



## THE WORLD IS COMING, WILL YOU BE THERE?

John Steinbeck once said, "Greatness lives in one who triumphs equally over defeat and victory." Arms raised in exaltation, a smile dancing on his face, Special Olympics athlete Jareth Slade stands triumphant on the award platform after completing his track & field event and winning third place. Jareth's reaction personifies the idea that we are more than what others see or expect, and are capable of not only achieving greatness, but redefining it altogether.

This July, 7,000 athletes like Jareth will be converging on Los Angeles from around the world for the 2015 Special Olympics World Games. Prior to their arrival in Los Angeles, delegations will be enjoying the culture and community of various Host Towns throughout Southern California. The City of Poway will be one of those Host Towns, providing recreational, cultural, and community activities for the delegations of Togo and Ecuador from July 21-24.

As we prepare to showcase the greatness of Poway, we are looking to community members for their time, treasure, and talent to ensure the athletes from Togo and Ecuador love Poway as much as we do. If you would like to support our efforts and our athletes, visit the Host Town Poway website at <http://www.la2015.org/host-town/poway> to donate and learn more. Or, contact the Community Services Department to sign up to volunteer at: [csdvolunteer@poway.org](mailto:csdvolunteer@poway.org). Follow us on Facebook and Twitter for updates and for invitations to interact with the athletes! The World is coming, will you be there?



## BREAKING NEWS:

The California Water Resources Control Board will adopt formal rules on May 6 to restrict water use across the state. In order to meet the Governor's mandate, the Board is proposing rules that will require Poway to reduce its water use by 32%, when compared to water use in 2013.

The only way for us to meet this mandate, and avoid extraordinary penalties and fines, is for each resident to step up and do their part. Residents and businesses are encouraged to take advantage of rebates, free water audits, and water conservation classes. Check the City's website [www.poway.org/waterconservation](http://www.poway.org/waterconservation) for information, water-saving tips, and other resources.

The City is doing its part too. We have installed dual flush devices on more than 100 toilets in City facilities, swapped out shower heads to low flow, and are removing turf areas in most of our parks and at City facilities. In fact, this first phase of the City's turf removal will save enough water to supply 18 households for a year. Since the turf is being removed, these are permanent water savings. This just scratches the surface of what ultimately needs to be done by the City, but it is a good start.

The City is also asking residents to help stop water waste. You can call (858) 668-1215 if you see watering outside of designated days and times, water runoff, or sprinklers watering streets or sidewalks. These concerns can also be reported by emailing [customerservices@poway.org](mailto:customerservices@poway.org) or via an on-line form on the City's website at [www.poway.org/waterconservation](http://www.poway.org/waterconservation).



### What's Prohibited for Everyone:

- Using water to wash sidewalks & driveways
- Runoff when irrigating
- Using hoses with no shutoff nozzles to wash cars
- Using decorative water features that do not recirculate the water
- Using outdoor irrigation during and 48 hours following measurable precipitation

### What's Required for Business:

- Restaurants and other food service establishments can only serve water to customers on request
- Hotels and Motels must provide guests with the option of not having towels and linens laundered daily

### What Water Suppliers Must Do:

- Impose restrictions on outdoor irrigation
- Notify customers about leaks that are within the customer's control
- Report on water use monthly
- Report on compliance and enforcement

## New Water Restrictions for Poway as the Drought Persists

Despite early weather predictions for a wet winter, the rain never came and the state's reservoirs remain critically low. If that wasn't bad enough, this past winter was also the hottest on record. As of mid-March, the snowpack in the Sierras was only 17% of the annual average. California is now entering summer with a dismally small snowpack and depleted reservoirs.

The lack of a sizeable snowpack in the Sierras is incredibly dangerous for California's water supply as 30% of the state's water comes from the snowpack. In an unprecedented move and in response to another year of drought, the State Water Resources Board took a number of steps to increase water conservation including:

- Restricting outdoor watering during and 48 hours after rainfall;

- Requiring restaurants to only serve water upon request; and
- Asking hotels to offer guests the option of not having their towels and linens washed daily.

The State also required local water agencies, such as Poway, to restrict the number of days outdoor watering is allowed. In light of the critical drought conditions, the City of Poway has limited landscape watering to two designated days a week before 8 a.m. and after 8 p.m. for up to 10 minutes per watering station. Designated watering days are:

- Sunday and Thursday for homes with street addresses that end in an odd-number;



Folsom Lake 2011



Folsom Lake 2014

The dramatic effects of the drought can be seen in these before and after photos of Folsom Lake reservoir in Northern California.

- Wednesday and Saturday for homes with street addresses that end in an even-number; and
- Monday and Friday for apartments, condominiums and businesses.

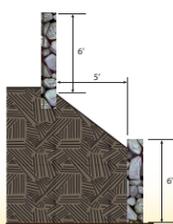
California has entered a fourth consecutive year of drought, and there's no end in sight. It is up to all of us to take action to preserve our limited and diminishing water supply. Learn more about water conservation at [www.poway.org/waterconservation](http://www.poway.org/waterconservation).

### This Issue:

#### A Vision for Poway's Future

The City's Strategic Planning process for 2015-2020 was held March 6, 2015. See what goals the council and community identified as priorities.

pg. 2



#### Residential Wall & Fence Guidelines

Learn which walls and fences require permits and which ones do not.

pg. 2

#### Emergency Vehicle Rights of Way

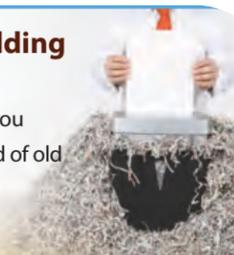
When you see the light, move to the right! Getting out of the way of emergency vehicles could help save lives. pg. 15



#### FREE Shredding Event

EDCO will help you lighten your load of old documents – confidentially

pg. 16



# A Vision for the Future

Over the past 35 years, Poway has developed into a City of unique character. The "City in the Country" is known for its outstanding quality of life, schools, open space, natural beauty and trails. The City is also recognized for its incredibly low crime rates, quality streets, robust parks system and amazing recreation programs. For this, we can thank previous City leaders who not only preserved our unique community character, but also guided our City to what it is today.

Photo: Steve Dreyer | Pomerado News



The City hosted a public workshop and included the community in the development of the 2015-2020 Strategic Plan Goals, listed below.

**The Goals of the City Council are to:**

1. **Ensure the City's Continued Financial Stability;**
2. **Support Public Safety;**
3. **Promote Economic Development;**
4. **Provide Effective City Management;**
5. **Maintain Quality of Life;**
6. **Support Water Resource Management, and**
7. **Retain and Attract Quality Staff.**

City's Strategic Plan is online at [www.poway.org](http://www.poway.org).

As a City, we have benefited from the foresight of the City's early leaders. While their vision may not have been fully captured in any one document, it certainly lives on through the City's General Plan and other guiding documents. Inspired by City planning documents, including the General Plan, the Strategic Plan outlines priorities and strategies to work toward highlighting our community's strengths and improving upon our challenges. It will serve as a road map, guiding future decision-making.

On March 6 of this year, we hosted a public workshop at Old Poway Park to develop the City's 2015-2020 Strategic Plan. During an engaging day of public, staff and Council discussion, the City Council established a set of Core Values, a Mission and Vision Statement, and seven Goals.

On April 7, the City Council adopted the Strategic Plan. While it is a five-year Plan, it is meant to be a flexible, living and working document and will be regularly updated to reflect the changing needs of the community over time. The Strategic Plan will also serve as a tool to connect staff actions and the budget to Council goals and inform the public of the City's vision for the community. The

# Residential Walls and Fences Height Requirements You Should Know About



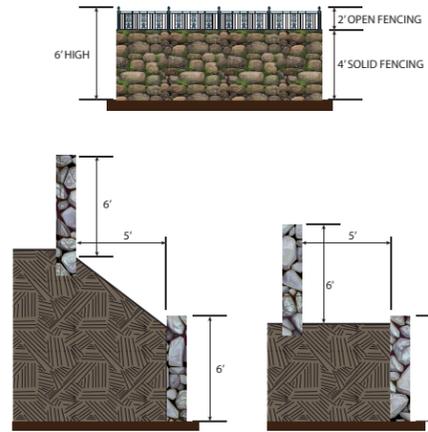
Some of the most common questions asked of staff at the counter in the Development Services Department relate to homeowners wishing to construct a wall (i.e. masonry or wood-framed with stucco) or a fence (i.e. wood, wrought iron, or vinyl) on their property. In residential neighborhoods, walls and fences are used for purposes such as privacy and visual screening, identifying a property boundary, creating a children's play yard or animal enclosure, as a noise barrier, or as an architectural or landscape element. The Poway Municipal Code (PMC) limits residential neighborhood walls and fences to a maximum height of six feet, except in limited circumstances where rear yard fencing may be permitted up to eight feet high when necessary for noise attenuation. Walls and fences can be solid except when within the front yard setback area of the property where the upper two feet of a maximum six feet high fence must be primarily open.

limitation of six feet. Where a fence is on top of a retaining wall, the combined total height is limited to six feet as well. If additional height is needed, multiple walls (with a maximum height of six feet each) are required to have a five-foot landscaped area between retaining walls or between the retaining wall and fence.

The City does not require a building permit for: (1) Walls or fences up to six feet in height; and (2) Retaining walls which are not over four feet in height (measured from the bottom of the footing to the top of the wall).

Property owners need to be careful to keep walls and fences entirely on their own property (i.e., not on their neighbor's property or in the City right-of-way), and not install them over easements. Development Services Department staff is happy to answer your questions on your wall or fence project. For specific information about residential fence and wall standards go to Section 17.08.240 of the Poway Municipal Code available at [www.poway.org](http://www.poway.org), or call us at (858) 668-4600.

## Wall and Fencing Guidelines



# HOW TO MAINTAIN WILDFIRE DEFENSIBLE SPACE FOR YOUR HOME

With warm temperatures fast approaching and another year of little rainfall, homeowners are encouraged to continue to maintain their defensible space in and around their homes. Here are some guidelines and tips to follow:

- *Flammable native vegetation should be thinned and cut back to no more than six inches above the ground. You may need to do this several times a year (even in the rainy season) since the plants grow back.*
- *Do not, however, completely remove all vegetation because that would leave the ground bare. Some vegetation is necessary to prevent erosion. When native vegetation is completely removed for fire control, bare soil is particularly vulnerable to soil erosion and undesirable invasive plant species.*
- *Remove dead and dying vegetation.*
- *Maintain defensible space by cleaning up plant litter and watering properly. Trees and shrubs can be maintained by deep watering at least once a month for drought tolerant species and once a week for plants requiring more water. Ensure that your watering practices are consistent with the City's water conservation requirements.*
- *Trim trees so that branches are at least six feet from the ground and ten feet from your chimney. Remove branches overhanging your roof.*
- *Call your utility company for help with trees near power lines. Never trim them yourself.*
- *During the hot summer months, work outside early in the morning when moisture levels are higher and*

*temperatures are lower. Make sure your power tools have spark arresters to prevent equipment-caused fires.*

- *Ask your local nursery about landscaping with beautiful, fire-resistant, and drought-tolerant plants.*
- *Make sure you understand where open space-easements or environmentally protected areas may exist on your property. City staff can assist you in identifying these areas.*

Finally, if you have questions or would like more information, please contact the City of Poway's Wildfire Defensible Space hotline at (858) 668-4611 or visit [www.poway.org](http://www.poway.org) and enter a keyword search for "defensible space."

## Fuel Modification Zones

(A & B below) identify the type of fire prevention activities that should occur within the 100-foot defensible space area around a home or structure.



# Teens and Our #Social Media Society



Social networking sites, chat rooms, virtual worlds and blogs have become the common mode of communication for our teens. It is extremely important that adults take an active role in helping our kids navigate these spaces safely. Education and communication with our children is the key to protecting them and helping them to make wise decisions. Inform your teen that on-line posts on any social media platform never disappear and are never fully anonymous. Remind your kids that online actions have consequences. They should only post what they are comfortable with others seeing. Encourage your kids to think about the language they use online, and to think before posting pictures and videos. Employers, college admissions officers, coaches, teachers, and the police may view the posts. Most importantly, remind your kids that once they post it, they can't take it back.

As parents, we should start talking to our kids about the appropriate use of social media as soon as the child begins using a computer or other mobile electronic device. The following are some tips on how to start those conversations:



1. **Start early** – As soon as the child has access to the internet.
2. **Initiate the conversation** – Talk about news stories that may relate to cyberbullying or texting and driving.
3. **Clearly communicate your expectations** – Be specific about what is considered off-limits on the internet.
4. **Be patient and supportive** – Work hard to keep the lines of communication open, even if you learn your child has done something online that you find inappropriate. Listening and taking your child's feelings into account helps keep conversations afloat.

The internet is the way society obtains information in this century and is a fantastic resource; however, we must be diligent in protecting our children from the ramifications of social media pitfalls.

Visit [www.SmartCyberChoices.org](http://www.SmartCyberChoices.org) for additional tips on how to use social media wisely.

# POWAY Community Services



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

## SUMMER 2015

Registration begins MAY 12

**July is Parks and Recreation Month!**  
*But the outdoor fun continues all summer long!*

**Parks Make Life Better!**

**FACILITY RENTALS**

**HOSTING A SUMMER PARTY?**

Whether you want to watch the sun set over a picnic dinner, dance the night away at your wedding, or host a family gathering or reunion, our beautiful indoor and outdoor facilities and parks are the perfect location. It's where memories are made! For information: [www.poway.org](http://www.poway.org) or (858) 668-4580.

**OLD-FASHIONED 4th of July**

**FREE for the Whole Family!**  
**Saturday, July 4th**  
**10:00am-4:00pm**

Bring your family and friends to Old Poway Park and celebrate our country's independence "turn-of-the-20th-century-style". This event will feature patriotic entertainment, gun fighting re-enactments, free crafts, and old-fashioned games. Tasty treats and rides aboard the 1907 Baldwin Steam Engine will be available for a nominal fee.  
 Information: (858) 668-4576 or [www.poway.org/oldpowaypark](http://www.poway.org/oldpowaypark)

**4th of July Fireworks Show!**

Enjoy spectacular fireworks as they light up the sky over Poway High School Stadium at 9:00 pm. Gates open at 6:00 pm.

Games, activities, and a DJ spinning the tunes round out the fun. Contributions to the Fireworks Trust Fund are always welcome. Call (858) 668-4682 to donate.  
 Information: [www.poway.org](http://www.poway.org)

**Poway High School Stadium**  
**Sat, July 4, 6:00pm-10:00pm**  
 \$5/Person at the gate\*  
 Children 11 & under FREE  
 \*Includes \$3 donation to Host Town Poway

**2015 SUMMER CONCERT SERIES**

Special Olympics World Games Host Town Poway presents "The Mighty Untouchables" concert  
**June 22, 5:30pm at Lake Poway - \$5.00 donation per car**

Photo by Beverly Brooks

**FREE family fun and great tunes! Enjoy the best, local entertainment around this summer on Sundays from 5:30-7:00pm. Thanks to our sponsors: Marrokal Design & Remodeling, Cox Communications, Toyota of Poway, Cymer, and Country Montessori School of Poway.**

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

Date	Location	Performer	Musical Style
June 28	Lake Poway	Britain's Finest	Beatles
July 12	Lake Poway	Gary Seiler & the Coast Riders	Jimmy Buffet
July 19	Old Poway Park	Chris Clark & Plow	Americana
July 26	Lake Poway	Classic Chrome Revue	Motown
Aug 2	Old Poway Park	The Browne Sisters & George Cavanaugh	Celtic
Aug 9	Lake Poway	The Fabulous Ultratones	Party
Aug 16	Old Poway Park	Pomerado Community Band	Big Band

**21st Annual California Band Festival and Boardwalk Craft Market**

May 16 9:00am-7:00pm  
 May 17 10:00am-7:00pm

Enjoy a weekend of free music at Old Poway Park that will honor the Armed Forces and stay for the Boardwalk Craft Market.  
 Information: (858) 668-4576 or [www.poway.org/oldpowaypark](http://www.poway.org/oldpowaypark).

