

POWAY Today



A Quarterly Municipal Newsletter for the Residents of Poway, California

Spring 2016

2016 Water Rates and the Drought Recovery Surcharge

Poway's water and sewer rates are designed to encourage water conservation. To do this, more of the fixed costs (pipe maintenance and operating costs) are allocated to the per unit price of water while the fixed meter rates are kept low. This means that over 85% of the City's water revenue comes from water sales, with the remainder from the fixed meter charge. Over time, the City plans to slowly increase revenue from fixed charges to decrease revenue volatility, while still encouraging conservation.

Unfortunately, during drought conditions, water sales drop and rates must go up to collect enough revenue to provide water and sewer services. This is in spite of the City's efforts to cut and control costs. Between 2007 and 2012, the City drastically cut costs through pension reform and staffing reductions. The City has also done a number of things to increase operational efficiencies.

In addition, the City's water and sewer systems are aging and require more upkeep. We are not a growing community, we are built-out. Adding infrastructure and customers, and spreading costs over a larger customer base is not an option. Much of

our water system was installed by the former water district, long before the City incorporated. To continue providing safe and reliable water service, we must invest in replacement and repair projects. Some of these projects are costly, but cannot be deferred.

Along with rate increases approved at a December public hearing, Council approved a temporary \$0.75 per unit drought surcharge. This surcharge will pay for fixed costs and necessary capital projects and is expected to be in place through 2018. The Council recognized that the surcharge could disproportionately impact single-family residential customers who have already taken steps to save water. Since June 2015, the State has mandated that Poway conserve water use by 32%. Residential customers have stepped up and met the mandate, conserving 33.1% cumulatively through January 2016.

To recognize this effort, the City Council also approved adding a credit for up to 22 units of the surcharge to single-family residential water bills for the first year. If a residential customer uses more than 22 units of water in a billing period, they will be billed the surcharge for every unit over 22. The credit is financed by a loan from the City's General Fund to the Water Fund.

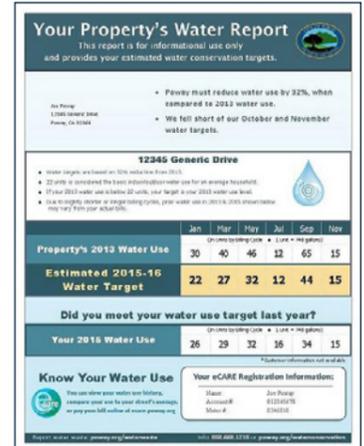
City Provides Custom Water Reports

In January, the City began mailing custom water reports to each single-family home in Poway. These reports are part of the City's water conservation outreach efforts and provide an overview of the property's recent conservation levels.

The reports provide each property's 2013 water use, an estimated water target (32% of the property's 2013 water use), and the property's 2015 water use.

The report is meant to empower customers by providing easy-to-compare current water use against Poway's conservation target. Residential water consumption represents 60% of the City's overall water use; therefore, we must all do our part to meet the state's conservation targets and avoid state-imposed fines.

Being aware of your water consumption is a key component of conservation. For more information about your water report, please visit us online at: www.poway.org/mywaterreport. You can also view your water use history, compare your use to your street's average, or pay your bill online at ecare.poway.org.



GO NATIVE THIS SPRING!

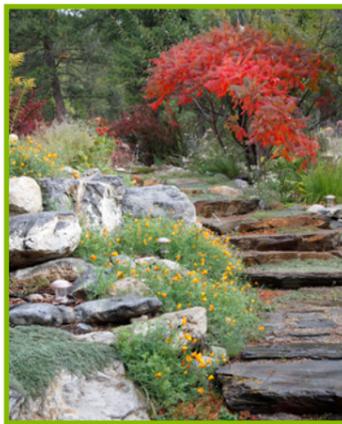
The best way to lower your bimonthly water bill and make your garden visually appealing is to plant California Native plants. These plants are better suited to California's natural environment, help out local wildlife (Save the Bees!), and are often easier to maintain. The best time to plant is early spring. This allows the plants time to establish during the cooler, wetter months before California's warm season starts. When you visit your local nursery, ask for a list of their California Native or drought tolerant plants.

Luckily, there are many resources in the San Diego region to help you get started on your drought-tolerant garden! On May 3, there is a California Friendly Landscape Training Class at SDG&E's Energy Innovation Center. This three-hour, fast-paced seminar is designed to help participants think from the soil up and learn how to be sustainable in San Diego's warm climate. Sign up at: seminars.sdge.com.

Using California Native plants will help conserve water and time!

Additionally, the San Diego County Water Authority has published an eGuide to a Water Smart Lifestyle, which can be found at: www.watersmartsd.org.

This guide includes plant finders, interactive maps, animated graphics, home and garden calculators, landscape design tools, and details about rebates and incentives. It is very helpful for homeowners looking to save money on their bimonthly water bill. Here are some other classes and events:



DATE	TIME	CLASS	LOCATION
2/27/16	10:00am - 12:00pm	After the Lawn: Finding Better Solutions	The Water Conservation Garden 12122 Cuyamaca College Drive West, El Cajon, CA 92019
3/5/2016	8:00am - 10:00am	FREE Composting Workshop in San Diego	San Diego Zoo 2920 Zoo Drive, San Diego, CA 92101
3/19/16 & 3/20/16	9:00am - 5:00pm	Spring Planting Jubilee & Tomato Sale	San Diego Botanic Garden 230 Quail Gardens Drive, Encinitas, CA 92024
4/5/2016	5:30pm - 8:30pm	FREE Landscape Design for Homeowners Workshop in Encinitas	Encinitas Community Center 1140 Oakcrest Park Drive, Encinitas, CA 92024

State Extends Water Regulations

California continues to experience severe drought conditions despite recent rains. On February 2, 2016, the State Water Resources Control Board adopted, extended, and revised state-wide water restrictions. The restrictions were extended through October 2016. This action follows Governor Brown's recent Executive Order that directed the Board to extend regulations if the drought persisted through January.

Felicia Marcus, Chair of Water Resources Board, stated that "After four years of extreme drought, there is still a need for Californians to keep up their stellar conservation practices." As of January, Poway residents conserved 33.1% cumulatively (since June when the State began assessing conservation). This meets Poway's 32% state-imposed target.

The revised regulations will likely lower Poway's conservation target. New credits are being offered for local climate conditions, population growth, and investment in drought-resilient water supplies. We expect our conservation target to be adjusted to account for the region's (including Poway) significant investment in developing the Carlsbad Desalination Plant. While the lower target will be welcomed, drought conditions persist and we must continue conserving.

Welcome to Poway's First Baby of 2016!

The City of Poway would like to welcome Max Ameliana Malone. She was born at 7:28 a.m. on January 1, 2016, at Pomerado Hospital, making her the first Poway baby born in the New Year. Max was welcomed by her mother Jelynn and father James. She weighed 7 lbs. 4 oz. and was 19.5" long at birth.

Max's parents both grew up locally. James graduated from Poway High School and Jelynn from Rancho Bernardo High

School. The Poway couple has started several companies in the area including The Cork and Craft, Abnormal Wine Co., Abnormal Beer Co., and Mostra Coffee.

As part of the City's First Baby Program, a \$200 gift card was presented to her family during the February 2, 2016, City Council Meeting.



This Issue:

Weathering the Storm

The El Niño may not be over yet. But the good news is that it's not too late to prepare! Use these tips to stay safe.

pg. 2



New Sign Ordinance goes into Effect

The City has banned placing signs on public rights-of-way.

pg. 2



April is Fair Housing Month

Fair housing is the law. Learn what steps you can take to make sure you are treated fairly by your realtors and landlords.

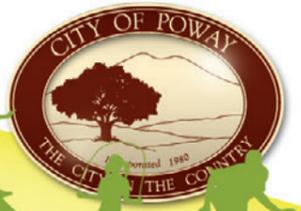
pg. 15



Spring Cleaning Time!

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





POWAY Community Services

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

SPRING 2016

Registration begins MARCH 1 for Poway Residents & Nonresidents

Do You Believe in Poway?



We believe Poway is the best place to live.

We believe our children deserve the opportunity to play, learn, and grow in a healthy environment.



We believe our families deserve activities that bring them together.

We believe our community is stronger when we connect with each other.

We believe in Poway...do you?



