

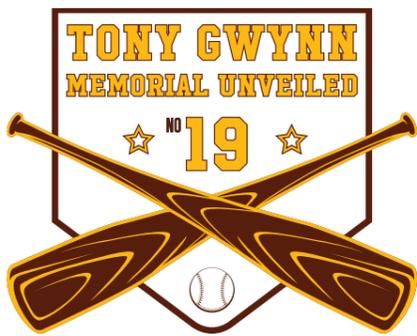


# POWAY Today



A Quarterly Municipal Newsletter for the Residents of Poway, California

Summer 2016



How do you create a fitting tribute to a life well lived? How do you honor a well-loved hometown hero? That is what the City of Poway set out to accomplish with the Tony Gwynn memorial. It isn't easy to capture and memorialize #19, Mr. Padre, Powegian, athlete, family man, community member, and legend.

The City Council desired to build a bronze statue and erect it at the Lake Poway ballfield; close to the place that Tony called home. A Request for Qualifications (RFQ) was issued to artists across the country; more than 30 qualified artists responded. After four rounds of reviews, the panel selected its top three candidates and invited them to submit proposals. In addition, four local artists who had additional familiarity with the Poway community were invited to participate.

A panel of jurors included the Gwynn family, a friend of Tony's, artists, and contractors. After review of the detailed point system, a unanimous decision was made for artist Seth Vandable of Vandable Sculpture in Texas.

The City Council, at their April 19 meeting, concurred with the selection and approved the proposed conceptual rendering of the Tony Gwynn Memorial statue. In order to make this tribute a reality, a campaign to raise \$150,000 began.

The fundraising campaign kicked off in earnest at the April 1 Tony Gwynn Memorial Benefit Concert Event held at the Poway Center for the Performing Arts. The event attracted a near-capacity crowd and featured performances by former team mate and coach, Tim Flannery and his band, and Country music star and Lonestar front man, Richie McDonald. Sports celebrities Trevor Hoffman, Mark Grant, and Shawne Merriman were on hand to share memories and touching stories about Tony, and radio personality Mark Larson served as the announcer. In addition to the music and tributes, a live auction of unique Tony Gwynn memorabilia was held as was a silent auction, and the opportunity to purchase a spot on the donor wall.



## IT'S NOT TOO LATE TO BE PART OF HISTORY!

**CONTRIBUTE ONLINE AT:**  
[www.crowdrise.com/tonygwynn](http://www.crowdrise.com/tonygwynn)  
**OR MAIL YOUR CHECK TO:**  
 The City of Poway  
 c/o Tony Gwynn Memorial  
 13325 Civic Center Drive, Poway, CA 92064



Poway residents heeded the call for water conservation and essentially put their water use on a diet. The results are worth celebrating, but we're not done yet! Just like with dieting, shedding extra weight is one thing; keeping it off – that's a whole other story.

Summer's hottest months are upon us and we will need to work hard to maintain that trim, new "weight" when it comes to water use – especially outdoors. Experts in the diet industry say the key to keeping weight off shifts to a psychological battle and managing the process of change. The same idea applies to water conservation, as well.

Here are three tips to encourage your water (diet) maintenance program:

- 1. Know your target goal and stay on course. Keep up-to-date on your water usage and how you fare compared to the City's water conservation goals.**
  - Refresh yourself on the City's landscape irrigation guidelines and use the water conservation resources on our website: [www.poway.org/waterconservation](http://www.poway.org/waterconservation).
  - Inspect what you've been doing and make sure it's working. Are the sprinklers still watering what they should be and at the right time? Simple things like time changes or power outages can easily take your watering schedule off course.
- 2. Go the extra step. Keep an eye out for easy adjustments; small changes here and there can make a big difference overall.**
  - You've heard plenty about landscaping with low-water use plants. If you're making a change, think about grouping plants with like watering needs to save even more water. Avoid overplanting – both in plant size and density.
  - One size doesn't fit all! Make the best match between what you need to water and the most efficient way to get it watered. Switch to hand watering what you can – it's a great way to spend some quality time outdoors and even catch up with neighbors.
- 3. Exercise, exercise, exercise. Keep moving towards eliminating water waste.**
  - Two "M" words can make a big difference: mulch and maintenance. Both help deter pesky weeds that compete with grass and plants for water and nutrients.
  - When it comes to your lawn, if you can't bear to lose it all at least go for a trim. Create a decorative border of low-water use plants or garden paths made of porous material, like gravel, pebbles, or spaced bricks. These materials also allow rainwater to seep into the ground and nourish plant roots, not run off into the street.

For more information about water saving tips, visit our website: [poway.org/waterconservation](http://poway.org/waterconservation).

## More Parking at Two Popular Recreation and Hiking Destinations

The City of Poway recently celebrated the addition of more than 80 parking spaces at two of the City's most popular recreation destinations: Iron Mountain Trail and Lake Poway Recreation Area. Poway is well known for its open space and trails; the projects were designed to increase visitor access and safety.

Parking at both locations has long been at a premium during peak use. At Iron Mountain, rangers estimate more than 300 hikers are on the trail at any given time during busy weekends. In 2007, the City built a 100-space lot to alleviate hikers parking and walking along Highway 67. The current project added 20 spaces and was made possible through City funds and the County of San Diego Neighborhood Reinvestment Program (NRP). The NRP grants help fund community, social, educational, environmental, cultural, and recreational needs.

The Lake Poway project added 61 spaces interspersed throughout the City's largest recreational park. The park is also a popular spot for hikers heading up to the famed "Potato Chip

Rock" on Mt. Woodson, one of San Diego County's most popular selfie destinations. The design of the new spaces minimized the loss of natural landscaping and existing trees, while saving water by removing grass. Other improvements completed simultaneously included a new stage for the summer concerts held at Lake Poway.

A ribbon cutting ceremony on March 23 marked the project's completion. This project is just one small piece of a much bigger vision for the area. Efforts are underway to create a network of trails that will someday link Iron Mountain, Dos Picos County Park, Mt. Woodson, Lake Poway, and other recreational treasures. The County announced that it is due to receive a \$200,000 state habitat conservation grant to help buy 160 of the 800 acres they are focusing to preserve. The 160 acres are in the County but adjacent to City-owned property in Poway, along the Iron Mountain Trail.



### This Issue:

#### We Keep Our Community Safe!

From Sheriff Volunteer Patrols to street light enhancements, Poway is dedicated to safety.

pg. 2



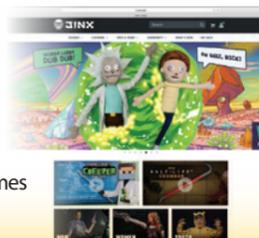
#### New Faces, Same Great Service

Three new faces recently started with the City of Poway, bringing enthusiasm and expertise to key positions at City Hall.

pg. 15

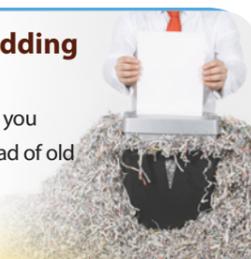
#### Local Business Success - J!NX

Through licensing agreements, J!NX produces the official product lines of the most popular video games on the market. pg. 15



#### FREE Shredding Event

EDCO will help you lighten your load of old documents – confidentially pg. 16



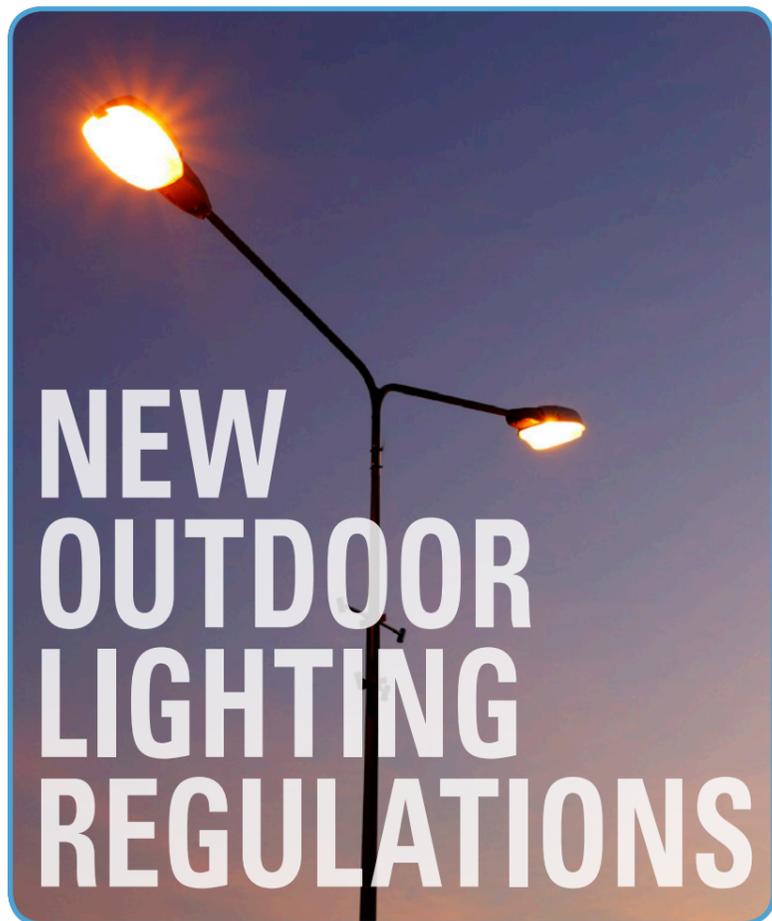
# We Keep Our Community Safe!

## On Vacation? Let Us Check On Your Property!

With summertime upon us, vacation and travel cannot be far behind. Who will watch over your home while you are away? If you plan to leave your home unattended while on vacation, contact the San Diego County Sheriff's Department to keep a watchful eye on your property. The Vacation Security Check Program is provided free of charge to all community members residing within the San Diego County Sheriff's jurisdiction, including the City of Poway. All you need to do is complete the online form at [www.sdsheriff.net](http://www.sdsheriff.net) and drop it off at the Poway Sheriff's Station at 13100 Bowron Road, Poway, CA 92064. In 2015, over 2,000 vacation security checks were completed by Senior Volunteer Patrol (SVP) members in Poway.

SVP members are trained to check residents' homes during a vacation or extended absence to ensure that the home is safe and secure. They perform security inspections by walking around the outside of the home to check that all doors, windows, and the garage are locked. They look for anything out of the ordinary and pick up newspapers or any other items visible from the street; stowing them behind a side fence or on the back patio. If they encounter anything suspicious, the SVP will immediately contact a Deputy Sheriff for assistance, as well as contact the resident's emergency number.

Enjoy your vacation knowing that your property is safe and being watched by the SVPs!



In the 1980's, researchers at the California Institute of Technology (Caltech) Palomar Observatory worked with surrounding jurisdictions to develop regulations for outdoor lighting. These regulations would address the communities' needs for safety while having the least impact on astronomical research. That collaboration resulted in Poway's initial outdoor lighting regulations in 1997. Those outdoor lighting regulations only allowed the use of Low-Pressure Sodium (LPS) lights between the hours of 11:00pm and sunrise in all multi-family, commercial, office, industrial, and institutional areas.

Since 1997, advances in lighting technology, including much in the way of lighting efficiency, have been made. Recently, several businesses have inquired with the City about using more efficient lighting as a way to reduce energy consumption and costs. Many jurisdictions in the area, including the County of San Diego and the Cities of San Diego and Escondido, have updated their outdoor lighting regulations in recent years. The Poway City Council updated the outdoor lighting regulations in February and they became effective in March. The regulations continue to allow the use of LPS lights after 11:00pm, but also provide options for alternative lighting. These alternatives include certain types of "LED" that comply with the specific light measurement criteria. Alternative lighting will help us continue to be good neighbors to the observatory. Commercial parking lots will also benefit from improved efficiency and new, whiter colors versus the yellowish color of LPS.

## TEAMING UP TO HELP SENIORS FIGHT FRAUD

Seniors and caregivers are invited to a special presentation in Poway on how to fight-off financial scammers. The free "Don't Get Hooked" forum will be held May 12 at 9:00am in the Poway Community Park Auditorium, 13094 Civic Center Drive. Event check-in will begin at 8:30am. A free continental breakfast will be served.

The bad guys often see the elderly as easy prey. The goal of this two-hour event is to give seniors and their caregivers the information they need to avoid getting caught in financial scams.

Speakers will include scam victims, Sheriff's Department Detective Maureen Perkins, and Deputy District Attorney Paul Greenwood, an expert on elder abuse and financial crimes. Experts from County Aging and Independence Services and the Assessor/Recorder/County Clerk's office will also be on hand to offer advice and answer questions.

Those interested in attending can register by phone at (844) 899-1597 or via website at: [www.surveymonkey.com/r/DontGtHooked](http://www.surveymonkey.com/r/DontGtHooked). For more information, visit: [www.sdca.org](http://www.sdca.org).

## Medical Marijuana Ban

In January, the City Council adopted ordinances that prohibit the manufacturing, storage, cultivation, and delivery of marijuana within the City limits, and prohibits mobile marijuana dispensaries. Since 2012, medical marijuana dispensaries have been prohibited in all zones in Poway, but these other activities were not regulated by local codes. These new prohibitions were adopted in response to the Medical Marijuana Regulations and Safety Act (MMRSA) that was recently signed into law by California Governor Jerry Brown. The new laws took effect on January 1, 2016, and included a deadline of March 1, 2016, for cities to adopt regulations to address or prohibit these activities. If a city did not adopt an ordinance, the state would step in and become the regulatory authority. Poway, like many cities, adopted ordinances by the deadline in order to keep local control.

In 1996, California voters approved Proposition 215, entitled the Compassionate Use Act, to ensure that seriously ill individuals have the right to obtain and use marijuana for medical purposes when recommended by a physician. Despite the passage of Proposition 215, marijuana remains illegal under Federal law pursuant to the Controlled Substance Act. Courts have held that California's statutes do

not preempt a local ban on facilities that distribute marijuana as this is considered part of a city's local land use authority. The passage of the MMRSA gave cities an opportunity to ban additional activities associated with medical marijuana. Without such a ban, as Poway approved in January, these activities would be allowed and only regulated by the state.

