

# POWAY Today



A Quarterly Municipal Newsletter for the Residents of Poway, California

Spring 2014



## New Smart Phone and Web Applications Improve Operations with Technology

# YourGOV: A New Fast & Easy Way to Contact Your City

City of Poway

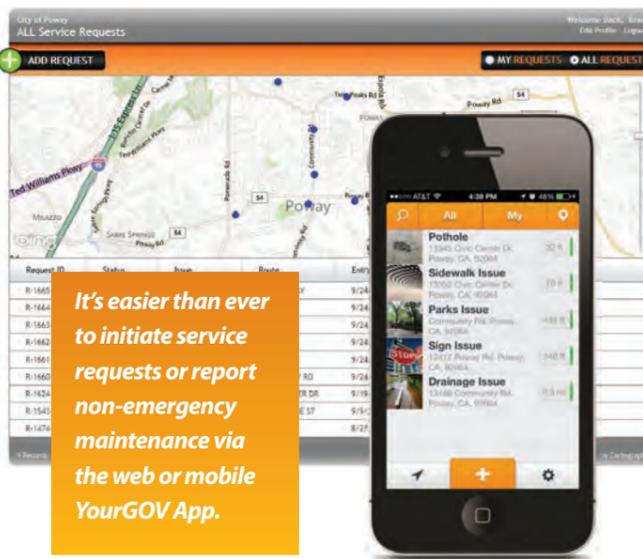
With the click of a mouse or a touch on your phone, you can now report non-emergency issues to the City such as potholes, graffiti, streetlight outages, and other maintenance needs any time of the day or night. YourGOV is an application that can be used via the Web or your mobile phone to submit an issue and track its progress from submission to completion.

To begin, visit the YourGOV site at [www.poway.org/yourgov](http://www.poway.org/yourgov) or download the free App in the iTunes App Store (for iPhone) or the Google Play Store (for Android-enabled smartphones). Creating a login will allow you to track your request and receive notification when your issue is resolved. Reporting an issue is easy. Just follow these simple steps:

- Browse to the website or open the App on your smartphone
- Select "Add Request"
- Enter the address or click on the map to indicate the location of the issue
- Enter the details of request (including a photo if you wish)
- Click Submit

Once submitted, the item enters directly into the City's management system, called Cartegraph, and routes to

the proper staff for handling. There is no faster, easier way to submit a service request or to report a non-emergency maintenance issue. If the issue is more urgent in nature, like a water main break, fallen tree in the road, or traffic signal outage, please call 858-668-4700 during normal business hours or 858-668-4751 after business hours.



## Poway Library Gets a Face Lift!



UT San Diego File Photo

The Poway Library is one of the oldest branches in San Diego County. The current branch, located at 13137 Poway Road, opened in 1998. It currently ranks the sixth largest in circulation of materials in all of San Diego County and hosts an average of 54 programs per month. With such high usage, it was time to maximize space as effectively as possible to offer the widest range of services to the public. That requires a face lift!

The library building is owned by the City of Poway. The County of San Diego operates the facility under an Agreement for the Provision of Library Services. The County of San Diego, Friends of the Poway Library and the City of Poway are collaborating on a remodel of the Poway Library to take place this spring. The City and the County will each contribute \$375,000 toward the project while the Friends of the Library will contribute \$125,000. The remaining \$652,000 will come from the City's Library Endowment Fund, which has a current balance of approximately \$890,000. The Endowment Fund was established in 1992 to purchase books, equipment, furniture, and other library resources.

There will be no increase in the square footage of the building, but rather an update to the usable interior space. This will be accomplished by utilizing portable furniture and equipment. The teen area will be significantly expanded and defined. The dedicated space for the Friends of the Library will also be expanded and enhanced. The computer lab will be remodeled, and new lighting and carpet will be installed. The remodel will create more seating and study areas, increase the family and children's area, and create a defined homework area. The work will also increase the amount of natural light inside the building. The improved functionality of the interior space will create more opportunities for the City to partner with the library to provide programs and activities for teens and families.

On the exterior of the building, a patio cover will be installed over the area between the library building and the meeting room. The project will commence in the spring of 2014, and is projected to be complete by the end of the year.