Does your business Believe in Poway? Partner with us to show everyone that you Believe in Poway: poway.org/ibelieveinpoway



Get your I Believe in Poway merchandise! bitly.com/ibelieveinpoway



NEW! Teen Excursion: Universal Studios | Grades 6th – 9th

Lights, camera, ADVENTURE! We're celebrating the end of school by rolling film on FUN – Hollywood style! We're heading to Universal Studios Hollywood where you can channel your inner wizard at Hogwarts; come face to face with a ginormous T-Rex; escape the bandaged claws of a vengeful Mummy; and join the battle to save the human race from vicious Decepticons! Whatever you and your friends can dream, you can be! Admission, transportation, and supervision are included. **Register early; space is limited.**

Drop off & Pick up: Community Park, Auditorium

8432.410 Fri 8:00am-10:30pm Jun 10

FEE \$50/participant

Check out more FREE TEEN ACTIVITIES on page 6!

NEW!!! Inflatable Parties at the Pool!

Host your family and friends for a birthday party or challenge your colleagues at a team-building event! New this spring, the Poway Community Swim Center is pleased to offer inflatable parties and open-play times. These obstacle courses float on top of the water and offer hurdles, slides, a rope swing, and so much more! The pool has never been so much fun! For information, call (858) 668-4680.



Looking for a GREAT summer job?

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

Get Ready, Summer's Comin'!

Early Summer Camp Registration will begin on Tuesday, April 12 at 7:30am.

Lake Poway Day Camp: www.poway.org/daycamp or (858) 668-4776

All Other Camps: www.poway.org/classes or (858) 668-4570

Need a Friendly Reminder? Connect with Us!



Counselor-in-Training



Contract Instructor Camps



Lake Poway Day Camp

Spring Break Camps!

Register online at: www.poway.org/classes



CAMP! Skateboarding | Ages 5 to 13

Join us for a week of skateboarding fun at the Poway Skate Park! Come build your ramp skills, develop new tricks, learn safety techniques, meet special guest pros, and make new friends. This camp will benefit skateboarders of all levels! **All participants will receive an SD SkateLife sticker pack.** 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@sdsksatelife.com
Location: Community Park, Skate Park

7600.404 M-F 9:00am-12:00pm Apr 11-Apr 15 **RES/NON \$150/\$160**

NEW CAMP! Wonders Science | Ages 5 to 12

Wonders Science camps are hands-on fun from beginning to end! Participants will experiment with 50 hands-on projects throughout the week, including: riding hover-crafts, creating invisible inks, growing crystal gardens, steering 60-foot solar blimps, making rock board collections, floating hot air balloons, launching giant smoke rings, setting-off the ultimate Mentos geyser, building lava lamps, making glow-in-the-dark signs, casting fossils, and much more! Don't miss out on this opportunity to enrich your children's thirst to know more about the world around them!

Instructor: Wonders Science
Location: Community Park, Auditorium

6573.400 M-F 1:00-4:00pm Apr 11-Apr 15 **RES/NON \$125/\$135***
 *\$35 materials fee due on the first day of class



CAMP! Archery Basics Camp | Ages 7 to 16

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

Instructor: Rick Harper
Location: Lake Poway, Archery Range

2443.440 M-F 8:00-9:30am Apr 11-Apr 15 **RES/NON \$75/\$85***
 2443.441 M-F 10:00-11:30am Apr 11-Apr 15 **RES/NON \$75/\$85***
 *\$15 materials fee due on the first day of class

CAMP! Swim & Tennis | Ages 8 to 15

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

After lunch, participants will cool off in the pool! Participants should bring a swim suit, towel, and plenty of sunscreen!

Instructor: Art Christophiades
Location: Community Park, Tennis Courts / Swim Center

2443.420 M-F 9:00am-3:00pm Apr 11-Apr 15 **RES/NON \$110/\$120***
 *\$10 materials fee due on the first day of class



Children's Activities

Hopscotch: Tiny Tots Preschool | Ages 2 to 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

Theme: *Down On the Farm* **RES/NON \$195/\$205***
 4011.400 TTh 9:00am-12:00pm Mar 29-Apr 21
 Theme: *Fairytales*
 4011.401 TTh 9:00am-12:00pm Apr 26-May 19 **RES/NON \$195/\$205***
 Theme: *Under the Sea*
 4011.402 TTh 9:00am-12:00pm May 24-Jun 16 **RES/NON \$195/\$205***
 *\$20 materials fee due first day of class

Spanish for Preschoolers | Ages 3 to 6

¡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: Apr 15

RES/NON \$115/\$125*
 4011.403 Level I Fri 9:00-10:10am Apr 1-Jun 3
 4011.404 Level II Fri 10:30-11:40am Apr 1-Jun 3
 *\$15 materials fee due first day of class



Get Smart with Art | Ages 2 to 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

4011.406 Mon 10:00-10:45am Mar 28-Apr 18 **RES/NON \$52/\$62**
 4011.407 Mon 10:00-10:45am Apr 25-May 16 **RES/NON \$52/\$62**
 4011.408 Mon 10:00-10:45am May 23-Jun 13 **RES/NON \$52/\$62**

Mom & Tot Gymnastics | Ages Walking to 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: May 26 & 28

RES/NON \$161/\$171*
 2312.400 Thu 10:45-11:15am Mar 31-Jun 16
 2312.401 Sat 8:45-9:15am Apr 2-Jun 18
 * \$10 materials fee due first day of class

Soccer Shots Minis | Ages 2 to 3

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



Instructor: Soccer Shots
Location: Community Park, Open Play Area

RES/NON \$120/\$130*
 2443.403 Sat 9:00-9:30am Apr 9-May 28
 2443.404 Sat 10:25-10:55am Apr 9-May 28
 2443.405 Fri 5:20-5:50pm Apr 8-May 27
 * \$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 \$120/\$130*
 2443.400 Sat 9:35-10:05am Apr 9-May 28
 2443.402 Fri 4:45-5:15pm Apr 8-May 27
 * \$25 materials fee due first day of class

Register online at: www.poway.org/classes

Health & Wellness

NEW Class!



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

			RES/NON
2443.410	Tue 9:00-10:30am	Apr 5-May 3	\$75/\$85
2443.411	Tue 9:00-10:30am	May 10-Jun 7	\$75/\$85



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: Apr 12

			RES/NON
5417.401	Tue 6:15-7:15pm	Mar 29-Jun 14	\$99/\$109

Yogazander-Beginning Gentle Yoga | Ages 17+

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

Instructor: Cheri Hotalen

Location: Old Poway Park, Templars Hall

			RES/NON
5417.416	Thu 10:00-11:30am	May 12-Jun 16	\$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: Apr 7

			RES/NON
6182.470	Thu 5:30-6:30pm	Mar 31-Jun 16	\$100/\$110



Tap Dance for Adults | Ages 18+

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

Instructor: Debbora Childress:

www.MsDebborasDanceForChildren.com

Location: Community Park, Auditorium

No Class: Apr 11 & 12 and May 17 & 30

			RES/NON
5111.420	Mon 11:00-11:45am	Apr 4-Jun 6	\$90/\$100
5111.421	Tue 6:30-7:15pm	Apr 5-Jun 7	\$90/\$100



Aqua Zumba® | Ages 16+

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

Instructor: Julie Clemmons

Location: Community Swim Center

			RES/NON
5500.401	Thu 6:00-7:00pm	Mar 31-May 26	\$85/\$95



Beginning 18-Form Tai Chi | 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.

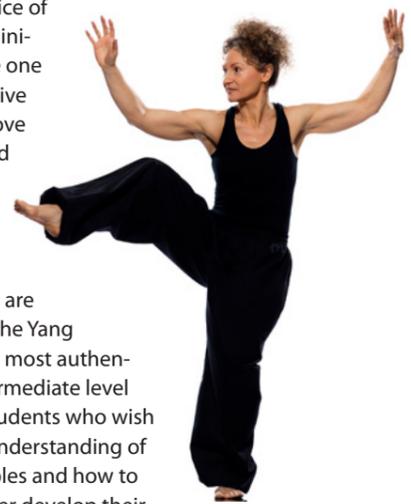
Instructor: Cheri Hotalen

Location: Old Poway Park, Templars Hall

			RES/NON
5417.417	Mon 6:00-7:15pm	May 9-Jun 13	\$75/\$85

Tai Chi 24-Forms Beginning and 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

			RES/NON
5417.411	Fri 10:00-11:30am	May 13-Jun 17	\$85/\$95
5417.410	Mon 7:15-8:00pm	May 9-Jun 13	\$45/\$55

Teen Activities

Check out the **NEW Teen Excursion to Universal Studios on Page 3!**



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!

