

POWAY Today



A Quarterly Municipal Newsletter for the Residents of Poway, California

Spring 2015

Want To Help Make A Difference In The Life Of An Athlete?



The City of Poway will be one of 100 Host Towns in Southern California to welcome Special Olympics Athletes prior to the World Games. Poway will roll out the red carpet for approximately 100 Special Olympic athletes and coaches from July 21 through July 24, from the countries of Togo and Ecuador. The athletes will have the opportunity to participate in social and cultural activities, and events that are unique to Poway, as well as rest and practice prior to commencement of the games. With your support, we can showcase our great City, get to know the athletes, and foster an international connection to our local community.

How can you help these amazing athletes achieve their dreams? Become an Honorary Host Committee Member and Torch Club holder. For a \$250.00 donation, you will receive a

commemorative Special Olympic Torch and be included in VIP events. All donations are tax deductible and will be used for housing, food, and transportation for the athletes. Please support this effort today!

Make checks payable to: "LA 2015" and mail your contribution to: Host Town Poway, Community Services Dept., 13325 Civic Center Drive, Poway, CA 92064

For more information, contact Robin Bettin, Director of Community Services, via email at rbettin@poway.org or by phone at 858-668-4584.

Taking Water Conservation to the Next Step

Since last summer, we have all been called to conserve water by making sacrifices in our daily lives. As the City's water provider, we take this responsibility seriously and share in your commitment to save water. While many of us in Southern California may feel that winter rains have brought an end to the drought, it is important to understand that the drought is not over. Northern Sierra snowpack, an important part of our water supply, is far below average for this time of year.

You may notice that home lawns are not the only landscaping going brown these days. This past winter, City staff stepped up efforts to evaluate park areas and street medians for opportunities to replace water intense trees and turf with mulch and more California friendly landscaping. We have begun shutting off water to areas identified for new waterwise landscaping. While this work will take some time to complete, it will save water for years to come.



The City is taking steps to identify park areas and medians that could be upgraded with more water-efficient landscaping.

Residents might also notice that the City is removing dead trees from its landscape. Unfortunately, some of the City's trees never recovered from the water cutbacks in 2009 and 2010. In light of the current drought conditions, the City will not immediately replace trees that are removed. Reforestation will be reevaluated in the future, depending on the long term water outlook.

In addition to removing turf, the City has and will continue to upgrade many irrigation systems citywide. A weather station has been installed at the Lake Poway Public Works facility that currently coordinates twenty-seven irrigation systems across town. In the coming months, the City will continue to increase the use of weather based irrigation technologies.

Poway has also focused on saving water at its facilities. We have replaced older appliances with water efficient ones, repaired and replaced toilets, faucets and shower heads, and installed cooling systems that use less water. The City Manager has also gone so far as to issue a friendly challenge to the City's three fire stations: challenging each station to conserve the most water.

We also want to make it easy for residents to report water problems at City parks, medians and facilities by using the new YourGOV mobile app. This app allows residents to report runoff and broken sprinklers at City facilities or private property from Android and Apple phones or through the City's website.

Many of us have already made changes in our day-to-day routines to save water. But don't let winter storms fool you into thinking the drought is over. We all must continue to aggressively save water. The City is doing its part...are you?

START SMART

Teen Driving Program Aims to Reduce Risky Behavior Behind the Wheel

Teen drivers are involved in fatal and injury collisions at an alarming rate. In a report to Congress by the National Highway Traffic Safety Administration

(NHTSA), it was reported that 12.9 percent of drivers in fatal collision were between the ages of 15 and 20. Motor vehicle collisions are the leading cause of death among those in the 15- to 20-year-old range. There are many reasons why this occurs including distracted driving, street racing, speeding, risk-taking behavior, immaturity, impaired driving, and the list goes on.

The Start Smart Program is an opportunity for new drivers and their parents/guardians to clearly understand their responsibilities when a teen starts to drive. Taught by trained law enforcement personnel, the program creates awareness of possible consequences, both financial and physical, of distracted or impaired driving, and provides applicable information about collision prevention. The class also clarifies the restrictions of the Provisional License Law and touches on social host ordinances.

Following the two-hour class, each teen is presented a certificate of completion along with a custom-designed key-chain bearing the theme of the Teen Safe Driving Program, which will serve as a reminder each time he or she starts the car.

Start Smart is a program fully supported and endorsed by Captain Maxin, Lieutenant Faulkner, and Sergeant Cheever of the Poway Sheriff's Station and is taught primarily by Deputy Shane Stiles of the Traffic Division. Deputy Stiles is assigned as a motorcycle deputy in Poway. His background in traffic collision investigation and enforcement helps bring real-world experience to the program. The Start Smart program is conducted in partnership with Poway High School and the City

of Poway. Students must attend the Start Smart classes in order to be issued a permit to park on the campus. Well over 1,000 teens and their parents have attended the Start Smart class at Poway High since 2009.

Start Smart classes are held on a monthly basis at Poway High School from 6:00 p.m. to 8:00 p.m. Reservations are required and at least one parent must attend with the teen driver. For more information or to register for future classes, go to the Poway High School web site at <http://www.powayusd.com/pusdphs/> under the students section or to the San Diego County Sheriff's Department web page at <http://www.sdsheriff.net>. Classes are currently scheduled until May 2015. The City of Poway, Poway High School, and the San Diego County Sheriff's Department encourage teen drivers and their parents to attend this worthwhile class.



Distracted driving, street racing, speeding, and impaired driving are just some reasons why teen drivers are at greater risk for car accidents.



Poway's First Baby of 2015!



Poway's Finn Menolascino who was born at 7:26 a.m. on January 5, 2015, at Pomerado Hospital, making him the first Poway baby born in the New Year. Finn was welcomed by his mother Tyra and father Justin. He weighed 6 lbs. 6 oz. and was 20" long at birth.

As part of the City's First Baby Program, a \$200 gift card was presented to Finn's family during the January 13, 2015 City Council Meeting.

This Issue:

New PickPoway Website

A new online tool helps Poway businesses find the best locations to set up shop.

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Iron Mountain/Lake Poway Parking Update

The City works to find parking solutions for two of its most popular trails.

pg. 2



Where does Our Water Come From?

This year is again looking to be dry – learn about what steps are being taken statewide to address the drought. pg. 15



Spring Cleaning Time!

It's that time of year to clear out the closets and the garage – your free haul coupon from EDCO is on its way. pg. 16



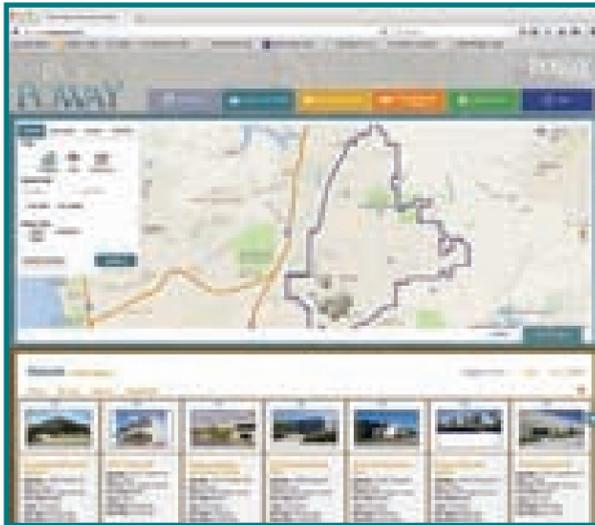
Economic Development Site Selection Website

The City of Poway has a new tool in its economic development toolbox and it's called PickPoway.com

The City of Poway has a new tool in its economic development toolbox and it's called PickPoway.com. PickPoway.com is a site selection webpage to help new and expanding businesses find locations in Poway that best suits their needs. The site does this by providing businesses with tools to evaluate potential locations before making major investments in property, equipment and staff. PickPoway.com is available for use by anyone with internet access and does not require creating an account of any sort. It's available online, 24 hours a day, seven days a week, and it's free!

The key to finding the best location for a business is for the business to know their customers. This is where PickPoway.com adds value to doing business in the City of Poway – it can help businesses analyze a community to identify potential customers. Businesses rely on data such as population, socioeconomic characteristics, age structure, eating-out expenditures, lifestyle and household size. PickPoway.com informs site selectors of a trade area's population and includes a quantified breakdown of variables such as age, gender, income, housing, family type, education, and employment. PickPoway.com creates detailed demographic reports and graphically displays the data in maps for each of the locations being considered by a business. This information, in addition to the pricing of the site being considered, zoning, parking, road patterns, drive times, access, and visibility can give site selectors what they need to determine the potential for success at a given location.

Other types of businesses such as manufacturers, researchers, and professional offices can also use PickPoway.com to find local businesses for their supply chain. Similarly,



suppliers can find potential customers. The businesses in PickPoway.com are categorized by industry type such as automobiles, parts, electronics, health care, food services, manufacturers, transportation, warehousing, couriers, wholesalers, and employment services. The search results will map out where the businesses are located. Users can also search for businesses by using the drawing tools to define the area they want to search.

PickPoway.com is not just for businesses. It can also help residents and visitors find places to shop, dine, recreate and entertain. So the next time you visit Old Poway Park, participate in sporting events, or plan a day at Lake Poway be sure to visit <http://www.PickPoway.com> first!

Iron Mountain & Lake Poway Parking Update

Poway's hiking trails are among the best and most popular in the entire County. This popularity can result in parking problems! At times, both the Lake Poway Recreation Area and Iron Mountain parking lots are filled to capacity.

The current capacity of the Iron Mountain parking lot is 102 vehicles. From January to June each year, weekend parking demands usually far exceed the parking lot capacity. When the lot is full, cars park along Highway 67

which can create a hazardous condition. Hikers on the west side of the highway often run across the road without walking to the signalized intersection.

Lake Poway provides many recreational activities including fishing, boating, archery, and picnicking, and also serves as a trailhead for several popular hiking trails. The existing parking lot has 390 spaces, and fills to capacity on many weekends and holidays. It is estimated that as many as 70% of the visitors to Lake Poway are hikers enjoying our beautiful trails.

On October 7, 2014, staff presented options to the Council for expanding the Iron Mountain Parking lot. The options presented ranged from 20 to 89 additional parking spaces.



Hikers have to park and walk along Highway 67 when the parking lot at Iron Mountain Trail fills up.

Council suggested that staff pursue possible grant funding to cover a portion of the cost for the expansion. Staff was also directed to install parking delineators in the lot in an effort to encourage hikers to park in a more organized fashion. The parking delineators were installed in December.

On January 13, 2015 staff presented Council with options to provide additional parking

for the Lake Poway Recreational Area. Council gave staff direction to pursue additional parking within the existing parking lot but asked that the additional parking have minimal impacts to existing trees within the park. Council also supported a separate recommendation that a turnaround be constructed at the entry gate, to facilitate the exiting of redirected vehicles when the lot is full.