**SUMMER MOVIES IN THE PARK**

Enjoy a family-friendly movie under the stars during the Summer Movies-in-the-Park Series. Movies will be shown on Saturdays at sunset. Concessions will be hosted by teen volunteers to fundraise for City of Poway teen programming. Information: (858) 668-4671 or [www.poway.org](http://www.poway.org)

Date	Location	Movie	Cost
June 27	Poway Swim Center	The Sandlot	Free
July 11	Community Park	How to Train Your Dragon 2	Free
July 25	Poway Swim Center	Big Hero 6	Free
August 8	Old Poway Park	Mary Poppins	Free
August 22	Community Park	Guardians of the Galaxy	Free

**Old-Fashioned Family Days**

Come enjoy fun, quality family time! Play games, participate in "Old-Fashioned" themed activities, and enjoying the living history that Old Poway Park offers.

Date	Event	Times	Cost
May 23-24	Family Campout	8:00am Saturday-10:00am Sunday	\$25 per family Register online: <a href="http://www.poway.org/classes">www.poway.org/classes</a> #9999.100
July 17	Astronomy Night	7:00-10:00pm	FREE
Aug 14	Campfire Night	7:00-9:00pm	FREE
Oct 18	Family Picnic & Read-a-thon/ Train Photo Day	12:30-4:30pm	FREE

## Camp Payment Plans Now Available!

Make it easier on your wallet this summer – use payment plans to pay for camp! Sign your kids up now so they don't miss those popular camps. Half the cost is due at sign-up and the remainder will be due one week before the activity starts. Full details can be found at [www.poway.org/classes](http://www.poway.org/classes).

# Lake Poway Day Camp is Full!

For more information or to sign up for a waitlist, please visit: [www.poway.org/classes](http://www.poway.org/classes)

## Film/TV Production Camps

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

**NOTE: Sign up for both IncrediFlix camps and receive a materials fee discount and free lunch supervision!**

### NEW! IncrediFlix: Live Action | Ages 7-13

Do you want to have a blast making a movie? We'll guide you through the Hollywood process as you brainstorm, location scout, bring in props and costumes, and act and direct in a collaborated movie that will be fun for the entire audience. **All flix downloadable within a month after camp ends.**

**Instructor:** IncrediFlix: [www.IncrediFlix.com](http://www.IncrediFlix.com)  
**Location:** Meadowbrook Gymnasium

**5183.106 M-F 1:00-4:00pm Aug 3-Aug 7 RES/NON \$190/\$200\***  
\* \$30 materials fee due on the first day of class



### IncrediFlix: LEGO® Flix Ages 7-13

Bring your Lego worlds to life in Lego stop-motion animated flix! We provide the Legos and you provide your imagination. Participants will create a Lego set with Lego characters for a movie they storyboard, write, shoot, and add voice-over

in age-appropriate groups. **All flix downloadable within a month after camp ends.**

**Instructor:** IncrediFlix: [www.IncrediFlix.com](http://www.IncrediFlix.com)  
**Location:** Meadowbrook Gymnasium

**5183.105 M-F 9:00am-12:00pm Aug 3-Aug 7 RES/NON \$190/\$200\***  
\* \$30 materials fee due on the first day of class



### Movie Makers | Ages 10-17

This hands-on, interactive course will instruct students on the world of digital video design and production. Students will film, direct and edit their own digital video creations. Students enrolled in this course amaze their peers with green screen and special effects work.

**Instructor:** Youth Tech, Inc.: [www.youthtechinc.com](http://www.youthtechinc.com)  
**Location:** Meadowbrook Gymnasium

**9416.105 M-Th 9:00am-12:00pm Jul 20-Jul 23 RES/NON \$145/\$155\***  
\* \$10 materials fee due on the first day of class



## Science Camps

### NEW! Wonders Science: Week 1 | Ages 5-12

Wonders Science camps are hands-on fun from beginning to end! Participants will experiment with 50 hands-on projects throughout the week, including: riding hover-crafts, creating invisible inks, growing crystal gardens, steering 60-foot solar blimps, making rock board collections, floating hot air balloons, launching giant smoke rings, setting-off the ultimate Mentos geyser, building lava lamps, making glow-in-the-dark signs, casting fossils, and much more!

**Instructor:** Wonders Science  
**Location:** Community Park, Gazebo

**6573.110 M-F 1:00-4:00pm Jun 22-Jun 26 RES/NON \$118/\$128\***  
\* \$35 materials fee due first day of class

### NEW! Anatomy Academy | Ages 6-11

Mad Science is on a mission to fascinate campers with the inner workings of the human body. This heart pumping, chest pounding, dynamic discovery camp is sure to blow their minds! Children will use ooey goey ingredients to build a model cell and test their own traits to decode and decipher DNA. Campers will discover what keeps them alive as they take a trip down the organ trail. Mad mucus, canister canons, and foamy fat will thrill all junior chemists!

**Take home a body apron, digester inspector, dynamic DNA, model cell, Mad Mucus, and more!**  
**Instructor:** Mad Science of San Diego  
**Location:** Community Park, Auditorium

**6573.105 M-F 1:00-4:00pm Jul 20-Jul 24 RES/NON \$125/\$135\***  
\* \$30 materials fee due first day of class



### NEW! Wonders Science: Week 2 | Ages 5-12

Join Wonders Science for a second week of hands-on fun! This week, participants will experience a whole new set of 50 amazing experiments, making and launching amazing water and balloon rockets, creating oil tornados, collecting fossils, exploring robotics, making pinhole cameras, building barometers, splitting water and light, flying remote-controlled dragonflies, and more! This is a tremendous camp to enrich your children's thirst to know more about the world around them!

**Instructor:** Wonders Science  
**Location:** Community Park, Auditorium

**6573.111 M-F 9:00am-12:00pm Jun 29-Jul 3 RES/NON \$118/\$128\***  
\* \$35 materials fee due first day of class

### NEW! Mad Science Little Green Thumbs | Ages 4-5

Step into the garden to learn about soil, seeds, and sprouts in this camp that's sure to inspire your budding gardener. Examine fruits, vegetables, plants, and leaves, and learn about the interesting variety of creatures that live in and help your garden grow. Jump through puddles, bathe in the sun, and enjoy the cool breeze as you dig into the soil and grow with Mad Science!

**Take-home projects include: Radish plant, sun visor, bean necklace, veggie placemat and bug bracelet.**  
**Instructor:** Mad Science of San Diego  
**Location:** Old Poway Park, Templars Hall

**6573.101 M-F 9:00am-12:00pm Aug 3-Aug 7 RES/NON \$125/\$135\***  
\* \$30 materials fee due first day of class

### NEW! Mad Science Robot Recruit | Ages 5-9

Join Mad Science for an introduction to robots! Throughout the week, campers will become robot engineers as they build a unique, motorized robot that transforms into four unique creatures, each increasing in difficulty. Discover the inner workings of robots by experimenting with circuits, gears, sensors, and power supplies. Learn about robot programming and the different tasks robots perform in our world. Experiment with sound sensing, line tracking and solar-powered robots. **Take home projects include: EM4 Robot, Bugbot, Robot Hand and more!**

**Instructor:** Mad Science of San Diego  
**Location:** Old Poway Park, Templars Hall

**6573.104 M-F 9:00am-12:00pm Jun 22-Jun 26 RES/NON \$125/\$135\***  
\* \$45 materials fee due first day of class

### Mad Science All Stars | Ages 5-10

You have been selected to participate on the Mad Science All-Star team! Learn about famous scientists and inventors who were all-stars in their field of expertise. Together with your teammates, you will build super structures, create a volcanic eruption, and examine rocks formed from volcanic magma.

**Take-home projects include: magnetic soccer game, rocket racer, animal track, crystal garden, and more!**  
**Instructor:** Mad Science of San Diego  
**Location:** Lake Poway, Pavilion

**6573.108 M-F 1:00-4:00pm Jul 6-Jul 10 RES/NON \$125/\$135\***  
**Location:** Community Park, Auditorium  
**6573.109 M-F 9:00am-12:00pm Jul 27-Jul 31 RES/NON \$125/\$135\***  
\* \$30 materials fee due first day of class



### Mad Science Operation Invention | Ages 6-11

With a little bit of ingenuity, campers will be challenged to recreate some of the most important and exciting inventions of all time; including, catapults, bridges, circuits, and light bulbs! Next, they'll overcome a series of challenges using basic materials, simple machines, tips from famous inventors, and the most important tool of all – their minds! While Thomas Edison said, "invention is 10% inspiration and 90% perspiration," this camp is 100% FUN! **Take home projects include: Harmonica, Catapult, Circuit Maze, Message in a Bottle, and much more!**

**Instructor:** Mad Science of San Diego  
**Location:** Old Poway Park, Templars Hall

**6573.102 M-F 1:00-4:00pm Jun 29-Jul 3 RES/NON \$125/\$135\***  
**Location:** Community Park, Auditorium  
**6573.103 M-F 1:00-4:00pm Jul 27-Jul 31 RES/NON \$125/\$135\***  
\* \$30 materials fee due first day of class

# Science Camps (cont'd)

## Mad Science NASA Space Academy | Ages 6-11

Mad Science and NASA have teamed up to bring you the excitement and wonder of space. Learn the science involved in rocket construction as you build and launch your own rocket. Explore the farthest reaches of our solar system and create a lunar eclipse in our Mad Science planetary tour. **Take-home projects include: Skyblazer II rocket, shuttle copter, lighting launcher, catch-a-comet, and more!**

**Instructor:** Mad Science of San Diego  
**Location:** Old Poway Park, Templars Hall

			RES/NON
6573.100	M-F 1:00-4:00pm	Jul 13-Jul 17	\$125/\$135*

\* \$50 materials fee due first day of class

## Radical Reptiles & Friends Camp | Ages 5-11

Radical Reptiles and Friends will introduce participants to a unique menagerie of live animals including snakes, frogs, turtles, tortoises, lizards, bugs, and other creepy crawlies. As participants explore the animal kingdom, they will have a unique hands-on experience enhanced by art, games, and various projects related to these fascinating creatures.

**Instructor:** Radical Reptiles and Friends Instructors, Ben Hian and John Taibe

			RES/NON
6180.120	M-F 9:00-11:00am	Jun 15-Jun 19	\$115/\$125
			RES/NON
6180.121	M-F 9:00-11:00am	Jul 13-Jul 17	\$115/\$125
6180.122	M-F 1:00-3:00pm	Aug 10-Aug 14	\$115/\$125

**Location:** Lake Poway, Pavilion

## Mad Science Crazy Chem-Works | Ages 5-10

Shake up a flask of fun in the lab and become a junior chemist! Learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results. Check out the colors of chemistry with the power of pH paper and create a stopper-popping reaction. **Take-home projects include a reaction tube kit, thermo-color cup, slippery slime, Professor Beakerdude, and more!**

**Instructor:** Mad Science of San Diego  
**Location:** Community Park, Auditorium

			RES/NON
6573.106	M-F 1:00-4:00pm	Jun 15-Jun 19	\$125/\$135*

			RES/NON
6573.107	M-F 9:00am-12:00pm	Aug 10-Aug 14	\$125/\$135*

\* \$40 materials fee due first day of class

# Art Camps

## NEW! ArtVenture: Super Silly School of Art | Ages 3-6

Zany, messy, gooey, squishy arty fun! Explore textures and mixtures, stamping and squeezing, printing and painting, and so much more! Get cubed with Picasso and surreal with Dalí! Come on over to the loony side for a week of crazy creativity! All participants will receive a camp t-shirt. Please bring water and a healthy snack each day.

**Instructor:** ArtVenture  
**Location:** Old Poway Park, Parlour

			RES/NON
6182.124	M-F 9:30am-12:00pm	Jul 27-Jul 31	\$169/\$179

## NEW! Comic Book Creation Camp | Ages 8-15

Create your own Comic Book story! Be the super hero, or heroine, in your very own comic book. Participants will go through the entire creative process, from creating story lines to incorporating art to presenting their original stories to the world. We'll use all medias, drawing, sketching, cut outs, and clay to bring our comic art to life!

**Instructor:** Arimaw Productions: info@arimaw.com  
**Location:** Community Park, Auditorium

			RES/NON
6182.128	M-F 9:00am-12:00pm	Aug 10-Aug 14	\$150/\$160



## ArtVenture: Art Mania | Ages 7-17

Even if you have never picked up a paintbrush, you can design Japanese lacquerware, create mosaic glassware, learn pen and ink drawing techniques and paint a masterpiece! Develop new skills and learn new techniques to create beautiful and unique works of art! All participants will receive a camp t-shirt. Please bring water and a healthy snack each day.

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

			RES/NON
6182.120	M-F 9:00am-12:00pm	Jun 22-Jun 26	\$159/\$169

## ArtVenture: Bugs and Butterflies | Ages 3-6

Explore nature through sculpture, painting, printing, collage, drawing, and much more! We will use all kinds of art media to create stick bugs and "ick" bugs, as well as beautiful butterflies and shiny beetles! Join us as we design a garden of wonderful creatures! Along the way, we'll play games, read stories, sing buggie songs and have a great time buzzing around! All participants will receive a camp t-shirt. Please bring water and a healthy snack each day.

**Instructor:** ArtVenture  
**Location:** Old Poway Park, Parlour

			RES/NON
6182.125	M-F 9:30am-12:00pm	Jul 6-Jul 10	\$169/\$179

## Art Start Art Camp - Half Day | Ages 7-14

Enjoy a week packed full of art in the most creative camp ever! You will load up your sketchbook (provided) with fabulous drawings, create a mask cast from your own face, tie-dye t-shirts, and explore a variety of media in a fun, relaxed atmosphere. Learn to draw and paint under the gentle guidance of a professional artist. Each week will offer unique experiences! Quality art materials and snack will be provided. **Bring a washed, cotton t-shirt to the first class.**

**Instructor:** Susan Bainbridge: www.artstart1.com  
**Location:** Old Poway Park, Great Room

			RES/NON
6182.100	M-F 9:00am-12:00pm	Jul 13-Jul 17	\$120/\$130*
6182.101	M-F 9:00am-12:00pm	Jul 20-Jul 24	\$120/\$130*
6182.102	M-F 9:00am-12:00pm	Jul 27-Jul 31	\$120/\$130*
6182.103	M-F 9:00am-12:00pm	Aug 3-Aug 7	\$120/\$130*

\* \$45 materials fee due first day of class



## NEW! ArtVenture: Wicked Cool 3D Art | Ages 7-17

Art really pops! Design mobiles, work with clay, experiment with plaster and papier mache, create dimensional mosaics, and much more in this unique sculpture camp! We'll explore art and artists that really come at you while we learn about special techniques to create artworks that truly stand out! All participants will receive a camp t-shirt. Please bring water and a healthy snack each day.

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

			RES/NON
6182.122	M-F 9:00am-12:00pm	Jul 6-Jul 10	\$159/\$169

## NEW! ArtVenture: ARTSTRAVAGANZA! | Ages 7-17

Art is everywhere! Artists from around the world inspire our sculptures, acrylic paintings on canvas, 3-dimensional art, and monoprints. Join us as we travel the globe to visit galleries, museums, and art collections. Create a masterpiece (or two!) each day as we embark on our artistic adventure! All participants will receive a camp t-shirt. Please bring water and a healthy snack each day.

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

			RES/NON
6182.127	M-F 9:00am-12:00pm	Aug 10-Aug 14	\$159/\$169

## ArtVenture: Pirate Adventure | Ages 3-6

Ahoy Mateys! Come aboard as we travel to Pirate Island where we'll find treasure chests, sandy beaches, colorful parrots, and lots of fun and adventure! We create treasure maps, golden doubloons, sea monsters, ships, and more! Along the way, we'll play games, sing songs, read pirate stories, and hunt for treasure! Arrrrgh! All participants will receive a camp t-shirt. Please bring water and a healthy snack each day.

