

# POWAY Today



A Quarterly Municipal Newsletter for the Residents of Poway, California

Fall 2016



## Poway Recognized Among the Safest Cities in California!

### Our Community Retains the Title of San Diego County's Safest City

The City of Poway was recently named the 16th safest city in California by Safewise, an organization that annually rates the 50 safest cities in states around the country. The 2016 ranking, which was announced in June, is a 10-spot jump up from #26 in 2015.

The 50 Safest Cities in California list is based on FBI crime data and population statistics. Only cities with 11,000 residents or more are evaluated. Final ratings evaluate reported crimes occurring per 1,000 people in each city, for both violent crimes and property crimes.

Poway is no stranger to earning accolades for its safety. Poway was named the safest city in San Diego County in a report released by the San Diego Association of Governments in March. It was based on 2015 FBI statistics that stated the city's crime rate at 11.34 crimes per 1,000 population.

Providing a safe environment for its residents and businesses are top priority for city leaders; it's an integral part of the city's strategic plan released last year as well as the city's mission statement.

## POWAY Today – Transitioning to a NEW FORMAT

Starting with our winter issue, expect some changes to our Poway Today publication! The current printed edition is transforming to a recreation guide and will continue to be a one-stop source for the City of Poway's recreation classes and community events. The rest of the news that you typically see will be transitioning into a monthly e-newsletter from the City Manager's office.

Our new recreation guide will have a fresh look and format, but will continue to be mailed to Poway residents and businesses. To stay connected with city news, sign up for the e-newsletter through the "Notify Me" function on the Poway website ([www.poway.org](http://www.poway.org)).



## El Nino Rains = Increased Wildfire Risks



**Be Prepared!** A comprehensive list of tips to prepare your home and property for a wildfire is available at [www.poway.org](http://www.poway.org) (search "fire safety")

This year's milder-than-expected El Niño may have spared San Diego County from extensive flooding and storm damage, but it still left its mark. The winter and spring rains brought enough moisture to the area to spur the growth of what could potentially be highly-flammable vegetation in late summer – perfect fuel for wildfires.

According to the Poway Fire Department, the build-up of natural fuel beds and flash fuels have made today's wildfires harder to control, expensive to suppress and a threat to the lives

of both firefighters and the people they are trying to protect. Minimize the potential impact of a wildfire by focusing on these three areas:

- **Create and maintain a landscape that will make your home less vulnerable to wildfires.**
- **Use construction materials that are ignition resistant, fire resistant or non-combustible whenever possible.**
- **Provide for defensible space by making your property easy for emergency responders to locate and access.**

### Safeguard Your Home

Construction materials and the quality of the defensible space surrounding a home are what gives it the best chance to survive a wildland fire. You don't need to undertake a major remodel to increase your home's – and possibly your family's – safety and survival during a wildland fire.

#### Inside

Keep working fire extinguishers on hand. Install smoke alarms and carbon monoxide detectors on each level of your home and near bedrooms. Test them monthly and change the batteries twice a year.

#### Garage

Have a fire extinguisher and tools such as a shovel, rake, bucket and hoe available for fire emergencies. Store all combustibles and flammable liquids away from ignition

For more information, print out the "Ready Set Go" brochure at [www.poway.org](http://www.poway.org)

sources. Clear pine needles, leaves and other debris from your roof and gutters. Cut any tree branches within ten feet of your roof.

#### Rain gutters

Screen or enclose rain gutters to prevent accumulation of plant debris.

#### Eaves

Box in eaves with non-combustible materials to prevent an accumulation of embers.

#### Vents

Cover vent openings with 1/8 inch metal mesh. Attic vents in eaves or cornices should be baffled or otherwise protected (mesh is not enough).

#### Water Supply

Have multiple garden hoses that are long enough to reach any area of your home and other structures on your property.

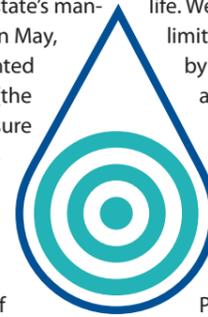
## Poway Beats State Water Use Target

You did it, Poway! Because of your conservation efforts, we have beaten the state's mandatory water conservation target. In May, residents conserved an unprecedented 42 percent compared to May 2013 (the base year used by the state to measure compliance). Collectively, residents and businesses have saved 29.3 percent since June 2015, beating Poway's state mandated target of 24 percent.

As we enter a fifth straight year of drought conditions, it is clear that we must

make water conservation a permanent way of life. We need to continue focusing efforts on limiting how much water we use outdoors by embracing drought tolerant plants and high-efficiency irrigation.

"It's no surprise that residents and businesses in Poway rose to the occasion," said Dan Singer, Poway's city manager. "Whatever the emergency is, whether it's wildfires, El Nino flooding or this drought – Poway residents band together and meet the challenge head on."



### This Issue:

#### Organics Recycling

Reduce organic waste and improve your soil's water retention through composting.

pg. 2



#### Vegetation Management

Stay safe during wildfire season by reducing brush and minimizing fire hazards.

pg. 2

#### Diner Dreams

Opening a new eatery? Optimize the odds for a successful dining business with these helpful tips.

pg. 15



#### 'I Believe in Poway'

Your support and our business partnerships continue to enhance our community.

pg. 16



## Annual Programs Focus on Minimizing Fire Hazards for Residents

The City of Poway is no stranger to wildfires and the devastation they can cause in communities that co-exist with abundant open space. With the goal of keeping residents safe by minimizing fire hazards, the city is in the midst of two annual programs aimed at eliminating "fire fuels" and creating defensible space.

The city's Vegetation Management Program focuses on keeping tall weeds, dry grasses, dead shrubs, and dead trees under control to minimize fire hazards during the dry season (typically May through November). The program is specific to pre-identified properties in the annual program managed by the city's Development Services Department. The program allows property owners the choice of completing the maintenance themselves or requesting that the city complete it with the cost paid through annual property taxes.

The Wildfire Defensible Space Program allows city staff to work in partnership with property owners to develop a plan to lessen the risk of wildfire and comply with environmental guidelines. The program's purpose is to save homes during wildfires by creating what is often referred to as "defensible space."

It targets reducing highly flammable chaparral species and annual weeds within 100 feet of all structures.

Property owners notified by the city are required to complete the vegetation reduction within 30 days and are given access to information (including a map of their property, informational pamphlets and a DVD video regarding the program's requirements) and a list of

contractors available to assist in this type of work. They can also request a home assessment with city staff to create a detailed checklist to help residents determine the steps necessary to safeguard their property.

### Know Your Native Habitats

Properties in Poway have several native habitats that are home to a number of federally protected, sensitive, rare, threatened and endangered plant and animal species. Native vegetation includes, but is not limited to, grassland, sage scrub, chaparral, and wetlands.

Vegetation management within native habitat areas may be limited. When in doubt, contact the city at (858) 668-4664 for help in identifying areas on your property that you may need to avoid.

### For More Information

Visit [www.poway.org](http://www.poway.org) to learn more. Search "Vegetation Management" to learn about the annual vegetation management program. Search "Wildfire" to learn about creating defensible space on your property.



## Fire Department Promotions Reflect New Leadership Structure

In March, the Poway City Council approved new positions in its Safety Services department as part of a leadership restructure to better meet the needs of the city and reflect current industry standards. The new structure included the creation of a deputy fire chief position and the reclassification of three division chief positions to battalion chiefs. On May 19 the department celebrated its reorganization by honoring the employees promoted.

"The reorganization will take our organization from good to great," said Fire Chief Mark Sanchez. "It will improve emergency response, maintain effective program delivery and high level of services; implement succession planning to ensure we attract and retain high quality employees; and enhance regional partnerships for mutual aid and resource sharing."

Deputy Fire Chief Jon Canavan assumed his new role on April 11. Canavan, who joined the Poway fire department in 2003, was formerly a division chief and played a leadership role in the department's training, disaster preparedness, fire prevention, operation and administration.

The three new positions of fire battalion chiefs were filled by three of Poway's fire captains: Scott Post, Brian Mitchell and Ray Fried.

## DOs and DON'Ts of Managing Vegetation

- **DO cut weeds by mowing or weed whipping. Weeds and grasses should be cut low to the ground and removed, while leaving the roots intact to prevent erosion.**
- **DON'T use a spray weed killer to eliminate vegetation, as it leaves an abundance of dried weeds that create a fire hazard.**
- **DON'T use disking to remove weeds. Because of recent restrictions placed by the State Regional Water Quality Control Board, disking is no longer an acceptable method of vegetation management.**
- **DO remove dead shrubs and trees from the property.**
- **DO make sure that anyone using mechanical equipment to remove vegetation has immediate access to an operable water-filled fire extinguisher.**

## Water Wise Optimized Library Landscape Project to Net Significant Water Savings

The landscape at the Poway Community Library is undergoing a dramatic transformation that is expected to save more than 570,000 gallons of water a year. In May, approximately 16,000 square feet of turf was removed to make way for a modified irrigation system and drought tolerant plants and shrubs.