The prohibition on dispensaries that has been in place since 2012 applied only to storefront-type dispensaries that sell marijuana products.

It did not apply to mobile dispensaries that sell medical marijuana from a vehicle that travels from location to location. Mobile dispensaries are often found in parks and other public locations, and have been linked to criminal activity and an increase in marijuana use by children. One of the ordinances adopted by the City Council in January

prohibits mobile marijuana dispensaries anywhere within the City of Poway. Storefront dispensaries continue to be prohibited.

The prohibition on medical marijuana delivery does not apply to the delivery of medical marijuana products to any qualified patient (with an identification card) by a primary caregiver (as defined by the California Health and Safety Code), with limitations on quantities.



## AlertSanDiego – Be Notified!

During the 2007 wildfires, Poway residents and businesses were sent emergency notifications on their land line telephones. However, some residents also received notifications via their cell phones, email, and/or Voice over IP (VoIP) because they signed up to get notified. Have you signed up?

The County of San Diego maintains a regional system that sends out telephone notifications to residents and businesses in San Diego County who are in danger of being impacted by an emergency or disaster. This system is called AlertSanDiego and is used by emergency response personnel to notify homes and businesses with information about the event and/or actions that may need to be taken such as evacuations. The system utilizes the region's 9-1-1 database provided by local telephone companies and are, therefore, able to automatically contact land line telephones, as well as teletypewriter telephones (TTY)/Telecommunications Device for the Deaf (TDD) whether they are listed or unlisted.

If you have a cell phone, email and/or VoIP and would like to be notified on that device, we strongly recommend you register those numbers/email addresses today! You must personally register your cell phone to receive these notifications.

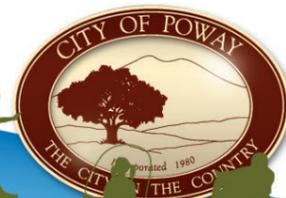
The City of Poway urges you to take a few minutes and register at: [www.ReadySanDiego.org](http://www.ReadySanDiego.org)

### AlertSanDiego

Sign up your cell phone to get Reverse 911 calls

WIRELESS  
EMERGENCY  
ALERTS  
CAPABLE





# POWAY Community Services

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

## SUMMER 2016

Registration begins MAY 17

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

**Parks Make Life Better!**

### A special thanks to our I Believe in Poway Sponsors!



- Kelchlin Construction – Winter Festival
- Marrokal Design & Remodeling – Summer Concert Series
- Cymer – Summer Concert Series
- El Cajon Ford – Youth Fishing Derby

Want to see your name here? You can make a difference by sponsoring our programs and events and investing in the Poway community! We Believe in Poway; do you? Information: [www.poway.org/ibelieveinpoway](http://www.poway.org/ibelieveinpoway) or (858) 668-4691.

## OLD-FASHIONED 4th of July



## 4th of July Fireworks Show!

Enjoy spectacular fireworks as they light up the sky over Poway High School Stadium at 9:00pm. Gates open at 6:00pm. Games, activities, and a DJ spinning the tunes round out the fun. Contributions to the I Believe in Poway campaign fund the fireworks and are always welcome. Call (858) 668-4682 to donate. Information: [www.poway.org](http://www.poway.org)

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

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

**Poway High School Stadium**  
**Mon, July 4, 6:00pm-10:00pm**  
 \$5/Person at the gate  
 Children 11 & under FREE

## 2016 SUMMER CONCERT SERIES



Photo by Beverly Brooks



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

Date	Location	Movie
June 18	Community Park	Home ★★
July 2	Poway Swim Center	Minions
July 16 ★	Community Park	Inside Out
July 30	Old Poway Park	Newsies
August 13	Poway Swim Center	The Good Dinosaur

**ALL MOVIES ARE FREE TO ATTEND!**

**FREE** family fun and great tunes! Enjoy the best, local entertainment around this summer on Sundays from 5:30-7:00pm. New this year: Food trucks will be available to serve you at the Lake Poway Concerts!

## 22nd Annual California Band Festival and Boardwalk Craft Market



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

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

Date	Location	Performer	Musical Style
June 26	Lake Poway	The Mighty Untouchables	Party
July 10	Lake Poway	Britain's Finest	Beatles
July 17	Old Poway Park	Mark Jackson Band	Americana/Country
July 24	Lake Poway	The Fabulous Ultratones	Dance/Cover Band
July 31	Old Poway Park	Highland Way	Celtic/Folk
Aug 7	Lake Poway	CoastRiders	Jimmy Buffet
Aug 14	Old Poway Park	Pomerado Community Band	Big Band

**Saturday, May 21 9:00am-7:00pm**  
**Sunday, May 22 10:00am-7:00pm**

## Camp Payment Plans Now Available!

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

# Lake Poway Day Camp is Full!

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

## Film/TV-Production-Camps

### NEW! Media Madness Camp | Ages 7-14

Unleash your creativity and take on the world of filmmaking! Participants will learn the ins and outs of the filmmaking process from beginning to end. We'll create plots, write scripts, and even create sets and costumes before getting behind the camera to film our masterpieces. Get ready to impress and share your final films with your family and friends!

**Instructor:** Arimaw Productions: [info@arimaw.com](mailto:info@arimaw.com)

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

6180.102 M-F 1:00-4:00pm Aug 1-Aug 5 RES/NON \$150/\$160



### Movie Makers | Ages 10-17

This hands-on, interactive course will instruct students on the world of digital video design and production. Participants will film, direct, and edit their own digital video creations. Participants enrolled in this course will be amazed by their progress in their green screen and special effects skills after just four days. This is the perfect camp for movie buffs and anyone interested in film production!

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

**Location:** Meadowbrook Gymnasium

9416.103 M-Th 1:00-4:00pm Jul 18-Jul 21 RES/NON \$150/\$160\*  
\* \$10 materials fee due on the first day of class

## Science Camps

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

Wonders Science camps are hands-on fun from beginning to end! Participants will experiment with 50 hands-on projects throughout the week, including: making play sand, growing crystals, creating sugar molecules models, putting together an unforgettable moon phases chart, conducting Ph tests, creating bubble-oozing-citrus-guck, testing the laws of physics with raw eggs, experimenting with burping bacteria, dancing oobleck, swimming slugs, and more! This is a tremendous camp to enrich your children's thirst to know more about the world around them!

**Instructor:** Wonders Science

**Location:** Community Park, Auditorium

6573.110 M-F 1:00-4:00pm Jun 13-Jun 17 RES/NON \$125/\$135\*  
\* \$35 materials fee due first day of class

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

Join Wonders Science for a second week of hands-on fun! This week, participants will experience a whole new set of 50 amazing experiments, including: putting together constellation charts, telling time with handmade sundials, gauging barometric pressure with their own hand made barometer, constructing a working water filtration system, making lanterns, conducting hydrophilic and hydrophobic experiments, water-proofing substances, growing mini gardens, experimenting with naturally dense and insulating substances and more! This is a tremendous camp to enrich your children's thirst to know more about the world around them!

**Instructor:** Wonders Science

**Location:** Community Park, Auditorium

6573.111 M-F 9:00am-12:00pm Jul 18-Jul 22 RES/NON \$125/\$135\*  
\* \$35 materials fee due first day of class



### Wonders Science: Week 3 | Ages 5-12

Join Wonders Science for a third week of hands-on fun! This week, participants will experience a whole new set of 50 amazing experiments, 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

6573.112 M-F 1:00-4:00pm Jul 25-Jul 29 RES/NON \$125/\$135\*  
\* \$35 materials fee due first day of class

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

Mad Science and NASA have teamed up to bring you the excitement and wonder of space. Learn the science involved in rocket construction as you build and launch your own rocket. Explore the farthest reaches of our solar system and create a lunar eclipse in our Mad Science planetary tour. **Take-home projects include: Skyblazer Rocket, Shuttle Copter, Spacewalk Challenge, Stereo Viewer, Cosmic Disk, and more!**

**Instructor:** Mad Science of San Diego

**Location:** Twin Peaks Multipurpose Center

6573.100 M-F 9:00am-12:00pm Jun 13-Jun 17 RES/NON \$125/\$135\*  
\* \$50 materials fee due first day of class



### NEW! Mad Science Brixology | Ages 6-10

Put on your hardhat and step into the shoes of an engineer! Participants will spend the week learning about aerospace, mechanical, automotive, structural, and nautical engineering through hands-on projects using LEGO® bricks. But that's not all – from carnival rides to drawing machines, mechanical animals to truss bridges, your future engineer will have a blast exploring all the wonders the world of engineering holds. Let the tinkering begin! **Take-home projects include: Peacock Puzzle, Truss Bridge, and many more!**

**Instructor:** Mad Science of San Diego

**Location:** Lake Poway, Pavilion  
6573.101 M-F 1:00-4:00pm Jun 20-Jun 24 RES/NON \$125/\$135\*

**Location:** Community Park, Auditorium  
6573.102 M-F 9:00am-12:00pm Aug 1-Aug 5 RES/NON \$125/\$135\*  
\* \$50 materials fee due first day of class



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

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

**Instructor:** Mad Science of San Diego

**Location:** Community Park, Auditorium  
6573.103 M-F 9:00am-12:00pm Jun 20-Jun 24 RES/NON \$125/\$135\*

**Location:** Old Poway Park, Templars Hall  
6573.104 M-F 1:00-4:00pm Jul 11-Jul 15 RES/NON \$125/\$135\*  
\* \$45 materials fee due first day of class

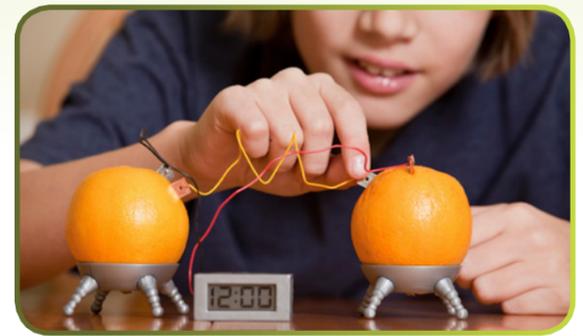
### Mad Science Operation Invention | Ages 6-11

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

**Instructor:** Mad Science of San Diego

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

6573.105 Tu-F 1:00-4:00pm Jul 5-Jul 8 RES/NON \$100/\$110\*  
\* \$30 materials fee due first day of class



### NEW! Mad Science My First Lab | Ages 4-5

Become a junior Mad Scientist! Participants explore their five senses through hands-on discovery. We'll uncover the world of creepy crawly creatures, explore the science of the sea and sea animals, become paleontologists by searching for fossils and participating in a mini dinosaur dig, and finally, take an exciting mission to explore the planets, moons, and stars. **Take-home projects include a Rainbow Catcher, Binoculars, Bug Box, T-Rex Tooth Model and more!**

**Instructor:** Mad Science of San Diego

**Location:** Community Park, Auditorium

6573.106 Tu-F 9:00am-12:00pm Jul 5-Jul 8 RES/NON \$100/\$110\*  
\* \$30 materials fee due first day of class



# Science Camps (cont'd)

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

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

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

<b>Location:</b> Lake Poway, Pavilion	<b>RES/NON</b>
6180.120 M-F 9:00-11:00am Jun 20-Jun 24	\$115/\$125
6180.121 M-F 9:00-11:00am Jul 18-Jul 22	\$115/\$125
6180.122 M-F 12:00-2:00pm Aug 8-Aug 12	\$115/\$125

## Mad Science All Stars | Ages 5-10

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

**Take-home projects include: Magnetic Soccer Game, Rocket Racer, Star Locator, Kite, Animal Track, Crystal Garden, and more!**

**Instructor:** Mad Science of San Diego

<b>Location:</b> Lake Poway, Pavilion	<b>RES/NON</b>
6573.108 Tu-F 9:00am-12:00pm Jul 5-Jul 8	\$100/\$110*
<b>Location:</b> Community Park, Auditorium	
6573.109 M-F 1:00-4:00pm Aug 8-Aug 12	\$125/\$135*

\* \$30 materials fee due first day of class

## Mad Science Adventures in the Wild | Ages 5-10

Take a walk on the wild side with Mad Science as we explore animals, birds, bugs, and beasts for an out-of-this-world adventure! Have some creepy-crawly fun building a bug house and filling it with new friends to take home. Explore the amazing ways animals adapt in the wilderness as you hunt down their tracks and make an animal track of your own. Discover what a night-hunting owl found for dinner by dissecting an owl pellet. Let the adventure begin!

**Take-home projects include a Bug House, Animal Track, Sundial, Solar Cooker, and more!**

**Instructor:** Mad Science of San Diego

<b>Location:</b> Lake Poway, Pavilion	<b>RES/NON</b>
6573.107 M-F 9:00am-12:00pm Jul 25-Jul 29	\$125/\$135*

\* \$30 materials fee due first day of class

# Art Camps

## ArtVenture: ARTSTRAVAGANZA! | Ages 7-17

Art is everywhere! Artists from around the world inspire our sculptures, acrylic paintings on canvas, three-dimensional creations, monoprints, and more as we travel the globe to visit galleries, museums, and art collections. Create a masterpiece (or two!) each day as we embark on our artistic adventure! **All materials and camp T-shirt provided.** Please bring water and a healthy snack each day.

**Instructor:** ArtVenture

<b>Location:</b> Old Poway Park, Great Room	<b>RES/NON</b>
6182.120 M-F 9:00am-12:00pm Jun 20-Jun 24	\$159/\$169

## NEW! ArtVenture: Monster Mash Mania | Ages 3-6

Calling all friendly monsters! Travel to the depths of the ocean and the outer limits of space to meet enormous sea monsters, massive land creatures, and silly alien friends! Paint, sculpt, print, and draw monsterously good artistic creations and read monster books like, "Where the Wild Things Are"! Along the way, we'll sing monster songs and do monster dances and have a marvelous, monstrous adventure! **All materials and camp T-shirt provided.** Please bring water and a healthy snack each day.

