

# POWAY

COMMUNITY SERVICES GUIDE

WINTER 2016-17

REGISTRATION BEGINS  
**NOVEMBER 15**  
AT 7:30AM

[POWAY.ORG/CLASSES](http://POWAY.ORG/CLASSES)



# CHRISTMAS IN THE PARK

**FREE!**

Join us at **Old Poway Park** for an old-fashioned holiday tradition! This free event will take you back in time with caroling, live music, a visit with Santa, free children's crafts, square dancing demonstrations, model train displays, and so much more. Purchase tasty holiday treats, finish your Christmas shopping at the craft boutique, or board the Poway Midland Railroad for a night-time ride around the park.

## Annual Tree Lighting

Join us for the annual lighting of the community Christmas tree at 5:15pm, followed by Santa's arrival. The event is co-sponsored by the City of Poway, the Old Poway Park Action Committee, The Hamburger Factory, Heritage Group, Neal Electric, Francis Ralph Potograpiya, and Walter Andersen Nursery.

**Saturday, December 10, 2016 | 3:30-8:30pm**

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

# WINTER FESTIVAL

**FREE!**

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

**Friday, January 13, 2017 | 5:00-9:00pm**

**Saturday, January 14, 2017 | 3:30-8:30pm**

## Winter Festival for Our Special Needs Community

Experience the magic and charm of winter during this exclusive event for kids and adults with special needs. Participants may bring one buddy with them to join in the fun. Registration is not required; however, participants must check-in when they arrive to receive their event wristband.

**Saturday, January 14, 2017 | 11:00am-1:00pm**

Information: [poway.org](http://poway.org) or (858) 668-4671



# FISHING

## Youth Fishing Seminar & Friday Night Campout

**FREE!** Want a slight advantage the night before the 22nd Annual Youth-Only Fishing Derby? Learn to fish from the pros and see demonstrations on how to properly rig a line. A free pizza dinner will be served for all attendees starting at 5:00pm, with the seminar immediately following at 5:30pm.

Participants and their families are invited to camp overnight at **Lake Poway** and sleep under the stars for just \$15 per car. Don't forget your camping and grilling supplies! Families may start setting up their campsites at 7:00am Friday morning.

Absolutely no fishing is permitted prior to the 6:00am tournament start time. No alcohol is permitted.

**Friday, February 3, 2017      \$15 per car for camping**

## 22nd Annual "Youth-Only" Fishing Derby

**FREE!** Fishing, prizes, entertainment, story-telling contests, a free lunch, and more! Join the City of Poway and Captain Ron Baker of [takekidsfishing.net](http://takekidsfishing.net) for an exciting day of fun and prizes at the 22nd Annual Youth-Only Fishing Derby at **Lake Poway**! Freshly stocked with 3,000 pounds of rainbow trout, the Lake will be open only to youth ages 15 and younger from 6:00am-12:00pm.

Parents, please leave the fishing to the kids during the derby.

**Saturday, February 4, 2017 | 6:00am-12:00pm**

Information: [poway.org](http://poway.org) or (858) 668-4772

Connect with us and never miss a recreation opportunity again!



City of Poway



@cityofpoway



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

### SAVE THE DATE:

**Early Summer Camp Registration starts Tuesday, April 11, 2017 at 7:30am**

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# NEW GUIDE, NEW YEAR, NEW YOU

## SAME GREAT COMMITMENT TO OUR COMMUNITY

Welcome to our new Community Services Guide! The Community Services Department is pleased to offer you a fun, new way to view all of our programs and classes that enrich the quality of your life. You can always count on us to bring you and your family high-quality, affordable opportunities to enjoy life here in Poway, while making memories that will be cherished for a lifetime. We're on a quest to bring you the best instructors and a variety of interesting classes at the lowest price possible. So this New Year, invest in renewing your mind, body, and spirit, and we'll renew our commitment to assist you along the way. **HAPPY NEW YEAR!**

## 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:** Jan 12

CLASS #	DAY	TIME	DATES	R/NR FEE
1000.300	TU/TH	9:00am-12:00pm	Jan 3-Jan 26	\$162/\$172*
1000.301	TU/TH	9:00am-12:00pm	Jan 31-Feb 23	\$185/\$195*
1000.302	TU/TH	9:00am-12:00pm	Feb 28-Mar 23	\$185/\$195*

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



### GET SMART WITH ART

AGES 2-5

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

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

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

**NO CLASS:** Jan 16 & Feb 20

CLASS #	DAY	TIME	DATES	R/NR FEE
1001.300	M	10:00-10:45am	Jan 2-Feb 6	\$65/\$75
1001.301	M	10:00-10:45am	Feb 13-Mar 20	\$65/\$75





**SOCCER SHOTS MINIS**

AGES 2-3

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

**INSTRUCTOR:** Soccer Shots  
**LOCATION:** Community Park, Open Play Area

CLASS #	DAY	TIME	DATES	R/NR FEE
1003.300	SA	9:00-9:30am	Jan 28-Mar 25	\$144/\$154*
1003.301	SA	10:25-10:55am	Jan 28-Mar 25	\$144/\$154*
1003.302	F	5:20-5:50pm	Jan 27-Mar 24	\$144/\$154*

\*\$25 materials fee due on the 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

CLASS #	DAY	TIME	DATES	R/NR FEE
1003.303	SA	9:35-10:20am	Jan 28-Mar 25	\$144/\$154*
1003.304	F	4:30-5:15pm	Jan 27-Mar 24	\$144/\$154*

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

**MOM & TOT GYMNASTICS**

AGES WALKING-3.5

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

**INSTRUCTOR:** Poway Gymnastics  
**LOCATION:** Poway Gymnastics: 12850 Brookprinter Place  
**NO CLASS:** Jan 26 & 28

CLASS #	DAY	TIME	DATES	R/NR FEE
1004.300	TH	10:45-11:15am	Jan 5-Mar 23	\$161/\$171*
1004.301	SA	8:30-9:00am	Jan 7-Mar 25	\$161/\$171*

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



# Kid's Night Out



## KID'S NIGHT OUT GRADES 1-5

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... its Kid's Night Out! Registration is required.

