

POWAY Today



A Quarterly Municipal Newsletter for the Residents of Poway, California

Winter 2015

A Tale of Two Farmers Markets – Two Years Later

Just a little over two years ago, the City of Poway, with the help of Outback Farms, successfully transitioned the Farmers Market from a congested, lackluster parking lot scene to a spacious, pedestrian-friendly street market. The transition to Midland Road was an instant success creating a wonderful country atmosphere for the entire community and



The variety and quality of produce and goods at the Poway Farmers Market just keeps getting better!



surrounding cities. On average, the weekly market attendance has increased by over 600 shoppers and vendor sales have increased by 56%. Over 20 new vendors were added and the hours of operation were extended. You can sleep late and still purchase an array of fresh local food and healthy produce such as: berries, peppers, squash, melons, carrots, barbequed meats, seafood, crepes, kettle corn, beautiful arrangements of colorful flowers, healthy cooking oils, seasonings, sauces, fresh squeezed juices, and so much more!

Word has quickly spread that the Poway Farmers Market is one of the finest markets in the region and definitely one of the liveliest locations in San Diego County on a Saturday morning! The benefits of expansion does not stop at the market, but positively impacts the surrounding area. There is an increase in ridership aboard the Poway Midland Railroad and an increase in overall park usage at Old Poway Park. If you haven't paid a visit to the City's incredibly popular Farmers Market, we highly recommend you stop by and shop from its wonderfully-fresh selection very soon.

City Plans Improvements for Lake Poway

Lake Poway not only serves as the water supply for residents, it is also the largest recreational park in the City. The park provides many outdoor activities from fishing and boating to hiking and archery. The park is very popular and the existing parking lot frequently fills to capacity. To help accommodate the continually increasing use of this wonderful community amenity, Lake Poway will be getting some significant improvements. Beginning in November, the City plans to expand the available parking at the Lake by adding 62 new parking stalls. Design of the



additional parking was done with the objective of minimizing impacts to trees and existing vegetation. The planned improvements will also include a performance stage on the west-side of the lake and a turnaround at the park's entry. These improvements are scheduled to be completed in January 2016.

Saving Water by Ditching Turf

As the drought persists, the City is doubling down on its own efforts to conserve water alongside residents. Last year, a team of City employees worked to develop a priority list of turf removal projects, focusing on non-essential or passive-use areas. This approach allows the City to reduce its water use while preserving fields that are being actively used. Over the past few months, the City has begun the massive task of selectively removing grass from portions of City parks and facilities throughout Poway. The project is being

completed in phases. Phase one was completed in August and involved removing and replacing over 86,000-square feet of grass at eleven City facilities and parks. This work will save the City nearly three-million gallons of water annually. The second phase of the project is much larger and will come with even bigger water savings. This phase will replace roughly 150,000-square feet of turf with mulch in parts of Starridge Park, the dog pens at Community Park, Aubrey Park, Garden Road Park, and City Hall. Replacing this turf will save the City

Council Selects a Design for the Mickey Cafagna Community Center



The Mickey Cafagna Community Center is getting closer to becoming a reality. On September 1, 2015, the City Council selected a design and floorplan for the future Cafagna Center. The preferred mission style design will be similar to that of City Hall and the Library. This design incorporates arches to highlight various entry points to the building and windows above the multi-purpose room to allow natural light.

The Cafagna Center building will replace three existing buildings: the Senior Center, Auditorium, and Community Park staff offices. The project will also reconfigure the parking and landscaping in the immediate vicinity of the building and will add about 11,000-square feet to the combined square footage of the existing buildings. The building design will provide additional classrooms, a recreational activity room, a multi-purpose room, and a courtyard/lounge. The Senior Center improvements will include a lounge, separate restroom facilities, and a separate entrance with a reception area.

Now that the schematic design is complete, staff will begin looking at potential funding sources and financing options for construction. These options will be presented to City Council at a future meeting.

Library Remodel

The Poway Library will celebrate the completion of the library remodel throughout the month of February. The community is invited to celebrate with special events, weekly prize drawings, library tours, an art exhibit by Poway High School students, and special sales in the Friends of the Library book store. See page 12 for more details.



an additional five-million gallons of water annually! In addition to this project, a parking lot expansion project at Lake Poway will remove

an additional 17,100-square feet of turf, saving another 650,000 gallons of water per year.

Collectively, these projects will save

8.5-million gallons of water each year. To put that into perspective, the average single-family household consumes 163,000 gallons a year.

The City is investing in permanent changes to reduce our water use. In fact, as an agency we have reduced water used in City facilities and parks by 50% in recent months. We hope that you will join us in permanently reducing your demand on water.



This Issue:

El Niño is Coming

Rain is welcome; floods are not. **pg. 2**



Reduce Solid Waste this Holiday

Reducing and recycling holiday waste such as cards and wrapping paper this season will make your holiday bright! **pg. 2**



Help Your Trees Survive the Drought

Proper watering techniques will keep Poway's trees in good shape. **pg. 15**

Photo Caption Contest Winners

See who won the Water Saving caption contest! **pg. 16**



El Niño: Rain is Welcome, Floods Are Not!

The long awaited El Niño current is predicted to bring increased rainfall to a parched California this winter. But along with the much-needed rain comes possible flooding and mudslides.

El Niño is characterized by unusually warm ocean temperatures in the Equatorial Pacific, which has important consequences for weather around the globe. There is a greater than 90-percent chance that El Niño will continue through the 2015-16 winter and an 85-percent chance that it will last into early spring 2016. This means the potential for increased rainfall across the southern tier of the United States.

We know the benefits of rainfall, but we also need to prepare for the possible destruction that can be caused by a wet winter.

PREPARE: Store supplies so you can grab them quickly if you need to evacuate—know in advance what else you will need to take. Make a list of the things you would need or want to take if you had to leave your home quickly. Store the basic emergency supplies in a “Go Bag” or other container. Be ready to grab other essential items quickly before leaving. Remember to include specialized items for people with disabilities and others with access and functional needs, such as older adults and children. For a full list of supplies for your emergency supply kit, visit www.ready.gov/build-a-kit.

FLOOD INSURANCE: Purchasing flood insurance provides financial protection for the cost of repairs due to flood damage. Standard insurance policies do not cover flooding, but flood insurance is available for homeowners, renters, and business owners through the National Flood Insurance Program.

ELEVATE, WATERPROOF, AND CLEAR DEBRIS: Before a flood occurs, reduce the risk of damage to structures from flooding by elevating critical utilities, such as electrical panels, sockets, wiring, appliances, and heating systems. Clear debris from gutters and downspouts. Anchor any fuel tanks.

STORE IMPORTANT DOCUMENTS, personal needs and priceless items such as:

- **Important documents** you will need to start your recovery. Review



Green areas indicate a 33 to 50-percent chance of “above normal” precipitation. Source: Climate Prediction Center.

your homeowners or renters insurance policy and also prepare or update a list of your home’s contents by taking pictures or videotaping each room in the house.

- **Personal needs**, such as clothes, food, water, first aid kit, cash, phones and chargers, and items for people with disabilities and others with access and/or functional needs (such as older adults and children). Include prescriptions, medicines, medical equipment, batteries, power cords, eyeglasses, hearing aids, etc. Don’t forget supplies for your pets, too.
- **Priceless and irreplaceable items** such as pictures and mementos.

EVACUATE: To avoid being trapped when floodwaters threaten your area, the best action to protect yourself and your family is to evacuate before flooding starts. Know and follow the directions from local officials for community evacuation or seek high ground for localized flooding. If you do not evacuate before the flooding occurs or you are trapped by flash flooding, do not enter flooded areas or moving water either on foot or in a vehicle, including areas that appear to have only inches of water.

Discuss what you have done to prepare with your family, friends, neighbors, and colleagues. Talking about preparedness with others will help you think through your plans, share information about alerts and warnings, and share tips for protecting property. Talking about disasters and helping others prepare makes everyone safer.

Welcome Susy Turnbull!

City of Poway Disaster Preparedness Coordinator



Earlier this year, the City Council adopted a five-year Strategic Plan. Among its goals is the City’s continued commitment to public safety as a top priority.

With this goal in mind, Council approved a brand new position, Disaster Preparedness Coordinator, with this year’s budget. The position will bolster the City’s emergency preparedness and disaster planning efforts. This includes helping our community prepare for emergencies and disasters.

Susy Turnbull comes to Safety Services as the Disaster Preparedness Coordinator after a 20-year career with the American Red Cross. She began working at the San Diego/Imperial Counties chapter and served there for 11 years. She then transitioned to the Greater Chicago Chapter of the American Red Cross, serving there for seven years. Susy then boomeranged back to the San Diego Chapter in May 2014 working as the Regional Disaster Officer.

In this role, she oversaw the preparedness, response and recovery to all of the disasters affecting the residents of San Diego / Imperial Counties. Susy has extensive experience leading teams on local and national disaster operations. She served as the Assistant Job Director for the Red Cross in both the 2003 and 2007 San Diego wildfires. This is especially important for Poway as we were greatly affected by both of these fires. In 2005, she led the local Red Cross response for Hurricane Katrina, as evacuees came to San Diego seeking comfort. She has served in Operations Management during the Alabama tornadoes, Super Storm Sandy, the Colorado flooding and multiple disasters in the Chicagoland area.