**Instructor:** ArtVenture

<b>Location:</b> Old Poway Park, Parlour	<b>RES/NON</b>
6182.121 M-F 9:00am-12:00pm Jun 20-Jun 24	\$169/\$179

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

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

**Instructor:** ArtVenture

<b>Location:</b> Old Poway Park, Parlour	<b>RES/NON</b>
6182.122 M-F 9:00am-12:00pm Jun 27-Jul 1	\$169/\$179

## NEW! ArtVenture: Museum Madness | Ages 7-17

Take a tour around the world! Join us for an adventure deep inside the famous art museums around the globe as we create multi-media masterpieces! We paint, sculpt, draw, watercolor, collage, print, and design in this camp inspired by both master and contemporary artists! **All materials and camp T-shirt provided.** Please bring water and a healthy snack each day.

**Instructor:** ArtVenture

<b>Location:</b> Old Poway Park, Great Room	<b>RES/NON</b>
6182.123 M-F 9:00am-12:00pm Jun 27-Jul 1	\$159/\$169



## NEW! ArtVenture: Super Duper 3D Art | Ages 7-17

Create amazing sculptures using clay and other modeling materials, experiment with plaster, wire, and foam, then build up, down, and sideways! Master and contemporary artists inspire our dimensional designs in this unique art camp! **All materials and camp T-shirt provided.** Please bring water and a healthy snack each day.

**Instructor:** ArtVenture

<b>Location:</b> Old Poway Park, Templars Hall	<b>RES/NON</b>
6182.124 Tu-F 9:00am-12:00pm Jul 5-Jul 8	\$128/\$138

## ArtVenture: Sparkle, Glitter, & Glam | Ages 3-6

Celebrate all things glitzy, glamorous, and fancy! We will make colorful and shiny art creations using paint, collage, sculpture, and more, all inspired by the "Fancy Nancy" book series. Come join us for a week of sparkling adventures! **All materials and camp T-shirt provided.** Please bring water and a healthy snack each day.

**Instructor:** ArtVenture

<b>Location:</b> Old Poway Park, Parlour	<b>RES/NON</b>
6182.125 M-F 9:00am-12:00pm Jul 11-Jul 15	\$169/\$179

## NEW! ArtVenture: Ooey Goey Sticky Art | Ages 3-6

Smush, mush, smash, and mash! Make a mess and don't clean it up! We experiment with all kinds of unusual materials to create colorful and creative works of art. Explore sculpture, painting, printing, and more as we celebrate our creativity! **All materials and camp T-shirt provided.** Please bring water and a healthy snack each day.

**Instructor:** ArtVenture

<b>Location:</b> Old Poway Park, Parlour	<b>RES/NON</b>
6182.126 M-F 9:00am-12:00pm Jul 18-Jul 22	\$169/\$179



## ArtVenture: Pirate Adventure | Ages 3-6

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

**Instructor:** ArtVenture

<b>Location:</b> Old Poway Park, Parlour	<b>RES/NON</b>
6182.127 M-F 9:00am-12:00pm Jul 25-Jul 29	\$169/\$179

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

Enjoy a week packed full of art in the most creative camp ever! You will load up your sketchbook (provided) with fabulous drawings, create a mask cast from your own face, make clay tiles, tie-dye t-shirts, and explore a variety of media in a fun, relaxed atmosphere. Learn to draw and paint under the gentle guidance of a professional artist. **All quality art materials will be provided.** Bring a washed, cotton T-shirt to the first day of camp and a healthy snack each day. *Please note, lessons may repeat over the course of the summer.*

**Instructor:** Susan Bainbridge: www.artstart1.com

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

	<b>RES/NON</b>
6182.100 M-F 9:00am-12:00pm Jul 11-Jul 15	\$125/\$135*
6182.101 M-F 9:00am-12:00pm Jul 18-Jul 22	\$125/\$135*
6182.102 M-F 9:00am-12:00pm Jul 25-Jul 29	\$125/\$135*
6182.103 M-F 9:00am-12:00pm Aug 1-Aug 5	\$125/\$135*
6182.104 M-F 9:00am-12:00pm Aug 8-Aug 12	\$125/\$135*

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



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

This camp is designed for the enthusiastic student with a passion for art. In addition to enjoying all the activities of the half day camp, students in the full-day camp will have an opportunity for more one-on-one instruction. They can delve more intently into projects such as painting on canvas, printmaking, duct tape wallets, and mosaics. **All quality art materials will be provided.** Bring a washed, cotton T-shirt to the first day of camp and a healthy snack each day. *Please note, lessons may repeat over the course of the summer.*

**Instructor:** Susan Bainbridge: www.artstart1.com

<b>Location:</b> Old Poway Park, Great Room	<b>RES/NON</b>
6182.105 M-F 9:00am-3:00pm Jul 11-Jul 15	\$208/\$218*
6182.106 M-F 9:00am-3:00pm Jul 18-Jul 22	\$208/\$218*
6182.107 M-F 9:00am-3:00pm Jul 25-Jul 29	\$208/\$218*
6182.108 M-F 9:00am-3:00pm Aug 1-Aug 5	\$208/\$218*
6182.109 M-F 9:00am-3:00pm Aug 8-Aug 12	\$208/\$218*

	<b>RES/NON</b>
6182.105 M-F 9:00am-3:00pm Jul 11-Jul 15	\$208/\$218*
6182.106 M-F 9:00am-3:00pm Jul 18-Jul 22	\$208/\$218*
6182.107 M-F 9:00am-3:00pm Jul 25-Jul 29	\$208/\$218*
6182.108 M-F 9:00am-3:00pm Aug 1-Aug 5	\$208/\$218*
6182.109 M-F 9:00am-3:00pm Aug 8-Aug 12	\$208/\$218*

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

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

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

**Instructor:** Woodshop Wizards, Anthony Demopoulos

<b>Location:</b> Community Park, Auditorium	<b>RES/NON</b>
7617.110 M-F 1:00-4:00pm Jun 27-Jul 1	\$160/\$170*

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



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

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

**Instructor:** Woodshop Wizards, Anthony Demopoulos

<b>Location:</b> Community Park, Auditorium	<b>RES/NON</b>
7617.111 M-F 9:00am-12:00pm Jul 11-Jul 15	\$160/\$170*
7617.112 M-F 1:00-4:00pm Jul 18-Jul 22	\$160/\$170*

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

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

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

**Instructor:** Woodshop Wizards, Anthony Demopoulos

<b>Location:</b> Community Park, Auditorium	<b>RES/NON</b>
7617.113 M-F 9:00am-12:00pm Jul 25-Jul 29	\$160/\$170*

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

# Sports-Camps

## NEW! Tony Gwynn's Camp 19 Baseball Camp | Ages 7-14

Camp 19 provides a safe, healthy, learning environment for young athletes to develop their skills and mature into productive members of society. Each day, participants will watch in-depth demonstrations by professional camp staff and partake in drills covering hitting, infield and outfield play, base running and stealing, and pitching. Camp 19 is dedicated to providing participants a fun and stimulating experience that they will remember for years to come! All participants should bring a sack lunch, healthy snack, water, and plenty of sunscreen each day.

**Instructor:** Camp 19 Instructors, Landon Burt and Tony Gwynn Jr.  
**Location:** Community Park, Ball Field East / West

Half Week	RES/NON
2443.160 M-F 9:00am-2:00pm Jul 11-Jul 15	\$270/\$280
2443.161 M-F 9:00am-2:00pm Jun 27-Jul 1	\$270/\$280
Full Week	RES/NON
2443.162 M-F 9:00am-2:00pm Jul 11-Jul 15	\$375/\$385
2443.163 M-F 9:00am-2:00pm Jun 27-Jul 1	\$375/\$385

## NEW! Master Sports Adventure Lasertag | Ages 8-13

Are you ready for an outdoor laser tag adventure? Can you make it through basic training, conquer the obstacle course, and tackle rope swings and laser beams? Each day participants will learn to work as a team to prepare for new missions; protecting your home base, capturing the enemy tank, and rescuing captured teammates! An advanced G14 outdoor laser tag system and a playing field that resembles a Hollywood movie set make this a one-of-a-kind camp experience. You don't want to miss this one! All participants should bring a sack lunch (full-day), a healthy snack, water, and plenty of sunscreen each day.

**Instructor:** Master Sports

**Location:** Hilleary Soccer Field

Half Day	RES/NON
2443.180 M-F 9:00am-12:00pm Jun 13-Jun 17	\$200/\$210
Full Day	RES/NON
2443.181 M-F 9:00am-3:00pm Jun 13-Jun 17	\$225/\$235



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

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

**Instructor:** Master Sports

**Location:** Meadowbrook Gymnasium

Half Day	RES/NON
2443.182 M-F 9:00am-12:00pm Jun 20-Jun 24	\$155/\$165
Full Day	RES/NON
2443.183 M-F 9:00am-3:00pm Jun 20-Jun 24	\$175/\$185

## Swim & Tennis Camp | Ages 8-15

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! After lunch, participants will cool off with free-swim in the pool! Snacks will be provided. All participants should bring a sack lunch, swim suit, towel, water, and plenty of sunscreen each day.

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts/Swim Center

RES/NON	
2443.120 M-F 10:00am-3:00pm Jun 13-Jun 17	\$115/\$125*
2443.121 M-F 10:00am-3:00pm Jun 20-Jun 24	\$115/\$125*
2443.122 M-F 10:00am-3:00pm Jun 27-Jul 1	\$115/\$125*
2443.123 Tu-F 10:00am-3:00pm Jul 5-Jul 8	\$95/\$105*
2443.124 M-F 10:00am-3:00pm Jul 11-Jul 15	\$115/\$125*
2443.125 M-F 10:00am-3:00pm Jul 18-Jul 22	\$115/\$125*
2443.126 M-F 10:00am-3:00pm Jul 25-Jul 29	\$115/\$125*
2443.127 M-F 10:00am-3:00pm Aug 1-Aug 5	\$115/\$125*

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

## Skateboarding & Swim Camp | Ages 5-13

Sign up for two weeks of skate camp and get a free SD Skatelite Skate Tool.

Sign up for three weeks (or more) and receive a free SD Skatelite Deck.

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 Skatelite sticker pack.** All participants MUST have a helmet, elbow pads, and knee pads each class. Bring your own skateboard or contact the instructor for rental options prior to the first day of camp. Full-day participants will cool off with free-swim in the pool and should bring a sack lunch, swim suit, towel, water, and plenty of sunscreen each day.

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

**Location:** Community Park, Skate Park

Half Day: Skateboarding	RES/NON
7617.115 M-F 9:00am-12:00pm Jun 13-Jun 17	\$150/\$160
7617.116 M-F 9:00am-12:00pm Jul 11-Jul 15	\$150/\$160
7617.117 M-F 9:00am-12:00pm Jul 25-Jul 29	\$150/\$160
7617.118 M-F 9:00am-12:00pm Aug 8-Aug 12	\$150/\$160
Full Day: Skateboarding & Swim	RES/NON
7617.119 M-F 9:00am-3:00pm Jun 13-Jun 17	\$225/\$235*
7617.120 M-F 9:00am-3:00pm Jul 11-Jul 15	\$225/\$235*
7617.121 M-F 9:00am-3:00pm Jul 25-Jul 29	\$225/\$235*
7617.122 M-F 9:00am-3:00pm Aug 8-Aug 12	\$225/\$235*

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

## NEW! Introduction to Fencing Camp | Ages 6-14

En Gared! Ready? Fence! Team Touche's fencing camp is a week of fun and engaging lessons in fencing that are sure to strengthen muscle and develop speed as participants learn to swing, carve, and strike with child-friendly fencing weapons. **All equipment provided,** please wear closed-toed shoes to camp.

**Instructor:** Team Touche Instructor, Theodore Padgett

Location: Community Park, Auditorium	RES/NON
2443.130 M-F 9:00am-12:00pm Jun 27-Jul 1	\$175/\$185

Location: Old Poway Park, Templars Hall	RES/NON
2443.131 M-F 9:00am-12:00pm Aug 1-Aug 5	\$175/\$185

## NEW! SpiritKids Sports Gymnastics Camp | Ages 4-12

Looking for a fun, new experience this summer? SpiritKids Sports invites you to join them for a week of gymnastics, tumbling, and most of all, FUN! This camp is designed to improve your flexibility, strength, coordination and body awareness through gymnastics and tumbling skills, all while building positive self-esteem! Everyone has something to learn as participants are guided through tumbling, the vault, and balance beam at their individual skill level.

**Instructor:** SpiritKids Sports Instructors

**Location:** Community Park, Auditorium

RES/NON	
2443.170 M-F 9:00am-12:00pm Jun 13-Jun 17	\$150/\$160
2443.171 Tu-F 1:00-4:00pm Jul 5-Jul 8	\$120/\$130

## NEW! Ice Skating | Ages 5-15

All skills levels are welcome to join Poway Ice for a week of ice skating fun! Participants will get to work on their skills both on and off the ice with our Elite figure skating coaches, meet our special guests, and watch a performance by the pros - Poway Ice Elite, Olympic Hopefuls! All participants will receive a certificate of achievement and will have the chance to take skating tests through the nationally-recognized Ice Skating Institute to see what skills they've gained throughout the week. We cannot wait to get your child excited about our favorite sport! **All equipment provided.**

**Instructor:** Poway Ice Arena

**Location:** Poway Ice Arena, 12455 Kerran Street #100

RES/NON	
2443.140 M-F 12:00-4:00pm Jun 27-Jul 1	\$249/\$259
2443.141 M-F 9:00am-1:00pm Jul 18-Jul 22	\$249/\$259
2443.142 M-F 9:00am-1:00pm Aug 8-Aug 12	\$249/\$259

## NEW! Ice Hockey | Ages 5-15

Poway Ice is thrilled to offer our hockey camp suitable for all levels, including players who have never played before! Participants will work with our experienced coaches to learn the essentials of hockey, including: skating skills, puck handling, and shooting. We'll also work with certified Personal Trainers for off-ice conditioning, play some games, and have time for free skate sessions to practice our skills. Participants will all be coached based on their individual skating skills. Poway Ice looks forward to building a long-lasting relationship with your family this summer! **All equipment provided.**

**Instructor:** Poway Ice Arena

**Location:** Poway Ice Arena, 12455 Kerran Street #100

RES/NON	
2443.143 M-F 9:00am-1:00pm Jun 27-Jul 1	\$249/\$259
2443.144 M-F 12:00-4:00pm Jul 18-Jul 22	\$249/\$259
2443.145 M-F 12:00-4:00pm Aug 8-Aug 12	\$249/\$259



## World Cup Soccer Camp | Ages 5-13

World Cup Soccer provides more than your typical camp experience! With a 1-to-10 coach-to-player ratio and an emphasis on instruction, participants will receive the highest level of individual attention in a fun, safe environment. Our skilled coaches are dedicated to providing training and skill development through small-sided games and tactical and positioning training. Your child is sure to become a more advanced player all while having a ton of fun! Each participant will receive a T-shirt, player's evaluation, and camp memento. All participants should bring a soccer ball, sack lunch (full-day), a healthy snack, water, and plenty of sunscreen each day.