Staff is currently pursuing grant funding for the additional parking at Iron Mountain. Design is underway for the additional Lake Poway parking and the entry turnaround, with construction anticipated to begin after Labor Day.

Shopping? Take a Reusable Bag

State Passes Law to Ban Plastic Single-Use Bags



In 2014, the State passed a ban on single-use plastic bags effective July 1, 2015. Although there is a possibility implementation of the ban will be delayed or even prevented if a referendum is placed on the November 2016 ballot, wider use of reusable bags will help us all participate in removing plastic bags from landfills and protecting the environment.

According to the CalRecycle web page, Californians use an estimated 13 billion plastic bags annually and approximately 247 million pounds of plastic bags end up in landfills. Studies have shown that plastic accounts for up to 90 percent of trash in our lakes and waterways.

Increased use of reusable bags will have a positive effect on California. The Natural Defense Council states that roughly \$428 million is spent annually for litter removal from the Pacific Ocean and state waterways. Approximately 8 to 25 percent of that cost is attributed to plastic bag waste. Reducing the amount of film plastic in the environment will also decrease the risks to aquatic life. Plastic bags in the water are often mistaken for food by seabirds, marine mammals, fish, and sea turtles.

Using reusable bags is easy; it is getting used to the new habit of using them that can take a little time and practice. To help you remember to use your reusable bags, keep them in the car or remember to put them back in the car after you shop. Since many shopping trips are unplanned, gaining new habits will prepare you for those times when you stop by the grocery store unexpectedly.

Once these habits are ingrained, you can be a part of the solution to reduce plastic pollution and keep plastic out of landfills, saving valuable and irreplaceable, landfill space.

Topped Trees Can Topple!

Did you know that topping a tree will make it more hazardous in the long run? Tree topping is the cutting of a tree's branches to stubs or lateral branches that are not large enough to sustain healthy growth. Many people top trees because they believe tall trees pose a hazard, they interfere with views or solar collectors, or they can grow into utility lines. Unfortunately, tree topping causes a variety of harmful and dangerous conditions including decay, tree sunburn, and production of multiple new shoots, which are very prone to breaking. Because topping is considered to be an unacceptable pruning practice, any damage caused by branch failure of a topped tree may lead to a finding of negligence in a court of law.

The City of Poway promotes proper tree pruning as it makes the tree safer and more beautiful. By properly pruning trees, you can reduce the size of the tree while maintaining the tree's natural

beauty. You can slowly add growth so the form and distribution of branches is normal. Properly pruned trees are safer and more beautiful and have excellent form.

If your trees need to be maintained, the City recommends hiring a professional arborist. Trees within the City's right-of-way, such as along roadways or in landscape maintenance districts, may be the City's responsibility. If in doubt, please check with the Public Works Department before trimming. The removal of any tree within the right-of-way or any native trees on private property (which includes oak and sycamore) requires a Tree Removal Permit, which can be obtained from the City's Development Services Department.

For more information about trees, you can visit the International Society of Arboriculture's website at www.treesaregood.com.

DID YOU KNOW...?

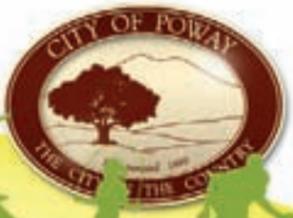
That out of the 28,759 registered voters in Poway, 56% voted in the last election. Although this number may not seem very impressive, compared to the rest of the cities in San Diego County, Powegians can be proud! Only the City of Coronado had a stronger voter turnout with 89% of their registered voters casting ballots.

Everyone should take the opportunity to let their voices be heard on Election Day. Please encourage your family, friends and neighbors to vote . . . Let's see if we can surpass the City of Coronado in the next election!

Voter registration forms are available in the City Clerk's office at 13325 Civic Center Drive.

POWAY Community Services

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



SPRING 2015

Registration begins **MARCH 3**
for Poway Residents & Nonresidents



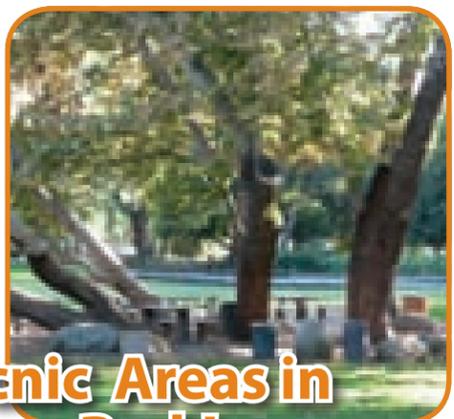
NEW! Teen Excursion: DISNEYLAND | Grades 6th – 9th
Calling all Mouseketeers! School's out and you know that means? Time to celebrate! What better place to start your summer than at the happiest place on earth! That's right; we're heading to Disneyland for big thrills, Big Thunder Mountain, and BIG fun! So dust off those mouse ears and grab your friends. You're not going to want to miss out on one magical second! Admission and transportation is included. **Register early; space is limited.**
Drop off & Pick up: Community Park, Auditorium

8432.410 Fri 8:00am-11:00pm Jun 12 **FEE \$50/participant**

Hey teens, check out FREE teen activities on page 6!

SPRING-IN TO CAMPING!

What could be better than camping close to home at beautiful Lake Poway? For just \$25, set up your tent and explore the park at your own pace. Hike the numerous trails; drop a line to catch a fish; cruise the Lake on a motorboat; or simply relax by your campsite and enjoy all the natural beauty that Lake Poway offers. See page 11 for registration details. Information: (858) 668-4770 or www.poway.org/lakepoway.



Two NEW Picnic Areas in Old Poway Park!

NEW!!! Starting March 1, Old Poway Park will have two, beautiful picnic areas available to rent. Located in the green park, picnic areas include picnic tables and a cobblestone barbeque for your use. Impress your guests and host your next birthday party, family barbeque, bridal shower, or other celebration at Old Poway Park. Information: www.poway.org



Looking for a GREAT summer job?

Look no further than your Community Services Department! We not only hire qualified candidates for summer jobs, but we even offer the training to qualify you! See page 10 for Lifeguard Training and Water Safety Instructor Training. We post all jobs online at: www.poway.org. As early as February, look for postings for Recreation Leaders for Day Camp and Lifeguards/Swim Instructors.

Free Family Events

Free Poway Valley Garden Club Flower Show—The Spirit of Aloha

Saturday, April 11
9:00 am to 3:00 pm

Old Poway Park Action Committee member, Poway Valley Garden Club, will host the 37th Annual Standard Flower Show at Old Poway Park. This year's theme is **The Spirit of Aloha**. You can participate and win a ribbon for your flowers or designs! No registration is required for horticulture entries. If you would like to enter a floral design, please contact Adele Kelley at (858) 673-8728 or Emily Troxel at (858) 748-1025. For general information: pvgc@outlook.com.

Free Band Festival and Arts and Crafts Market

Come listen to great music and amazing concert bands during a FREE weekend of music at Old Poway Park. The 21st Annual California Band Festival and Arts and Crafts Market will honor the Armed Forces and their families. Information: (858) 668-4576.

Saturday, May 16
10:00 am to 7:30 pm
Sunday, May 17
10:00 am to 7:30 pm



Get Ready, Summer's comin'!

Early Summer Camp Registration will begin on Tuesday, April 14 at 7:30am.

Need a Friendly Reminder? Connect with Us!



LAKE POWAY DAY CAMP!



Early Registration for Lake Poway Day Camp and Counselor in Training will begin April 14, 2015, at 7:30am!

Boating, fishing, hiking, crafts, games, field trips, and more! What an amazing way to spend a summer! If your 6-12 year old agrees, then Lake Poway Day Camp is the place for them. Camp hours are from 8:00 am to 4:00 pm. Extended care is available from 4:00 pm to 5:30 pm, free of charge. Information: www.poway.org/daycamp.

Spring Break Camps!

Register online at: www.poway.org/classes



CAMP! Skateboarding | Ages 6 to 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

7600.402 M-F 9:00am-12:00pm Apr 6-Apr 10 RES/NON \$150/\$160

CAMP! Archery Basics Camp | Ages 7 to 16

Come enjoy a fun-filled week of archery! Learn archery basics and shoot with surprising accuracy in the week-long camp. Please do not bring equipment; **equipment provided for class use.**

Instructor: Rick Harper

Location: Lake Poway, Archery Range

2443.440 M-F 8:00-9:30am Apr 6-Apr 10 RES/NON \$75/\$85*
2443.441 M-F 10:00-11:30am Apr 6-Apr 10 RES/NON \$75/\$85*

*\$15 materials fee due on the first day of class



CAMP! Swim & Tennis | Ages 6 to 15

The tennis portion of this camp will consist of court etiquette, scoring system, footwork drills, forehand and backhand groundstroke drills, volley drills, serving drills, games, singles and doubles strategy, court positioning, and conditioning. These techniques are designed to form a well-rounded tennis enthusiast with enhanced abilities! Snacks will be provided, but **all participants should bring a sack lunch each day.** After lunch, participants will cool off in the pool! Participants should bring a swim suit, towel, and plenty of sunscreen!

Instructor: Art Christophiades

Location: Community Park, Tennis Courts / Swim Center

2443.420 M-F 9:00am-3:00pm Apr 6-Apr 10 RES/NON \$125/\$135*
*\$15 materials fee due on the first day of class

Children's Activities

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. Children under 3 years old should be walking, talking, and potty trained by the first day of class.

Instructor: Kimberly Bruch

Location: Community Park, Youth Activity Room

Theme: *On the Farm* RES/NON \$149/\$159*
4011.400 TTh 9:00am-12:00pm Mar 31-Apr 23

Theme: *Fairy Tales* RES/NON \$149/\$159*
4011.401 TTh 9:00am-12:00pm Apr 28-May 21

Theme: *Dinosaurs* RES/NON \$149/\$159*
4011.402 TTh 9:00am-12:00pm May 26-Jun 18

*\$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: May 22

4011.403 Fri 10:00-11:00am Apr 3-Jun 5 RES/NON \$110/\$120*
*\$15 materials fee due first day of class



NEW! Get Smart with Art | Ages 2-5

For beginning artists! A unique class for children to learn about artists and techniques, and create a new framed masterpiece each week! Children explore their creativity through carefully-designed lessons that ignite the imagination and encourage skill development. New lessons are introduced each session!