She holds a degree in Counseling/Psychology from San Diego Christian College. Susy resides in Santee and enjoys exercising, fixing up her house, and spending time with her extended family.

Susy is a great addition to the City and the Safety Services Department. She brings a wealth of knowledge and experience that will help enhance our City’s disaster preparedness.

Holiday Safety Tips

The holidays are a special time of the year for celebrations and good cheer. It is a time for friends and family alike to celebrate one another. As we celebrate this holiday season, be vigilant in looking after the safety of your family and your friends. Keep your mind on the basics of safety: think ahead, use seatbelts, don’t drink and drive, and don’t speed. Discuss plans for the holidays and always communicate those plans with your loved ones and friends.

Drunk and distracted driving are the top two killers of motorists on our nation’s freeways and highways during the holidays. If you are driving, put your phone away, and if you are going to drink, make sure you have a designated driver. Our many local attractions will be crowded, so be patient, especially while driving. Have situational awareness: know who’s around you and know where your kids are. Pickpockets like to “work” the malls during the holidays when shoppers are busy and preoccupied, so be aware of where your wallet is.

- **Don’t leave children unattended or locked in vehicles.**
- **Don’t forget to have a family member carry a spare set of house and vehicle keys.**
- **Don’t forget to lock your homes and your vehicles if you are leaving, and set your alarms if you have them.**
- **Park under streetlights during evening hours.**
- **Avoid parking next to a vehicle with dark, tinted windows.**
- **Lock packages in the trunk of your vehicle.**
- **Leave the store with others, especially at night. When possible, shop with a partner.**
- **Don’t stop if your car is bumped from behind. Immediately call law enforcement for help and drive to a well-lit and populated area to wait for law enforcement to arrive.**
- **If someone says there is something wrong with your car, do not stop. Instead, drive to a well-lit and populated area before you stop to inspect your vehicle.**

Strategies to Reduce Solid Waste Over the Holidays

What is your “waste footprint” over the holidays? From Thanksgiving to New Year’s Day, it is estimated that nationwide an additional one ton of waste goes to the landfill per week. This extra waste includes paper, ribbon, cardboard, food waste, and many other holiday trimmings. The amount of ribbon alone is enough to circle the earth and tie a bow. Let’s try to save tons of trash from entering our landfills this year. Here are some simple tips to help trim the trash while trimming your holiday season.

Recycle Your Holiday Cards and Gift Wrap

There are over 2.65 billion holiday cards sold each year. That many cards can fill a football field ten stories high. Please be sure to recycle your cards along with all your other recyclable paper products. Purchase recycled content paper or try wrapping alternatives such as reusing a gift bag or a reusable cloth shopping bag.

BYOB (Bring Your Own Bag)

Bring your own holiday shopping bags during the busiest shopping season of the year. Consolidate your purchases into one bag rather than getting a new bag for each new purchase.

Recycle Your Naked Christmas Tree

Did you know the average Christmas tree weighs 15 to 20 pounds and measures 6 to 7-feet tall? Imagine all the landfill space these trees would take up if Christmas tree recycling did not exist. Recycled trees are mulched or “chipped” and returned to the environment in a beneficial manner. If you are looking for an alternative to a cut tree, consider purchasing a live tree or switch to an artificial tree.

If you do have a tree to recycle, EDCO Waste and Recycling will pick it up free of charge for two weeks immediately following Christmas day. Just place the tree at the curb on collection day, and EDCO will pick it up along with other green waste. Christmas trees do not have to be cut during this two-

week period; however, customer cooperation in cutting them to lengths of no more than 4 feet will improve route efficiency and is appreciated. Flocked trees (covered with artificial “snow”) are not recyclable and will be collected with other refuse. Residents are required to cut and bundle their trees if they are placed for collection after the two-week period ends.

Other Ways to Reduce Your Waste Footprint

PARTIES – Make recycling easy for your holiday guests. Place clearly marked bins for bottles and cans next to the garbage bin. Reduce the amount of waste by buying beverages in bulk and giving your guests reusable drinking cups.

RECYCLE – Make room for new gadgets by donating or recycling the old items. The Environmental Protection Agency estimates over 125 million old phones are discarded annually.

Incorporating just a few of these ideas will help keep items out of the landfill this holiday season.

POWAY Community Services



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

WINTER 2015

Registration begins **NOVEMBER 17** for Poway Residents & Nonresidents

CELEBRATE THE SEASON!

Join us at Old Poway Park for an old-fashioned holiday tradition! This free event will take you back in time with caroling, live musical performances, a visit with Santa, a holiday craft boutique, and so much more. Purchase tasty treats for a nominal fee, complete your Christmas shopping, or board the 1907 Baldwin Steam Engine Train for a night-time ride around the park.

Do you enjoy decorating Christmas Trees? Don't miss your chance to win a prize for your award-winning tree at the Lowe's Tree Decorating Contest. Trees will be provided; you bring the rest! Entry forms can be found on our website.

Join us for the annual lighting of the community Christmas tree at 5:15pm, followed by Santa's arrival.

Thanks to our sponsors: the Old Poway Park Action Committee, Neal Electric, Hamburger Factory, Old Poway Village, Lowe's, Francis Ralph Potograpiya, and Walter Andersen Nursery.

Information: (858) 668-4576 or visit our website at www.poway.org/oldpowaypark



2016 Winter Festival

Friday, January 8
5:00-9:00pm
Saturday, January 9
3:30-8:30pm
FREE!

Experience the magic and charm of winter like never before at Community Park! Feel snow between your fingers while sledding down snow hill; smell roasted marshmallows as you devour delicious s'mores; experience the wind in your hair skating around the synthetic ice rink; and peruse a variety of vendors and their sensational products. Lights will twinkle, as music sets the tone and laughter fills the air. The Winter Festival brings to life all of the appeal and entertainment of a cold-mountain town set right in Poway. Bring the whole family; there's something for everyone! Information: (858) 668-4671 or www.poway.org.

Let's Go Fishing! AT LAKE POWAY



Trout Season Returns! Thursday, December 3*

SWEET!

The fishing frenzy returns late fall/early winter when Lake Poway is once again stocked with the popular "Nebraska Tail Walkers". Poway currently holds the county record for rainbow trout at 17.85 pounds and our reputation as the "Big Trout Destination" still holds true. The Lake is stocked every two weeks through mid-May, weather permitting. We offer the best permit and boating prices in the area and our concessions offers everything you might need to catch "The Big One". Please check our website for the most up-to-date fishing conditions and stocking dates: www.poway.org/lakepoway

*Date subject to change

Youth Fishing Seminar & Campout! Friday, February 5, 5:00pm

FREE!

Want a slight advantage the night before the 21st Annual Youth-Only Fishing Derby? Learn to fish from the pros and see demonstrations on how to properly rig a line. A free pizza dinner will be served for all attendees starting at 5:00pm, with the seminar immediately following at 5:30pm. Participants and their families are invited to camp overnight and sleep under the stars for just \$15 per car. Don't forget your camping and grilling supplies! Absolutely no fishing is permitted prior to the 6:00am tournament start time. Families may start setting up their campsites at 7:00am Friday morning. No alcohol is permitted. Information: (858) 668-4772.

21st Annual Youth-Only Fishing Derby! Saturday, February 6, 6:00am-Noon

FREE!

Fishing, prizes, entertainment, story-telling contests, a free barbeque lunch, and more! Join the City of Poway, Mike Long, and Captain Ron Baker of www.takekidsfishing.net on Saturday, February 6, for an exciting day of fun and prizes at the 21st Annual Youth-Only Fishing Derby! Freshly stocked with 3,000 pounds of rainbow trout, the Lake will be open only to youth ages 15 and younger from 6:00am-12:00pm. Parents, please leave the fishing to the kids during the derby. Information: (858) 668-4772.

NEW! TEEN EXCURSION

Belmont Park | Grades 6th - 9th

Hey teens - it's time to get your brave on because we're heading seaside for GIANT thrills! Join us as we coast down to Belmont Park for a day full of boardwalk-style fun and adventure! Rocket across the horizon on the Giant Dipper, challenge your friends to a laser tag showdown, spin yourself silly on the Octotron, and so much more! The sky's the limit so grab your friends and put fun into overdrive! Unlimited ride bracelet and transportation are included. **Register early; space is limited.**

Instructor: Community Park Staff
Drop-off & Pickup: Community Park, Auditorium
8432.310 Saturday 3:30-10:00pm Feb 27

FEE \$20

Connect with Us and Never Miss a Recreation Opportunity Again!

Website: www.poway.org/549/Connect-With-Us

@cityofpoway City of Poway

SAVE THE DATE!

Early Summer Camp Registration starts Tuesday, April 12, 2016

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

Community Services is Here for You!

