours:

Year Round Daily, 6am to Sunset

Lake Fishing & Boating Hours:

November - May Wed-Sun, 6am to Sunset
October Wed-Sun, 6am to Sunset
 (Shoreline fishing ONLY Wed-Fri)

Information:

(858) 668-4770
www.poway.org/lakepoway
 Park/Pavillion Reservations **(858) 668-4595**
 Lake Poway Concession **(858) 668-4778**



Blue Sky Ecological Reserve

Information: www.poway.org/bluesky



Location:

Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:

Daily, Sunrise-Sunset

Information:

(858) 668-4781

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. Information: www.poway.org/bluesky.

Discovery Tables

Interactive display on Animals and Plants of Blue Sky with docents on hand to answer your questions.

Sunday, January 18
8:30-11:00 am
FREE



FREE Docent-led Nature Walks

Find our Activities Schedule on the website or at Blue Sky Reserve, City Hall, or Lake Poway. Please wear comfortable shoes, a hat, and carry plenty of water. Binoculars are recommended. Scout and group tours are available by reservation. All hikes begin at the south end of the Blue Sky parking lot.

Junior Nature Ranger Program

Become a Blue Sky Junior Nature Ranger! This program is a wonderful opportunity for families to share time together and connect with nature. Children must be between the ages of 6 - 10. Docents will lead children through a series of activities allowing them to experience nature first-hand, and have fun in the outdoors. A Nature Ranger certificate will be issued on completion of activities. Limited to 15 children. To sign up, or for more information, call the Blue Sky office at (858) 668-4781.

Saturday 8:30-10:30am January 24 FREE



School Tours and Outreach Program

The Outdoor Tour program and In-Classroom program introduce important scientific concepts as outlined in Science Content Standards for grades 2-5. Tours in the Reserve last approximately two hours and are available on Wednesday and Friday mornings for \$4 per student. The one-hour Outreach Program at your school is available on Monday and Wednesday mornings for \$4 per student. A reduced fee of \$6 per student is offered when both a Tour and Outreach program are scheduled at the same time. Teachers/Chaperones are free. Reservations can be made online at www.poway.org/bluesky.

Turn New Year Resolutions into Fitness Solutions!

Hiking is one of the best things you can do for your health. Come out and join us on Monday, January 5 for the first in our Monday morning 'Twin Lakes' hiking series! What better way to meet new friends, de-stress, connect with nature, and get in shape? The fun begins at the south end of the parking lot at 9:00 a.m. for more seasoned hikers, and 9:30 a.m. for beginners. Distance and fitness level will gradually increase over six weeks culminating in a hike to Ramona Dam for seasoned hikers, and over eight weeks for beginners, culminating in a hike around Lake Poway. For more information, contact the Blue Sky office at (858) 668-4781 or bluesky@poway.org.



Docents Wanted!

Do you love nature and being outdoors? Do you enjoy people? Want to join an active group of wildlife enthusiasts at Blue Sky Ecological Reserve? We have something for everyone.

Docents assist year-round in a wide variety of capacities. Whether leading regularly-scheduled nature hikes; working with scout or school groups; helping with special events; restoring habitat, or conducting patrols, docents contribute significantly to the preservation and enjoyment of our natural areas.

To become a docent, some prior knowledge of natural history is desirable but a willingness to learn is more important. Orientation will be held on Saturday, February 28, 2015, from 8:00 a.m. to 12:00 p.m. Seven additional training sessions will be spread out over the following three months on Saturday mornings, and will also include two Wednesday evening sessions.

If you are interested in becoming a Docent, please call the Blue Sky office at (858) 668-4781 for more information.

Sycamore Canyon Goodan Ranch Preserve



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 staging area accessed from Poway Rd. east on Garden Rd, then south on Sycamore Canyon Rd. Sycamore Canyon Rd. ends at staging area.

Highway 67 staging area accessed through SOUTHBOUND Highway 67 only, half a 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

Location:

16281 Sycamore Canyon Road
Poway, California 92064

Information:

(858) 513-4737

For a complete schedule of activities at Goodan Ranch, visit: www.sdparks.org

Goodan Ranch Winter Programs

Rain or clouds may cancel some activities. Please check with the Preserve.