**INSTRUCTOR:** Community Park Staff  
**LOCATION:** Community Park, Auditorium

CLASS #	DAY	TIME	DATES	FEE
1100.300	F	4:30-9:00pm	Feb 3	\$5
1100.301	F	4:30-9:00pm	Mar 3	\$5



It's not your average night... its Kid's Night Out!

# Teen Activities

## NEW! TEEN NEW YEAR'S GLOW PARTY GRADES 6-9

Teens—who's ready to party like it's 2099? We're taking one of our teen program favorites and amping up the awesome to super sauce levels! You'll glow crazy with your friends on the dance floor, spoil your taste buds with neon treats, glow the competition away during wacky black light challenges, and so much more! This is the one party you won't want to miss!

For more information or to register, please call (858) 668-4671.

**INSTRUCTOR:** Community Park Staff  
**LOCATION:** Community Park, Auditorium

DAY	TIME	DATE	FEE
SA	4:30-8:30pm	Jan 28	Free



## NEW! TEEN CASINO NIGHT GRADES 6-9

Winner winner chicken dinner! We're upping the ante on fun with an all new night of glitz and prizes just for teens! Test your lucky streak when you go all in with a full house; double down with blackjack; or roll an eight the hard way for the win. Afterwards, trade in your chips for a chance to win awesome prizes! Grab your friends and get ready to hit the jackpot on fun!



For more information or to register, please call (858) 668-4671.

**INSTRUCTOR:** Community Park Staff  
**LOCATION:** Community Park, Auditorium

DAY	TIME	DATE	FEE
SA	4:30-8:30pm	Feb 18	Free



**NEW! TEEN EXCURSION: BOOMERS** GRADES 6-9

Hey teens! Grab your friends and join us as we put the BOOM! back into Boomers! You'll zip past your friends as you race your go-kart to the finish line, go splash crazy on the bumper boats, score a hole-in-one during a mini-golf competition, and so much more! They may call it a "mini" park but there's nothing mini about the fun you'll have! Unlimited attraction bracelet, transportation, and supervision are included. Register early; space is limited.

**INSTRUCTOR:** Community Park Staff  
**DROP OFF & PICK UP:** Community Park

CLASS #	DAY	TIME	DATE	FEE
1200.300	SA	4:00-9:00pm	Mar 25	\$20

## Creative Arts

**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:** Feb 20

CLASS #	DAY	TIME	DATES	R/NR FEE
4001.300	M	5:00-5:50pm	Jan 23-Mar 6	\$66/\$76*

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

# Equestrian Training

**NEW! A DAY AT THE RANCH** AGES 8-12

A Day at Blue Apple Ranch is sure to entice any child with a love of horses and the outdoors. We'll spend time riding horses, grooming, leading, understanding proper care techniques while also meeting our barnyard buddies. Participants will enjoy a tractor-pulled hayride around the ranch and will stop by the fully-functioning equine clinic. Imaginations will soar as we work on a fun-filled craft project at the art studio. A day at Blue Apple Ranch is sure to turn your city slicker into a ranch-ready buckaroo!

**INSTRUCTOR:** Blue Apple Ranch Instructors  
**LOCATION:** Blue Apple Ranch:  
 15444 Mussey Grade Road, Ramona, CA 92065

CLASS #	DAY	TIME	DATES	R/NR FEE
5000.300	SA	10:00am-2:00pm	Jan 21	\$100/\$110
5000.301	SA	10:00am-2:00pm	Feb 18	\$100/\$110
5000.302	SA	10:00am-2:00pm	Mar 18	\$100/\$110

A day at Blue Apple Ranch is sure to turn your city slicker into a ranch-ready buckaroo!



# Dance

## 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:  
MsDebborasDanceForChildren.com

**LOCATION:** Community Park, Auditorium

**NO CLASS:** Feb 21

CLASS #	DAY	TIME	DATES	R/NR FEE
3000.300	TU	6:30-7:15pm	Jan 10-Mar 21	\$98/\$108

## DANCE PRODUCTION

AGES 6-18

Students will perform a danced version of a famous story, using a variety of dance styles and music! The “story” will be announced by our first class. Last year, we performed “Aladdin!” This theatrical experience provides students with a quality stage experience complete with beautiful sets, props, and scene changes on a professional stage. A truly enriching experience that can't be beat! We perform this show at our annual dance recital on June 12, 13, and 14 at the Poway Center for the Performing Arts. In addition to our regular dance classes, some Monday rehearsals will be held.



**INSTRUCTOR:** Debbora and Kellie Childress:  
MsDebborasDanceForChildren.com

**LOCATION:** Community Park, Auditorium

**NO CLASS:** Jan 12 & Feb 23

CLASS #	DAY	TIME	DATES	R/NR FEE
3000.301	TH	6:15-7:30pm	Jan 5-Mar 23	\$75/\$85*

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

## Please Note

### For Ms. Debbora's and Ms. Kellie's classes

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 FOR CHILDREN WITH MS. DEBBORA

AGES 2.5-5

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

**INSTRUCTOR:** Debbora Childress:  
MsDebborasDanceForChildren.com

**LOCATION:** Community Park, Auditorium

**NO CLASS:** Feb 20

CLASS #	DAY	TIME	DATES	R/NR FEE
3000.302	M	10:00-10:45am	Jan 9-Mar 20	\$108/\$118

## TAP AND 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:** Debbora Childress:  
MsDebborasDanceForChildren.com

**LOCATION:** Community Park, Auditorium

**NO CLASS:** Jan 12, Feb 20 & 23

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
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### TINY TOT BEGINNER