**Instructor:** ArtVenture  
**Location:** Old Poway Park, Parlour

			RES/NON
6182.121	M-F 9:30am-12:00pm	Jun 22-Jun 26	\$169/\$179

## Art Start Art Camp - Full Day | Ages 8-14

This camp is designed for the enthusiastic student with a passion for art. In addition to enjoying all the activities of the half day camp, students in the full day camp will have the opportunity for more one on one instruction. They can delve more intently into projects such as painting on canvas, printmaking, making duct tape wallets or creating mosaics. Quality art materials and snack will be provided. All full-day campers should bring a sack lunch each day. **Bring a washed, cotton t-shirt to the first class.**

**Instructor:** Susan Bainbridge: www.artstart1.com  
**Location:** Old Poway Park, Great Room

			RES/NON
6182.104	M-F 9:00am-3:00pm	Jul 13-Jul 17	\$198/\$208*
6182.105	M-F 9:00am-3:00pm	Jul 20-Jul 24	\$198/\$208*
6182.106	M-F 9:00am-3:00pm	Jul 27-Jul 31	\$198/\$208*
6182.107	M-F 9:00am-3:00pm	Aug 3-Aug 7	\$198/\$208*

\* \$65 materials fee due first day of class

## NEW! Woodworking Camp - Planes, Trains & Automobiles | Ages 6-13

Participants will learn hands-on techniques that enable them to build their very own wood bi-plane, racecar, and complete train with an engine, caboose, and cars! All projects will be painted, personalized, and taken home to treasure. Participants use only safe, age-appropriate hand tools.

**Instructor:** Woodshop Wizards, Anthony Demopoulos  
**Location:** Community Park, Auditorium

			RES/NON
7617.110	M-F 9:00am-12:00pm	Jul 6-Jul 10	\$160/\$170*
7617.111	M-F 9:00am-12:00pm	Jul 20-Jul 24	\$160/\$170*

\* \$50 materials fee due first day of class



## NEW! Woodworking Camp - Sea-Worthy Ocean Vessels | Ages 6-13

Participants will learn hands-on techniques that enable them to build their very own sea-worthy cruise ship, battleship, aircraft carrier, ferryboat, and more! All projects will be painted, personalized, and taken home to treasure. Participants use only safe, age-appropriate hand tools.

**Instructor:** Woodshop Wizards, Anthony Demopoulos  
**Location:** Community Park, Auditorium

			RES/NON
7617.112	M-F 9:00am-12:00pm	Jul 13-Jul 17	\$160/\$170*

\* \$50 materials fee due first day of class

## NEW! Woodworking Camp - Nature & Gardening Essentials | Ages 6-13

Participants will learn hands-on techniques that enable them to build their very own birdhouse, garden basket, planter box, bird feeder, and more! All projects will be painted, personalized, and taken home to treasure. Participants use only safe, age-appropriate hand tools.

**Instructor:** Woodshop Wizards, Anthony Demopoulos  
**Location:** Community Park, Auditorium

			RES/NON
7617.113	M-F 1:00-4:00pm	Aug 3-Aug 7	\$160/\$170*

\* \$50 materials fee due first day of class

## ArtVenture: Mermaid Wishes & Fish Kisses | Ages 3-6

Visit a magical world under the sea where mermaids and their sea friends play all day long! We'll paint, print, watercolor, collage, and design a dreamy underwater world in this art camp devoted to the beautiful sea! Along the way, we'll play games, sing songs, and read tales of mermaid adventures! Join us for an ocean fantasy art adventure! All participants will receive a camp t-shirt. Please bring water and a healthy snack each day.

**Instructor:** ArtVenture  
**Location:** Old Poway Park, Parlour

			RES/NON
6182.123	M-F 9:30am-12:00pm	Jul 20-Jul 24	\$169/\$179



# Sport & Swim Camps

## Swim & Tennis Camp | Ages 8-16

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

			RES/NON
2443.120	M-F 10:00am-3:00pm	Jun 15-Jun 19	\$115/\$125*
2443.121	M-F 10:00am-3:00pm	Jun 22-Jun 26	\$115/\$125*
2443.122	M-F 10:00am-3:00pm	Jun 29-Jul 3	\$115/\$125*
2443.123	M-F 10:00am-3:00pm	Jul 6-Jul 10	\$115/\$125*
2443.124	M-F 10:00am-3:00pm	Jul 13-Jul 17	\$115/\$125*
2443.125	M-F 10:00am-3:00pm	Jul 20-Jul 24	\$115/\$125*
2443.126	M-F 10:00am-3:00pm	Jul 27-Jul 31	\$115/\$125*
2443.127	M-F 10:00am-3:00pm	Aug 3-Aug 7	\$115/\$125*
2443.128	M-F 10:00am-3:00pm	Aug 10-Aug 14	\$115/\$125*

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

## NEW! Skyhawks Baseball & Swim Camp | Ages 6-12

Learn the fundamentals of fielding, catching, throwing, hitting, and base running in a fun, positive environment. Participants learn new baseball skills along with vital life lessons, such as: respect, teamwork, and responsibility. All participants receive a t-shirt and a player evaluation. After lunch, we'll cool off in the pool! **All participants should bring water, a healthy snack and lunch, a swimsuit, towel, and sunscreen each day.**

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

**Location:** Community Park, Ball Field East/Swim Center

			RES/NON
2443.154	M-F 9:00am-2:00pm	Jun 29-Jul 3	\$179/\$189*

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

## NEW! Skyhawks Flag Football & Swim Camp | Ages 6-12

Participants will learn skills from both sides of the football, including the core components of passing, catching, and defense – all in a fun and positive environment. The week ends with the Skyhawks Super Bowl! All participants receive a t-shirt, football, and player evaluation. After lunch, participants will cool off in the pool! **All participants should bring water, a healthy snack and lunch, a swimsuit, towel, and sunscreen each day.**

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

**Location:** Community Park, Open Play Area/Swim Center

			RES/NON
2443.158	M-F 9:00am-2:00pm	Jun 15-Jun 19	\$179/\$189*

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

## Coast 2 Coast Irish Soccer | Ages 4-12

Experience one of the most popular summer camps in California! Your child will learn amazing soccer skills from enthusiastic Irish college soccer players. We guarantee your child will have FUN while learning soccer techniques and skills in an active, engaging environment. Each child will receive a Coast 2 Coast soccer jersey, ball, wristband, and certificate. **All participants should bring water, a healthy snack, sack lunch, and sunscreen each day.** Cleats & shin pads are recommended!

**Instructor:** Coast 2 Coast Soccer: www.c2csoccer.com

**Location:** Community Park, Valley Soccer Field

			RES/NON
2443.108	M-F 9:00am-2:00pm	Jul 20-Jul 24	\$159/\$169

## World Cup Soccer Camp | Ages 5-13

Providing soccer camps for over 20 years, this is more than your typical camp experience. With an emphasis on instruction, your child will receive the highest level of attention. We form groups based on age and ability the first day of camp. With a 1-to-10 coach-to-player ratio, our experienced and educated staff is able to evaluate individual players, and focus on developing your child's athletic and team building skills while creating a fun atmosphere. Each child will receive a t-shirt, player's evaluation, and camp memento. **All participants should bring a soccer ball, water, a healthy snack, sack lunch (full-day camp only), and sunscreen each day.**

**Instructor:** World Cup Soccer: www.worldcupsocceramps.com

**Location:** Community Park, Valley Soccer Field

			RES/NON
2443.110	M-F 9:00am-12:30pm	Jun 22-Jun 26	\$149/\$159
2443.111	M-F 9:00am-3:00pm	Jun 22-Jun 26	\$179/\$189
2443.112	M-F 9:00am-12:30pm	Jul 13-Jul 17	\$149/\$159
2443.113	M-F 9:00am-3:00pm	Jul 13-Jul 17	\$179/\$189

**Location:** Hilleary Soccer Field

2443.114	M-F 9:00am-12:30pm	Aug 10-Aug 14	\$149/\$159
2443.115	M-F 9:00am-3:00pm	Aug 10-Aug 14	\$179/\$189

## NEW! Master Sports Xtreme Dodgeball Camp | Ages 6-12

Master Sports has combined some of the most popular games of all time like Dodge Ball, Capture the Flag, Hide and Seek, and Paintball, to create an incredibly fun, fast-paced, adrenaline-rush game. Xtreme Dodgeball teaches teamwork, strategy, and good sportsmanship while providing physical fitness benefits like speed, agility, coordination, and throwing accuracy. We'll play on a court with inflatable obstacles used for ducking, dodging, and hiding, and use child-friendly dodge balls to create a safe and Xtremely fun time! All participants should bring water, a healthy snack, and sack lunch (full day).

**Instructor:** Master Sports

**Location:** Twin Peaks Multipurpose Center

			RES/NON
2443.180	M-F 9:00am-12:00pm	Jul 6-Jul 10	\$155/\$165
2443.181	M-F 9:00am-3:00pm	Jul 6-Jul 10	\$175/\$185

## Intermediate Girls Basketball | Ages 13-16

This intermediate camp is for the high school freshman and junior varsity caliber player. Emphasis will be placed on offensive and defensive fundamentals needed for participation at the high school level. Four-on-four and five-on-five team concepts will be stressed. Perimeter and post play will be emphasized through group work. Participants need to be entering 8th through 10th grade in order to enroll. 7th graders may enroll with instructor approval.

**Instructor:** Jay Trousdale

**Location:** Twin Peaks Multipurpose Center

			RES/NON
2443.101	M-Th 2:30-4:30pm	Jun 15-Jun 18 Jun 22-Jun 25	\$135/\$145

## Advanced Girls Basketball | Ages 15-18

This advanced camp is for the high school varsity caliber player. Offensive and defensive fundamentals will be emphasized. Four-on-four and five-on-five team concepts will also be stressed. Perimeter play and post play will be emphasized at both ends of the floor. Participants need to be entering 10th through 12th grade in order to enroll.

**Instructor:** Jay Trousdale

**Location:** Twin Peaks Multipurpose Center

			RES/NON
2443.102	M-Th 12:30-2:30pm	Jun 15-Jun 18 Jun 22-Jun 25	\$135/\$145

## Archery Camp | Ages 7-15

Come enjoy a fun-filled week of archery! Learn archery basics and shoot with surprising accuracy in this week-long camp. Instructor works with participants at their individual skill level, making this camp perfect for beginners and skilled archers alike. **Please do not bring equipment; equipment provided for class use.**

**Instructor:** Rick Harper

**Location:** Lake Poway, Archery Range

			RES/NON
2442.100	M-F 8:00-9:30am	Jun 15-Jun 19	\$75/\$85*
2442.101	M-F 10:00-11:30am	Jun 15-Jun 19	\$75/\$85*
2442.102	M-F 8:00-9:30am	Jun 22-Jun 26	\$75/\$85*
2442.103	M-F 10:00-11:30am	Jun 22-Jun 26	\$75/\$85*
2442.104	M-F 8:00-9:30am	Jul 6-Jul 10	\$75/\$85*
2442.105	M-F 10:00-11:30am	Jul 6-Jul 10	\$75/\$85*
2442.106	M-F 8:00-9:30am	Jul 13-Jul 17	\$75/\$85*
2442.107	M-F 10:00-11:30am	Jul 13-Jul 17	\$75/\$85*
2442.108	M-F 8:00-9:30am	Jul 20-Jul 24	\$75/\$85*
2442.109	M-F 10:00-11:30am	Jul 20-Jul 24	\$75/\$85*
2442.110	M-F 8:00-9:30am	Jul 27-Jul 31	\$75/\$85*
2442.111	M-F 10:00-11:30am	Jul 27-Jul 31	\$75/\$85*
2442.112	M-F 8:00-9:30am	Aug 3-Aug 7	\$75/\$85*
2442.113	M-F 10:00-11:30am	Aug 3-Aug 7	\$75/\$85*
2442.114	M-F 8:00-9:30am	Aug 10-Aug 14	\$75/\$85*
2442.115	M-F 10:00-11:30am	Aug 10-Aug 14	\$75/\$85*

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

## Skyhawks Mini Hawk Camp | Ages 4-7

This baseball, basketball, and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. All participants receive a t-shirt, ball and a merit award. **All participants should bring water, a healthy snack, and sunscreen each day.**

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

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

			RES/NON
2443.152	M-F 9:00am-12:00pm	Aug 10-Aug 14	\$135/\$145*



## NEW! Youth Martial Arts Camp | Ages 5-16

Martial Arts Camp is designed to develop participant's concentration, coordination, reflexes, strength, and self-defense skills through fun and exciting games and drills. Master Wolpert, a 7th Degree Black Belt, will also instill respect, self-control and self-discipline, leaving participants with a stronger mind and body by the end of camp. Participants may wear street clothes or a martial arts uniform. An optional uniform will be available from the instructor for \$20.

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

**Location:** Community Park, Auditorium

			RES/NON
2443.129	M-F 9:00-10:30am	Aug 3-Aug 7	\$75/\$85
2443.130	M-F 10:30am-12:00pm	Aug 3-Aug 7	\$75/\$85

## Skyhawks Volleyball Camp | Ages 7-12

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled camp. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting, and serving. Our volleyball staff will assist each athlete in developing the fundamental skills of the game through game-based drills and daily scrimmages aimed at developing the whole player. **All participants should bring water, a healthy snack, and sunscreen each day.**

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

**Location:** Twin Peaks Multipurpose Center

			RES/NON
2443.155	M-F 9:00am-12:00pm	Jul 27-Jul 31	\$135/\$145

## Skyhawks Basketball Camp | Ages 6-12

Using our progression curriculum and focusing on the whole player, we teach your child the skills they need for both on and off the court to be a better athlete. Our sport specific staff will focus on respect, teamwork, and responsibility as they will start each day with a 'skill of the day' and progress in to drills and games making an unforgettable camp experience. After a week of passing, shooting, dribbling, and rebounding you will see why this is one of our most popular programs. **All participants should bring water, a healthy snack, and sunscreen each day.**

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

**Location:** Twin Peaks Multipurpose Center

			RES/NON
2443.156	M-F 1:00-4:00pm	Aug 3-Aug 7	\$135/\$145

## Skateboarding Camp | Ages 5-13

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 will receive an SD SkateLife sticker pack. **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:** SD Skate Life, Andrew Barbosa: Andrew@skskatelife.com

**Location:** Community Park, Skate Park

			RES/NON
7617.115	M-F 9:00am-12:00pm	Jun 22-Jun 26	\$150/\$160
7617.116	M-F 9:00am-12:00pm	Jul 13-Jul 17	\$150/\$160
7617.117	M-F 9:00am-12:00pm	Jul 27-Jul 31	\$150/\$160
7617.118	M-F 9:00am-12:00pm	Aug 10-Aug 14	\$150/\$160

\* Sign up for two weeks of skate camp and get a free SD Skatelife Skate Tool

\* Sign up for three weeks (or more) and receive a free SD Skatelife Deck

## NEW! Soccer Shots Camp | Ages 3-6

Using creative and imaginative games, Soccer Shots staff focus on teaching the most basic soccer skills like dribbling, passing, and shooting to your youngest soccer stars! This camp also highlights a positive character trait each session such as respect, teamwork, and appreciation. All participants receive a t-shirt and a merit award. **All participants should bring water, a healthy snack, and sunscreen each day.**

**Instructor:** Soccer Shots

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

			RES/NON
2443.160	M-F 9:00am-12:00pm	Jul 6-Jul 10	\$145/\$155*
2443.161	M-F 9:00am-12:00pm	Jul 27-Jul 31	\$145/\$155*

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

## NEW! North County Soccer Park – Summer Soccer Camp | Ages 4-12

Looking to get your kids out of the house and on the move this summer? North County Soccer Park promises to provide a week of instruction, games, and fun that are sure to make participants fall in love with the great game of soccer! Our park and exceptional staff have been offering fun, recreational soccer camps for over 20 years and can't wait to continue this summer. Each participant will receive a camp t-shirt, daily concession drink, and personalized award at the end of the week. **All participants should bring water, a healthy snack, and sunscreen each day.**

**Instructor:** N. County Soccer Park, Meaghan Fitzjarrell and Evan Myers

**Location:** North County Soccer Park: 14530 Espola Rd Ste D

			RES/NON
2443.170	M-F 8:00-11:00am	Jun 15-Jun 19	\$110/\$120
2443.172	M-F 8:00-11:00am	Jul 20-Jul 24	\$110/\$120
2443.171	M-F 8:00-11:00am	Jun 15-Jun 19	\$110/\$120
2443.173	M-F 8:00-11:00am	Jul 20-Jul 24	\$110/\$120

# Technology Camps

**NEW! Robotics using LEGO® WeDo | Ages 7-9**  
Build and program robots in this introductory robotics class using the LEGO® WeDo System. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young Robotics enthusiasts for our more advanced robotics programs.