**The remodel of the Library will not only increase the usability of the current space, but enhance readability by letting in more natural light.**



An outdoor ice skating rink and a snow hill topped off the fun events at Poway's Winter Festival!



## Snow in Poway?

Did you know that it snowed in Poway in January? The thousands of guests who attended Poway Community Park's Winter Festival sure did! Formerly known as Poway WinterFest, the revamped Winter Festival made its inaugural January debut and was a smashing success! In addition to the Friday and Saturday public event, the City of Poway partnered with local special needs organizations to host a special needs version of the event prior to opening to the public on Saturday, January 11. Nearly 500 special needs individuals and their families enjoyed ice skating, sledding down snow hill, arts and crafts, and making wonderful memories with their peers!

The community response to Winter Festival was overwhelmingly popular! We can hardly wait until next year! Special thanks to ALL the sponsors that made this entire weekend possible: **Toyota of Poway, Kelchlin Construction, PoVa Therapeutic Riding Center, Poway Countryside Barn, Next Stage U, Edco Waste Disposal, and Walmart.**

Thanks to our sponsors!



## Poway's First Baby of 2014!

The City of Poway would like to welcome Danica Avila. She was born at 11:31 a.m. on January 2, 2014, at Pomerado Hospital, making her the first Poway baby born in the New Year. Danica was welcomed by her mother Tania and father Oscar. She weighed 5 lbs. 11 oz. and was 17" long at birth.

As part of the City's First Baby Program, a \$200 gift card was presented to her family during the February 4, 2014 City Council Meeting.

### This Issue:

#### SD Business Journal Tours Poway Businesses

Finds innovation and healthy growth in Poway's future. **pg. 2**



#### Building Codes Update

New building codes are going into effect this year. See how they might affect your projects. **pg. 15**



#### 2013 was a Record Dry Year

This year is also looking to be dry – learn ways you can conserve water to help us through the drought and save you money! **pg. 15**



#### Spring Cleaning Hints & Coupons

It's that time of year to clear out the closets and the garage – get a free haul coupon from EDCO. **pg. 16**



## Think twice before putting harmful materials down the drain or in the trash!

Just a Moment's Thought Can Save You Money, Keep Workers Safe, and Protect the Environment

### DOWN THE DRAIN (Safety!)

Education campaigns are springing up across the country with hopes that customers can learn to stop using toilets and sinks as trash cans.

It's simple: toilet paper and human waste should be the only things going down the toilet, and soap and water should be the only things going down the sink drain.

The "used" water coming from our toilets and sink drains is commonly called "wastewater." The majority of our region's wastewater is transported through miles of pipes for discharge into the ocean. However, before it can be discharged into the ocean, most solid materials must be removed through a series of mechanical and chemical processes. The more solids and the harder they are to break down, the more complicated and expensive the removal process.

Commonly flushed items that clog lines and increase costs include baby wipes, cat litter, dental floss, and medical materials. Even facial tissues are too sturdy to be flushed. They are designed to stay solid and do not break down easily, whereas toilet paper is designed to do just the opposite—dissolve quickly when exposed to water.

Some municipalities now face millions of dollars in additional expenses dispatching crews to unclog pipes and pumps and replacing and upgrading machinery with strainers and choppers to handle "flushable" wipes that are turning out not to be flushable after all!

So, take a minute to decide if something should go into the trash container rather than the toilet or down the sink drain to help manage the City's costs and keep our oceans clean.

### IN THE DUMPSTER (Safety!)

The Federal Bureau of Labor Statistics routinely ranks sanitation worker as one of the top 10 dangerous jobs, citing exposure to hazardous materials as a major cause of injury and death.

Poway's Household Hazardous Waste (HHW) Facility exists to ensure these special wastes are disposed of properly to meet legal requirements and also to ensure that our sanitation drivers are not exposed to additional dangers.

When household hazardous wastes (paint thinner, pool acid, car batteries, pesticides, etc.) are improperly disposed of in the weekly trash or recycling pick-up, incompatible products can ignite or explode. An explosion can lead to worker injury, danger to motorists as well as increased expenses, and environmental damage.

Please take a moment to separate special waste from your regular household trash and recyclables in an effort to keep drivers and residents safe from the potential of life-threatening chemical reactions.