Instructor: Get Smart with Art, Ms. Vivian

Location: Old Poway Park, Parlour

4011.406 Mon 9:30-10:15am Mar 30-Apr 20 RES/NON \$56/\$66
4011.407 Mon 10:30-11:15am Mar 30-Apr 20 RES/NON \$56/\$66
4011.408 Mon 9:30-10:15am Apr 27-May 18 RES/NON \$56/\$66
4011.409 Mon 10:30-11:15am Apr 27-May 18 RES/NON \$56/\$66
4011.410 Mon 9:30-10:15am Jun 1-Jun 15 RES/NON \$42/\$52
4011.411 Mon 10:30-11:15am Jun 1-Jun 15 RES/NON \$42/\$52

Mom & Tot Gymnastics | Ages Walking-3½ 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: May 21 & 23

2312.400 Thu 10:45-11:15am Apr 2-Jun 18 RES/NON \$161/\$171*
2312.401 Sat 8:45-9:15am Apr 4-Jun 20 RES/NON \$161/\$171*
*\$10 materials fee due first day of class

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

2443.403 Sat 9:15-9:45am Apr 11-May 30 RES/NON \$120/\$130*
2443.404 Tue 4:15-4:45pm Apr 7-May 26 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

2443.400 Sat 10:00-10:45am Apr 11-May 30 RES/NON \$120/\$130*
2443.401 Sat 11:00-11:45am Apr 11-May 30 RES/NON \$120/\$130*
2443.402 Tue 5:00-5:45pm Apr 7-May 26 RES/NON \$120/\$130*
*\$10 materials fee due first day of class

Health & Wellness

NEW! FitX Fitness Your Way! | Ages 16+

We've partnered with FitX Fitness to bring you the ultimate fitness schedule! Fitness Your Way allows you to attend a variety of fitness classes, on your schedule and at your own price, without ever signing a contract. Whether you're looking to mix it up or keep it simple, we've got what you need! Bring a towel and water bottle to hydrate for all classes. Sign up early! Classes are removed from the schedule if enrollment minimums are not met.



			RES/NON
5500.400	1 class	Mar 30-Jun 18	\$8/\$18
5500.401	6 classes	Mar 30-Jun 18	\$45/\$55
5500.402	1x/week (12 classes)	Mar 30-Jun 18	\$96/\$106
5500.403	2x/week (24 classes)	Mar 30-Jun 18	\$168/\$178
5500.404	Unlimited classes	Mar 30-Jun 18	\$255/\$265

Choose from any of the following classes:

Cross Fit-X Training

This high-intensity, fat-burning workout uses weights, resistance bands, and Plyometric movements to fire up your metabolism! Cross Fit-X Training is a must-try for anyone looking for some variety in their weekly workout plan.

Instructor: FitX Fitness **Wed 6:00-7:00pm**
Location: Community Park, Auditorium

Outdoor Boot Camp | Ages 16+

Join us for a refreshing Outdoor Boot Camp featuring high-intensity interval training, or HIIT training. This workout can be done by all fitness levels and the intense intervals allow you to get the most out of a one-hour workout. This fresh-air fitness class promises to renew and rejuvenate any body! Meet outside of the Pavilion building.

Instructor: FitX Fitness **Thu 6:00-7:00pm**
Location: Lake Poway



Power Vinyasa Yoga | Ages 16+

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.

Instructor: FitX Fitness, Karyn Beebe
Location: Old Poway Park, Templars Hall
No Class: Apr 27 & May 25 **Mon 6:00-7:00pm**

Water Works | Ages 16+

In the water, your body's buoyancy takes the stress off joints, and the multi-directional resistance makes a unique and challenging environment for working out. This class will be a refreshing change to the usual land classes and provides a fun and challenging workout. Non-swimmers are welcome; this is a vertical workout that does not require submerging. Flotation and resistance equipment will be provided.

Instructor: FitX Fitness, Renee Meyst **Tue 6:00-6:50pm**
Location: Community Swim Center



Check out these other Exciting NEW Classes!



NEW! Hula and Tahitian Dance | Ages 8+

Come join the excitement and fun of learning hula and Tahitian dancing with native Hawaiian, Kumu Kahne. Hula has been used for decades to achieve both fitness and health, and can be fun for your entire family! The course will cover both modern and ancient Hula dances while incorporating feathered gourds, split bamboo, and ipu drums. Don't miss out on this exciting experience!

Instructor: Kumu Kahne
Location: Community Park, Bill Bond Hall I
No Class: Apr 23 **RES/NON**

6182.470 **Thu 5:30-6:30pm** **Apr 9-Jun 18** **\$100/\$110**

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 **RES/NON**

1247.447 **Wed 5:30-6:15pm** **Apr 1-May 6** **\$74/\$84**

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 **RES/NON**

5417.401 **Tue 6:00-7:00pm** **Apr 14-Jun 16** **\$90/\$100**

Pilates | Ages 16+

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

Instructor: Emma Sarmiento
Location: Community Park, Activity Rooms I & II **RES/NON**

5417.402 **Thu 6:00-7:00pm** **Apr 16-Jun 18** **\$90/\$100**

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

Pilates & PiYo™ Strength | Ages 16+ **RES/NON**
5417.408 **Tue 6:00-7:00pm** **Apr 14-Jun 18** **\$150/\$170**
and **Thu 6:00-7:00pm**

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

Yogazander–Beginning Gentle Yoga | Ages 17+

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

Instructor: Cheri Hotalen
Location: Old Poway Park, Templars Hall **RES/NON**

5417.414 **Thu 10:00-11:30am** **Apr 2-May 7** **\$85/\$95**

Register online at: www.poway.org/classes

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: Apr 7 & May 12

5111.402 **Tue 6:15-7:00pm** **Mar 31-Jun 9** **RES/NON**
\$98/\$108

Kettlebell Kickboxing | Ages 16+

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



Instructor: Poway Pilates
Location: Poway Pilates: 14053 Midland Road **RES/NON**

5417.440 **Mon 6:00-6:45pm** **Mar 30-May 4** **\$74/\$84**

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 **RES/NON**

5417.416 **Mon 6:00-7:15pm** **Mar 30-May 4** **\$75/\$85**



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 **RES/NON**

5417.410 **Mon 7:15-8:00pm** **Mar 30-May 4** **\$45/\$55**

Low Back Care on the Pilates Reformer | Ages 16+

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

Instructor: Poway Pilates
Location: Poway Pilates: 14053 Midland Road **RES/NON**

5417.445 **Mon 12:30-1:30pm** **Mar 30-Apr 27** **\$74/\$84**
5417.446 **Wed 12:30-1:30pm** **Apr 1-Apr 29** **\$74/\$84**

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 ... its Kid's Night Out! **Registration is required.**

Instructor: Community Park Staff

Location: Community Park, Auditorium

			RES/NON
8432.400	Fri 4:30-9:00pm	Apr 10	\$5
8432.401	Sat 4:30-9:00pm	May 9	\$5
8432.402	Fri 4:30-9:00pm	Jun 5	\$5

Teen Activities

Hey Teens, check out the June Teen Excursion to Disneyland on Page 3!

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

When is an egg hunt not just an egg hunt? When it's a slammin' jammin' GLOW-IN-THE-DARK egg hunt! Join the quest for over one thousand glow-in-the-dark eggs! But these aren't just ordinary eggs – they're filled with candy, kickin' gift cards, and tons of boss prizes. And as if we'd let the fun end there! Afterward, we're hosting the ultimate dance party under the stars! You know you want to rock with us – don't miss out! **Register early; space is limited.** For information & to register: (858) 668-4671

Instructor: Community Park Staff

Location: Community Park, Auditorium

Sat 5:00-9:00pm	Mar 28	FREE
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Teen Campout | Grades 6th – 9th

Who's up for a little adventure? Spend the night with us under the stars for your chance to outwit, outplay, and outlast your friends in this Survivor-themed event! It's going to take brains and brawn to win the crown. The fun doesn't end with the competition! Challenge your friends in one of our ridiculously awesome night-time games, craft your next masterpiece, swap spooky ghost stories by the campfire, or scarf down gooey s'mores. **Register early; space is limited.** For information & to register: (858) 668-4671

Instructor: Community Park Staff

Location: Old Poway Park

Fri-Sat 6:00pm-8:00am	Apr 24-25	FREE
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Teen Night Out-Glow Party | Grades 6th – 9th

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

Instructor: Community Park Staff

Location: Community Park, Auditorium

Sat 4:00-9:30pm	May 23	FREE
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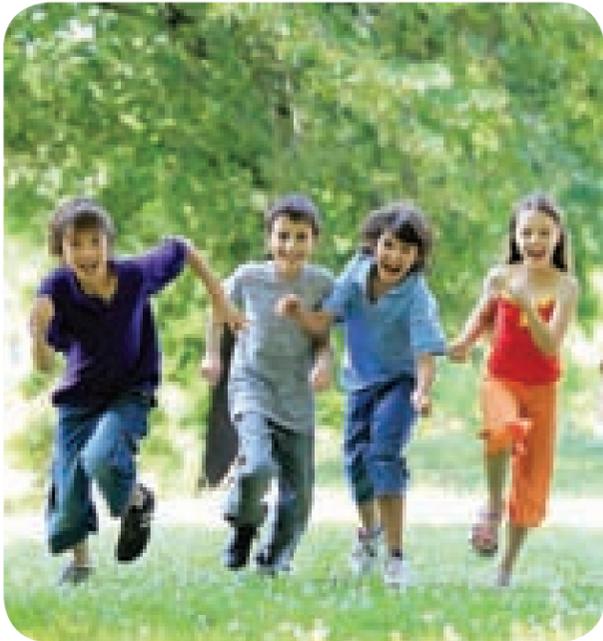
NEW! Yoga for Tweens and Teens | Ages 8-17

Yoga is the union of mind, body, and breath. Join Jazel, a mother of a special needs daughter, as we explore topics such as happy hearts, healthy hands, brave breath, and strong bodies in a nonjudgmental and noncompetitive environment. Our special needs friends, and their parents, are encouraged to participate! Join us for a free trial class on April 28 at 4:00pm in Templars Hall.

Instructor: Jazel Peterzell; jpcorrie@yahoo.com

Location: Old Poway Park, Templars Hall

			RES/NON
6182.471	Tue 4:00-5:00pm	May 5-Jun 2	\$50/\$60



Dance | Youth & Teen

Register online: www.poway.org/classes



RAVE REVIEWS:

"From the wonderful dancing to the beautiful costumes, the show was an absolute success! We can't wait for next year!"

Don't miss the 26th Annual Dance Recital!

Ms. Debbona presents "Sleeping Beauty" and Dance Showcase 2015 on June 16 and 17 at 6:30pm at the Poway Center for the Performing Arts! Tickets are available at the door, prior to each show. For more information: www.msdebbonadanceforchildren.com

Due to preparations for our annual dance recital, no new dance students will be accepted during the spring session for the following classes: **Dance for Children, Tap and Ballet, Dance Production, Princess Ballet, Lyrical for Teens, and Fun 'n Funky Jazz.** Only continuing students may re-enroll. Parent watching days are the last class of each month.