The library landscape project was designed using water wise California native plants, which are conducive to the climate and soils found in Poway, and uses Verde Buffalo Grass, known for stabilizing sloped terrain. Since a portion of the area functions as a stormwater detention basin, a decomposed granite path was designed to provide access to the basin in the event of a major storm event.

This project helps Poway permanently reduce water use and position the city as a good steward of water resources in the future.

The project is expected to cost just over \$137,000 and reduce the library's outdoor water use by 44 percent. The new landscape should be finished by the end of September.



A consultant's drawing of what the front of the Poway Library might look like following renovation of the the landscaping.



## Poway Announces Appointment of Nancy Neufeld as City Clerk

Poway's new city clerk, Nancy Neufeld, is a familiar face who started her career in public service with the city just a few years after it incorporated.

"I feel like I've come full circle," Neufeld said. "I left Poway for family reasons and never dreamed I'd have this opportunity to come back. It's exciting to see the changes that have happened in this city while I've been away and to have the chance to be a part of its future."

Neufeld was the deputy city clerk with the City of La Mesa before returning to Poway. As city clerk, she provides the link between citizens and government by coordinating the legislative process, administering city elections and ensuring that public records are preserved, archived and accessible to the public. The clerk also acts as a compliance officer for federal, state and local statutes, including the Political Reform Act, the Brown Act and the Public Records Act.

Poway Assistant City Manager Tina White said, "We are excited to have Nancy return to Poway. She possesses all the attributes of an ideal city clerk – strong management, interpersonal and communication skills. She is passionate about working in public service, providing exceptional customer service and promoting open government."

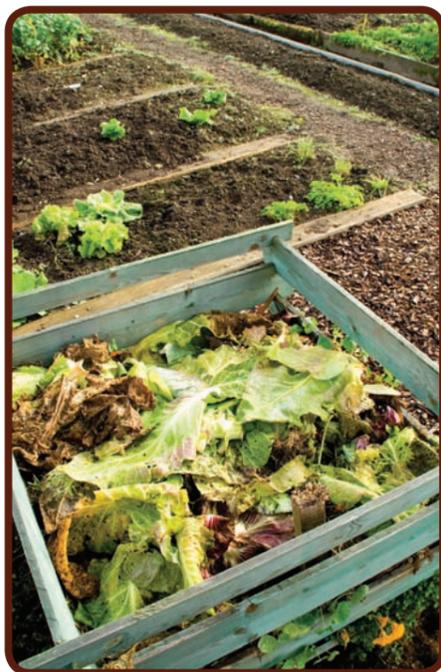
## Organics Recycling – How You Can Help!

California landfills receive over six million tons of food scraps each year. Keeping as much of that as possible out of landfills will go a long way toward helping the state reach an ambitious goal of 75 percent recycling, composting or source reduction by 2020.

Beginning April 1, 2016, businesses, including apartments and condominium complexes (with waste of 8 cubic yards or more), are required to recycle organic waste. This includes green waste and food scraps. Residents can help businesses meet this goal by doing these four simple things.

**Prevent Food Waste:** Only buy what you need, when you need it. This not only keeps unused food out of the landfill, it saves you money.

**Donate Edible Food:** Keep a close eye on your edible foods and donate items you aren't going to use before they expire. It helps your neighbors and reduces clutter in your cupboards.



**Compost Non-Edible Food:** Use your leftovers to feed your soil through composting. Fertile soil requires less water so you're helping the environment in more than one way.

**Glean What You Don't Need:** A practice from the past is back in fashion - volunteers from nonprofit groups will glean excess fruit from your trees to donate to a food bank.

### What are the effects of this law?

Landfill gas created by decomposing organic wastes is a significant source of greenhouse gas. This law helps California achieve its aggressive recycling and greenhouse gas emission goals and address climate change. Despite the state's robust and traditional recycling infrastructure, organic materials (yard trimmings, food scraps and soiled paper) make up 41 percent of the remaining waste stream. Redirecting these resources to composting and digesting operations will save landfill space, generate energy, reduce emissions, and restore soils.



# POWAY

## Community Services

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

# Fall 2016

Registration begins **AUGUST 2**

## 2016 SUMMER CONCERT SERIES

**F**REE family fun and great tunes continue into the fall. Join us on Sundays from 5:30-7:00pm. New this year: Food trucks will be available to serve you at Lake Poway!

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

Date	Location	Performer	Musical Style
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



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

Date	Location	Movie
July 16	Community Park	Inside Out
July 30	Old Poway Park	Newsies
August 13	Poway Swim Center	Zootopia

**All Movies are FREE to Attend!**

## OLD-FASHIONED FAMILY DAY

Step back in time, relax, and play at Old Poway Park with your family in August. We look forward to seeing you at this free event!

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

Date	Event	Time
Aug 28	The First Olympic Games	1:00pm-4:00pm

**FREE!**

## Rendezvous in Poway

Visit over 15 living history encampments demonstrating life during California's turn-of-the-twentieth-century and civil war eras. Meet real cowboys, pioneers, mountain men and women, fur traders, gunslingers, and soldiers. Hop aboard the train, watch gun-fighting demonstrations, view handmade items for sale at the Boardwalk Craft Market, and pan for gold in a unique way near the banks of Rattlesnake Creek. Information: [www.poway.org/oldpowaypark](http://www.poway.org/oldpowaypark) or (858) 668-4576.



### RENDEZVOUS ACTIVITIES

Saturday, Oct 1, 10:00am-4:00pm

Sunday, Oct 2, 10:00am-2:00pm

**FREE for ALL AGES!**

### RENDEZVOUS IN POWAY EDUCATIONAL TOURS

Let your students LIVE history on Thursday, September 29 and Friday, September 30. Groups of 20 or more are invited to participate in a one-of-a-kind, interactive, hands-on learning experience. Visit historical encampments, see model railroad displays, take a ride aboard the Poway Midland Railroad, and pan for gold with a unique twist that will provide water conservation education. Advance registration is required and space is limited. For information or to schedule a tour, call (858) 668-4576.

100% POWAY  
est. 1980

**AUTHENTIC**  
**PREMIUM QUALITY**



## ONCE UPON A HALLOWE'EN



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

The Old Poway Park Action Committee proudly presents Once Upon a Hallowe'en on Sunday, October 30, from 5:30 to 8:30 pm. Celebrate Halloween in a distinctly different way at this family-friendly event. Take a ride aboard the "Halloween Express", participate in a carved pumpkin contest for a nominal fee, enjoy storytelling in Templars Hall, visit the "cemetery" and haunted house, play carnival-type games, and enjoy spooky Hallowe'en crafts plus tasty treats. Information: [www.poway.org/oldpowaypark](http://www.poway.org/oldpowaypark) or (858) 668-4576.

## A BIG thank you to our I Believe in Poway Sponsors

### 2016 Summer Movies in the Park Series

General Atomics Aeronautical  
Kind Healthy Snacks  
Soccer Shots

### 2016 Summer Concerts in the Park Series

Cymer  
Marrokal Design & Remodeling  
Toyota of Poway  
Country Montessori School of Poway

### 4th of July Fireworks

EDCO  
Walter Andersen Nursery  
Kaminski's

**Old-Fashioned Fourth of July**  
The Hamburger Factory  
Lynn Wolsey Graphic Design



You can support this amazing City and help us create community!  
[www.poway.org/ibelieveinpoway](http://www.poway.org/ibelieveinpoway)

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

Blue Sky comes alive after dark! Meet the canyon's "wildlife" (docents dressed in animal costumes) up close! Groups will leave at 15-minute intervals, between 5:30 pm and 7:15 pm, and tours last approximately 75 minutes. End the evening with a cup of hot chocolate! Register online at [www.poway.org/classes](http://www.poway.org/classes) on or after August 2.

8169.200	Sat 5:30pm	Oct 22	\$5/person
8169.201	Sat 5:45pm	Oct 22	\$5/person
8169.202	Sat 6:00pm	Oct 22	\$5/person
8169.203	Sat 6:15pm	Oct 22	\$5/person
8169.204	Sat 6:30pm	Oct 22	\$5/person
8169.205	Sat 6:45pm	Oct 22	\$5/person
8169.206	Sat 7:00pm	Oct 22	\$5/person
8169.207	Sat 7:15pm	Oct 22	\$5/person



# HOOT, HOWL & PROWL!



## Children's Activities

### NEW! Tiny Tots | Ages 3-5

Our early childhood education program is designed to offer young children valuable learning skills through play, songs, games, structured learning, circle time, and crafts in a fun and engaging atmosphere! Participants will learn concepts such as letters, numbers, beginning writing and math skills, social skills, and more! All participants should be fully potty-trained and able to participate independently by the first day of class. Please pack a light snack and drink for your child each day.