January

Scavenger Hunt

Saturday, January 10, 2015 | 9:30-11:30am

Star Party

Friday, January 16, 2015 | Sunset

February

Wildlife Bingo

Saturday, February 14, 2015 | 9:00am-12:00pm

Poway Library



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

All programs subject to change, please check our website, call, or stop in the Library for further information.

Children's Programs

Storytime Mon-Fri at 10:30am

Baby Storytime Tuesdays 9:45am

Book Clubs and Special Events

Elementary Book Club, Level 1 Fridays 4:00-4:30pm
Nov 14, Dec 12, Jan 23

Elementary Book Club, Level 2 Fridays 4:00-4:30pm
Nov 21, Dec 19, Jan 23

Hullabaloo Concert Sunday, Jan 18 at 1:00pm

Teen Programs (6th-12th grade)

Teen Thursdays 4:00-5:00pm

Adult Programs

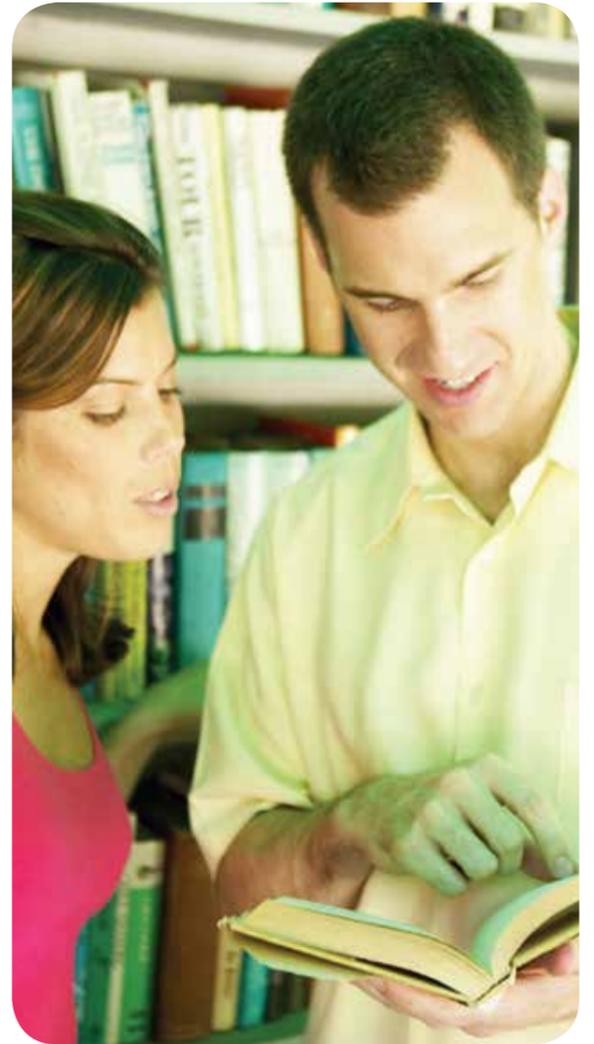
Tai Chi
Mondays at 11:00am

Gentle Yoga
Second Thursday of the month at 10:00am

Acoustic Showcase Concert Series
Second Saturday of the month at 2:00pm

Poway Library Book Club
Third Tuesday of the month at 6:30pm

Information: www.sdcl.org



Poway Senior Center



Poway Senior Center is 40 and Fabulous!

Your local Poway Senior Center celebrates four decades this year and we look forward to another 40+ years of service to the community! We are so proud of our Center and we invite you to come visit us for a tour!

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

For Updated Information:
 Call (858) 748-6094 or visit our website:
www.powayseniorcenter.org



Search: Poway Senior Center

Information: www.powayseniorcenter.org

PUBLIC

BINGO

Did you know that our Bingo Games are open to the public and you could win up to \$1,199.00??!!

Anyone 18 years or older is welcome to play Bingo at our Center every **Tuesday at 12:15 p.m. and Saturday at 5:00 p.m.**
 Buy-ins are \$10 for 12 games and \$11 for 13 games, respectively.

Save your gas and a trip to the casino! Win up to \$1,199.00 right here in Poway!

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

Every month it's something new!

• 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.

Annual Membership only \$35.00!