Students interested in attending these classes next season should watch for the Summer Poway Today.

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. **All participants are invited to join our annual recital.**

Instructor: Dance to EvOLvE: www.danceto evolve.com

Location: Old Poway Park, Templars Hall

			RES/NON
Beat Breakers, Ages 4-7			
5131.400	Mon 3:50-4:45pm	Mar 30-May 4	\$100/\$110
5131.401	Mon 3:50-4:45pm	May 11-Jun 15	\$100/\$110
5131.402	Mon 3:50-4:45pm	Mar 30-Jun 15	\$180/\$200
Hip Hop, Ages 8-12			
5131.403	Mon 4:50-5:45pm	Mar 30-May 4	\$100/\$110
5131.404	Mon 4:50-5:45pm	May 11-Jun 15	\$100/\$110
5131.405	Mon 4:50-5:45pm	Mar 30-Jun 15	\$180/\$200



Creative Arts

Art Start | Ages 7 to 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

			RES/NON
6182.400	Thu 4:00-5:15pm	Apr 16-May 28	\$105/\$115*

*\$20 materials fee due on the first day of class

Best of Broadway | Ages 7 to 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! Participants will receive a script, CD, and performance t-shirt.



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

			RES/NON
No Class:	Apr 9		
6182.434	Thu 4:30-6:00pm	Apr 2-Jun 4	\$135/\$145*

*\$20 materials fee due on the first day of class

Sports | Youth/Teens

Register online: www.poway.org/classes

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: Apr 18

			RES/NON
7600.400	Wed 5:00-6:00pm	Apr 1-May 27	\$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: Apr 18

			RES/NON
7600.401	Wed 4:00-5:00pm	Apr 1-May 27	\$95/\$105



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. Students may participate 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 \$20. Want to try it before you buy it? Attend the first day of class for free! **Liability waiver required.**

Instructor: Master Wolpert: (858) 748-1333

Location: Community Park, Bill Bond Hall I

No Class: May 25

			RES/NON
Ages 5-9			
2091.409	M/W/F 5:00-6:00pm	Mar 30-Jun 12	\$89/\$99
Ages 9-15			
2091.410	M/W/F 6:00-7:00pm	Mar 30-Jun 12	\$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

			RES/NON
Ages 9-12			
2091.412	Mon 5:30-6:30pm	Apr 6-May 25	\$55/\$65
Ages 12-14			
2091.413	Mon 6:30-7:30pm	Apr 6-May 25	\$55/\$65

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 5-7			
3013.400	Sat 9:00-10:00am	Apr 4-May 2	\$40/\$50*
3013.401	Sat 9:00-10:00am	May 16-Jun 13	\$40/\$50*
Ages 8-14			
3013.402	T/Th 4:00-5:00pm	Mar 31-Apr 30	\$65/\$75*
3013.403	Sat 10:00-11:00am	Apr 4-May 2	\$40/\$50*
3013.404	T/Th 4:00-5:00pm	May 12-Jun 4	\$55/\$65*
3013.405	Sat 10:00-11:00am	May 16-Jun 13	\$40/\$50*

*\$5 materials fee due on the 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
3013.406	T/Th 5:00-6:00pm	Mar 31-Apr 30	\$85/\$95*
3013.407	Sat 11:00am-12:00pm	Apr 4-May 2	\$45/\$55*
3013.408	T/Th 5:00-6:00pm	May 12-Jun 4	\$75/\$85*
3013.409	Sat 11:00am-12:00pm	May 16-Jun 13	\$45/\$55*

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

Tennis - Advanced Juniors | Ages 9-17

At this hotshot level, tennis enthusiasts will enhance their ability level by focusing on forehand and backhand ground strokes 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: May 25

			RES/NON
3013.410	M/W 4:00-5:30pm	Mar 30-Apr 29	\$90/\$100*
3013.411	M/W 4:00-5:30pm	May 11-Jun 8	\$80/\$90*

*\$5 materials fee due on the 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 April, May, and through June 14 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

Saturday
Open Pickleball
2:30-5:30pm
Open Badminton
6:00-9:00pm

Sunday
Open Volleyball
6:00-9:00pm

Tuesday
Open Basketball
6:00-9:00pm

Thursday
Open Basketball
6:00-9:00pm

Sunday
Adult Open Basketball
8:00-11:00am
Youth Open Basketball
11:00am-2:00pm

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

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

			RES/NON
Men's			
1247.400	Thu 6:30-9:30pm	Apr 9-Jun 4	\$70/\$80
Women's			
1247.401	Thu 6:30-9:30pm	Apr 9-Jun 4	\$70/\$80

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

			RES/NON
Men's			
1247.402	Tue 6:30-9:30pm	Apr 7-Jun 2	\$70/\$80
Women's			
1247.403	Tue 6:30-9:30pm	Apr 7-Jun 2	\$70/\$80

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: Apr 22 and May 20 & 27

			RES/NON
1247.405	Wed 6:30-9:30pm	Apr 1-Jun 17	\$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: May 25

			RES/NON
1247.410	Mon 6:30-9:30pm	Apr 6-Jun 8	\$70/\$80

Adult Taekwondo | Ages 18+

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. Students may participate 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 \$20. Want to try it before you buy it? Attend the first day of class for free! **Liability waiver required.**

Instructor: Master Wolpert: (858) 748-1333

Location: Community Park, Bill Bond Hall I

No Class: May 25

			RES/NON
1247.411	M/W/F 7:00-8:00pm	Mar 30-Jun 12	\$89/\$99

Dog Training

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!



Beginning Obedience | Owners aged 12+ Dogs 12 weeks to Adult

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

Instructor: Good Dog Training School, Lynne Moore

Location: Tue: Old Poway Park, Green Park

Sat: Garden Road Park RES/NON

9019.400	Tue 6:30-7:30pm	Mar 31-May 5	\$95/\$105*
9019.401	Sat 9:30-10:30am	Apr 4-May 9	\$95/\$105*
9019.402	Tue 6:30-7:30pm	May 12-Jun 16	\$95/\$105*
9019.403	Sat 9:30-10:30am	May 16-Jun 20	\$95/\$105*

*\$25 material fees due on the first day of class

Intermediate Obedience | Owners aged 12+ Dogs 6 months to Adult

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

Instructor: Good Dog Training School, Lynne Moore

Location: Garden Road Park

RES/NON

9019.404	Sat 10:45-11:45am	Apr 4-May 9	\$95/\$105
9019.405	Sat 10:45-11:45am	May 16-Jun 20	\$95/\$105

Advanced Obedience | Owners aged 12+ Dogs 6 months to Adult

In the Advanced Obedience class, your dog will learn to obey commands and play appropriately off leash. The bond between you and your dog will grow even stronger as your dog is not "forced" to obey due to a leash. Although leash laws must be obeyed for the safety of your dog and the public, dogs generally work better off leash. Dogs in this class must have knowledge of all basic commands. Supervised play time will begin 30 minutes before class.

Instructor: Good Dog Training School, Lynne Moore

Location: Community Park, Dog Park: Pen 2

RES/NON

9019.406	Wed 6:30-7:30pm	Apr 1-May 6	\$95/\$105
9019.407	Wed 6:30-7:30pm	May 13-Jun 17	\$95/\$105

About 92,000 people are saved by CPR each year in the U.S.

Did You Know?

Safety Training

Please Note: If registering for both the First Aid and CPR class, there is a one-time \$32 (certification) or \$4 (informational only) 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 ready reference information and an American Red Cross certification card valid for two years.

Instructor: American Red Cross Instructor, Blythe Paley

Location: Community Park, Nutrition Room

RES/NON

5418.400	Wed 6:00-9:00pm	May 20	\$30/\$40*
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*\$24 (certification) or \$2 (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

RES/NON

5418.401	Thu 6:00-9:00pm	May 21	\$20/\$30*
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*\$20 (certification) or \$2 (information only) materials fee due on the first day of class

Babysitter's Training CPR & First Aid | Ages 11 to 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

RES/NON

7617.400	Sat 9:00am-3:00pm	Apr 25	\$65/\$75*
	Mon 5:00-8:00pm	Apr 27	

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

Register online: www.poway.org/classes

Special Needs

See pg. 6 for a NEW Yoga for Tweens and Teens class, welcoming the special needs community and their friends!

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.**

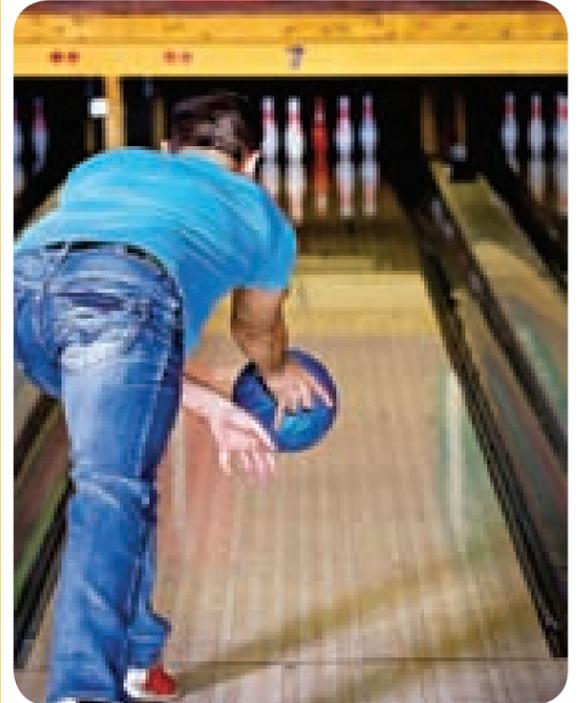
Instructor: Sarah D'Agostino-Gana

Location: Poway Fun Bowl, 12941 Poway Rd

RES/NON

9397.400	Fri 1:30-3:30pm	Apr 10-Jun 19	\$40/\$50*
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*An \$8 class fee is collected at the bowling alley each week



Drama and Theater Production | Ages 8+

Individuals of all abilities are invited to participate in the production of an American history 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 for their friends and families on June 17.

Instructor: Michelle Winkenwerder, Mixed Ability Performers

Location: Community Park, Auditorium

RES/NON

9397.401	Wed 4:00-6:00pm	Apr 15-Jun 17	\$120/\$130*
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*\$10 materials fee is due on the first day of class

Poway Swim Center



Location: 13094 Civic Center Drive

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:
(858) 668-4680

www.poway.org/swim

Costs:

Daily Admission RES/NON

Adults (Ages 18+) \$2.50/\$5.00

Youth and Seniors (Ages 60+) \$2.00/\$4.00

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

Season and Yearly Passes www.poway.org/swim

Hours:

Winter (Through Mar 29)

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

Saturday/Sunday CLOSED

Spring (Mar 30-June 14)

Monday/Wednesday/Friday 10:30am-7:30pm

Tuesday/Thursday 8:00am-7:30pm

Saturday/Sunday 10:30am-5:00pm

Long Course (offered through May 28)

Tuesday/Thursday 8:00am-1:30pm

Pool Closed May 1 at 1pm Swim Meet

May 2-3 all day

Information: www.poway.org/swim

Family Swim - Begins April 4

Bring the family, along with your toys, rafts, fins, snorkels, and inner tubes, and enjoy all the benefits of a family. Items not provided by Swim Center. Proof of residency will be required for the reduced family swim rate.