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

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

Half Day	RES/NON
2443.110 M-F 9:00am-12:30pm Aug 1-Aug 5	\$149/\$159

Full Day	RES/NON
2443.111 M-F 9:00am-3:00pm Aug 1-Aug 5	\$179/\$189

**Location:** Hilleary Soccer Field

Half Day	RES/NON
2443.112 M-F 9:00am-12:30pm Aug 8-Aug 12	\$149/\$159

Full Day	RES/NON
2443.113 M-F 9:00am-3:00pm Aug 8-Aug 12	\$179/\$189

## Archery Camp | Ages 7-15

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

**Instructor:** Rick Harper

**Location:** Lake Poway, Archery Range

RES/NON	
2442.100 M-F 8:00-9:30am Jun 13-Jun 17	\$75/\$85*
2442.101 M-F 10:00-11:30am Jun 13-Jun 17	\$75/\$85*
2442.102 M-F 8:00-9:30am Jun 20-Jun 24	\$75/\$85*
2442.103 M-F 10:00-11:30am Jun 20-Jun 24	\$75/\$85*
2442.104 M-F 8:00-9:30am Jun 27-Jul 1	\$75/\$85*
2442.105 M-F 10:00-11:30am Jun 27-Jul 1	\$75/\$85*
2442.106 M-F 8:00-9:30am Jul 11-Jul 15	\$75/\$85*
2442.107 M-F 10:00-11:30am Jul 11-Jul 15	\$75/\$85*
2442.108 M-F 8:00-9:30am Jul 18-Jul 22	\$75/\$85*
2442.109 M-F 10:00-11:30am Jul 18-Jul 22	\$75/\$85*
2442.110 M-F 8:00-9:30am Jul 25-Jul 29	\$75/\$85*
2442.111 M-F 10:00-11:30am Jul 25-Jul 29	\$75/\$85*
2442.112 M-F 8:00-9:30am Aug 1-Aug 5	\$75/\$85*
2442.113 M-F 10:00-11:30am Aug 1-Aug 5	\$75/\$85*
2442.114 M-F 8:00-9:30am Aug 8-Aug 12	\$75/\$85*
2442.115 M-F 10:00-11:30am Aug 8-Aug 12	\$75/\$85*

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

## Skyhawks Mini Hawk Camp | Ages 4-7

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

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

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

RES/NON	
2443.150 M-F 9:00am-12:00pm Jun 27-Jul 1	\$155/\$165
2443.151 M-F 9:00am-12:00pm Aug 8-Aug 12	\$155/\$165

## Skyhawks Basketball Camp | Ages 6-12

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

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

Location: Twin Peaks Multipurpose Center	RES/NON
2443.152 M-F 1:00-4:00pm Jul 11-Jul 15	\$155/\$165



## Skyhawks Volleyball Camp | Ages 7-12

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

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

Location: Twin Peaks Multipurpose Center	RES/NON
2443.153 M-F 1:00-4:00pm Jul 18-Jul 22	\$155/\$165

# Technology Camps

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

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

**Instructor:** Play-Well TEKologies  
**Location:** Meadowbrook Gymnasium

**RES/NON**  
9416.106 M-F 9:00am-12:00pm Jun 13-Jun 17 \$200/\$210

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

Bring Minecraft to life using LEGO! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for Creepers! This ultimate LEGO Minecraft experience is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game. Participants will have a blast, even without any prior experience with Minecraft or LEGO.

**Instructor:** Play-Well TEKologies  
**Location:** Meadowbrook Gymnasium

**RES/NON**  
9416.107 M-F 1:00-4:00pm Jun 13-Jun 17 \$200/\$210

## Jr. Robotics using LEGO® WeDo | Ages 7-9

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

**Instructor:** Play-Well TEKologies  
**Location:** Meadowbrook Gymnasium

**RES/NON**  
9416.108 M-F 9:00am-12:00pm Jun 27-Jul 1 \$260/\$270

## NEW! Robotics using LEGO® EV3 | Ages 9-14

Build and program robots using the new LEGO® Mindstorms EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge! Control the robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that participants work in an open-ended, investigative environment while having fun.

**Instructor:** Play-Well TEKologies  
**Location:** Meadowbrook Gymnasium

**RES/NON**  
9416.109 M-F 1:00-4:00pm Jun 27-Jul 1 \$260/\$270

## NEW! Jedi Engineering using LEGO® | Ages 5-6

Young Jedi will explore worlds far, far away and engineering principles right in front of them. Defeat the Empire by designing and refining LEGO X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators, and defense turrets.



**Instructor:** Play-Well TEKologies

**Location:** Meadowbrook Gymnasium  
**RES/NON**  
9416.110 Tu-F 9:00am-12:00pm Jul 5-Jul 8 \$160/\$170

## NEW! Jedi Master Engineering using LEGO® | Ages 7-12

The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion, and more as participants tap into the powerful forces of imagination and engineering.

**Instructor:** Play-Well TEKologies

**Location:** Meadowbrook Gymnasium  
**RES/NON**  
9416.111 Tu-F 1:00-4:00pm Jul 5-Jul 8 \$160/\$170

## NEW! Web Studio | Ages 10-17

This class is a combination of our Animation and Web Design classes. In this class, participants will learn the basics of animation and digital design. They will not only create fun, interactive animations, but will learn the basics of web design and how to publish their animations to share with the world! This course is perfect for participants with a big imagination.

**Instructor:** Youth Tech, Inc.: www.youthtechinc.com

**Location:** Meadowbrook Gymnasium  
**RES/NON**  
9416.100 M-Th 9:00am-12:00pm Jul 11-Jul 14 \$160/\$170\*  
\* \$10 materials fee due first day of class

## Video Game Design | Ages 10-17

Love video games? Learn how to create them with Video Game Design, a course that provides participants with a fun, interactive look at the world of video game design and development. Participants will learn the basics of video game design and produce several different interactive video games to share with their friends and family.

**Instructor:** Youth Tech, Inc.: www.youthtechinc.com

**Location:** Meadowbrook Gymnasium  
**RES/NON**  
9416.101 M-Th 1:00-4:00pm Jul 11-Jul 14 \$170/\$180\*  
9416.102 M-Th 9:00am-12:00pm Jul 18-Jul 21 \$170/\$180\*  
\* \$10 materials fee due first day of class

## NEW! i Video Game Design | Ages 6-10

This is an introductory course for younger participants who want to learn to build simple video games. This course combines the art of video game design and animation to create interactive characters that fly around the screen. Amaze your friends and family with your fun, interactive games!

**Instructor:** Youth Tech, Inc.: www.youthtechinc.com

**Location:** Meadowbrook Gymnasium  
**RES/NON**  
9416.104 M-Th 9:00am-12:00pm Jul 25-Jul 28 \$150/\$160\*  
\* \$10 materials fee due first day of class

## Game Design Apps | Ages 10-17

Already familiar with video game creation? Game Design Apps provides participants with a fun, interactive look at the worldwide mobile video game design and development. Everyone enrolled in this course will learn how to publish games to their favorite Apple® or Android™ devices to share with friends and family. **Video Game Design is a prerequisite for this course.**

**Instructor:** Youth Tech, Inc.: www.youthtechinc.com

**Location:** Meadowbrook Gymnasium  
**RES/NON**  
9416.105 M-Th 1:00-4:00pm Jul 25-Jul 28 \$165/\$175\*  
\* \$10 materials fee due first day of class

# Creative Arts Camps

## Musicstar® Rock Camp | Ages 8-15

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



**Instructor:** Creative Brain Learning Staff

**Location:** Old Poway Park, Templars Hall  
**RES/NON**  
6182.152 M-F 9:00am-12:00pm Jun 20-Jun 24 \$145/\$155\*  
\* \$25 materials fee due first day of class

## Photography Camp | Ages 9-15

Capture the beauty of everything around you! Participants will learn how to portrait the world through the lens of a camera. We'll work with photography experts to explore light, color, balance, structure, perspective, and proportion. Participants will work through the entire photographic process from printing photos to building frames to presenting for friends and family in an exhibit at the end of the week. Bring a camera if you have one, if not, they will be available to use during camp.

**Instructor:** Arimaw Productions: info@arimaw.com

**Location:** Lake Poway, Pavilion  
**RES/NON**  
6180.100 M-F 9:00am-12:00pm Jun 27-Jul 1 \$150/\$160



## Best of Broadway Camp | Ages 7-12

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

**Instructor:** Catherine Colby

**Location:** Twin Peaks Multipurpose Center  
**RES/NON**  
6182.134 M-F 9:00am-2:00pm Jun 27-Jul 1 \$190/\$200\*

**Location:** Meadowbrook Gymnasium  
6182.136 M-F 9:00am-2:00pm Aug 1-Aug 5 \$190/\$200\*  
\* \$30 materials fee due on the first day of class



## Dancing Princess Fairytale Camp | Ages 3-8

All princesses in the kingdom are invited to spend a week of dance and enchantment with some of our favorite fairytale princesses! Learn ballet, tap, tumbling, and jazz dances to beloved songs from "Under the Sea," all the way to "Cinderella's Castle" and more! A daily sparkly craft included. Come dressed for fun on each of our themed days: Mermaid Monday, Tangled Tuesday, Cinderella Wednesday, Tinkerbell Thursday, and Frozen Friday! Bring tap and ballet shoes, water, and a healthy snack each day.

**Instructor:** Debora Childress,  
www.MsDeborasDanceForChildren.com

**Location:** Twin Peaks Multipurpose Center  
**RES/NON**  
6182.130 M-F 9:30-11:30am Jul 11-Jul 15 \$100/\$110

6182.131 M-F 9:30-11:30am Jul 18-Jul 22 \$100/\$110

**Location:** Community Park, Auditorium  
6182.132 M-F 9:30-11:30am Aug 8-Aug 12 \$100/\$110

## NEW! Superhero Dance Camp | Ages 3-6

It's a bird, it's a plane, it's a dancing Superhero! This high-energy, non-stop camp is catered towards the energy of a hero or heroine. Superheroes will show off their hip hop dancing powers in this summer dance camp that includes a hip hop class, art projects, a Superhero skit, and games. Here is your Superhero's chance to save the day! This is the camp for anyone who loves to perform (no dance experience required)! Wear dance attire and/or regular clothes and shoes, and bring water and a healthy snack each day.

**Instructor:** Dance To EvOLvE: www.dancetoevolve.com

**Location:** Old Poway Park, Templars Hall  
**RES/NON**  
6182.147 M-F 9:00am-12:00pm Jul 18-Jul 22 \$165/\$175

## Creative Explorers Camp | Ages 3-6

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

**Instructor:** Dance To EvOLvE: www.dancetoevolve.com

**Location:** Old Poway Park, Templars Hall  
**RES/NON**  
6182.148 M-F 9:00am-12:00pm Jul 25-Jul 29 \$165/\$175

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

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

**Instructor:** Dance To EvOLvE: www.dancetoevolve.com

**Location:** Old Poway Park, Templars Hall  
**RES/NON**  
6182.146 M-F 9:00am-12:00pm Jul 11-Jul 15 \$165/\$175



# Special Interest Camps

## NEW! Smash Lab Camp | Ages 7-14

All bets are off in this camp of high-flying action! In Smash Lab, participants will work as a team to put together a variety of electronics and other structures and then witness what happens when you SMASH them. We'll be dropping eggs, feathers, melons, anything we can think of, just to see what it's like! This camp is the perfect combination of fun and learning for anyone interested in how things work. Please wear clothes you don't mind getting messy.

**Instructor:** Arimaw Productions: info@arimaw.com  
**Location:** Twin Peaks Multipurpose Center

6180.108 Tu-F 9:00am-12:00pm Jul 5-Jul 8 RES/NON \$140/\$150

## NEW! Mysteries of Magic Camp | Ages 6-13

Learn all the skills you need to mystify an audience like a true Magician! Participants will be introduced to the arts of illusion, mind reading, prestidigitation, and sleight of hand!



Unlock the powers of your voice, your hands, and your mind. In one week, participants will be ready to put on their very own Magic Show to amaze and astound their friends and family!

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

6180.105 M-F 1:00-4:00pm Jul 18-Jul 22 RES/NON \$140/\$150

## Jr. Zookeeper Camp | Ages 6-13

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

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

6180.101 M-F 9:00am-12:00pm Jun 13-Jun 17 RES/NON \$175/\$185



## NEW! Aerial and Parkour Camp | Ages 6-16

Looking for a cool new activity to try this summer? Let De Leon Dynamics introduce you to the latest trends in fun and fitness: aerial and parkour! Participants will work with our instructors on aerial silks, lyra (aerial hoops), and trapeze, and will also learn free-running and parkour moves in a safe and progressive manner. All of our activities are designed to build strength, agility, confidence and flexibility in a fun environment! Participants also will have the opportunity to show off what they have learned to their families in a Friday afternoon performance. Don't miss out on the fun!

