



# POWAY Today



A Quarterly Municipal Newsletter for the Residents of Poway, California

Fall 2015

## We're in this Drought Together

Our community is facing a daunting challenge. We must cut water use by 32 percent or face heavy penalties from the state. As a water provider, we are committed to helping our water customers achieve this goal. But, the City is a water consumer and we are also looking for ways to reduce our own water use. As a community, we are fortunate to have a robust network of parks, street medians and parkways, and public facilities. However, these landscaped areas use a significant amount of water.

The City is taking steps to reduce our long-term need for water in parks and facilities. In our facilities, we have upgraded toilets with dual flush hardware, and showerheads with low flow heads. In our parking lots we have replaced grass with drought tolerant plants. And, in our parks, we have installed weather based and "smart" irrigation controllers. Furthermore, City staff identified and began replacing 86,000 square feet of non-essential grass at 11 different City facilities with mulch or dirt.

You may have noticed that many of the street medians and parkways that were once lush with green grass are now brown. The Governor's Executive Order that established statewide water restrictions prohibits the use of potable water to water grass on medians. While the Order bans water for grass, it allows

water to keep trees alive. The Executive Order applies to potable water, so we may continue to maintain grass on those medians and parkways in the business park, which is irrigated with recycled water.

The severity of the drought has also prompted us to reevaluate ideas previously deemed too labor intensive or expensive. For instance, we are now looking into the possibility of extending recycled water pipes down Community Road from the business park. We are evaluating capital projects and mobile equipment to help staff manage water quality more efficiently. Another concept being explored is building a small recycled water plant in town. The City is also looking into using old wells in our parks.

The State Water Resources Control Board established new statewide water restrictions which require Poway to reduce water use by 32%. The water restrictions below went into effect on May 15:

### EMERGENCY CONSERVATION REGULATIONS



#### Prohibited for Everyone:

- Using potable water to wash sidewalks and driveways
- Allowing runoff when irrigating with potable water
- Using hoses with no shutoff nozzles to wash cars
- Using potable water in decorative water features that do not recirculate the water
- Using outdoor irrigation during and 48 hours following measurable rainfall
- Using potable water to irrigate ornamental turf on public street medians
- Using potable water to irrigate landscapes of new homes and buildings inconsistent with state regulations



#### Required for Water Suppliers:

- Achieve designated conservation standard (varies by community)
- Notify customers about leaks that are within the customer's control
- Report on water use, compliance, and enforcement



#### Required for Businesses:

- 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

Meeting the state's mandate will take all of our efforts. We are committed to continuously evaluating our water use in parks and facilities as well as new ideas to help the entire community conserve water. For additional information about water conservation, please visit [www.poway.org/waterconservation](http://www.poway.org/waterconservation).

## Are You Prepared to Tackle Poway's Trails?

Poway's Fire Department has been busy this summer rescuing hikers who were not prepared to tackle Poway's extensive trails system. Follow these tips to stay safe when venturing out for a hike:

- Pay attention to weather forecasts
- Hike early in the day
- Avoid the most intense sun
- Keep clothing loose and light
- Wear a hat
- Use (and pack) sunscreen



On hot days, your body can lose large amounts of water through perspiration. The general rule is that you can sweat roughly a quart of water every hour, and even more when hiking uphill or in direct sunlight. Remember these tips to stay hydrated:

- Start the hydration process before you go out hiking.
- Drink frequently. Instead of guzzling a bunch of water all at once, take smaller and more frequent drinks of water.
- Cold water is best. Fill up your water bottle or hydration system with ice to keep water cool for as long as possible while you're out.
- Take breaks. Stop more frequently and for longer durations.
- Look for shade. Get out of the sun as much as you can, both on breaks and on the trail. Don't forget your four-legged canine friends... they too need to stay cool and hydrated.
- Limit exercise on hot days. Asphalt gets very hot and can burn your pet's paws.
- Provide ample shade and water any time your pet is outside.
- Cool your pet inside and out. Whip up a batch of peanut butter popsicles for dogs. You can also provide your pet with a cooling body wrap, vest or mat.
- NEVER LEAVE YOUR PET IN A PARKED CAR. When temperatures reach 85 degrees, the temperature inside a car with windows slightly open can reach 102 degrees within 10 minutes.

## Let Your Lawn Get a Tan this Summer!

### Tan Lawns: They're Now In Style!

Summer is here, along with warmer months, and many of us are wondering how we will be able to keep our lawns green. The truth is, we won't. Current watering restrictions, triggered by the state's drought, provide the perfect opportunity to let your lawn get a tan.

However, if you would like to replace your golden lawn with new drought-tolerant landscaping, please consider postponing your renovation so that you are planting new plants in the cooler fall months. Young plants, even drought-tolerant ones, require more water to establish. This need for water is even higher during the hot summer months. Planting in the fall will not only help save limited water, but will also help you save money on your water bill.

There are a number of resources available to help you plan your new drought-tolerant yard. The San Diego County Water Authority provides several resources online at [watersmartsd.org](http://watersmartsd.org). For instance, the Nifty-Fifty brochure provides information and photos on 50 spectacular drought-tolerant plants that would look great in any yard. The Water Conservation Garden at



Cuyamaca College is also a great place to get new ideas or take a landscaping class. The gardens are open to the public Friday through Sunday and you can find more information about the garden at [www.thegarden.org](http://www.thegarden.org).

If you're looking to save even more water, there are a number of other options worth considering. For instance, installing decorative rocks or other hardscape has become very popular. Rocks require little maintenance

and absolutely no water. Artificial turf has also become fashionable with many different varieties now available. Artificial turf is low maintenance and only requires water to occasionally rinse it off.

Thank you for your efforts to conserve water - whether you are replacing your lawn with drought-tolerant plants, rocks or artificial turf, or letting your lawn get a summer tan.

## POWAY ROAD CORRIDOR STUDY UPDATE

Your input is needed! The City is making progress on planning the future for Poway Road through work on the Poway Road Corridor Study. A committee consisting of business leaders, residents and other stakeholders was established last winter and has been hard at work providing input on the project's initial phase. The committee, with the assistance of City staff and the project consultant, began evaluating the corridor and envisioning what the corridor may look like in the future.

To help the visioning process, an Existing Conditions Assessment document has been prepared to serve as a tool in the early stages of the project by allowing a more comprehensive understanding of baseline conditions for planning, land use, transportation, design character, circulation, and market and economic features. The document is available online at <http://poway.org/812/Poway-Road-Corridor-Study>.

Public participation in the project is very important. Please join us on Tuesday, July 28, 2015 from 6:30-8:30pm in the City Council Chambers to learn more about the study and to provide input on the future of Poway Road. Additional public meetings and City Council workshops will be held in the fall and winter of 2015 and in the spring of 2016. It is anticipated that the project will be completed by winter of 2016.

### This Issue:

#### National Preparedness Month

September is the month to make sure you're prepared for any emergency.

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#### Vegetation Management

With a record drought not letting up, maintaining defensible space around your home is key to fire safety. **pg. 15**

#### Illegal Water Use

Water theft from City hydrants does happen and we need you to report it. Learn what to look for on **pg. 15**



#### Jack is Back!

Join in the fun and support our Special Needs community! Details: **pg. 16**



## Flood Safety Awareness

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

Maintenance of drainage facilities and natural creeks is very important because any obstructions to flow can contribute to flooding, stream bank erosion, and property damage for yourself and your neighbors. It is important to know that individual property owners are responsible for the maintenance of creeks or private drainage facilities located on private property. In addition, permits may be required to perform maintenance within natural creeks. Routine maintenance of natural creeks that may not require permits may include the removal of fallen trees, accumulated yard waste, stockpiled wood or other material, leaves and other debris, and

the trimming or pruning of dense vegetation.

If you are unsure whether a particular facility or creek is City-maintained, or if you have any questions regarding the maintenance of drainage facilities, you may contact the City's Development Services Department at (858) 668-4600.

Most alterations to structures or land require permits from the City. If the proposed work is located in a mapped floodplain, or if the work is proposed on a building that is at least partially located within a mapped floodplain, a floodplain development permit is required. Flood maps and additional flood protection information are available at both City Hall and the Poway Public Library. Feel free to contact the City's Development Services Department at (858) 668-4600 with any questions.

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

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



## City Wins Grant for Additional Parking at Popular Trail

Poway offers some of the finest and most popular hiking trails in the entire County! This popularity can result in parking problems. At Iron Mountain, Park Rangers have reported seeing as many as 300 hikers at any given time using the trail. The 102-space parking lot is often filled to capacity, with hikers parked along Highway 67.

In October 2014, the Poway City Council chose to expand the parking lot by 20 spaces. The Council also asked staff to pursue grant funds to help pay for the \$80,000 project. Staff applied for a \$40,000 grant through the County of San Diego's Neighborhood Reinvestment Program. In May 2015, the County Board of Supervisors awarded the City the full requested amount. Construction is expected to take a few weeks and will begin in early January 2016.

## Here's Your Sign . . . .

### (Actually, 10 of Them to be Exact)

In 2010, the I-15 corridor in the San Diego region was selected as one of two pilot sites in the nation to develop, implement and operate an Integrated Corridor Management (ICM) system. The cutting-edge ICM technology identifies and determines how freeway, arterial, and transit networks can be managed together to improve traffic flow. The San Diego ICM project team is led by the San Diego Association of Governments (SANDAG) and includes partnerships with the U.S. Department of Transportation, Caltrans, Metropolitan Transit System, North County Transit District, and the cities of Escondido, Poway, and San Diego.

The project covers a 20-mile section of I-15 from just north of State Route 52 in the City of San Diego to State Route 78 in the City of Escondido. The I-15 Express Lanes, major arterial routes on both sides of I-15, including portions of Scripps Poway Parkway, Poway Road, and Pomerado Road are included in the project.

In summer 2015, detour signs (49 all together) will be installed on arterial streets in the cities of Escondido, Poway, and San Diego. During major incidents on the I-15, Caltrans changeable message signs will direct travelers off of the freeway and onto the appropriate arterials. There will be 10 detour signs installed within the City of Poway along Pomerado Road.