3000.303	3-6	M	11:00am-12:00pm	Jan 9-Mar 20	\$108/\$118
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3000.304	3-6	M	3:00-4:00pm	Jan 9-Mar 20	\$108/\$118
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### CHILDREN'S BEGINNER

3000.305	5-8	M	4:00-5:00pm	Jan 9-Mar 20	\$108/\$118
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3000.306	5-8	TH	3:00-4:00pm	Jan 5-Mar 23	\$108/\$118
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### BEGINNER/INTERMEDIATE

3000.307	8-13	M	5:15-6:15pm	Jan 9-Mar 20	\$108/\$118
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3000.308	8-13	TH	4:00-5:00pm	Jan 5-Mar 23	\$108/\$118
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### ADVANCED TEEN

3000.309	13-18	M	6:15-7:15pm	Jan 9-Mar 20	\$108/\$118
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### INTERMEDIATE/ADVANCED

3000.310	11-14	TH	5:00-6:00pm	Jan 5-Mar 23	\$108/\$118
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**PRINCESS BALLET FOR KIDS** AGES 3-12

Learn the beautiful art of ballet in a musical, fun, and creative environment! 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:  
MsDebborasDanceForChildren.com  
**LOCATION:** Community Park, Auditorium  
**NO CLASS:** Jan 14 & Feb 25

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
3001.300	3-5	SA	9:00-9:45am	Jan 7-Mar 25	\$98/\$108
3001.301	6-8	SA	9:45-10:30am	Jan 7-Mar 25	\$98/\$108
3001.302	9-12	SA	10:30-11:15am	Jan 7-Mar 25	\$98/\$108

**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:  
MsDebborasDanceForChildren.com  
**LOCATION:** Community Park, Auditorium  
**NO CLASS:** Feb 21

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
3001.303	7-12	TU	4:30-5:15pm	Jan 10-Mar 21	\$98/\$108
3001.304	13-18	TU	5:15-6:00pm	Jan 10-Mar 21	\$98/\$108

**LYRICAL FOR TEENS** AGES 13-18

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

**INSTRUCTOR:** Kellie Childress-Nichols:  
MsDebborasDanceForChildren.com  
**LOCATION:** Community Park, Auditorium  
**NO CLASS:** Feb 21

CLASS #	DAY	TIME	DATES	R/NR FEE
3001.305	TU	6:00-6:30pm	Jan 10-Mar 21	\$75/\$85

**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: dancetoevolve.com  
**LOCATION:** Old Poway Park, Templars Hall  
**NO CLASS:** Mar 15

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
<b>BEAT BREAKERS</b>					
3002.300	4-7	W	3:55-4:50pm	Jan 11-Feb 8	\$81/\$91
3002.301	4-7	W	3:55-4:50pm	Feb 15-Mar 22	\$81/\$91
3002.302	4-7	W	3:55-4:50pm	Jan 11-Mar 22	\$146/\$166
<b>HIP HOP</b>					
3002.303	8-12	W	4:55-5:50pm	Jan 11-Feb 8	\$81/\$91
3002.304	8-12	W	4:55-5:50pm	Feb 15-Mar 22	\$81/\$91
3002.305	8-12	W	4:55-5:50pm	Jan 11-Mar 22	\$146/\$166



# Sports

## NEW! LEARN TO ICE 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, or go on to 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

CLASS #	DAY	TIME	DATES	R/NR FEE
6012.300	W	4:30-5:00pm	Jan 4-Jan 25	\$75/\$85
6012.301	W	4:30-5:00pm	Feb 1-Feb 22	\$75/\$85
6012.302	W	4:30-5:00pm	Mar 1-Mar 22	\$75/\$85



## NEW! FENCING

AGES 7-12

En Garde! Ready? Fence! Team Touche's 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 Touche, Tedd Padgitt

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

**NO CLASS:** Jan 12

CLASS #	DAY	TIME	DATES	R/NR FEE
6006.300	TH	5:00-6:00pm	Jan 5-Mar 2	\$180/\$190



## 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:** Jan 13 & 16, Feb 20

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6001.300	5-8	M/W/F	5:00-6:00pm	Jan 2-Mar 24	\$89/\$99
6001.301	9-15	M/W/F	6:00-7:00pm	Jan 2-Mar 24	\$89/\$99

## 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:** Jan 13 & 16, Feb 20

CLASS #	DAY	TIME	DATES	R/NR FEE
6001.302	M/W/F	6:00-7:00pm	Jan 2-Mar 24	\$89/\$99

**YOUTH VOLLEYBALL**

AGES 9-14

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

**INSTRUCTOR:** David Claycomb**LOCATION:** Meadowbrook Gymnasium**NO CLASS:** Jan 16 & Feb 20

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6002.300	9-12	M	5:30-6:30pm	Jan 2-Mar 6	\$55/\$65
6002.301	12-14	M	6:30-7:30pm	Jan 2-Mar 6	\$55/\$65



Looking for a fun sport? How about some volleyball?

**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

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
6005.300	Men's	TH	6:30-9:30pm	Jan 12-Mar 9	\$70/\$80
6005.301	Women's	TH	6:30-9:30pm	Jan 12-Mar 9	\$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

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
6005.302	Men's	TU	6:30-9:30pm	Jan 10-Mar 7	\$70/\$80
6005.303	Women's	TU	6:30-9:30pm	Jan 10-Mar 7	\$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:** Jan 16 & Feb 20

CLASS #	DAY	TIME	DATES	R/NR FEE
6005.304	M	6:30-9:30pm	Jan 9-Mar 20	\$70/\$80

**SKATEBOARDING CAMP**

AGES 5-13

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

**INSTRUCTOR:** SD Skate Life

Andrew Barbosa: Andrew@sdskatelife.com

**LOCATION:** Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.304	M-F	9:00am-12:00pm	Feb 20-Feb 24	\$150/\$160





**INTRO TO SKATEBOARDING** AGES 6-13

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

**INSTRUCTOR:** SD Skate Life  
Andrew Barbosa: Andrew@sdskatelife.com  
**LOCATION:** Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.300	W	5:00-6:00pm	Jan 4-Feb 8	\$80/\$90
6004.301	W	5:00-6:00pm	Feb 15-Mar 22	\$80/\$90