The Community Services Department is dedicated to enriching your quality of life and we are proud to say that this year will be no different! You can always count on us to bring you and your family high-quality, affordable opportunities to enjoy life here in Poway, while making memories that will be cherished for a lifetime. We're on a quest to bring you interesting classes and the best instructors at the lowest price possible. So invest in renewing your mind, body, and spirit, and we'll renew our commitment to doing all we can to help you along the way. Happy New Year!



Health & Wellness

Yoga & Pilates Classes!



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: Feb 16

| | | | |
|----------|-----------------|--------------|----------------|
| | | | RES/NON |
| 5417.301 | Tue 6:00-7:00pm | Jan 5-Mar 22 | \$99/\$109 |

NEW! Gentle Pilates for the Beginner | Ages 16+

Learn how to find your deep core muscles as we introduce you to simple movements and techniques using the Pilates Reformer. Pilates is a gentle, restorative exercise regime that suits most people in the process of recovering from injury and rebuilding their bodies. The foundational approach focuses on core strength, breath control, and addresses joint functionality. Exercising on the equipment encourages proper form and ensures optimal muscular recruitment. Great for all ages and fitness levels!

Instructor: Poway Pilates

Location: Poway Pilates: 14053 Midland Road

| | | | |
|----------|------------------|--------------|----------------|
| | | | RES/NON |
| 5417.342 | Mon 12:30-1:30pm | Jan 4-Feb 1 | \$74/\$84 |
| 5417.343 | Mon 12:30-1:30pm | Feb 8-Mar 7 | \$74/\$84 |
| 5417.344 | Wed 12:30-1:30pm | Jan 6-Feb 3 | \$74/\$84 |
| 5417.345 | Wed 12:30-1:30pm | Feb 10-Mar 9 | \$74/\$84 |

NEW! Hatha Vinyasa Flow Yoga | Ages 16+

This all-level class will help to encourage strength, flexibility, and peace of mind by teaching you to link breath with movement and body awareness. This class focuses on different asanas (yoga postures), breathing techniques, and meditation practices, which will leave you feeling energized, peaceful, and rejuvenated! This class is designed to give you a great sense of community and body consciousness. Please bring a yoga mat or contact teacher if you need a mat provided.

Instructor: Sarah Barbosa

Location: Community Park, Auditorium

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|----------|-----------------|---------------|----------------|
| | | | RES/NON |
| 2443.310 | Wed 8:00-9:30am | Jan 13-Feb 10 | \$75/\$85 |
| 2443.311 | Wed 8:00-9:30am | Feb 17-Mar 16 | \$75/\$85 |



Tap Dance for Adults | Ages 18+

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

Instructor: Debbora Childress:

www.MsDebborasDanceForChildren.com

Location: Community Park, Auditorium

No Class: Feb 15 & 16

| | | | |
|----------|-------------------|--------------|----------------|
| | | | RES/NON |
| 5111.302 | Mon 11:00-11:45am | Jan 4-Mar 21 | \$98/\$108 |
| 5111.303 | Tue 6:30-7:15pm | Jan 5-Mar 22 | \$98/\$108 |



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

No Class: Feb 15

| | | | |
|----------|-----------------|---------------|----------------|
| | | | RES/NON |
| 5417.316 | Mon 6:00-7:15pm | Jan 25-Mar 21 | \$95/\$105 |



Yogazander/Beginning Gentle Yoga | Ages 17+

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

Instructor: Cheri Hotalen

Location: Wed: Old Poway Park, Great Room

Thu: Old Poway Park, Templars Hall

| | | | |
|----------|-------------------|---------------|----------------|
| | | | RES/NON |
| 5417.314 | Wed 6:00-7:30pm | Jan 6-Feb 10 | \$85/\$95 |
| 5417.315 | Wed 6:00-7:30pm | Feb 17-Mar 23 | \$85/\$95 |
| 5417.316 | Thu 10:00-11:30am | Jan 7-Feb 11 | \$85/\$95 |

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: Feb 25

| | | | |
|----------|-----------------|---------------|----------------|
| | | | RES/NON |
| 6182.370 | Thu 5:30-6:30pm | Jan 14-Mar 24 | \$100/\$110 |



NEW! Kettlebell HIIT Workout | Ages 16+

Build muscle and endurance at the same time! By combining High Intensity Interval Training (HIIT) with kettlebell training, this class will target the upper body, core, buns and thighs while increasing fat burning. Kettlebell training uses high-speed, ballistic motions that derive power from the hips and legs, while sparing and stabilizing the back. Participants will experience improvements in muscle strength, postural reactions to sudden movements, and reductions in pain in your neck, shoulders, and low back.

Instructor: Poway Pilates

Location: Poway Pilates: 14053 Midland Road

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|----------|-----------------|---------------|----------------|
| | | | RES/NON |
| 5417.340 | Mon 6:00-6:45pm | Jan 4-Feb 1 | \$74/\$84 |
| 5417.341 | Mon 6:00-6:45pm | Feb 15-Mar 21 | \$74/\$84 |



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 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

No Class: Feb 15

| | | | |
|----------|-----------------|---------------|----------------|
| | | | RES/NON |
| 5417.310 | Mon 7:15-8:00pm | Jan 25-Mar 21 | \$55/\$65 |

Children's Activities

Register online at: www.poway.org/classes

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

| | | | RES/NON |
|----------|--------------------|---------------|--------------|
| 4011.300 | TTh 9:00am-12:00pm | Jan 12-Jan 28 | \$165/\$175* |
| 4011.301 | TTh 9:00am-12:00pm | Feb 2-Feb 25 | \$195/\$205* |
| 4011.302 | TTh 9:00am-12:00pm | Mar 1-Mar 24 | \$195/\$205* |

*\$20 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

No Class: Feb 19

| | | | RES/NON |
|----------|-------------------|---------------|--------------|
| 4011.303 | Fri 10:00-11:10am | Jan 15-Mar 18 | \$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: Community Park, Youth Activity Room

No Class: Jan 18 & Feb 15

| | | | RES/NON |
|----------|-------------------|--------------|-----------|
| 4011.306 | Mon 9:30-10:15am | Jan 4-Feb 1 | \$56/\$66 |
| 4011.307 | Mon 10:30-11:15am | Jan 4-Feb 1 | \$56/\$66 |
| 4011.308 | Mon 9:30-10:15am | Feb 8-Feb 29 | \$48/\$58 |
| 4011.309 | Mon 10:30-11:15am | Feb 8-Feb 29 | \$48/\$58 |
| 4011.310 | Mon 9:30-10:15am | Mar 7-Mar 21 | \$48/\$58 |
| 4011.311 | Mon 10:30-11:15am | Mar 7-Mar 21 | \$48/\$58 |



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

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

Instructor: Poway Gymnastics

Location: Poway Gymnastics: 12850 Brookprinter Place

No Class: Jan 28 & 30

| | | | RES/NON |
|----------|-------------------|--------------|--------------|
| 2312.300 | Thu 10:45-11:15am | Jan 7-Mar 24 | \$161/\$171* |
| 2312.301 | Sat 8:45-9:15am | Jan 9-Mar 26 | \$161/\$171* |

*\$10 materials fee due first day of class

Ice Skating | Ages 3-5

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

Instructor: Breanne Bonilla

Location: San Diego Ice Arena: 11048 Ice Skate Place

| | | | RES/NON |
|----------|-----------------|--------------|-----------|
| 2091.300 | Wed 4:00-4:30pm | Jan 6-Jan 27 | \$50/\$60 |
| 2091.301 | Wed 4:00-4:30pm | Feb 3-Feb 24 | \$50/\$60 |
| 2091.302 | Wed 4:00-4:30pm | Mar 2-Mar 23 | \$50/\$60 |

Soccer Shots Minis | Ages 2-3

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

Instructor: Soccer Shots

Location: Community Park, Open Play Area

| | | | RES/NON |
|----------|-------------------|---------------|--------------|
| 2443.303 | Sat 9:00-9:30am | Jan 30-Mar 19 | \$120/\$130* |
| 2443.304 | Sat 10:25-10:55am | Jan 30-Mar 19 | \$120/\$130* |
| 2443.305 | Fri 5:20-5:50pm | Jan 26-Mar 15 | \$120/\$130* |

*\$25 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 |
|----------|------------------|---------------|--------------|
| 2443.300 | Sat 9:35-10:20am | Jan 30-Mar 19 | \$120/\$130* |
| 2443.302 | Tue 4:45-5:15pm | Jan 26-Mar 15 | \$120/\$130* |

*\$25 materials fee due first day of class



Kid's Night Out

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

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

Instructor: Community Park Staff

Location: Community Park, Auditorium

| | | | Fee |
|----------|-----------------|--------|-----|
| 8432.300 | Fri 4:30-9:00pm | Feb 12 | \$5 |
| 8432.301 | Sat 4:30-9:00pm | Mar 12 | \$5 |

Teen Activities

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!