The I-15 ICM project applies real-time information to forecast traffic conditions and recommend actions to manage anticipated congestion. The free 511 San Diego mobile application (available for iOS and Android) was developed as part of the ICM project and includes corridor specific innovations such as:

- Estimated travel times on I-15
- Current traffic conditions
- Latest incident and construction information in the region
- Metropolitan Transit System & North County Transit District bus routes and fares
- Current toll rates for the I-15 Express Lanes

To learn more about the 511 app, visit [www.511sd.com/app](http://www.511sd.com/app)



## National Preparedness Month 2015

**This September: You Can Be the Hero!**

September is National Preparedness Month which is a reminder that it is time to prepare for emergencies and disasters. If you've seen the news recently, you know that emergencies can happen unexpectedly in communities like yours to people like you. We've seen tornadoes, floods, flash floods, earthquakes, tsunamis, and even water main breaks and power outages that have affected millions of people for days, weeks, and even months.

Police, fire and rescue may not always be able to reach you quickly during an emergency or disaster. The most important step you can take to help your local emergency responders is to be able to take care of yourself and those in your care. This September, please prepare and plan in the event you must go for three days without electricity, water service, or access to a supermarket or other local services. Just follow these four steps:

- 1. Stay Informed:** Information is available from federal, state, local, tribal and territorial resources. Access [Ready.gov](http://www.Ready.gov) to learn what to do before, during and after an emergency.
- 2. Make a Plan:** Discuss, agree on and document an emergency plan with those in your care. Sample plans can be found at [www.Ready.gov](http://www.Ready.gov). Work with neighbors, colleagues and others to build community resilience.
- 3. Build a Kit:** Keep enough emergency supplies - water, nonperishable food, first aid, prescriptions, flashlights and battery-powered radios on hand.
- 4. Get Involved:** There are many ways to get involved especially before a disaster occurs. The entire community can participate in programs and activities to make their homes safer from risks and threats. Community leaders agree that the formula for ensuring a safer homeland consists of

volunteers, a trained and informed public and increased support of emergency response agencies during disasters. By taking a few simple actions, you can make your family safer.

- Consider planning a Ready Kids event in your community to encourage families to get prepared with their children. Go to [www.Ready.gov/kids](http://www.Ready.gov/kids) for more information.
- Volunteer to present preparedness information in your child's class.
- Invite officials from your local Office of Emergency Services or first responder teams to speak at schools or youth events.
- Use local emergency management resources to learn more about preparedness in your community.
- Contact your local emergency management agency to get essential information on specific hazards in your area, plans for local shelters and evacuation routes, ways to get information before and during an emergency and how to sign up for emergency alerts if they are available.
- Get involved with your local American Red Cross Chapter or join a Community Emergency Response Team (CERT).

For more information, check out: [www.Ready.gov](http://www.Ready.gov)



## Poway Library Remodel Progress Report

Have you seen it? The Library gained usable square footage by installing a beautifully-designed patio cover. The much-needed shade will allow for enhanced outdoor programming all year long.

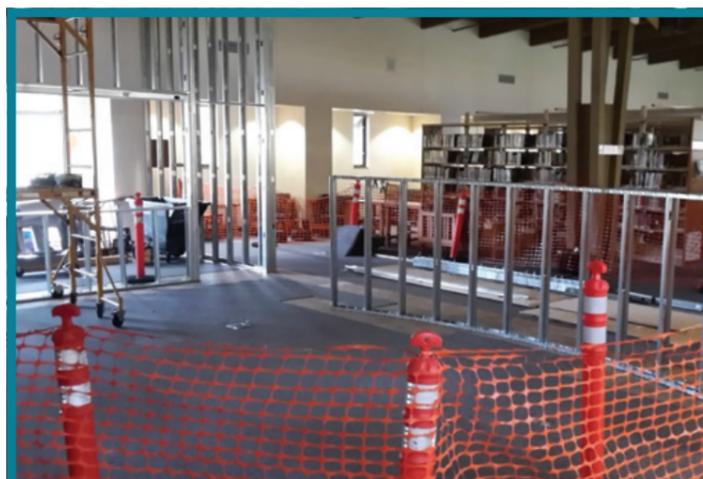
Inside the building, framing continues for the study rooms, separate teen area and computer lab area. New interior

paint has been applied to freshen the walls, and new carpet, tiles, and updated fixtures will also be installed. The children's area is alive with new, fun furniture.

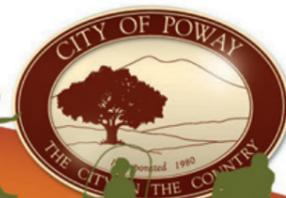
The Friends of the Library space and the community room will round out the remodel in coming months. The Friends space will be redesigned for better efficiency and new carpet, paint, and window coverings will refresh both spaces.

The Poway Library is one of the oldest branches in San Diego County. The building is owned by the City of Poway with library services provided by the County of San Diego. The County of San Diego, the Poway Friends of the Library, and the City of Poway are collaborating on this \$1.5 million remodel.

Watch for a grand-reopening event and join us to celebrate YOUR beloved hometown library.



**The study rooms, teen area and computer lab are all being remodeled in the \$1.5 million project.**



# POWAY Community Services

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

## Fall 2015



Registration begins **AUGUST 4**

### 2015 SUMMER CONCERT SERIES



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

**F**REE family fun and great tunes! Enjoy the best, local entertainment around 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 shuttle service is available from Poway High School north parking lot to Lake Poway. Information: www.poway.org or Lake Poway (858) 668-4770; Old Poway Park (858) 668-4576.

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

Date	Location	Performer	Musical Style
July 22	Lake Poway	The Mighty Untouchables (Special Olympics Wednesday show)	Variety
July 26	Lake Poway	The Legends	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

## Summer Isn't Over Yet!



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

Date	Location	Movie	Cost
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



### Kumeyaay-Ipai Calling All Volunteers!



Learn about Native American culture and this valuable archaeological site, and share that valuable knowledge with others. It's also a great way to meet new friends with shared interests. A variety of opportunities are available. Please call (858) 668-4781 or visit our website: www.poway.org/kiic

### ONCE UPON A HALLOWE'EN



**Sunday, Oct 25  
5:30-8:30pm  
FREE for All Ages**

The Old Poway Park Action Committee proudly presents Once Upon a Halloween on Sunday, October 25, from 5:30 to 8:30 pm. This family-friendly event will be bigger and better than ever! Celebrate Halloween in a distinctly-different way by taking a ride aboard the "Halloween Express". Participate in a carved pumpkin contest for a nominal fee, enjoy story telling in Templars Hall, visit the "cemetery" and haunted house, play carnival-type games, and enjoy spooky Halloween crafts plus tasty treats. Information: www.poway.org/oldpowaypark or (858) 668-4576.

## OLD-FASHIONED FAMILY DAYS



Come spend time playing games, participating in "Old-Fashioned" themed activities, and enjoying the living history at Old-Fashioned Family Days in Old Poway Park. The series will host two events from August to October. Train photo opportunities will be offered on October 18. We look forward to seeing you there! Information: www.poway.org/oldpowaypark or (858) 668-4576.

Date	Event	Time
Aug 14	Campfire Night	7:00pm-9:00pm
Oct 18	Read-a-thon and Train Photo Day	12:30pm-4:30pm

## History Comes Alive at the Rendezvous in Poway

Visit over 15 living history encampments demonstrating life during California's turn-of-the-twentieth-century and civil war eras. Meet real cowboys, pioneers, mountain men and women, fur traders, gunslingers, and soldiers. Ride aboard the 1907 Baldwin Steam Locomotive, pan for gold near the banks of rattlesnake creek, watch gun-fighting demonstrations, and view handmade items for sale at the Poway Boardwalk Craft Market. Join us at the Hobo campfire for stories, songs, and s'mores on Saturday, October 3 at 7:00pm. Information: (858) 668-4576.



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

### Rendezvous in Poway Educational Tours

Let your students LIVE history on Thursday, October 1 and Friday, October 2. Groups of 20 or more are invited to participate in a one-of-a-kind, interactive, hands-on learning experience. Students will visit over 15 historical encampments. During the tour students will see model railroad displays, pan for gold, and take a ride aboard the train. These educational tours coincide with the Poway Unified School District's curriculum and will bring history to life in a fun and educational manner. Advanced registration is required and space is limited. Bookings are made on a first-come, first-serve basis, so call today! For more information, or to schedule your tour, call (858) 668-4579.



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

**B**lue Sky comes alive after dark! Meet the canyon's "wildlife" (docents dressed in animal costumes) up close! Groups will leave in 15-minute intervals, between 5:30 pm and 7:15 pm, and tours last approximately 75 minutes. End the evening with a cup of hot chocolate! Register online at [www.poway.org/classes](http://www.poway.org/classes) on or after August 4.

**Location & Parking:** Blue Sky Ecological Reserve

8169.200	Sat 5:30pm	Oct 24	\$5/person
8169.201	Sat 5:45pm	Oct 24	\$5/person
8169.202	Sat 6:00pm	Oct 24	\$5/person
8169.203	Sat 6:15pm	Oct 24	\$5/person
8169.204	Sat 6:30pm	Oct 24	\$5/person
8169.205	Sat 6:45pm	Oct 24	\$5/person
8169.206	Sat 7:00pm	Oct 24	\$5/person
8169.207	Sat 7:15pm	Oct 24	\$5/person



# HOOT, HOWL & PROWL!



## Children's Activities

### Hopscotch: Tiny Tots Preschool | Ages 2-5

Hop into learning and fun during the Hopscotch Tiny Tots Preschool! Children will socialize, play, and learn with their peers in a fun, relaxed atmosphere. Each month offers a unique theme and incorporates art projects, musical instruments, dancing, educational activities, and even some yoga! Watch your children grow 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

**No Class:** Nov 24 & 26

Theme: All About Me

			RES/NON
4011.200	T/Th 9:00am-12:00pm	Sep 15-Oct 8	\$195/\$205*

Theme: Nature

4011.201	T/Th 9:00am-12:00pm	Oct 13-Nov 5	\$195/\$205*
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Theme: Animals

4011.202	T/Th 9:00am-12:00pm	Nov 10-Dec 10	\$195/\$205*
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\* \$20 materials fee due first day of class

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

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

**Instructor:** Poway Gymnastics

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

**No Class:** Nov 26 & 28

			RES/NON
2312.200	Thu 10:45-11:15am	Sep 17-Dec 10	\$161/\$171*

2312.201	Sat 8:45-9:15am	Sep 19-Dec 12	\$161/\$171*
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\* \$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 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

			RES/NON
4011.203	Fri 9:00-10:10am	Sep 18-Nov 13	\$115/\$125*

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

### 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

**No Class:** Nov 23

			RES/NON
4011.206	Mon 9:30-10:15am	Sep 14-Oct 5	\$56/\$66

4011.207	Mon 10:30-11:15am	Sep 14-Oct 5	\$56/\$66
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4011.208	Mon 9:30-10:15am	Oct 12-Nov 2	\$56/\$66
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4011.209	Mon 10:30-11:15am	Oct 12-Nov 2	\$56/\$66
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4011.210	Mon 9:30-10:15am	Nov 9-Dec 7	\$56/\$66
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4011.211	Mon 10:30-11:15am	Nov 9-Dec 7	\$56/\$66
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### Ice Skating | Ages 3-5

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

**Instructor:** Breanne Bonilla

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

			RES/NON
2091.200	Wed 4:00-4:30pm	Sep 2-Sep 23	\$50/\$60

2091.201	Wed 4:00-4:30pm	Oct 7-Oct 28	\$50/\$60
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### Soccer Shots Minis | Ages 2 to 3

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

**Instructor:** Soccer Shots

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

			RES/NON
2443.203	Sat 9:00-9:30am	Sep 19-Nov 7	\$120/130*

2443.204	Sat 10:25-10:55am	Sep 19-Nov 7	\$120/130*
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2443.205	Tue 5:35-6:05pm	Sep 15-Nov 3	\$120/130*
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\* \$20 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. All participants will receive an Adidas Soccer Shots jersey for their participation!