We Offer:

- Monthly Newsletter mailed to your home
- Social Groups & Support Groups
- Feeling Fit Exercise twice weekly
- Local Discounts
- Wii Bowling
- Fun Friday's!.... Ping-Pong, Board Games, Cards, Line Dancing, Billiards, and more
- Needlecrafts, Quilting, and Jewelry Making
- Monthly Ball Room Dance (\$5 fee includes Live Band)
- Health & Wellbeing Lectures and Presentations

Join us today!

La Bella Bistrot *What's Cookin'?*



Join us for lunch every Monday through Friday from 11:30am-12:30pm. 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.

Information: www.powaycenter.com

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

(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 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



Become a volunteer usher today!

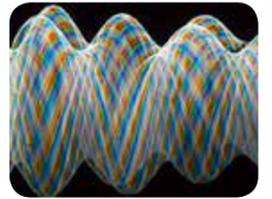
Information: (858) 668-4795

Exciting Winter 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.

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.



December

Artists Gary Walker prefers the supreme challenge of abstract painting that expresses and explores the deeper aspects of both individual and archetypal subconscious elements. His singular style and expression are wholly unique, original, organic, and eclectic.



January

First time exhibitor at the Poway Center for the Performing Arts, Artist Kevin Inman, invites you to explore San Diego's hidden alleyways, old houses, and glorious landscapes.



February

This exhibition will showcase never-exhibited-before Chinese watercolors by the internationally-renowned artists Mr. and Mrs. Chow Chian Chiu. Also on display will be the latest watercolor and mixed-media creations of La Jolla-based artist Grace Chow, in which she seeks to capture the sights, sounds, and moods of the places she recently visited.



Poway Center for the Performing Arts Foundation Presents

Poway Presents... 2014-2015 Professional Performance Series

Woodstock the CONCERT

featuring the Back to the Garden Band
SATURDAY, NOVEMBER 22, 2014 at 8 PM

This tribute concert pays homage to the great musicians of Woodstock! Featuring local musicians Tim Flannery, Eve Selis, Berkley Hart, The Back to the Garden Band and dozens of special guests... travel back in time to the great sounds of 1969!



DAVID BENOIT
Contemporary Jazz Pianist
spreading Holiday Cheer
SATURDAY
DECEMBER 6, 2014
8 PM

"Upbeat and sweet."
- Midwest Record

"...virtuosity that transcends genres..."
- Smooth Jazz Therapy



CHRISTMAS TRIBUTE TO CHARLIE BROWN



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

Just back from a national tour and a Broadway run of "The Rascals: Once Upon a Dream," Cavaliere will perform all the Rascals hits and songs from his solo albums.

Rascals



BALLROOM WITH A TWIST
SATURDAY
FEBRUARY 28, 2015
8 PM

"Flirty and fun...Combining performers from Dancing with the Stars, So you think You Can Dance and American Idol, this star-studded affair is one you will not want to miss...!"
- Examiner

ballroom with a twist



POWAY CENTER for the PERFORMING ARTS FOUNDATION

www.PowayArts.org
858.748.0505

Sponsored in part by





Summer Movies in the Park Series

More than 2,400 patrons sang, soared, and splashed their way through this year's Summer Movies in the Park Series! It's hard to imagine a better way to spend a summer night than with friends and family enjoying a free movie under the stars!

Sponsors:

Wendy Wise

First Five San Diego

SDG&E

Coast2Coast RX

My Kid's Dentist

Live Well San Diego

County of San Diego CAPCC

San Diego County Parks Society

Think Blue San Diego



Smart & Final Concert Series

Over 12,500 patrons tapped their toes and boogied-on-down at the seven, free concerts in the 2014 Smart & Final Summer Concert Series. Music ranged from contemporary to Motown, Big Band to Beatles tribute, and were held at both Lake Poway and Old Poway Park.

Sponsors:

Smart & Final

Cox Communications

Cymer

Marrokal Design & Remodeling

Toyota of Poway

General Atomics Aeronautical

Palomar Mountain Spring Water

Country Montessori School of Poway



4th of July Fireworks

The annual, spectacular July 4th Fireworks at Poway High School pleased a crowd of over 4,000 in the stadium and thousands across the community from backyards, mountain tops, and Lake Poway. Community Services staff provided the fun, recreational games and activities, while a DJ provided the tunes.