**Instructor:** Play-Well TEKologies  
**Location:** Meadowbrook Gymnasium  
**9416.106 M-F 9:00am-12:00pm Jun 15- Jun 19 RES/NON \$260/\$270**

**NEW! Robotics using LEGO® NXT | Ages 9-14**  
Build and program robots using the LEGO Mindstorms NXT system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge! Control the robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun.

**Instructor:** Play-Well TEKologies  
**Location:** Meadowbrook Gymnasium  
**9416.107 M-F 1:00-4:00pm Jun 15- Jun 19 RES/NON \$260/\$270**

**NEW! Ninjaneering Masters using LEGO® Camp | Ages 7-12**

Master the world of Ninjago by becoming a Ninjaneer! Tame the Ice Dragon, motorize your Blade Cycle, design the Dark Fortress, and hone your Spinjitzu battle skills! In this advanced LEGO camp, Ninjaneering masters will learn real world concepts in physics, engineering, and architecture while exploring the fantasy world of Ninjago.



**Instructor:** Play-Well TEKologies  
**Location:** Meadowbrook Gymnasium  
**9416.109 M-F 1:00-4:00pm Jun 29-Jul 3 RES/NON \$192/\$202**

**NEW! Ninjaneering using LEGO® Camp | Ages 5-6**

Enter the world of Ninjago and become an apprentice Ninjaneer! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun LEGO projects with the guidance of an experienced Play-Well instructor while exploring the fantasy world of Ninjago. This is an ideal way to prepare young Ninjaneers for the challenge of Ninjaneering Masters with LEGO.

**Instructor:** Play-Well TEKologies  
**Location:** Meadowbrook Gymnasium  
**9416.108 M-F 9:00am-12:00pm Jun 29-Jul 3 RES/NON \$192/\$202**

**NEW! Animation Studio | Ages 10-17**

This class is a combination of our 2D and 3D Animation classes. Students enrolled in this course will work from beginner to advance animation concepts. If you like animation and animated movies, then this is the perfect class for you. Students who are interested in how things move and creating fun animations for everyone to enjoy will enjoy this fun, interactive classroom.

**Instructor:** Youth Tech, Inc.: www.youthtechinc.com  
**Location:** Meadowbrook Gymnasium  
**9416.104 M-Th 1:00-4:00pm Jul 13-Jul 16 RES/NON \$150/\$160\***  
\* \$10 materials fee due first day of class

**Mine, Craft, Build: Adventure Game using LEGO® Camp | Ages 5-6**

Bring Minecraft to life using LEGO! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, and use these resources to build special items to help in our adventures! Build a Zoo, create a Medieval Castle, and design a Tree House Village! This LEGO experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft. Students will have a blast, even without any prior experience with Minecraft or LEGO.

**Instructor:** Play-Well TEKologies  
**Location:** Meadowbrook Gymnasium  
**9416.110 M-F 9:00am-12:00pm Jul 27-Jul 31 RES/NON \$200/\$210**

**Mine, Craft, Build: Survival Game using LEGO® Camp | Ages 7-12**

Bring Minecraft to life using LEGO! Roll the dice to mine for resources, craft tools, and watch out for Creepers! This ultimate LEGO Minecraft experience is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game. Students will have a blast, even without any prior experience with Minecraft or LEGO.

**Instructor:** Play-Well TEKologies  
**Location:** Meadowbrook Gymnasium  
**9416.111 M-F 1:00-4:00pm Jul 27-Jul 31 RES/NON \$200/\$210**

**Video Game Design | Ages 10-17**

This course provides students with a fun, interactive look at the world of video game design and development. Students enrolled in this camp will learn the basics of video game design and produce several different interactive video games to share with their friends and family.

**Instructor:** Youth Tech, Inc.: www.youthtechinc.com  
**Location:** Meadowbrook Gymnasium  
**9416.100 M-Th 1:00-4:00pm Jul 6-Jul 9 RES/NON \$165/\$175\***  
**9416.101 M-Th 9:00am-12:00pm Jul 13-Jul 16 RES/NON \$165/\$175\***  
\* \$10 materials fee due first day of class

**Game Design Apps | Ages 10-17**

This course provides students with a fun, interactive look at the worldwide mobile video game design and development. Students enrolled in this course will learn how to publish games to their favorite Apple® or Android™ devices. **Video Game Design is a prerequisite for this course.**

**Instructor:** Youth Tech, Inc.: www.youthtechinc.com  
**Location:** Meadowbrook Gymnasium  
**9416.103 M-Th 1:00-4:00pm Jul 20-Jul 23 RES/NON \$165/\$175\***  
\* \$10 materials fee due first day of class

**Web Design | Ages 10-17**

This course is an in-depth look at the world of web design and development. Students enrolled in this session will learn how to build their own website from start to finish using an award-winning suite of products. The learning for this camp does not end at the door students will have access to their website with free hosting for one year.

**Instructor:** Youth Tech, Inc.: www.youthtechinc.com  
**Location:** Meadowbrook Gymnasium  
**9416.102 M-Th 9:00am-12:00pm Jul 6-Jul 9 RES/NON \$155/\$165\***  
\* \$10 materials fee due first day of class

# Creative Arts Camps

**NEW! Musicstar® Rock Camp | Ages 8-15**

Musicstar® rock camp provides the ultimate rock star experience! Participants will work in teams to learn their instruments and create their very own songs. This program provides in-depth coaching in instrumental and vocal performance, stage presence, recording, and more. All participants will "graduate" from Musicstar® rock camp with a CD of their own material. Wear comfortable clothes and shoes. **Bring a healthy snack and water each day.**



**Instructor:** Creative Brain Learning Staff  
**Location:** Community Park, Auditorium  
**6182.152 M-F 9:00am-12:00pm Jun 15-Jun 19 RES/NON \$145/\$155\***  
\* \$25 materials fee due first day of class

**NEW! Photography Camp | Ages 9-15**

Capture the beauty of everything around you! Participants will learn how to portrait the world through the lens of a camera. We'll work with photography experts to explore light, color, balance, structure, perspective, and proportion. Participants will work through the entire photographic process from printing photos to building frames to presenting for friends and family in an exhibit at the end of the week. Please feel free to bring your own camera, one will be provided to those who would like to use one for the week.

**Instructor:** Arimaw Productions: info@arimaw.com  
**Location:** Old Poway Park, Templars Hall  
**6180.100 M-F 9:00am-12:00pm Jul 20-Jul 24 RES/NON \$150/\$160**

**NEW! Dancing Princess Fairytale Camp | Ages 3-8**

All princesses in the kingdom are invited to spend a week of dance and enchantment with some of our favorite fairytale princesses! Learn Ballet, Tap, Tumbling, and Jazz dances to beloved songs from "Under the Sea," all the way to "Cinderella's Castle" and more! A daily sparkly craft and dance-related story/video included. Dancers are encouraged to wear their favorite fairytale Princess costumes each day! Mermaid Monday; Tangled Tuesday; Cinderella Wednesday; Tinkerbell Thursday; Frozen Friday! **Bring tap and ballet shoes, water, and a healthy snack each day.**

**Instructor:** Debbara Childress, www.MsDebborasDanceForChildren.com  
**Location:** Twin Peaks Multipurpose Center  
**6182.132 M-F 9:30-11:30am Jul 20-Jul 24 RES/NON \$100/\$110**  
**6182.133 M-F 9:30-11:30am Aug 3-Aug 7 \$100/\$110**

**NEW! Mixed Ability Performers: Disney Theater Camp | Ages 8+**

All are invited to participate in this new and exciting Disney Theatre Camp! We will travel to a magical place where we make dreams come true by creating our own Disneyland production on stage. In the morning, we will play Disney-themed theatre games, prepare costumes, and sets. In the afternoon, we will prepare for a musical production on the last day of class, using scenes from Disney stories. **Wear comfortable clothes and shoes. Bring a healthy snack and lunch each day.**

**Instructor:** Mixed Ability Performers, Michelle Winkenwerder  
**Location:** Meadowbrook Gymnasium  
**6182.150 M-F 9:00am-2:00pm Jun 22-Jun 26 RES/NON \$120/\$130\***  
\* \$15 materials fee due on the first day of class

**NEW! Mixed Ability Performers: Fairy Tale Theater Camp | Ages 8+**

Performers of all abilities will participate in this new and exciting Fairy Tale Theatre Camp, creating our own Fairy Tale production on stage. In the morning, we will play Fairy Tale-themed theatre games, & prepare costumes and sets. In the afternoon, we will prepare for a musical production for the last day of class, using scenes from Fairy Tale stories. **Wear comfortable clothes and shoes. Bring a healthy snack and lunch each day.**

**Instructor:** Mixed Ability Performers, Michelle Winkenwerder  
**Location:** Meadowbrook Gymnasium  
**6182.151 M-F 9:00am-2:00pm Aug 10-Aug 14 RES/NON \$120/\$130\***  
\* \$15 materials fee due on the first day of class

**NEW! Musicstar® Glee Camp | Ages 8-15**

Do you love to sing and perform on stage? Join Musicstar® for an out-of-this-world singing experience at Glee Camp! Participants elevate their vocal talents to new heights and prepare for a final show choir performance on the last day of camp. Wear comfortable clothes and shoes. **Bring a healthy snack and water each day.**

**Instructor:** Creative Brain Learning Staff  
**Location:** Old Poway Park, Templars Hall  
**6182.153 M-F 1:00-4:00pm Aug 3-Aug 7 RES/NON \$145/\$155\***  
\* \$20 materials fee due first day of class



**Best of Broadway Camp | Ages 7-12**

Come learn from three fun, specialized, experts in acting, dance, and voice! Each day, we'll have "performing arts school" where participants will develop skills in both acting and improv, take a fantastic dance class, and a dive into vocal technique. To create a show, we'll select our favorite musical theater songs and create a script together. Get ready to improve your performance skills while creating a fun showcase for the last day of class! All participants will receive show scripts, CDs, and a camp t-shirt.

**Instructor:** Catherine Colby  
**Location:** Twin Peaks Multipurpose Center  
**6182.134 M-F 9:00am-3:00pm Jun 29-Jul 3 RES/NON \$190/\$200\***  
**6182.135 M-F 9:00am-3:00pm Jul 13-Jul 17 RES/NON \$190/\$200\***  
**6182.136 M-F 9:00am-3:00pm Aug 10-Aug 14 RES/NON \$190/\$200\***  
\* \$30 materials fee due on the first day of class

**Dance! Design! Direct! Choreography Dance Camp | Ages 7-12**

Do it all in this unique camp that goes beyond traditional dance classes and blends dance instruction with creative freedom. The dancers are the decision makers in exploring various styles of dance, student choreography, music selection, show management, stage hair/make-up, fun head shots, and art and costume design for the end of the week performance. This is the camp for kids who love to perform (no dance experience required)! **Wear dance attire and/or regular clothes, and shoes. Bring a healthy snack each day.**

**Instructor:** Dance To EvOLVE: www.dancetoevolve.com  
**Location:** Old Poway Park, Templars Hall  
**6182.146 M-F 9:00am-12:00pm Jul 27-Jul 31 RES/NON \$165/\$175**

**Creative Explorers Camp | Ages 3-6**

Your little one will explore the world of dance, music, and art. This camp begins with dance games, explores music through silly songs and playing fun instruments, and ends with fun and creative art projects. Dancers will get to show off their talents and creations during the end of the week show. **Wear dance attire and/or regular clothes, and shoes. Bring a healthy snack each day.**

**Instructor:** Dance To EvOLVE: www.dancetoevolve.com  
**Location:** Old Poway Park, Templars Hall  
**6182.148 M-F 9:00am-12:00pm Jul 13-Jul 17 RES/NON \$165/\$175**

**Beat Breakers Hip Hop Camp | Ages 4-7**

This fun, high-energy hip hop camp will definitely have you movin' to the beats! It enables boys to be boys and girls to let loose. Activities include basic hip hop moves, tumbling, dance games, and arts and crafts in a non-stop environment. No experience needed. On Friday, dancers will show off what they've learned for parents, family, and friends! **Wear dance attire and/or regular clothes and shoes. Bring a healthy snack each day.**

**Instructor:** Dance To EvOLVE: www.dancetoevolve.com  
**Location:** Old Poway Park, Templars Hall  
**6182.147 M-F 9:00am-12:00pm Jul 6-Jul 10 RES/NON \$165/\$175**

# Special Interest Camps

## NEW! City of Poway Teen Camp | Ages 12-16

All right, teens - you cannonballed into the Teen Flick 'n Float and glowed your way to prizes at the Glow-in-the-Dark Egg Hunt. You know we're serious about fun. So this time around, we're upping the awesome with a brand-new teen experience: SUMMER CAMP! We're inviting you, and the friends you've made along the way, to spend the week with us as we conquer the wall at Solid Rock, Get Air on massive trampolines, and so much more! We're pulling out all the stops, with crazy cool new locations and activities each day to make this the. Best. Week. Ever. Don't just have an ordinary summer; have a summer for all-time! **Participants should bring water, a healthy snack, and sunscreen each day.**

**Instructor:** Community Services Staff  
**Location:** Will vary each day; more information to follow

			RES/NON
6000.100	M-F 9:00am-12:00pm	Jun 15-Jun 19	\$85/\$95

## NEW! Bounce and Play Camp | Ages 6-8

Join Pump It Up of Poway for a week of bouncy fun! Each day will be filled with tons of imaginative play as we spend the morning jumping through our large inflatables, play games in the arena, and create some awesome crafts. Bounce and Play Camp will allow participants to stretch their creativity while getting a healthy amount of exercise!

**Instructor:** Pump it Up Staff  
**Location:** Pump it Up: 12760 Danielson Ct.

			RES/NON
6180.125	M-F 9:00am-12:00pm	Jul 13-Jul 17	\$200/\$210*
6180.126	M-F 9:00am-12:00pm	Aug 3-Aug 7	\$200/\$210*

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

## NEW! Jr. Zookeeper Camp | Ages 7-14

We share the earth with some really amazing animals! Participants in our Jr. Zookeeper Camp will learn to love and appreciate some fascinating creatures found in our world. We will build habitats, prepare diets, and get the unique opportunity to meet many of our animal companions. A perfect camp for nature lovers and future zoo keepers!

**Instructor:** Arimaw Productions: info@arimaw.com  
**Location:** Lake Poway, Pavilion

			RES/NON
6180.102	M-F 9:00am-12:00pm	Jun 15-Jun 19	\$175/\$185

## Babysitters Training Camp | Ages 11-16

This is an exciting and fast-paced camp for teens that are ready for the job of babysitting! Participants will learn how to get started in the "business of babysitting", supervise children and infants, perform basic child care skills such as diapering and feeding, how to choose safe, age-appropriate games and toys, among other babysitting staples and tips. Students will learn how to recognize and respond to emergencies and will be certified in CPR and First Aid. Bring a doll or stuffed animal to class, as well as a snack. Students will receive a certification in Pediatric CPR and First Aid and Babysitter's Training from the American Red Cross.

**Instructor:** Blythe Paley  
**Location:** Community Park, Auditorium

			RES/NON
6180.104	M-F 9:00am-12:00pm	Jun 22-Jun 26	\$150/\$160*

\* \$40 materials fee due first day of class

## NEW! Minute-to-Win-It Camp | Ages 7-14

Have a competitive spirit? Then join your peers for a week of friendly, quick competition! We'll set the task and participants will race to beat the clock, and each other, in a variety of creative challenges. Participants will vie for fun prizes as they maneuver through a series of super fun mini-competitions and endless silliness. Let the games begin!