**Instructor:** Soccer Shots

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

			RES/NON
2443.200	Sat 9:35-10:20am	Sep 19-Nov 7	\$120/130*

2443.202	Tue 4:45-5:30pm	Sep 15-Nov 3	\$120/130*
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\* \$20 materials fee due first day of class

## Kid's Night Out

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

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

**Instructor:** Community Park Staff

**Location:** Community Park, Auditorium

8432.200	Fri 4:30-9:00pm	Sep 11	\$5/participant
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8432.201	Sat 4:30-9:00pm	Oct 10	\$5/participant
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8432.202	Fri 4:30-9:00pm	Nov 6	\$5/participant
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8432.203	Sat 4:30-9:00pm	Dec 19	\$5/participant
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## Teen Night Out



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

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

**Register early; space is limited.**

**Location:** Community Park, Swim Center

Sat	5:30-9:30pm	Sep 19	FREE
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### Teen Night Out | Grades 6th-9th

Teens – it's your night out! Have an absolute blast choosing which activities YOU want to participate in during Activity-A-Palooza! Race your friends in Mario Kart on the Wii, get funky with arts and crafts, win cool prizes playing recreation games, kick back with friends, devour yummy snacks, and so much more! **Register early; space is limited.**

**Location:** Meadowbrook Gymnasium

Sat	4:30-9:30pm	Oct 24	FREE
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### NEW! Teen Excursion: Rock Climbing | Grades 6th-9th

Whose ready to rock – rock climb that is! Join us at Solid Rock Gym where we'll be bouldering caves and rappelling down walls. Whether you're a first time climber or an expert who can dyno, there's bound to be a climbing route that intrigues you. Don't just hang around at home – hang around at the top of the rock wall with us!

**Register early; space is limited.**

**Drop Off & Pick Up:** Solid Rock Gym, 13026 Stowe Drive

			Fee/participant
8432.210	Sat 5:30-8:30pm	Nov 21	\$5

## Dance | Youth & Teen

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

**For Ms. Debhora's and Ms. Kellie's classes, please note:** Dance classes are designed to increase in difficulty with continued enrollment. Students who enroll in fall, winter, and spring sessions may perform in the annual June dance recital. Participants will purchase costumes in January. Parent watching days are the last class of each month.

**Dance Production: Nutcracker Follies! | Ages 5-18**  
Be a part of our third annual *The Nutcracker Follies!* Dancers will learn ballet, tap, jazz, or lyrical dances to classical Nutcracker and contemporary holiday music, which will be performed onstage during our annual holiday show! The Nutcracker Follies performance will be held on Tue, Dec 8 @ 6:30 p.m. in the Poway Community Park Auditorium. No tickets are required to see the show. A "school day" performance TBA in December. Participants will purchase costumes in October.

**Instructor:** Debhora Childress:  
[www.MsDebhorasDanceForChildren.com](http://www.MsDebhorasDanceForChildren.com)

**Location:** Community Park, Auditorium

**No Class:** Nov 24

5111.214	Tue 6:15-7:30pm	Sep 15-Dec 8	RES/NON \$75/\$85*
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\* \$15 materials fee due first day of class

### Fun 'n Funky Jazz for Kids! | Ages 7-18

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

**Instructor:** Kellie Childress-Nichols:  
[www.MsDebhorasDanceForChildren.com](http://www.MsDebhorasDanceForChildren.com)

**Location:** Community Park, Auditorium

**No Class:** Nov 24

5121.207	Tue 4:30-5:15pm	Sep 15-Dec 1	\$98/\$108
5121.208	Tue 5:15-6:00pm	Sep 15-Dec 1	\$98/\$108



### Tap & Ballet | Ages 3-18

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! Classes are offered at multiple skill and age levels and progress with continued enrollment. Dance attire, leather ballet slippers, and tap shoes are required.

**Instructor:** Debhora Childress:  
[www.MsDebhorasDanceForChildren.com](http://www.MsDebhorasDanceForChildren.com)

**Location:** Community Park, Auditorium

**No Class:** Nov 23, 24 & 26

<b>Ages 3-5 Tiny Tot Beginner</b>			
5111.203	Mon 3:00-4:00pm	Sep 14-Dec 7	RES/NON \$108/\$118
5111.204	Tue 12:30-1:30pm	Sep 15-Dec 8	\$108/\$118
<b>Ages 5-8 Children's Beginner</b>			
5111.205	Mon 4:00-5:00pm	Sep 14-Dec 7	\$108/\$118
<b>Ages 6-9 Children's Beginner</b>			
5111.206	Thu 3:00-4:00pm	Sep 17-Dec 10	\$108/\$118
<b>Ages 8-13 Beginner/Intermediate</b>			
5111.207	Mon 5:15-6:15pm	Sep 14-Dec 7	\$108/\$118
<b>Ages 9-12 Beginner/Intermediate</b>			
5111.208	Thu 4:00-5:00pm	Sep 17-Dec 10	\$108/\$118
<b>Ages 13-18 Advanced Teen</b>			
5111.209	Mon 6:15-7:15pm	Sep 14-Dec 7	\$108/\$118
<b>Ages 11-14 Intermediate /Advanced</b>			
5111.210	Thu 5:00-6:00pm	Sep 17-Dec 10	\$108/\$118



### Dance for Children with Ms. Debhora | Ages 2½-5 Creative Movement and Tumbling for Boys and Girls

A perfect "first class" for beginning little dancers! Boys and girls come tumble, dance and sing and with us! This non-stressful, child-friendly, fun-filled, tumbling and dance class is designed just for little ones! Learn self-control and body awareness, pre-dance skills and fun tumbling tricks in a music-filled environment specifically created for your child's success! Join the fun and meet new friends! Classes are progressive with continued enrollment. Wear dance attire and leather ballet shoes or bare feet.

**Instructor:** Debhora Childress:  
[www.MsDebhorasDanceForChildren.com](http://www.MsDebhorasDanceForChildren.com)

**Location:** Community Park, Auditorium

**No Class:** Nov 23

5111.200	Mon 10:00-10:45am	Sep 14-Dec 7	RES/NON \$108/\$118
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### NEW! Tiny Tot Tap and Tumble | Ages 3-6

Come dance and tumble with us! Designed specifically for pre-school aged children, this fun-filled, action-packed class is perfect for beginners! Learn the exciting art of tap dance AND some tumbling skills too, in a music-filled, child-friendly environment! Tap and leather ballet shoes and dance attire required.

**Instructor:** Debhora Childress:  
[www.MsDebhorasDanceForChildren.com](http://www.MsDebhorasDanceForChildren.com)

**Location:** Community Park, Auditorium

**No Class:** Nov 23

5111.201	Mon 11:00am-12:00pm	Sep 14-Dec 7	\$108/\$118
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### Princess Ballet for Kids | Ages 3-12

Learn the beautiful art of ballet in a musical, fun, and creative environment! Class combines grace and technique of classical ballet, with a princess twist! Dance clothes and pink leather ballet shoes required.

**Instructor:** Kellie Childress-Nichols:  
[www.MsDebhorasDanceForChildren.com](http://www.MsDebhorasDanceForChildren.com)

**Location:** Community Park, Auditorium

**No Class:** Nov 28

<b>Ages 3-5</b>			
5121.200	Sat 9:00-9:45am	Sep 19-Dec 5	RES/NON \$98/\$108
<b>Ages 6-8</b>			
5121.201	Sat 9:45-10:30am	Sep 19-Dec 5	\$98/\$108
<b>Ages 9-12</b>			
5121.202	Sat 10:30-11:15am	Sep 19-Dec 5	\$98/\$108

## Kids Hip Hop Dance



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

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



**Instructor:** Dance to EVOLVE:  
[www.dancetoevolve.com](http://www.dancetoevolve.com)

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

**No Class:** Sep 30, Nov 11 & 25, Dec 9

<b>Beat Breakers &amp; Hip Hop Ages 4-7</b>			
5131.200	Wed 3:50-4:45pm	Sep 16-Oct 21	RES/NON \$87/\$97
5131.201	Wed 3:50-4:45pm	Oct 28-Dec 16	\$87/\$97
5131.202	Wed 3:50-4:45pm	Sep 16-Dec 16	\$157/\$177
<b>Hip Hop Ages 8-12</b>			
5131.203	Wed 4:50-5:45pm	Sep 16-Oct 21	\$87/\$97
5131.204	Wed 4:50-5:45pm	Oct 28-Dec 16	\$87/\$97
5131.205	Wed 4:50-5:45pm	Sep 16-Dec 16	\$157/\$177

## Creative Arts

### Best of Broadway | Ages 7-14

Let's create a show from Musical Theatre's most popular songs and scenes! Participants will create a show by selecting their favorite songs from Musical Theatre, and then create a script leading into their favorite songs and scenes. Participants will develop skills in acting technique, terminology, and improv, followed by a fantastic dance number and a dive into vocal technique. On the last day, participants will perform a showcase for their families to enjoy! Participants will receive a script, CD, and performance t-shirt.