RES/NON

Sat/Sun	10:30am-1:00pm	\$8.00/\$11.00 per Family
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Aquatic Safety

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

Birthday Party Package:

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

Swim Lessons

Spring Swim Lesson Assessments | All Ages

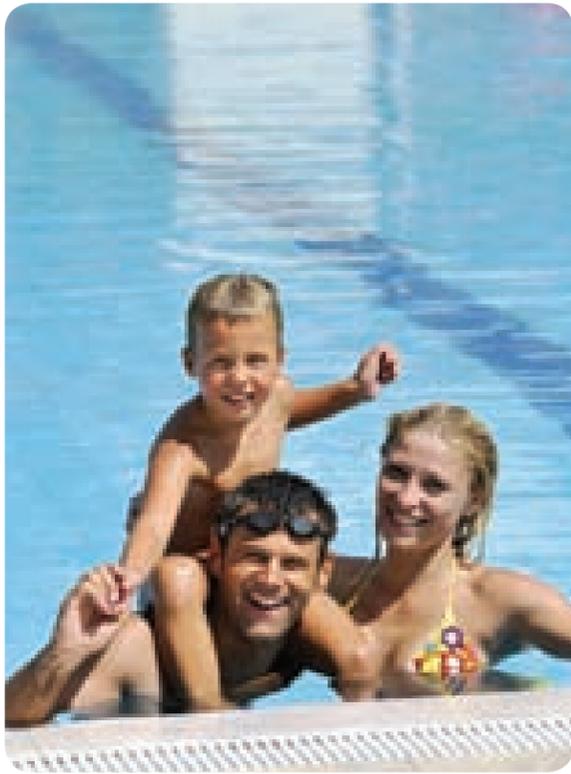
Make an appointment to have a free swim lesson assessment. It is highly recommended for determining the appropriate placement level for participants. Call: (858) 668-4680.

Swim Lesson Registration

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

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

Please Note: *There will be no classes on Monday, May 25; instead classes will be held on Friday, May 29.



Parent/Child | Ages 6-24 months

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

			RES/NON
0020.400	MW 4:20-4:50pm	Apr 13-Apr 29	\$39/\$49
0020.401	TTH 6:00-6:30pm	May 12-May 28	\$39/\$49

Pre-Grunion | Age 2

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

			RES/NON
0030.400	MW 5:10-5:50pm	Apr 13-May 6	\$52/\$62
0030.401	TTh 5:10-5:50pm	Apr 14-May 7	\$52/\$62
0030.402	TTh 3:30-4:10pm	May 12-Jun 4	\$52/\$62

Grunion 1 | Ages 3-4

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

			RES/NON
0121.400	MW 3:30-4:10 pm	Apr 13-May 6	\$52/\$62
0121.401	MW 4:20-5:00 pm	Apr 13-May 6	\$52/\$62
0121.402	MW 5:10-5:50 pm	Apr 13-May 6	\$52/\$62
0121.403	TTH 4:20-5:00 pm	Apr 14-May 7	\$52/\$62
0121.404	TTH 6:00-6:40 pm	Apr 14-May 7	\$52/\$62
0121.405	MW 3:30-4:10 pm	May 11-Jun 3*	\$52/\$62
0121.406	MW 4:20-5:00 pm	May 11-Jun 3*	\$52/\$62
0121.407	MW 5:10-5:50 pm	May 11-Jun 3*	\$52/\$62
0121.408	TTH 3:30-4:10 pm	May 12-Jun 4	\$52/\$62
0121.409	TTH 4:20-5:00 pm	May 12-Jun 4	\$52/\$62



Grunion 2 | Ages 3-5

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

			RES/NON
0122.400	MW 3:30-4:10 pm	Apr 13-May 6	\$52/\$62
0122.401	MW 4:20-5:00 pm	Apr 13-May 6	\$52/\$62
0122.402	MW 6:00-6:40 pm	Apr 13-May 6	\$52/\$62
0122.403	TTH 3:30-4:10 pm	Apr 14-May 7	\$52/\$62
0122.404	TTH 4:20-5:00 pm	Apr 14-May 7	\$52/\$62
0122.405	TTH 5:10-5:50 pm	Apr 14-May 7	\$52/\$62
0122.406	TTH 6:00-6:40 pm	Apr 14-May 7	\$52/\$62
0122.407	MW 3:30-4:10 pm	May 11-Jun 3*	\$52/\$62
0122.408	MW 4:20-5:00 pm	May 11-Jun 3*	\$52/\$62
0122.409	MW 6:00-6:40 pm	May 11-Jun 3*	\$52/\$62
0122.410	TTH 3:30-4:10 pm	May 12-Jun 4	\$52/\$62
0122.411	TTH 4:20-5:00 pm	May 12-Jun 4	\$52/\$62
0122.412	TTH 5:10-5:50 pm	May 12-Jun 4	\$52/\$62

Grunion 3 | Ages 3-5

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

			RES/NON
0123.400	MW 3:30-4:10 pm	Apr 13-May 6	\$52/\$62
0123.401	TTH 4:20-5:00 pm	Apr 14-May 7	\$52/\$62
0123.402	TTH 6:00-6:40 pm	Apr 14-May 7	\$52/\$62
0123.403	MW 3:30-4:10 pm	May 11-Jun 3*	\$52/\$62
0123.404	TTH 4:20-5:00 pm	May 12-Jun 4	\$52/\$62

Otter Pup | Ages 3-5

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

			RES/NON
0124.400	MW 5:10-5:50 pm	May 11-Jun 3*	\$52/\$62
0124.401	TTH 4:20-5:00 pm	May 12-Jun 4	\$52/\$62



Starfish | Ages 6-12

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

			RES/NON
0221.400	MW 4:20-5:00 pm	Apr 13-May 6	\$52/\$62
0221.401	MW 5:10-5:50 pm	Apr 13-May 6	\$52/\$62
0221.402	TTH 3:30-4:10 pm	Apr 14-May 7	\$52/\$62
0221.403	TTH 6:00-6:40 pm	Apr 14-May 7	\$52/\$62
0221.404	MW 4:20-5:00 pm	May 11-Jun 3*	\$52/\$62
0221.405	TTH 5:10-5:50 pm	May 12-Jun 4	\$52/\$62

SESSION 1

SESSION 2

Seahorse | Ages 6-12

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

			RES/NON
0222.400	MW 5:10-5:50 pm	Apr 13-May 6	\$52/\$62
0222.401	TTH 4:20-5:00 pm	Apr 14-May 7	\$52/\$62
0222.402	MW 4:20-5:00 pm	May 11-Jun 3*	\$52/\$62
0222.403	MW 6:00-6:40 pm	May 11-Jun 3*	\$52/\$62
0222.404	TTH 5:10-5:50 pm	May 12-Jun 4	\$52/\$62

Otter | Ages 6-14

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

			RES/NON
0223.400	MW 6:00-6:40 pm	Apr 13-May 6	\$52/\$62
0223.401	TTH 5:10-5:50 pm	Apr 14-May 7	\$52/\$62
0223.402	MW 5:10-5:50 pm	May 11-Jun 3*	\$52/\$62
0223.403	MW 6:00-6:40 pm	May 11-Jun 3*	\$52/\$62
0223.404	TTH 5:10-5:50 pm	May 12-Jun 4	\$52/\$62
0223.405	TTH 6:00-6:40 pm	May 12-Jun 4	\$52/\$62



Seal | Ages 6-16

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

			RES/NON
0321.400	MW 6:00-6:40 pm	Apr 13-May 6	\$52/\$62
0321.401	TTH 5:10-5:50 pm	Apr 14-May 7	\$52/\$62
0321.402	MW 5:10-5:50 pm	May 11-Jun 3*	\$52/\$62
0321.403	MW 6:00-6:40pm	May 11-Jun 3*	\$52/\$62
0321.404	TTH 6:00-6:40pm	May 12-Jun 4	\$52/\$62

Sting Ray | Ages 6-16

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

			RES/NON
0322.400	MW 6:00-6:40pm	Apr 13-May 6	\$52/\$62
0322.401	TTH 3:30-4:10 pm	Apr 14-May 7	\$52/\$62
0322.402	TTH 6:00-6:40 pm	May 12-Jun 4	\$52/\$62

Dolphin | Ages 6-16

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

			RES/NON
0323.400	MW 6:50-7:30pm	Apr 13-May 6	\$52/\$62
0323.401	TTH 6:50-7:30pm	Apr 14-May 7	\$52/\$62
0323.402	MW 6:50-7:30pm	May 11-Jun 3*	\$52/\$62
0323.403	TTH 6:50-7:30pm	May 12-Jun 4	\$52/\$62



Swim Lessons (cont'd)

Swordfish | Ages 6-16

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

			RES/NON
0324.400	MW 6:50-7:30pm	May 11-Jun 3*	\$52/\$62
0324.401	TTH 6:50-7:30pm	May 12-Jun 4	\$52/\$62

Adult Beginner | Ages 16+

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

			RES/NON
0521.400	MW 6:50pm-7:30pm	Apr 13-May 6	\$52/\$62
0521.401	TTH 6:50pm-7:30pm	Apr 14-May 7	\$52/\$62
0521.402	MW 6:50pm-7:30pm	May 11-Jun 3*	\$52/\$62

Adult Intermediate | Ages 16+

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

			RES/NON
0522.400	MW 6:50pm-7:30pm	Apr 13-May 6	\$52/\$62
0522.401	TTH 6:50pm-7:30pm	Apr 14-May 7	\$52/\$62
0522.402	TTH 6:50pm-7:30pm	May 12-Jun 4	\$52/\$62

Water Exercise | 16+

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



Red Cross Lifeguard Training | Ages 15+

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

			RES/NON
0700.302	T/Th 5:00-8:00pm	Mar 10,12,17,19	\$135/\$145*
	Sat 8:00am-5:00pm	Mar 14,21	
0700.400	M-Th 8:00am-5:00pm	Apr 6-9	\$135/\$145*
0700.401	T/Th 5:00-8:00pm	Apr 21,23,28,30	\$135/\$145*
	Sat 8:00-5:00pm	Apr 18, 25	

*Includes \$35 Red Cross certification fee

Private Lessons | All Ages

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

RES/NON
\$26/\$36 Per lesson

SESSION 1

SESSION 2



Red Cross Water Safety Instructor | Ages 16+

The American Red Cross Water Safety Instructor training course teaches the skills needed to teach swim lessons. Upon successful completion of the course, participants will earn their Water Safety Instructor certification. There is a water skills test on the first day of class – failure to complete the following skills will result in immediate dismissal: Swim Front Crawl 25 yards, Back Crawl 25 yards, Breaststroke 25 yards, Elementary Backstroke 25 yards, Sidestroke 25 yards, Butterfly 15 yards; you will also need to maintain position on back for 1 minute in deep water (floating or sculling); students will need to tread water for 1 minute. **100% attendance is required.** Class fee includes the books needed for the course. **Prerequisite: Participants must be 16 years of age by the first day of class.**

			RES/NON
0701.400	Wed 4:00-8:00pm	Apr 29, May 6,13,20	\$200/\$210*
	Sat 8:00am-5:00pm	May 9,16	

*There is a \$35 fee that all students will have to pay directly to the American Red Cross.