Visit [www.poway.org](http://www.poway.org) for information about using the HHW Facility located at 12325 Crosthwaite Circle.

## BURGLARY PREVENTION

### Five Easy ways to Protect Your Home

The majority of residential thefts are crimes of opportunity where the victims have left their homes unsecured. The opportunities for residential burglaries can be curtailed both individually and collectively through citizens working with local law enforcement agencies. Many people who have never been a victim are often less than diligent about securing their homes and safeguarding their property. Unfortunately, thieves seek out these opportunities to access homes and garages through unlocked doors and windows with minimum effort.

Reliable estimates indicate that the average burglary takes just three to five minutes. Shut out burglars by applying the following principles:

- **Surveillance:** The ability for people to see and be seen by day and by night.
- **Lighting:** Put interior and exterior lights on timers when it starts to get dark.
- **Physical Security:** Use locks, hardware, and structural elements.
- **Evidence of Activity:** Provide a sense of occupancy at all times.
- **Neighborhood Watch:** Neighbors watching out for each other and reporting suspicious activity to law enforcement.

Most law enforcement agencies promote the principles of Crime Prevention through Environmental Design as the most effective way to confront crime. This environmental approach incorporates the above five key aspects into three specific areas of a residence, each of which is equally important to address.

**The Exterior:** Items included in this category are lighting, landscaping, and house numbers. Adequate and appropriate lighting and a well-maintained yard not only creates a pleasing environment but also allows for surveillance, defining space, and guiding guests on and off your property.

**The Perimeter:** Doors, windows, other entrances, and alarm systems comprise the perimeter features. The primary goal of perimeter crime prevention is to remove any opportunity for a burglar to gain easy access to your home and to ensure that security hardware and devices are consistently used.

**The Interior:** The interior includes all interior lighting and timers as well as perceived activity. The goal is to create a sense that someone is home because most burglars want to avoid a confrontation.

Maximizing the security elements in these three environments and maintaining the concepts of the Neighborhood Watch Program will help to provide more secure homes and communities. The Poway Sheriff Station's Crime Prevention Unit is a valuable resource for residents to consider as a means to increase awareness and to learn about other tools to reduce residential burglaries including:

- **Neighborhood Watch Programs**
- **Residential security assessments to identify vulnerabilities**
- **Vacation checks**

For more information, call the Poway Crime Prevention Unit at 858-513-2807.

## SAN DIEGO BUSINESS JOURNAL TOURS POWAY BUSINESSES

On a gorgeous 70 degree January day a group of San Diego Business Journal reporters set out on a bus tour of the Poway Business Park. The jam-packed itinerary involved visiting 12 businesses in the 900 acre business park in just over six hours. Despite the frantic pace, the group was able to meet with all the businesses, tour their state of the art facilities, learn about the businesses' origins and visions, and witness firsthand how their technologies, innovations, and practices were being developed.

Highlights of the tour included hearing about Chef Works' impressive designs of fashionable and functional uniforms for top restaurants around the world; TransPower's revolutionary electric powered trucks and buses; Quatro Composites lightweight, high strength carbon fiber components for aircraft, medical devices, and sporting equipment; Delkin Devices' manufacturing process of high quality memory cards and solid state drives for commercial and industrial users; GEICO's contemporary 300,000 square foot office facility, training center, cafeteria, and gym; Pure Forge's amazing atomic forged brake rotors that do not wear out; Lightning Brewery's 30 nationally recognized beer awards, including Best in Show of all entrants; TekWorks' customized project tracking, technology applications, and system designs; Hoist Fitness' innovative



machine designs and marketing strategies; Jinx' business savvy geeks and gamers yielding unprecedented business growth and expansion; Sportsplex' unique public/private partnership that extends city recreational facility options; and, Hampton Inn which provides convenient corporate quality amenities.

Community Services Director Robin Bettin was also on hand to describe the community amenities, services, programs, activities, and facilities provided by the City that make Poway such a great place to live, work, and play. Many business owners and managers frequently comment on how pleased they are to have their businesses located in the City of Poway because of these amenities.