Sponsors:

Kaminskis BBQ

Lightning Brewery

SeaSpace Corp

Toyota of Poway

Old-Fashioned Fourth of July

An astonishing 11,000 patrons celebrated our nation with a sense of pride and patriotism at the annual Old-Fashioned Fourth of July.

Sponsors:

The Hamburger Factory

The Home Depot of Poway

Lynn Wolsey Graphic Design

Thanks to Our Many Sponsors!



REGISTRATION

Registration begins **NOVEMBER 18**
for Poway Residents & Nonresidents

There are 3 convenient ways to register for classes:

1. Online

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

Website:

www.poway.org/classes

2. Walk-in

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

Location:

13325 Civic Center Drive

Hours:

Mon-Thurs 7:30am-5:30pm

Fri 8:00am-5:00pm (Closed every other Friday)

3. 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

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.

Poway Road Corridor Study



The City has begun to plan the future of Poway Road. In September, the City hired MIG Inc., a planning and transportation consulting firm, to assist the City in planning for the future of the City's main commercial corridor. The project will provide recommendations on land use, transportation, design/aesthetics, and economic development. The study will result in recommendations and an implementation strategy for the appropriate transportation improvements and mix of uses along Poway Road, including changes to regulatory and policy documents such as the Poway Municipal Code and the City's General Plan. The study will consist of the following components:

Poway Road Corridor Study Report – This Report will summarize existing conditions and make recommendations regarding future land use, pedestrian, bicycle, transit and automobile mobility, development types and patterns, landscape design options, lighting, way-finding signage, and public improvements.

Poway Road Specific Plan Amendment – The Study will identify potential land use changes and zoning regulation amendments to implement the goals of the corridor. A key portion of the study will include an evaluation of the potential for mixed-use development in the "Town Center," an area within the corridor envisioned to have a concentrated development of commercial and residential uses

and public spaces. The specific plan amendment will address land use, zoning (development criteria), Town Center concept recommendations, and design alternatives.

Complete Streets Report – The components of transportation and mobility will be summarized into a Complete Streets Report. This is required in order to meet all regional and State guidelines. Recommendations and implementation strategies to enhance the movement of pedestrians, bicycles, public transit and vehicles in the corridor will be included in the report.

Economic/Market Analysis and Implementation Strategy – As part of the overall study, MIG will conduct an economic/market analysis and produce recommendations on the appropriate mix of uses and an implementation strategy to stimulate new development within the Poway Road Corridor. The report will recommend actions the City can take to maximize land use and economic opportunities, which will be based on projected market supply/demand conditions and economic forecasts.

It will take about eighteen months to complete the study. An ad-hoc committee consisting of business leaders, private citizens and other stakeholders will provide input on the project. In addition, public workshops and community meetings will be held periodically to gather community input. The first community workshop is anticipated to be held in January 2015.

The Poway Road Corridor Study has been funded through the regional TransNet half-cent sales tax program, administered by the San Diego Association of Governments. Once complete, the City will use the Study as a tool to guide future development review, capital improvements, and general plan and zoning code amendments for the Poway Road corridor.

P.A.C.E. Picks Up for Energy & Water Efficiency More Loan Programs Now Available for Property Improvements



PACE programs were recently expanded in Poway and provide a mechanism to finance energy efficiency, water efficiency, and other renewable energy projects on existing residential and commercial structures, utilizing the property to be improved as collateral through a special tax assessment on the property. The contractual assessments are recorded as a lien against the property and collected through the property owner's tax bill at the same time and in the same manner as traditional property assessments. The property tax assessment provides financing for these types of improvements without requiring a down payment or payment of the full or partial upfront capital cost of the improvement.

Participation in the program is 100% voluntary and is available for eligible improvements on both residential (generally accommodated by HERO and CaliforniaFIRST at this time) and commercial properties (generally accommodated by Figtree and CaliforniaFIRST).

Most clean energy retrofits are eligible for PACE financing. Common energy efficiency measures include windows, doors, electric vehicle charging stations, lighting, refrigeration, bathrooms, solar photovoltaic, fuel cells, solar thermal, insulation, HVAC and cool roofs. Property owners are also permitted to install custom measures that demonstrate energy or water saving benefits.

It is important that consumers are aware that these are not City programs. Rather, the City, in response to interested property owners and in light of several other cities allowing these programs, now allows these financing companies use of its taxing authority, as permitted by law, for property owners to access these financing options.