Location: Community Park, Auditorium

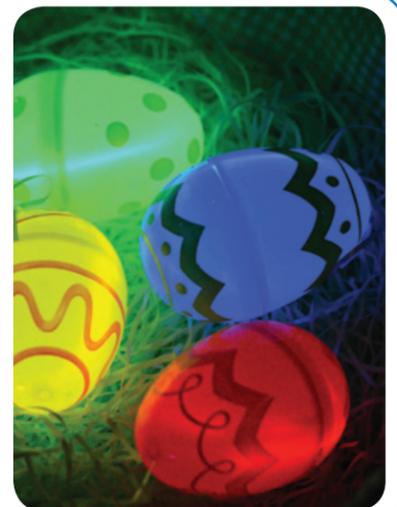
Sat 4:30-9:30pm Jan 23 FREE

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

How do you make a glow-in-the-dark egg hunt cooler? Add GLOW-IN-THE-DARK DODGEBALL! We're combining two of our most popular teen events to bring you the ultimate glow-in-the-dark experience! With a ton of prizes, candy, music, a thousand eggs, dodgeball every which way you can imagine, and more! Don't miss out! It's going to be twice the glow and twice the FUN!

Location: Community Park, Auditorium

Sat 6:00-9:00pm Mar 26 FREE



For information or to register for FREE teen events: (858) 668-4671

Hey Teens! Check out the NEW Teen Excursion to Belmont Park on Page 3!

Dance | Youth/Teens

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



Dance Production | Ages 5-18

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

Instructor: Debbora Childress:

www.MsDebborasDanceForChildren.com

Location: Community Park, Auditorium

No Class: Feb 18

| | | | RES/NON |
|----------|-----------------|---------------|------------|
| 5111.314 | Thu 6:15-7:30pm | Jan 14-Mar 24 | \$75/\$85* |

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

Princess Ballet for Kids | Ages 3-12

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

Instructor: Kellie Childress-Nichols:

www.MsDebborasDanceForChildren.com

Location: Community Park, Auditorium

No Class: Feb 20

| | | | RES/NON |
|-----------|-------------------|---------------|------------|
| Ages 3-5 | | | |
| 5121.300 | Sat 9:00-9:45am | Jan 16-Mar 26 | \$98/\$108 |
| Ages 6-8 | | | |
| 5121.301 | Sat 9:45-10:30am | Jan 16-Mar 26 | \$98/\$108 |
| Ages 9-12 | | | |
| 5121.302 | Sat 10:30-11:15pm | Jan 16-Mar 26 | \$98/\$108 |

Dance for Children with Ms. Debbora | Ages 2 1/2-5 Creative Movement and Tumbling for Boys and Girls



A perfect "first class" for beginning little dancers! Boys and girls: come tumble, dance, and sing 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! Wear comfortable clothing or dance attire, and leather ballet slippers or bare feet.

Instructor: Debbora Childress:

www.MsDebborasDanceForChildren.com

Location: Community Park, Auditorium

No Class: Feb 15

| | | | RES/NON |
|----------|-------------------|--------------|-------------|
| 5111.300 | Mon 10:00-10:45am | Jan 4-Mar 21 | \$108/\$118 |

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.MsDebborasDanceForChildren.com

Location: Community Park, Auditorium

No Class: Feb 16

| | | | RES/NON |
|------------------|-----------------|---------------|------------|
| Ages 7-12 Years | | | |
| 5121.307 | Tue 4:30-5:15pm | Jan 12-Mar 22 | \$98/\$108 |
| Ages 13-18 Years | | | |
| 5121.308 | Tue 5:15-6:00pm | Jan 12-Mar 22 | \$98/\$108 |

Register online: www.poway.org/classes

Tap and Ballet | Ages 3-18

Tap dance is one of the most joyful, active, and theatrical forms of dance around! Look out, Broadway, here we come! 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: Debbora Childress:

www.MsDebborasDanceForChildren.com

Location: Community Park, Auditorium

No Class: Feb 15, 16 & 18

| | | | RES/NON |
|------------------------------------|-----------------|---------------|-------------|
| Ages 3-5 Tiny Tot Beginner | | | |
| 5111.303 | Mon 3:00-4:00pm | Jan 11-Mar 21 | \$108/\$118 |
| 5111.304 | Thu 2:00-3:00pm | Jan 14-Mar 24 | \$108/\$118 |
| Ages 5-8 Children's Beginner | | | |
| 5111.305 | Mon 4:00-5:00pm | Jan 11-Mar 21 | \$108/\$118 |
| 5111.306 | Thu 3:00-4:00pm | Jan 14-Mar 24 | \$108/\$118 |
| Ages 8-13 Beginner/Intermediate | | | |
| 5111.307 | Mon 5:15-6:15pm | Jan 11-Mar 21 | \$108/\$118 |
| Ages 9-12 Beginner/Intermediate | | | |
| 5111.308 | Thu 4:00-5:00pm | Jan 14-Mar 24 | \$108/\$118 |
| Ages 13-18 Advanced Teen | | | |
| 5111.309 | Mon 6:15-7:15pm | Jan 11-Mar 21 | \$108/\$118 |
| Ages 11-14 Intermediate/Advanced | | | |
| 5111.310 | Thu 5:00-6:00pm | Jan 14-Mar 24 | \$108/\$118 |

Lyrical for Teens | Ages 13-18

Come join our class as we learn the art of Lyrical! Lyrical dance is the fusion of ballet, jazz, and contemporary techniques - combining the beauty and grace of classical ballet with the freedom and expressiveness of jazz and modern dance. Lyrical is a great way to learn the terminology and steps used in ballet class and still have lots of fun dancing Lyrical style to the music you love!



Instructor: Kellie Childress-Nichols:

www.MsDebborasDanceForChildren.com

Location: Community Park, Auditorium

No Class: Feb 16

| | | | RES/NON |
|----------|-----------------|---------------|-----------|
| 5121.309 | Tue 6:00-6:30pm | Jan 12-Mar 22 | \$75/\$85 |

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. All participants are invited to join our annual recital.

Instructor: Dance to EVOLVE: www.dancetoevolve.com

Location: Old Poway Park, Templars Hall

| | | | RES/NON |
|------------------------|-----------------|---------------|-------------|
| Beat Breakers Ages 4-7 | | | |
| 5131.300 | Wed 3:50-4:45pm | Jan 6-Feb 10 | \$104/\$114 |
| 5131.301 | Wed 3:50-4:45pm | Feb 17-Mar 23 | \$104/\$114 |
| 5131.302 | Wed 3:50-4:45pm | Jan 6-Mar 23 | \$187/\$207 |
| Hip Hop Ages 8-12 | | | |
| 5131.303 | Wed 4:50-5:45pm | Jan 6-Feb 10 | \$104/\$114 |
| 5131.304 | Wed 4:50-5:45pm | Feb 17-Mar 23 | \$104/\$114 |
| 5131.305 | Wed 4:50-5:45pm | Jan 6-Mar 23 | \$187/\$207 |



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

| | | | RES/NON |
|----------|-----------------|--------------|--------------|
| 6182.334 | Thu 4:30-6:00pm | Feb 4-Mar 24 | \$135/\$145* |

* \$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

| | | | RES/NON |
|----------|-----------------|--------------|-----------|
| 2091.303 | Wed 4:30-5:00pm | Jan 6-Jan 27 | \$50/\$60 |
| 2091.304 | Wed 4:30-5:00pm | Feb 3-Feb 24 | \$50/\$60 |
| 2091.305 | Wed 4:30-5:00pm | Mar 2-Mar 23 | \$50/\$60 |

Sports | Youth/Teens



Interested in Taekwondo? "Try it before you buy it" by attending the first class for FREE! Liability waiver required.

Youth/Teen Taekwondo & Karate | Ages 6+

This complete martial arts program is designed to help boys and girls of all ages develop respect, discipline, and self-control. Participants will build confidence by improving their strength, speed, endurance, and self-defense skills. In addition to Taekwondo kicks, blocks, and punches, participants will learn to use Hapkido (joint locking techniques). A plain white taekwondo uniform is required and may be purchased from the instructor for \$20.

Instructor: Master Wolpert: (858) 748-1333

Location: Community Park, Bill Bond Hall I

No Class: Jan 18 & Feb 15

| Ages 5-8 | RES/NON |
|--|-----------|
| 2091.309 MWF 5:00-6:00pm Jan 11-Mar 18 | \$89/\$99 |
| Ages 9-15 | RES/NON |
| 2091.310 MWF 6:00-7:00pm Jan 11-Mar 18 | \$89/\$99 |

Youth Volleyball | Ages 9-14

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

Instructor: David Claycomb

Location: Meadowbrook Gymnasium

| Ages 9-12 Years | RES/NON |
|---------------------------------------|-----------|
| 2091.312 Mon 5:30-6:30pm Jan 4-Feb 22 | \$55/\$65 |
| Ages 12-14 Years | RES/NON |
| 2091.313 Mon 6:30-7:30pm Jan 4-Feb 22 | \$55/\$65 |



Intro to Skateboarding | Ages 6-13

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

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

Location: Community Park, Skate Park

No Class: Feb 17

| | RES/NON |
|--|-----------|
| 7600.300 Wed 5:00-6:00pm Jan 6-Feb 10 | \$80/\$90 |
| 7600.301 Wed 5:00-6:00pm Feb 24-Mar 30 | \$80/\$90 |



Intermediate/Advanced Skateboarding | Ages 6-13

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

Instructor: SD Skate Life, Andrew Barbosa:

Andrew@sdskatelife.com

Location: Community Park, Skate Park

No Class: Feb 17

| | RES/NON |
|--|-----------|
| 7600.302 Wed 4:00-5:00pm Jan 6- Feb 10 | \$80/\$90 |
| 7600.303 Wed 4:00-5:00pm Feb 24-Mar 30 | \$80/\$90 |

SCHOOL'S OUT!