**Instructor:** De Leon Dynamics  
**Location:** De Leon Dynamics: 12335 World Trade Drive, San Diego

6180.130 M-F 9:00am-3:00pm Jun 13-Jun 17 RES/NON \$200/\$210  
6180.131 M-F 9:00am-3:00pm Aug 8-Aug 12 RES/NON \$200/\$210

## Babysitters Training Camp | Ages 11-16

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

**Instructor:** Blythe Paley  
**Location:** Old Poway Park, Great Room

6180.104 M-Th 8:30am-12:00pm Jun 13-Jun 16 RES/NON \$150/\$160\*  
\* \$40 materials fee due first day of class

## Teen Climbing Camp | Ages 12-17

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

**Instructor:** Solid Rock Gym Staff  
**Location:** Solid Rock Gym: 13026 Stowe Dr.

6180.127 M-F 9:00am-1:00pm Jun 20-Jun 24 RES/NON \$200/210  
6180.128 M-F 9:00am-1:00pm Jul 18-Jul 22 \$200/210  
6180.129 M-F 9:00am-1:00pm Aug 1-Aug 5 \$200/210



## Star Wars Camp | Ages 6-13

Get ready to enact your favorite scenes from "The Force Awakens" and the rest of the Star Wars saga! Participants will attend the Jedi Academy and celebrate Star Wars in this fun, interactive camp that is perfect for the ultimate fan. Make this a memorable summer with creative games, trivia, arts and crafts, and friendship building using the ever-expanding universe of Star Wars.

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

6180.107 M-F 1:00-4:00pm Jul 25-Jul 29 RES/NON \$150/\$160

# Cooking Camps

## NEW! Cooking with Chemistry Camp | Ages 7-14

Make awesome culinary concoctions while learning about the wonders of science with Cooking with Chemistry Camp! We'll use the super-fun art of cooking to learn about the chemical properties of the foods we eat. See how cooling, stirring, and other actions can alter an inedible (or just gross) substance into the delicious food that we enjoy every day!

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

6180.110 M-F 1:00-4:00pm Aug 1-Aug 5 RES/NON \$170/\$180



## NEW! 4littleCOOKS - Jr. Iron Chef Cooking Camp | Ages 7-12

This is a hands-on camp that will focus on food, food history, kitchen safety, nutrition, and working as a team. On the final day, each table will compete in an Iron Chef-style "battle" using a secret ingredient revealed that day. The ingredient is something the students have used in class during the week. **All participants will receive a copy of all recipes and a copy of Chef Janet's children's cookbook, "CHOP, COOK, MUNCH!"**

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

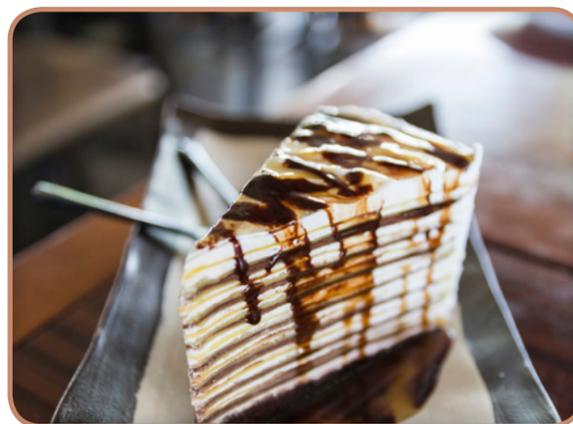
6180.112 M-F 1:00-4:00pm Jun 20-Jun 24 RES/NON \$165/\$175\*  
\* \$10 materials fee due first day of class

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

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

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

6180.115 M-F 1:00-4:00pm Jul 11-Jul 15 RES/NON \$170/\$180



## Teen Activities

### 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**



## Children's Activities

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

### Get Smart with Art | Ages 2-5

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

**Instructor:** Get Smart with Art, Ms. Vivian

**Location:** Community Park, Youth Activity Room

			<b>RES/NON</b>
4011.106	Mon 10:00-10:45am	Jul 11-Aug 1	\$52/\$62
4011.107	Mon 10:00-10:45am	Aug 8-Aug 29	\$52/\$62



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

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

**Instructor:** Poway Gymnastics

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

**No Class:** Jun 30, Jul 2

			<b>RES/NON</b>
2312.100	Thu 10:45-11:15am	Jun 23-Sep 8	\$161/\$171*
2312.101	Sat 8:45-9:15am	Jun 25-Sep 10	\$161/\$171*

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

### Soccer Shots Classic | Ages 3-6

Using creative and imaginative games, weekly sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation. Soccer Shots will introduce your child to the fun of soccer and provide the foundation needed to get started in the sport. All participants will receive an Adidas Soccer Shots jersey for their participation!

**Instructor:** Soccer Shots

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

**No Class:** Jul 2

			<b>RES/NON</b>
2443.100	Sat 9:00-9:45am	Jun 25-Aug 20	\$120/\$130*
2443.101	Sat 10:25-11:10am	Jun 25-Aug 20	\$120/\$130*

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



### Soccer Shots Minis | Ages 2-3

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

**Instructor:** Soccer Shots

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

**No Class:** Jul 2

			<b>RES/NON</b>
2443.102	Sat 9:50-10:20am	Jun 25-Aug 20	\$120/\$130*

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

## Health & Wellness

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



### 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

			<b>RES/NON</b>
5500.101	Wed 6:00-7:00pm	Jun 22-Aug 24	\$85/\$95

### 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, Auditorium

			<b>RES/NON</b>
5417.101	Tue 6:00-7:00pm	Jun 21-Jul 26	\$54/\$64

### NEW! Barre Basics | Ages 16+

Tired of working those abs on the mat? Let's work standing up with the help of a chair a.k.a. the barre. Streamline, firm, tighten and tone your entire body without adding bulk. Increase balance, body awareness, flexibility, and cardiovascular endurance. Anyone, no matter what age, weight, or fitness level, can get results from a barre program. Let's give it a go!

**Instructor:** Emma Sarmiento

**Location:** Community Park, Auditorium

			<b>RES/NON</b>
5417.102	Thu 6:00-7:00pm	Jun 23-Jul 28	\$54/\$64

### Tai Chi in the Park | Ages 17+

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

**Instructor:** Cheri Hotalen

**Location:** Old Poway Park, Gazebo/Green Park

			<b>RES/NON</b>
5417.112	Mon 6:00-7:30pm	Jul 18-Aug 29	\$95/\$105

### Tai Chi 24-Forms 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 class is 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, Gazebo/Green Park

			<b>RES/NON</b>
5417.111	Fri 10:00-11:30am	Jul 22-Sep 2	\$95/\$105



### 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

			<b>RES/NON</b>
6182.170	Thu 5:30-6:30pm	Jun 23-Sep 8	\$100/\$110



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

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

**Instructor:** Cheri Hotalen

**Location:** Old Poway Park, Gazebo

			<b>RES/NON</b>
5417.113	Tue 6:00-7:30pm	Jul 19-Aug 30	\$95/\$105

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

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

**Instructor:** Cheri Hotalen

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

			<b>RES/NON</b>
5417.114	Wed 6:00-7:30pm	Jul 20-Aug 31	\$95/\$105



Sports | Youth/Teen

www.poway.org/classes

**Girls Basketball | Ages 9-16**

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 by age group and skill level.

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

**Location:** Twin Peaks Multipurpose Center

Age 9-11			RES/NON
2091.120	Wed 5:00-7:00pm	Jun 22-Sep 7	\$55/\$65
Age 10-16			
2091.121	Wed 7:00-9:00pm	Jun 22-Sep 7	\$55/\$65

**Youth / Teen Taekwondo & Karate | Ages 5+**

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:** Jul 4 & Sep 5

Age 5-8			RES/NON
2091.109	MWF 5:00-6:00pm	Jun 27-Sep 9	\$89/\$99
Age 9-15			
2091.110	MWF 6:00-7:00pm	Jun 27-Sep 9	\$89/\$99

**Youth Volleyball | Ages 9-14**

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

**Instructor:** David Claycomb

**Location:** Meadowbrook Gymnasium

**No Class:** Jul 4, 18 & 25

Ages 9-12			RES/NON
2091.112	Mon 5:30-6:30pm	Jun 20-Aug 29	\$55/\$65
Ages 12-14			
2091.113	Mon 6:30-7:30pm	Jun 20-Aug 29	\$55/\$65

**Tennis: Beginner | Ages 5-14**

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

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts

**No Class:** Sep 3

Ages 5-7			RES/NON
3013.100	Sat 9:00-10:00am	Jun 25-Jul 23	\$40/\$50*
3013.101	Sat 9:00-10:00am	Aug 6-Sep 10	\$40/\$50*
Ages 8-14			
3013.102	Sat 10:00-11:00am	Jun 25-Jul 23	\$40/\$50*
3013.103	Sat 10:00-11:00am	Aug 6-Sep 10	\$40/\$50*
3013.104	T/Th 4:00-5:00pm	Jun 28-Jul 28	\$75/\$85*
3013.105	T/Th 4:00-5:00pm	Aug 2-Sep 1	\$75/\$85*

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

**Tennis: Intermediate | Ages 8-15**

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

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts

**No Class:** Sep 3

			RES/NON
3013.106	T/Th 5:00-6:00pm	Jun 28-Jul 28	\$75/\$85*
3013.107	T/Th 5:00-6:00pm	Aug 2-Sep 1	\$75/\$85*
3013.108	Sat 11:00am-12:00pm	Jun 25-Jul 23	\$40/\$50*
3013.109	Sat 11:00am-12:00pm	Aug 6-Sep 10	\$40/\$50*

\* \$5 materials fee due 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

**No Class:** Jul 4

			RES/NON
3013.110	MW 4:00-5:30pm	Jun 27-Jul 27	\$90/\$100*
3013.111	MW 4:00-5:30pm	Aug 1-Aug 29	\$90/\$100*

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

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

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

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

**Location:** Community Park, Skate Park

			RES/NON
7600.100	Wed 5:00-6:00pm	Jul 13-Aug 17	\$80/\$90



**Intermediate/Advanced Skateboarding | Ages 6-13**

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

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

**Location:** Community Park, Skate Park

			RES/NON
7600.101	Wed 4:00-5:00pm	Jul 13-Aug 17	\$80/\$90

Sports | Adults

**Intermediate Coed Volleyball | Ages 16+**

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

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

Mens			RES/NON
1247.100	Thu 6:30-9:30pm	Jun 30-Aug 25	\$70/\$80
Womens			
1247.101	Thu 6:30-9:30pm	Jun 30-Aug 25	\$70/\$80

**Advanced Coed Volleyball | Ages 16+**

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

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

Mens			RES/NON
1247.102	Tue 6:30-9:30pm	Jun 28-Aug 23	\$70/\$80
Womens			
1247.103	Tue 6:30-9:30pm	Jun 28-Aug 23	\$70/\$80

**Women's Volleyball | Ages 16+**

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

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

			RES/NON
1247.110	Mon 6:30-9:30pm	Jun 27-Aug 29	\$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:** Jul 4 & Sep 5

			RES/NON
2091.111	MWF 7:00-8:00pm	Jun 27-Sep 9	\$89/\$99

Special Needs

**Bowling | Ages 13+**

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

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

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

			RES/NON
9397.100	Fri 1:30-3:30pm	Jun 24-Sep 9	\$40/\$50*

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

Sports | Free! 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 June, July, and August, the free open gym times are as follows:**

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

**Meadowbrook Gymnasium**  
12320 Meadowbrook Lane  
(858) 668-4598

**Friday**  
Open Badminton  
6:00-9:00pm

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

**Sunday**  
Open Volleyball  
6:00-9:00pm

**Tuesday**  
Open Basketball  
6:00-9:00pm

**Wednesday**  
Open Basketball  
6:00-9:00pm

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

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

## Dog Obedience Training

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



### Beginning Obedience | Dogs 12 weeks +

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

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

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

	Sat: Garden Road Park		RES/NON
9019.100	Tue 6:30-7:30pm	Jun 21-Jul 26	\$95/\$105*
9019.101	Sat 9:30-10:30am	Jun 25-Jul 30	\$95/\$105*
9019.102	Tue 6:30-7:30pm	Aug 2-Sep 6	\$95/\$105*
9019.103	Sat 9:30-10:30am	Aug 6-Sep 10	\$95/\$105*

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

### Intermediate Obedience | Dogs 6 months +

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

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

**Location:** Garden Road Park

			RES/NON
9019.104	Sat 10:45-11:45am	Jun 25-Jul 30	\$95/\$105
9019.105	Sat 10:45-11:45am	Aug 6-Sep 10	\$95/\$105

### Advanced Obedience | Dogs 6 months +

In this class, your dog will learn to obey commands off leash. Although leash laws must be obeyed for the safety of your dog and the public, dogs generally work better off leash. Dogs in this class must have knowledge of all basic commands. Supervised play time will begin 30 minutes before class.

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

**Location:** Community Park, Dog Park Pen 2

			RES/NON
9019.106	Wed 6:30-7:30pm	Jun 22-Jul 27	\$95/\$105
9019.107	Wed 6:30-7:30pm	Aug 3-Sep 7	\$95/\$105

## Poway Swim Center

**Location:** 13094 Civic Center Drive

**Information:**

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

**Costs:**

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

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

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

**Hours: Spring (April 4-June 12)**

Mon/Wed/Fri	10:30am-7:30pm
Tue/Thu	8:00am-7:30pm
<b>Long Course 8:00am-1:30pm through May 26</b>	
Sat/Sun	10:30am-5:00pm

**Summer (June 13- August 21) Recreational Swim**

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

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

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

Some open recreational swim times will be shared with swimming lessons and swim clubs. Portions of the pool may not be available for use by the public during these times. Pull buoys and kick boards are available for use.

### Pool Closed

June 11, all day | July 2, 5:00-6:00pm | August 13, 5:00-6:00pm

### Family Swim

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

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

### Inflatable Party Package

**All Ages**

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. Information: (858) 668-4680.

## Safety Training

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

Did You Know?