Poway is home to many businesses that are leaders in their industries. Some companies are still in the early phases of their life cycle and, because their products show such potential in vital fields, they are able to secure grants and investments. These businesses are also attracting top talent from around the country who can help advance our industries in the San Diego region. This ongoing innovation, creativity, and drive has made the Poway Business Park a desirable home for a diverse array of businesses. This tour was made possible by the San Diego Business Journal and was facilitated by the San Diego North Economic Development Council along with the Poway Economic Development Division.

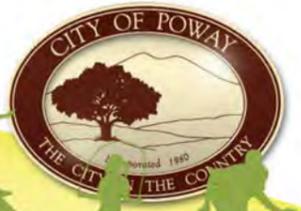
## TOP 10 LISTS OF HOME SAFETY TIPS

### TOP 10 PERSONAL PREPAREDNESS TIPS

1. **Register your cell phone and email** for emergency notifications with [AlertSanDiego.org](http://AlertSanDiego.org)
2. **Establish an out-of-state phone contact** to help reach separated family members.
3. **Create a family disaster plan** and review, update, and practice yearly.
4. **Create an emergency supply kit to include:**
  - Up to 7 days of food/water per person
  - Current medications
  - Battery powered radio and flashlight
  - Working batteries
  - Pet supplies
5. **Store coloring books, a deck of cards, board games, or other items** to keep family members entertained.
6. **Make duplicates** of medical prescriptions, insurance papers, and other important documents, and consider storing them off-site.
7. **Learn the disaster policies** of schools and care programs in which you have children and dependents.
8. **Keep the fuel tank** in your vehicle at least half full at all times.
9. **Know where to get information** and assistance during and after a disaster.

### TOP 10 FIRE SAFETY TIPS

1. **Watch your cooking.** Stay in the kitchen when you are frying, grilling, or broiling food. If you must leave, even for a short time, turn off the stove.
2. **Give space heaters space.** Keep fixed and portable space heaters at least three feet from anything that can burn. Turn off heaters when you leave the room or go to sleep.
3. **Smoke outside.** Have sturdy, deep ashtrays for smokers.
4. **Keep matches and lighters out of reach,** up high, preferably in a cabinet with a child lock.
5. **Inspect electrical cords.** Replace cords that are cracked, damaged, have broken plugs, or have loose connections.
6. **Be careful when using candles.** Keep them at least one foot from anything that can burn. Blow out candles when you leave the room or go to sleep.
7. **Have a home fire escape plan** and practice it at least twice a year.
8. **Install smoke alarms** on every level of your home. Interconnect smoke alarms so when one sounds, they all sound.
9. **Test smoke alarms** at least once a month and replace conventional batteries once a year or when the low battery alarm "chirps." Replace alarms that are more than 10 years old.
10. **Install sprinklers** if you are building or remodeling your home. Sprinklers can contain and may even extinguish a fire in less time than it would take for the fire department to arrive.



# POWAY Community Services

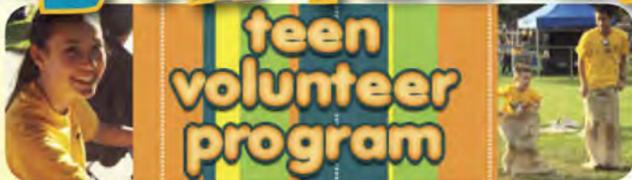
Sports | Recreation | Aquatics | Fitness | Nature | Teens | Community Events

## SPRING 2014

Registration begins MARCH 4 for Poway Residents & Nonresidents

### Calling All Teens!

Do you need volunteer hours for school? Would you like to meet other teens and serve the Poway



community? If so, join the new City of Poway Teen Volunteer Program! Teens ages 14-17 will have the opportunity to earn volunteer hours during various recreation programs and events, as well as attend specialized trainings, participate in community service projects, and socialize during group outings. Orientations will be held monthly to accept applications and begin the training process. Preregistration is required. For more information or to register for an orientation, please call (858) 668-4672 or email [teenvolunteers@poway.org](mailto:teenvolunteers@poway.org).

### Upcoming Teen-Only Events!



Look for details in the Summer Poway Today...