Instructor: Community Park Staff

Location: Community Park, Auditorium

Sat 4:30-9:30pm

Apr 23

FREE

Glow-in-the-Dark Egg Hunt and 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!

Instructor: Community Park Staff

Location: Community Park, Auditorium

Sat 6:00-9:00pm

Mar 26

FREE

NEW! Mega Bounce Jam | Grades 6th – 9th

We're throwing the ultimate bounce house bash and you're invited! Bounce off the walls and jump your way to the stars while rocking out to some jammin' tunes! Or challenge your friends and vault your way through an inflatable obstacle course – all the way to champion. The way you bounce is up to you! Then catch your breath afterward while we chill out with a movie and some tasty treats.

Instructor: Community Park Staff

Location: Community Park, Auditorium

Sat 5:00-9:00pm

May 28

FREE

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

Creative Arts

NEW! Musicstar® Beginning Piano/Keyboard | Ages 8 to 15

Did you know that music classes contribute to a healthier and longer life? They can also aid in child development and improve academic achievement. Learn how to play basic piano chords and simple melodies in a fun, group class setting! No music experience is necessary. **All instruments are provided for class use.**



Instructor: Creative Brain Learning Staff

Location: Old Poway Park, Great Room

			RES/NON
6182.450	Mon 5:00-5:50pm	Apr 4-May 2	\$66/\$76*
6182.451	Mon 5:00-5:50pm	May 9-Jun 6	\$66/\$76*

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

Best of Broadway | Ages 7 to 14

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

Instructor: Catherine Colby

Location: Old Poway Park, Templars Hall

No Class: Apr 7

			RES/NON
6182.434	Thu 4:00-5:30pm	Mar 31-Jun 2	\$135/\$145*

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



Kid's Night Out

Kid's Night Out | Grades 1st – 5th

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

Instructor: Community Park Staff

Location: Community Park, Auditorium

			RES/NON
8432.400	Fri 4:30-9:00pm	Apr 8	\$5
8432.401	Sat 4:30-9:00pm	May 14	\$5
8432.402	Fri 4:30-9:00pm	Jun 17	\$5



Dance | Youth & Teen

Register online: www.poway.org/classes



RAVE REVIEWS:

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



Don't miss the 27th Annual Dance Recital!

Ms. Debbara presents "Aladdin" and Dance Showcase 2016 on June 14 and 15 at 6:30pm at the Poway Center for the Performing Arts! Tickets are available at the door, prior to each show. For more information:

www.msdebbarasdanceforchildren.com

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

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

Beat Breakers & Hip Hop | Ages 4-12

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

Instructor: Dance to EvOLVE: www.dancetoevolve.com

Location: Old Poway Park, Templars Hall

			RES/NON
Beat Breakers, Ages 4-7			
5131.400	Wed 3:50-4:45pm	Mar 30-May 4	\$93/\$103
5131.401	Wed 3:50-4:45pm	May 11-Jun 15	\$93/\$103
5131.402	Wed 3:50-4:45pm	Mar 30-Jun 15	\$168/\$188
Hip Hop, Ages 8-12			
5131.403	Wed 4:50-5:45pm	Mar 30-May 4	\$93/\$103
5131.404	Wed 4:50-5:45pm	May 11-Jun 15	\$93/\$103
5131.405	Wed 4:50-5:45pm	Mar 30-Jun 15	\$168/\$188



Sports | Open Play

Open Play Sports | All Ages

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

During the months of April, May, and through June 12 the free open gym times are as follows:

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

Friday	Tuesday
Open Badminton 6:00-9:00pm	Open Basketball 6:00-9:00pm
Saturday	Wednesday
Open Pickleball 2:30-5:30pm	Open Basketball 6:00-9:00pm
Open Badminton 6:00-9:00pm	Sunday
Sunday	Open Adult Basketball 8:00-11:00am
Open Volleyball 6:00-9:00pm	Open Youth Basketball 11:00am-2:00pm

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

Register online: www.poway.org/classes

Sports | Youth/Teens

Intro to Skateboarding | Ages 6 to 13

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

Instructor: Andrew Barbosa: Andrew@sdskatelife.com

Location: Community Park, Skate Park

No Class: Apr 13

			RES/NON
7600.400	Wed 5:00-6:00pm	Apr 6-May 11	\$80/\$90
7600.401	Wed 5:00-6:00pm	May 18-Jun 15	\$80/\$90

Intermediate/Advanced Skateboarding | Ages 6-13

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

Instructor: Andrew Barbosa: Andrew@sdskatelife.com

Location: Community Park, Skate Park

No Class: Apr 13

			RES/NON
7600.402	Wed 4:00-5:00pm	Apr 6-May 11	\$80/\$90
7600.403	Wed 4:00-5:00pm	May 18-Jun 15	\$80/\$90



Girls Basketball | Ages 9 to 16

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



Instructor: Paul Dekker: dekker@yahoo.com

Location: Twin Peaks Multipurpose Center

			RES/NON
Ages 9-11			
2091.420	Wed 5:30-7:00pm	Mar 30-Jun 15	\$55/\$65
Ages 10-16			
2091.421	Wed 7:00-8:30pm	Mar 30-Jun 15	\$55/\$65

Youth/Teen Taekwondo | Ages 5 to 15

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. **Want to try it before you buy it? Attend the first day of class for free! Liability waiver required.**

Instructor: Master Wolpert: (858) 748-1333

Location: Community Park, Bill Bond Hall I

No Class: April 1, 4, 6, 8, and May 30

			RES/NON
Ages 5-8			
2091.409	M/W/F 5:00-6:00pm	Mar 28-Jun 17	\$89/\$99
Ages 9-15			
2091.410	M/W/F 6:00-7:00pm	Mar 28-Jun 17	\$89/\$99

Youth Volleyball | Ages 9 to 14

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

Instructor: David Claycomb

Location: Meadowbrook Gymnasium

No Class: April 4

			RES/NON
Ages 9-12			
2091.412	Mon 5:30-6:30pm	Mar 28-May 23	\$55/\$65
Ages 12-14			
2091.413	Mon 6:30-7:30pm	Mar 28-May 23	\$55/\$65

Tennis - Beginner | Ages 5 to 14

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

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

			RES/NON
Ages 5-7			
3013.400	Sat 9:00-10:00am	Apr 2-Apr 30	\$40/\$50*
3013.401	Sat 9:00-10:00am	May 14-Jun 11	\$40/\$50*
Ages 8-14			
3013.402	Sat 10:00-11:00am	Apr 2-Apr 30	\$40/\$50*
3013.403	Sat 10:00-11:00am	May 14-Jun 11	\$40/\$50*
3013.404	T/Th 4:00-5:00pm	Mar 29-Apr 28	\$75/\$85*
3013.405	T/Th 4:00-5:00pm	May 10-Jun 9	\$75/\$85*

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

Tennis - Intermediate | Ages 8 to 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
3013.406	T/Th 5:00-6:00pm	Mar 29-Apr 28	\$75/\$85*
3013.407	T/Th 5:00-6:00pm	May 10-Jun 9	\$75/\$85*
3013.408	Sat 11:00am-12:00pm	Apr 2-Apr 30	\$40/\$50*
3013.409	Sat 11:00am-12:00pm	May 14-Jun 11	\$40/\$50*

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

Tennis - Advanced Juniors | Ages 9-16

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

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

			RES/NON
3013.410	M/W 4:00-5:30pm	Mar 28-Apr 27	\$90/\$100*
3013.411	M/W 4:00-5:30pm	May 9-Jun 8	\$90/\$100*

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

Sports | Adults

Intermediate Coed Volleyball | Ages 16+

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

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

			RES/NON
Men's			
1247.400	Thu 6:30-9:30pm	Mar 31-May 26	\$70/\$80
Women's			
1247.401	Thu 6:30-9:30pm	Mar 31-May 26	\$70/\$80

Advanced Coed Volleyball | Ages 16+

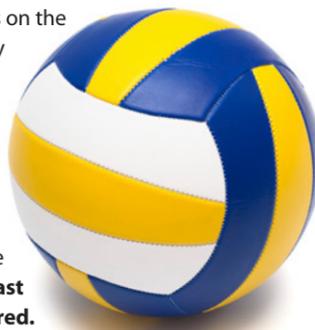
All advanced players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation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

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

No Class: May 17

			RES/NON
Men's			
1247.402	Tue 6:30-9:30pm	Mar 29-May 31	\$70/\$80
Women's			
1247.403	Tue 6:30-9:30pm	Mar 29-May 31	\$70/\$80