**Instructor:** Charlene Donovan

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

**No Class:** Nov 22 & 24

			RES/NON
4011.200	T/Th 9:00am-12:00pm	Sep 13-Oct 6	\$185/\$195*
4011.201	T/Th 9:00am-12:00pm	Oct 11-Nov 3	\$185/\$195*
4011.202	T/Th 9:00am-12:00pm	Nov 8-Dec 8	\$185/\$195*

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



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

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

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

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

			RES/NON
4011.210	Mon 10:00-10:45am	Sep 12-Oct 3	\$52/\$62
4011.211	Mon 10:00-10:45am	Oct 10-Oct 31	\$52/\$62
4011.212	Mon 10:00-10:45am	Nov 7-Nov 28	\$52/\$62

### Spanish for Preschoolers | Ages 3-5

¡Hola Amigos! Did you know that preschool age is the perfect time for language acquisition? This class is designed to tap into your child's natural sense of curiosity and energy as they learn Spanish through song, movement, play, art, and stories! Each week, we will explore components of the Spanish language with a variety of themed sensory and interactive learning activities. Through this fun and play-based class, participants will walk away with a solid foundation of a new language that they can build upon for years!

**Instructor:** Christine Martinez

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

			RES/NON
4011.203	Fri 10:00-11:10am	Sep 16-Nov 18	\$115/\$125*

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



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

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

**Instructor:** Poway Gymnastics

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

**No Class:** Nov 17, 19, 24 & 26

			RES/NON
2312.200	Thu 10:45-11:15am	Sep 15-Dec 15	\$161/\$171*
2312.201	Sat 8:30-9:00am	Sep 17-Dec 17	\$161/\$171*

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

### Soccer Shots Minis | Ages 2 to 3

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

**Instructor:** Soccer Shots

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

**No Class:** Nov 26

			RES/NON
2443.202	Sat 9:00-9:30am	Sep 17-Dec 10	\$180/190*
2443.203	Sat 10:25-10:55am	Sep 17-Dec 10	\$180/190*
2443.204	Tue 5:20-5:50pm	Sep 13-Nov 29	\$180/190*

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

### Soccer Shots Classic | Ages 3-6

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

**Instructor:** Soccer Shots

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

**No Class:** Nov 26

			RES/NON
2443.200	Sat 9:35-10:20am	Sep 17-Dec 10	\$180/190*
2443.201	Tue 4:30-5:15pm	Sep 13-Nov 29	\$180/190*

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

## Kid's Night Out

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

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

**Instructor:** Community Park Staff

**Location:** Community Park, Auditorium

8432.200	Fri 4:30-9:00pm	Sep 2	\$5/participant
8432.201	Fri 4:30-9:00pm	Oct 7	\$5/participant
8432.202	Fri 4:30-9:00pm	Nov 4	\$5/participant
8432.203	Fri 4:30-9:00pm	Dec 2	\$5/participant

## Teen Night Out



### New! Teen Luau | Grades 6th-9th

Not ready to say aloha to summer? Neither are we! Join us for one more night of island-style fun under the stars! Grab you Hawaiian shirts and grass skirts, then hula on over to the Swim Center for a luau of mythical proportions! Mack out on ono (good food), try not to wipeout on our gnarly inflatable obstacle course, go banzai challenging your friends to cannonball contests, and more! The sun may be setting on summer, but it's not setting on FUN! For more information or to register now, call (858) 668-4671. **For more information or to register now, call (858) 668-4671.**

**Location:** Poway Swim Center

Sat	4:30-8:30pm	Sep 17	FREE
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### Teen Glow-in-the-Dark Dodgeball | Grades 6th-9th

What's better than playing dodgeball? Playing glow-in-the-dark dodgeball, of course! Bring yourself and your friends and get ready for some glow-in-the-dark fun with dodgeball, music, delicious treats, prizes, and more! **For more information or to register now, call (858) 668-4671.**

**Location:** Meadowbrook Gymnasium

Sat	4:30-8:30pm	Oct 22	FREE
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### NEW! Teen Excursion: Get Air | Grades 6th-9th

Who's ready to catch air? How about MONSTRO air? You'll do that and more when you join us for a bounce-tastic evening at Get Air Trampoline Park! Flip head over heels into foam pits, test your stealth and agility on the ninja course, take on your friends in an extra bouncy game of dodgeball, and so much more! Whether you're mastering the slackline or literally jumping heads and shoulders above your friends, you'll bounce your way to a crazy good time! **Required: Purchase grip socks for \$3 cash or provide your own.**

**Location:** Get Air-12160 Community Road

8432.210	Sat 5:30-8:30pm	Nov 19	Fee/participant \$10
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## Dance | Youth & Teen

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



**Dance Production: Nutcracker Follies! | Ages 5-18**  
Be a part of our annual The Nutcracker Follies! What a wonderful way to celebrate the season! We'll learn dances to classical "Nutcracker" music using a child-friendly version of this celebrated story. The Nutcracker Follies! will be performed on Tuesday, Dec. 13 at 6:30 p.m. in the Community Park Auditorium. An additional school-day performance will be scheduled in early December. No tickets are required. Costumes are ordered in October and paid for by enrollees. Wear dance attire and ballet or jazz shoes to class. Role assignments and a practice schedule will go home the second week of class.

**Instructor:** Debhora & Kellie Childress:  
www.MsDeborasDanceForChildren.com

**Location:** Community Park, Auditorium  
**No Class:** Nov 22

5111.214	Tue 6:15-7:30pm	Sep 20-Dec 6	RES/NON \$75/\$85*
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\* \$15 materials fee due first day of class



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

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

**Instructor:** Debhora Childress:  
www.MsDeborasDanceForChildren.com

**Location:** Community Park, Auditorium

5111.200	Mon 10:00-10:45am	Sep 12-Dec 5	RES/NON \$108/\$118
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### Tap & Ballet | Ages 3-18

Tap dance is one of the most joyful, active, and theatrical forms of dance around! Look out, Broadway! We dance to great tunes while learning tap technique, rhythm, coordination, and showmanship in a progressive, creative, fun-filled, and musical environment. The beautiful art of basic ballet technique is also included! Classes are offered at multiple skill and age levels and progress with continued enrollment. Dance attire, leather ballet slippers, and tap shoes are required.

**Instructor:** Debhora Childress:  
www.MsDeborasDanceForChildren.com

**Location:** Community Park, Auditorium

**No Class:** Nov 21 & 24

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



### Princess Ballet for Kids | Ages 3-12

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

**Instructor:** Kellie Childress-Nichols:  
www.MsDeborasDanceForChildren.com

**Location:** Community Park, Auditorium

**No Class:** Nov 26

<b>Ages 3-5</b>			RES/NON
5121.200	Sat 9:00-9:45am	Oct 8-Dec 10	\$80/\$90
<b>Ages 6-8</b>			
5121.201	Sat 9:45-10:30am	Oct 8-Dec 10	\$80/\$90
<b>Ages 9-12</b>			
5121.202	Sat 10:30-11:15am	Oct 8-Dec 10	\$80/\$90



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

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

**Instructor:** Kellie Childress-Nichols:  
www.MsDeborasDanceForChildren.com

**Location:** Community Park, Auditorium

**No Class:** Nov 22

<b>Ages 7-12</b>			RES/NON
5121.207	Tue 4:30-5:15pm	Oct 4-Dec 6	\$80/\$90
<b>Ages 13-18</b>			
5121.208	Tue 5:15-6:00pm	Oct 4-Dec 6	\$80/\$90



### Kid's Hip Hop Dance



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

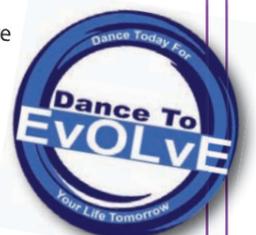
This fun, high-energy hip hop and breakdancing class will definitely have you movin' to the beats. Learn to let loose while developing confidence, coordination, musicality, and listening skills. No need to be intimidated ... this class is great for those who want to enhance their creativity. All music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

**Instructor:** Dance to EvOLVE:  
www.dancetoevolve.com

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

**No Class:** Sep 28 & Nov 23

<b>Beat Breakers &amp; Hip Hop Ages 4-7</b>			RES/NON
5131.200	Wed 3:45-4:40pm	Sep 14-Oct 26	\$94/\$104
5131.201	Wed 3:45-4:40pm	Nov 2-Dec 14	\$94/\$104
5131.202	Wed 3:45-4:40pm	Sep 14-Dec 14	\$178/\$198
<b>Hip Hop Ages 8-12</b>			
5131.203	Wed 4:45-5:40pm	Sep 14-Oct 26	\$94/\$104
5131.204	Wed 4:45-5:40pm	Nov 2-Dec 14	\$94/\$104
5131.205	Wed 4:45-5:40pm	Sep 14-Dec 14	\$178/\$198