### Poway Valley Garden Club Presents:

Saturday, April 12 9:00 am to 3:00 pm

### WILD, WILD WEST



Old Poway Park Action Committee member, Poway Valley Garden Club, will host the 36th Annual Standard Flower Show at Old Poway Park. This year's FREE flower show theme is the Wild, Wild West. All ages are welcome to enjoy a fun-filled day of gardening ideas, plant sales, and more. You can participate and win a ribbon for your flowers or designs! No registration is required for horticulture entries. Entries will be accepted at Old Poway Park on April 10 from 5:00 pm to 7:00 pm and April 11 from 7:30 am to 9:30 am. If you would like to enter a floral design, please contact Adele Kelley at (858) 673-8728. For general information: [pvgc@outlook.com](mailto:pvgc@outlook.com).

### FREE Band Festival & Arts & Crafts Market

Saturday & Sunday, May 17-18 10:00am-8:00pm

Come listen to concert bands from near and afar during a FREE weekend of music at Old Poway Park. The 20th Annual California Band Festival and Arts and Crafts Market will honor the Armed Forces and their families. The event is hosted by Old Poway Park Action Committee members, the Pomerado Community Band, the Poway Arts and Crafts Guild, and the City of Poway. Bands will perform Americana music and each day will end featuring a military band. Arts and crafts market, refreshments, and train rides are available for a nominal fee. Information: (858) 668-4576.

## Upcoming Summer Events

### 2014 SUMMER CONCERTS

Some of the best local entertainment and summer fun returns to Poway with the 2014 Summer Concert Series! Bring your blanket or chair, picnic dinner or snack, and have a great time with family and friends. Concerts take place Sundays, from 5:30 to 7:00 pm. Lake Poway concerts: June 22, July 6, August 3. Old Poway Park concerts: July 13, July 27, August 10. The entertainment schedule will be advertised in the Summer Poway Today and our website: [www.poway.org](http://www.poway.org). Information: (858) 668-4770.

### Outdoor Movie-in-the-Park Series

Enjoy a family-friendly movie under the stars during the Outdoor Movie-in-the-Park Series. Movies will be shown on Saturdays, at sunset at Community Park: June 28, July 26, August 23, and at the Poway Swim Center: July 12, August 9. Concessions will be hosted by teen volunteers to fundraise for City of Poway teen programming. Information: (858) 668-4671 or [www.poway.org](http://www.poway.org).

### Old-Fashioned FOURTH OF JULY

July 4th 10:00am-4:00pm Fireworks Show at Poway High School Stadium 9:00pm

Bring your family and friends, and join us at Old Poway Park where we celebrate our country's independence "turn-of-the-twentieth-century-style." This FREE event features patriotic entertainment, old-fashioned games, and train rides and gunfighting demonstrations. Information: (858) 668-4576 or [www.poway.org/oldpowaypark](http://www.poway.org/oldpowaypark).

## Get Ready, Summer's comin'!

Summer will be here before you know it! This year's line-up of summer camps will be bigger and better than ever, ensuring that you have the best summer yet! **Early Summer Camp Registration will begin on Tuesday, April 15, 2014, at 7:30am.**



### Need to be Reminded?

Connect with Us! Email Newsletter: [www.poway.org/community](http://www.poway.org/community)

Never miss out on a recreation opportunity again!



# LAKE POWAY DAY CAMP!



## Early Registration for Lake Poway Day Camp will begin April 15, 2014, at 7:30am!

Lake Poway Day Camp is the perfect place for summer fun for children ages 6 to 12! Each week, campers go swimming, hiking, boating, fishing, create arts and crafts projects, play creative group games, participate in exciting field trips, and explore the outdoors! Camps are offered in nine, one-week sessions. Camp hours are from 8:00 am to 4:00 pm. Extended care is available from 4:00 pm to 5:30 pm, free of charge. For more information, contact the Lake Poway Day Camp phone line at (858) 668-4776 or visit [www.poway.org/daycamp](http://www.poway.org/daycamp).