Women's Volleyball | Ages 16+

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

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

No Class: May 30

			RES/NON
1247.410	Mon 6:30-9:30pm	Apr 11-Jun 13	\$70/\$80

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 of all ages 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. **Want to try it before you buy it? Attend the first day of class for free! Liability waiver required.**

Instructor: Master Wolpert: (858)

748-1333

Location: Community Park, Bill Bond Hall I

No Class: April 1, 4, 6, 8, and May 30

			RES/NON
2091.411	M/W/F 7:00-8:00pm	Mar 28-Jun 17	\$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
1247.405	Thu 6:30-9:30pm	Mar 31-Jun 9	\$115/team*

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

Register online: www.poway.org/classes

Dog Training

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



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

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

Instructor: Good Dog Training School, Lynne Moore

Location: Tue: Old Poway Park, Green Park

	Sat: Garden Road Park		RES/NON
9019.400	Tue 6:30-7:30pm	Mar 29-May 3	\$95/\$105*
9019.401	Sat 9:30-10:30am	Apr 2-May 7	\$95/\$105*
9019.402	Tue 6:30-7:30pm	May 10-Jun 14	\$95/\$105*
9019.403	Sat 9:30-10:30am	May 14-Jun 18	\$95/\$105*

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

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

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

Instructor: Good Dog Training School, Lynne Moore

Location: Garden Road Park

			RES/NON
9019.404	Sat 10:45-11:45am	Apr 2-May 7	\$95/\$105
9019.405	Sat 10:45-11:45am	May 14-Jun 18	\$95/\$105

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

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

Instructor: Good Dog Training School, Lynne Moore

Location: Community Park, Dog Park: Pen 2

			RES/NON
9019.406	Wed 6:30-7:30pm	Mar 30-May 4	\$95/\$105
9019.407	Wed 6:30-7:30pm	May 11-Jun 15	\$95/\$105

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

Did You Know?

Safety Training

NEW! Women's Self-Defense Workshop | Ages 16+

The workshop will include tips on preventing assaults and simple self-defense techniques that you can use to escape from an assailant. It's easier than you think to learn basic self-defense moves and simple steps that you can take to avoid dangerous encounters.

Instructor: Master Wolpert: (858) 748-1333

Location: Community Park, Bill Bond Hall I

1247.406	Thu 6:30-7:30pm	Mar 31	RES/NON \$10/\$20
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Babysitter's Training CPR & First Aid | Ages 11 to 18

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

Instructor: American Red Cross Instructor, Blythe Paley

Location: Community Park, Activity Rooms I & II



			RES/NON
7617.400	Sat 8:00am-12:00pm	May 7	\$65/\$75*
	Sat 8:00am-12:00pm	May 14	

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

Please Note: If registering for both the First Aid and CPR class, there is a one-time \$32 (certification) or \$4 (informational only) materials fee.

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

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

Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park, Nutrition Room

5418.400	Mon 6:00-9:00pm	Apr 18	RES/NON \$30/\$40*
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*\$24 (certification) or \$4 (information only) materials fee due on the first day of class



First Aid | Ages 11+

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

certification valid for two years.

Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park, Nutrition Room

5418.401	Tue 6:00-9:00pm	Apr 19	RES/NON \$20/\$30*
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*\$20 (certification) or \$2 (information only) materials fee due on the first day of class

Poway Swim Center



Location: 13094 Civic Center Drive

Information:

(858) 668-4680

www.poway.org/swim

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

Costs:

Daily Admission

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

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

Season and Yearly Passes

www.poway.org/swim

Hours:

Spring (April 4-June 12)

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

Long Course (offered through May 26)

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

Apr 29 at 1pm	Swim Meet
Apr 30-May 1 all day	

Information: www.poway.org/swim

Family Swim - Begins April 9

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

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

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

Party Packages

Information: (858) 668-4680

Inflatable Party

Who doesn't want to have a party at the pool with an inflatable obstacle course? Included: reserved picnic area for two hours, public pool use and two hours of exclusive inflatable use for up to 25 persons.

Swim Lessons

Spring Swim Lesson Assessments | All Ages

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

Swim Lesson Registration

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

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

Please Note: *There will be no classes on Monday, May 30; instead classes will be held on Friday, June 3.



Parent/Child | Ages 6 to 24 months

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

			RES/NON
0010.410	MW 4:20-4:50pm	Apr 11-Apr 27	\$39/\$49
0010.440	TTh 6:00-6:30pm	May 10-May 26	\$39/\$49

Pre-Grunion | Age 2

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

			RES/NON
0020.410	MW 5:10-5:50pm	Apr 11-May 4	\$52/\$62
0020.420	TTh 5:10-5:50pm	Apr 12-May 5	\$52/\$62
0020.440	TTh 3:30-4:10pm	May 10-Jun 2	\$52/\$62

Grunion 1 | Ages 3 to 4

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



			RES/NON
0101.410	MW 3:30-4:10 pm	Apr 11-May 4	\$52/\$62
0101.411	MW 4:20-5:00 pm	Apr 11-May 4	\$52/\$62
0101.412	MW 5:10-5:50 pm	Apr 11-May 4	\$52/\$62
0101.420	TTh 3:30-4:10 pm	Apr 12-May 5	\$52/\$62
0101.421	TTh 4:20-5:00 pm	Apr 12-May 5	\$52/\$62
0101.422	TTh 6:00-6:40 pm	Apr 12-May 5	\$52/\$62
0101.430	MW 3:30-4:10 pm	May 9-Jun 3*	\$52/\$62
0101.431	MW 4:20-5:00 pm	May 9-Jun 3*	\$52/\$62
0101.432	MW 5:10-5:50 pm	May 9-Jun 3*	\$52/\$62
0101.440	TTh 3:30-4:10 pm	May 10-Jun 2	\$52/\$62
0101.441	TTh 4:20-5:00 pm	May 10-Jun 2	\$52/\$62



Grunion 2 | Ages 3 to 5

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

			RES/NON
0102.410	MW 3:30-4:10pm	Apr 11-May 4	\$52/\$62
0102.411	MW 4:20-5:00pm	Apr 11-May 4	\$52/\$62
0102.412	MW 6:00-6:40pm	Apr 11-May 4	\$52/\$62
0102.420	TTh 3:30-4:10 pm	Apr 12 - May 5	\$52/\$62
0102.421	TTh 4:20-5:00 pm	Apr 12-May 5	\$52/\$62
0102.422	TTh 5:10-5:50 pm	Apr 12-May 5	\$52/\$62
0102.423	TTh 6:00-6:40 pm	Apr 12-May 5	\$52/\$62
0102.430	MW 3:30-4:10pm	May 9-Jun 3*	\$52/\$62
0102.431	MW 4:20-5:00pm	May 9-Jun 3*	\$52/\$62
0102.432	MW 6:00-6:40pm	May 9-Jun 3*	\$52/\$62
0102.440	TTh 3:30-4:10pm	May 10-Jun 2	\$52/\$62
0102.441	TTh 4:20-5:00pm	May 10-Jun 2	\$52/\$62
0102.442	TTh 5:10-5:50pm	May 10-Jun 2	\$52/\$62

Grunion 3 | Ages 3 to 5

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

			RES/NON
0103.410	MW 3:30-4:10 pm	Apr 11-May 4	\$52/\$62
0103.420	TTh 4:20-5:00 pm	Apr 12-May 5	\$52/\$62
0103.421	TTh 6:00-6:40 pm	Apr 12-May 5	\$52/\$62
0103.430	MW 3:30-4:10 pm	May 9-Jun 3*	\$52/\$62
0103.440	TTh 4:20-5:00 pm	May 10-Jun 2	\$52/\$62

Otter Pup | Ages 3 to 5

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

			RES/NON
0104.430	MW 5:10-5:50 pm	May 9-Jun 3*	\$52/\$62
0104.440	TTh 4:20-5:00 pm	May 10-Jun 2	\$52/\$62



Starfish | Ages 6 to 12

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

			RES/NON
0201.410	MW 4:20-5:00pm	Apr 11-May 4	\$52/\$62
0201.411	MW 5:10-5:50pm	Apr 11-May 4	\$52/\$62
0201.420	TTh 3:30-4:10 pm	Apr 12-May 5	\$52/\$62
0201.421	TTh 6:00-6:40 pm	Apr 12-May 5	\$52/\$62
0201.430	MW 4:20-5:00pm	May 9-Jun 3*	\$52/\$62
0201.440	TTh 5:10-5:50pm	May 10-Jun 2	\$52/\$62