As with any undertaking of this type, the City encourages consumers to perform their own due diligence, carefully comparing available options and completing their own analysis to understand what they are undertaking and determine how best to proceed for their individual circumstances. Property owners are also encouraged to evaluate financing terms from multiple finance providers. Key elements such as interest rates, fees, and payback terms may vary from one provider to another.

For additional information, please visit www.californiaFIRST.org; www.figtreefinancing.com; and www.heroprogram.com.

Earthquake! Make Your Safety Plan Before the Next One Happens

Federal, State, and local emergency management experts and other official preparedness organizations all agree that "Drop, Cover, and Hold On" is the appropriate action to reduce injury and death during earthquakes. You cannot tell from the initial shaking if an earthquake will suddenly become intense . . . so always Drop, Cover, and Hold On immediately!



If there is no table or desk near you, drop to the ground and then if possible move to an inside corner of the room. Stay in a crawling position to protect your vital organs and be ready to move if necessary, and cover your head and neck with your hands and arms. Do not move to another location or outside. Earthquakes occur without any warning and may be so violent that you cannot run or crawl. You are more likely to be injured if you try to move around during strong shaking. These are guidelines for most situations. Read below to learn how to protect yourself in other situations and locations, or visit www.dropcoverholdon.org.

If you are unable to Drop, Cover, and Hold On: If you have difficulty getting safely to the floor on your own, get as low as possible, protect your head and neck, and move away from windows or items that can fall on you.

In a wheelchair: Lock your wheels and remain seated until the shaking stops. Always protect your head and neck with your arms, a pillow, a book, or whatever is available.

In bed: If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are. Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways.

In a high-rise: Drop, Cover, and Hold On. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.

In a store: When shaking starts, Drop Cover and Hold On. A shopping cart or clothing racks can provide some protection. If you must move to get away from heavy items on high shelves, drop to the ground first and crawl only the shortest distance necessary. Whenever you enter any retail store, take a moment to look around: What is above and around you that could move or fall during an earthquake?

Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards

Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If a power line falls on the car, stay inside until a trained person removes the wire.

In a stadium or theater: Stay at your seat or drop to the floor between rows and protect your head and neck with your arms. Don't try to leave until the shaking is over. Then walk out slowly watching for anything that could fall in the aftershocks.

More information:

- www.shakeout.org/dropcoverholdon
- www.dropcoverholdon.org
- www.earthquakecountry.org/dropcoverholdon

MYTH – Head for the Doorway:
An enduring earthquake image of California is a collapsed adobe home with the doorframe as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. True, but only if you live in an old, unreinforced adobe house.
In modern houses, doorways are no stronger than any other part of the house. You are safer under a table.

The Path Here: The History of Poway's Trail System

Prior to the City of Poway incorporating in 1980, development was on the rise and the rural pathways and neighborhood connections, which Poway is known for today, began to rapidly decline.

Both residents and local developers of this era desired to preserve Poway's "City in the Country" charm. In the mid-1970s, the San Diego County Board of Supervisors appointed a Trails Advisory Committee – volunteers and staff members devoted hundreds of hours developing trail standards and mapping corridors for riding and hiking trails in the County's unincorporated areas.

The countywide trails plan presented to the County Board was opposed by large development and farming/ranching interests, resulting in the Board passing a much weaker version of the original plan.

Eventually, the County Board shifted to pro-growth, prioritizing pro-development interests over open space access. Trail easements that had been dedicated were returned to

their respective property owners. Even local developers that desired to incorporate trails as part of their subdivisions were denied as the County had no desire to maintain public trails or easements within their jurisdiction.

Then in 1980, Poway residents voted to incorporate as a City. Soon after incorporation, the City Council appointed a Trails Committee to develop a "Trails Master Plan" for the City of Poway.

Starting with the County's preliminary work from the previous decade, this Committee developed the Trails Master Plan that was adopted by the City and is still being implemented today. Since incorporation, Poway has built trails on public lands, continues to require trails from new developments, and continues to accept voluntary trail dedications from private owners.

Currently, the City has completed approximately 80% of its master-planned trail system and is well on its way to completing one of the most unique and sought-after trail systems in San Diego County.

Help Conserve Water Today!