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

### Spring Break Camps!



#### CAMP! Skateboarding | Ages 6 to 13

Join us for a week of skateboarding fun at the Poway Skate Park! Come build your ramp skills, develop new tricks, learn safety techniques, meet special guest pros, and make new friends. This camp will benefit skateboarders of all levels! All participants will receive an SD SkateLife t-shirt and 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:** Andrew Barbosa: [Andrew@skskatelife.com](mailto:Andrew@skskatelife.com)  
**Location:** Community Park, Skate Park

7600.402 M-F 9:00am-12:00pm Apr 7-Apr 11 RES/NON \$150/\$160

#### CAMP! Archery Basics Camp | Ages 7 to 16

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

**Instructor:** Rick Harper  
**Location:** Lake Poway, Archery Range



2443.440 M-F 8:00-9:30am Apr 7-Apr 11 RES/NON \$75/\$85\*  
2443.441 M-F 10:00-11:30am Apr 7-Apr 11 RES/NON \$75/\$85\*

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

#### CAMP! Coast 2 Coast Soccer | Ages 4 to 12

Coast 2 Coast Soccer Camp is now one of the most popular soccer camps in California. Our qualified and enthusiastic coaches will deliver a unique curriculum that is aligned with State Standards for Physical Activity. Your child will learn soccer techniques and skills in an active engaging environment. Each child will receive a Coast 2 Coast soccer jersey, ball, wristband, and certificate. Most importantly, we guarantee that your child will have FUN. **All participants should bring water, a healthy snack, sack lunch, and sunscreen each day.** Cleats & shin pads are recommended!

**Instructor:** Coast 2 Coast Soccer: [www.c2csoccer.com](http://www.c2csoccer.com)  
**Location:** Community Park, Valley Soccer Field

2443.409 M-F 9:00am-2:00pm Apr 7-Apr 11 RES/NON \$149/\$159



#### CAMP! Art Start Art Camp - Half Day | Ages 7 to 14

Enjoy a week packed full of art in the most creative camp ever! You will load up your sketchbook (provided) with fabulous drawings, create a mask cast from your own face, tie-dye T-shirts, and explore a variety of media in a fun, relaxed atmosphere. Learn to draw and paint under the gentle guidance of a professional artist. Each week will offer unique experiences! Quality art materials and snack will be provided. **Bring a washed, cotton T-shirt to the first class.**

**Instructor:** Susan Bainbridge: [www.artstart1.com](http://www.artstart1.com)  
**Location:** Lake Poway, Pavilion

6182.401 M-F 9:00am-12:00pm Apr 7-Apr 11 RES/NON \$115/\$125\*

\*\$40 materials fee due on the first day of class

#### CAMP! Woodshop Wizards | Ages 6 to 13

The Woodshop Wizards Program has been created specifically to provide youth the opportunity to learn the basic concepts of woodworking, while fostering self-esteem, self-confidence, and offering a skill set. This is a hands-on, woodworking program using a variety of age-appropriate hand tools. Tools include hammers, cordless drills, squares, and miter saws. Safety and proper use of tools is always stressed. Students construct several projects, allowing them to experience using real tools, creative painting, and personalizing their creation! All projects are taken home to treasure!



**Instructor:** Anthony Demopoulos  
**Location:** Community Park, Auditorium

7617.411 M-F 9:00am-12:00pm Apr 7-Apr 11 RES/NON \$160/\$170\*

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

#### CAMP! Swim & Tennis | Ages 6 to 15

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

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

2443.420 M-F 10:00am-3:00pm Apr 7-Apr 11 RES/NON \$110/\$120\*

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

### Kids Night Out



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

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

**Instructor:** Community Park Staff  
**Location:** Community Park, Auditorium

			Fee/participant
8432.400	Sat 4:30-9:00pm	Apr 12	\$2
8432.401	Fri 4:30-9:00pm	May 2	\$2
8432.402	Sat 4:30-9:00pm	Jun 7	\$2

### Teen Activities

#### Teen Night Out | Grades 6th - 9th

It's time to party! Teens in grades 6th - 9th will have an absolute blast choosing which activities THEY want to participate in during Activity-A-Palooza! Jam like a rock star, become a game show contestant, create a masterpiece, gobble down delicious treats, play recreation games, and so much more! Register early as spots are limited. **For more information or to register now, call (858) 668-4671.**