SESSION 1

SESSION 2

Seahorse | Ages 6 to 12

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

			RES/NON
0202.410	MW 5:10-5:50 pm	Apr 11-May 4	\$52/\$62
0202.420	TTh 4:20-5:00 pm	Apr 12-May 5	\$52/\$62
0202.430	MW 4:20-5:00 pm	May 9-Jun 3*	\$52/\$62
0202.431	MW 6:00-6:40 pm	May 9-Jun 3*	\$52/\$62
0202.440	TTh 5:10-5:50 pm	May 10-Jun 2	\$52/\$62

Otter | Ages 6 to 14

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

			RES/NON
0203.410	MW 6:00-6:40 pm	Apr 11-May 4	\$52/\$62
0203.420	TTh 5:10-5:50 pm	Apr 12-May 5	\$52/\$62
0203.430	MW 5:10-5:50 pm	May 9-Jun 3*	\$52/\$62
0203.431	MW 6:00-6:40 pm	May 9-Jun 3*	\$52/\$62
0203.440	TTh 5:10-5:50 pm	May 10-Jun 2	\$52/\$62
0203.441	TTh 6:00-6:40 pm	May 10-Jun 2	\$52/\$62



Seal | Ages 6 to 16

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

			RES/NON
0204.410	MW 6:00-6:40pm	Apr 11-May 4	\$52/\$62
0204.420	TTh 5:10-5:50pm	Apr 12 - May 5	\$52/\$62
0204.430	MW 5:10-5:50pm	May 9-Jun 3*	\$52/\$62
0204.431	MW 6:00-6:40pm	May 9-Jun 3*	\$52/\$62
0204.440	TTh 6:00-6:40pm	May 10-Jun 2	\$52/\$62

Sting Ray | Ages 6 to 16

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

			RES/NON
0205.410	MW 6:00-6:40pm	Apr 11-May 4	\$52/\$62
0205.440	TTh 6:00-6:40 pm	May 10-Jun 2	\$52/\$62

Dolphin | Ages 6 to 16

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

			RES/NON
0206.410	MW 6:50-7:30pm	Apr 11-May 4	\$52/\$62
0206.420	TTh 6:50-7:30pm	Apr 12-May 5	\$52/\$62
0206.430	MW 6:50-7:30pm	May 9-Jun 3*	\$52/\$62
0206.440	TTh 6:50-7:30pm	May 10-Jun 2	\$52/\$62

Swordfish | Ages 6 to 16

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

			RES/NON
0207.430	MW 6:50-7:30pm	May 9-Jun 3*	\$52/\$62
0207.440	TTh 6:50-7:30pm	May 10-Jun 2	\$52/\$62

Adult Beginner | Ages 16+

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

			RES/NON
0301.410	MW 6:50pm-7:30pm	Apr 11-May 4	\$52/\$62
0301.420	TTh 6:50pm-7:30pm	Apr 12 - May 5	\$52/\$62
0301.430	MW 6:50pm-7:30pm	May 9-Jun 3*	\$52/\$62

Adult Intermediate | Ages 16+

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

			RES/NON
0302.410	MW 6:50pm-7:30pm	Apr 11-May 4	\$52/\$62
0302.420	TTh 6:50pm-7:30pm	Apr 12-May 5	\$52/\$62
0302.440	TTh 6:50pm-7:30pm	May 10-Jun 2	\$52/\$62

Swim Lessons (cont'd)

Red Cross Lifeguard Training | Ages 15+

Lifeguard training course teaches the necessary skills to become a professional lifeguard. Upon successful completion of the course, participants will earn their certification for Lifeguarding/First Aid/CPR/AED/Title 22/Oxygen. There is a water skills test on the first day of class. For more information, visit: <http://poway.org/515/Lifeguard-Training>. This course is a blended learning course; there will be homework that will be done outside of class, online. **100% attendance is required.** Class fee includes materials, book, and a resuscitation mask. **Prerequisite: Must be 15 years of age by the first day of class.**

			RES/NON
0601.410	M-Th 8:00am-5:00pm	Apr 11-14	\$153/\$163*
0601.411	Sat 8:00-5:00pm	Apr 16, 23	\$153/\$163*
	T/Th 5:00-8:00pm	Apr 19, 21, 26, 28	

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

Water Exercise | 16+

Water exercise is a low-impact exercise for any ability. Classes are held in four feet of water. Advanced swimming skills are not required. Daily admission is required.
MWF 11:00am-12:00pm



Information: www.poway.org/swim

Red Cross Water Safety Instructor | Ages 16+

The American Red Cross Water Safety Instructor training course teaches the skills needed to teach swim lessons. Upon successful completion of the course, participants will earn their Water Safety Instructor certification. There is a water skills test on the first day of class. For more information, visit: <http://poway.org/825/Water-Safety-Instructor>. This course is a blended learning course; there will be homework that will be done outside of class, online. **100% attendance is required.** Class fee includes the books needed for the course. **Prerequisite: Participants must be 16 years of age by the first day of class.**

			RES/NON
0602.410	Mon 4:00-8:00pm	May 2, 9, 16	\$200/\$210*
	Wed 4:00-8:00pm	May 11, 18	
	Sat 8:00am-5:00pm	May 7, 14, 21	

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

Private Lessons | All Ages

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

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

Old Poway Park

Information: www.poway.org/oldpowaypark



Location:
14134 Midland Road

Information:
(858) 668-4576
www.poway.org/oldpowaypark

Farmers Market

Find the best locally and organically-grown, farm-fresh produce and artisan foods at our "City in the Country" Farmers Market every **Saturday, from 8:00 am to 1:00 pm** on Midland Road. Rain or shine! Information: (858) 668-4576.

Free Band Festival and Arts and Crafts Market

Come listen to great music and amazing concert bands during a FREE weekend of music at Old Poway Park at the **22nd Annual California Band Festival and Arts and Crafts Market.**

Information: www.pomeradoband.org.

Sat, May 21
9:00 am to 7:00 pm
Sun, May 22
10:00 am to 7:00 pm



Historical Tours

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

Sam Hinton Folk Festival

The San Diego Folk Heritage will host the FREE, Annual Sam Hinton Folk Festival. Don't miss out on your chance to hear a unique variety of musical performances, storytelling, music workshops, a family country dance, and an open-mic stage. Information: sdfh@san.rr.com

Folk Festival!

Sunday, July 9
11:00 am to 5:00 pm

Poway Valley Garden Club

Old Poway Park Action Committee member, Poway Valley Garden Club, will host the 38th Annual Standard Flower Show at Old Poway Park this spring.

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

You can participate and win a ribbon for your flowers or designs! No registration is required for horticulture entries. If you would like to enter a floral design, please contact Emily Troxel at (858) 748-1025. For general information: pvgc@outlook.com.



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, 'ewaas, milling and grinding stations.



The Art of Rock Art Photography Class

In addition to the basic elements of photography, this class will emphasize techniques for producing finished pieces that may be suitable for exhibition presentation. Examples of artful images will be shown along with instruction on their production from shooting techniques to post processing. Instructor, James Respass is a Fine Art photographer with numerous awards and honors as an artist, judge and instructor.

		KIIC or SDRRA Members/ Non-members
8160.402	Sat 1:00-5:00pm	Apr 9 \$25/\$35

Volunteer Today, Inspire for a Lifetime

Kumeyaay-Ipai Center volunteers are Poway's greatest cultural resource. No experience required. Free, self-paced training. 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.

SAVE THE DATE: Artifact Illustration Class, June 4. More info in Summer Poway Today, or www.poway.org/kiic

Poway Community Park

Location: 13094 Civic Center Drive

Park Hours:

Daily, Sunrise-Sunset

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

Information:

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

Celebrate at Community Park!

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



Information: www.poway.org/communitypark

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	April 15	FREE
Friday	6:00-8:00pm	May 20	FREE

Lake Poway



Location:

14644 Lake Poway Road

Park Hours:

Daily, 6:00am to Sunset

Fishing & Boating Hours:

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

Information:

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

Entry Station Open Weekends and Holidays.

Non-Resident fee is \$5.00 per vehicle and \$2.00 per motorcycle. There is no charge for Poway Residents or active-duty military with valid ID.



Trout Season Continues at Lake Poway!

Don't worry, you still have time to catch your share of Nebraska Chaulk Mound Ranch's finest "Tail Walking" rainbow trout! Lake Poway will continue to be stocked through April, weather permitting. We have the best permit and boat prices in the area, along with a full-service concession. To view the complete stocking schedule, visit us at www.poway.org/lakepoway or call (858) 668-4772 for more information.