**Instructor:** Arimaw Productions: info@arimaw.com  
**Location:** Community Park, Auditorium

			RES/NON
6180.101	M-F 1:00-4:00pm	Jun 29-Jul 3	\$140/\$150

## NEW! Kendama Skills Camp | Ages 7-15

Are you a Kendama master? Or just learning your first set of tricks? This week-long Kendama Skills camp will help participants hone their skills, battle their friends, and show off their innovative tricks with this traditional Japanese toy. Tricks and skills using the very similar yo-yo will also be incorporated. If you don't have a Kendama, don't worry! **All participants will take home their very own Kendama.**

**Instructor:** Arimaw Productions: info@arimaw.com  
**Location:** Old Poway Park, Templars Hall

			RES/NON
6180.109	M-F 9:00am-12:00pm	Jun 29-Jul 3	\$150/\$160

## NEW! Teen Climbing Camp | Ages 12-17

Come learn the basics of rock climbing in the comfort of an air conditioned gym! Participants are taught top-roping, bouldering, and climbing specific exercises to build confidence and skill level. By the end of the week, participants will experience the excitement and challenge of lead climbing. This week-long program combines physical effort and intense mental focus to push your teen to new heights.

**Instructor:** Solid Rock Gym Staff  
**Location:** Solid Rock Gym: 13026 Stowe Dr.  
6180.127 M-F 9:00am-1:00pm Jul 20-Jul 24 RES/NON \$200/\$210  
6180.128 M-F 9:00am-1:00pm Aug 3-Aug 7 \$200/\$210

## NEW! Amazing Race Camp | Ages 12-17

The race is on! Campers will be divided into teams to tackle obstacles of every kind- just like the hit TV show! Detours and roadblocks will challenge campers to solve plenty of puzzles, problems, and large scale scavenger hunts around Lake Poway.

**Instructor:** Arimaw Productions: info@arimaw.com  
**Location:** Lake Poway, Pavilion  
6180.108 M-F 9:00am-12:00pm Jul 20-Jul 24 RES/NON \$140/\$150

## Magic Camp | Ages 6-12

Learn all the skills of a Magician: illusion, mind reading, prestidigitation, and sleight of hand! Unlock the powers of your voice, your hands, and your mind. In one week, participants will be ready to put on their very own Magic Show, and amaze and astound their friends and family.

**Instructor:** Arimaw Productions: info@arimaw.com  
**Location:** Community Park, Auditorium  
6180.105 M-F 1:00-4:00pm Jul 6-Jul 10 RES/NON \$130/\$140

## Star Wars Camp | Ages 6-12

It's time for the inter-galactic games! Campers will attend the Jedi Academy and celebrate Star Wars in this fun, interactive camp that is perfect for the ultimate fan. Make this a memorable summer with creative games, trivia, arts and craft, and friendship building using the ever-expanding universe of Star Wars.

**Instructor:** Arimaw Productions: info@arimaw.com  
**Location:** Old Poway Park, Templars Hall  
6180.107 M-F 1:00-4:00pm Jul 27-Jul 31 RES/NON \$150/\$160

# Cooking Camps

## 4littleCOOKS - Kids in the Kitchen Camp | Ages 7-12

Send your budding chef to chop, cook, and munch at 4littleCOOKS Kids in the Kitchen Camp. Chef Janet Burgess will teach participants about kitchen safety and nutrition while kids prepare three dishes daily. The camp will feature American, Asian, Mexican, and Italian goodies, ending with an Iron-Chef inspired cook-off.

**Instructor:** Janet Burgess  
**Location:** Community Park, Auditorium

			RES/NON
6180.112	M-F 1:00-4:00pm	Jun 22-Jun 26	\$170/\$180

## NEW! 4littleCOOKS - ABCs of Cooking | Ages 7-12

Did you enjoy the Kids in the Kitchen Camp? Then you'll love the 4littleCOOKS ABCs of Cooking Camp. Chef Janet Burgess will continue kitchen safety and nutrition education while preparing three dishes each day. The camp will feature the ABC's of Basic Cooking, Great Grains, Veg Up, Silly Snacks, and Awesome Desserts. All participants will receive a copy of all recipes at the end of the week.

**Instructor:** Janet Burgess  
**Location:** Community Park, Auditorium

			RES/NON
6180.113	M-F 1:00-4:00pm	Jul 13-Jul 17	\$170/\$180

## NEW! Top Chef: Just Desserts | Ages 7-14

Cooking Camp has never been more delicious! Campers will create some amazing desserts from chocolates to frosting and bright colorful ingredients that will keep your kids coming back for more. But wait! Before you think this is all about sugar, we'll be incorporating some scrumptious, healthy alternatives, as well. This is a not-to-be-missed camp for anyone who wants to cook the ultimate and final course.

**Instructor:** Arimaw Productions: info@arimaw.com  
**Location:** Community Park, Auditorium

			RES/NON
6180.115	M-F 1:00-4:00pm	Aug 10-Aug 14	\$170/\$180

# Children's Activities

www.poway.org/classes

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

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

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

No Class:			RES/NON
Jul 2 & 4 and Sep 3 & 5			
2312.100	Thu 10:45-11:15am	Jun 25-Sep 10	\$161/\$171*
2312.101	Sat 8:45-9:15am	Jun 27-Jun 12	\$161/\$171*

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

## 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  
4011.104 Fri 10:00-11:00am Jun 26-Aug 21 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.

**Instructor:** Get Smart with Art, Ms. Vivian  
**Location:** Old Poway Park, Parlour  
4011.106 Mon 9:30-10:15am Aug 3-Aug 24 \$56/\$66  
4011.107 Mon 10:30-11:15am Aug 3-Aug 24 \$56/\$66

## 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 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  
*Icky Sticky Science*  
4011.100 MW 9:00am-12:00pm Jul 6-Jul 29 RES/NON \$180/\$190  
4011.101 TTh 9:00am-12:00pm Jul 7-Jul 30 \$180/\$190  
*Theme: Frogs & Toads*  
4011.102 MW 9:00am-12:00pm Aug 3-Aug 26 \$180/\$190  
4011.103 TTh 9:00am-12:00pm Aug 4-Aug 27 \$180/\$190

## 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  
No Class: Jul 4 RES/NON  
2443.103 Sat 9:15-9:45am Jun 27-Aug 29 \$120/\$130\*  
2443.104 Tue 4:15-4:45pm Jun 23-Aug 18 \$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  
No Class: Jul 4 RES/NON  
2443.190 Sat 10:00-10:45am Jun 27-Aug 29 \$120/\$130\*  
2443.191 Sat 11:00-11:45am Jun 27-Aug 29 \$120/\$130\*  
2443.192 Tue 5:00-5:45pm Jun 23-Aug 18 \$120/\$130\*  
\* \$10 materials fee due first day of class



## Health & Wellness

www.poway.org/classes

### 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

5417.102 Thu 6:00-7:00pm Jun 25-Jul 30 RES/NON \$54/\$64

### 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

5417.101 Tue 6:00-7:00pm Jun 23-Jul 28 RES/NON \$54/\$64

**Get more fitness for less!!**  
Take a combination class:

### Pilates + PiYo™ Strength | Ages 16+

5417.108 T/Th 6:00-7:00pm Jun 23-Jul 30 RES/NON \$96/\$116

Please see individual class descriptions for no class dates and locations

### 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 Instructor, Karyn Beebe

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

5500.100 Mon 6:00-7:00pm Jun 22-Aug 31 RES/NON \$96/\$106

### Tai Chi in the Park | 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, Gazebo

5417.116 Mon 6:00-7:15pm Jul 6-Aug 24 RES/NON \$95/\$105

### Healing Qigong in the Park | Ages 17+

Learn and practice a self-healing art that combines gentle flowing movements, relaxed breathing, visualization and self-applied massage. Regular practice of Healing Qigong can reduce stress, improve balance, prevent illness, and provide deep relaxation. This fun and easy moving meditation is suitable for people of all ages & fitness levels and can be practiced sitting or standing. Wear soft, comfortable clothing and flat-soled shoes or sandals. Please bring a bottle of water.

**Instructor:** Cheri Hotalen

**Location:** Old Poway Park, Gazebo

5417.110 Tue 6:00-7:15pm Jul 7-Aug 25 RES/NON \$95/\$105

### 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, Great Room

5417.114 Wed 6:00-7:30pm Jun 24-July 22 RES/NON \$65/\$75  
5417.115 Wed 6:00-7:30pm Jul 29-Aug 26 \$65/\$75



### 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

5111.102 Tue 6:15-7:00pm Jul 21-Aug 18 RES/NON \$75/\$85

### 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 Instructor, Renee Meyst

**Location:** Community Swim Center

5500.101 Tue 6:00-6:50pm Jun 23-Sep 9 RES/NON \$96/\$106

### 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:** Jul 16

6182.170 Thu 5:30-6:30pm Jun 25-Sep 10 RES/NON \$100/\$110



### Kettlebell Kickboxing | Ages 16+

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

**Instructor:** Poway Pilates

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

5417.140 Mon 6:00-6:45pm Jun 22-Jul 27 RES/NON \$74/\$84

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

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

**Instructor:** Poway Pilates

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

5417.142 Mon 12:30-1:30pm Jun 22-Jul 20 RES/NON \$74/\$84

5417.143 Mon 12:30-1:30pm Aug 3-Aug 31 \$74/\$84

5417.144 Wed 12:30-1:30pm Jun 24-Jul 22 \$74/\$84

5417.145 Wed 12:30-1:30pm Jul 29-Aug 26 \$74/\$84

## Dance | Youth & Teen

### NEW! Ballet Boot-Camp | Ages 3-10

This summer, join Ms. Kellie every Saturday for Ballet Boot-Camp! Explore the world of ballet, while having lots of fun! Learn technique, terminology, and even do some ballet-inspired art and crafts! What a wonderful way to spend your summer! Dance clothes and pink leather ballet shoes required for camp. A labeled, spill-proof water bottle welcome at each class.

**Instructor:** Kellie Childress-Nichols

www.MsDebborasDanceForChildren.com

**Location:** Community Park, Auditorium

5121.100 Sat 9:00-11:00am Jul 11-Aug 1 RES/NON \$100/\$110

### Dance for Children with Ms. Debbora | Ages 2 1/2-5

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

**Instructor:** Debbora Childress

www.MsDebborasDanceForChildren.com

**Location:** Community Park, Auditorium

5111.100 M/Th 10:00-10:45am Aug 17-Sep 3 RES/NON \$75/\$85

### NEW! Tiny Tot Beginner Tap and Ballet | Ages 3-6

Tap dance is one of the most joyful, active, and theatrical forms of dance around! Look out, Broadway! We dance to great tunes while learning tap technique, rhythm, coordination, and showmanship in a progressive, creative, fun-filled, and musical environment. The beautiful art of basic ballet technique is also included! Class content is age appropriate and designed especially for budding dancers! Dance attire, leather ballet slippers, and tap shoes are required.

**Instructor:** Debbora Childress

www.MsDebborasDanceForChildren.com

**Location:** Community Park, Auditorium

5111.101 M/Th 11:00am-12:00pm Aug 17-Sep 3 RES/NON \$75/\$85

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

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

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

Beat Breakers, Ages 4-7 RES/NON \$130/\$140  
5131.100 Wed 4:30-5:25pm Jul 8-Aug 26

Hip Hop, Ages 8-12  
5131.103 Wed 5:30-6:25pm Jul 8-Aug 26 \$130/\$140



## Sports | Free! Open Play

**From June 15 through July, August, and September:**

**Twin Peaks Multipurpose Center**

14640 Tierra Bonita Road  
(858) 668-4599

**Meadowbrook Gymnasium**

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  
Open Basketball  
11:00am-2:00pm

Hours are subject to change without notice. Please visit our website for the most up-to-date hours: www.poway.org

Sports | Youth/Teen

www.poway.org/classes

**NEW! Girls Basketball | Ages 9-18**

This Girls Basketball league is designed to provide an exciting balance of instruction and friendly competition. Coaches will run drills and provide skill training to prepare participants for 3-on-3, full-court, recreation games. Previous basketball experience is always helpful, but not necessary to have a great time! Players will be divided according to age group.

**Instructor:** Paul Dekker: dekker@yahoo.com

Location:	Twin Peaks Multipurpose Center		RES/NON
Age 9-12			
2091.120	Wed 5:30-7:30pm	Jun 24-Sep 9	\$55/\$65
Age 13-18			
2091.121	Wed 7:30-9:30pm	Jun 24-Sep 9	\$55/\$65

**Youth / Teen Taekwondo | Ages 5-15**

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:	Jul 3		RES/NON
Age 5-9			
2091.109	MWF 5:00-6:00pm	Jun 22-Sep 4	\$89/\$99
Age 9-15			
2091.110	MWF 6:00-7:00pm	Jun 22-Sep 4	\$89/\$99

**Youth Volleyball | Ages 9-14**

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

**Instructor:** David Claycomb

**Location:** Meadowbrook Gymnasium

No Class:	Jul 20 & 27		RES/NON
Ages 9-12			
2091.112	Mon 5:30-6:30pm	Jun 22-Aug 24	\$55/\$65
Ages 12-14			
2091.113	Mon 6:30-7:30pm	Jun 22-Aug 24	\$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

No Class:	Jul 4		RES/NON
Ages 5-7			
3013.100	Sat 9:00-10:00am	Jun 27-Jul 25	\$30/\$40*
3013.101	Sat 9:00-10:00am	Aug 1-Aug 22	\$30/\$40*
Ages 8-14			
3013.102	T/Th 4:00-5:00pm	Jun 23-Jul 16	\$58/\$68*
3013.103	Sat 10:00-11:00am	Jun 27-Jul 25	\$30/\$40*
3013.104	T/Th 4:00-5:00pm	Jul 21-Aug 13	\$58/\$68*
3013.105	Sat 10:00-11:00am	Aug 1-Aug 22	\$30/\$40*

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

**Tennis: Intermediate | Ages 7-16**

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

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts

No Class:	Jul 4		RES/NON
3013.106	T/Th 5:00-6:00pm	Jun 23-Jul 16	\$58/\$68*
3013.107	Sat 11:00am-12:00pm	Jun 27-Jul 25	\$30/\$40*
3013.108	T/Th 5:00-6:00pm	Jul 21-Aug 13	\$58/\$68*
3013.109	Sat 11:00am-12:00pm	Aug 1-Aug 22	\$30/\$40*

\* \$5 materials fee due 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:	Jul 4		RES/NON
3013.110	MW 4:00-5:30pm	Jun 22-Jul 15	\$85/\$95*
3013.111	MW 4:00-5:30pm	Jul 20-Aug 12	\$85/\$95*

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

**Intro to Skateboarding | Ages 6-13**

Are you a first time rider? Do you want to improve your skills? The beginning class is designed to help build balance, confidence, and coordination. Students will learn the fundamentals of riding, skateboarding safety, and early trick development. **All participants MUST have a helmet, elbow pads, and knee pads each class.** Bring your own skateboard or contact the instructor for rental options prior to the first class.

**Instructor:** SD Skate Life, Andrew Barbosa: Andrew@sdskatelife.com

**Location:** Community Park, Skate Park

No Class:	Jul 4		RES/NON
7600.100	Wed 5:00-6:00pm	Jun 24-Jul 29	\$80/\$90
7600.101	Wed 5:00-6:00pm	Aug 5-Sep 9	\$80/\$90



**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:** SD Skate Life, Andrew Barbosa: Andrew@sdskatelife.com

**Location:** Community Park, Skate Park

No Class:	Jul 4		RES/NON
7600.102	Wed 4:00-5:00pm	Jun 24-Jul 29	\$80/\$90
7600.103	Wed 4:00-5:00pm	Aug 5-Sep 9	\$80/\$90

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

Mens			RES/NON
1247.100	Thu 6:30-9:30pm	Jul 9-Sep 3	\$70/\$80
Womens			RES/NON
1247.101	Thu 6:30-9:30pm	Jul 9-Sep 3	\$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

Mens			RES/NON
1247.102	Tue 6:30-9:30pm	Jul 7-Sep 1	\$70/\$80
Womens			RES/NON
1247.103	Tue 6:30-9:30pm	Jul 7-Sep 1	\$70/\$80

**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

			RES/NON
1247.110	Mon 6:30-9:30pm	Jul 6-Aug 31	\$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:	Jul 3		RES/NON
2091.111	MWF 7:00-8:00pm	Jun 22-Sep 4	\$89/\$99

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

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

**Instructor:** Recreation Staff

**Location:** Meadowbrook Gymnasium

			FEE
1247.105	Wed 6:30-9:30pm	Jun 24-Sep 9	\$68/team

Special Needs

**Bowling | Ages 13+**

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

**Instructor:** Sarah D'Agostino-Gana

**Location:** Poway Fun Bowl, 12941 Poway Road

			RES/NON
9397.100	Fri 1:30-3:30pm	Jul 17-Sep 4	\$40/\$50*

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



**Drama and Theater Production | Ages 8+**

Individuals of all abilities are invited to participate in the production of a 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 perform for their friends and families on Sep 9.