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

Celebrate at Community Park!

Secure a great location for your next birthday party, baby shower, corporate event, or family picnic! Community Park has four rentable picnic areas to choose from, all equipped with BBQs and room for inflatable bounce houses. Information and pricing can be found at www.poway.org or by calling (858) 668-4580.

NEW! In The Park Series

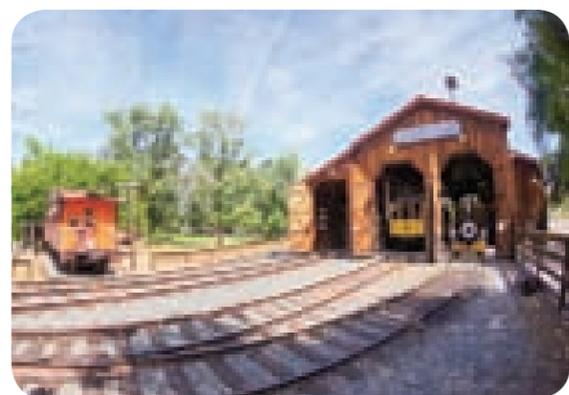
Express your creativity while constructing a masterpiece, challenge your friends to a game of Apples to Apples, enjoy the sweet sounds of music, or make home-made slime in whatever color you want! Community Park's In The Park Series will bring you two hours of themed-fun that's sure to provide exciting,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

Monday	10:00am-12:00pm	April 6	Music Theme
Monday	10:00am-12:00pm	May 25	Fitness Theme



Old Poway Park

Information: www.poway.org/oldpowaypark



Location:
14134 Midland Road

Information:

(858) 668-4576

www.poway.org/oldpowaypark



Farmers Market

Come experience the "City in the Country" Farmers Market every Saturday, from 8:00 am to 1:00 pm on Midland Road at Old Poway Park. Rain or shine! Information: (858) 668-4575.

Historical Tours

Book a fun, easy, educational field trip for 20 or more participants for just \$4 each. Reservations for Tuesday through Thursday tours can be made by calling (858) 668-4576. Information: www.poway.org/oldpowaypark.

Sam Hinton Folk Festival

The San Diego Folk Heritage will host the FREE, Annual Sam Hinton Folk Festival. This event includes a variety of musical performances (from olde time to bluegrass jams), storytelling, music workshops, a family country dance, and an open-mic stage. Information, call: (858) 566-4040.

Folk Festival!

Sunday, June 20
10:30 am to 5:00 pm



Lake Poway

Information: www.poway.org/lakepoway



Spring Camping Series

Sleep under the spring stars! Set up your tent and explore the park at your own pace. Hike the numerous trails; drop a line to catch a fish; cruise the lake on a motorboat; or simply relax by your campsite and enjoy all the natural beauty that Lake Poway offers. Fishing permits and boat rentals are not included, but may be purchased for a nominal fee. No alcohol is permitted. This is a rain or shine event! Information: (858) 668-4770 or www.poway.org/lakepoway.

9039.400	Fri-Sat	1pm-10am	Apr 17-18	\$25
9039.401	Fri-Sat	1pm-10am	May 15-16	\$25
9039.402	Fri-Sat	1pm-10am	May 29-30	\$25

Location:

14644 Lake Poway Road

Park Hours:

Daily, 6:00am to Sunset

Fishing & Boating Hours:

Spring & Summer Wed-Sun, 6:00am to Sunset

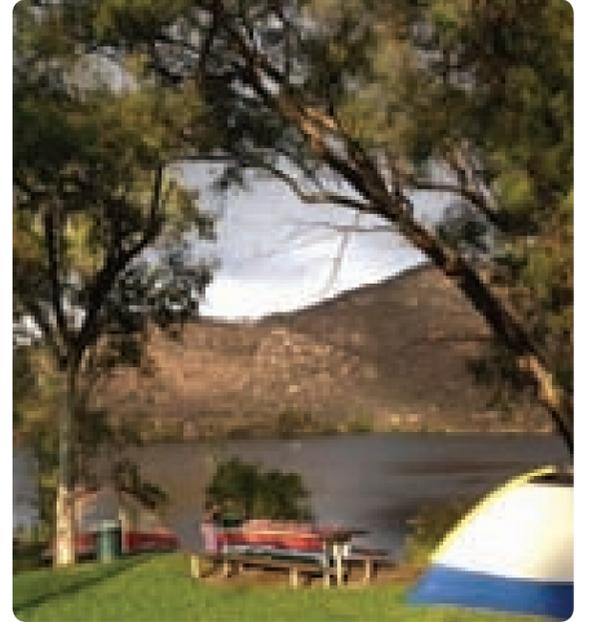
Information:

(858) 668-4770 www.poway.org/lakepoway
 Park/Pavilion Reservations (858) 668-4580
 Lake Poway Concession (858) 668-4778

Entry Station Open Weekends and Holidays
 February 28 through November. Non Residents
 fee is \$5.00 per vehicle and \$2.00/motorcycle.
 There is no charge for Poway Residents.

Trout Season Continues at Lake Poway!

Don't worry, you still have time to catch your share of Nebraska Chaulk Mound Ranch's finest "Tail Walking" rainbow trout, as Lake Poway continues to be stocked through April. We have the best permit and boat prices in the area, along with a full-service concession. For additional information or to view the complete stocking schedule, visit us at www.poway.org/lakepoway or call (858) 668-4770.



Blue Sky Ecological Reserve

Information: www.poway.org/bluesky



Location:

Espola Road, 1 mile north of Lake Poway Road

photo: Brad Petersen

Reserve Hours:

Daily, Sunrise-Sunset

Information:

(858) 668-4781 or www.poway.org/bluesky

Blue Sky is a 700-acre ecological reserve. Fully-trained docents offer hands-on experiences to identify and observe plants and animals, and provide 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.

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.



FREE Docent-led Nature Walks

Find our Activities Schedule on the website or at City Hall Community Services Department, Lake Poway, or at the Reserve. Wear comfortable shoes, a hat, and carry plenty of water. All hikes begin at the south end of the parking lot. Group walks available by reservation.

WILDLIFE PROGRAMS



Predator vs. Prey

All animals must eat to survive. Predators are always on the lookout for a meal, and prey is always trying to avoid being eaten! Both must adopt strategies to gain the advantage. Let's look at chasing, stalking, ambushing, weaponry, camouflage, trickery, and other mechanisms predators and prey employ in this constant battle for survival. Afterwards, create your very own food chain to take home!

Saturday, March 28 10:00 am-12:00 pm \$3 per person

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

Sycamore Canyon Goodan Ranch Preserve

Information: www.sdparks.org



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

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

Goodan Ranch Spring Programs

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

April

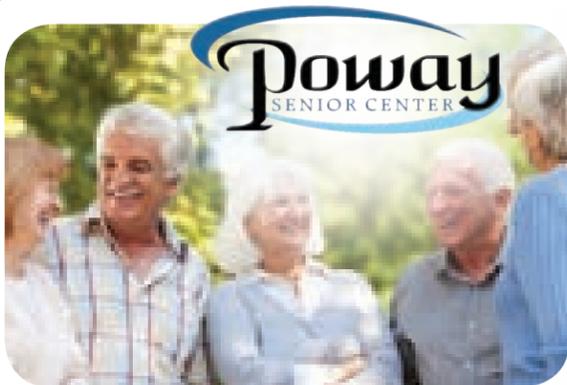
Star Party

Friday, April 17, 2015 | Sunset



Poway Senior Center

Information: www.powayseniorcenter.org



Location:

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

Hours:

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

Information:

(858) 748-6094

Check our website for updated programs, activities, and schedules. www.powayseniorcenter.org

La Bella Bistro:

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

Need a Ride to Lunch?

Call Paul Boston, Nutrition Manager at (858) 748-6094 x 304 for details.

Win Your Share of \$5,000 in Cash!



The best fun in Poway Twice a Week!

Open to everyone 18 and up. All proceeds support Poway Senior Center programs and services. Come have fun and win!

Every Saturday, 5:30pm
Every Tuesday, 12:15pm

Monthly Opportunity Drawings

Open to the Public!



Every month it's something new! Every month in our lobby we have a new themed giftbasket that you can enter to win. Tickets are sold at the Reception Desk.

\$1.00 per ticket or 6 for \$5.00

Poway Library

Information: www.sdcl.org

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. www.sdcl.org

Children's Programs

- Storytime: Monday-Friday at 10:30am
- Baby Storytime: Tuesdays at 9:45am
- PJ Storytime: Third Wednesday of the month at 7:00pm
- Monday Funday Craft: Monday, March 9, March 16 and April 20, 3:30-4:30pm
- Elementary Book Club, Level 1: Friday, March 20 and April 17, 4:00-4:30pm
- Elementary Book Club, Level 2: Friday, February 27, March 27 and April 24, 4:00-4:30pm

Special Event for All Ages
Nowruz Celebration: Persian New Year,
Wednesday, March 25 at 6:00pm

Teen Programs

- Teen Thursdays: Thursdays at 4:00-5:00pm
- Teen Book Club: Thursday, February 19, March 19 and April 16
- Teen Movie: Thursday, February 26, March 26 and April 23
- Teen Gaming: Thursday, March 12 and April 9

Adult Programs

- Acoustic Showcase Concert Series: Second Saturday of the month at 2:00pm
- Poway Library Book Club: Third Tuesday of the month at 6:30pm
- Author Visit: Poway Author C.L. Hoang, Saturday, April 18 at 11:00am

Poway Center for the Performing Arts

Information: www.powaycenter.com



Location:
15498 Espola Rd, Poway, CA 92064

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

Closed Sunday-Thursday, and major holidays.

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

Art Gallery & Facility Tue-Fri 9:00am-5:00pm
Sat 10:00am-3:00pm

Closed Sunday, Monday, and major holidays.