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

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

Become certified in this American Red Cross CPR class. Learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. 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:** Red Cross Instructor, Blythe Paley

**Location:** Community Park, Nutrition Room

			RES/NON
5418.100	Wed 6:00-9:00pm	Jul 13	\$30/\$40*

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

### First Aid | Ages 11+

This American Red Cross class will prepare you to 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:** Red Cross Instructor, Blythe Paley

**Location:** Community Park, Nutrition Room

			RES/NON
5418.101	Thu 6:00-9:00pm	Jul 14	\$20/\$30*

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

## Swim Lessons

SESSION 1

SESSION 2

SESSION 3

SESSION 4

### Swim Lesson Assessment | All Ages

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



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

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

			RES/NON
0010.130	M-F 12:00-12:30pm	Jun 27-Jul 1	\$33/\$43
0010.160	M-F 12:00-12:30pm	Jul 25-Jul 29	\$33/\$43
Evening classes			
0010.120	MWF 5:45-6:15pm	Jun 13-Jun 24	\$39/\$49
0010.140	MWF 5:45-6:15pm	Jul 6-Jul 15	\$33/\$43
0010.170	MWF 5:45-6:15pm	Jul 25-Aug 5	\$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
0020.110	M-F/M-Th 10:10-10:50am	Jun 13-Jun 23	\$59/\$69
0020.130*	M-F/Tu-Th 10:10-10:50am	Jun 27-Jul 7	\$52/\$62
0020.150	M-F/M-Th 10:10-10:50am	Jul 11-Jul 21	\$59/\$69
0020.160	M-F/M-Th 10:10-10:50am	Jul 25-Aug 4	\$59/\$69
Evening classes			
0020.120	MWF 6:30-7:10pm	Jun 13-Jul 1	\$59/\$69
0020.140*	MWF 6:30-7:10pm	Jul 6-Jul 22	\$52/\$62
0020.170	MWF 6:30-7:10pm	Jul 25-Aug 12	\$59/\$69

### Swim Lesson Registration

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

### Grunion 1 | Ages 3-4

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



			RES/NON
0101.110	M-F/M-Th 8:30-9:10am	Jun 13-Jun 23	\$59/\$69
0101.111	M-F/M-Th 9:20-10:00am	Jun 13-Jun 23	\$59/\$69
0101.112	M-F/M-Th 11:00-11:40am	Jun 13-Jun 23	\$59/\$69
0101.130*	M-F/Tu-Th 8:30-9:10am	Jun 27-Jul 7	\$52/\$62
0101.131*	M-F/Tu-Th 9:20-10:00am	Jun 27-Jul 7	\$52/\$62
0101.132*	M-F/Tu-Th 10:10-10:50am	Jun 27-Jul 7	\$52/\$62
0101.133*	M-F/Tu-Th 11:00-11:40am	Jun 27-Jul 7	\$52/\$62
0101.150	M-F/M-Th 8:30-9:10am	Jul 11-Jul 21	\$59/\$69
0101.151	M-F/M-Th 9:20-10:00am	Jul 11-Jul 21	\$59/\$69
0101.152	M-F/M-Th 11:00-11:40am	Jul 11-Jul 21	\$59/\$69
0101.160	M-F/M-Th 8:30-9:10am	Jul 25-Aug 4	\$59/\$69
0101.161	M-F/M-Th 9:20-10:00am	Jul 25-Aug 4	\$59/\$69
0101.162	M-F/M-Th 11:00-11:40am	Jul 25-Aug 4	\$59/\$69
Evening classes			
0101.120	MWF 5:45-6:25pm	Jun 13-Jul 1	\$59/\$69
0101.121	MWF 6:30-7:10pm	Jun 13-Jul 1	\$59/\$69
0101.140*	MWF 5:45-6:25pm	Jul 6-Jul 22	\$52/\$62
0101.141*	MWF 6:30-7:10pm	Jul 6-Jul 22	\$52/\$62
0101.170	MWF 5:45-6:25pm	Jul 25-Aug 12	\$59/\$69
0101.171	MWF 6:30-7:10pm	Jul 25-Aug 12	\$59/\$69

### Grunion 2 | Ages 3-5

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

**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.

**\* NO CLASSES ON JULY 4th**

			RES/NON
0102.110	M-F/M-Th 8:30-9:10am	Jun 13-Jun 23	\$59/\$69
0102.111	M-F/M-Th 9:20-10:00am	Jun 13-Jun 23	\$59/\$69
0102.112	M-F/M-Th 10:10-10:50am	Jun 13-Jun 23	\$59/\$69
0102.113	M-F/M-Th 11:00-11:40am	Jun 13-Jun 23	\$59/\$69
0102.130*	M-F/Tu-Th 8:30-9:10am	Jun 27-Jul 7	\$52/\$62
0102.131*	M-F/Tu-Th 9:20-10:00am	Jun 27-Jul 7	\$52/\$62
0102.132*	M-F/Tu-Th 11:00-11:40am	Jun 27-Jul 7	\$52/\$62
0102.133*	M-F/Tu-Th 11:50am-12:30pm	Jun 27-Jul 7	\$52/\$62
0102.150	M-F/M-Th 8:30-9:10am	Jul 11-Jul 21	\$59/\$69
0102.151	M-F/M-Th 9:20-10:00am	Jul 11-Jul 21	\$59/\$69
0102.152	M-F/M-Th 10:10-10:50am	Jul 11-Jul 21	\$59/\$69
0102.153	M-F/M-Th 11:00-11:40am	Jul 11-Jul 21	\$59/\$69
0102.160	M-F/M-Th 8:30-9:10am	Jul 25-Aug 4	\$59/\$69
0102.161	M-F/M-Th 9:20-10:00am	Jul 25-Aug 4	\$59/\$69
0102.162	M-F/M-Th 11:00-11:40am	Jul 25-Aug 4	\$59/\$69
Evening classes			
0102.120	MWF 5:45-6:25pm	Jun 13-Jul 1	\$59/\$69
0102.121	MWF 6:30-7:10pm	Jun 13-Jul 1	\$59/\$69
0102.140*	MWF 5:45-6:25pm	Jul 6-Jul 22	\$52/\$62
0102.141*	MWF 7:15-7:55pm	Jul 6-Jul 22	\$52/\$62
0102.170	MWF 5:45-6:25pm	Jul 25-Aug 12	\$59/\$69
0102.171	MWF 6:30-7:10pm	Jul 25-Aug 12	\$59/\$69

## Swim Lessons cont'd

SESSION 1

SESSION 2

SESSION 3

SESSION 4

### Grunion 3 | Ages 3-5

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

				RES/NON
0103.110	M-F/M-Th 8:30-9:10am	Jun 13-Jun 23	\$59/\$69	
0103.111	M-F/M-Th 10:10-10:50am	Jun 13-Jun 23	\$59/\$69	
0103.112	M-F/M-Th 11:00-11:40am	Jun 13-Jun 23	\$59/\$69	
0103.130*	M-F/Tu-Th 8:30-9:10am	Jun 27-Jul 7	\$52/\$62	
0103.131*	M-F/Tu-Th 9:20-10:00am	Jun 27-Jul 7	\$52/\$62	
0103.150	M-F/M-Th 8:30-9:10am	Jul 11-Jul 21	\$59/\$69	
0103.151	M-F/M-Th 9:20-10:00am	Jul 11-Jul 21	\$59/\$69	
0103.160	M-F/M-Th 8:30-9:10am	Jul 25-Aug 4	\$59/\$69	
0103.161	M-F/M-Th 9:20-10:00am	Jul 25-Aug 4	\$59/\$69	
0103.162	M-F/M-Th 10:10-10:50am	Jul 25-Aug 4	\$59/\$69	

#### Evening classes

0103.120	MWF 6:30-7:10pm	Jun 13-Jul 1	\$59/\$69
0103.121	MWF 7:15-7:55pm	Jun 13-Jul 1	\$59/\$69
0103.140*	MWF 5:45-6:25pm	Jul 6-Jul 22	\$52/\$62
0103.141*	MWF 6:30-7:10pm	Jul 6-Jul 22	\$52/\$62
0103.170	MWF 6:30-7:10pm	Jul 25-Aug 12	\$59/\$69
0103.171	MWF 7:15-7:55pm	Jul 25-Aug 12	\$59/\$69



### Otter Pup | Ages 3-5

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

				RES/NON
0104.110	M-F/M-Th 9:20-10:00 am	Jun 13-Jun 23	\$59/\$69	
0104.130*	M-F/Tu-Th 10:10-10:50am	Jul 29-Jul 7	\$52/\$62	
0104.150	M-F/M-Th 11:50-12:30pm	Jul 11-Jul 21	\$59/\$69	
0104.160	M-F/M-Th 10:10-10:50am	Jul 25-Aug 4	\$59/\$69	

#### Evening classes

0104.120	MWF 7:15-7:55pm	Jun 13-Jul 1	\$59/\$69
0104.140*	MWF 6:30-7:10pm	Jul 6-Jul 22	\$52/\$62
0104.170	MWF 5:45-6:25pm	Jul 25-Aug 12	\$59/\$69

### Starfish | Ages 6-12

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

				RES/NON
0201.110	M-F/M-Th 8:30-9:10am	Jun 13-Jun 23	\$59/\$69	
0201.111	M-F/M-Th 9:20-10:00am	Jun 13-Jun 23	\$59/\$69	
0201.112	M-F/M-Th 11:50am-12:30pm	Jun 13-Jun 23	\$59/\$69	
0201.130*	M-F/Tu-Th 8:30-9:10am	Jun 27-Jul 7	\$52/\$62	
0201.131*	M-F/Tu-Th 10:10-10:50am	Jun 27-Jul 7	\$52/\$62	
0201.132*	M-F/Tu-Th 11:50am-12:30pm	Jun 27-Jul 7	\$52/\$62	
0201.150	M-F/M-Th 8:30-9:10am	Jul 11-Jul 21	\$59/\$69	
0201.151	M-F/M-Th 10:10-10:50am	Jul 11-Jul 21	\$59/\$69	
0201.152	M-F/M-Th 11:50am-12:30pm	Jul 11-Jul 21	\$59/\$69	
0201.160	M-F/M-Th 8:30-9:10am	Jul 25-Aug 4	\$59/\$69	
0201.161	M-F/M-Th 9:20-10:00am	Jul 25-Aug 4	\$59/\$69	
0201.162	M-F/M-Th 11:00-11:40am	Jul 25-Aug 4	\$59/\$69	

#### Evening classes

0201.120	MWF 5:45-6:25pm	Jun 13-Jul 1	\$59/\$69
0201.140*	MWF 5:45-6:25pm	Jul 6-Jul 22	\$52/\$62
0201.170	MWF 6:30-7:10pm	Jul 25-Aug 12	\$59/\$69
0201.171	MWF 7:15-7:55pm	Jul 25-Aug 12	\$59/\$69

### Seahorse | Ages 6-12

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

				RES/NON
0202.110	M-F/M-Th 8:30-9:10am	Jun 13-Jun 23	\$59/\$69	
0202.111	M-F/M-Th 9:20-10:00am	Jun 13-Jun 23	\$59/\$69	
0202.112	M-F/M-Th 10:10-10:50am	Jun 13-Jun 23	\$59/\$69	
0202.130*	M-F/Tu-Th 8:30-9:10am	Jun 27-Jul 7	\$52/\$62	
0202.131*	M-F/Tu-Th 9:20-10:00am	Jun 27-Jul 7	\$52/\$62	
0202.132*	M-F/Tu-Th 10:10-10:50am	Jun 27-Jul 7	\$52/\$62	
0202.150	M-F/M-Th 8:30-9:10am	Jul 11-Jul 21	\$59/\$69	
0202.151	M-F/M-Th 9:20-10:00am	Jul 11-Jul 21	\$59/\$69	
0202.152	M-F/M-Th 10:10-10:50am	Jul 11-Jul 21	\$59/\$69	
0202.153	M-F/M-Th 11:50am-12:30pm	Jul 11-Jul 21	\$59/\$69	
0202.160	M-F/M-Th 8:30-9:10am	Jul 25-Aug 4	\$59/\$69	
0202.161	M-F/M-Th 10:10-10:50am	Jul 25-Aug 4	\$59/\$69	

#### Evening classes

0202.120	MWF 5:45-6:25pm	Jun 13-Jul 1	\$59/\$69
0202.121	MWF 6:30-7:10pm	Jun 13-Jul 1	\$59/\$69
0202.122	MWF 7:15-7:55pm	Jun 13-Jul 1	\$59/\$69
0202.140*	MWF 5:45-6:25pm	Jul 6-Jul 22	\$52/\$62
0202.141*	MWF 6:30-7:10pm	Jul 6-Jul 22	\$52/\$62
0202.142*	MWF 7:15-7:55pm	Jul 6-Jul 22	\$52/\$62
0202.170	MWF 5:45-6:25pm	Jul 25-Aug 12	\$59/\$69
0202.171	MWF 6:30-7:10pm	Jul 25-Aug 12	\$59/\$69
0202.172	MWF 7:15-7:55pm	Jul 25-Aug 12	\$59/\$69

### Otter | Ages 6-14

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

				RES/NON
0203.110	M-F/M-Th 9:20-10:00am	Jun 13-Jun 23	\$59/\$69	
0203.111	M-F/M-Th 10:10-10:50am	Jun 13-Jun 23	\$59/\$69	
0203.112	M-F/M-Th 11:00-11:40am	Jun 13-Jun 23	\$59/\$69	
0203.130*	M-F/Tu-Th 9:20-10:00am	Jun 27-Jul 7	\$52/\$62	
0203.131*	M-F/Tu-Th 11:00-11:40am	Jun 27-Jul 7	\$52/\$62	
0203.132*	M-F/Tu-Th 11:50am-12:30pm	Jun 27-Jul 7	\$52/\$62	
0203.150	M-F/M-Th 9:20-10:00am	Jul 11-Jul 21	\$59/\$69	
0203.151	M-F/M-Th 11:00-11:40am	Jul 11-Jul 21	\$59/\$69	
0203.152	M-F/M-Th 11:50am-12:30pm	Jul 11-Jul 21	\$59/\$69	
0203.160	M-F/M-Th 9:20-10:00am	Jul 25-Aug 4	\$59/\$69	
0203.161	M-F/M-Th 10:10-10:50am	Jul 25-Aug 4	\$59/\$69	
0203.162	M-F/M-Th 11:00-11:40am	Jul 25-Aug 4	\$59/\$69	
0203.163	M-F/M-Th 11:50am-12:30pm	Jul 25-Aug 4	\$59/\$69	