**Instructor:** Michelle Winkenwerder

**Location:** Community Park, Auditorium

			RES/NON
9397.101	Wed 4:30-6:30pm	Jul 1-Sep 9	\$120/\$130*

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

## Dog Obedience Training

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



### Beginning Obedience | Dogs 12 weeks +

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 Rd. Park		RES/NON
9019.100	Tue 6:30-7:30pm	Jun 23-Jul 28	\$95/\$105*
9019.101	Sat 9:30-10:30am	Jun 27-Aug 1	\$95/\$105*
9019.102	Tue 6:30-7:30pm	Aug 4-Sep 8	\$95/\$105*
9019.103	Sat 9:30-10:30am	Aug 8-Sep 12	\$95/\$105*

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

### Intermediate Obedience | Dogs 6 months +

In this 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 must have taken an introductory course or know basic commands.

**Instructor:** Good Dog Training School, Lynne Moore

**Location:** Garden Road Park

			RES/NON
9019.104	Sat 10:45-11:45am	Jun 27-Aug 1	\$95/\$105
9019.105	Sat 10:45-11:45am	Aug 8-Sep 12	\$95/\$105

### Advanced Obedience | Dogs 6 months +

In this class, your dog will learn to obey commands off 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
9019.106	Wed 6:30-7:30pm	Jun 24-Jul 29	\$95/\$105
9019.107	Wed 6:30-7:30pm	Aug 5-Sep 9	\$95/\$105

## Safety Training

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

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

**Instructor:** Red Cross Instructor, Blythe Paley

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

			RES/NON
7617.100	Sat 9:00am-3:00pm	Aug 1	\$65/\$75*
	Mon 5:00-8:00pm	Aug 3	

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



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

**Instructor:** Red Cross Instructor, Blythe Paley

**Location:** Community Park, Nutrition Room

			RES/NON
5418.100	Tue 6:00-9:00pm	Jul 21	\$30/\$40*

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

### First Aid | Ages 11+

This American Red Cross class will prepare you to recognize, respond, and assist in potentially life-threatening and emergency first aid situations. Participants will receive a ready reference card and an American Red Cross certification valid for two years.

**Instructor:** Red Cross Instructor, Blythe Paley

**Location:** Community Park, Nutrition Room

			RES/NON
5418.101	Wed 6:00-9:00pm	Jul 22	\$20/\$30*

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

## Poway Swim Center

**Location:** 13094 Civic Center Drive

**Information:**

(858) 668-4680  
www.poway.org/swim

**Costs:**

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

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

**Season and Yearly Passes** See www.poway.org/swim

**Hours: Spring (March 30-June 14)**

Mon/Wed/Fri	10:30am-7:30pm
Tue/Thu	8:00am-7:30pm
<b>Long Course 8:00am-1:30pm through May 28</b>	
Sat/Sun	10:30am-5:00pm

**Summer (June 15- August 23) Recreational Swim**

Mon/Wed/Fri	1:00-5:45pm
Tue/Thu	1:00-8:00pm
Sat/Sun	1:00-7:00pm

### Adult Lap Swimming Hours (25-yard short course)

Mon-Thu	9:15am-8:00pm
Fri	11:00am-8:00pm
Sat/Sun	10:30am-7:00pm

### Pool Closed

June 27 & July 25	5:00-6:00pm
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To prepare for Summer Movie in the Park Series

### Family Swim

Bring your pool toys, rafts, inner tubes, and the family, and join us for a super fun family time! This is what having a pool is all about! **Proof of Poway residency will be required for the reduced rate.**

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

### 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

SESSION 1

SESSION 2

SESSION 3

SESSION 4

### Swim Lesson Assessment | All Ages

Make an appointment to have a FREE swim lesson assessment. It's highly recommended for determining the appropriate placement 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 in a class above or below their ability 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.

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

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

			RES/NON
0020.100	M-F 12:00-12:30pm	Jun 29-Jul 3	\$33/\$43
0020.101	M-F 11:00-11:30am	Jul 27-Jul 31	\$33/\$43
Evening classes			
0020.120	MWF 5:45-6:15pm	Jun 15-Jun 26	\$39/\$49
0020.121	MWF 5:45-6:15pm	Jul 6-Jul 17	\$39/\$49
0020.122	MWF 5:45-6:15pm	Jul 27-Aug 7	\$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
0030.100	M-F/M-Th 10:10-10:50am	Jun 15-Jun 25	\$59/\$69
0030.101	M-F/M-Th 10:10-10:50am	Jun 29-Jul 9	\$59/\$69
0030.102	M-F/M-Th 10:10-10:50am	Jul 13-Jul 23	\$59/\$69
0030.103	M-F/M-Th 10:10-10:50am	Jul 27-Aug 6	\$59/\$69
Evening classes			
0030.120	MWF 6:30-7:10pm	Jun 15-Jul 3	\$59/\$69
0030.121	MWF 6:30-7:10pm	Jul 6-Jul 24	\$59/\$69
0030.122	MWF 6:30-7:10pm	Jul 27-Aug 14	\$59/\$69

### 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
0121.100	M-F/M-Th 8:30-9:10am	Jun 15-Jun 25	\$59/\$69
0121.101	M-F/M-Th 9:20-10:00am	Jun 15-Jun 25	\$59/\$69
0121.102	M-F/M-Th 11:00-11:40am	Jun 15-Jun 25	\$59/\$69
0121.103	M-F/M-Th 8:30-9:10am	Jun 29-Jul 9	\$59/\$69
0121.104	M-F/M-Th 9:20-10:00am	Jun 29-Jul 9	\$59/\$69
0121.105	M-F/M-Th 10:10-10:50am	Jun 29-Jul 9	\$59/\$69
0121.106	M-F/M-Th 11:00-11:40am	Jun 29-Jul 9	\$59/\$69
0121.107	M-F/M-Th 8:30-9:10am	Jul 13-Jul 23	\$59/\$69
0121.108	M-F/M-Th 9:20-10:00am	Jul 13-Jul 23	\$59/\$69
0121.109	M-F/M-Th 11:00-11:40am	Jul 13-Jul 23	\$59/\$69
0121.110	M-F/M-Th 8:30-9:10am	Jul 27-Aug 6	\$59/\$69
0121.111	M-F/M-Th 9:20-10:00am	Jul 27-Aug 6	\$59/\$69
0121.112	M-F/M-Th 11:00-11:40am	Jul 27-Aug 6	\$59/\$69
Evening classes			
0121.120	MWF 5:45-6:25pm	Jun 15-Jul 3	\$59/\$69
0121.121	MWF 6:30-7:10pm	Jun 15-Jul 3	\$59/\$69
0121.122	MWF 5:45-6:25pm	Jul 6-Jul 24	\$59/\$69
0121.123	MWF 6:30-7:10pm	Jul 6-Jul 24	\$59/\$69
0121.124	MWF 5:45-6:25pm	Jul 27-Aug 14	\$59/\$69
0121.125	MWF 6:30-7:10pm	Jul 27-Aug 14	\$59/\$69

### 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
0122.100	M-F/M-Th 8:30-9:10am	Jun 15-Jun 25	\$59/\$69
0122.101	M-F/M-Th 9:20-10:00am	Jun 15-Jun 25	\$59/\$69
0122.102	M-F/M-Th 10:10-10:50am	Jun 15-Jun 25	\$59/\$69
0122.103	M-F/M-Th 11:00-11:40am	Jun 15-Jun 25	\$59/\$69
0122.104	M-F/M-Th 8:30-9:10am	Jun 29-Jul 9	\$59/\$69
0122.105	M-F/M-Th 9:20-10:00am	Jun 29-Jul 9	\$59/\$69
0122.106	M-F/M-Th 10:10-10:50am	Jun 29-Jul 9	\$59/\$69
0122.107	M-F/M-Th 11:00-11:40am	Jun 29-Jul 9	\$59/\$69
0122.108	M-F/M-Th 11:50am-12:30pm	Jun 29-Jul 9	\$59/\$69
0122.109	M-F/M-Th 8:30-9:10am	Jul 13-Jul 23	\$59/\$69
0122.110	M-F/M-Th 9:20-10:00am	Jul 13-Jul 23	\$59/\$69
0122.111	M-F/M-Th 10:10-10:50am	Jul 13-Jul 23	\$59/\$69
0122.112	M-F/M-Th 11:00-11:40am	Jul 13-Jul 23	\$59/\$69
0122.113	M-F/M-Th 8:30-9:10am	Jul 27-Aug 6	\$59/\$69
0122.114	M-F/M-Th 9:20-10:00am	Jul 27-Aug 6	\$59/\$69
0122.115	M-F/M-Th 10:10-10:50am	Jul 27-Aug 6	\$59/\$69
Evening classes			
0122.120	MWF 5:45-6:25pm	Jun 15-Jul 3	\$59/\$69
0122.121	MWF 6:30-7:10pm	Jun 15-Jul 3	\$59/\$69
0122.122	MWF 5:45-6:25pm	Jul 6-Jul 24	\$59/\$69
0122.123	MWF 6:30-7:10pm	Jul 6-Jul 24	\$59/\$69
0122.124	MWF 5:45-6:25pm	Jul 27-Aug 14	\$59/\$69
0122.125	MWF 6:30-7:10pm	Jul 27-Aug 14	\$59/\$69

## Swim Lessons cont'd

SESSION 1

SESSION 2

SESSION 3

SESSION 4

### 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
0123.100	M-F/M-Th 8:30-9:10am	Jun 15-Jun 25	\$59/\$69
0123.101	M-F/M-Th 10:10-10:50am	Jun 15-Jun 25	\$59/\$69
0123.102	M-F/M-Th 11:00-11:40am	Jun 15-Jun 25	\$59/\$69
0123.103	M-F/M-Th 8:30-9:10am	Jun 29-Jul 9	\$59/\$69
0123.104	M-F/M-Th 9:20-10:00am	Jun 29-Jul 9	\$59/\$69
0123.105	M-F/M-Th 8:30-9:10am	Jul 13-Jul 23	\$59/\$69
0123.106	M-F/M-Th 9:20-10:00am	Jul 13-Jul 23	\$59/\$69
0123.107	M-F/M-Th 8:30-9:10am	Jul 27-Aug 6	\$59/\$69
0123.108	M-F/M-Th 9:20-10:00am	Jul 27-Aug 6	\$59/\$69
0123.109	M-F/M-Th 10:10-10:50am	Jul 27-Aug 6	\$59/\$69
Evening classes			
0123.120	MWF 6:30-7:10pm	Jun 15-Jul 3	\$59/\$69
0123.121	MWF 7:15-7:55pm	Jun 15-Jul 3	\$59/\$69
0123.122	MWF 5:45-6:25pm	Jul 6-Jul 24	\$59/\$69
0123.123	MWF 6:30-7:10pm	Jul 6-Jul 24	\$59/\$69
0123.124	MWF 6:30-7:10pm	Jul 27-Aug 14	\$59/\$69
0123.125	MWF 7:15-7:55pm	Jul 27-Aug 14	\$59/\$69



### 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
0124.100	M-F/M-Th 9:20-10:00am	Jun 15-Jun 25	\$59/\$69
0124.101	M-F/M-Th 10:10-10:50am	Jun 29-Jul 9	\$59/\$69
0124.102	M-F/M-Th 11:50-12:30pm	Jul 13-Jul 23	\$59/\$69
0124.103	M-F/M-Th 10:10-10:50am	Jul 27-Aug 6	\$59/\$69
Evening classes			
0124.120	MWF 7:15-7:55pm	Jun 15-Jul 3	\$59/\$69
0124.121	MWF 6:30-7:10pm	Jul 6-Jul 24	\$59/\$69
0124.122	MWF 5:45-6:25pm	Jul 27-Aug 14	\$59/\$69

### 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
0221.100	M-F/M-Th 8:30-9:10am	Jun 15-Jun 25	\$59/\$69
0221.101	M-F/M-Th 9:20-10:00am	Jun 15-Jun 25	\$59/\$69
0221.102	M-F/M-Th 11:50am-12:30pm	Jun 15-Jun 25	\$59/\$69
0221.103	M-F/M-Th 8:30-9:10am	Jun 29-Jul 9	\$59/\$69
0221.104	M-F/M-Th 10:10-10:50am	Jun 29-Jul 9	\$59/\$69
0221.105	M-F/M-Th 11:50am-12:30pm	Jun 29-Jul 9	\$59/\$69
0221.106	M-F/M-Th 8:30-9:10am	Jul 13-Jul 23	\$59/\$69
0221.107	M-F/M-Th 10:10-10:50am	Jul 13-Jul 23	\$59/\$69
0221.108	M-F/M-Th 11:50am-12:30pm	Jul 13-Jul 23	\$59/\$69
0221.109	M-F/M-Th 8:30-9:10am	Jul 27-Aug 6	\$59/\$69
0221.110	M-F/M-Th 9:20-10:00am	Jul 27-Aug 6	\$59/\$69
0221.111	M-F/M-Th 11:50am-12:30pm	Jul 27-Aug 6	\$59/\$69
Evening classes			
0221.120	MWF 5:45-6:25pm	Jun 15-Jul 3	\$59/\$69
0221.121	MWF 5:45-6:25pm	Jul 6-Jul 24	\$59/\$69
0221.122	MWF 6:30-7:10pm	Jul 27-Aug 14	\$59/\$69
0221.123	MWF 7:15-7:55pm	Jul 27-Aug 14	\$59/\$69

### 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
0222.100	M-F/M-Th 8:30-9:10am	Jun 15-Jun 25	\$59/\$69
0222.101	M-F/M-Th 9:20-10:00am	Jun 15-Jun 25	\$59/\$69
0222.102	M-F/M-Th 10:10-10:50am	Jun 15-Jun 25	\$59/\$69
0222.103	M-F/M-Th 8:30-9:10am	Jun 29-Jul 9	\$59/\$69
0222.104	M-F/M-Th 9:20-10:00am	Jun 29-Jul 9	\$59/\$69
0222.105	M-F/M-Th 10:10-10:50am	Jun 29-Jul 9	\$59/\$69
0222.106	M-F/M-Th 8:30-9:10am	Jul 13-Jul 23	\$59/\$69
0222.107	M-F/M-Th 9:20-10:00am	Jul 13-Jul 23	\$59/\$69
0222.108	M-F/M-Th 10:10-10:50am	Jul 13-Jul 23	\$59/\$69
0222.109	M-F/M-Th 11:50am-12:30pm	Jul 13-Jul 23	\$59/\$69
0222.110	M-F/M-Th 8:30-9:10am	Jul 27-Aug 6	\$59/\$69
0222.111	M-F/M-Th 11:00-11:40am	Jul 27-Aug 6	\$59/\$69
Evening classes			
0222.120	MWF 5:45-6:25pm	Jun 15-Jul 3	\$59/\$69
0222.121	MWF 6:30-7:10pm	Jun 15-Jul 3	\$59/\$69
0222.122	MWF 7:15-7:55pm	Jun 15-Jul 3	\$59/\$69
0222.123	MWF 5:45-6:25pm	Jul 6-Jul 24	\$59/\$69
0222.124	MWF 6:30-7:10pm	Jul 6-Jul 24	\$59/\$69
0222.125	MWF 7:15-7:55pm	Jul 6-Jul 24	\$59/\$69
0222.126	MWF 5:45-6:25pm	Jul 27-Aug 14	\$59/\$69
0222.127	MWF 6:30-7:10pm	Jul 27-Aug 14	\$59/\$69
0222.128	MWF 7:15-7:55pm	Jul 27-Aug 14	\$59/\$69