Why not check out Skateboarding Camp during break?



Skateboarding Camp | Ages 5-13

Join us for a week of skateboarding fun at the Poway Skate Park! Come build your ramp skills, develop new tricks, learn safety techniques, meet special guest pros, and make new friends. This camp will benefit skateboarders of all levels! **All participants will receive an SD SkateLife sticker pack. All participants MUST have a helmet, elbow pads, and knee pads each class.** Bring your own skateboard or contact the instructor for rental options prior to the first class.

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

Location: Community Park, Skate Park

| | RES/NON |
|---------------------------------------|-------------|
| 7600.304 M-F 9:00am-12:00pm Feb 15-19 | \$150/\$160 |

Register online: www.poway.org/classes

Tennis – Beginner | Ages 5-14

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

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

| Ages 5-8 | RES/NON |
|---|-------------|
| 3013.300 Sat 9:00-10:00am Jan 9-Feb 27 | \$60/\$70* |
| Ages 9-14 | RES/NON |
| 3013.301 Sat 10:00-11:00am Jan 9-Feb 27 | \$60/\$70* |
| 3013.302 TTh 4:00-5:00pm Jan 5-Feb 25 | \$95/\$105* |

* \$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

| | RES/NON |
|---|-------------|
| 3013.303 TTh 5:00-6:00pm Jan 5-Feb 25 | \$95/\$105* |
| 3013.304 Sat 11:00am-12:00pm Jan 9-Feb 27 | \$60/\$70* |

* \$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: Jan 18 & Feb 15

| | RES/NON |
|--------------------------------------|--------------|
| 3013.320 MW 4:00-5:30pm Jan 4-Feb 24 | \$110/\$120* |

* \$5 materials fee due first day of class

Sports | Open Play

Open Play Sports | All Ages

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

Twin Peaks Multipurpose Center
14640 Tierra Bonita Road
(858) 668-4599

Meadowbrook Gymnasium
12320 Meadowbrook Lane
(858) 668-4598

| |
|---|
| Friday Open Badminton 6:00-9:00pm |
| Saturday Open Badminton 7:00-9:00pm |
| Sunday Open Pickleball 10:00am-12:00pm Open Volleyball 7:00-9:00pm |

| |
|--|
| Wednesday Open Basketball 6:00-9:00pm |
| Sunday Adult Open Basketball 8:00am-12:00pm |

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

Sports | Adults

Register online: www.poway.org/classes



Intermediate Coed Volleyball | Ages 16+
All intermediate players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. **Past volleyball experience is strongly recommended.**

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

| Men's | | | RES/NON |
|----------|-----------------|-------------|-----------|
| 1247.300 | Thu 6:30-9:30pm | Jan 7-Mar 3 | \$70/\$80 |
| Women's | | | |
| 1247.301 | Thu 6:30-9:30pm | Jan 7-Mar 3 | \$70/\$80 |

Advanced Coed Volleyball | Ages 16+

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

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

| Men's | | | RES/NON |
|----------|-----------------|-------------|-----------|
| 1247.302 | Tue 6:30-9:30pm | Jan 5-Mar 1 | \$70/\$80 |
| Women's | | | |
| 1247.303 | Tue 6:30-9:30pm | Jan 5-Mar 1 | \$70/\$80 |



Interested in Taekwondo? "Try it before you buy it" by attending the first class for FREE! Liability waiver required.

Adult Taekwondo & Karate | Ages 16+

Whether you are interested in self-defense, or just want to get into shape, this complete martial arts program is for you! It is designed to help both men and women develop strength, speed, coordination, endurance, and confidence. In addition to traditional taekwondo blocks, kicks, and punches, you will learn to use Hapkido (joint locking techniques). A plain white taekwondo uniform is required and may be purchased from the instructor for \$20.

Instructor: Master Wolpert: (858) 748-1333

Location: Community Park, Bill Bond Hall I

No Class: Jan 18 & Feb 15

| | | | RES/NON |
|----------|-----------------|---------------|-----------|
| 2091.311 | MWF 7:00-8:00pm | Jan 11-Mar 18 | \$89/\$99 |

NEW! 5-on-5 Basketball League | Ages 18+

Teams of up to 8 players are invited to join us for some friendly 5-on-5 basketball competition! Games are played on a full court with two professional officials, a scorekeeper, and a timer. Start times will vary each week between 6:30pm and 8:30pm. Each season will consist of 10 league games plus play-offs. League champions will take home bragging rights and team t-shirts. A representative from each team is required to attend a short manager's meeting prior to the season. Limited spots available, so grab your friends and sign-up now!

Instructor: Recreation Staff

Location: Meadowbrook Gym

| | | | RES/NON |
|----------|-----------------|--------------|-------------|
| 1247.305 | Thu 6:30-9:30pm | Jan 7-Mar 17 | \$115/Team* |

* A referee's fee of \$30 per team (cash) will be collected prior to each game



Women's Volleyball | Ages 16+

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

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

No Class: Jan 18 & Feb 15

| | | | RES/NON |
|----------|-----------------|--------------|-----------|
| 1247.310 | Mon 6:30-9:30pm | Jan 4-Mar 14 | \$70/\$80 |

Special Needs



Bowling | Ages 13+

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

Instructor: Sarah D'Agostino-Gana

Location: Poway Fun Bowl: 12941 Poway Road

| | | | RES/NON |
|----------|-----------------|--------------|------------|
| 9397.300 | Fri 1:30-3:30pm | Jan 8-Mar 18 | \$40/\$50* |

* \$8 class fee due 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: Feb 17

| | | | RES/NON |
|----------|-----------------|---------------|--------------|
| 9397.301 | Wed 4:00-6:00pm | Jan 13-Mar 23 | \$120/\$130* |

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

Safety Training

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

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

Become certified in this American Red Cross CPR class. Learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. This course teaches skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Participants receive 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 |
|----------|-----------------|--------|------------|
| 5418.300 | Mon 6:00-9:00pm | Jan 11 | \$30/\$40* |

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

First Aid | Ages 11+

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

Instructor: American Red Cross Instructor, Blythe Paley

Location: Community Park, Nutrition Room

| | | | RES/NON |
|----------|-----------------|--------|------------|
| 5418.301 | Tue 6:00-9:00pm | Jan 12 | \$20/\$30* |

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

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

Did You Know?



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 |
|----------|--------------------|--------|------------|
| 7617.300 | Sat 8:00am-12:00pm | Mar 5 | \$65/\$75* |
| | Sat 8:00am-12:00pm | Mar 12 | |

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

Dog Obedience Training

Register online: www.poway.org/classes

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 |
|----------|------------------|---------------|-------------|
| 9019.300 | Tue 6:30-7:30pm | Jan 5-Feb 9 | \$95/\$105* |
| 9019.301 | Sat 9:30-10:30am | Jan 9-Feb 13 | \$95/\$105* |
| 9019.302 | Tue 6:30-7:30pm | Feb 16-Mar 22 | \$95/\$105* |
| 9019.303 | Sat 9:30-10:30am | Feb 20-Mar 26 | \$95/\$105* |

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



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

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 |
|----------|-------------------|---------------|------------|
| 9019.304 | Sat 10:45-11:45am | Jan 9-Feb 13 | \$95/\$105 |
| 9019.305 | Sat 10:45-11:45am | Feb 20-Mar 26 | \$95/\$105 |



Poway Swim Center

Information: www.poway.org/swim



Location: 13094 Civic Center Drive

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

Hours:

Winter (October 26, 2015 -April 3, 2016)

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

Pool Closed

| | |
|--------------------------------------|----------------------|
| Thu/Fri, November 26-27 | Thanksgiving Holiday |
| Thu/Fri, December 24-25 | Christmas Holiday |
| Thu/Fri, December 31-January 1, 2016 | New Year's Holiday |
| Fri, February 19 | Swim Meet |
| Mon, February 22-April 10, 2016 | Pool Renovations |

Lap Swimming Hours

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

The Swim Center includes a 50-meter by 25-yard pool with an attached diving well and shallow children's area. During open pool hours, Poway residents and nonresidents can enjoy the one-and three-meter diving boards, open swimming areas, and lap swimming lanes. A one-foot baby pool is available for play during the spring, summer, and fall months. The Swim Center offers a complete shower and dressing area. Water temperature in the pool is maintained between 80 and 84 degrees, providing for comfortable swimming year-round.