Information: www.poway.org/lakepoway

Spring Camping Series

Sleep under the spring stars! Set up your tent and explore the park at your own pace. Hike the numerous trails; drop a line to catch a fish; cruise the lake on a motorboat; or simply relax by your campsite and enjoy all the natural beauty that Lake Poway offers. Fishing permits and boat rentals are not included, but may be purchased for a nominal fee. No alcohol is permitted. This is a rain or shine event! \$25 per group of five. **(Any additions must register as an additional group).** Information: (858) 668-4772 or www.poway.org/lakepoway.

9039.400	Fri-Sat	1pm-10am	Apr 15-16	\$25
9039.401	Fri-Sat	1pm-10am	Apr 29-30	\$25
9039.402	Fri-Sat	1pm-10am	May 13-14	\$25



Family Campouts

Calling all campers! Come enjoy easy, outdoor fun in a family-friendly environment. Guided night hikes and a campfire with s'mores are included with registration. Boats can be rented for a nominal fee. Don't forget your own camping equipment, dinner supplies to barbecue, and grill/charcoal. **(Up to five persons per family—any additions must register as an additional family).** Information: (858) 668-4772 or www.poway.org/lakepoway.

				RES/NONRES
9039.406	Sat-Sun	5pm-9am	Jul 9-10	\$52/\$62
9039.407	Sat-Sun	5pm-9am	Jul 23-24	\$52/\$62
9039.408	Sat-Sun	5pm-9am	Aug 6-7	\$52/\$62

Blue Sky Ecological Reserve



photo: Brad Petersen

Location:

Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:

Daily, Sunrise-Sunset

Information:

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

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

School Tours and Outreach Program

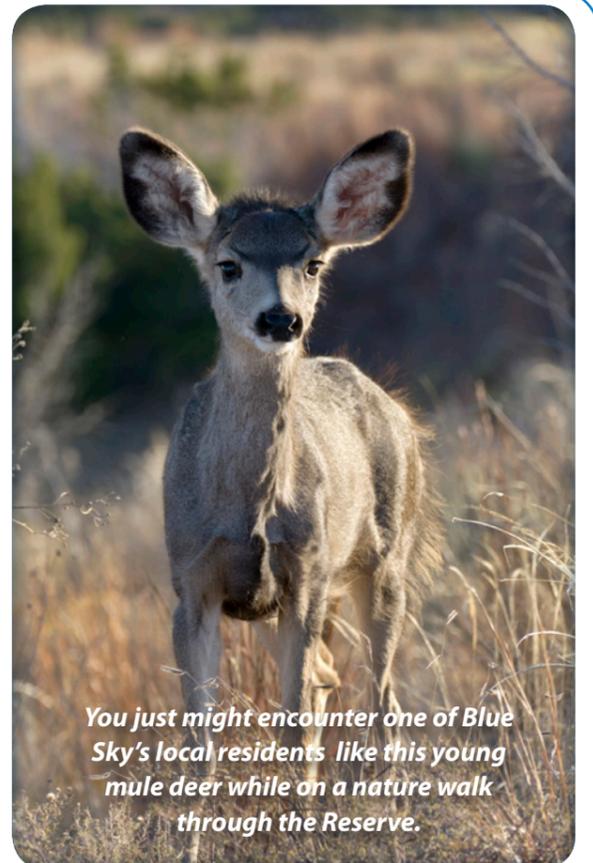
The Outdoor Tour Program and In-Classroom Program introduce important scientific concepts as outlined in Science Content Standards for grades 2-5. Tours in the Reserve last approximately two hours and are available on Wednesday and Friday mornings for \$4 per student. The one-hour Outreach Program at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



FREE Docent-led Nature Walks

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

Information: www.poway.org/bluesky



You just might encounter one of Blue Sky's local residents like this young mule deer while on a nature walk through the Reserve.

Sycamore Canyon Goodan Ranch Preserve



Location:

16281 Sycamore Canyon Road
Poway, California 92064

Information:

(858) 513-4737

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

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

Spring Programs

Space is limited on some programs, and rain or muddy conditions may cancel the event. Reservations are required. Call (858)513-4737 for details.

February

2016 Dirty Feet 100K/50K/ Half-Marathon

Saturday, Feb 27, 2016 | Race and registration info can be found at www.dirtyfeet.ca or by contacting park staff at (858)513-4737.

April

Geocaching Hunt

Saturday, Apr 9, 2016 | 9:00-11:00am
Space is limited to 30, call to reserve.

Snakes Encounter

Saturday, Apr 23, 2016 | 10:00-11:00am
Space is limited to 30, call to reserve.

March

Sunset Star Party

Friday, Mar 18, 2016 | Sunset
Rain or clouds cancel

Edible Plants

Saturday, Mar 26, 2016 | 9:00-11:00am
Space is limited to 30, call to reserve.

May

Bats Alive!!

Saturday, May 7, 2016 | 10:00-11:00am
Space is limited to 30, call to reserve.

Sunset Star Party

Friday, May 20, 2016 | Sunset
Rain or clouds cancel

Information: www.powayseniorcenter.org

Poway Senior Center



Location:

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

Hours:

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

Information:

(858) 748-6094

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

La Bella Bistro:

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

Need a Ride to Lunch?

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

3RD Annual
BUNKO
FUNdraiser
Sunday, March 20
3:00 – 5:00 pm
At the Poway Senior Center
Everyone is
Welcome!!

Entry Fee: \$20.00 or
\$25.00 at door.

For reservations call:
(858) 748-6094



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



The best fun in Poway Twice a Week!

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

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

Monthly
Opportunity
Drawings
Open to the Public!



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

\$1.00 per ticket or 6 for \$5.00

Poway Library

Location:

13137 Poway Road, Poway, CA 92064

Hours:

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

Information:

(858) 513-2900
www.sdcl.org

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

Children's Programs

Tumble Bus: Saturday, February 20 at 1:00pm

Sparkles the Clown: Saturday, February 27 at 1:00pm

Storytime: Monday-Saturday at 10:30am

Baby Storytime: Tuesdays at 9:45am

PJ Storytime: Third Thursday of the month at 7:00pm

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

Teen Programs

Teen Tuesdays & Thursdays: Tue/Thu at 4:00-5:00pm (Schedule varies, check with library)

Adult Programs

ESL Book Club: Last Tuesday monthly at 6:00pm

Acoustic Showcase Concert: Second Saturday monthly at 2:00pm

Poway Library Book Club: Third Tuesday monthly at 6:30pm

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

Conversation Café: Fridays at 10:00am

Building a Better Budget: Wednesday, February 24 at 2:00pm

Author Visit: Raymond Wong, I'm Not Chinese: The Journey from Resentment to Reverence: Saturday, Feb 27 at 11:00am

Red Cross Blood Drive: Wednesday, March 2, 10:00am-4:00pm

Books and Coffee: Saturday, March 5 at 10:00am

Author Visit: Susan Carol McCarthy, A Place We Knew Well: Saturday, Mar 26, 11:00am

Author Visit: David Putnam, The Squandered: Saturday, April 16, 11:00am

Information: www.sdcl.org

Poway Center for the Performing Arts

Information: www.powaycenter.com



Location:
15498 Espola Rd, Poway, CA 92064

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

Closed Sunday-Thursday, and major holidays.

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

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

Closed Sunday, Monday, and major holidays.

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

The Poway Center for the Performing Arts (PCPA)

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



POWAY CENTER *for the* PERFORMING ARTS

Purchase Tickets the Easy Way!

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

Get Involved!