**INTERMEDIATE/ADVANCED SKATEBOARDING** AGES 6-13

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

**INSTRUCTOR:** SD Skate Life  
Andrew Barbosa: Andrew@sdskatelife.com  
**LOCATION:** Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.302	W	4:00-5:00pm	Jan 4-Feb 8	\$80/\$90
6004.303	W	4:00-5:00pm	Feb 15-Mar 22	\$80/\$90

**NEW! 5-ON-5 BASKETBALL LEAGUE** AGES 18+

Teams of up to 8 players are invited to join us for some exciting, friendly 5-on-5 basketball competition! Games are played on a full court with two professional officials, a scorekeeper, and a timer. Start times will vary each week between 6:00pm-8:00pm. Limited spots available, so grab your friends and sign-up now!

**INSTRUCTOR:** New Era Basketball League  
Newerabasketballleague.com  
**LOCATION:** Meadowbrook Gymnasium  
**NO CLASS:** Mar 1

CLASS #	DAY	TIME	DATES	R/NR FEE
6007.300	W	6:00-9:00pm	Jan 11-Mar 22	\$300/team*

\*A referee's fee of \$36 per team (cash) will be collected prior to each game



**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

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6003.300	8-15	TU/TH	4:00-5:00pm	Jan 10-Mar 2	\$100/\$110*
6003.301	5-7	SA	9:00-10:00am	Jan 14-Mar 4	\$65/\$75*
6003.302	8-15	SA	10:00-11:00am	Jan 14-Mar 4	\$65/\$75*

\*\$5 materials fee due on the 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

CLASS #	DAY	TIME	DATES	R/NR FEE
6003.303	TU/TH	5:00-6:00pm	Jan 10-Mar 2	\$100/\$110*
6003.304	SA	11:00am-12:00pm	Jan 14-Mar 4	\$65/\$75*

\*\$5 materials fee due on the 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:** Jan 16 & Feb 20

CLASS #	DAY	TIME	DATES	R/NR FEE
6003.305	M/W	4:00-5:30pm	Jan 9-Mar 8	\$100/\$110*

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

# Open Play Sports

**OPEN PLAY SPORTS**

ALL AGES

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

During the winter months, FREE open gym times are as follows:

**Twin Peaks Multipurpose Center**

14640 Tierra Bonita Road  
(858) 668-4599

FRIDAY	OPEN GYM HOURS	FEE
Open Badminton	6:00-9:00pm	Free
SATURDAY	OPEN GYM HOURS	FEE
Open Badminton	7:00-9:00pm	Free
SUNDAY	OPEN GYM HOURS	FEE
Open Pickleball	9:00-11:00am	Free
Open Volleyball	7:00-9:00pm	Free

**Meadowbrook Gymnasium**

12320 Meadowbrook Lane  
(858) 668-4598

THURSDAY	OPEN GYM HOURS	FEE
Open Basketball	6:00-9:00pm	Free
SUNDAY	OPEN GYM HOURS	FEE
Adult Open Basketball	8:00-11:00am	Free

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



# Health & Wellness

## 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:** Feb 20 & 24

CLASS #	LEVEL	DAY	TIME	DATES	R/NR FEE
2000.300	Beg	F	10:00-11:30am	Jan 27-Mar 24	\$110/\$120
2000.301	Int	M	7:15-8:00pm	Jan 23-Mar 20	\$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

CLASS #	DAY	TIME	DATES	R/NR FEE
2000.302	TH	10:00-11:30am	Jan 26-Feb 16	\$55/\$65
2000.303	TH	10:00-11:30am	Mar 2-Mar 23	\$55/\$65

Invest in renewing your mind, body, and spirit with our Health & Wellness classes!

## 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  
**NO CLASS:** Feb 20

CLASS #	DAY	TIME	DATES	R/NR FEE
2000.304	M	6:00-7:15pm	Jan 23-Mar 20	\$95/\$105

## PIYO™ AGES 16+

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

**INSTRUCTOR:** Emma Sarmiento  
**LOCATION:** Community Park, Activity Rooms I & II  
**NO CLASS:** Feb 21

CLASS #	DAY	TIME	DATES	R/NR FEE
2001.300	TU	6:00-7:00pm	Jan 3-Mar 21	\$99/\$109



## NEW! STRETCH AND STRENGTH AGES 16+

How about taking time out to stretch? In this 50-minute session, we'll focus on stretching and lengthening the body, enabling your muscles to work most effectively. Stretching also increases blood flow to the muscles and is perfect for all fitness levels. Stretches will be done standing, sitting, and lying down. Wear comfortable clothing and bring a yoga mat.

**INSTRUCTOR:** Emma Sarmiento  
**LOCATION:** Community Park, Activity Rooms I & II  
**NO CLASS:** Jan 12 & Feb 23

CLASS #	DAY	TIME	DATES	R/NR FEE
2001.301	TH	6:00-6:50pm	Jan 5-Mar 23	\$90/\$100

# Safety Training

**CPR/AED/FIRST AID**

AGES 11+

## For the Adult/Child/Infant

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

CLASS #	DAY	TIME	DATES	R/NR FEE
7000.300	W	6:00-8:30pm	Jan 18	\$55/\$65*
	TH	6:00-8:30pm	Jan 19	

\*Materials fee due on the first day of class, choose from:

- \$32 for the CPR/AED & First Aid Certification
- \$22 to be certified for either the CPR/AED, OR First Aid
- \$4 if NOT being certified (for information only)



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

# 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, has behavioral issues, or has special needs, provide a description of the situation to the instructor. Depending on the circumstances, an aide may be required to accompany the participant. All participants must be picked up by 3:30pm.