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

Costs:

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

Season and Yearly Passes www.poway.org/swim

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

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

Yearly Pass Rates

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



Water Exercise | All Ages

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

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

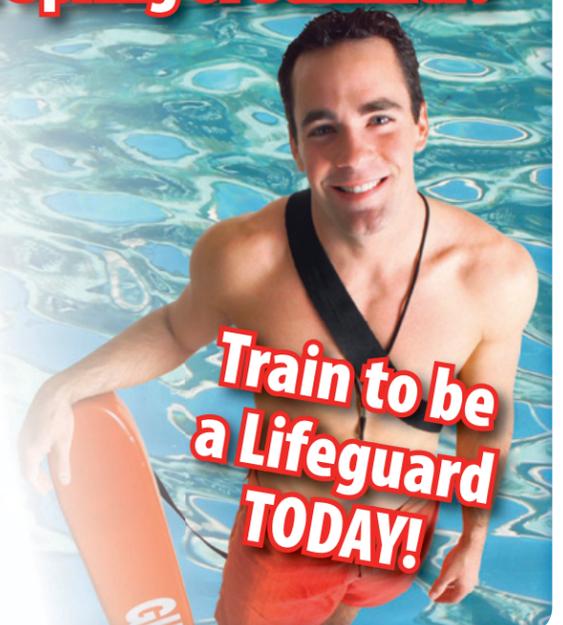
Thinking about a job for Spring or Summer?

Red Cross Lifeguard Training | Ages 15+

This 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 includes materials, book, and a resuscitation mask. **Prerequisite: Participants must be 15 years of age or older by the first day of class.**

| | | | RES/NON |
|----------|--------------------|-----------|--------------|
| 0700.301 | M-Th 9:00am-5:00pm | Feb 15-18 | \$153/\$163* |

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



Train to be a Lifeguard TODAY!

Poway Community Park

Information: www.poway.org/communitypark



Location: 13094 Civic Center Drive

Park Hours:

Daily, Sunrise-Sunset

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

Information:

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

NEW! Youth Supervised Skate Park Sessions | Ages 16 and Younger

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.**

Friday 6:00-8:00pm Dec 18, Jan 15, Feb 19, Mar 18 FREE



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!

Wednesday 10:00am-12:00pm Nov 11 Carnival Theme
Monday 10:00am-12:00pm Jan 18 Pirate Theme

Old Poway Park

Information: www.poway.org/oldpowaypark



Location: 14134 Midland Road

Information: (858) 668-4576

Farmers Market Offers Winter-Season Goods

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

Folk Concerts in the Park

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

Historical Tours

We offer easy, inexpensive, educational field trips that will exceed the needs of your curriculum. Reservations are now being accepted for December through June, Tuesdays through Thursdays for just \$4 per participant. We can present to groups of 20 or more and tailor presentations to meet any need. Our tours are appropriate for any age or grade level, and meet the learning needs of third through fifth and eighth grades. Experience the Nelson House, Heritage Museum, a train safety presentation, and a train ride aboard the Poway-Midland Railroad. Tours are great for schools, Scout troops, ESS, and adult daycares. For more information or to book your tour, visit our website: www.poway.org/oldpowaypark or call (858) 668-4576.

| Date | Performer | Musical Style |
|-------------------|--|---|
| November 6, 2015 | C. Daniel Boling and The Lovebirds | Folk |
| January 8, 2016 | Eric Freeman, Jeffrey Joe | Blues |
| February 12, 2016 | Valentine's Show | Stories and songs celebrating our favorite romantic holiday |
| February 19, 2016 | Orrin Star | Folk/Bluegrass |
| March 17, 2016 | St. Patrick's Day show with Acoustic Eidolon | Folk Fusion |



Kumeyaay-Ipai Interpretive Center at Pauwai

Information: www.poway.org/kiic



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
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.



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, 'ewaaas, milling and grinding stations.



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.

8168.301 Sat 8:30am-12:30pm
Jan 9
KIIC Members/Non-members \$25/\$35

Volunteer Today, Inspire for a Lifetime

Kumeyaay-Ipai Center volunteers are Poway's greatest cultural resource. You can be, too! We need docents to lead tours for third grade students. Absolutely no experience is required and our self-paced training is completely free! Lead just one tour a month and you will impact young lives for a lifetime. Check out www.poway.org/kiic or call (858) 668- 4781.

Lake Poway

Information: www.poway.org/lakepoway



Park Hours:

Year Round Daily, 6:00am to Sunset

Lake Fishing & Boating Hours:

Year Round Wed-Sun, 6:00am to Sunset

Entry Station:

Open Weekends & Holidays
\$5 non-resident entry fee for vehicles; \$2 for motorcycles
Active Military free with ID

Information:

(858) 668-4770
www.poway.org/lakepoway
Park Ranger Office (858) 668-4772
Park/Pavillion Reservations (858) 668-4580
Lake Poway Concession (858) 668-4778



Blue Sky Ecological Reserve

Information: www.poway.org/bluesky



Location:

Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:

Daily, Sunrise-Sunset

Information:

(858) 668-4781

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

Discovery Tables

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

Sunday, January 17
8:30-11:00 am
FREE



FREE Docent-led Nature Walks

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

Junior Nature Ranger Program

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

Saturday 8:30-10:30am February 6 FREE



School Tours and Outreach Program

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

Turn New Year Resolutions into Fitness Solutions!

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

Wednesday 9:00am Jan 6 -Feb 24 Beginners
Monday 9:00am Jan 11-Feb 15 Non-beginners

Solar Walk/Stargazing

Join us on a journey into outer space and view of our nighttime skies! We will travel through the solar system as we hike 1.5 miles into the Reserve to meet up with Oceanside Photo and Telescope. Their powerful telescopes will be focused on a distant constellation or planet so that you can experience it up-close. This program is suitable for all ages, and everyone should dress warmly. Space is limited to 100 participants. Staggered start times between 4:30 pm and 5:15 pm. Register online at www.poway.org/classes.

8160.301 Saturday, Feb 20 \$5



Sycamore Canyon Goodan Ranch Preserve



Location:

16281 Sycamore Canyon Road
Poway, California 92064

Information:

(858) 513-4737

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

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



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

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

Highway 67 staging area accessed through SOUTHBOUND Highway 67 only, half a mile south of Scripps Poway Parkway. All events are free. For information or to make event reservations call (858) 513-4737 or email Justin.Gibbons@sdcounty.ca.gov

Goodan Ranch Winter Programs

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

Scavenger Hunt

November 21, 2015 | 9:00-11:00am

Mountain Biking Race

December 6, 2015

Quick N Dirty MTB Racing and park staff will be hosting a mountain biking race in Sycamore Canyon on December 6. Race information and times can be found at www.quickndirtymtb.com, or by emailing quickndirtymtb@gmail.com.

Dirty Feet 100K/50K/Half-Marathon

December 12, 2015

Dirty Feet Productions and park staff will be hosting a foot race in Sycamore Canyon on December 12. Race and registration information can be found at www.dirtyfeet.ca or by contacting park staff at (858)513-4737.

Poway Library



photo: T. Piranteau

Location:
13137 Poway Road, Poway, CA 92064

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

Information:
 (858) 513-2900
www.sdcl.org

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

Children's Programs

Storytime Mon-Sat at 10:30am

Baby Storytime Tuesdays 9:45am

After-School Programs

Wednesdays 3:30-4:30pm

Teen Programs (6th-12th grade)

Teen Tuesdays & Thursdays

Schedule Varies (check with library) 4:00-5:00pm

Adult Programs

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

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

Tai Chi
 Mondays at 11:00am (schedule varies: check with library)

Books and Coffee
 Saturday, December 5, 10:00am

Meditation for a Stress-Free Holiday and Beyond
 December 16, 6:00pm

Information: www.sdcl.org

Library Love

The Poway Library will celebrate the completion of the library remodel throughout the month of February. The community is invited to celebrate with special events, weekly prize drawings, library tours, an art exhibit by Poway High School students and special sales in the Friends of the Library book store.

Come tour your newly renovated Library on Saturday, February 6 at 10:00am, LIBRARY LOVE kicks off with an official re-dedication and ribbon cutting, food, and fun!

Other special events include:

Saturday, February 13 – MUSIC LOVE: join us for an Acoustic Showcase concert at 2:00pm.

Saturday, February 20 – BOOK LOVE features a giant Friends of the Library book sale from 10:00am to 4:00pm.

Saturday, February 27 – LOVE TO READ: Meet author Raymond Wong discussing his book, "I'm Not Chinese: The Journey from Resentment to Reverence" at 11am. Bring the kids to see Sparkles the Clown at 1:00pm and receive a free book!



Poway Senior Center



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

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

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



Search: Poway Senior Center

La Bella Bistrot What's Cookin'?



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

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

Try These Great Activities Poway Senior Center!

Memory Café

Every 2nd and 4th Wednesday
 10:00am - 11:30am Activity Room 1

Memory Café is a wonderful place to enjoy the company of new friends to share stories and information about Memory Loss experiences....all in a friendly, relaxed setting. Light refreshments served!