Information:
Administration (858) 668-4693
Box Office (858) 748-0505
www.powaycenter.com

The Poway Center for the Performing Arts (PCPA)

The Poway Center for the Performing Arts is an 800 seat, state-of-the-art theatre owned and operated by the City of Poway. The PCPA hosts 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, the PCPA is the perfect venue for professional performances and community-based productions from September through June.



POWAY CENTER *for the* PERFORMING ARTS

Purchase Tickets the Easy Way!

Tickets are available online, over-the-phone, or at our Box Office. Choose the method that works best for you! View upcoming shows and purchase tickets online at www.powaycenter.com. Handling fees vary; see our website for details.

Get Involved!

Become a part of the theatre world without ever stepping on stage! Our team of volunteer ushers provides valuable show services, such as taking tickets and assisting patrons to their seats. Sign-ups occur throughout the year and volunteers earn free tickets to performances.
Information: www.powaycenter.com or (858) 668-4795.

Upcoming Art Exhibits

Visit the PCPA, 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.

March
Poway Woman's Club
Mixed Media



April
North County Society
of Fine Arts
Mixed Media



May
Palomar Council PTA
Visual Arts &
Photography from
PUSD Students



For more details about the exhibits and artists, visit www.powaycenter.com.

Poway Center for the Performing Arts Foundation Presents

Poway Presents... 2014-2015 Professional Performance Series

FRED ASTAIRE
FRANCHISED DANCE STUDIOS presents
RANCHO BERNARDO

BALLROOM WITH A TWIST
SATURDAY
FEBRUARY 28, 2015
8 PM

ballroom with a twist

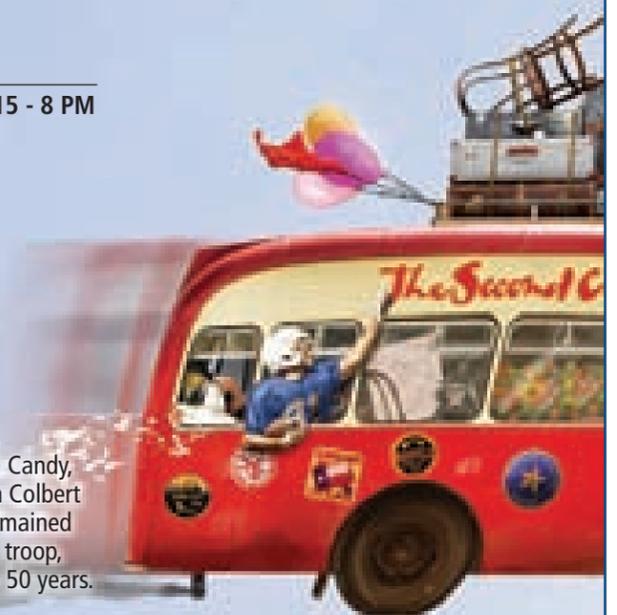
"Flirty and fun...Combining performers from Dancing with the Stars, So you think You Can Dance and American Idol, this star-studded affair is one you will not want to miss...!"
— Examiner



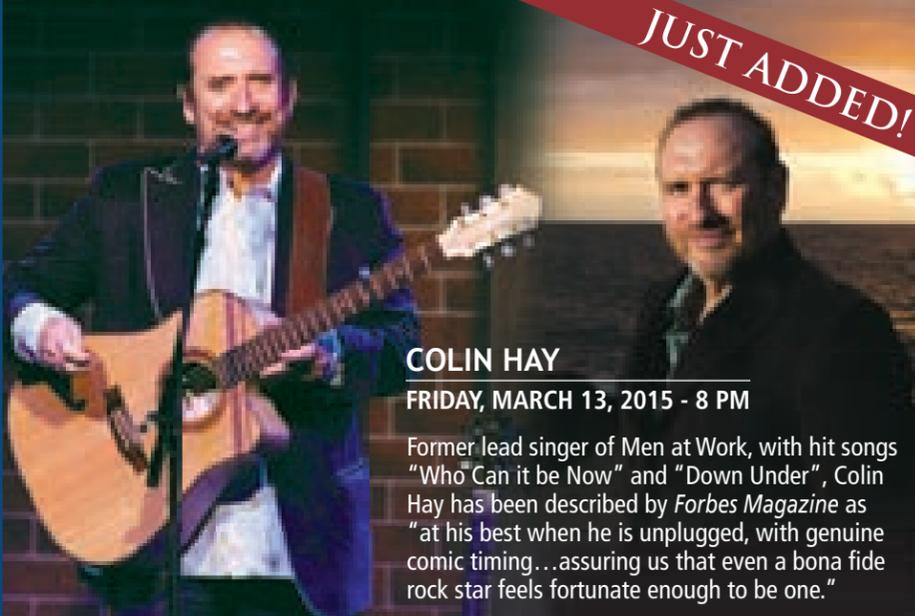
THE SECOND CITY
55th Anniversary Tour
SATURDAY, MARCH 28, 2015 - 8 PM

The Second City
55TH ANNIVERSARY TOUR

With alumni as John Belushi, Mike Myers, Bill Murray, John Candy, Steve Carrell, Tina Fey, Steven Colbert and more, Second City has remained the world's premiere comedy troop, delighting audiences for over 50 years.



JUST ADDED!



COLIN HAY
FRIDAY, MARCH 13, 2015 - 8 PM

Former lead singer of Men at Work, with hit songs "Who Can it be Now" and "Down Under", Colin Hay has been described by *Forbes Magazine* as "at his best when he is unplugged, with genuine comic timing... assuring us that even a bona fide rock star feels fortunate enough to be one."



Dinner on the Plaza is now available before every Foundation performance beginning at 6:00 pm. Dinner on the Plaza requires an additional ticket, which will include a gourmet buffet meal catered by Café Merlot. Dinner tickets also include one beverage (alcoholic and non-alcoholic beverages). A ticket to the evening's performance is required in order to purchase a Dinner on the Plaza ticket.

POWAY CENTER *for the*
PERFORMING ARTS
FOUNDATION

www.PowayArts.org
858.748.0505

Sponsored in part by





FALL/WINTER CELEBRATION 2014

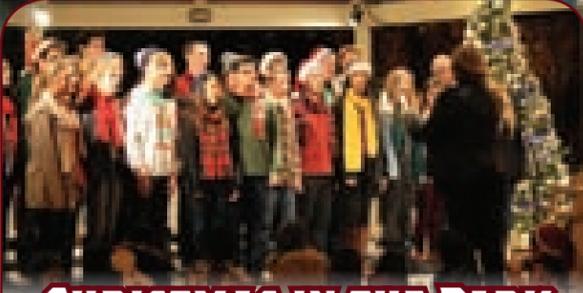


WINTER FESTIVAL

Snow in Poway was all the buzz this January. Over 9,000 people enjoyed a bigger snow hill and play area, ice skating, roasting s'mores by the campfire, taking pictures in the photo booth, and so much more at this year's annual Winter Festival event.

Sponsors:

- Kelchlin Construction**
- Lowe's**
- Toyota of Poway**
- Close5**
- Kaleo Marketing**
- Cox Communications**



CHRISTMAS IN THE PARK

The newly-expanded Christmas in the Park was a huge success! The event provided a magical, Dicken's-style Christmas for over 12,000 participants.

- Sponsors:**
- The Home Depot**
 - ER Management**
 - Walter Andersen Nursery**



RENDEZVOUS IN POWAY

Over 500 students attended this year's educational tours of Rendezvous in Poway, and thousands attended the weekend event. Those in attendance experienced great, living history in the time of the turn-of-the-twentieth-century.



HOOT, HOWL & PROWL

Want to meet Blue Sky's wildlife up close and personal? More than 200 visitors did so in October at our annual Hoot, Howl, and Prowl event.



FALL CAMPING SERIES

Dozens of campers enjoyed Lake Poway's crisp autumn air, natural beauty, and dazzling nighttime sky during the inaugural 2014 Fall Camping Series. The family-friendly series was a smashing success and will return in 2015 with both a fall and spring series!

THANKS TO OUR MANY SPONSORS!



REGISTRATION

Registration begins **MARCH 3**
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.

WATER WISE

Where does our water come from?

Most of us know how critical water is, but how many of us actually know where our water comes from? Before we can fully grasp the current statewide drought, it helps to first understand where our water comes from. If you've lived here for any length of time, you have probably noticed that it doesn't rain here very often and San Diego County is a dry climate. As a region, we are dependent on water from outside of San Diego.

Poway does not have large underground water supplies, so nearly all of our water is imported. The City of Poway buys untreated water from the San Diego County Water Authority (SDCWA). This water is then treated at the City's water treatment plant. In addition, some of the water purchased is stored in Lake Poway.

The SDCWA imports 80% of its water. This means that only 20% of the County's water needs are met by local sources such as groundwater or reservoirs. The region's imported water comes from two key sources: the State Water Project and the Colorado River. The State Water Project provides water to an estimated 25 million Californians while the Colorado River delivers water to 30 million people across seven states. The State Water Project is a series of dams, reservoirs, and aqueducts and provides 20% of the region's water. The Project delivers melted snowpack and rainfall runoff as water from the Sacramento Delta to Southern California through 450 miles of aqueduct. The remaining 60% of imported water comes from the Colorado River.

While this winter's rainfall and continued conservation has provided some crucial relief



The California aqueduct transports about 20% of San Diego County's water from the Bay Delta in Northern California

from the drought, it's only a small step in the right direction to address multiple years of rainfall deficits. Most of the state's stored water has been used over the last three years. Refilling reservoirs, underground aquifers and rebuilding the snowpack will require more than one wet winter. It is important that we continue to conserve water today that can be used tomorrow.

Pure Water, Local Water

Rain in Poway is always welcome, as it allows us to stop landscape irrigation for a while and reduce water use, but it has essentially no effect on water supply. Most of the water used in San Diego County, including Poway, is imported from far away, primarily from northern California (the Sacramento delta) and the Colorado River. However, multiple projects are underway to provide local water supplies and reduce the area's reliance on imported water.

One local source of water is the ocean. The Carlsbad Desalination Project is expected to begin operating next year. This project is expected to provide the County with approximately seven percent of its total water supply by 2020.

Another source of local water is recycling. Although the City of San Diego currently produces some recycled water, it can only be used on landscaping. In addition, the use is limited due to the need for construction of a separate piping system ("purple pipes"). In Poway, such pipes only exist in the South Poway Business Park, and it is very expensive to extend them to other areas.

"Pure Water San Diego" is a 20-year program proposed to divert millions of gallons of wastewater per day from the San Diego Metro wastewater system into an Advanced Water Purification Facility. At the facility, the water will be treated through a multistep process that includes membrane filtration, reverse osmosis, and use of ultraviolet light and hydrogen peroxide. The water will then be blended with imported water in the San Vicente and Otay Reservoirs. Lastly,

the treated and blended water will be sent to a drinking water treatment plant. This process uses only about half of the energy of desalination, and the resulting purified water meets all federal and state drinking water standards.