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

Upcoming Art Exhibits

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

March
Poway Woman's Club
Mixed Media



April
Studio Art Quilt
Associates



May
Palomar Council PTA
Visual Arts &
Photography from
PUSD Students



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

Poway Center for the Performing Arts Foundation Presents



OUR 2015-2016 PROFESSIONAL PERFORMANCE SEASON

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

DANCING WITH THE MOVIES

Saturday, February 27, 2016 | 8pm

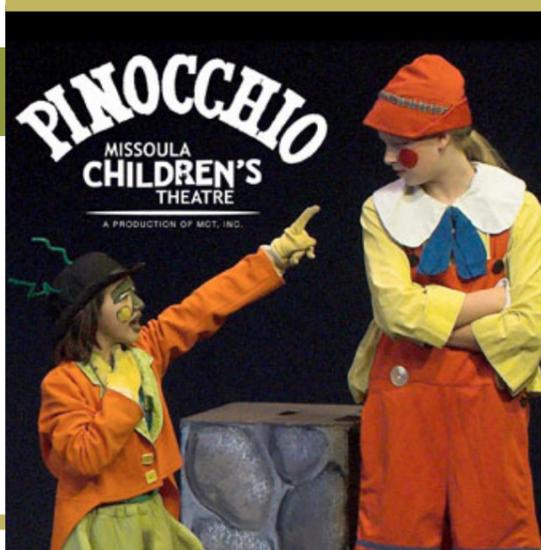
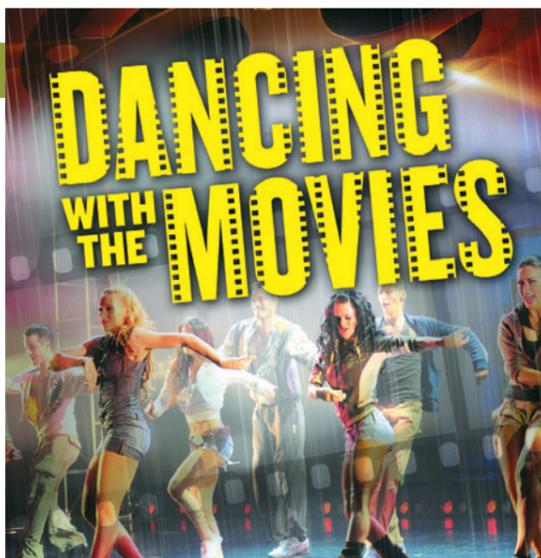
Dancing with the Movies is the new high octane stage hit! Combining professional dancers from *Dancing with the Stars*, with finalists from *So You Think You Can Dance*, *American Idol* and *The Voice*, DWTM celebrates and reinvents Hollywood's finest musical moments from the silver screen. *Grease*, *West Side Story*, *Chicago*, *Hairspray*, *Moulin Rouge* and more! Hosting this powerhouse production will be a surprise guest movie star from a celebrated musical.



Poway OnStage
Arts in Education Initiative Presents
PINOCCHIO

Saturday, March 26, 2016 | 3 & 7pm

Each Spring, Poway OnStage is proud to present an all-youth production as part of our *Arts in Education Initiative*. Taking over 60 local children from auditions, to rehearsals and a fully costumed production in just one week, Missoula Children's Theater will perform *Pinocchio* in March! Auditions Monday, March 21 at 4pm. This musical theater camp is available for all children from kindergarten through eighth grade at no cost!



ROSEANNE CASH

Friday, March 11, 2016 | 8pm

The eldest daughter of country music icon Johnny Cash and stepdaughter of June Carter Cash (of the legendary Carter Family), Rosanne along with co-writer and life partner, John Leventhal, perform songs from her critically acclaimed album, *The River and the Thread* and other favorites. Her own thoughtful, genre-blurring approach, which encompasses country, rock, roots and pop influences, has garnered her four Grammys, twelve Grammy nominations and eleven No. 1 singles.

REDUCED SHAKESPEARE COMPANY: THE COMPLETE HISTORY OF COMEDY (ABRIDGED)

Saturday, May 14, 2016 | 8pm

They've skewered history, the Bible and the world's most celebrated playwright. Now, **Reduced Shakespeare Company** tackles the subject it was born to reduce. From the highbrow to the low, *The Complete History of Comedy* (abridged) covers comedy through the ages, from Aristophanes and Shakespeare and Moliere (Is Moliere funny? Why not?) to Vaudeville and Charlie Chaplin to *The Daily Show* and Anthony Weiner.



At the Poway Center for the Performing Arts [Convenient, free parking]
15498 Espola Road | Poway, CA 92064 | 858.748.0505

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

We have Expanded Parking at Lake Poway and We're Elated!



Thanks to some creative engineering, we have added 61 new parking spots to the Lake Poway parking lot. This is great news for park users and people accessing hiking trails from Lake Poway.

SPRING-IN TO CAMPING!

What could be better than camping close to home at beautiful Lake Poway? For just \$25 per group of five campers, set up your tent and explore the park at your own pace. See page 11 or www.poway.org/lakepoway for more details..



Facility Rentals

Whether you want to watch the sun set over a picnic dinner, dance the night away at your wedding, or host a family gathering or reunion, our beautiful indoor and outdoor facilities, and parks are the perfect location!

We offer a variety of unique and affordable facilities that can be rented for group meetings, private parties, ceremonies, receptions, picnics, and ballgames. Rental fees vary depending on event size, venue, and other event-specific factors. **Please call (858) 668-4580 for information or stop by City Hall to make a reservation today!**



REGISTRATION

Registration begins **MARCH 1** 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.

HAVE YOU WEATHERED THE STORM?

The El Niño may not be over yet. But the good news is that it's not too late to prepare!

Here are some tips to keep you safe over the next couple of months:

- ⚡ Determine if you are located in a flood zone. Visit: www.floodsmart.gov/floodsmart/ and enter your address in the "How Can I Get Covered?"
- ⚡ Get sandbags for your property. Find locations at: poway.org/245/Winter-Storms
- ⚡ Keep your rain gutters and drains cleaned out.
- ⚡ Keep your insurance policies, passport, important documents, and other valuables in a safe-deposit box or scanned on a flash drive. Place copies of the flash drive at work, with a friend, or in your disaster preparedness kit.
- ⚡ Keep at least a half-tank of gas in your car to avoid having to stop and fill up if being evacuated. Know safe routes from your home and your office that are not prone to flooding.
- ⚡ Remember this motto when driving: "Turn Around, Don't Drown!®". It only takes six inches of water for your car to be swept away in a current.
- ⚡ Sign up for the County's regional emergency notification system to receive alerts via phone, text message, and email with important emergency and disaster information. Sign up today at: readysandiego.org. Be sure to click on the AlertSanDiego link.
- ⚡ In San Diego County, turn your radio to AM600 KOGO for emergency information or call 2-1-1.
- ⚡ Always keep an emergency evacuation kit in the trunk of your car. Have water, food, an extra set of clothes and shoes, and medications for each member of your family.



During inclement weather, it's important to pay attention to road closure and warning signs to ensure you don't get trapped in a flooding vehicle.

While preparing your property is important, it's also important to know that you and your loved ones are safe and prepared. If you had 10 minutes to leave your home, what would you grab? If your smoke alarm went off in the middle of the night, do you have a designated spot to gather outside? Make a plan today!

Could your business, organization, homeowners association, or apartment complex benefit from a 20- to 30-minute presentation on preparing for a disaster? Contact Susy Turnbull, Disaster Preparedness Coordinator, at sturnbull@poway.org. Susy has disaster preparedness education materials that can be customized to meet your needs.

DRIVING SAFELY IN THE RAIN

Here are some ways to keep you safe when driving in the rain:

- Replace old or brittle wiper blades.
- Stay in the middle lanes – water tends to pool in outside lanes.
- Increase the proper following distance (the three-second rule) during wet weather.
- Be more aware of brake lights in front of you. Take your foot off the accelerator instead of using your brakes to slow down.
- Use your headlights in a light rain, gloomy, foggy, or overcast conditions to make you more visible.
- Never drive beyond the limits of visibility. The glare of oncoming lights is amplified by rain on a windshield.
- Never drive through moving or deep water if you can't see the ground.
- Maintain mild pressure on the brake pedal when you need to stop or slow down. Braking hard only causes wheels to lock and cars to skid.
- Be cautious near low-lying roads adjacent to streams, and dips under rail or highway bridges.
- Never use cruise control on wet or icy road conditions.
- Don't drive with your windows frosted or fogged up. Open a window or use the de-fogger.
- If you find yourself hydroplaning or skidding:
 - Do not brake or turn suddenly. Ease your foot off the gas until the vehicle slows and gains traction on the road again.
 - Turn your steering wheel in the direction of the skid. As you recover control, gently straighten the wheels.
 - If you need to brake, do it gently with a light pumping action. If your vehicle has anti-lock brakes, then brake normally because the vehicle's computer will mimic a pumping action.



Library Transformation Continues

If you've visited the Poway library recently, then you have likely noticed some major changes both inside and outside the building. In February, the County of San Diego, in conjunction with the City of Poway and Friends of the Library, completed a year-long renovation project. The building now features a shaded courtyard, new carpeting and furniture, a larger bookstore, and more study rooms.