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

**No Class:** Oct 1

6182.234	Thu 4:30-6:00pm	Sep 17-Nov 19	RES/NON \$135/\$145*
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\* \$20 materials fee due first day of class



## Special Interest

### Ice Skating | Ages 6-12

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

**Instructor:** Breanne Bonilla  
**Location:** San Diego Ice Arena, 11048 Ice Skate Place

2091.203	Wed 4:30-5:00pm	Sep 2-Sep 23	RES/NON \$50/\$60
2091.204	Wed 4:30-5:00pm	Oct 7-Oct 28	\$50/\$60



## Health & Wellness

### Tap Dance for Adults | Ages 18+

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

**Instructor:** Debbora Childress:  
www.MsDebborasDanceForChildren.com

**Location:** Community Park, Auditorium  
**No Class:** Nov 26

5111.202 Thu 6:15-7:00pm Sep 17-Dec 10 RES/NON \$98/\$108

### 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:** Nov 26  
6182.270 Thu 5:30-6:30pm Sep 17-Dec 17 RES/NON \$100/\$110



### Aqua Zumba® | Ages 16+

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

**Instructor:** Julie Clemmons  
**Location:** Community Swim Center

5500.201 Wed 6:00-6:50pm Sep 16-Nov 11 RES/NON \$85/\$95



### 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 activity or activities requiring endurance.

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

5417.242 Mon 12:30-1:30pm Sep 14-Oct 12 \$74/\$84  
5417.243 Mon 12:30-1:30pm Oct 19-Nov 16 \$74/\$84  
5417.244 Wed 12:30-1:30pm Sep 16-Oct 14 \$74/\$84  
5417.245 Wed 12:30-1:30pm Oct 21-Nov 18 \$74/\$84



### NEW! Hula Hoop Zumba | Ages 15+

Hula Hoop Zumba will cover the finer points of hula hooping for all experience levels. Besides burning calories, hooping will improve spine strength, flexibility and coordination; and just makes you feel HAPPY! What's not to love about this super-fun, effective workout? Hula hoops will be provided.

**Instructor:** Julie Clemmons  
**Location:** Community Park, Bill Bond Hall I  
**No Class:** Nov 26

5417.230 Thu 6:00-7:00pm Sep 17-Dec 17 RES/NON \$96/\$106

### NEW! Yoga-Core | Ages 16+

Yoga-Core is designed to improve your overall "core strength," the abdominals, the literal center of our balance and strength, as well as the emotional and spiritual elements of your core. We'll use traditional yoga "asanas" to strengthen our abdominals, improve flexibility, and streamline our overall physical appearances and body movement awareness in this class.

**Instructor:** Emma Sarmiento  
**Location:** Community Park, Activity Rooms I & II  
**No Class:** Nov 26

5417.202 Thu 6:00-7:00pm Sep 17-Dec 17 RES/NON \$117/\$127



### PiYo™ | Ages 16+

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

**Instructor:** Emma Sarmiento  
**Location:** Community Park, Activity Rooms I & II  
**No Class:** Nov 24

5417.201 Tue 6:00-7:00pm Sep 15-Dec 15 RES/NON \$117/\$127

## Combo Class

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

PiYo™ & Yoga - Core | Ages 16+  
5417.208 Tu/Th 6:00-7:00pm Sep 15-Dec 17 \$208/\$228

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

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

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

The ancient practice of Tai Chi Chuan is clinically proven to be one of the most effective exercises to improve health, fitness, and relaxation. The 24-Forms is the most widely-practiced Tai Chi form. While there are many variations, the Yang Style is one of the most authentic. This is in an intermediate level class for Tai Chi students who wish to deepen their understanding of the Tai Chi principles and how to use them to further develop their Tai Chi practice. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

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

5417.210 Mon 7:15-8:00pm Oct 5-Nov 30 RES/NON \$55/\$65



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

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

**Instructor:** Cheri Hotalen  
**Location:** Old Poway Park, Templars Hall  
**No Class:** Oct 1, Nov 26

5417.214 Thu 10:00-11:30am Sep 17-Oct 22 RES/NON \$65/\$75  
5417.215 Thu 10:00-11:30am Oct 29-Dec 3 \$65/\$75

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

Now you can learn and practice the beautiful WuDang 18-Form Taiji, a traditional short form of Tai Chi Chuan from the WuDang Daoist Kungfu Institute in China. Regular practice of this graceful moving meditation develops essential skills for healthy living; including, improved breathing, posture, balance, circulation, and coordination. These benefits, plus the added discipline of remembering a dynamic sequence of movements, will strengthen the neural network in such a way that body, mind, and spirit create profound health and wellbeing. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

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

5417.216 Mon 6:00-7:15pm Oct 5-Nov 30 RES/NON \$95/\$105

### 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

5417.240 Mon 6:00-6:45pm Sep 14-Oct 19 RES/NON \$74/\$84  
5417.241 Mon 6:00-6:45pm Oct 26-Nov 30 \$74/\$84



## Sports | Youth & Teen

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

This is a complete martial arts program designed to help you develop respect, discipline, and self-control. Become more confident by improving your coordination, strength, speed, endurance, and self-defense skills. In addition to learning traditional Taekwondo (kicks, blocks and punches), the course also includes instruction in Hapkido (joint locking techniques). 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:** Oct 12, Nov 11 & 27 RES/NON

Ages 5-9

2091.209 MWF 5:00-6:00pm Sep 14-Dec 11 \$89/\$99

Ages 9-15

2091.210 MWF 6:00-7:00pm Sep 14-Dec 11 \$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 Gym

Ages 9-12 RES/NON

2091.212 Mon 5:30-6:30pm Sep 14-Nov 2 \$55/\$65

Ages 12-14

2091.213 Mon 6:30-7:30pm Sep 14-Nov 2 \$55/\$65



### 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

**No Class:** Nov 11 & 25

Ages 9-11 RES/NON

2091.220 Wed 5:30-7:00pm Sep 16-Dec 16 \$55/\$65

Ages 12-18

2091.221 Wed 7:00-8:30pm Sep 16-Dec 16 \$55/\$65

## Open Play Sports

The City of Poway operates two gymnasiums that provide a variety of activities for youth and adults. Open play basketball, volleyball, badminton, and pickleball are available during the week for your recreation needs at no charge. During the fall, free open gym times are as follows:

Twin Peaks Multipurpose Center	Meadowbrook Gymnasium
14640 Tierra Bonita Road (858) 668-4599	12320 Meadowbrook Lane (858) 668-4598

**Friday**  
Open Badminton  
6:00-9:00pm  
**Saturday**  
Open Pickleball  
2:30-5:30pm  
Open Badminton  
6:00-9:00pm  
**Sunday**  
Open Volleyball  
6:00-9:00pm

**Tuesday**  
Open Basketball  
6:00-9:00pm  
**Thursday**  
Open Basketball  
6:00-9:00pm  
**Sunday**  
Adult Open Basketball  
8:00-11:00am  
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](http://www.poway.org)



### Intro to Skateboarding | Ages 6-13

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

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

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

**Location:** Community Park, Skate Park

**No Class:** Nov 25 RES/NON

7600.200 Wed 5:00-6:00pm Sep 23-Oct 28 \$80/\$90

7600.201 Wed 5:00-6:00pm Nov 4-Dec 16 \$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:** Andrew Barbosa: Andrew@sdskatelife.com

**Location:** Community Park, Skate Park

**No Class:** Nov 25 RES/NON

7600.202 Wed 4:00-5:00pm Sep 23-Oct 28 \$80/\$90

7600.203 Wed 4:00-5:00pm Nov 4-Dec 16 \$80/\$90

### 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

Ages 5-8 RES/NON

3013.200 Sat 9:00-10:00am Sep 19-Oct 17 \$40/\$50\*

3013.201 Sat 9:00-10:00am Oct 24-Nov 21 \$40/\$50\*

Ages 9-14

3013.202 T/Th 4:00-5:00pm Sep 15-Oct 15 \$75/\$85\*

3013.203 Sat 10:00-11:00am Sep 19-Oct 17 \$40/\$50\*

3013.204 T/Th 4:00-5:00pm Oct 20-Nov 19 \$75/\$85\*

3013.205 Sat 10:00-11:00am Oct 24-Nov 21 \$40/\$50\*

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

### Tennis: Intermediate | Ages 8-15

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

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts

**No Class:** Nov 11, 23 & 25 RES/NON

3013.206 T/Th 5:00-6:00pm Sep 15-Oct 15 \$80/\$90\*

3013.207 Sat 11:00am-12:00pm Sep 19-Oct 17 \$45/\$55\*

3013.208 T/Th 5:00-6:00pm Oct 20-Nov 19 \$80/\$90\*

3013.209 Sat 11:00am-12:00pm Oct 24-Nov 21 \$45/\$55\*

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

### Tennis: Advanced Juniors | Ages 9-15

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

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts

**No Class:** Nov 11, 23 & 25 RES/NON

3013.220 MW 4:00-5:30pm Sep 14-Oct 14 \$85/\$95\*

3013.221 MW 4:00-5:30pm Oct 26-Dec 7 \$85/\$95\*

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

## 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

1247.200 Thu 6:30-9:30pm Sep 24-Nov 19 \$70/\$80

Womens

1247.201 Thu 6:30-9:30pm Sep 24-Nov 19 \$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

1247.202 Tue 6:30-9:30pm Sep 22-Nov 17 \$70/\$80

Womens

1247.203 Tue 6:30-9:30pm Sep 22-Nov 17 \$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

**No Class:** Oct 12 RES/NON

1247.210 Mon 6:30-9:30pm Sep 21-Nov 23 \$70/\$80

### Adult Taekwondo | Ages 16+

This is a complete martial arts program designed to help you develop respect, discipline, and self-control. Become more confident by improving your coordination, strength, speed, endurance, and self-defense skills. In addition to learning traditional Taekwondo (kicks, blocks and punches), the course also includes instruction in Hapkido (joint locking techniques). 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:** Oct 12, Nov 11 & 27 RES/NON

20191.211 MWF 7:00-8:00pm Sep 14-Dec 11 \$89/\$99

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

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

**Instructor:** Recreation Staff

**Location:** Meadowbrook Gym

1247.205 Wed 6:30-9:30pm Sep 16-Nov 18 \$68/team FEE



## Dog Obedience Training



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

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

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

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

**Location:** Tue: Old Poway Park, Green Park

Sat: Garden Road Park

			RES/NON
9019.200	Tue 6:30-7:30pm	Sep 22-Oct 27	\$95/\$105*
9019.201	Sat 9:30-10:30am	Sep 26-Oct 31	\$95/\$105*
9019.202	Tue 6:30-7:30pm	Nov 3-Dec 8	\$95/\$105*
9019.203	Sat 9:30-10:30am	Nov 7-Dec 12	\$95/\$105*

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

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

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

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

**Location:** Garden Road Park



			RES/NON
9019.204	Sat 10:45-11:45am	Sep 26-Oct 31	\$95/\$105
9019.205	Sat 10:45-11:45am	Nov 7-Dec 12	\$95/\$105

## Safety Training

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

### First Aid | Ages 11+

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

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

**Location:** Community Park, Nutrition Room

			RES/NON
5418.201	Tue 6:00-9:00pm	Sep 22	\$20/\$30*

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



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

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

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

**Location:** Community Park, Nutrition Room

			RES/NON
5418.200	Mon 6:00-9:00pm	Sep 21	\$30/\$40*

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

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

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

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

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

			RES/NON
7617.200	Sat 8:00am-12:00pm	Oct 3	\$65/\$75*
	Sat 8:00am-12:00pm	Oct 10	

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

## Special Needs

### Bowling | Ages 13+

This bowling class provides unlimited fun for everyone! Awards and a party will conclude the last class. If the participant needs one-to-one attention or has special needs, provide a description of the situation to the instructor. Depending on the circumstances, an aide may be required to accompany the participant.