Diversion of all that wastewater has an additional benefit in that it will eliminate the need for expensive upgrades to the Point Loma Wastewater Treatment Plant. Currently, the City of San Diego has a special permit allowing it to treat wastewater to a lesser extent than other plants in the United States, however, this permit is expiring. The cost to upgrade the plant from its current advanced primary treatment method to the required secondary treatment would be approximately \$1.8 billion. Diverting flow for Pure Water will enable the plant to produce water with decreased levels of pollutants and allow it to achieve "secondary equivalency," meeting discharge requirements without the need for such expensive upgrades.

The City of Poway is one of twelve participating agencies that send wastewater to the City of San Diego for treatment and we pay San Diego for this service. If the Point Loma secondary equivalency and Pure Water efforts are successful, Metro wastewater ratepayers will avoid about \$300 million in costs (the current estimated difference between constructing secondary treatment at Point Loma and implementing Pure Water). Additionally, by 2035, 83 million gallons per day of new local water supply will be developed and could further offset water and/or wastewater costs.

STORM TIPS – BEFORE AND DURING A STORM Things you can do to protect yourself, your family and your property

BEFORE SEVERE WEATHER:

- Build an emergency supply kit, which includes nonperishable food, water, a battery-powered or hand-crank radio, batteries and extra flashlights. You may also want to prepare a portable kit and keep it in your car in case you are told to evacuate. This kit should include a pair of goggles and disposable breathing masks for each member of the family.
- Create a family emergency plan. Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together, and what you will do in case of an emergency.
- Continually monitor the media – Be aware of storms that could impact your area.
- Know how you will be warned in an emergency
- Know if you live or work in a flood-prone area.
- Know where to shelter (interior room/hall, bath-

room, closet, etc.) in case conditions warrant. Also, know where the shelters are located in your area.

- Ensure that your home is ready:
 - Elevate items in case of flooding.
 - Bring outside items indoors so that they will not be blown around and damaged.
 - Remove dead or rotting trees and branches that could fall and cause injury or damage.
- Know how to shut off utilities to your home, including power, water and gas. Have proper tools ready and nearby.
- Find out what types of events and damages are covered by your insurance policy. Keep insurance policies, important documents, and other valuables in a safe and secure location.
- Keep fire extinguishers on hand and make sure everyone knows how to use them.

DURING SEVERE WEATHER:

- Keep an eye on the sky. Look for darkening skies, flashes of light, or increasing wind. Listen for the sound of thunder. If you can hear thunder, you are close enough to be struck by lightning.
- Heed shelter or evacuation requests made by officials or announcements on radio or television stations.
- Gather family members, bring pets indoors, and have your emergency supply kit ready.
- Close outside doors, window blinds, shades, and curtains. Stay away from doors, windows, and exterior walls. Stay in the shelter location until the danger has passed.
- During lightning, do not use wired telephones, touch electrical appliances, or use running water. Cordless or cellular telephones are safe to use.
- Remember the 30/30 Lightning Safety Rule: Go indoors if, after seeing lightning, you cannot

- count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder
- If it has been raining hard for several hours, or steadily raining for several days, be alert to the possibility of flooding.
- Do not walk through flowing water. Drowning is the number one cause of flood deaths. Six inches of swiftly moving water can knock you off your feet.
- Stay indoors and limit travel to only absolutely necessary trips. Listen to radio and/or television for updates.
- Download the mobile apps from San Diego County and the Red Cross: <http://www.sdcountyemergency.com/m/> <http://www.redcross.org/prepare/mobile-apps>

Underage Drinking: A Liability You Don't Want

Preventing underage drinking saves lives and protects our community. According to the American Medical Association, underage drinking causes nearly half of all teen car accidents. To help protect our community, the City established a Social Host ordinance. The ordinance holds adults accountable for underage drinking at their home or property when they should have known drinking was taking place, regardless of who provided the alcohol. It is everyone's responsibility to be aware of the law and ensure their children know about it. While Poway is a safe community with a low crime rate, social host violations occur every year.

For example, you may trust your teenager to host a small party downstairs and to not do anything illegal or dangerous. So, you agree to stay upstairs while your kid invites close friends



to hang out and listen to music. As the night continues, a few more friends drop by. Before you know it, the news has spread and unknown, uninvited people are in your home.

Finally, you determine the night has gotten out of hand and venture downstairs to find the refrigerator open, all of your beer and wine gone. You ask everyone to leave. The situation is over and everything can go back to normal as soon as your kids clean up, right? Maybe not.

Imagine that partygoers leave your house and head home or perhaps to another party. Along the way, that minor is pulled over by a Sheriff's deputy for erratic driving. When asked if they have been drinking, the minor admits they were drinking at your house and that you were there. A short time later, deputies knock at your

door to arrest you for violating Poway's Social Host ordinance.

It's your home, your community, and your responsibility. You can save lives by taking steps to prevent underage drinking in your home and by ensuring there is appropriate supervision for your teenager.

Eagles Fly High in Poway Scout Projects Make an Impact

Eagle Scout is the highest rank attainable in the Boy Scouting program of the Boy Scouts of America (BSA), and the City of Poway has been partnering with BSA for nearly two decades to assist eligible Scouts in attaining this extraordinary achievement. Requirements include completing an extensive service project that the Scout plans, organizes, leads, and manages.

In 2001, the City's Public Works Department enhanced their partnership with BSA by adding a Volunteer Eagle Scout Coordinator to the program. This Coordinator gives tremendous time and dedication to act as an intermediary between the City and BSA. The Coordinator assists the Scouts in navigating through their long list of required obligations and in coordinating their selected project with the most appropriate city contact.

This enhancement to the partnership proved to be the perfect combination, as the program experienced an instant gain in popularity.



Annual completed projects grew from an average of four per year to our current average, which routinely exceeds 20 completed projects every year. Although many of these projects are selected from a cumulative list of needs, Scouts are encouraged to first visit our parks and trails to see if they can develop a unique and creative idea of their own.

To date, our Eagle Scouts are responsible for the construction and installation of the majority of the kiosks you will find in our parks or at our trail-heads; construction of a 30-foot bridge along the Pomerado Trail east of Pomerado Hospital; and replacement of the shade structure along the east shore of Lake Poway. A perennial favorite is the Iron Mountain entry sign created by an Eagle Scout candidate and Ramona artist. These are just a few examples of the many enhancements our Eagle Scouts have added to our parks and trails over the

past decade and just a glimpse of what these amazing young people will continue to contribute to our community in the years to come.

Sheriff's Senior Volunteer Program

The Poway Sheriff's Senior Volunteer Patrol (SVP) provides a unique opportunity for men and women over 50 years old to give back to their community. The SVP helps the Sheriff Department keep Poway safe by acting as another set of eyes and ears and relieving deputies from nonconfrontational duties so that the deputies can remain available for more serious calls.

Poway SVP members commit to one 6-hour patrol per week. Using multiple shifts, patrol coverage is from 7:00 a.m. to 7:00 p.m., six days per week. Typical patrol duties include performing home security checks, welfare checks on homebound individuals, responding to traffic accidents and fire assists, enforcing disabled parking regulations, and completing neighborhood patrols. The SVP also supports numerous community events such as the 4th of July fireworks event, Poway Days Parade, Poway Rodeo, Tour de Poway, and Christmas in the

Park. In 2014, 47 volunteers donated over 15,000 hours of service.

Patrol members must be at least 50 years old, a U.S. citizen, in good physical health, have a valid California driver's license, automobile insurance, and pass a background check. Before they can go on patrol, volunteers must also attend a two-week SVP academy. At that time, they are issued a badge and a uniform free of charge—volunteers need only contribute their time. Anyone interested in joining the Poway SVP should call 858-232-8000.



Got The Spring Cleaning Bug?

Spring Community Clean-Up Coupon Valid Until July 7

The first of two annual clean-up coupons have been mailed to Poway's EDCO Waste and Recycling residential customers. The spring cleaning coupon is good for FREE disposal of one load of household bulky items from the end of March to July 7 at either the Ramona Transfer Station or the Escondido Transfer Station. The transfer stations are open 7:00 a.m. to 4:30 p.m. (Ramona transfer station is closed on Sundays).



Items Accepted:

- Furniture
- Appliances (charges apply for appliances containing Freon)
- Residential wood waste
- Yard waste
- Scrap metal

Directions and more information can be found on the coupon. Customers must present their coupon and a picture I.D. with the current address (or a copy of an EDCO trash bill that corresponds to the service address listed on the reverse side of the coupon) to qualify for FREE disposal.

Items NOT ACCEPTED: hazardous waste, tires, computer monitors, televisions, contractor waste, large trailer loads, and commercial truckloads of debris.

Residents and contractors performing a major renovation or property cleanup may contact EDCO at 858-748-7769 to request temporary bin service.

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Social Host Ordinance



Flower Show

April 11, 9:00am-3:00pm | Old Poway Park

Easter Egg Hunt

April 4, 8:00am | Community Park

Spring Campouts

April 17, May 15, May 29 | Lake Poway

Sam Hinton Folk Festival

June 20, 10:30am-5:00pm | Old Poway Park

Disneyland Teen Excursion:

June 12, 8:00am-11:00pm | Pickup/Drop off at Community Park, Auditorium

Weekly Farmers Market

Saturdays, 8:00am-1:00pm | Old Poway Park

Free Band Festival and Arts & Crafts Market

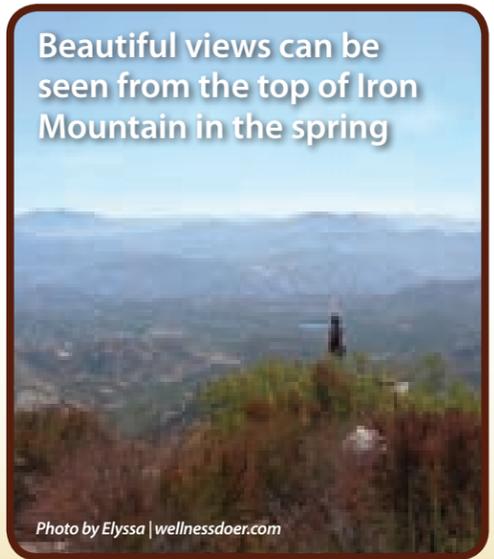
May 16 & 17, 10:00am-7:30pm | Old Poway Park

For more information on these and other Poway events, visit www.poway.org

Follow us on Twitter and like us on Facebook!

@cityofpoway

City of Poway



Beautiful views can be seen from the top of Iron Mountain in the spring

Photo by Elyssa | wellnessdoer.com

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