Line Dancing

Every Friday afternoon
 12:00pm-2:00pm, and Wednesdays 1:30-3:30pm
 in Bill Bond Room 1

Dancing Learn to Line Dance with us! Free fun, and with great music to "boot."

Wii Bowling

Every Third Wednesday
 2:00pm – 4:00pm in our Library/Lounge area

Wii Bowling is super easy and extremely fun!! Games are quick to play. No sign up needed.

BUNKO FUNdraiser

Coming March 20, 2016

Shop at Poway Senior Center Gift Shop

Located inside Poway Senior Center
 Open Mon-Fri, 10:00am-2:00 pm.
 You will find many unique treasures!!

Also located in the gift shop, check out the latest hand-stitched raffle quilt.

Information: www.powayseniorcenter.org



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

The best fun in Poway Twice a Week!
 Open to adults, 18 and older. All proceeds help support the programs and services of PSC. Come have fun and win!

Tuesday at 12:15pm and Saturday at 5:30pm

Save your gas and a trip to the casino!
Win right here in Poway!

Open to the Public: Monthly Opportunity Gift Basket Drawing!!



Every month it's something new!

We have a new, themed-gift basket each month that you can enter to win! Tickets are sold at the Reception Desk.

\$1.00 a ticket or 6 for \$5.00

Poway Center for the Performing Arts

Information: www.powaycenter.com



POWAY CENTER *for the* PERFORMING ARTS

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

Purchase Tickets!

www.PowayCenter.org

(858) 748-0505

Hours:

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

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

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

Rental & General Information:

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



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

Exciting Winter Art Exhibits!

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

November

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



December

Robert Pendleton, of Twenty 20 Gallery, has pursued his interest in fine art photography since childhood. Robert only recently entered into the realm of digital photography and began exhibiting his work. His technique of expanding dynamic range by selectively colorizing discrete ranges of luminosity leads to enhanced, at times even ambiguous perception of depth, and is sometimes described as "painting with photography."



January

Jayson & Juliet Phillips focus on high dynamic range landscapes and cityscape images that will evoke memories, emotion, and wonder. They will be exhibiting alongside Joe Nyiri and Keith Stephens two noted San Diego painters who will exhibit figurative and landscape paintings.



February

This exhibition will showcase the San Diego Portrait Society and their collection of portraits from artists throughout the county.



Poway OnStage



OUR 2015-2016 PROFESSIONAL PERFORMANCE SEASON

Celebrating 25 years as presenters of world-class talent in Poway

STEVE POLTZ with CODY LOVAAS

Saturday, November 21, 2015 | 8:00pm

A mainstay of the San Diego music scene – as a solo artist, a member of the Ruggburns and songwriting partner to Jewel – Steve Poltz is the consummate showman. Cody Lovaas represents the next wave of San Diego singer-songwriters. Stripped down, tuneful, upbeat and infectious positive. Like a good wave, catch him while you can!



presented by GREEN VALLEY CIVIC ASSOCIATION

THE TEMPTATIONS: A CHRISTMAS CONCERT

Saturday, December 5, 2015 | 8:00pm

Get into the holiday spirit with one of Motown's greatest acts, the Temptations. Travel back in time with "My Girl," "Ain't Too Proud to Beg," "Get Ready" and more in this once in a lifetime concert. Led by founding member Otis Williams, the Temptations are one of the world's greatest show bands.



presented by Leah McBride of ranchofinancial MORTGAGE CENTER

UPRIGHT & GRAND PIANO FESTIVAL

Friday, January 15, 2015 | 8:00pm

Presented as part of the San Diego Symphony's Masterworks Upright & Grand Piano Festival, this concert will feature pianist Jeremy Denk and conductor Cristian Macelaru performing works of Liszt, Shostakovich, Beethoven and more.



presented in partnership with SAN DIEGO SYMPHONY

THE SMITHEREENS PLAY THE WHO'S TOMMY

Saturday, January 23, 2016 | 8:00pm

The Smitereens, proud standard bearers of the British invasion sound, pay fitting tribute to the patron saints of garage rock with a set *Rolling Stone* calls "an airtight version of The Who's Tommy."



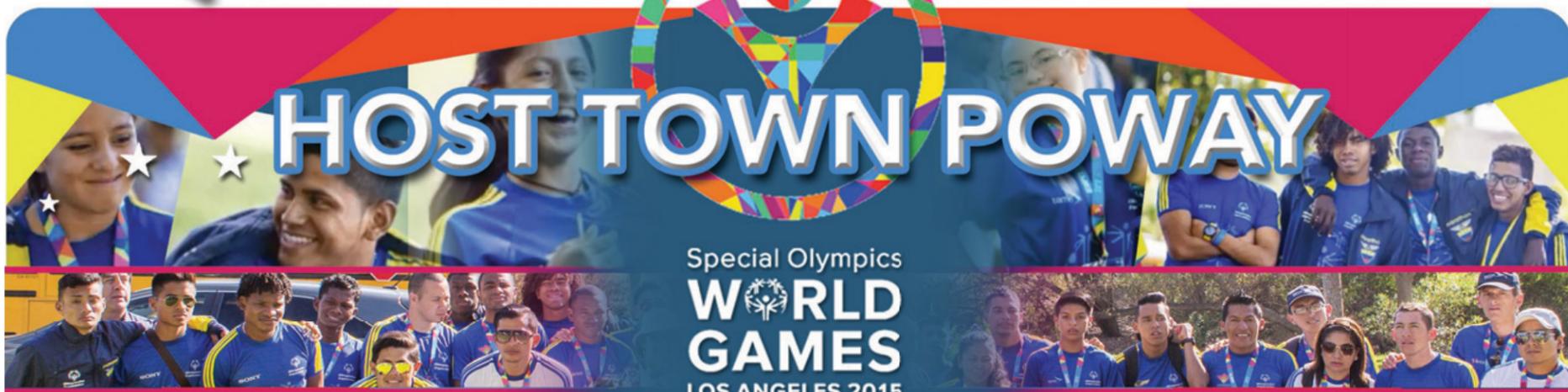
At the Poway Center for the Performing Arts [Convenient, free parking]

15498 Espola Road | Poway, CA 92064 | 858.668.4798

View full season and purchase tickets at www.PowayOnStage.org

Look at the Friends &

Memories We Made!!



Three days of acceptance and inclusion at its finest become cherished memories for a lifetime!



Special Thanks to Our Community, Volunteers, and Our Many Generous Sponsors!

County of San Diego

WalMart

The Original Pancake House

Poway Countryside Barn

EDCO

Bill Howe Plumbing

Bongiorno's New York Pizzeria

Cocina Del Charro

Church of Jesus Christ of Latter-Day Saints

SDG&E

Toyota of Poway

Cox Communications

Kelchlin Construction

Knights of Columbus

Deputy Sheriff's Association of San Diego County

Lake Poway Concession

The Hamburger Factory

Poway Kiwanis

Ambassadors of Hope



REGISTRATION

Registration begins **NOVEMBER 17** for Poway Residents & Nonresidents

There are 3 convenient ways to register for classes:

1. Online

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

Website:

www.poway.org/classes

2. Walk-in

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

Location:

13325 Civic Center Drive

Hours:

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

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

3. Mail-in

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

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

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

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

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

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

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

SWIM LESSON REGISTRATION

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

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

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

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

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

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

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

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

Do you want to know where the fun is in Poway? Just ask the teens!

The City of Poway Teen Program is currently in its third year of offering an exciting variety of special events, activities, and excursions for teens in grades 6-9. It's easy to see why the series continues to gain in popularity with unique activities such as: the Glow-in-the-Dark Egg Hunt and Mega Bounce Jam; excursions to Belmont Park and Universal Studios; and its anchor event, Teen Night Out. Attendance at events has more than doubled since its inception and there appears to be no signs of slowing down.

In fact, this year's attendance has seen record numbers! It's obvious that there is a need for quality teen programming. So as long as the teens continue to come, we'll be here to provide amazing

experiences they'll remember for a lifetime! Are you past 9th grade, but still want to participate in the fun? Join the teen volunteer program and have a blast while earning volunteer service hours!



Pictured here are the teens at the Teen Flick N' Float exploring the brand new inflatables at the Swim Center. You, too, can climb, jump, slide, and splash your way through this unique recreational opportunity this spring. Watch your Poway Today or our website: www.poway.org for more details.

Our Water: Where It Comes From



It would be nice to rely on rainfall for our local water supply solution, but according to the San Diego County Water Authority (CWA), the last time that the San Diego region was able to rely on rainfall to meet all of the region's needs was 1947. The reality is that Poway is located in the middle of a semi-arid desert. As a City, we have been given very little in the way of a local supply of water. Poway has no naturally occurring lake, no year-round rivers or streams, and very limited groundwater supplies. As a result, the City relies on the CWA, the county's wholesale water supplier, as our source of water.