**All participants must be picked up by 3:30pm.**

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

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

**No Class:** Nov 27

			RES/NON
9397.200	Fri 1:30-3:30pm	Oct 2-Dec 11	\$40/\$50*

\* \$8 class fee is 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! The cast will perform for their friends and families on the last day of class.

**Instructor:** Mixed Ability Performers: Michelle Winkenwerder

**Location:** Community Park, Auditorium

**No Class:** Nov 11 & 25

			RES/NON
9397.201	Wed 4:00-6:00pm	Sep 23-Dec 16	\$120/\$130*

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

## Poway Swim Center



### Swim Center

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

**Location:** 13094 Civic Center Drive

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

### Costs:

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

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

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

### 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
Saturday/Sunday	10:30am-1:00pm	\$8.00/\$11.00

### Aquatic Safety

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



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

### Hours:

#### Fall (August 24-October 25)

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

#### Long Course

Monday-Friday	8:00am-1:30pm
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#### Pool Closed

September 26	Swim Meet
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#### Winter (October 26, 2015-March 29, 2016)

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

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

## Birthday Party Package!



**Why not have your next Birthday Party at the Pool?** Included: reserved picnic area for two hours, public pool use for up to 25 persons, and 30 minutes of games with pool staff. **Information:** (858) 668-4680. **RES/NON \$52/\$62**

## Swim Lessons

### Swim Lesson Assessment | All Ages

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

**WAITLISTS:** Can't find space in the class you're looking for? Contact us: (858) 668-4680 or email: 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.

**Dates with a \* please note: There will be no classes on Monday, September 7; instead, classes will be held on Friday, September 11.**

### Swim Lesson Registration

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

### Parent/Child | Ages 6-24 months

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

			RES/NON
0020.200	MW 4:20-4:50pm	Aug 24-Sep 11*	\$39/\$49
0020.201	TTh 4:20-4:50pm	Sep 22-Oct 8	\$39/\$49

### Pre-Grunion | Age 2 years

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

			RES/NON
0030.200	MW 5:10-5:50pm	Aug 24-Sep 16*	\$52/\$62
0030.201	TTh 5:10-5:50pm	Sep 22-Oct 15	\$52/\$62



### Grunion 1 | Ages 3-4

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

			RES/NON
0121.200	MW 3:30-4:10pm	Aug 24-Sep 16*	\$52/\$62
0121.201	MW 4:20-5:00pm	Aug 24-Sep 16*	\$52/\$62
0121.202	MW 6:00-6:40pm	Aug 24-Sep 16*	\$52/\$62
0121.203	TTh 3:30-4:10pm	Aug 25-Sep 17	\$52/\$62
0121.204	TTh 4:20-5:00pm	Aug 25-Sep 17	\$52/\$62
0121.205	TTh 6:00-6:40pm	Aug 25-Sep 17	\$52/\$62
0121.206	MW 3:30-4:10pm	Sep 21-Oct 14	\$52/\$62
0121.207	MW 4:20-5:00pm	Sep 21-Oct 14	\$52/\$62
0121.208	TTh 3:30-4:10pm	Sep 22-Oct 15	\$52/\$62
0121.209	TTh 5:10-5:50pm	Sep 22-Oct 15	\$52/\$62

### Grunion 2 | Ages 3-5

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

			RES/NON
0122.200	MW 3:30-4:10pm	Aug 24-Sep 16*	\$52/\$62
0122.201	MW 4:20-5:00pm	Aug 24-Sep 16*	\$52/\$62
0122.202	MW 6:00-6:40pm	Aug 24-Sep 16*	\$52/\$62
0122.203	TTh 3:30-4:10pm	Aug 25-Sep 17	\$52/\$62
0122.204	TTh 4:20-5:00pm	Aug 25-Sep 17	\$52/\$62
0122.205	TTh 5:10-5:50pm	Aug 25-Sep 17	\$52/\$62
0122.206	TTh 6:00-6:40pm	Aug 25-Sep 17	\$52/\$62
0122.207	MW 3:30-4:10pm	Sep 21-Oct 14	\$52/\$62
0122.208	MW 4:20-5:00pm	Sep 21-Oct 14	\$52/\$62
0122.209	MW 6:00-6:40pm	Sep 21-Oct 14	\$52/\$62
0122.210	TTh 3:30-4:10pm	Sep 22-Oct 15	\$52/\$62
0122.211	TTh 4:20-5:00pm	Sep 22-Oct 15	\$52/\$62



### Grunion 3 | Ages 3-5

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

			RES/NON
0123.200	MW 3:30-4:10pm	Aug 24-Sep 16*	\$52/\$62
0123.201	MW 4:20-5:00pm	Aug 24-Sep 16*	\$52/\$62
0123.202	TTh 3:30-4:10pm	Aug 25-Sep 17	\$52/\$62
0123.203	TTh 5:10-5:50pm	Aug 25-Sep 17	\$52/\$62
0123.204	MW 4:20-5:00pm	Sep 21-Oct 14	\$52/\$62
0123.205	MW 5:10-5:50pm	Sep 21-Oct 14	\$52/\$62
0123.206	TTh 3:30-4:10pm	Sep 22-Oct 15	\$52/\$62
0123.207	TTh 6:00-6:40pm	Sep 22-Oct 15	\$52/\$62

### Otter Pup | Ages 3-5

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

			RES/NON
0124.200	MW 5:10-5:50pm	Aug 24-Sep 16*	\$52/\$62
0124.201	TTh 5:10-5:50pm	Aug 25-Sep 17	\$52/\$62
0124.202	MW 4:20-5:00pm	Sep 21-Oct 14	\$52/\$62
0124.203	TTh 6:00-6:40pm	Sep 22-Oct 15	\$52/\$62

### Starfish | Ages 6-12

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

			RES/NON
0221.200	MW 5:10-5:50pm	Aug 24-Sep 16*	\$52/\$62
0221.201	TTh 4:20-5:00pm	Aug 25-Sep 17	\$52/\$62
0221.202	MW 5:10-5:50pm	Sep 21-Oct 14	\$52/\$62
0221.203	TTh 4:20-5:00pm	Sep 22-Oct 15	\$52/\$62

### Seahorse | Ages 6-12

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

			RES/NON
0222.200	MW 5:10-5:50pm	Aug 24-Sep 16*	\$52/\$62
0222.201	TTh 4:20-5:00pm	Aug 25-Sep 17	\$52/\$62
0222.202	MW 6:00-6:40pm	Sep 21-Oct 14	\$52/\$62
0222.203	TTh 5:10-5:50pm	Sep 22-Oct 15	\$52/\$62

### Otter | Ages 6-14

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

			RES/NON
0223.200	MW 6:00-6:40pm	Aug 24-Sep 16*	\$52/\$62
0223.201	TTh 5:10-5:50pm	Aug 25-Sep 17	\$52/\$62
0223.202	TTh 6:00-6:40pm	Aug 25-Sep 17	\$52/\$62
0223.203	MW 5:10-5:50pm	Sep 21-Oct 14	\$52/\$62
0223.204	MW 6:00-6:40pm	Sep 21-Oct 14	\$52/\$62
0223.205	TTh 4:20-5:00pm	Sep 22-Oct 15	\$52/\$62
0223.206	TTh 5:10-5:50pm	Sep 22-Oct 15	\$52/\$62



## SESSION 1 | SESSION 2

### Seal | Ages 6-16

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

			RES/NON
0321.200	MW 6:00-6:40pm	Aug 24-Sep 16*	\$52/\$62
0321.201	TTh 6:00-6:40pm	Aug 25-Sep 17	\$52/\$62
0321.202	MW 5:10-5:50pm	Sep 21-Oct 14	\$52/\$62
0321.203	TTh 6:00-6:40pm	Sep 22-Oct 15	\$52/\$62

### Sting Ray | Ages 6-16

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

			RES/NON
0322.200	MW 6:50-7:30pm	Aug 24-Sep 16*	\$52/\$62
0322.201	TTh 6:50-7:30pm	Aug 25-Sep 17	\$52/\$62
0322.202	MW 6:00-6:40pm	Sep 21-Oct 14	\$52/\$62
0322.203	TTh 6:00-6:40pm	Sep 22-Oct 15	\$52/\$62

### Dolphin | Ages 6-16

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

			RES/NON
0323.200	MW 6:50-7:30pm	Aug 24-Sep 16*	\$52/\$62
0323.201	TTh 6:50-7:30pm	Aug 25-Sep 17	\$52/\$62
0323.202	MW 6:50-7:30pm	Sep 21-Oct 14	\$52/\$62
0323.203	TTh 6:50-7:30pm	Sep 22-Oct 15	\$52/\$62

### Swordfish | Ages 6-16

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

			RES/NON
0324.200	MW 6:50-7:30pm	Sep 21-Oct 14	\$52/\$62
0324.201	TTh 6:50-7:30pm	Sep 22-Oct 15	\$52/\$62

### Adult Beginner | Ages 16+

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

			RES/NON
0521.200	MW 6:50-7:30pm	Aug 24-Sep 16*	\$52/\$62
0521.201	MW 6:50-7:30pm	Sep 21-Oct 14	\$52/\$62

### Adult Intermediate | Ages 16+

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

			RES/NON
0522.200	TTh 6:50-7:30pm	Aug 25-Sep 17	\$52/\$62
0522.201	TTh 6:50-7:30pm	Sep 22-Oct 15	\$52/\$62

### Red Cross Lifeguard Training | Ages 15+

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

			RES/NON
0700.200	Sat/Sun 9:00am-5:00pm	Oct 3, 10, 11, 17	\$135/\$145*

\* Includes \$35 Red Cross certification fee

### Water Exercise | Ages 16+

Water exercise is a low-impact exercise for any ability. Classes are held in 4-foot water depth. Advanced swimming skills are not required. Daily admission is required.