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

**LOCATION:** Poway Fun Bowl: 12941 Poway Road

CLASS #	DAY	TIME	DATES	R/NR FEE
8000.300	F	1:30-3:30pm	Jan 6-Mar 17	\$40/\$50*

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



# Dog Obedience Training

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

**BEGINNING OBEDIENCE**

OWNERS AGED 12+

## Dogs 12 Weeks to Adult

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

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

**LOCATION:** TU: Old Poway Park, Green Park  
SA: Garden Road Park

CLASS #	DAY	TIME	DATES	R/NR FEE
9000.300	TU	6:30-7:30pm	Jan 3-Feb 7	\$95/\$105*
9000.301	SA	9:30-10:30am	Jan 7-Feb 11	\$95/\$105*
9000.302	TU	6:30-7:30pm	Feb 14-Mar 21	\$95/\$105*
9000.303	SA	9:30-10:30am	Feb 18-Mar 25	\$95/\$105*

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

**INTERMEDIATE OBEDIENCE**

OWNERS AGED 12+

## Dogs 6 Months to Adult

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

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

**LOCATION:** Garden Road Park

CLASS #	DAY	TIME	DATES	R/NR FEE
9000.304	SA	10:45-11:45am	Jan 7-Feb 11	\$95/\$105
9000.305	SA	10:45-11:45am	Feb 18-Mar 25	\$95/\$105



# POWAY PARKS & FACILITIES

## POWAY COMMUNITY PARK

13094 Civic Center Drive  
(858) 668-4671

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

### Hours

Daily | Sunrise-Sunset

#### Recreation Office

Monday-Saturday | 8:00am-9:00pm  
Sunday | 12:00-9:00pm

#### Ball Fields

Daily | 8:00am-10:00pm

#### Bocce Courts

Monday-Saturday | 8:00am-9:00pm  
Sunday | 12:00-9:00pm

#### Dog Park/Tennis Courts/Basketball Court

Daily | Sunrise-10:00pm

#### Unsupervised Skate Park

Daily | 8:00am-8:00pm

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

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 homemade 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!

DAY	TIME	DATE	THEME	FEE
M	10:00am-12:00pm	Feb 20	Mess-tival	Free
M	10:00am-12:00pm	Apr 10	Reptiles	Free

# OLD POWAY PARK

14134 Midland Road

(858) 668-4576

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

## Hours

### Farmers Market

Saturdays | 8:00am-1:00pm

### Train Rides

[powaymidlandrr.org](http://powaymidlandrr.org)

## HISTORICAL TOURS

Experience the Nelson House, Heritage Museum, a train safety presentation, as well as a 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: [poway.org/oldpowaypark](http://poway.org/oldpowaypark) or (858) 668-4576



## FARMERS MARKET OFFERS SEASONAL PRODUCE

Enjoy the cooler weather and find the best locally and organically-grown, farm-fresh produce and artisan foods at our "City in the Country" Farmers Market every Saturday, from 8:00am-1:00pm on Midland Road; rain or shine. All produce is certified, inspected by the agricultural commission, and brought to you fresh from the farm.

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

## Folk Concerts in the Park

San Diego Folk Heritage and the City of Poway are pleased to present folk concerts at Old Poway Park. Don't miss these amazing, family-friendly concerts where fiddle and acoustic instruments will fill the air.

Information: [sdfolkheritage.org](http://sdfolkheritage.org)

## UPCOMING CONCERTS

DATE	TIME	FEE	PERFORMER / MUSICAL STYLE
10/28	7:30pm	\$18	The Storytellers of San Diego Halloween Stories & Fiddling*
11/6	3:00pm	\$25	San Diego Folk Heritage Fundraiser Folk Arts
2/24	7:30pm	\$18	Steve Gillette & Cindy Mangsen Traditional

\*Not recommended for children younger than 12 years old

# POWAY SWIM CENTER

13094 Civic Center Drive  
(858) 668-4680

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

## Hours

**Winter** (October 24, 2016-April 3, 2017)

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

### Long Course

Tuesday/Thursday | 8:00am-1:30pm

### Pool Closed

Thursday, November 24-25 | Thanksgiving Holiday  
December 12, 2016-January 1, 2017 | Pool Maintenance  
Friday, February 24 | Swim Meet

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. The Swim Center offers a complete shower and dressing area. The water temperature in the pool is maintained between 80 and 84 degrees, providing for comfortable swimming year-round.

## Costs

DAILY ADMISSION FEE	R/NR FEE
Adults (Ages 18+)	\$2.50/\$5.00
Youth & Seniors (Ages 55+)	\$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: [poway.org/swim](http://poway.org/swim)



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. Diving Boards are not available during posted long course hours.

## WATER EXERCISE

ALL AGES



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

DAYS	TIME
M/W/F	11:00am-12:00pm

## RED CROSS LIFEGUARD TRAINING

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.

CLASS #	DAY	TIME	DATES	R/NR FEE
0700.301	SA	8:00am-12:00pm	Feb 11	\$153/\$163*
	M-TH	8:00am-5:00pm	Feb 20-23	
0700.302	SA	8:00am-5:00pm	Mar 11, 18	\$153/\$163*
	M/W	5:00-8:00pm	Mar 13, 15, 20, 22	

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



## LAKE POWAY

14644 Lake Poway Road

(858) 668-4770

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

<b>Park Ranger Office</b>	(858) 668-4772
<b>Park/Pavilion Reservations</b>	(858) 668-4580
<b>Lake Poway Concession</b>	(858) 668-4778

## Hours

January-December  
Daily | 6:00am-Sunset

### Lake Fishing and Boating Hours

January-December  
Wednesday-Sunday | 6:00am-Sunset

### Entry Station

Open Weekends & Holidays  
\$10 non-resident entry fee for vehicles (effective Dec 1)  
Active Military free with ID

## Trout Season Returns to Lake Poway!

The fishing frenzy returns late fall/early winter when Lake Poway is once again stocked with the popular "Nebraska Tail Walkers." Poway currently holds the County record for rainbow trout at 17.85 pounds and our reputation as the "Big Trout Destination" still holds true. The Lake is stocked every two weeks through mid-May, weather permitting. We offer the best permit and boating prices in the area and our concessions offer everything you might need to catch "The Big One." Information: [poway.org/lakepoway](http://poway.org/lakepoway)



# BLUE SKY ECOLOGICAL RESERVE

16275 Espola Road  
1 mile north of Lake Poway Road  
(858) 668-4781  
[poway.org/bluesky](http://poway.org/bluesky)

## Hours

Daily | sunrise to sunset

Blue Sky is a 700-acre ecological reserve. Fully-trained docents offer hands-on experience 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.