### 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
0223.100	M-F/M-Th 9:20-10:00am	Jun 15-Jun 25	\$59/\$69
0223.101	M-F/M-Th 10:10-10:50am	Jun 15-Jun 25	\$59/\$69
0223.102	M-F/M-Th 11:00-11:40am	Jun 15-Jun 25	\$59/\$69
0223.103	M-F/M-Th 9:20-10:00am	Jun 29-Jul 9	\$59/\$69
0223.104	M-F/M-Th 11:00-11:40am	Jun 29-Jul 9	\$59/\$69
0223.105	M-F/M-Th 11:50am-12:30pm	Jun 29-Jul 9	\$59/\$69
0223.106	M-F/M-Th 9:20-10:00am	Jul 13-Jul 23	\$59/\$69
0223.107	M-F/M-Th 11:00-11:40am	Jul 13-Jul 23	\$59/\$69
0223.108	M-F/M-Th 11:50am-12:30pm	Jul 13-Jul 23	\$59/\$69
0223.109	M-F/M-Th 9:20-10:00am	Jul 27-Aug 6	\$59/\$69
0223.110	M-F/M-Th 10:10-10:50am	Jul 27-Aug 6	\$59/\$69
0223.111	M-F/M-Th 11:00-11:40am	Jul 27-Aug 6	\$59/\$69
0223.112	M-F/M-Th 11:50am-12:30pm	Jul 27-Aug 6	\$59/\$69
Evening classes			
0223.120	MWF 6:30-7:10pm	Jun 15-Jul 3	\$59/\$69
0223.121	MWF 7:15-7:55pm	Jun 15-Jul 3	\$59/\$69
0223.122	MWF 6:30-7:10pm	Jul 6-Jul 24	\$59/\$69
0223.123	MWF 7:15-7:55pm	Jul 6-Jul 24	\$59/\$69
0223.124	MWF 5:45-6:25pm	Jul 27-Aug 14	\$59/\$69
0223.125	MWF 7:15-7:55pm	Jul 27-Aug 14	\$59/\$69

### Seal | Ages 6-16

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

			RES/NON
0321.100	M-F/M-Th 9:20-10:00am	Jun 15-Jun 25	\$59/\$69
0321.101	M-F/M-Th 10:10-10:50am	Jun 15-Jun 25	\$59/\$69
0321.102	M-F/M-Th 11:50am-12:30pm	Jun 15-Jun 25	\$59/\$69
0321.103	M-F/M-Th 9:20-10:00am	Jun 29-Jul 9	\$59/\$69
0321.104	M-F/M-Th 10:10-10:50am	Jun 29-Jul 9	\$59/\$69
0321.105	M-F/M-Th 9:20-10:00am	Jul 13-Jul 23	\$59/\$69
0321.106	M-F/M-Th 10:10-10:50am	Jul 13-Jul 23	\$59/\$69
0321.107	M-F/M-Th 11:00-11:40am	Jul 13-Jul 23	\$59/\$69
0321.108	M-F/M-Th 9:20-10:00am	Jul 27-Aug 6	\$59/\$69
0321.109	M-F/M-Th 10:10-10:50am	Jul 27-Aug 6	\$59/\$69
0321.110	M-F/M-Th 11:50am-12:30pm	Jul 27-Aug 6	\$59/\$69
Evening classes			
0321.120	MWF 7:15-7:55pm	Jun 15-Jul 3	\$59/\$69
0321.121	MWF 7:15-7:55pm	Jul 6-Jul 24	\$59/\$69
0321.122	MWF 7:15-7:55pm	Jul 27-Aug 14	\$59/\$69

### 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
0322.100	M-F/M-Th 8:30-9:10am	Jun 15-Jun 25	\$59/\$69
0322.101	M-F/M-Th 11:50am-12:30pm	Jun 15-Jun 25	\$59/\$69
0322.102	M-F/M-Th 8:30-9:10am	Jun 29-Jul 9	\$59/\$69
0322.103	M-F/M-Th 11:00-11:40am	Jun 29-Jul 9	\$59/\$69
0322.104	M-F/M-Th 8:30-9:10am	Jul 13-Jul 23	\$59/\$69
0322.105	M-F/M-Th 10:10-10:50am	Jul 13-Jul 23	\$59/\$69
0322.106	M-F/M-Th 11:00-11:40am	Jul 13-Jul 23	\$59/\$69
0322.107	M-F/M-Th 8:30-9:10am	Jul 27-Aug 6	\$59/\$69
0322.108	M-F/M-Th 11:50am-12:30pm	Jul 27-Aug 6	\$59/\$69
Evening classes			
0322.120	MWF 8:00-8:40pm	Jun 15-Jul 3	\$59/\$69
0322.121	MWF 8:00-8:40pm	Jul 6-Jul 24	\$59/\$69
0322.122	MWF 8:00-8:40pm	Jul 27-Aug 14	\$59/\$69

### 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
0323.100	M-F/M-Th 11:00-11:40am	Jun 15-Jun 25	\$59/\$69
0323.101	M-F/M-Th 11:50am-12:30pm	Jun 15-Jun 25	\$59/\$69
0323.102	M-F/M-Th 11:00-11:40am	Jun 29-Jul 9	\$59/\$69
0323.103	M-F/M-Th 11:00-11:40am	Jul 13-Jul 23	\$59/\$69
0323.104	M-F/M-Th 11:00-11:40am	Jul 27-Aug 6	\$59/\$69
Evening classes			
0323.120	MWF 8:00-8:40pm	Jun 15-Jul 3	\$59/\$69
0323.121	MWF 8:00-8:40pm	Jul 6-Jul 24	\$59/\$69

### 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
0324.100	M-F/M-Th 11:00-11:40am	Jun 15-Jun 25	\$59/\$69
0324.101	M-F/M-Th 11:50am-12:30pm	Jun 29-Jul 9	\$59/\$69
0324.102	M-F/M-Th 11:50am-12:30pm	Jul 13-Jul 23	\$59/\$69
0324.103	M-F/M-Th 11:50am-12:30pm	Jul 27-Aug 6	\$59/\$69
Evening classes			
0324.120	MWF 8:00-8:40pm	Jun 15-Jul 3	\$59/\$69
0324.121	MWF 8:00-8:40pm	Jul 27-Aug 14	\$59/\$69

### Advanced Technique Swimming (ATS) | Ages 6-16

Last of the Learn-to-Swim program. Focuses on preparing the swimmer for participation in a novice swim team, as technique and endurance is further developed. Skills introduced: competitive turns for all strokes, diving from the starting blocks, and use of training equipment.

			RES/NON
0325.100	M-F/M-Th 11:50am-12:30pm	Jun 15-Jun 25	\$59/\$69
0325.101	M-F/M-Th 11:50am-12:30pm	Jun 29-Jul 9	\$59/\$69
0325.102	M-F/M-Th 11:50am-12:30pm	Jul 27-Aug 6	\$59/\$69
Evening classes			
0325.120	MWF 8:00-8:40pm	Jul 6-Jul 24	\$59/\$69
0325.121	MWF 8:00-8:40pm	Jul 27-Aug 14	\$59/\$69

### 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
0521.120	MWF 8:00-8:40pm	Jun 15-Jul 3	\$59/\$69
0521.121	MWF 8:00-8:40pm	Jul 6-Jul 24	\$59/\$69
0521.122	MWF 8:00-8:40pm	Jul 27-Aug 14	\$59/\$69

### 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
0522.120	MWF 8:00-8:40pm	Jun 15-Jul 3	\$59/\$69
0522.121	MWF 8:00-8:40pm	Jul 6-Jul 24	\$59/\$69
0522.122	MWF 8:00-8:40pm	Jul 27-Aug 14	\$59/\$69

### Pee-Wee Water Polo | Ages 5-9

Introduction to water polo in the four-foot section of the pool. Covers the basics of water polo, with simplified rules, an emphasis on teamwork, and having fun! *Prerequisite: students must be comfortable in the water. Floatation devices will be provided for participants that require it.*

			RES/NON
0621.100	M-F/M-Th 11:50am-12:30pm	Jun 15-Jun 25	\$59/\$69
0621.101	M-F/M-Th 11:50am-12:30pm	Jul 13-Jul 23	\$59/\$69
Evening class			
0621.120	MWF 7:15-7:55pm	Jul 6-Jul 24	\$59/\$69

### Beginning Water Polo | Ages 10-16

Introduction to water polo covering the basics of eggbeater, heads-up freestyle, passing, shooting, and the rules of the game. *Prerequisite: students must be able to swim 100 yards front crawl, 50 yards backstroke and tread water for two minutes.*

			RES/NON
0622.100	M-F/M-Th 9:20-10:00am	Jun 29-Jul 9	\$59/\$69
0622.101	M-F/M-Th 9:20-10:00am	Jul 27-Aug 6	\$59/\$69
Evening class			
0622.120	MWF 5:45-6:25pm	Jun 15-Jul 3	\$59/\$69

### Intermediate Water Polo | Ages 10-16

For students with strong swimming skills and a basic knowledge of the sport. Will cover: shooting, passing, drills, pressing, zone, and defense/offense. *Prerequisite: students must have the ability to swim 100 yards heads-up freestyle, 50 yards backstroke, and tread water for two minutes.*

			RES/NON
0623.100	M-F/M-Th 9:20-10:00am	Jul 13-Jul 23	\$59/\$69

### Beginning Diving | Ages 6-16

Students must possess beginner level swim skills (Otter and above) to enroll. Participants will learn entries, acrobatic maneuvers, and basic dives.

			RES/NON
0624.100	M-F/M-Th 10:00-10:40am	Jun 15-Jun 25	\$59/\$69
0624.101	M-F/M-Th 10:00-10:40am	Jun 29-Jul 9	\$59/\$69
0624.102	M-F/M-Th 10:00-10:40am	Jul 13-Jul 23	\$59/\$69
0624.103	M-F/M-Th 10:00-10:40		

## Poway Community Park

### Location:

13094 Civic Center Drive



### Park Hours:

Daily, Sunrise-Sunset

Recreation Office **Mon-Sat 8am-9pm | Sun Noon-9pm**  
 Ball Fields **Daily, 8am-10pm**  
 Bocce Courts **Same hours as Rec Office**  
 Dog Park/Tennis/Basketball Courts **Daily, Sunrise-10pm**  
 Unsupervised Skate Park **Daily, 8am-8pm**

### Information:

(858) 668-4671

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

### In the Park Series | All Ages

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

**Monday, May 25 10:00am-12:00pm Fitness Theme FREE**

### 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](http://www.poway.org) or by calling (858) 668-4580.

## Old Poway Park

Location: 14134 Midland Road

### Information:

(858) 668-4576

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



### Events:

Farmers Market **Saturdays 8am-1pm**  
 Historical Tours **www.poway.org/oldpowaypark**  
 & Train Rides

### Sam Hinton Folk Festival

Old Poway Park Action Committee member, San Diego Folk Heritage, will host the annual Sam Hinton Folk Festival. Come join the celebration!

**FREE! Folk Festival**  
**June 20th**  
**10:30am-5:00pm**  
 Info: [www.poway.org/oldpowaypark](http://www.poway.org/oldpowaypark)

## Lake Poway



### Location:

14644 Lake Poway Road

### Park Hours:

Year Round **Daily, 6:00am to Sunset**

### Fishing & Boating Hours:

May-September **Wed-Sun, 6:00am to Sunset**

### Information:

(858) 668-4770

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

Park/Pavilion Reservations (858) 668-4595  
 Lake Poway Concession (858) 668-4778  
 Lake Poway Day Camp (858) 668-4776  
 Lake Poway Rangers (858) 668-4772

### Spring Into 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. (Up to five persons per family)

			COST
9039.100	Fri-Sat 1pm-10am	May 15-16	\$25
9039.102	Fri-Sat 1pm-10am	May 29-30	\$25

### Family Campouts

Calling all novice campers! Come enjoy outdoor fun in a family-friendly environment. Activities include: guided night hikes, campfire with s'mores, and continental breakfast. Boats can be rented for a nominal fee. Don't forget your own camping equipment, dinner supplies to barbeque, and grill/charcoal. (Up to five persons per family- any additions must register as an additional family)

			RES/NON
9039.106	Sat-Sun 5pm-9am	July 11-12	\$52/\$62
9039.107	Sat-Sun 5pm-9am	Jul 25-26	\$52/\$62
9039.108	Sat-Sun 5pm-9am	Aug 8-9	\$52/\$62



### Night Fishing

Try the night bite! Stocked regularly with catfish, Lake Poway also has a thriving bass population. Select Fridays & Saturdays this summer. Watch our website for dates.



## Blue Sky Ecological Reserve

### Location:

16275 Espola Road, 1 mile north of Lake Poway Road

### Reserve Hours:

Daily, Sunrise-Sunset



### Information:

(858) 668-4781

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

Reservations (858) 668-4781 or [blueskyreserve@poway.org](mailto:blueskyreserve@poway.org)  
 Class Registration [www.poway.org/classes](http://www.poway.org/classes)

### Interactive Discovery Tables

Animals and Plants of Blue Sky  
**Sunday 8:30-11:00am Jul 19 FREE**

### FREE Docent-led Nature Walks

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

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

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

**Saturdays 8:00-10:00am Jun 27 / Jul 18 / Aug 8 FREE**

### School Tours & Outreach Program

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



### Insects at Night

While you are asleep, Blue Sky comes alive! We'll catch, identify, and release back into the wild, many of Blue Sky's night-time inhabitants. Limited to 50 participants. **Registration required.**

**8168.101 Sat 8:30-10:00pm Jun 6 \$3 per person**

## Poway Center for the Performing Arts

### 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](http://www.powaycenter.com)

Buy Tickets: [www.powaycenter.com](http://www.powaycenter.com)

Volunteer: (858) 668-4795

## Taste of Our Towne

### A SUMMER CELEBRATION

A Benefit for the Poway Center for the Performing Arts Foundation  
 Highlighting our Area's Finest Food, Wine and Brews



SAT., JUNE 20  
 5 to 9 PM

### Featuring



NBC 7's Whitney Southwick Master of Ceremonies | The Back to the Garden Band (The Last Waltz, Woodstock: the Concert) | Steve Gouveia (Original Broadway cast of Jersey Boys)

### Upcoming Art Exhibits

Visit the PCPA, May through July, 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.

**May - Palomar Council PTA - Visual Arts & Photography**

**June - Helen Montgomery-Drysdale Legacy - "Augenblik"**

For details about the exhibits and artists, visit [www.powaycenter.com](http://www.powaycenter.com).

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

Celebrating 25 years in Poway, the Poway Center for the Performing Arts Foundation will reveal some exciting changes for the coming year. 21+ event. Tickets: \$100



15498 Espola Road, Poway RSVP online at [www.PowayArts.org/specialEvents.html](http://www.PowayArts.org/specialEvents.html)



## Poway Senior Center

### Location:

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

### Hours:

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

### Information:

**(858) 748-6094** [www.powayseniorcenter.org](http://www.powayseniorcenter.org)  
**Visit us on Facebook**

### Win Your Share of \$5000 Cash!



12:15 p.m. every Tuesday and 5:00 pm every Saturday

### Free Fun at PSC!

**Basic Tai Chi** – Try Free Tai Chi every Wednesday at 9:00am or 10:00 am. All are welcome to participate. Bill Bond Room 1

**Line Dancing** – Learn to Line Dance with us! Free fun and with great music, to “boot.” Every Friday 12:00-2:00pm, in Bill Bond Room 1.

**Table Tennis** – Come join us every Friday for ping pong! Stop by the Bistro Room and pick up a paddle, and play!

**Wii Bowling** – Join us every Third Wednesday from 2:00 pm to 4:00 pm in the Library/Lounge area. Wii Bowling is super easy and extremely fun, and games are quick!

### Win at Our Opportunity Drawings!

## Kumeyaay-Ipai Interpretive Center at Pauwai

### Location:

**13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)**

### Hours:

**Saturdays 9:00am-12:30pm**

### Information:

**(858) 668-1292** [www.poway.org/kiic](http://www.poway.org/kiic) or [www.friendsofthekumeyaay.org](http://www.friendsofthekumeyaay.org)

### Docents Wanted!

Learn about Native American culture and this valuable archaeological site. A variety of opportunities are available.

### School Tours (Thurs and Fri mornings)

Experience the life of the Kumeyaay, “discover” artifacts and ancient milling sites, and participate in “spirit rock” painting. \$4 per student. Schedule your tour at [www.poway.org/kiic](http://www.poway.org/kiic).