## Creative Arts

### Best of Broadway – Aladdin Musical Review | Ages 7-14

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

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

**No Class:** Sep 29

6182.234	Thu 4:00-5:30pm	Sep 15-Nov 17	RES/NON \$135/\$145*
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\* \$20 materials fee due first day of class



### Musicstar® Beginning Piano/Keyboard | Ages 8-15

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

**Instructor:** Creative Brain Learning Staff

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

**No Class:** Oct 31

6182.250	Mon 5:00-5:50pm	Sep 12-Oct 10	RES/NON \$66/\$76*
6182.251	Mon 5:00-5:50pm	Oct 17-Nov 21	\$66/\$76*

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

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

## Health & Wellness

Information: [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:** Poway Swim Center

**No Class:** Oct 12

**5500.201 Wed 6:00-7:00pm Sep 14-Nov 16 RES/NON \$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, Activity Rooms I & II

**No Class:** Nov 22

**5417.201 Tue 6:00-7:00pm Sep 13-Dec 13 RES/NON \$117/\$127**



### 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, Activity Rooms I & II

**No Class:** Nov 24

**5417.202 Thu 6:00-7:00pm Sep 15-Dec 15 RES/NON \$117/\$127**

### Tai Chi 24-Forms | 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, Templars Hall

**No Class:** Oct 14, Nov 25 & Dec 9

**Beginner 5417.211 Fri 10:00-11:30am Oct 7-Dec 16 RES/NON \$110/\$120**

**Intermediate 5417.212 Mon 7:15-8:00pm Oct 3-Nov 21 \$55/\$65**

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

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

**Instructor:** Cheri Hotalen

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

**No Class:** Oct 13, Nov 24 & Dec 8

**5417.213 Thu 10:00-11:30am Oct 6-Nov 3 RES/NON \$55/\$65**

**5417.214 Thu 10:00-11:30am Nov 10-Dec 15 \$55/\$65**

### Beginning 18-Form Tai Chi | Ages 17+

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

**Instructor:** Cheri Hotalen

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

**5417.215 Mon 6:00-7:15pm Oct 3-Nov 21 RES/NON \$95/\$105**



### Tap Dance for Adults | Ages 18+

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

**Instructor:** Debbora Childress:

[www.MsDebborasDanceForChildren.com](http://www.MsDebborasDanceForChildren.com)

**Location:** Community Park, Auditorium

**No Class:** Nov 24

**5111.220 Thu 6:00-6:45pm Sep 15-Dec 8 RES/NON \$98/\$108**



## 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

**Men's 1247.200 Thu 6:30-9:30pm Sep 22-Nov 17 RES/NON \$70/\$80**

**Women's 1247.201 Thu 6:30-9:30pm Sep 22-Nov 17 \$70/\$80**

### Advanced Coed Volleyball | Ages 16+

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

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

**Men's 1247.202 Tue 6:30-9:30pm Sep 20-Nov 15 RES/NON \$70/\$80**

**Women's 1247.203 Tue 6:30-9:30pm Sep 20-Nov 15 \$70/\$80**



### Women's Volleyball | Ages 16+

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

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

**No Class:** Oct 31

**1247.210 Mon 6:30-9:30pm Sep 19-Nov 21 RES/NON \$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:** Oct 31, Nov 11 & 25

**2091.211 MWF 6:00-7:00pm Sep 19-Dec 16 RES/NON \$89/\$99**

## Sports | Youth & Teen

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

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

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

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

**Location:** Community Park, Bill Bond Hall I

No Class:			RES/NON
Oct 31, Nov 11 & 25			
Ages 5-8			
2091.209	MWF 5:00-6:00pm	Sep 19-Dec 16	\$89/\$99
Ages 9-15			
2091.210	MWF 6:00-7:00pm	Sep 19-Dec 16	\$89/\$99

### Youth Volleyball | Ages 9-14

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

**Instructor:** David Claycomb

**Location:** Meadowbrook Gym

**No Class:** Oct 31

Ages			RES/NON
9-12			
2091.212	Mon 5:30-6:30pm	Sep 19-Nov 14	\$55/\$65
12-14			
2091.213	Mon 6:30-7:30pm	Sep 19-Nov 14	\$55/\$65



### Girls Basketball | Ages 9-14

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

**Instructor:** Paul Dekker: [dekker@yahoo.com](mailto:dekker@yahoo.com)

**Location:** Twin Peaks Multipurpose Center

**No Class:** Nov 23

Ages			RES/NON
9-12			
2091.220	Wed 5:30-7:00pm	Sep 14-Dec 14	\$55/\$65
10-14			
2091.221	Wed 7:00-8:30pm	Sep 14-Dec 14	\$55/\$65



### Intro to Skateboarding | Ages 6-13

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

**Instructor:** Andrew Barbosa: [Andrew@sdskatelife.com](mailto:Andrew@sdskatelife.com)

**Location:** Community Park, Skate Park

No Class:			RES/NON
Nov 23			
7600.200	Wed 5:00-6:00pm	Sep 14-Oct 26	\$80/\$90
7600.201	Wed 5:00-6:00pm	Nov 2-Dec 14	\$80/\$90

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

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

**Instructor:** Andrew Barbosa: [Andrew@sdskatelife.com](mailto:Andrew@sdskatelife.com)

**Location:** Community Park, Skate Park

No Class:			RES/NON
Nov 23			
7600.202	Wed 4:00-5:00pm	Sep 14-Oct 26	\$80/\$90
7600.203	Wed 4:00-5:00pm	Nov 2-Dec 14	\$80/\$90



### Tennis: Beginner | Ages 5-15

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:** Nov 22, 24 & 26

Ages			RES/NON
5-7			
3013.200	Sat 9:00-10:00am	Sep 17-Oct 15	\$45/\$55*
3013.201	Sat 9:00-10:00am	Oct 29-Dec 3	\$45/\$55*
8-15			
3013.202	Sat 10:00-11:00am	Sep 17-Oct 15	\$45/\$55*
3013.203	Sat 10:00-11:00am	Oct 29-Dec 3	\$45/\$55*
3013.204	T/Th 4:00-5:00pm	Sep 13-Oct 13	\$75/\$85*
3013.205	T/Th 4:00-5:00pm	Oct 25-Dec 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, light competitive games, and court etiquette.

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts

**No Class:** Nov 22, 24 & 26

No Class:			RES/NON
Nov 22, 24 & 26			
3013.206	T/Th 5:00-6:00pm	Sep 13-Oct 13	\$75/\$85*
3013.207	T/Th 5:00-6:00pm	Oct 25-Dec 1	\$75/\$85*
3013.208	Sat 11:00am-12:00pm	Sep 17-Oct 15	\$45/\$55*
3013.209	Sat 11:00am-12:00pm	Oct 29-Dec 3	\$45/\$55*

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

### Tennis: Advanced Juniors | Ages 8-17

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

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts

**No Class:** Nov 21 & 23

No Class:			RES/NON
Nov 21 & 23			
3013.210	MW 4:00-5:30pm	Sep 12-Oct 19	\$95/\$105*
3013.211	MW 4:00-5:30pm	Nov 7-Dec 14	\$85/\$95*

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

## Open Play Sports

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

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

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

Hours are subject to change without notice. For the most up-to-date operating hours, please visit our website at [www.poway.org](http://www.poway.org).

## Special Interest



### NEW! Learn to Skate | Ages 3-17

Come join our skating program for all ages and ability levels right here in Poway! Participants will have fun while acquiring the basic skills in skating, such as: marching, falling and getting up, swizzles, two-foot and one-foot glides, stroking, and backward skating. Whether your desire is to master basic skating skills, play ice hockey, or figure skate, this class will certainly get you there. See you on the ice!