### FREE DOCENT-LED NATURE WALKS

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

### TURN NEW YEAR RESOLUTIONS INTO FITNESS SOLUTIONS!

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

Information: [bluesky@poway.org](mailto:bluesky@poway.org) or (858) 668-4781

DAY	DATE	TIME	LEVEL	FEE
W	Jan 4-Feb 22	9:00am	Beginners	Free
M	Jan 9-Feb 13	9:00am	Non-beginners	Free



## JUNIOR NATURE RANGER PROGRAM

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

Information: bluesky@poway.org or (858) 668-4781

DAY	TIME	DATE	FEE
SA	8:30-10:30am	Nov 19	Free

## DISCOVERY TABLES

Interactive display on the Kumeyaay with docents on hand to answer your questions.

DAY	TIME	DATE	FEE
SA	8:30-11:00am	Jan 21	Free

## SCHOOL TOURS AND OUTREACH PROGRAM

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

For reservations: poway.org/bluesky

## SOLAR WALK/STARGAZING

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

Register online: poway.org/classes

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.300		4:30pm	Mar 4	\$5
1600.301		4:45pm	Mar 4	\$5
1600.302		5:00pm	Mar 4	\$5
1600.303		5:15pm	Mar 4	\$5



# KUMEYAAY-IPAII INTERPRETIVE CENTER

13104 Ipai Waaypuk Trail

(858) 668-4781

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

## Hours

Open second Saturday of each month

10:00am-1:00pm

## Tours

Free Docent-led Public Tours: (858) 668-4781



## SCHOOL TOURS

### Offered Thursday and Friday mornings

Experience the life of the Kumeyaay, discover artifacts and ancient millings sites, and participate in hands-on traditional activities.

Schedule your tour online: [poway.org/kiic](http://poway.org/kiic) \$4 per student

## GUIDED TOURS OF THE ANCIENT COMMUNITY OF PAUWAI



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

## VOLUNTEER TODAY, INSPIRE FOR A LIFETIME

Looking for a unique volunteer opportunity? We have it! Support the tour program at the Kumeyaay-Ipai Center. We need docents to lead tours for third grade students. Absolutely no experience is required and our self-paced training is completely free! Lead just one tour a month and you will impact young lives for a lifetime.

Information: [poway.org/kiic](http://poway.org/kiic) or (858) 668 4781

# SYCAMORE CANYON/ GOODAN RANCH PRESERVE

16281 Sycamore Canyon Road  
(858) 513-4737

[sdparks.org](http://sdparks.org)

## Hours

Pedestrian access available daily from sunrise to sunset

### Goodan Ranch Staging Area

April–September | 8:00am–7:00pm  
October–March | 8:00am–5:00pm

### Highway 67 Staging Area

8:00am–5:00pm



Over ten miles of trails and service roads are available for hiking, mountain biking, and equestrian use. Come see us at our Preserve Visitor Center. Live animals and exhibits on Goodan History, Cedar

Fire, Kumeyaay, and the MSCP are on display. Live native educational raptors on exhibit by appointment at Preserve Visitor Center. Call for information.

Events, hikes and programs start at various Preserve locations. Some require a one-mile walk from Goodan Ranch staging to the Visitor Center. Please check descriptions closely. No vehicular traffic is permitted in the Preserve.

Transportation for those with disabilities can be arranged, by calling the ranger at (858) 513-4737.

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

**Highway 67 staging area** accessed through SOUTHBOUND Highway 67 only, half a mile south of Scripps Poway Parkway.

For information or to make event reservations, call (858) 513-4737 or email [Justin.Gibbons@sdcounty.ca.gov](mailto:Justin.Gibbons@sdcounty.ca.gov).



## November

### STAR PARTY

November 18, 2016 | Sunset

## December

### MOUNTAIN BIKING RACE

December 10, 2016

Quick N Dirty MTB Racing and park staff will be hosting a mountain biking race here in Sycamore Canyon.

More info including race and registration information can be found at [quickndirtymtb.com](http://quickndirtymtb.com) or by emailing [quickndirtymtb@gmail.com](mailto:quickndirtymtb@gmail.com).

### DIRTY FEET 10K/HALF-MARATHON

December 17, 2016

Dirty Feet Productions and park staff will be hosting a foot race here in Sycamore Canyon.

More info including race and registration information can be found at [dirtyfeet.ca](http://dirtyfeet.ca) or by contacting park staff at (858) 513-4737.



# January

## INTRODUCTION TO GEOCACHING

January 7, 2017 | 10:00am-12:00pm

Reservations are required. Please call (858) 513-4737.