### Basket Weaving Demonstration

KIIC in proud to present Diania Caudell (Luiseño) to teach a class on basket weaving that will feature a media program on weaving and materials. Diania will demonstrate how to make various baskets using natural materials. All participants will weave a Cherokee-style basket to take home.



**8168.102 Sat Sep 19 8:30am-12:30pm** KIIC members \$25  
Non-members \$35

## Poway Library

### Location:

**13137 Poway Road  
Poway, CA 92064**



### Information:

**(858) 513-2900**

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

### Children’s Programs

**Storytime:** Monday-Friday at 10:30 am

**Baby Storytimes:** Mondays at 9:45 am

**Wild Wonders Summer Reading Kick-off:** Tuesday, June 17 at 10:30am

### Teen Programs

**Teen Events:** Every Tuesday in May from 4:00-5:00pm  
Every Tuesday in June and July from 3:30-4:30pm

### Adult Programs

**Books & Coffee:** May 2, 10:00am

**Living Will Seminar:** May 13, 10:00am

**Create Your Own Small Business:** May 30, 10:00am

**Author Visit by Peggy Snyder, author of “The Ten Minute Cognitive Workout”:** June 6, 11:00am

**Solar Energy: What Every Homeowner Should Know:** June 27, 11:00am

**Acoustic Showcase Concert:** 2nd Saturday Monthly

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



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

# REGISTRATION

Registration begins **MAY 12** 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](http://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**

### Extended 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. Obtain the registration form online at [www.poway.org/classes](http://www.poway.org/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](http://www.poway.org/play).

# YIELDING THE RIGHT OF WAY TO EMERGENCY VEHICLES



The Poway Fire Department offers the following "dos and don'ts" for motorists when they are approached by an emergency vehicle responding to a call with lights flashing and sirens blaring.

**DO**ooo

- Pull to the nearest edge of the roadway and come to a complete stop until all emergency vehicles have passed.
- Use your turn signal when pulling off the road. This sends a message to the emergency vehicle operator that you are aware of his presence.
- Be alert to the approach of more than one emergency vehicle. Check your rear view mirror before pulling back into the travel lane.
- Keep the volume of your radio at a level that will not interfere with your ability to hear approaching emergency vehicles.

**DON'T**ooo

- Block the intersection. Blocking intersections, even when attempting to yield to an emergency vehicle is dangerous.
- Follow an emergency vehicle responding to an emergency closer than 300 feet. It's against the law!
- Stop on a bridge, curve, or crest of a hill. Instead, activate your turn signal and proceed forward until you can safely pull over and come to a complete stop.
- Slam on your brakes or stop directly in front of an emergency vehicle. Large trucks require more stopping distance than a passenger car. Stopping abruptly in front of any large vehicle can have deadly consequences.

## Why We Have Traffic Deputies

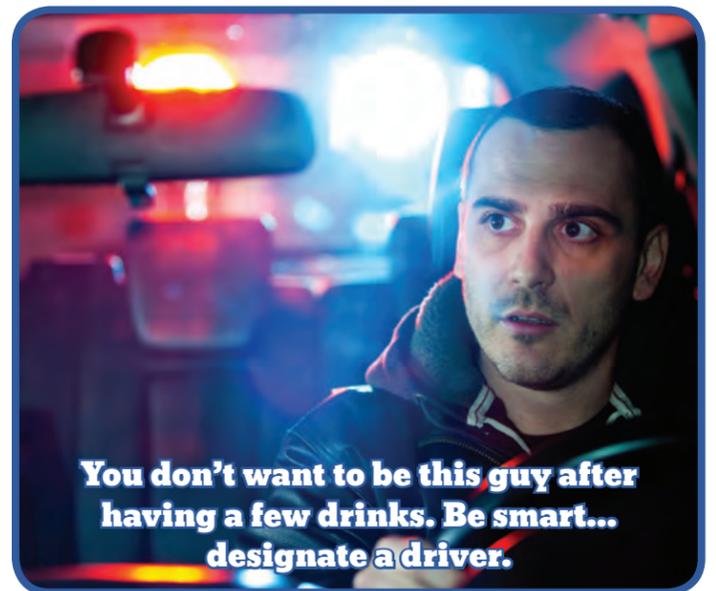


The National Highway Traffic Safety Administration reported that in 2013, over 32,000 people died in motor vehicle crashes in the United States. That is one fatality every 16 minutes; two times more than ALL homicides in 2013. The fact is that more people die in traffic collisions than are assaulted.

The top traffic concerns for any city and law enforcement agency are distracted and impaired drivers and driving at unsafe speeds. The City of Poway and the San Diego County Sheriff's Department has a designated traffic unit that is separate from the regular patrol units to combat these offenders.

Thirty-one percent of motor vehicle fatalities involve an impaired driver. Traffic units are tasked with enforcing DUI laws through high-visibility enforcement and DUI checkpoints. Any motorist displaying signs of being under the influence of alcohol and/or drugs may be evaluated and subsequently arrested.

Drivers who are arrested and convicted of a DUI may face hefty fines, a suspended license, and jail time. Don't push your luck behind the wheel—designate a sober driver. Be sure to plan ahead with a friend, family member, taxi, or ride share program to get home safely.



# TAKE A HIKE! Summer

Enjoy Two of Poway's Most Popular Trails this Season

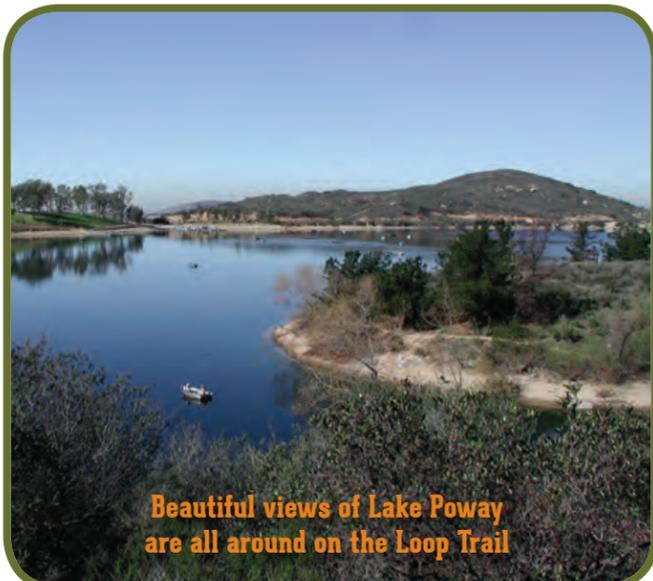


### Lake Poway Loop Trail

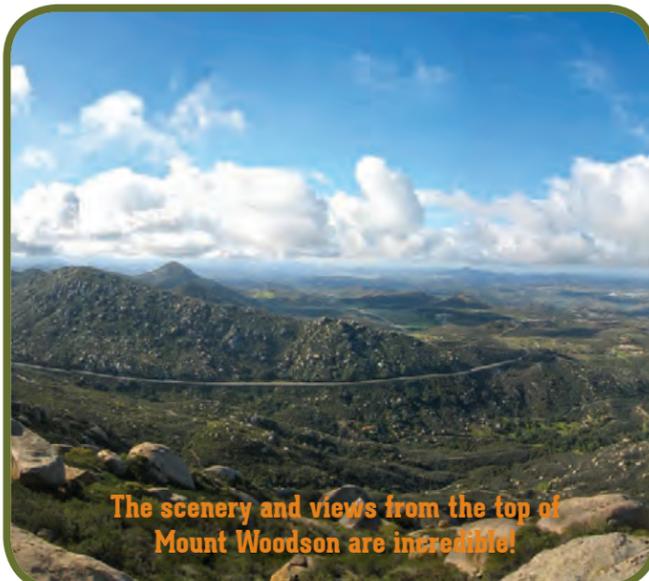
One of Poway's more popular trail destinations lies in the 60+ acres of the Lake Poway Recreation Area. **The Lake Poway Loop Trail** offers hikers a variety of options and claims some of the most scenic views within the City. This 3.2 mile loop runs counterclockwise around the lake, beginning at the top of Lake Poway and returns near the boat dock and concession area. Begin your hike from the top of the park and continue east along the southern side of the lake, and you will soon be rewarded with a breathtaking panoramic view to the north. As you continue around the east side of the lake, take some time to experience the variety of native plants and wildlife that call this hilly open-space their home. The final quarter of your hike, you will meander down a series of switchbacks to the base of the Lake Poway dam. Once there, take the small detour to the north for a short break in the primitive campground hidden within the majestic grove of oak trees. Complete your hike by climbing up the steep series of switchbacks to the west. As you reach the top, you will be just a short distance from the lake's concession/parking area, completing one of the most popular hikes in Poway!

### Mount Woodson Trail

For those hikers up for a bit more of a challenge, the 4.4 mile hike from Lake Poway Park to the peak of Mount Woodson might just be what you're looking for. Enter the Mount Woodson Trail at the mid-point of the Lake Poway Loop Trail and begin the steady climb to the east. Once you have reached the summit, you will hike a short, flat transition to the east—soon after, you will have the choice to head southeast into the rugged Warren Canyon area or to veer to the left to continue your trek to the top of Mount Woodson. As you continue, you'll find yourself winding through a seemingly endless line of majestic boulders. You'll then be offered one more choice: the Mount Woodson Trail to the top or the Fry-Koegle Trail to Ramona. If you do not have time for both, a re-visit might be your best option. If you choose the Fry-Koegle Trail, you will be treated to some of the City's most picturesque native landscaping as you hike along the northern side of Mount Woodson to the trail's end in Ramona. If you choose to continue up the Mount Woodson Trail, you will be rewarded with a 360-degree view of San Diego County and one of the most picturesque sights in the region!



Beautiful views of Lake Poway are all around on the Loop Trail



The scenery and views from the top of Mount Woodson are incredible!

## AlertSanDiego Emergency Information!

Get signed up. Get notified.

The County of San Diego maintains a regional notification system that sends out telephone notifications to residents and businesses in San Diego County who are in danger of being impacted by an emergency or disaster. This system is called AlertSanDiego and is used by emergency response personnel to notify homes and businesses with information about the event and/or actions that may need to be taken such as evacuations.

AlertSanDiego is for registering your cell phone number, VoIP phone number, and email address only. Listed and unlisted landline phone numbers are already included in the database and do not need to be registered. If you have a cell phone, email address, or Voice over IP (VoIP) and would like to be notified on that device, register at [www.readysandiego.org/alert-sandiego/](http://www.readysandiego.org/alert-sandiego/). There is also an app for your mobile phone. Visit [www.sdcountyemergency.com/](http://www.sdcountyemergency.com/).



# Repair, or Recycle and Donate!

One are the good old days when we simply purchased a new item and gave little thought to the disposal of the item. New realities remind us that we need to think before we plunk down that dollar for a new purchase. We must support and participate in making the repair, reuse or recycling of items as convenient and cost effective as possible.

So what can be done if you want to keep an item that is broken? The City's web site on the Trash and Recycling Collection page has a link to a database called [WasteFreeSD.org](http://WasteFreeSD.org) that lists businesses that do repair work by zip code. Look there to see if the item can be repaired before you discard it.

If you have items you no longer need, consider selling them, giving them to a friend or donating them to a charitable organization. Donating electronics for reuse extends a valuable product and keeps it out of the waste

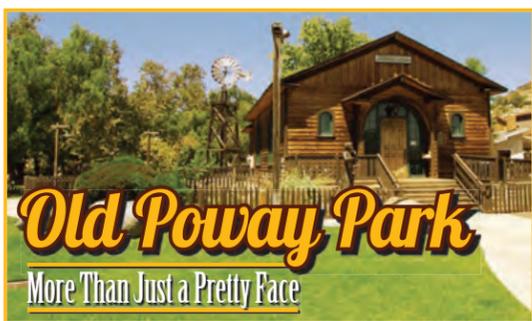
stream. In addition to being an environmentally preferred alternative, donating working equipment can benefit schools, non-profit organizations, and residents who may not have the resources to purchase the items.

Donation can be the key to some of the recycling efforts, especially when you consider the following statistics. On average an individual throws away 65lbs of clothing each year. Maybe the items are ripped or soiled and you wouldn't typically consider donating them. Rethink that decision! Some donation centers such as Goodwill Industries will take damaged clothing and will recycle the items by selling the material. Even used, damaged and generally unwearable clothing can have a second life.

For more information about these or other City recycling and disposal programs, please visit [www.poway.org](http://www.poway.org).



*There are numerous alternatives to throwing out old clothing and household items. First, consider repairing the item. If it needs to be replaced, you can recycle the old item by donating it to a local charity.*



Old Poway Park is beautifully adorned with buildings, landscaping, and amenities that give Powegians a glimpse of what it may have been like to live in the early 20th Century. The themed neighborhood features stained wood, stone accents, chimneys, recessed porches, wooden signs, and generous overhanging eaves and is a look unique to Old Poway Park. Brighton Place and Midland Elementary School also serve as the perfect backdrop making one's experience

even more authentic as Old Poway Park is surrounded by buildings draped with the early 20th Century theme.

The setting at Old Poway Park features a vintage 1907 Baldwin No. 3 Steam Locomotive and Depot, the Poway Heritage Museum, Nelson House, Templar's Hall, and the top rated Poway Farmers Market.

Recently, Old Poway Park's popularity with the business community has also been growing. It's not uncommon to find business people enjoying a coffee at Café Lily while discussing their ideas, and the Hamburger Factory is frequently used for morning business meetings. With the Poway Chamber of Commerce's new offices also located in Old Poway Park, along with offices for the Poway News Chieftain, Old Poway Park is buzzing with energy.

There are also a variety of charming shops and

eateries that are "must sees" when you visit Old Poway Park. These include Poway Countryside Barn, San Diego Toy and Doll Museum, San Diego Pond and Garden, and the Triathlete Store. In fact, you may have seen a few of these recently featured in the local newspaper. Trips to the vet? Car repairs? Haircut? Pilates? Chiropractor? Yes, you can do all these in Old Poway Park at businesses like Midland Animal Clinic, European Auto Center, Jo Jo's Hair Salon, Poway Pilates, and Hagan Chiropractic. With all the shopping you'll be doing you're sure to work up an appetite. But with eateries like the Hamburger Factory and Café Lily in Old Poway Park you can satisfy those hunger pangs, or just grab a quick snack at Old Poway Market.

Keep in mind, that if you're out running errands at Walmart, Lowes, Home Goods, or Stein Mart, Old Poway Park is just down the street.

Old Poway Park is located on Midland Road just three quarters of a mile north of Poway Road.

## Lighten the Load! Free Document Shredding Event

If you are wondering what to do with an avalanche of sensitive paper that has piled up, consider stopping by the upcoming community shred event. As a courtesy to residents who have confidential documents to recycle, such as medical records, tax forms, and bank statements, EDCO will be providing a shredding event on Saturday, May 9, 2015, from 9 a.m. to noon at the City's Household Hazardous Waste Disposal Facility (12325 Crosthwaite Circle). Your household may bring two bankers boxes of paper to the event. Please call EDCO's customer service line (858) 748-7769 if you have questions regarding the event.



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- AlertSanDiego.com



### Community Band Festival and Arts & Crafts Market

May 16th, 9:00am-7:00pm and May 17, 10:00am-7:00pm | Old Poway Park

### Old-Fashioned Fourth of July

July 4th, 10:00am-4:00pm | Old Poway Park

### July 4th Fireworks

July 4th, 6:00-10:00pm | Poway High School Stadium

### Old-Fashioned Family Days

May 23-24, July 17, August 14, October 18 | Old Poway Park

### Summer Concert in the Park Series

Sundays, June 28-August 16, 5:30-7:00pm | Lake Poway & Old Poway Park

@cityofpoway

City of Poway

### Outdoor Movie-in-the-Park Series

Saturdays, June 27, July 11, July 25, August 8, August 22 at Sunset | Poway Community Park & Swim Center



Join Us for Old Fashioned Family Days!

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- Deputy Mayor Dave Grosch
- Councilmember John Mullin
- Councilmember Jim Cunningham
- Councilmember Barry Leonard