#### Evening classes

0203.120	MWF 6:30-7:10pm	Jun 13-Jul 1	\$59/\$69
0203.121	MWF 7:15-7:55pm	Jun 13-Jul 1	\$59/\$69
0203.140*	MWF 6:30-7:10pm	Jul 6-Jul 22	\$52/\$62
0203.141*	MWF 7:15-7:55pm	Jul 6-Jul 22	\$52/\$62
0203.170	MWF 5:45-6:25pm	Jul 25-Aug 12	\$59/\$69
0203.171	MWF 7:15-7:55pm	Jul 25-Aug 12	\$59/\$69

### Seal | Ages 6-16

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

				RES/NON
0204.110	M-F/M-Th 9:20-10:00am	Jun 13-Jun 23	\$59/\$69	
0204.111	M-F/M-Th 10:10-10:50am	Jun 13-Jun 23	\$59/\$69	
0204.112	M-F/M-Th 11:50am-12:30pm	Jun 13-Jun 23	\$59/\$69	
0204.130*	M-F/Tu-Th 9:20-10:00am	Jun 27-Jul 7	\$52/\$62	
0204.131*	M-F/Tu-Th 10:10-10:50am	Jun 27-Jul 7	\$52/\$62	
0204.150	M-F/M-Th 9:20-10:00am	Jul 11-Jul 21	\$59/\$69	
0204.151	M-F/M-Th 10:10-10:50am	Jul 11-Jul 21	\$59/\$69	
0204.152	M-F/M-Th 11:00-11:40am	Jul 11-Jul 21	\$59/\$69	
0204.160	M-F/M-Th 9:20-10:00am	Jul 25-Aug 4	\$59/\$69	
0204.161	M-F/M-Th 10:10-10:50am	Jul 25-Aug 4	\$59/\$69	
0204.162	M-F/M-Th 11:50am-12:30pm	Jul 25-Aug 4	\$59/\$69	

#### Evening classes

0204.120	MWF 7:15-7:55pm	Jun 13-Jul 1	\$59/\$69
0204.140*	MWF 7:15-7:55pm	Jul 6-Jul 22	\$52/\$62
0204.170	MWF 7:15-7:55pm	Jul 25-Aug 12	\$59/\$69

### Sting Ray | Ages 6-16

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

				RES/NON
0205.110	M-F/M-Th 8:30-9:10am	Jun 13-Jun 23	\$59/\$69	
0205.111	M-F/M-Th 11:50am-12:30pm	Jun 13-Jun 23	\$59/\$69	
0205.130*	M-F/Tu-Th 8:30-9:10am	Jun 27-Jul 7	\$52/\$62	
0205.131*	M-F/Tu-Th 11:00-11:40am	Jun 27-Jul 7	\$52/\$62	
0205.150	M-F/M-Th 8:30-9:10am	Jul 11-Jul 21	\$59/\$69	
0205.151	M-F/M-Th 10:10-10:50am	Jul 11-Jul 21	\$59/\$69	
0205.152	M-F/M-Th 11:00-11:40am	Jul 11-Jul 21	\$59/\$69	
0205.160	M-F/M-Th 8:30-9:10am	Jul 25-Aug 4	\$59/\$69	
0205.161	M-F/M-Th 11:50am-12:30pm	Jul 25-Aug 4	\$59/\$69	

#### Evening classes

0205.120	MWF 8:00-8:40pm	Jun 13-Jul 1	\$59/\$69
0205.140*	MWF 8:00-8:40pm	Jul 6-Jul 22	\$52/\$62
0205.170	MWF 8:00-8:40pm	Jul 25-Aug 12	\$59/\$69

### Dolphin | Ages 6-16

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

				RES/NON
0206.110	M-F/M-Th 11:00-11:40am	Jun 13-Jun 23	\$59/\$69	
0206.111	M-F/M-Th 11:50am-12:30pm	Jun 13-Jun 23	\$59/\$69	
0206.130*	M-F/Tu-Th 11:00-11:40am	Jun 27-Jul 7	\$52/\$62	
0206.150	M-F/M-Th 11:00-11:40am	Jul 11-Jul 21	\$59/\$69	
0206.160	M-F/M-Th 11:00-11:40am	Jul 25-Aug 4	\$59/\$69	

#### Evening classes

0206.120	MWF 8:00-8:40pm	Jun 13-Jul 1	\$59/\$69
0206.140*	MWF 8:00-8:40pm	Jul 6-Jul 22	\$52/\$62
0206.170	MWF 8:00-8:40pm	Jul 25-Aug 12	\$59/\$69

### Swordfish | Ages 6-16

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

				RES/NON
0207.110	M-F/M-Th 11:00-11:40am	Jun 13-Jun 23	\$59/\$69	
0207.130*	M-F/Tu-Th 11:50am-12:30pm	Jun 27-Jul 7	\$52/\$62	
0207.150	M-F/M-Th 11:50am-12:30pm	Jul 11-Jul 21	\$59/\$69	
0207.160	M-F/M-Th 11:50am-12:30pm	Jul 25-Aug 4	\$59/\$69	

#### Evening classes

0207.120	MWF 8:00-8:40pm	Jun 13-Jul 1	\$59/\$69
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### Advanced Technique Swimming (ATS) | Ages 6-16

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

				RES/NON
0208.110	M-F/M-Th 11:50am-12:30pm	Jun 13-Jun 23	\$59/\$69	
0208.130*	M-F/Tu-Th 11:50am-12:30pm	Jun 27-Jul 7	\$52/\$62	
0208.160	M-F/M-Th 11:50am-12:30pm	Jul 25-Aug 4	\$59/\$69	

#### Evening classes

0208.140*	MWF 8:00-8:40pm	Jul 6-Jul 22	\$52/\$62
0208.170	MWF 8:00-8:40pm	Jul 25-Aug 12	\$59/\$69

### Adult Beginner | Ages 16+

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

#### Evening classes

				RES/NON
0301.120	MWF 8:00-8:40pm	Jun 13-Jul 1	\$59/\$69	
0301.140*	MWF 8:00-8:40pm			

## Poway Community Park

**Location:** 13094 Civic Center Drive

### Park Hours:

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

### Information:

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

### Celebrate at Community Park!

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



## Old Poway Park

**Location:** 14134 Midland Road

### Information:

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

### Events:

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

### Sam Hinton Folk Festival

Friends, folk music, and fun will fill Old Poway Park at the FREE, Annual Sam Hinton Folk Festival. Highlights include a variety of entertaining musical performances, storytelling, music workshops, a family country dance, and an open-mic stage, all hosted by San Diego Folk Heritage.

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

#### FREE EVENTS!

**Family Day**  
 Aug 28th 1:00-4:00pm  
 Info: [www.poway.org/oldpowaypark](http://www.poway.org/oldpowaypark)

**Folk Festival**  
 July 9th 11:00am-5:00pm  
 Info: [www.sdfolkheritage.org](http://www.sdfolkheritage.org)

## Lake Poway



### Location:

14644 Lake Poway Road

### Park Hours:

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

### Fishing & Boating Hours:

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

### Information:

**(858) 668-4770** [www.poway.org/lakepoway](http://www.poway.org/lakepoway)  
 Park/Pavilion Reservations **(858) 668-4595**  
 Lake Poway Concession **(858) 668-4778**  
 Lake Poway Day Camp **(858) 668-4776**  
 Lake Poway Rangers **(858) 668-4772**

### Spring Into Camping!

What could be better than camping close to home at beautiful Lake Poway? For just \$25, set up your tent and explore the park at your own pace. Hike the numerous trails; drop a line to catch a fish; cruise the lake on a motorboat; or simply relax by your campsite and enjoy all the natural beauty that Lake Poway offers. **(5 persons per family)**

			COST
9039.402	Fri-Sat 1pm-10am	May 13-14	\$25

### Family Campouts

Calling all novice campers! Come enjoy outdoor fun in a family-friendly environment. Activities include: guided night hikes, campfire with s'mores, magic show by Extreme Rahim at 6:30pm, and pedal boating. Kiwanis club will be offering a pancake breakfast. Fees are as follows: Children 10 and under \$3, Adults and Children 11 and over \$5. Don't forget your own camping equipment, dinner supplies to barbeque, and grill/charcoal. **(Up to five persons per family)**

			RES/NON
9039.406	Sat-Sun 5pm-9am	July 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



### Night Fishing

Catfish season is back! Why not try the night bite? Stocked regularly with catfish, Lake Poway also has a thriving bass population. Watch our website for select Fridays & Saturdays this summer.



## Blue Sky Ecological Reserve

### Location:

16275 Espola Road, 1 mile north of Lake Poway Road

### Reserve Hours:

**Daily, Sunrise-Sunset**

### Information:

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

Bring your school or scout group for an outdoor nature program, or enjoy a relaxing hike with the family in this unique habitat.

### Interactive Discovery Tables

Animals and Plants of Blue Sky  
**Sunday 8:30-11:00am Jul 17 FREE**

### FREE Docent-led Nature Walks

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

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

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

**Saturdays 8:00-10:00am Jun 25 / Jul 16 / Aug 13 FREE**

### School Tours & Outreach Program

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

### Wild About California

Join us on a tour of California's wild side through its State symbols. Meet "William" our State reptile. Enjoy cookies, lemonade and a sing-along in a woodland setting. Our docent-led return hike to the trailhead will be after dark. Easy 1.25-mile hike each way. **Registration required.**

**8168.101 Sat 5:30-9:00pm Jun 18 \$3 per person**

## Poway Center for the Performing Arts

### Location:

15498 Espola Rd, Poway, CA 92064



### Hours:

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

Closed Sunday-Thursday, and major holidays.

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

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

Closed Sunday, Monday, and major holidays.

### Information:

**Administration** (858) 668-4693  
**Box Office** (858) 748-0505  
**www.powaycenter.com**  
**Buy Tickets:** [www.powaycenter.com](http://www.powaycenter.com)  
**Volunteer:** (858) 668-4795



### Upcoming Art Exhibits

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

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

**June – Momo Becissa – "Augenblik"**

For more details, visit [www.powaycenter.com](http://www.powaycenter.com).

## Sycamore Canyon Goodan Ranch Preserve

16281 Sycamore Canyon Road | (858) 513-4737

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

### May

#### Bats Alive!!

Saturday, May 7, 2016 | 10:00-11:00am

#### Star Party

Friday, May 20, 2016 | Sunset

### June

#### Movies in the Moonlight

Saturday, June 4, 2016 | Sunset

#### Night Hike

Saturday, June 18, 2016 | Sunset

### July

#### Star Party

Friday, July 15, 2016 | Sunset

## Poway Senior Center

### Location:

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

### Hours:

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

### Information:

(858) 748-6094 www.powayseniorcenter.org  
Visit us on Facebook

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

**B I N G O**

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

**Free Fun at PSC!**

**Basic Tai Chi** – Try free Tai Chi every Wednesday at 11:00am-12:00pm and 12:00-1:00pm. All are welcome. Bill Bond Room 1.

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

**Table Tennis** – Every Friday we have a Ping Pong table set up in the Bistro Room. Stop by pick up a paddle and play!!

**Wii Bowling** – Join us every Third Wednesday from 2:00 pm to 4:00 pm in the Library/Lounge area. Wii Bowling is super easy and extremely fun, no sign-up needed!

**Win at Our Monthly Opportunity Drawings!**

## Kumeyaay-Ipai Interpretive Center at Pauwai

### Location:

13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)

### Hours:

Saturdays 9:00am-12:30pm

### Information:

(858) 668-1292 www.poway.org/kiic or  
www.friendsofthekumeyaay.org

### Docents Wanted!

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

### School Tours (Thurs and Fri mornings)

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

### Artifact Illustration Class

Donna Walker, illustrator and artist, will teach an Illustration Class where students will be taught to draw various Kumeyaay style structures on the Center’s ground, along with a variety of artifacts. Handouts with sample illustrations will be provided and a guided tour of the site will be hosted by the Center’s docent. Registration begins May 17.

8160.100 Sat Jun 4 8:00am-12:00pm KIIC members \$35  
Non-members \$40

## Poway Library

### Location:

13137 Poway Road  
Poway, CA 92064

### Information:

(858) 513-2900 www.sdcl.org

### Children’s Programs

**Storytime:** Monday-Saturday at 10:30am  
**Baby Storytime:** Tuesdays at 9:45am  
**PJ Storytime:** Third Wednesday of the month at 6:30pm  
**Kids Craft Corner:** Friday at 3:00-4:00pm

### Special Summer Reading Events

**Storytime:** Monday-Saturday at 10:30am  
**Wild Wonders:** Tuesday, June 7 at 10:30am  
**Hullabaloo:** Tuesday, June 14 at 10:30am  
**Amazing Dana:** Tuesday, June 21 at 10:30am  
**Pacific Animal Productions:** Tuesday, June 28 at 10:30am  
**Capoeira Performance:** Tuesday, July 5 at 10:30am  
**USA Jump Stars:** Tuesday, July 12 at 10:30am  
**The Boo Hoo Crew:** Tuesday, July 19 at 10:30am

### Teen Programs

**Teen Lock-in:** Friday, June 10 at 6:30-9:00pm  
**Teen Tuesdays and Thursdays:** Thursdays from 4:00-5:00pm

### Adult Programs

Please see our website for a whole host of adults programs, [www.sdcl.org](http://www.sdcl.org)

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

**POWAY**  
Community Services

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

# REGISTRATION

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

There are 3 convenient ways to register for classes:

## 1. Online

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

Website:

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

## 2. Walk-In

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

Location:

13325 Civic Center Drive

Extended Hours:

Mon-Thurs 7:30am-5:30pm  
Fri 8:00am-5:00pm (Closed every other Friday)

## 3. Mail-In

Mail-in registration may be paid by check or credit card (MasterCard or VISA). Checks should be made payable to the City of Poway. Cash will not be accepted. Obtain the registration form online at [www.poway.org/classes](http://www.poway.org/classes).

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

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

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

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

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

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

### SWIM LESSON REGISTRATION

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

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

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

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

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

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

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

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

## New Faces, Same Great Service

Three new faces recently started with the City of Poway, bringing enthusiasm and expertise to key positions at City Hall. Wendy Kaserman was named Administrative Services Director, Joe Lim was announced as City Planner, and Rene Carmichael was brought on as Community Outreach Coordinator.