**Instructor:** Poway Ice Arena

**Location:** Poway Ice Arena: 12455 Kerran St #100

			RES/NON
6182.240	Wed 4:30-5:00pm	Sep 14-Oct 5	\$75/\$85
6182.241	Wed 4:30-5:00pm	Oct 12-Nov 2	\$75/\$85
6182.242	Wed 4:30-5:00pm	Nov 9-Nov 30	\$75/\$85

### NEW! Fencing | Ages 7-14

En Guared! Ready? Fence! The Team Touché fencing program is full of 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. Fencing has long been used to improve reaction time, dexterity, and grace all while strengthening muscle and developing speed. **All equipment provided, please wear closed-toed shoes to class.**

**Instructor:** Team Touché, Tedd Padgitt

**Location:** Community Park, Bill Bond Hall I

			RES/NON
6182.250	Thu 5:00-6:00pm	Sep 15-Nov 3	\$180/\$190*



## Dog Obedience Training



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

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

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



**Instructor:** Good Dog Training School, Lynne Moore  
**Location:** Tue: Old Poway Park, Green Park  
Sat: Garden Road Park

			RES/NON
9019.200	Tue 6:30-7:30pm	Sep 13-Oct 18	\$95/\$105*
9019.201	Sat 9:30-10:30am	Sep 17-Oct 22	\$95/\$105*
9019.202	Tue 6:30-7:30pm	Nov 1-Dec 6	\$95/\$105*
9019.203	Sat 9:30-10:30am	Nov 5-Dec 10	\$95/\$105*

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

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

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

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

**Instructor:** Good Dog Training School, Lynne Moore  
**Location:** Garden Road Park

			RES/NON
9019.204	Sat 10:45-11:45am	Sep 17-Oct 22	\$95/\$105
9019.205	Sat 10:45-11:45am	Nov 5-Dec 10	\$95/\$105



## Safety Training

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

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

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

			RES/NON
5418.200	Wed 6:00-8:30pm	Sep 21	\$55/\$65*
	Thu 6:00-8:30pm	Sep 22	

\* \$32 for the CPR/AED and First Aid certification or \$22 for either the CPR/AED or First Aid certification materials fee due on the first day of class  
\* \$4 (information only) materials fee due on the first day of class

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

Did You Know?



## 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
9397.200	Fri 1:30-3:30pm	Sep 30-Dec 9	\$40/\$50*

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



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

## Poway Swim Center



### Swim Center

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



**Location:** 13094 Civic Center Drive

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

**Costs:**

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

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

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

**Hours:**

Time	Activity
Fall (August 22-October 23)	
Monday/Wednesday/Friday	10:30am-7:30pm
Tuesday/Thursday	8:00am-7:30pm
Saturday/Sunday	10:30am-5:00pm
Long Course	
Tuesday/Thursday	8:00am-1:30pm
Pool Closed	
September 24	Swim Meet
December 12 - January 1	Pool Maintenance
Holiday Hours	
September 5, Labor Day	10:30am-5:30pm
Winter (October 24-April 2, 2017)	
Monday-Friday	11:00am-1:30pm
Saturday/Sunday	3:00pm-7:00pm
	CLOSED

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

### Family Swim

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

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

### Aquatic Safety

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



## Inflatable Party!

MAKE A SPLASH ON YOUR B-DAY!

Want to have the best pool party ever? Invite your friends and family to have a blast playing on the 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.



## Swim Lessons

### Fall Swim Lesson Assessments | All Ages

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

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

**Dates with a \* please note: There will be no classes on Monday, September 5.**

### Swim Lesson Registration

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

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

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

			RES/NON
0010.210	MW 4:20-4:50pm	Aug 22-Sept 7*	\$33/\$43
0010.240	TTh 4:20-4:50pm	Sept 20-Oct 6	\$39/\$49

### Pre-Grunion | Age 2 years

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

			RES/NON
0020.210	MW 5:10-5:50pm	Aug 22-Sept 14*	\$46/\$56
0020.240	TTh 5:10-5:50pm	Sept 20-Oct 13	\$52/\$62



### Grunion 1 | Ages 3-4

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

			RES/NON
0101.210	MW 3:30-4:10pm	Aug 22-Sept 14*	\$46/\$56
0101.211	MW 4:20-5:00pm	Aug 22-Sept 14*	\$46/\$56
0101.212	MW 6:00-6:40pm	Aug 22-Sept 14*	\$46/\$56
0101.220	TTh 3:30-4:10pm	Aug 23-Sept 15	\$52/\$62
0101.221	TTh 4:20-5:00pm	Aug 23-Sept 15	\$52/\$62
0101.222	TTh 6:00-6:40pm	Aug 23-Sept 15	\$52/\$62
0101.230	MW 3:30-4:10pm	Sept 19-Oct 12	\$52/\$62
0101.231	MW 4:20-5:00pm	Sept 19-Oct 12	\$52/\$62
0101.240	TTh 3:30-4:10pm	Sept 20-Oct 13	\$52/\$62
0101.241	TTh 5:10-5:50pm	Sept 20-Oct 13	\$52/\$62

### Grunion 2 | Ages 3-5

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

			RES/NON
0102.210	MW 3:30-4:10pm	Aug 22-Sept 14*	\$46/\$56
0102.211	MW 4:20-5:00pm	Aug 22-Sept 14*	\$46/\$56
0102.212	MW 6:00-6:40pm	Aug 22-Sept 14*	\$46/\$56
0102.220	TTh 3:30-4:10pm	Aug 23-Sept 15	\$52/\$62
0102.221	TTh 4:20-5:00pm	Aug 23-Sept 15	\$52/\$62
0102.222	TTh 5:10-5:50pm	Aug 23-Sept 15	\$52/\$62
0102.223	TTh 6:00-6:40pm	Aug 23-Sept 15	\$52/\$62
0102.230	MW 3:30-4:10pm	Sept 19-Oct 12	\$52/\$62
0102.231	MW 4:20-5:00pm	Sept 19-Oct 12	\$52/\$62
0102.232	MW 6:00-6:40pm	Sept 19-Oct 12	\$52/\$62
0102.240	TTh 3:30-4:10pm	Sept 20-Oct 13	\$52/\$62
0102.241	TTh 4:20-5:00pm	Sept 20-Oct 13	\$52/\$62



### Grunion 3 | Ages 3-5

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

			RES/NON
0103.210	MW 3:30-4:10pm	Aug 22-Sept 14*	\$46/\$56
0103.211	MW 4:20-5:00pm	Aug 22-Sept 14*	\$46/\$56
0103.220	TTh 3:30-4:10pm	Aug 23-Sept 15	\$52/\$62
0103.221	TTh 5:10-5:50pm	Aug 23-Sept 15	\$52/\$62
0103.230	MW 3:30-4:10pm	Sept 19-Oct 12	\$46/\$56
0103.231	MW 4:20-5:00pm	Sept 19-Oct 12	\$52/\$62
0103.232	MW 5:10-5:50pm	Sept 19-Oct 12	\$52/\$62
0103.240	TTh 3:30-4:10pm	Sept 20-Oct 13	\$52/\$62
0103.241	TTh 6:00-6:40pm	Sept 20-Oct 13	\$52/\$62

### Otter Pup | Ages 3-5

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

			RES/NON
0104.210	MW 5:10-5:50pm	Aug 22-Sept 14*	\$46/\$56
0104.220	TTh 5:10-5:50pm	Aug 23-Sept 15	\$52/\$62
0104.230	MW 4:20-5:00pm	Sept 19-Oct 12	\$52/\$62
0104.240	TTh 6:00-6:40pm	Sept 20-Oct 13	\$52/\$62

### Starfish | Ages 6-12

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

			RES/NON
0201.210	MW 5:10-5:50pm	Aug 22-Sept 14*	\$46/\$56
0201.220	TTh 4:20-5:00pm	Aug 23-Sept 15	\$52/\$62
0201.230	MW 5:10-5:50pm	Sept 19-Oct 12	\$52/\$62
0201.240	TTh 4:20-5:00pm	Sept 20-Oct 13	\$52/\$62

### Seahorse | Ages 6-12

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

			RES/NON
0202.210	MW 5:10-5:50pm	Aug 22-Sept 14*	\$46/\$56
0202.220	TTh 4:20-5:00pm	Aug 23-Sept 15	\$52/\$62
0202.230	MW 6:00-6:40pm	Sept 19-Oct 12	\$52/\$62
0202.240	TTh 5:10-5:50pm	Sept 20-Oct 13	\$52/\$62

### Otter | Ages 6-14

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

			RES/NON
0203.210	MW 6:00-6:40pm	Aug 22-Sept 14*	\$46/\$56
0203.220	TTh 5:10-5:50pm	Aug 23-Sept 15	\$52/\$62
0203.221	TTh 6:00-6:40pm	Aug 23-Sept 15	\$52/\$62
0203.230	MW 5:10-5:50pm	Sept 19-Oct 12	\$52/\$62
0203.231	MW 6:00-6:40pm	Sept 19-Oct 12	\$52/\$62
0203.240	TTh 4:20-5:00pm	Sept 20-Oct 13	\$52/\$62
0203.241	TTh 5:10-5:50pm	Sept 20-Oct 13	\$52/\$62



## SESSION 1 | SESSION 2

### Seal | Ages 6-16

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

			RES/NON
0204.210	MW 6:00-6:40pm	Aug 22-Sept 14*	\$46/\$56
0204.220	TTh 6:00-6:40pm	Aug 23-Sept 15	\$52/\$62
0204.230	MW 5:10-5:50pm	Sept 19-Oct 12	\$52/\$62
0204.240	TTh 6:00-6:40pm	Sept 20-Oct 13	\$52/\$62