Saving Water and Dollars is a Good Idea in Every Season!

As you have heard by now, nearly all of California is facing the effects of severe drought conditions. In fact, 95% of the state has been declared in a state of severe drought, while nearly 60% of the state is experiencing exceptional drought conditions, the most severe drought rating. Several communities across the state are now facing drinking water shortages and reservoir levels across the state are historically low. As of September, Lake Oroville was only at 31% of capacity while Lake Shasta was at a mere 28% of capacity.

In August, the Poway City Council declared a Level 2 Water Shortage. This put mandatory outdoor watering restrictions in place. Since that time, our community-wide efforts have begun to show. Water use was down 6% countywide from last year, while Poway residents used 8% less, even though temperatures were warmer on average. Poway residents have stepped up and are making a positive impact.

Residents are encouraged to keep up the good work as we prepare for the possibility of another dry year. It is critical that we all continue



to look for new and lasting ways to conserve water. Fortunately, there are several rebate programs available to help you save water and money. Rebates are available for water efficient appliances, sprinklers, turf replacement and more. These programs are limited to a first-come, first-served basis and some restrictions apply. For program information and eligibility, please visit www.poway.org/waterconservation.

Poway is a community that comes together in the face of challenges. We are confident that everyone will continue to find new ways to conserve water. Every drop saved today is water that can be used tomorrow.

Don't Let Drinking and Driving Ruin Your Holiday

How often have you seen someone driving down the road that you were pretty sure was drunk, or at least driving dangerously and wished that a police officer was there to pull the driver over? Now, as you travel California's streets and highways, you can help get drunk drivers off the road by calling 9-1-1. Using the emergency number will help local law enforcement identify drunk drivers before it is too late.

Before you leave home for a holiday party, think about how

everyone can get home safely. Designate a sober driver, take a cab, or stay the night. Law enforcement officers will not tolerate impaired driving. So remember, Drive Sober or Get Pulled Over.

The San Diego Sheriff's Department recommends the following simple tips for a safe holiday season:

- **Plan ahead.** If you will be drinking, do not plan on driving. Designate a sober driver or find another safe way home.
- **If you are impaired, find another way home.** Use a taxi, call a

sober friend or family member, or use public transportation.

- **Be responsible.** If someone you know is drinking, do not let them get behind the wheel. If you see an impaired driver on the road, call 9-1-1! Your actions may save someone's life, and your inaction could cost a life.



POWAY Events THIS WINTER

What's Inside:

PAGE 1

Host Town Poway

New City Website

Council Meetings Live

eCare Registration

Volunteer in your Community

PAGE 2

Flood Safety

Fire Hydrant Maintenance

Something to be Thankful For

Welcome New Sheriff's Lieutenant

D-I-Y Information Corner:
Changing your Oil

PAGE 15

Poway Road Corridor Study

Earthquake Safety

P.A.C.E. Picks up for Energy and Water Efficiency

Old-Fashioned Family Days

Sunday, November 16 | Old Poway Park

Trout Season

Starts December 4 | Lake Poway

Christmas in the Park

Saturday, December 13 | Old Poway Park

Winter Festival

Friday-Saturday, January 9-10, 2015 | Community Park

Youth Fishing Derby Campout

Friday, February 6, 2015 | Lake Poway

Youth Fishing Derby

Saturday, February 7, 2015 | Lake Poway

[@cityofpoway](https://twitter.com/cityofpoway) [City of Poway](https://www.facebook.com/cityofpoway)



City of Poway Holiday Hours

City Hall will be observing the following Holiday Closure Schedule:

- Closed Thu/Fri, November 27th and 28th**
- Closing at 1:00pm on Wed, December 24th**
- Closed Thu/Fri, December 25th and 26th**
- Closing at 1:00pm on Wed, December 31st**
- Closed Thu, January 1, 2015**

City of Poway
13325 Civic Center Drive
Poway, CA 92064

POSTAL CUSTOMER

**City of Poway
Poway, CA 92064**

ECR-WSS

PRSR-STD
U.S. Postage
PAID
Permit No. 1942
San Diego, CA



City Council

- Mayor Don Higginson
- Deputy Mayor Dave Grosch
- Councilmember John Mullin
- Councilmember Steve Vaus
- Councilmember Jim Cunningham

Published by City of Poway