Kaserman will oversee the City's human resources, finance, billing, and information technology services.

"I am excited to join the City of Poway," Kaserman said. "I look forward to working with the City to deliver exceptional service to the community, while continuing our focus as good fiscal stewards of the resources we are responsible for managing."

Kaserman was the Assistant to the City Manager and Fiscal Services Manager for her hometown of San Marcos.

Lim will manage and oversee the City's planning, building, and code compliance services. Prior to joining the City of Poway, he was Interim Development Services Director for the City of Hesperia. A native of San Diego County, Lim recently moved back to the area.

"Having grown up in San Diego, this is an extraordinary opportunity for me to come back to an area that was so special to me," Lim said. "Poway's history, arts, culture, and natural beauty are truly unique and I am honored to be selected as Poway's City Planner. I am eager to work with the City Council, City management, staff, and the community as we plan for Poway's future."

Community Outreach Coordinator is a newly-created position for the City of Poway and Carmichael's primary focus will be to strengthen the City's communications with residents and businesses. She has worked as a freelance public relations professional and with the County of San Diego's communications department.

"Poway is a genuinely wonderful community that I've been connected to most of my life," Carmichael said. "I'm looking forward to helping the City share its story."



Wendy Kaserman – Administrative Services Director



Joe Lim – City Planner



Rene Carmichael – Community Outreach Coordinator



## Public Works Week: May 15 to May 21



Poway Road, Silverset Park, Community Park Senior Center, Boca Raton Reservoir, and Camino De Valle Wastewater Lift Station; what do they all have in common? They are all repaired and maintained by employees of the City of Poway's Public Works Department. These employees carry out a wide variety of skilled work throughout the City. They do everything from managing Lake Poway's water levels to fixing our fire apparatus. Every year, the men and women that perform these functions are celebrated during National Public Works Week, which runs throughout the week of May 15. These employees accomplish a great deal for the City on a daily basis, some of which goes unnoticed by the general public.

Public Works had a very productive year in 2015. Water Utilities crews installed approximately 360 water meter transponders to allow for remote meter reading. This drastically improved efficiency for hard-to-reach meters and increased employee safety. The Streets Maintenance Division completed its 2015 Annual Pavement Maintenance road repair and resurfacing program in Zone 6, which includes: Stone Canyon Road, Martincoit Road, and Pomerado Road.

This not only helps keep our streets in good working order, but also helps keep long-term costs down by repairing streets rather than full replacement. Poway's pavement condition is one of the best in the region and represents a significant City investment. Additionally in 2015, the City's Storm Water division was able to complete the replacement of seven corrugated metal pipes in Zone 6. This ensures the unimpeded flow of rain water during storms. The City's Parks crews also removed more than 236,000-square feet of passive-use grass at City parks and facilities. This was a significant accomplishment where the project was completed under budget and saved the City an estimated eight-million gallons of potable water annually.

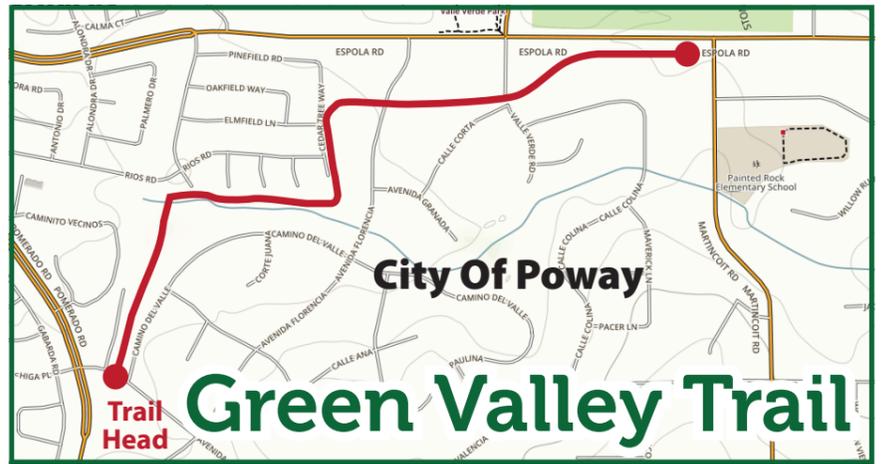
While this was just a snapshot of a fraction of the work that was done, it is important to know that Public Works is a 24/7 department and can be reached at (858) 668-4700. These dedicated employees work hard to keep the City's infrastructure safe and operational. So, during this year's Public Works week, we thank them for their service to our great City.

## Summer Wanderlust?

### Try A Walk Along Green Valley Trail

When asked to recollect a favorite or most memorable Poway trail hike, many trail aficionados might mention a perfect day atop Iron Mountain or the Lake Poway loop hike that ended with a picnic or barbeque at

Pomerado Road. Bordered by homes, the scenery along the trail includes a creek, trees, and horse corrals. As you progress along the trail, it crosses Avenida Florencia and eventually parallels Espola Road, then



the park. But for a few of us, a simple meandering walk along the Green Valley Trail is a favorite pastime.

Green Valley is the residential area located in north Poway, south of Espola Road. The City maintains the Green Valley Trail, which begins near Pomerado Road at Avenida La Valencia and terminates at Espola Road near Martincoit. You will see the trail on your left when you are on Avenida La Valencia a couple hundred yards in from

wraps up on Martincoit Road. From there, you can turn around and trace your way back along the path to complete your walk in less than one hour. The trail would be considered mild for hikers and mountain bikers as there is very little change in elevation, but equestrians consider it paradise as the trails are wide and shady. A trip along Green Valley Trail might be just the cure for a little summer wanderlust!



Steve Jobs and Steve Wozniak got their start by building computers in a garage. Harley Davidson was founded in 1903 by William S. Harley and Arthur Davidson who built their "motor bicycle" in their friend's shed in Milwaukee. Amazon.com was founded by Jeff Bezos in 1994 as an online bookstore in a Seattle garage. In 1923, Walt and his brother Roy moved in with their uncle and set up "The First Disney Studio" in a one-car garage where they started filming the Alice Comedies, which was part of the original Alice's Wonderland. Every company gets its start somewhere. No matter how humble the beginning, a business' potential is only limited by the imagination.

Why not start your business in Poway? That is exactly what web developers, Sean Gailey and Tim Norris, did. J!NX was founded in Gailey's Poway home in 1999. A coder and artist, Gailey was literally making shirts with a Sharpie marker. Occasionally, he would sell one, right off his own back. Spending all that time shirtless probably gave him time to think, and like so many before him, he decided to give the whole t-shirt company thing a-go.

"We began in my 10'x10' second bedroom. Every morning, I moved all the boxes that cluttered the room to my family room, worked for the day then moved all the boxes back in. I was surrounded by t-shirts, day and night. The smell of cardboard still occasionally makes me feel ill. We shipped nine orders a day and we were focusing on how to get to ten," says Gailey.

Fast forward to today. J!NX has greatly expanded its clothing line to include jackets, pants, hats, socks, and even underwear, and occupies two buildings in the Poway Business Park. They have also branched into

products such as plush, collectibles, board games, mugs, action figures, building sets, and toys. Through licensing agreements, J!NX produces the official product lines of the most popular video games currently on the market. This includes Minecraft, Star Wars: the Old-Republic, World of Warcraft, Diablo, Heroes of the Storm, and Starcraft.

"J!NX lives and breathes gaming culture. We pride ourselves on not only what we love, but how much we love it. Video games are not just something we do, they are woven into who we are," according to Gailey. J!NX' online community has over 600,000 members. They also hire gamers to maintain its links with the gaming community. The gamer attitude is clearly displayed on their website where they refer to themselves as "geeks making geek stuff... we're gamers... we're geeks... we make clothing... we get weird."

Recognized as an up-and-coming business, much of its talent is drawn from the emerging millennial workforce. J!NX was recently asked to participate in the North San Diego Economic Development Council's Third Annual Economic Summit where they shared their insight on work, housing, transportation, and the quality of life in the North County. Human Resources Manager, Tony Davis, explained the types of job skills they look for along with the housing and transportation issues their employees have to deal with. The event was attended by more than 400 businesses. A window to the future workforce? Perhaps. It is clear, however, that J!NX – which was founded on art and design – has found success as a business in the City of Poway rubbing elbows with some of the largest companies in San Diego County.

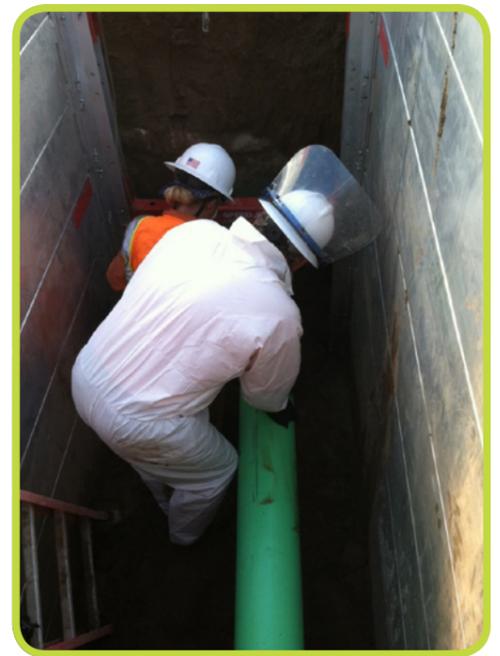
# A Trip Down the Sewer Pipe

You are washing your hands and you see the water going down the drain. But, where does that water go? The wastewater system that lies beneath our homes and streets is much more complex than one might initially think. When wastewater goes down your drain, it enters into your property's sewer lateral system and then flows to one of the City's more than 185 miles of sewer mainlines. Depending on your location, wastewater can be collected at one of our five sewage lift station basins, which are called wet wells. These basins hold wastewater until it reaches a set elevation level and the pumps turn on. Once the pumps kick on, wastewater is pumped through one of our five pressure mains until it reaches a gravity main and can begin to flow from gravity. As sewer mains begin to converge and collect, the size of the sewer mains grows. The majority of the City's wastewater flows through the main on Poway Road, which is the largest City sewer main at over 30 inches in diameter.

The City of Poway does not treat its own wastewater. It is a member of the Metro Wastewater Joint Powers Authority, a coalition of municipalities and special districts that use the City of San Diego's wastewater treatment facilities. Once Poway's wastewater hits City of

San Diego facilities, near Springhurst Drive, the process is taken over by San Diego. Wastewater flows through an additional 21 miles of pipes and is pumped through two more lift stations before it reaches its final destination, the Point Loma Wastewater Treatment Plant. The plant has a treatment capacity of more than 240-million gallons daily and is San Diego's main wastewater treatment plant. Once wastewater enters the plant, it passes through screens to remove materials such as, wood, plastic, and toys, which interfere with the treatment process. Wastewater then flows into grit removal tanks, where heavy inorganic particles such as, gravel, coffee grounds and eggshells settle to the bottom. Following grit removal, wastewater is pumped into sedimentation tanks where organic solids settle to the bottom of the tanks and oils float to the surface. Chemicals are then added to the wastewater to help waste particles bond together in large enough mass to settle out. After one more screening, the treated wastewater is now ready to be discharged.

Next time that water goes down your sink, you'll know what happens to it.



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Leave the driving to Cloud 9 SuperShuttle! The City of Poway and Cloud 9 SuperShuttle have an agreement offering Poway residents affordable service to San Diego International Airport, the San Diego Cruise Ship Terminal, and the Santa Fe Depot Train Station in downtown San Diego.

Poway residents living in the 92064 zip code will receive a 10% discount by entering the code POWAY at the time of making a telephone or online roundtrip reservation.

For information or to make a reservation, call (858) 974-8885.

## A New Look for an "Old-Fashioned" Kitchen

Old Poway Park is "where history comes to life." Templars Hall, the Nelson House, and the Porter House each bring a rich history to the park. So what happens when compliance with ADA regulations requires significant changes to the interior of one of these beloved buildings. The City of Poway embraces the opportunity!

The Porter House kitchen has received a completely new and improved look due to required updates to comply with the Americans with Disabilities Act, as well as current State building codes. Updated with checkerboard flooring, handmade cabinetry, and beautiful tilework, the project created a purposeful remodel that is attractive and accessible for everyone. With specific attention to detail, the City of Poway ensured that all modern upgrades were completed while preserving the vintage look the Porter House is known for.

Old Poway Park is a wonderfully-unique place to celebrate life's special moments, including weddings, showers, birthday parties, and other milestone events. If you would like to incorporate one of its historic facilities into your next event, please visit our website at [www.poway.org](http://www.poway.org) or contact the Community Services Department for more information at (858) 668-4580.



## Lighten the Load!

### Free Document Shredding Event

If you are wondering what to do with an avalanche of sensitive paper that has piled up, consider stopping by the upcoming, community shred event. As a courtesy to residents, EDCO will be providing a free shredding event on Saturday, May 21, 2016, from 9:00am to noon at the City's Household Hazardous Waste Disposal Facility (12325 Crosthwaite Circle). Your household may bring up to two bankers boxes full of paper. Documents you might consider shredding would be confidential items, such as medical records, tax forms, and bank statements. If you have additional questions about the event, please call EDCO's customer service line at (858) 748-7769.

**EDCO**  
[www.edcodisposal.com](http://www.edcodisposal.com)  
"We'll Take Care of It"

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Local Business Success - J!NX

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

# POWAY Events THIS SUMMER

## Community Band Festival and Arts & Crafts Market

May 21 – 9:00am to 7:00pm and  
May 22 – 10:00am to 7:00pm | Old Poway Park

## Old-Fashioned Fourth of July

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

## July 4th Fireworks

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

## Summer Concert in the Park Series

Sundays, June 26-August 14, 5:30-7:00pm | Lake Poway & Old Poway Park

## Outdoor Movie-in-the-Park Series

Saturdays, June 18, July 2, July 16, July 30, & August 13 at Sunset | Poway Community Park & Swim Center & Old Poway Park



4th of July Fireworks Celebration!

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