**Instructor:** Community Park Staff  
**Location:** Community Park, Auditorium

Sat 4:00-9:30pm Mar 15 FREE  
Sat 4:00-9:30pm May 17 FREE

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

What's cooler than your average egg hunt? A GLOW-IN-THE-DARK EGG HUNT! Join the quest to hunt a thousand glow-in-the-dark eggs. But, wait! These eggs will be filled with candy, gift cards, and tons of marvelous prizes. Don't miss out! Register early as spots are limited. **For more information or to register now, call (858) 668-4671.**

**Instructor:** Community Park Staff  
**Location:** Lake Poway, Pavilion

Fri 6:00-9:00pm Apr 18 FREE

### This Spring Break, learn some Skills to Pay the Bills!

**Lifeguard Training-Don't Miss it!**  
**See Page 10 for details.**



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

## Children's Activities

### More Than Ready: Preschool Program | Ages 3½ to 5½

This innovative preschool program introduces your child to the "exact" reading, writing, math, and social skills necessary for a smooth transition into kindergarten. The program is designed to integrate your child into a classroom learning environment aligned with the early learning standards of the California Department of Education. The program promotes independence, and provides practice for following rules and routines. Your child will become "book-smart" through fun storytelling techniques taught by a children's librarian. We put the READ in READY! A free evaluation is included for new participants and additional evaluations can be provided for \$20 each. **All participants must be toilet trained without the need for assistance.**

**Instructor:** More Than Ready, Ms. Taylor: [www.morethanready.com](http://www.morethanready.com)

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

			RES/NON
4011.400	MW 9:00am-12:00pm	Mar 31-Apr 23	\$149/\$159
4011.401	MW 9:00am-12:00pm	Apr 28-May 21	\$149/\$159
4011.402	MW 9:00am-12:00pm	May 26-Jun 18	\$149/\$159
4011.403	T/TH 9:00am-12:00pm	Apr 1-Apr 24	\$149/\$159
4011.404	T/TH 9:00am-12:00pm	Apr 29-May 22	\$149/\$159
4011.405	T/TH 9:00am-12:00pm	May 27-Jun 19	\$149/\$159

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

### Abrakadoodle: Mini Doodlers | Ages 2 to 5

Learn about artists and techniques, and create a new masterpiece each week! Children explore their creativity through carefully-designed lessons that ignite the imagination and encourage skill development. Each class introduces a new artist or art technique, and each child leaves class with a framed piece of art. Using real artists' materials, children sculpt, paint, draw, and print to create artwork that is truly unique.



**Instructor:** Abrakadoodle

**Location:** Old Poway Park, Parlour

			RES/NON
4011.406	Mon 9:30-10:15am	Mar 31-Apr 21	\$56/\$66
4011.407	Mon 10:30-11:15am	Mar 31-Apr 21	\$56/\$66
4011.408	Mon 9:30-10:15am	Apr 28-May 19	\$56/\$66
4011.409	Mon 10:30-11:15am	Apr 28-May 19	\$56/\$66
4011.410	Mon 9:30-10:15am	Jun 2-Jun 16	\$42/\$52
4011.411	Mon 10:30-11:15am	Jun 2-Jun 16	\$42/\$52

### NEW! Baby Boppers | Ages 2 to 3

You won't want your Baby Bopper to miss this class! A fusion of creative movement and basic hip hop is all they'll need to get the wiggles out. Baby Boppers focuses on muscle development, coordination, and musicality through fun and creative ways! **This is a parent participation class.**

**Instructor:** Dance to EvOLVE: [info@danceto-evolve.com](mailto:info@danceto-evolve.com)

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



			RES/NON
5131.406	Wed 3:00-3:45pm	Apr 2-May 7	\$94/\$104
5131.407	Wed 3:00-3:45pm	May 14-Jun 18	\$94/\$104

### Mom & Tot Gymnastics | Ages Walking-3½ years

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

**Instructor:** Poway Gymnastics

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

**No Class:** May 22 & 24

			RES/NON
2312.400	Thu 10:45-11:15am	Apr 3-Jun 19	\$161/\$171*
2312.401	Sat 8:45-9:15am	Apr 5-Jun 21	\$161/\$171*

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

### NEW! Nursery Rhyme Jam Session | Ages 2 to 4

Mother Goose Rocks and you will too as we take classic nursery rhymes and give them a twist. Toddlers learn through sound exploration and movement in this curriculum. They sing, chant, move, dance, listen and play simple instruments – a full mix that allows them to be active, which is how a toddler learns. This class is a music class, dance class, and creative movement class all in one!