### Sting Ray | Ages 6-16

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

			RES/NON
0205.210	MW 6:50-7:30pm	Aug 22-Sept 14*	\$46/\$56
0205.220	TTh 6:50-7:30pm	Aug 23-Sept 15	\$52/\$62
0205.230	MW 6:00-6:40pm	Sept 19-Oct 12	\$52/\$62
0205.240	TTh 6:00-6:40pm	Sept 20-Oct 13	\$52/\$62

### Dolphin | Ages 6-16

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

			RES/NON
0206.210	MW 6:50-7:30pm	Aug 22-Sept 14*	\$46/\$56
0206.220	TTh 6:50-7:30pm	Aug 23-Sept 15	\$52/\$62
0206.230	MW 6:50-7:30pm	Sept 19-Oct 12	\$52/\$62
0206.240	TTh 6:50-7:30pm	Sept 20-Oct 13	\$52/\$62

### Swordfish | Ages 6-16

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

			RES/NON
0207.230	MW 6:50-7:30pm	Sept 19-Oct 12	\$52/\$62
0207.240	TTh 6:50-7:30pm	Sept 20-Oct 13	\$52/\$62

### Adult Beginner | Ages 16+

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

			RES/NON
0301.210	MW 6:50-7:30pm	Aug 22-Sept 14*	\$46/\$56
0301.230	MW 6:50-7:30pm	Sept 19-Oct 12	\$52/\$62

### Adult Intermediate | Ages 16+

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

			RES/NON
0302.220	TTh 6:50-7:30pm	Aug 23-Sept 15	\$52/\$62
0302.240	TTh 6:50-7:30pm	Sept 20-Oct 13	\$52/\$62

### Red Cross Lifeguard Training | Ages 15+

Lifeguard training course teaches the necessary skills to become a professional lifeguard. Upon successful completion of the course, participants will earn their certification for Lifeguarding/First Aid/CPR/AED/Title 22/Oxygen. There is a water skills test on the first day of class - failure to complete the following skills will result in immediate dismissal: Swim 300 yards continuously using front crawl and breaststroke; tread water for 2 minutes without using hands; and enter the water feet-first, swim 20 yards and retrieve a 10-pound brick from 11.5 feet of water, return 20 yards, and climb out of the pool in under 1 minute and 40 seconds. **100% attendance is required.** Class fee includes materials, book and a resuscitation mask. **Prerequisite: Must be 15 years of age by the first day of class.**

			RES/NON
0601.200	Sat/Sun 8:00am-5:00pm	Oct 1, 2, 8, 9	\$153/\$163*

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

### Water Exercise | Ages 16+

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

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

### Private Lessons | All Ages

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

Information: (858) 668-4680.

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

## Poway Community Park



**Location:** 13094 Civic Center Drive

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

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

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



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

Fri	10:00am-12:00pm	Sep 30	Western Theme
Fri	10:00am-12:00pm	Nov 11	Superhero Theme

## Save the Date! Winter Festival January 13th & 14th, 2017

**Winter Festival | FREE for all Ages**  
 Experience the magic and charm of winter like never before at Winter Festival! This year, the FREE event will be held on **Friday, January 13, 2017, from 5:00pm-9:00pm and Saturday, January 14, 2017, from 3:30pm-8:30pm.**



## Lake Poway



**Location:** 14644 Lake Poway Road

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

**Lake Fishing & Boating Hours:** January-December Wed-Sun, 6:00am to Sunset  
**October:** We are anticipating installation of a new Boat Dock. During this time there will be no Boat Rentals (shoreline fishing only)  
 Wed-Fri, 6:00am to sunset  
 Sat-Sun, 6:00am to sunset

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

## Fall Camping Opportunities



**Family Campouts**  
 Calling all novice campers! Come enjoy outdoor fun in a family-friendly environment close to home. Activities include: guided night hikes, campfire with s'mores, and pedal boating. The Kiwanis Club of Poway will be offering a pancake breakfast for a small fee: \$3 children 10 and under; \$5 children 11+ and adults. Don't forget your own camping equipment, dinner supplies to barbeque, and grill/charcoal. **(5 persons per family)**

9039.407	Sat-Sun 5:00pm-9:00am	Jul 23-24	RES/NON \$52/\$62
9039.408	Sat-Sun 5:00pm-9:00am	Aug 6-7	\$52/\$62

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

9039.201	Fri-Sat 1:00pm-10:00am	Sep 17-18	\$25
9039.202	Fri-Sat 1:00pm-10:00am	Oct 8-9	\$25
9039.203	Fri-Sat 1:00pm-10:00am	Oct 22-23	\$25

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

## Trout Season Returns to Lake Poway!

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



**Night Fishing**  
 Think you're ready for the night bite? Stocked regularly with catfish, Lake Poway also has a thriving bass population. Fish until 11:30 pm on Friday & Saturday nights through August 27.

## Old Poway Park



**Location:** 14134 Midland Road

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

**Save the Date!**  
**Christmas in the Park**  
 Enjoy a one-of-a-kind, magical holiday delight for the whole family during Poway's annual Christmas in the Park event. This FREE event will be held on Saturday, December 10, from 3:30pm to 8:30pm.



## Folk Concerts in the Park

San Diego Folk Heritage is pleased to present an amazing lineup of folk concerts with music for all ages. For information and admission prices: [www.sdfolkheritage.org](http://www.sdfolkheritage.org)

Date	Performer	Musical Style
August 12	Leftover Cuties	Modern Folk Pop
August 26	Dan Frechette & Laurel Thomsen	Original Roots-Folk
September 9	Patrick Ball	Storyteller/Harpist
October 7	Cathy Barton & David Bara	Multi-instrumental Folk



## Veterans Park

Join VFW Post 7907 and the Poway Veterans Park Committee for a ceremony to honor those who selflessly served our Country on Friday, November 11, at 11:00am.



## Historical Tours

Experience the Nelson House, Heritage Museum, a train safety presentation, as well as ride aboard the Poway-Midland Railroad. These easy, inexpensive, educational field trips are offered Tuesday through Thursday for just \$4 per participant. Appropriate for any age or grade level, tours are great for schools, scout troops, ESS, assisted living facilities, or any group of 20 or more. Information: [www.poway.org/oldpowaypark](http://www.poway.org/oldpowaypark) or call (858) 668-4576.

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

## Blue Sky Ecological Reserve



### Location:

16275 Espola Road, 1 mile north of Lake Poway Road

### Reserve Hours:

Daily, Sunrise-Sunset

### Information:

(858) 668-4781 | [www.poway.org/bluesky](http://www.poway.org/bluesky)

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



### School Tours & Outreach Program

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



### Interactive Discovery Tables

Nocturnal Animals of Blue Sky

Sunday, Oct 16

8:30am-11:00am

FREE



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



### Docent-led Nature Walks

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



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

## Sycamore Canyon | Goodan Ranch Preserve



### Location:

16281 Sycamore Canyon Road Poway, California 92064

### Information:

(858) 513-4737

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

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

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

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

### Goodan Ranch Fall Activities

Rain or muddy conditions may cancel the event. Please call (858)513-4737 for to verify if reservations are required.

#### AUGUST

Geocaching Hunt | Saturday, August 6 | 9:00am  
Night Hike | Friday, August 26 | 7:00pm

#### September

Star Party | Friday, Sept 16 | Sunset

#### October

Owl Program | Saturday, Oct 15 | 11:00am

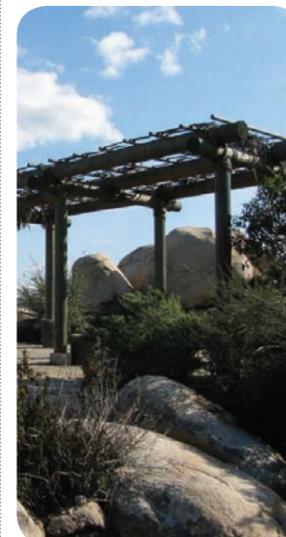
## Kumeyaay-Ipai Interpretive Center at Pauwai



### Kumeyaay-Ipai Programs

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

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



#### Ancient Community of Pauwai Uncovered!

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

### Location:

13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)

### Hours:

Open 2nd Saturday of each month  
10:00am-1:00pm

### FREE Docent-led Public Tours

(858) 668-1292

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

Information: (858) 668-1292

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

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

### Volunteers Wanted!

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

## Poway Library



photo: T. Piranteau

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

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

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



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

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

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

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

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

### Fall Teen Programs Grades 6-12

Every Tuesday and Thursday  
Starting at 4:00pm

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

### Adult Programs



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

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

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

**Gentle Yoga**  
Second Thursday Monthly at 10:00am

**Local Author Visit**  
Deanna Bates, author of "In Pursuit of Clouds"  
Saturday, September 17 at 2:00pm

**Creating a Small Business**  
Saturday, September 24 at 10:00am

**Savvy Social Security**  
Saturday, September 21 at 1:00pm

**San Diego Legends author talk with Jack Innis**  
Saturday, October 1 at 2:00pm

## Poway Senior Center



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

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

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



### La Bella Bistro:

#### What's Cookin'?

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



#### Need a Ride to Lunch?

Call Denise O'Neal, Nutrition Manager at (858) 748-6094 ext. 304 for details.