## STAR PARTY

January 20, 2017 | Sunset

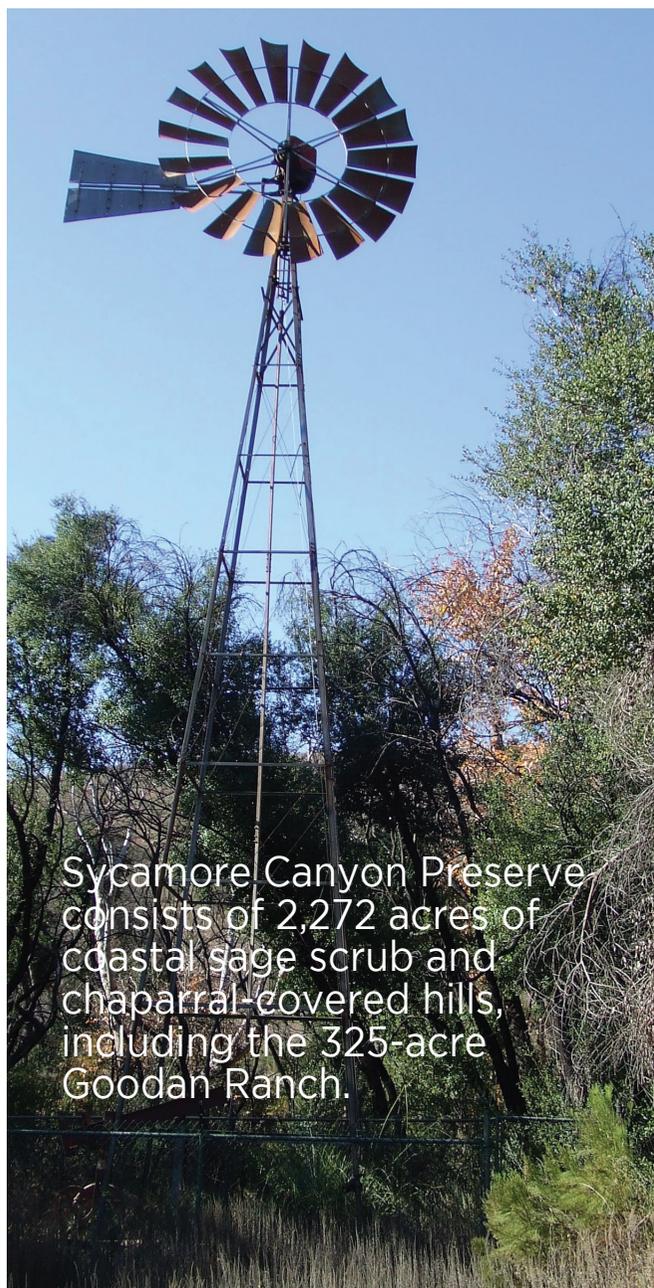
# February

## DIRTY FEET 10K/HALF-MARATHON

February 25, 2017

Dirty Feet Productions and park staff will be hosting a foot race here in Sycamore Canyon.

More info including race and registration information can be found at [dirtyfeet.ca](http://dirtyfeet.ca) or by contacting park staff at (858) 513-4737.



Sycamore Canyon Preserve consists of 2,272 acres of coastal sage scrub and chaparral-covered hills, including the 325-acre Goodan Ranch.



## POWAY LIBRARY

13137 Poway Road

(858) 513-2900

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

### Hours

Monday–Thursday | 9:30am–8:00pm

Friday–Saturday | 9:30am–5:00pm

Sunday | 12:00–5:00pm

### CHILDREN'S PROGRAMS

**Storytime:** Monday–Saturday at 10:30am

**Baby Storytime:** Tuesdays and Wednesdays at 9:45am

**PJ Storytime:** Third Wednesday of the month at 6:30pm

**After-School Programs:** Mondays & Wednesdays from 3:30–4:30pm

**Kids Craft Corner:** Friday | 3:00–4:00pm

### TEEN PROGRAMS

**Teen Tuesdays:** 4:00–5:00pm  
(schedule varies—check with library)

### ADULT PROGRAMS

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

**Tai Chi:** Mondays at 11:00am (schedule may vary; check with library)

**Gentle Yoga:** Second Thursday monthly at 10:00am (schedule may vary; check with library)

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

**Conversation Café:** Fridays at 10:00am

**Citizenship Class:** Mondays at 6:30pm

For more information about programs and events, call the library at (858) 513-2900

# POWAY SENIOR CENTER

Poway Community Park  
Weingart Center Building  
13094 Civic Center Drive  
(858) 748-6094



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

Visit us on Facebook

## Hours

**Senior Center:** Monday-Friday | 8:00am-4:00pm

**Gift Shop:** Monday-Friday | 8:00am-2:00pm

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

### LA BELLA BISTRO

## Join Us for Lunch!

**Monday-Friday** | 11:15am-12:15pm

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, newsletter, or just stop by and enjoy the special of the day. Reservations are not required.

**Need a ride to lunch?** Call JoAnne Montano for Bus Transportation at **(858) 748-6094 ext. 309**

### COME HAVE FUN AND WIN!

## BINGO!

**Win Your Share of \$5,000 in Cash, with Progressive Game of \$1,199!**

The best fun in Poway Twice a Week!

Open to all adults, 18 and older. All proceeds help support the programs and services of PSC.

**Saturdays** | 5:30pm

**Tuesdays** | 12:15pm

### VOTE!

## Vote on November 8

**Polling Site at Poway Senior Center**  
for precinct #462430

**Polls Open** | 7:00am-8:00pm



### VOLUNTEER OPPORTUNITIES!

Volunteerism is an important component of the Poway Senior Center. Over 100 seniors are active volunteers. Come be a part of our team and make a difference!

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

**Monday** | 9:00am-12:00pm

**Wednesday** | 12:00-4:00pm

**Friday** | 9:00am-12:00pm

**Bingo Volunteer:** Managers and Monitor positions open! Join our Bingo Team on Tuesday afternoons or Saturday Evenings. Have fun and meet new friends!! Our Bingo income goes directly to programs at the Poway Senior Center.

**Call today!** Mary Supanchick **(858) 748-6094 ext. 305**

### COMMUNITY SUPPORT/FUNDRAISING

## Monthly Gift Basket

Every month it's something new!

### Monthly Opportunity Drawings

Every month in our Lobby, we have a new themed gift basket you can win!