**MWF 11:00am-12:00pm**

### Private Lessons | All Ages

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

Information: (858) 668-4680.

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

## Poway Community Park

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



**Location:** 13094 Civic Center Drive

**Park Hours:**  
 Recreation Office: Daily, Sunrise-Sunset  
 Mon-Sat 8am-9pm | Sun 12pm-9pm  
 Ball Fields: Daily, 8am-10pm  
 Bocce Courts: Mon-Sat 8am-9pm | Sun 12pm-9pm  
 Dog Park/Tennis Courts/Basketball Court: Daily, Sunrise-10pm  
 Unsupervised Skate Park: Daily, 8am-8pm

**Information:** (858) 668-4671  
[www.poway.org/communitypark](http://www.poway.org/communitypark)

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

### NEW! Free Youth 16 and Under Supervised Skate Park Sessions

Poway youth - it's time to grab your skateboard and gear because these special supervised skate sessions are just for you! We're taking over Poway Skate Park so you can show off your fliptricks, practice your grabs and grinds, conquer the snake run, or just skate. These once-a-month supervised sessions are open to youth 16 and younger. Family members over the age of 16 are welcome to participate as long as they accompany a registered participant. **Helmets, elbow pads, knee pads, and completed waiver forms are required.**



**Fri 6:00-8:00pm Sep 18**  
**Fri 6:00-8:00pm Oct 16**  
**Fri 6:00-8:00pm Nov 20**

### In The Park Series | FREE for all Ages

Take your bounce to new heights, challenge your friends to a game of Ring Toss and Milk Bottle Knockdown, use your wily wits to find buried treasure, or enjoy a picnic in the shade with your family! Community Park's In The Park Series will bring you two hours of themed-fun that's sure to provide exciting, unique experiences for the whole family. While the theme may change from month-to-month, one thing is guaranteed: FUN!

**Mon 10:00am-12:00pm Sep 28 Bounce House Theme**  
**Mon 10:00am-12:00pm Nov 11 Carnival Theme**

## Save the Date! Winter Festival January 8th & 9th, 2016

### Winter Festival | FREE for all Ages

Experience the magic and charm of winter like never before at Winter Festival! This year, the FREE event will be held on **Friday, January 8, 2016, from 5:00pm-9:00pm** and **Saturday, January 9, 2016, from 4:00pm-9:00pm.**



## Lake Poway

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



**Location:**  
 14644 Lake Poway Road

**Park Hours:**  
 January-December Daily, 6:00am to sunset

**Lake Fishing & Boating Hours:**  
 January-December Wed-Sun, 6:00am to sunset  
 October Wed-Fri, 6:00am to sunset (shoreline fishing only)  
 Sat-Sun, 6:00am to sunset

**Information:** (858) 668-4770  
[www.poway.org/lakepoway](http://www.poway.org/lakepoway)  
 Park Ranger Office (858) 668-4770  
 Park/Pavilion Reservations (858) 668-4580  
 Lake Poway Concession (858) 668-4778

### Fall Camping Opportunities



#### Family Campouts

Calling all novice campers! There's still time left for some outdoor fun in a family-friendly environment. Activities include: guided night hikes, campfire with smore's and a continental breakfast. Boats can be rented at a nominal fee. Don't forget your own camping equipment, dinner supplies to barbeque, and grill/charcoal. **(Up to five persons per family. Any additional persons must register as a new family.)**

**9039.107 Sat-Sun 5:00pm-9:00am Jul 25-26 \$52/\$62**  
**9039.108 Sat-Sun 5:00pm-9:00am Aug 8-9 \$52/\$62**

#### Fall Camping Series

Camping your way! Set up your tent and explore the park at your own pace. Hike the many trails, drop a line to catch a fish, cruise the lake on a motorboat, or simply relax by your campsite, and take in all the natural beauty that Lake Poway offers. Fishing permits and boat rentals are not included, but may be purchased at an additional cost. **(Up to five persons per family. Any additional persons must register as a new family.)**

**9039.201 Fri-Sat 1:00pm-10:00am Sep 18-19 \$25**  
**9039.202 Fri-Sat 1:00pm-10:00am Oct 9-10 \$25**  
**9039.203 Fri-Sat 1:00pm-10:00am Oct 23-24 \$25**

### Trout Season Returns to Lake Poway!

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



### Night Fishing

Think you're ready for the night bite? Stocked regularly with catfish, Lake Poway also has a thriving bass population. Fish until 11:30 pm on Friday & Saturday nights through August 15.

## Old Poway Park

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



**Location:**  
 14134 Midland Road

**Information:** (858) 668-4576  
[www.poway.org/oldpowaypark](http://www.poway.org/oldpowaypark)

### Save the Date! Christmas in the Park

Enjoy a one-of-a-kind, magical holiday delight for the whole family during Poway's annual Christmas in the Park event. This FREE event will be held on **Saturday, December 12, from 3:30 pm to 8:30 pm.**



### Folk Concerts in the Park

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

Date	Performer
September 18	Crooked Jades
October 16	Sarah McQuaid
November 6	The Lovebirds & Daniel Boling

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

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



### Historical Tours

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

## 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)

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



### School Tours & Outreach Program

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



### Interactive Discovery Tables

Nocturnal animals of Blue Sky. Docents will be on hand to answer your questions about animals that come out at night.

Sunday, Oct 11

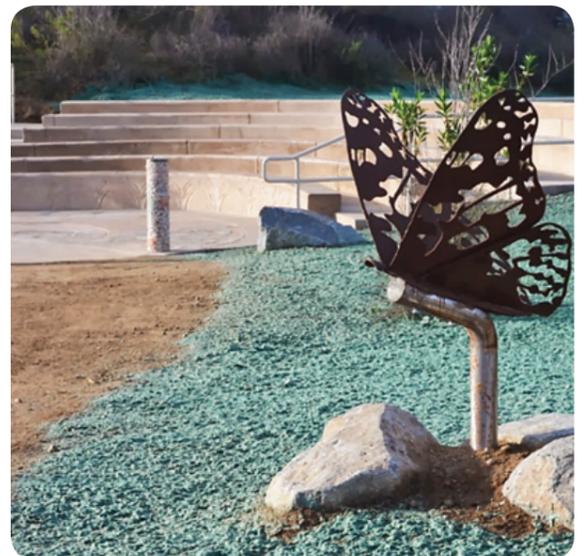
8:30am-11:00am

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.



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

## Kumeyaay-Ipai Interpretive Center at Pauwai



### Location:

13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)

### Hours:

Saturdays 9:00am-12:00pm  
Closed 1st Saturday of each month

### FREE Docent-led Public Tours

(858) 668-1292

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

**Information:** (858) 668-1292

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

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

### Kumeyaay-Ipai Programs

#### School Tours (Thursday & Friday 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).



#### Guided Tours of the Ancient Community of Pauwai

Long before the Spanish arrived in the 1500s, thriving communities of native people populated Pauwai. Visit us on Saturday mornings and take a guided tour. Experience artifacts, 'ewaas, milling and grinding stations.

#### Basket Weaving Class

KIIC is proud to present Diania Caudell (Luiseno) 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. Limited to 20 participants.

		<b>KIIC Members/Non-members</b>
8168.102	Sat 8:30am-12:30pm	Sep 19 \$25/\$35

#### Pottery Workshop

Martha Rodriguez, a Kumeyaay-experienced potter, basket weaver, artist, and educator, will conduct a class on how to make pottery from raw clay. All students will make a small olla to take home. Wear clothes that can get dirty, bring a bandana to cover mouth to prevent breathing in dust, and bring a bucket to mix the clay, and carry home your damp olla. Limited to 30 participants.

		<b>KIIC Members/Non-members</b>
8168.301	Sat 9:00am-1:00pm	Jan 9 \$25/\$35

### Docents Wanted!

Learn about Native American culture and this valuable archaeological site. A variety of opportunities are available. For information, please call (858) 668-4781.

## Sycamore Canyon Goodan Ranch Preserve

### Location:

16281 Sycamore Canyon Road  
Poway, California 92064

### Information:

(858) 513-4737

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

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

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

Events, hikes and programs start at various Preserve locations. **Some require a one mile walk from Goodan Ranch staging to the Visitor Center. Please check descriptions closely.** No vehicular traffic is permitted in the Preserve. Transportation for those with disabilities can be arranged, by calling the ranger at (858) 513-4737.

### Goodan Ranch Fall Activities

RAIN or CLOUDS will CANCEL some events.

#### September

Night Hike | Sat, Sep 19 | Sunset

#### October

Star Party | Fri, Oct 16 | Sunset

## Poway Library

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



photo: T. Piranteau

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

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

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



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

**Storytime**  
Monday through Saturday, 10:30 am

**Baby Storytime**  
Tuesdays, 9:45 am

**PJ Storytime**  
Third Wednesday of each month, 7:00 pm

**After School Programs**  
Mondays and Wednesdays, 3:30-4:30 pm

### Fall Teen Programs Grades 6-12

**Teen Thursdays**  
Every Thursday, 4:00-5:00 pm

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

### Adult Programs



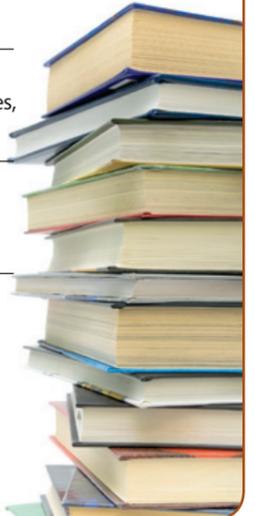
**Free Monthly Acoustic Showcase Concert**  
Second Saturday of every month at 2:00 pm

**Poway Library Book Club**  
Third Tuesday Monthly at 6:30 pm

**Tai Chi for Adults**  
Mondays at 11:00 am. Schedule varies, call the library to register.

**Learn How to Create Your Own Small Business**  
Saturday, September 19 at 10:00 am

**Author Visit**  
Louise Mathews, author of "Jail House Cuisine: From the Right Side of the Bars"  
Saturday, October 17 at 2:00 pm



## Poway Senior Center

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



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

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

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



### La Bella Bistro:

#### What's Cookin'?

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



#### Need a Ride to Lunch?

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

### This Could be You!



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

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

Save your gas and a trip to the casino! Win up to \$1,199 right here in Poway! For more information, call (858) 748-6094

### Ongoing Opportunity Drawings



**Beautiful Hand-stitched Quilt** Made by our Poway Senior Center Quilters. Tickets sold in the Gift Shop.

**Monthly Gift Basket** Every month in our lobby we have a new, themed gift basket that you can enter to win. Tickets are sold at the Reception Desk.