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

Open to adults, 18 and older. All proceeds help support the programs and services at PSC. Come have fun and win!

Every Saturday, 5:30pm

Every Tuesday, 12:15pm



Every month it's something new!

**Monthly Gift Basket** in our Lobby, we have a new, themed-gift basket you can win!! Tickets sold at the Reception Desk.

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

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

### VOLUNTEER WITH US

#### Volunteers are needed:

Poway Senior Center is a non-profit organization that provides programs, services, and activities to the seniors of Poway and our neighboring communities.

#### We could use your help!

**Receptionist:** Answer phones, greet visitors, and perform light office tasks. A wonderful way to meet new people and support the Poway Senior Center.

Monday 12:00pm- 4:00pm

Wednesday 12:00pm- 4:00pm

Friday 12:00pm- 4:00pm

**Bingo Volunteers: Managers and Monitor positions open!** Join our Bingo Team on Tuesday afternoons or Saturday evenings. Have fun, meet new friends!! Our Bingo income goes directly to programs at PSC. (Ages 18+; one-year commitment required)



This flu season, be prepared...

Get your Flu Shot at the Poway Senior Center Clinic!

Check back with us for the fall date!  
\$20.00 per person

(cash or check)

Provided by Palomar Pomerado Health

**Poway Center for the Performing Arts**

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



**Purchase Tickets!**

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

**Hours:**

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

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

**Art Gallery & Facility**

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

**Rental & General Information:**

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



**POWAY CENTER *for the* PERFORMING ARTS**

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



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

**2016-2017  
PROFESSIONAL PERFORMANCE SEASON**

**PICK FIVE AND SAVE 20%**

*Buy any five performances in the 2016-2017 Season and save .*

**CRYSTAL BOWERSOX**

*with special guests Eve Selis and Marc "Twang" Intravaia*

**Saturday, Sept. 24, 2016  
8pm**

**CLINT BLACK**

**Sunday, Oct. 9, 2016  
7pm**

**CAPITOL STEPS**

**Saturday, Oct. 22, 2016  
8pm**

**NEKO CASE**

**Saturday, Nov. 19, 2016  
8pm**

**HOME FREE**

**Saturday, Dec. 3, 2016  
8pm**

**FABULOUS THUNDERBIRDS**

**Saturday, Jan. 21, 2017  
8pm**

**JOSE FELICIANO**

**Saturday, Feb. 18, 2017  
8pm**

**THE IRISH ROVERS**

**Thursday, Mar. 9, 2017  
8pm**

**ANDY MCKEE**

*with special guest*

**CELINO ROMERO**

**Saturday, Apr. 8, 2017  
8pm**

**TAJ EXPRESS:**

**The Bollywood Musical Review**

**Sunday, Apr. 23, 2017  
2pm**

**The DOO WOP PROJECT**

**Saturday, Apr. 29, 2017  
8pm**

**BACK to the GARDEN**

*perform*

*"SOUNDS of LAUREL CANYON"*

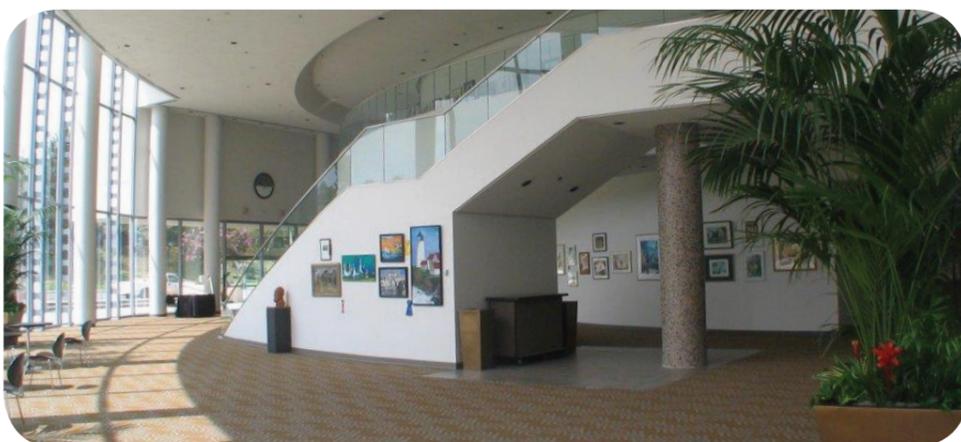
**Saturday, May 20, 2017  
8pm**

**POWAY  
ONSTAGE**

View full season and purchase tickets at [www.PowayOnStage.org](http://www.PowayOnStage.org)

**Exciting Fall Art Exhibits!**

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



## Calling All Photographers!



### TIPS FOR TAKING PHOTOS AT OLD POWAY PARK

Picturesque Old Poway Park is a perfect backdrop for your next photography session. Here are a few quick tips to make your time in the park run smoothly:

- All photographers are required to check in at the park office upon arrival.
- The use of commercial film and print requires an approved permit prior to filming.
- The railroad tracks are off limits while the train is in operation.
- Please avoid areas that have been reserved for private events and parties.
- Don't forget to use #oldpowaypark

For more information, and to acquire a permit for photography or filming in all our beautiful parks, please call (858) 668-4580.

## Plan Your Next Event at a Poway Park!



### Facility Rentals

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

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



# REGISTRATION

Registration begins **AUGUST 2**  
for Poway Residents & Nonresidents

There are 3 convenient ways to register for classes:

### 1. Online

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

Website:

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

### 2. Walk-in

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

Location:  
**13325 Civic Center Drive**

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

### 3. Mail-in

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

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

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

Prior to the first day of class: Customer may request a refund in writing 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).

## Diner Dreams:

# OPTIMIZING THE ODDS FOR AN EATERY ENDEAVOR

Let's say you're a foodie, which, according to Merriam-Webster, is a person with "an avid interest in the latest food fads." As a foodie, you may have wondered what it would be like to open your own restaurant.

It could be a place where your ideas and passions set the dining room ambience. You could choose whether it would have a homey, chic, or modern feel; the types of food, beverages, and desserts to be served would be all up to you; and, everyone would always leave your restaurant feeling incredibly satisfied.

It's usually right at this moment that your right brain kicks in with that statistic about how many restaurants fail within the first year. Some say 25 to 30 percent, and as high as 60 percent by their third year, as reported in the Cornell Hotel and Restaurant Administration Quarterly in 2005.

But for those of you who are not scared off by this startling statistic (after all, 40 percent succeed) there are still several other important considerations. According to restaurant consultant John C. Melaniphy, III, president of Melaniphy & Associates, some of the factors to consider when opening a new restaurant, includes:

### Determine Your Customer's Characteristics.

The most important customer is usually the most frequent visitor. Know why customers choose your facility. One of the primary secrets for successful site selection is targeting areas with demographics that match your "most frequent customers" characteristics.

### Understand Attitudes, Trends, Habits and Patterns.

Consumer attitudes and trends are constantly changing and are influenced by age, children, income, lifestyle, our feeling of well-being, and other personal or professional

factors. Be cognizant of the present and future habits and trends in considering locational opportunities. Recognize that people are creatures of habit and establish travel patterns to and from work. Many restaurants position themselves to intercept customers along these patterns.

**Delineate Your Trading Area.** Trade areas are dictated by factors such as type of food facility, type of location, income, topography, traffic counts, and competition. Some restaurants focus on a five-mile trading area, while others such as quick service food facilities focus on a three-mile radius. A "special occasion" restaurant may attract customers from 15 to 20 miles away.

**Gather Factual Market Data.** Market resources can be inventoried and quantified to determine the share of market that a restaurant can anticipate. It is possible to calculate demographics with a fair degree of accuracy and to compare them to customer characteristics. Also, expenditures can be estimated to determine eating-out potential. It is not necessarily the number of people in the trading area, but rather who they are and what they spend that matters most.

### Evaluate Competitive Facilities.

When possible, find out how well your competitors are doing. What are their weekly or monthly sales? How can a person determine the sales potential of a proposed new unit without thoroughly understanding the performance of the existing competition?

### Understand Visibility and Exposure.

High visibility allows the consumer more time to change lanes and navigate the entrance to an eatery's parking lot. Visibility is the ability



of a site, building, or sign to be seen; exposure is being seen over a long period of time. Whereas visibility creates opportunities for impulse eating, exposure gradually influences patterns and decision-making.

**Identify Appropriate Locations.** A coffee shop located on the "going to work" side of the street (where traffic is heavier in the morning hours) can result in 15 percent more revenue than if that business was on the "going home" side. Locational criteria includes: types of locations, type of traffic arteries, trade area size, speed limits, number of moving lanes, adjacent uses, traffic flow, traffic counts, ingress and egress, visibility, competition, employment, topography, demographics, ethnic characteristics, land cost, rental rates, real estate taxes, and perhaps a liquor license.