**Tickets sold at the Reception Desk**

\$1.00 a ticket or  
6 for \$5.00





Registration Start Date is November 15 at 7:30am

3 convenient ways to register for classes:

- 1** Online registration is available by visiting the City of Poway website: [poway.org/classes](http://poway.org/classes). A \$1.50 convenience fee will be charged per transaction. Payment must be made by MasterCard or VISA.
- 2** Walk-in registration is available at the Community Services Department during business hours.  
**Location**  
13325 Civic Center Drive  
**Hours**  
Monday-Thursday | 7:30am-5:30pm  
Friday | 8:00am-5:00pm  
(closed every other Friday)
- 3** Mail-in registration may be paid by check made payable to the City of Poway or by credit card (MasterCard or VISA). 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.

### Refund prior to the first day of class

Customer may request a refund in writing prior to the first day of class. 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.

### Refund after the first day of class

Requests for refunds must be provided in writing and 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 and the cancellation fee will be deducted. 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.

## Residency

Poway Residents are defined as those persons who live within the City limits of Poway. Proof of residency will be required at the time of registration.

## Financial Assistance

### Poway Leisure Assistance for Youth (PLAY) Scholarship

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

### Access

We strive to ensure our programs, services, and facilities include and accommodate those with developmental disabilities.



# POWAY CENTER FOR THE PERFORMING ARTS

15498 Espola Road  
(858) 748-0505

[PowayCenter.org](http://PowayCenter.org)

**Administration** (858) 668-4693  
**Box Office** (858) 748-0505

## Hours

### Box Office Hours

Friday | 12:00pm-5:00pm  
Saturday | 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

Tuesday-Friday | 9:00am-5:00pm  
Saturday | 10:00am-3:00pm  
Closed on major holidays.

The Poway Center for the Performing Arts is available for rent September through June, it's the perfect venue for professional and community performances.

## Upcoming Art Exhibits

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

### NOVEMBER



#### Nita Draut

A world-renowned art legend, Nita Draut freezes iconic American stories in vintage graphite portraits that beckon us back into a bygone era. To celebrate her 90th Birthday, PCPA invited her to display

90 of her iconic images. To read her fascinating story and view a sample of her more than 500-lifelike story portraits visit [www.NitaDrautGallery.com](http://www.NitaDrautGallery.com).

### DECEMBER



#### Asha Sisson & Misun Holdore

THE JOURNEY is a two-artist show featuring works by Korean born landscape and wildlife artist Misun Holdorf whose use of the palette knife creates impressionistic excitement in the subjects she paints. Asha Sisson is a

Malaysian born artist of East Indian heritage who seeks to show in her work that beauty is not merely physical and worldly but ethereal and mystical. Nature and symbolism, and the use of vibrant color and movement in their paintings capture the emotions that showcase their diverse life experiences shaped by their many travels and residence in several countries.



### JANUARY

#### The North County Society of Fine Arts

is dedicated to advancing education and the appreciation of the arts.

### FEBRUARY

#### The San Diego Museum of Art Artists Guild

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





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

TICKETS AVAILABLE NOW!

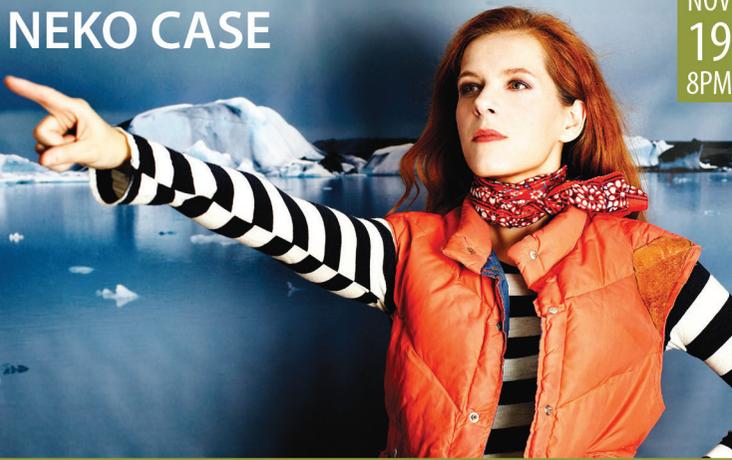
View full season and purchase tickets at [www.powayonstage.org](http://www.powayonstage.org)

At the Poway Center for the Performing Arts (*Convenient, free parking*)

15498 Espola Road | Poway, CA 92064 | 858.748.0505



**NEKO CASE**



NOV 19 8PM

**HOME FREE:  
A COUNTRY CHRISTMAS**



DEC 3 8PM

presented by **skyline** HOME LOANS Leah McBride

**FABULOUS THUNDERBIRDS**



JAN 21 8PM

**JOSÉ FELICIANO**



FEB 18 8PM

presented by **GVCA** GREEN VALLEY CIVIC ASSOCIATION

Entertaining, Educating and Enriching through Powerful Live Performances



**City of Poway**  
 13325 Civic Center Drive  
 Poway, CA 92064

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Permit No. 1942  
 San Diego, CA



City of Poway



@cityofpoway



poway.org/connectwithus

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City of Poway  
 Poway, CA 92065

ECR-WSS

# WINTER 2016-17 EVENTS AT A GLANCE



**TROUT SEASON**  
 Starts  
 Mid-November  
 Lake Poway



**CHRISTMAS IN THE PARK**  
 December 10  
 Old Poway Park



**WINTER FESTIVAL**  
 January 13 & 14  
 Poway  
 Community  
 Park



**YOUTH FISHING DERBY CAMPOUT**  
 February 3  
 Lake Poway



**YOUTH-ONLY FISHING DERBY**  
 February 4  
 Lake Poway

**Poway City Council**

- Mayor STEVE VAUS
- Deputy Mayor JIM CUNNINGHAM
- Councilmember JOHN MULLIN
- Councilmember DAVE GROSCH
- Councilmember BARRY LEONARD

**SAVE THE DATE!**

Registration begins  
 November 15 at 7:30am.  
 See page 23 for details,  
 or visit [poway.org/classes](http://poway.org/classes).