With the inside fully renovated, the City is now focusing on outdoor improvements. The Library is located in the heart of Poway along Poway Road. This prominent location provides an exceptional opportunity to demonstrate our community's commitment to water conservation.

In November, the City Council unanimously approved spending \$137,000 to upgrade landscaping at the library to drought tolerant landscaping. The project will replace 16,000 square-feet of grass with native plants and will save more than a half-million gallons of water annually. It will include a new decomposed granite path, drought tolerant buffalo grass, and a variety of native shrubs and trees. The landscape conversion is expected to start this spring.

New Year, New Sign Ordinance

There will be some changes to the signs you see around town this year. In December, the City Council adopted a new sign ordinance, which now prohibits all signs from the public right-of-way. The public right-of-way is defined as public streets, sidewalks, utility easements, and oftentimes includes the landscaped area alongside the road or sidewalk. Prior to the adoption of the new ordinance, election and non-commercial signs were allowed to be displayed. These types of signs are still allowed on private property with consent from the property owner.

The new ordinance also includes changes to the size and height limit for signs. The maximum allowable size of a sign is six square-feet with a maximum height of four feet. The new ordinance is not applicable to "community event" signs, which are a separately defined class. If you would like to learn more about signs in Poway, please visit our website at: www.poway.org. Comprehensive sign regulations can be found in Chapter 17.40 of the Poway Municipal Code.



Views like this barrage of signs will be no more. The City has banned all signs from the public right-of-way, including public streets, sidewalks, medians, and easements.

LOWER YOUR SPEED, INCREASE YOUR SAFETY

Over the past three years, the leading cause of traffic accidents in the City of Poway has been speeding. There is a strong correlation between higher speeds and the higher accident risk/severity. When drivers speed, it increases the risk of being involved in an accident, becomes more difficult to react quickly, and increases injury consequences. At a higher (impact) speed, more energy is released when colliding with another object and more than likely, your body will be absorbing that energy. As speed doubles, the distance needed to stop actually triples. If a vehicle pulls out, or pedestrian walks in front of you, are you able to react in time to avoid it? Safety is no accident! Drive with caution; slow down; be aware of traffic, pedestrians, time of day, road and weather conditions; know the condition of your vehicle; and adhere to the posted speed limit. Let's keep the roadways safe in Poway!





For those hikers seeking a challenging hike to kick off spring, Poway's Ellie Lane Trail might be just the thing! The Ellie Lane Trail is 3.3-miles long (one way) and begins at the Ellie Lane Staging Area located 0.7 miles north of Poway Road on the east side of Highway 67. The trail officially ends when you reach the junction to the Iron Mountain Trail. There, the two trails seamlessly blend together and take you to Iron Mountain. Ellie Lane's rugged surroundings and unique topography have earned it a stand-alone reputation.

The trail begins quite mildly as you hike past a series of low-lying ranch houses and open fields, then quickly becomes aggressive and often desolate as you climb above this sparsely populated northeasterly valley. At the half-mile mark, the trail intersects with Wild Horse Trail where you can either head south along Wild Horse to connect up with the Iron Mountain Trail, or at the midpoint of the Wild Horse Trail, turn east onto Ellie Lane's equestrian bypass trail located a half-mile south of this intersection.

Continuing northeast along the Ellie Lane Trail, you begin to ascend through a series of switch-backs lined with tall chaparral, large boulders, and small stands of oak trees. In less than one mile, you have reached Table Rock, named for the popular large formation of boulders that

creates a gigantic tabletop. From Table Rock, you can either turn south and again access the equestrian bypass or continue east into the most rugged portion of this trail, zigzagging up and down several ridges, meandering around to the south, bringing you to Ramona Overlook within one mile. Ramona Overlook is a small protruding hilltop that borders the east side of the trail and offers a picturesque view of the entire Ramona Valley.

Continue south, and in just under a mile you will reach the Iron Mountain Junction - the official end of the Ellie Lane Trail. At this point, you will need to make a decision - you can either continue another 1.5 miles to the top of Iron Mountain, turn west and work your way back down to the Iron Mountain Staging Area, or turn around and create a loop of the Ellie Lane Trail by way of the equestrian bypass and the Wild Horse Trail, which offers hikers a much less aggressive return to the staging area.

The Ellie Lane Trail is quite a challenge in itself, but once you have reached this junction and realize that the toughest portion of the trail is behind you, why not finish your trek? Continue just 1.5 miles more to the top of Iron Mountain and complete two of Poway's more difficult trails in just one day and in one, large, memorable loop!

It's Spring! Let's Get Outdoors to Hike and Bike!

TRY ELLIE LANE TRAIL FOR A UNIQUE CHALLENGE

April is National Fair Housing Month.



Celebrate with us!

Every April, cities around the nation celebrate National Fair Housing Month. It is a time to reflect on the progress that has been made and recognize the challenges that still exist.

The Federal Fair Housing Act protects your rights. Everyone should be able to rent or purchase a home as long as you qualify financially. No one should be turned away from housing based on race, gender, color, nationality, religion, family status, or disability. Whether you are trying to rent, buy, sell, or finance a home or if you are a tenant, homeowner, or landlord, you need to know what your rights and responsibilities are.

The City of Poway is a member of the San Diego Regional Alliance for Fair Housing and participates in a Fair Housing Program provided by the County of San Diego through a contract

with North County Lifeline. Fair housing counselors at North County Lifeline can answer questions for both landlords and tenants about fair housing laws and requirements. North County Lifeline also provides mediation services to help resolve conflicts, if needed.

- **North County Lifeline (866) 954-3354**
- **For English: Kelly Matthews, ext. 6226**
- **Para Español: Maria Ochoa, ext. 6232**

Remember . . . Fair housing is the law!



San Diego County Water Authority Starts Project on Espola Road



The San Diego County Water Authority will perform maintenance on a water pipeline structure adjacent to Valle Verde Park on Espola Road starting in March. The project includes constructing a pump well to facilitate future rehabilitation. The five-month-long construction project is anticipated to slow traffic along Espola Road, which will alter the normal traffic

pattern through April. This project will not interrupt water delivery to the area. For more information, please call the 24-hour, toll-free information line at (877) 682-9283, ext. 7009 or email CIInfo@sdca.org. A representative from the project team will return your call within one business day.

Got The Spring Cleaning Bug?

Spring Community Clean-Up Coupon Valid Until July 7

Did you know that EDCO Waste and Recycling Services sponsors two, self-haul, cleanup events each year? Watch your mailboxes for a disposal coupon for one, FREE load of bulky items at either the Ramona Transfer Station or the Escondido Transfer Station. The coupon is good through July 7, 2016. The transfer stations are open every day from 7:00am and 4:30pm. The Ramona Transfer Station is closed on Sundays. The next coupon will be mailed at the end of September for the fall cleanup event

Directions and more information is provided on the coupon. Please be sure to bring your coupon, your picture I.D. with current address, or a copy of an EDCO trash bill that corresponds to the service address.



Items Accepted:

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

Items NOT Accepted:

- Hazardous waste
- Tires
- Computer monitors
- Televisions
- Contractor waste
- Large trailer loads
- Commercial truckloads of debris

Household hazardous waste (HHW) can be taken to the Poway HHW collection facility located at 12325 Crosthwaite Circle on Saturdays, from 9:00am to 3:00pm (closed weekdays and holiday weekends). Contractor or business hazardous waste is not accepted.

For more information about this program or disposal of items, please contact the Public Works Department at (858) 668-4700.

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

Do You Own a Drone?

Did you know that the City of Poway has an Ordinance that prohibits the flying of drones in designated areas during certain types of emergencies, such as wildfires? To make sure you know when and where not to fly your drone, please sign up to receive alerts on the City's website at poway.org/list.aspx. This alert system will be used to notify you if a restriction has been issued prohibiting the operation of drones. For additional information, please contact Safety Services at (858) 668-4460.



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POWAY Events THIS SPRING

www.poway.org

Flower Show

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

Easter Egg Hunt

March 26, 8:00am | Community Park

Spring Campouts

April 15, April 29, May 13 | Lake Poway

Universal Studios Teen Excursion:

June 10, 8:00am-10:30pm | Pickup/Drop off at Community Park, Auditorium

Community Band Festival and Arts & Crafts Market

May 21, 9:00am-7:00pm | Old Poway Park
May 22, 10:00am-7:00pm

Table Rock is one of the many features along Ellie Lane Trail



Photo by Brad Spless | ihikesandiego.com

For more information on these and other Poway events, visit www.poway.org
Follow us on Twitter and like us on Facebook!

@cityofpoway City of Poway

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