**Free Tools to Help You Get Started.** If you're serious about opening a restaurant, and are certain you have the qualifications, the City has several tools to help businesses with researching and implementing new business endeavors.

- For business research, be sure to check out Poway's Tools for Business Success page at [www.poway.toolsforbusiness.info](http://www.poway.toolsforbusiness.info). Click on "Restaurants/Hospitality" for information specific to restaurants.
- For market analysis and site selection assistance check out the City's site selection website at [www.pickpoway.com](http://www.pickpoway.com). It allows analysis by radius or drive time.
- The City's Business and Industry Search page provides useful tools on existing businesses by cluster and industry (search "Business and Industry" at [www.poway.org](http://www.poway.org)).

Remember, when it comes to restaurants there are three basic trigger points: breakfast, lunch and dinner. Ideally, a restaurant will find a location where their concept can benefit from 18 hours of activity from mornings through the evenings, including weekends, whether their business is driven by locals, employees, or visitors. **What will your restaurant do to capture these meals?**



## CERT Drills Put Volunteers Into Action



*"Trained CERT volunteers play a critical role in assisting first responders when personnel and resources are stretched to the limit," said Poway Fire Chief Mark Sanchez. "It's comforting to know that we have a strong network of volunteers who can step in and be ready to help communities throughout our County when the need arises."*

The City of Poway hosted a countywide drill for Community Emergency Response Teams (CERTs) in May. Teams from across San Diego County put their classroom training into action, simulating scenarios to sharpen their skills in search and rescue, first aid and triage, and more. More than 100 CERT members participated in this semi-annual drill, which simulated the aftermath of an air tanker crash while fighting a local brush fire.

CERT is a nationwide program that provides training in basic disaster response skills, such as fire safety, light search and rescue, team organization and disaster medical operations. San Diego County has more than 1,700 trained CERT volunteers.

## You, Your Kids and the Social Host Ordinance

Your kids are under the age of 21 and want to host a small party at your house. They're good kids with good friends, so what's the harm? You'd rather have them drink in a controlled environment than out where they could get in trouble. That may sound like a good game plan, but before they text, post or tweet the news, take a minute to review the City of Poway's "social host" ordinance and how you might be affected.

### Consider this scenario:

You've agreed to let your kids host their party. They're underage, but they've never given you reason to believe they wouldn't follow your rules. They don't want you around to "supervise," so you concede to stay out of sight during the party. You discuss the house rules and then head upstairs when the first guests arrive.

After a while, a few uninvited friends drop by and, in today's world of 24/7 connectivity, word spreads like a wildfire that your kids are having a party without parental supervision. Before you know it, it's pretty loud downstairs and your kids are struggling to manage an extremely large group of partiers. Your refrigerator that was stocked with mom's wine and dad's beer is being guzzled by guests, many of whom neither you nor your kids know very well. You step in to try to get control of the group and everyone starts leaving your house.

They're walking, riding, and driving away from your home after having spent the evening consuming alcoholic beverages. Deputies begin stopping impaired drivers and pedestrians. When asked where they were drinking, they readily admit that the party was at your house.

How did things get out of hand? Will you, as the homeowner, be held accountable?

Poway's Municipal Code (PMC) defines a "Social Host" as a person who permits or allows a gathering where one or more minors consume one or more alcoholic beverages on property owned or controlled by the person. (Ord. 720 § 2, 2011)

Hosts are subject to criminal charges under sections 9.54.020 and 9.54.030 PMC or County Code Section 32.303(b) with statutory penalty assessments and cost recovery.

### You could also be subject to civil liability.

It's your home, your community, and your responsibility. Be sure that when you have a party at your residence, you are involved and aware of what is happening with your guests. Take all reasonable steps to prevent consumption of alcohol by minors. Everyone can still have a good time while avoiding the unfortunate incidents that typically result from underage drinking of alcohol.



**Why 'Believe'?**

- Year-round opportunities to engage
- Over 400,000 potential impressions
- Flexibility in how you want to connect and participate
- "I Believe in Poway" merchandise to show your support
- Tax-deductible donation

**'I Believe in Poway' Partnerships Connect Community**

The city of Poway is one of the best places to live in the county for one reason: the people. The people of Poway work together in business and in recreation to provide a quality of life that exceeds expectations. "I Believe in Poway" is a program designed to strengthen those connections and inspire new business partnerships that will maintain our quality of life into the future.

If you have been to the Winter Festival, summer concerts, Old-Fashioned Fourth or any of the other events designed to enrich the lives of the residents of Poway, you know that the fabric of our city is woven with threads of partnership, generosity and community.

By partnering to support one of our many events, you are not only helping to create that sense of "home" but you are also engaging with the individuals and businesses that are committed to the prosperity of Poway's future, to your future.

Whether you are a business owner or an individual, join the "I Believe in Poway" program and ensure that the City in the Country remains the quintessential home we all know and love.

**Do you Believe in Poway?**  
Contact us at (858) 668-4691 or [powaypartners@poway.org](mailto:powaypartners@poway.org).

**PROJECTS AROUND POWAY**

*Bringing you updates on capital improvement and other notable projects around the city.*

**Midland Road Improvements**

School might be out for the summer, but when students return to Midland Elementary in August they'll find their walk to school a little safer. Improvements on both sides of Midland Road between Hilleary Park Place and Scots Way that are in progress and will include sidewalks, pedestrian ramps and lighting.

**Espola Road Underground District**

The second of two underground utility districts was approved by the City Council in June. This allows for the design process to continue in effort to move overhead utilities underground as part of the Espola Road Safety Improvement Project. The safety project will construct a walkway and related improvements on the west side of Espola Road, from Mountain Road (just north of Twin Peaks Road) to Willow Ranch Road (about a block south of Poway High School).

**POWAY ROAD CORRIDOR STUDY  
TAKING STEPS TOWARD COMPLETION**

Since 2014, the City of Poway has been working toward creating a new vision for the future of its main commercial corridor along Poway Road. Once complete, the Poway Corridor Study will be used by the city as a tool to guide future development, capital improvements and general plan and zoning amendments.

Community workshops, ad hoc committee meetings and city council workshops have helped the consultant team to frame and develop a proposed land use plan and preferred scenario buildout analysis. This includes a mix of retail office, residential and service uses. If the areas identified in the study were redeveloped at the maximum allowed, anticipated buildout could result in an additional 260,000 square feet of commercial space and 1,148 residential units.

For now, these numbers are just a starting point. An economic development consultant

indicated that with its distance to the freeway, there likely wouldn't be a significant demand for commercial development, but there would be continued demand for housing in this area. And while the ad hoc committee and community seemed generally supportive of the findings, there was general consensus that the policies should be sensitive to what Poway is known for, being the "City in the Country," when developing draft policies related to density, building mass, design and height.

Next up for the corridor study is a mobility alternatives and analyses report, which will look at possible roadway design modifications to enhance multi-modal connectivity and study area mobility, and an economic benefit assessment that will compare economic differences between the existing and proposed land use buildout alternatives.

**Save the Date – EDCO Coupon**

When the time comes to wind down the summer and gear up for fall, make sure you take time to clear out a little clutter in preparation to use your EDCO coupon that will be mailed out in September.



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

**Shed Some Bulk this Fall!**

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

The transfer station cannot accept contractor waste, large trailer loads, commercial truckloads of debris, tires or household hazardous waste. Household hazardous waste can be taken any Saturday (except holiday weekends) between 9am and 3pm to the facility at 12325 Crosthwaite Circle.

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**Summer Concert in the Park Series**

- July 24, 5:30 pm | Lake Poway
- July 31, 5:30 pm | Lake Poway
- August 7, 5:30 pm | Old Poway Park
- August 14, 5:30 pm | Lake Poway

**Old-Fashioned Family Day**

August 21, 1:00-4:00 pm | Old Poway Park

**Summer Movies in the Park**

- July 16, Sunset | Poway Community Park
- July 30, Sunset | Old Poway Park
- August 13, Sunset | Poway Swim Center

**51st Annual Poway Days Heritage Parade**

September 12, 9:00 am | Poway Road

**Rendezvous in Poway**

- October 1, 10:00 am-4:00 pm | Old Poway Park
- October 2, 10:00 am-2:00 pm | Old Poway Park

**Hoot, Howl and Prowl**

October 22, 5:30-7:15 pm | Blue Sky

**Once Upon a Hallowe'en**

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

**Save the Date: Christmas in the Park**

December 10, 3:30-8:30 pm | Old Poway Park

**Save the Date: 2017 Winter Festival**

January 13, 5:00-9:00 pm | January 14, 3:30-8:30 pm



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