**\$1.00 per ticket or 6 for \$5.00**

### VOLUNTEER FOR THE HOLIDAYS

#### Volunteers are needed:

**Receptionist:** Answer phones, greet visitors, and perform light office tasks. It's a wonderful way to meet new people and support this wonderful community.

Monday 12:00 pm - 4:00 pm

Wednesday 12:00 pm - 4:00 pm

Friday 12:00 pm - 4:00 pm

**Delivering Meals:** Volunteer to deliver nutritious meals for lunch in the Poway area. This program is designed to help seniors who are home bound. Most routes usually take about an hour of your time.

Call Mary Supanchick, Volunteer Services Manager, at (858) 748-6094 x305.



This flu season, be prepared...  
Get your Flu Shot at the Poway Senior Center Clinic!

Watch for a Fall date and time.  
**\$20.00 per person**

(cash or check)

Provided by Palomar Pomerado Health

**Poway Center for the Performing Arts**

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



**Purchase Tickets!**

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

**Hours:**

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

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

**Art Gallery & Facility**

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

**Rental & General Information:**

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



**POWAY CENTER for the PERFORMING ARTS**

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



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



**2015-2016  
Professional  
Performance Season**

**PICK FIVE AND SAVE 25%**

Buy any five performances in the 2015-2016 Season and save 25% - OUR SILVER ANNIVERSARY SAVINGS.

**BLUE SKY RIDERS**  
featuring *Kenny Loggins, Georgia Middleman and Gary Burr*  
Sunday, Sept. 20, 2015 at 7pm

**HANK AND MY HONKY TONK HEROES**  
featuring *Jason Petty*  
Saturday, Oct. 3, 2015 at 8pm

LA TheatreWorks presents  
**BRAM STOKER'S DRACULA**  
Sunday, Oct. 25, 2015 at 7pm

**STEVE POLTZ WITH CODY LOVAAS**  
a local musical showcase  
Saturday, Nov. 21, 2015 at 8pm

**THE TEMPTATIONS: A CHRISTMAS CONCERT**  
Saturday, Dec. 5, 2015 at 8pm

**UPRIGHT AND GRAND PIANO FESTIVAL**  
with the San Diego Symphony Orchestra  
featuring *Cristian Macelaru (conductor) and Jeremy Denk (pianist)*  
Performing: *Beethoven's Fifth* and more!  
Friday, Jan. 15, 2016 at 8pm

**THE SMITHEREENS PLAY TOMMY**  
playing selections from *The Who* and *Smithereens Greatest Hits*  
Saturday, Jan. 23, 2016 at 8pm

**THE HOT SARDINES**  
Friday, Feb. 19, 2016 at 8pm

**DANCING WITH THE MOVIES**  
featuring pros of *Dancing with the Stars* and finalists of *So You Think You Can Dance*, *American Idol* and *The Voice*  
Saturday, Feb. 27, 2016 at 8pm

**ROSANNE CASH**  
Friday, Mar. 11, 2016 at 8pm

**PINOCCHIO**  
A Missoula Children's Theater Production  
Saturday, Mar. 26, 2016 at 3pm and 7pm

**REDUCED SHAKESPEARE COMPANY: THE COMPLETE HISTORY OF COMEDY (ABRIDGED)**  
Saturday, May 14, 2016 at 8pm

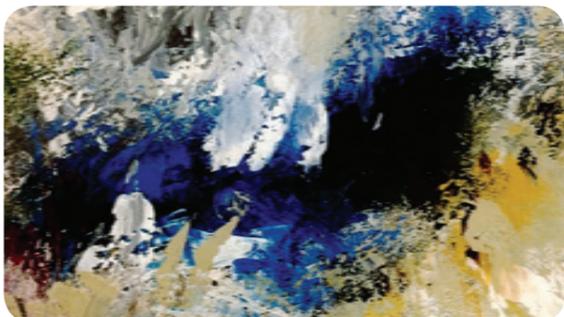
**858.748.0505** F [www.PowayOnStage.org](http://www.PowayOnStage.org)  
15498 Espola Road F Poway, CA 92064

**Exciting Fall Art Exhibits!**

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

**SEPTEMBER**

**John Avery** paints in his barn studio located in the mountains outside San Diego, describing his art as "Painted Poems about Life."



**OCTOBER**

**Cloyd Bedke** was born in Southern Idaho, growing up on his father's cattle ranch. Much of his work depicts his heritage, with the beauty of country and the love of land and animal.



**NOVEMBER**

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





### 2015 Summer Movies in the Park Series

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

#### Sponsors:

- Wendy Wise**
- North County Health Services**
- Kind Healthy Snacks**
- First 5 San Diego**
- SDG&E**
- Coast2Coast RX**
- Live Well San Diego**
- County of San Diego CAPCC**
- San Diego County Parks Society**
- Think Blue San Diego**



### 2015 Summer Concert Series

Over 12,500 patrons tapped their toes and boogied-on-down at the eight, free concerts in the 2015 Summer Concert Series. Music ranged from contemporary to Motown, Big Band to Beatles tribute, and concerts were held at both Lake Poway and Old Poway Park.

#### Sponsors:

- Cox Communications**
- Cymer**
- Marrokal Design & Remodeling**
- Toyota of Poway**
- Country Montessori School of Poway**



### 4th of July Fireworks

The annual, spectacular July 4th Fireworks at Poway High School pleased a crowd of over 7,000 in the stadium and thousands across the community. Community Services staff provided the fun, recreational games and activities, while a DJ provided the tunes.

#### Sponsors:

- |                                |  |
|--------------------------------|--|
| <b>EDCO</b>                    | <b>Daley Equipment Rental</b>              |
| <b>Lightning Brewery</b>       | <b>Whitaker Investment Corp.</b>           |
| <b>Toyota of Poway</b>         | <b>Kaminski Barbecue</b>                   |
| <b>SeaSpace Corp.</b>          | <b>Poway Chrysler   Jeep   Dodge   Ram</b> |
| <b>Walter Andersen Nursery</b> |  |
| <b>Cox Communications</b>      |  |

### Old-Fashioned Fourth of July

An astonishing 15,000 patrons celebrated our nation with a sense of pride and patriotism at the annual Old-Fashioned Fourth of July.

#### Sponsors:

- The Hamburger Factory**
- The Home Depot of Poway**
- Lynn Wolsey Graphic Design**

**Thanks to Our Many Sponsors!**



# REGISTRATION

Registration begins **AUGUST 4**  
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**

Hours:

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

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

## 3. Mail-in

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

Mail to: P.O. Box 789, Poway, CA 92074-0789

### REFUND INFORMATION:

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

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

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

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

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

### SWIM LESSON REGISTRATION

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

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

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

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

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

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

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

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

## Hey Boomers! This place is for you, too!

Did you know that we have an active Senior Center right here in Poway? The Poway Valley Senior Center is a community of active seniors and adults 55+ who gather for laughter, companionship, activities, seminars, and delicious lunches at the Weingart Center in Community Park. We are proud to offer recreational, nutritional, and health programming to the residents of Poway and our neighboring communities.

Come check us out and make new friends! Here is a just a sampling of what is offered (most are free of charge!):

- **Feeling Fit**
- **Table tennis**
- **Yoga**
- **Line dancing**
- **Tai Chi**
- **Wii bowling**
- **TOPS (Taking Off Pounds Sensibly)**
- **Hearing and blood pressure screening**
- **Grief support**

We also place a high value on keeping you young and aging healthy with:

- **Mah Jong**
- **Needle crafting**
- **Card games**
- **Bridge**
- **Jewelry making workshops**
- **Notary and legal services**

Want to have some fun and win some cash? Bingo is offered every Tuesday at 12:15 p.m. and Saturdays at 5:30 p.m. It is open to everyone ages 18 + and all proceeds support the programs and services at the Senior Center. Win up to \$1,199!



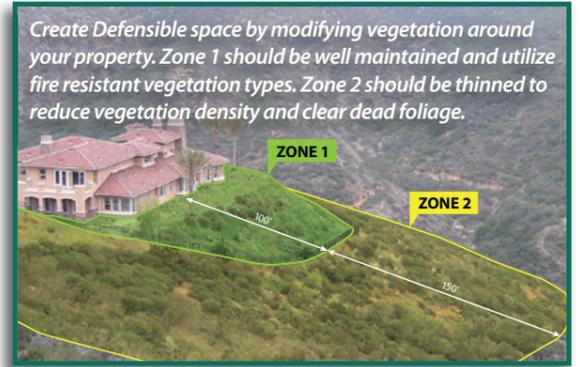
Join us for lunch at the Bistro! We offer a fresh, nutritious hot meal each weekday from 11:30am to 12:30pm. A suggested donation of \$4 for seniors 60 and up, and \$6 for guests under 60. Need a ride? Transportation is available by calling (858) 748-6094. In addition, delivery to homebound seniors is coordinated by a dedicated group of volunteers.

Have some time and want to give back to your community? Volunteers are the backbone of our operation! Volunteer opportunities are available in the gift shop, at the reception desk, in the Bistro, teaching classes, and meal delivery. Volunteers are always appreciated and welcome.

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

## Vegetation Management

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



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

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

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

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

City can assist identifying areas of habitat that should be avoided.