The City buys 99% of our water annually from the CWA, who in turn receives water from several different sources. In 2015 the CWA expects to receive 49% of its water from the Metropolitan Water District, 16% from the Imperial Irrigation District Transfer, 13% from the All American and Coachella Canal Projects, 14% from Conservation, and the remaining 8% from other sources. In the future, the CWA is projecting diversification of their water resources even more to include seawater desalination.

Once the CWA delivers raw water to the City of Poway via an underground aqueduct, this water is either pumped up to Lake Poway and placed into storage, or pumped directly to the City's treatment plant. To ensure a safe drinking water supply, the raw water undergoes a series of treatment processes at the Lester J. Berglund treatment plant. Poway employs two methods of disinfection. The first, chlorine, effectively eliminates water-borne diseases from the public water supply. The second, chloramines, a combination of chlorine and ammonia, further improves the quality of our water supply and reduces the formation of disinfection-by-products. Once this water is treated it is then placed in the City's ten million gallon capacity reservoir, where it waits to go into the distribution system. From there gravity takes over.

The gravity fed distribution system delivers about four billion gallons of water annually through 291 miles of pipe, 1,662 air-release and blowoff assemblies, 2,830 fire hydrants, 6,967 valves, 14 pump stations, 19 reservoirs, and 14,080 service connections. Through this infrastructure it is important for the City to ensure that all water quality objectives are met. For this reason the City tests the drinking water at 26 sampling stations throughout the City over 41,000 times annually to ensure compliance with state and federal laws.

When you turn on your faucet, shower, or other water-using device, demand is placed on the City's water distribution system and water flows through your water meter and into your home. This is how water gets from our tap to yours.

Help Your Trees Survive the Drought!

Trees are an important part of Poway's community and character. With the drought in full swing these precious resources are in peril if they are not properly maintained. With the help of the San Diego County Water Authority and the San Diego Regional Urban Forest Council, the City of Poway has some tips and tricks to help your trees survive the drought.

There are many reasons to prioritize the watering of trees above other plants, shrubs, and lawns. The first reason is that trees will shade other landscaping, reducing its water needs. Secondly, it takes many years for trees to mature, and if they die they are expensive to remove and replace. If a tree becomes stressed from drought conditions, there is the chance that it may need to be removed. The following steps will assist you in keeping your trees green and healthy throughout the drought:

- 1. Water slowly.** When water stops soaking in, stop watering, as the soil has become saturated and reached its water-hold capacity.
- 2. Mulch 2-to 4-inches deep** to keep soil cool and reduce evaporation. Keep mulch at least 4 feet from the base of the tree trunk.
- 3. When lawns are removed,** trees still need to be watered and tree roots need to be trained to grow deeper. In the first year, gradually increase the duration and decrease the frequency of watering times.

4. Newly-planted trees should be watered 1-2 times weekly during the first year, weekly in the second year, and every two weeks in the third year. Apply 20 gallons per watering. Or, make a 3-inch high "doughnut ring" of soil 6 inches beyond the root ball; pack it firmly; and fill this "ring" at the suggested frequency.

5. Use the table below as a resource for tree water for specific seasons. Adjust as necessary for your specific tree's needs.

With the City of Poway's Level 2 drought restrictions there are many ways to water your tree and still stay within the City's watering restrictions. You can lay a soaker hose around the canopy (dripline) of the tree. For example, if you use a 100-foot soaker with a one-gallon/hour/foot soak rate, then water your tree for two hours to apply 200 gallons. Secondly, you can use a drip system to modify your existing irrigation, which is the most accurate and recommended option. The third option is to use five-gallon buckets with ¼ inch holes drilled in the bottom. Fill the buckets up with a hose and place them around the dripline of the tree to let the water slowly seep into the soil. Each time you water, place the buckets in slightly different locations to allow even watering of all the roots.

If you follow these steps, you will help your tree survive the drought and conserve water at the same time.

| Tree Size | Cool Season (Nov-Apr) | Gallons to Apply | Warm Season or no rain (May-Oct) | Gallons to Apply |
|-------------------------------------|-----------------------|------------------|----------------------------------|------------------|
| Low-Water Trees | | | | |
| Small established tree (10' canopy) | No Water | 0 | Monthly | 20-40 |
| Medium Tree (20' canopy) | No Water | 0 | Monthly | 100-140 |
| Moderate-Water Trees | | | | |
| Small established tree (10' canopy) | Monthly | 30-60 | Every 2 weeks | 30-60 |
| Medium Tree (20' canopy) | Monthly | 110-250 | Every 2 weeks | 140-260 |
| Established High-Water Trees | | | | |
| Large tree (30' canopy) | Every 2 weeks | 250-350 | Weekly | 300-400 |
| Very large tree (50' canopy) | Every 2 weeks | 700-1000 | Weekly | 800-1000 |

**Note these watering rates are for tree survival and may not be optimal for tree health. Adjust for your tree's needs.*



After recent resurfacing, Pomerado Road and Garden Road were restriped to add buffers between the travel lanes and bicycle lanes. This was done by narrowing the existing travel lanes. The bike lane buffers are consistent with Caltrans guidelines adopted last year. In April 2014, Caltrans endorsed the new design features as part of an ongoing effort to create a multimodal and flexible approach to transportation planning and design. All local cities are encouraged to use these new guidelines.

In 2014, Governor Brown signed the "Three Feet for Safety Act" into law requiring motorists to allow a three-foot separation when passing bicyclists. By adding a designated buffer space to separate the bicycle lane from the adjacent motor vehicle lane, the bicycle facility is improved for all riders. Avid cyclists can either use the bike lane or the buffer to pass slower moving bicyclists. The extra buffer space will help make bicycling safer for all users.

The new, buffered bike lanes are part of a larger effort by the City of Poway to make our streets more complete and account for all users. New continental crosswalk striping, which provides wide-band striping through the crosswalk, has also been installed at some intersections to enhance the crosswalk visibility and increase pedestrian safety. Striping enhancements will continue Citywide in the future as streets are restriped after repaving or resurfacing.

Winter Water Savings

The drought continues and we must all do our part to conserve! We use a lot less water outside during the wet cool winter months. This means that in order to conserve water and meet our community's state mandated 32% conservation target, we must cut water use indoors. Here are a few easy ways to cut your indoor water use. More tips are available at www.poway.org.

WHAT DOES A 32% REDUCTION in water use look like?

AVERAGE DAILY USE

The average Californian uses 196 gallons of water per day. Here are some easy ways to reduce water use. Find the combination for you to reduce by 32% or 63 gallons per day.

For more tips on reducing water use, visit poway.org!

TURN OFF WATER WHEN BRUSHING TEETH OR SHAVING
saves
10 GALLONS
per person/day

TAKE FIVE MINUTE SHOWERS INSTEAD OF 10 MINUTE SHOWERS
saves
12.5 GALLONS
with a water efficient showerhead

RUN DISHWASHER WHEN FULL INSTEAD OF HALF FULL
saves
5-15 GALLONS
per load

FIX LEAKY TOILETS
saves
30-50 GALLONS
per day/toilet

WASH ONLY FULL LOADS
saves
15-45 GALLONS
per load

FILL THE BATHTUB HALFWAY OR LESS
saves
12 GALLONS
per person

Photo Caption Contest Results

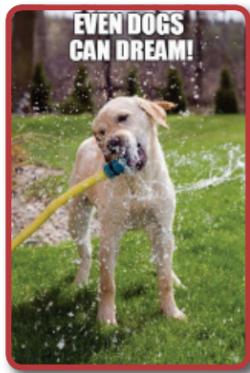
As many of you probably saw, Poway hosted a photo caption contest called Caption This! throughout August and September. We would like to thank everyone who participated; we received some hilarious submissions. Your creativity brought much-needed humor to a very serious issue. Below are the winners for the pictures used in the contest. Winning entries are also online at www.poway.org.



By Katie O'Reilly



By Olga Singer



By Krystin Demofonte



By Spencer Orr



By Erin Sacks

POWAY Events THIS WINTER

What's Inside:

- PAGE 1**
 - A Tale of Two Farmers Markets – Two Years Later
 - Council Selects a Design for the Mickey Cafagna Community Center
 - Lake Poway Improvements
 - Library Remodel
 - Saving Water by Ditching Turf
 - PAGE 2**
 - El Niño Flood Safety
 - Welcome Susy Turnbull
- Holiday Safety Tips
 - Reduce Holiday Waste
 - PAGE 15**
 - Where is the Fun in Poway? Ask the Teens!
 - Where Our Water Comes From
 - Keep Trees Healthy During the Drought
 - Bike Lane Striping

Trout Season

Starts Mid-November | Lake Poway

Christmas in the Park

Saturday, December 12 | Old Poway Park

Winter Festival

Friday-Saturday, January 8-9, 2016 | Community Park

Youth Fishing Derby Campout

Friday, February 5, 2016 | Lake Poway

Youth Fishing Derby

Saturday, February 6, 2016 | Lake Poway



City of Poway Holiday Hours

City Hall will be observing the following Holiday Closure Schedule:

- Closed Thu/Fri, November 26th and 27th**
- Closed Thu/Fri December 24th/25th**
- Closed Thu/Fri December 31st/January 1st**

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