The WDSP guidelines allow City staff to work in partnership with property owners to develop a plan to lessen the risk of wildfire and comply with environmental guidelines. The program's purpose is to save homes during wildfires by reducing flammable vegetation around structures, creating what is often referred to as "defensible space." The program targets the reduction of highly flammable chaparral species and annual weeds within 100 feet of all structures. Property owners are required to complete the vegetation reduction within 30 days of being notified by the City. Homeowners who are asked to remove flammable vegetation may request information, including a map of their property, informational pamphlets and a DVD video regarding the program's requirements, and a list of contractors that are available to assist in this type of work. Additionally, courtesy home assessments will be provided by City staff that include a detailed checklist to help residents determine the steps necessary to safeguard their property. These assessments include creation of defensible space, fuel reduction, intelligent landscaping and fire-resistant building materials.

Additional information can be found on the City website at [www.poway.org](http://www.poway.org), by contacting Code Compliance at (858) 668-4611 or via email at [codecompliance@poway.org](mailto:codecompliance@poway.org)

## Do You Need a Tree Removal Permit?

If you are a private property owner and would like to remove a tree located in the public right-of-way or a native tree from your property, you will need to first submit a tree removal permit application to the City. Native trees include Canyon Live Oak, Coast Live Oak, Englemann Oak, and California Sycamore.

If your request to remove a native tree is approved, the City may require that you replace it with another tree planted elsewhere on your property. Tree removal requests are approved or denied based on such factors as the overall health and condition of the tree, risk of falling, proximity to structures, and whether the removal of the tree is necessary in order to construct improvements or allow for enjoyment of the property.

An approved tree removal permit is also required in order to remove any trees on commercial and industrial property. The removal of non-native trees on private property does not require a permit.

For more information, or to obtain a Tree Removal Permit application, please contact the Development Services Department at (858) 668-4656 or visit the City's website at <http://poway.org/350/Permit-Packets-Applications-Guidelines>.



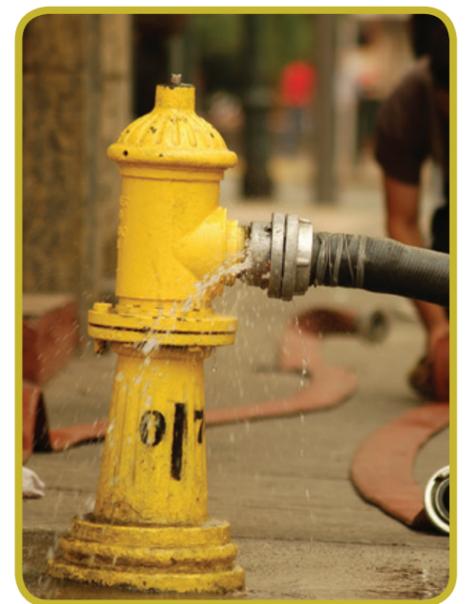
## Report Water Theft

The City of Poway has invested millions of dollars to ensure residents have a safe and reliable supply of drinking water. The City also maintains nearly 2,300 fire hydrants to protect our community during a fire.

At times, customers may temporarily use a fire hydrant to fill up a water truck. Generally, they are using this for construction or grading. Before doing so, they must apply for a hydrant meter with the City, provide a deposit, and ensure the meter is attached to the hydrant with an approved backflow protection device to protect the City's water supply.

When someone steals water from an unmetered fire hydrant, the entire community is put at risk. Using a hydrant without a backflow can contaminate the City's drinking water supply. In addition, careless connections can damage a hydrant or lower water pressure in the system further placing our community at risk in the event of a fire. Moreover, water theft increases the cost of water to the paying customers.

You can help protect the City's water quality, fire readiness and water rates by reporting water theft. Water theft is a misdemeanor and subject to a \$1,000 fine. To report illegal use of a hydrant, or if you notice a hose hooked to a hydrant without a City meter and backflow device, please call us at (858) 668-4401 or email [customerservices@poway.org](mailto:customerservices@poway.org). After normal business hours, reports can be made by calling (858) 668-4751.



## How You Can Help Divert Organics from our Landfills!



The state set a goal of 75 percent diversion from landfills by 2020 and one of the last items that can be removed from the waste stream to help meet this goal is organics, which includes green waste and food scraps. California landfills receive over six million tons of food scraps each year. Food scraps can be easily recycled into a nutrient-rich soil amendment by composting. The process is simple, discreet, and low maintenance. Diversion of food scraps through home composting is a key strategy towards removing organics from the landfill and can help you save

money and water.

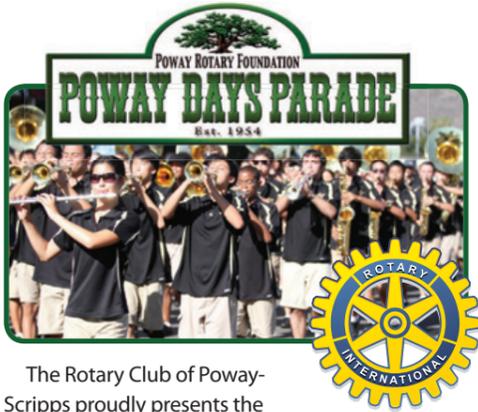
Compost provides many benefits to soil. Soil structure improves when amended with compost because the soil becomes less compacted and more capable of retaining water and nutrients.

Adding compost to your soil is one of the best defenses against erosion. Erosion by run-off is also diminished by compost because it increases pore space, by improving water infiltration rates. Organic matter particles have relatively large surface areas (in comparison to other soil particles),

so their adhesive forces increase the amount of water soil can hold. In dry climates, this water-holding capacity can reduce the frequency of irrigation needed to support crops.

There are many great how-to websites for composting. Please help remove waste from the landfills, improve the condition of your soil and know that your green thumb is making a difference to the City and our state.

Additional Information on composting can be found at [www.solanacenter.org/composting](http://www.solanacenter.org/composting)



The Rotary Club of Poway-Scripps proudly presents the 2015 Poway Days Parade on Saturday, September 12, at 9:00 a.m. Join us on Poway Road for a hometown tradition!

For more information contact Pauline Getz at [paulinegetz@gmail.com](mailto:paulinegetz@gmail.com) or (858) 663-5830.

## JACK-O-SMASH 2015

November 1st Special Needs Community Fundraiser

Jack is back! But this year, he is going the extra mile! Jack-O-Smash 2015 will be better than ever with a challenging 10k and 15k added to the 5k and 1k fun-run distances. Do the run, stay for the fun! The Family Festival this year will feature the World's Largest Pumpkin Plinko, the Punkin' Chunkin' Trebuchet, and an NSU Exhibition Softball Game featuring the Poway Padres Special Olympics softball team. Beneficiaries of this year's event are three Special Needs non-profit organizations: PoVa Therapeutic Riding Center, PUSD Special Education Foundation Teacher Grants Program, and the Abraxas Transition Program. Come show your support for our special needs community on Sunday, November 1, 2015, at the Sportsplex USA in Poway.

To register, donate or volunteer: <http://www.jack-o-smash.org/>



## Oops! Our sprinklers got stuck



City staff or contractors maintain parks, street medians and special landscape districts across the City's 40 square miles. To irrigate all of these areas, the City has hundreds of watering stations and valves and thousands of sprinklers. Even the best and newest systems can malfunction or even fail. If you notice our sprinklers on when they shouldn't be, or any other irrigation issue in a City maintained area, please let us know so we can fix the problem. You can reach us at (858) 668-4401 or after hours at (858) 668-4751. Thanks for helping us do our part to conserve water.

## Fall Cleanup! Don't forget to Use Your EDCO Coupon

While you gear up for the fall, make sure you remember to use your second EDCO coupon being sent in September and valid from September 28 to December 14.

The coupon is good for FREE disposal of one load of household bulky items and can be taken to either the Ramona Transfer Station or the Escondido Transfer Station. The transfer stations are open every day from 7 a.m. to 4:30 p.m. (Ramona Transfer Station is closed on Sundays). Customers must present their coupon and a picture I.D. with the current address (or a copy of an EDCO trash bill that corresponds to the service address listed on the reverse side of the coupon) to qualify for FREE disposal.

### ITEMS ACCEPTED:

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

The transfer station cannot accept contractor waste, large trailer loads, commercial truckloads of debris, tires or household hazardous waste. However, household hazardous waste can be taken any Saturday (except holiday weekends) to the facility at 12325 Crosthwaite Circle from 9 a.m. to 3 p.m.



"We'll Take Care of It"

**SuperShuttle**  
Need a lift?

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Leave the driving to Cloud 9 SuperShuttle! The City of Poway and Cloud 9 SuperShuttle have an agreement offering Poway residents affordable service to San Diego International Airport, the San Diego Cruise Ship Terminal, and the Santa Fe Depot Train Station in downtown San Diego.  
Poway residents living in the 92064 zip code will receive a 10% discount by entering the code POWAY at the time of making a telephone or online roundtrip reservation.  
For information or to make a reservation, call (858) 974-8885.

## What's Inside:

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- National Preparedness Month
- New Caltrans Signs Aid in Traffic Congestion
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- Poway Senior Center is for Boomers Too!
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- Tree Removal Permits
- Composting: You Can Help Divert Organic Waste
- Help Stop Water Theft



### Summer Concert in the Park Series

- July 22, 5:30-8:00 pm | Lake Poway
- July 26, 5:30-7:00 pm | Lake Poway
- August 2, 5:30-7:00 pm | Old Poway Park
- August 9, 5:30-7:00 pm | Lake Poway
- August 16, 5:30-7:00 pm | Old Poway Park

### Old-Fashioned Family Days

- August 21, 7:00-9:00 pm | Old Poway Park
- October 18, 12:30-4:30 pm | Old Poway Park

### Summer Movies in the Park

- July 25, Sunset | Poway Swim Center
- August 8, Sunset | Old Poway Park
- August 22, Sunset | Poway Community Park

### 51st Annual Poway Days Heritage Parade

September 12, 9:00 am | Poway Road

### Rendezvous in Poway

- October 3, 10:00 am-4:00 pm | Old Poway Park
- October 4, 10:00 am-2:00 pm | Old Poway Park

### Hoot, Howl and Prowl

October 24, 5:30-7:15 pm | Blue Sky

### Once Upon a Hallowe'en

October 25, 5:30-8:30 pm | Old Poway Park

### Save the Date: Christmas in the Park

December 12, 3:30-8:30 pm | Old Poway Park

### Save the Date: 2016 Winter Festival

January 8, 5:00-9:00 pm | January 9, 4:00-9:00 pm



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- Councilmember Jim Cunningham
- Councilmember Barry Leonard