**Instructor:** Catherine Colby

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

			RES/NON
4011.420	Thu 10:00-10:45am	Apr 17-May 22	\$55/\$65

### NEW! 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.

**Instructor:** Soccer Shots

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

			RES/NON
2443.400	Sat 8:45-9:15am	Apr 26-May 31	\$84/\$94*

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



### NEW! Soccer Shots Classic | Ages 3 to 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.

**Instructor:** Soccer Shots

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

			RES/NON
2443.401	Sat 9:20-10:05am	Apr 26-May 31	\$84/\$94*

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

### NEW! Skyhawks Mini Hawk | Ages 3.5 to 6

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball, and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our games and activities were designed to allow participants to explore balance, movement, hand/eye coordination, and skill development at their own pace.

**Instructor:** Skyhawks Sports: [www.skyhawks.com](http://www.skyhawks.com)

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

			RES/NON
2443.450	Thu 3:00-4:00pm	Apr 17-Jun 5	\$70/\$80*

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

## Dance | Youth & Teen

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

# Pinocchio

### RAVE REVIEWS:

What a great production!  
It was amazing to watch  
the kids shine onstage!  
We'll be back next year.



### Don't miss the 25th Annual Dance Recital!

Ms. Debbora presents "Beauty and the Beast" and Dance Showcase 2014 on June 24 and 25 at 6:30pm at the Poway Center for the Performing Arts! Tickets are available at the door, prior to each show. For more information, contact Debbora Childress at (760) 747-9777 or [debbora@cox.net](mailto:debbora@cox.net) or Kellie Childress-Nichols at [kchildress04@yahoo.com](mailto:kchildress04@yahoo.com).

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

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

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

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

**Instructor:** Dance to EvOLVE: [info@danceto-evolve.com](mailto:info@danceto-evolve.com)

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

			RES/NON
Beat Breakers, Ages 4-7			
5131.400	Wed 3:50-4:45pm	Apr 2-May 7	\$94/\$104
5131.401	Wed 3:50-4:45pm	May 14-Jun 18	\$94/\$104
5131.402	Wed 3:50-4:45pm	Apr 2-Jun 18	\$170/\$180

			RES/NON
Hip Hop, Ages 8-12			
5131.403	Wed 4:50-5:45pm	Apr 2-May 7	\$94/\$104
5131.404	Wed 4:50-5:45pm	May 14-Jun 18	\$94/\$104
5131.405	Wed 4:50-5:45pm	Apr 2-Jun 18	170/\$180



## Special Interest



### NEW! Animals After School | Ages 4 to 10

Education at Helen Woodward Animal Center offers children a variety of unique learning opportunities, which support the bond between humans and animals by nurturing knowledge, compassion, and respect towards all living things. Children will learn about different animals through hands-on interactions and valuable lessons taught through interactive games, activities, and crafts. Lessons include pet care and lifetime commitment; domestic and wild animals; animals communication and safety; sea life and pollution; adaptations and camouflage; animal welfare; heroic animals, and animal habitats.

**Instructor:** Helen Woodward Animal Center

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

**No Class:** Apr 8

			RES/NON
6182.470	Tue 3:30-4:30pm	Apr 1-May 27	\$130/\$140*

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

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

## Creative Arts

### Art Start | Ages 7 to 12

Artist Susan Bainbridge will use directed drawing techniques to encourage participants to develop their drawing skills, confidence, and imagination. Young artists will learn to recognize the basic shapes that form their subject matter and the first steps toward realistic drawing. A variety of media will be explored: pencil, water color, markers, and pastels, as well as one clay project; because children always request it!



**Instructor:** Susan Bainbridge: [www.artstart1.com](http://www.artstart1.com)  
**Location:** Old Poway Park, Great Room

			<b>RES/NON</b>
<b>6182.400</b>	<b>Thu 4:00-5:15pm</b>	<b>Apr 24-Jun 5</b>	<b>\$105/\$115*</b>
<b>*\$40 materials fee due on the first day of class</b>			

### NEW! Storybook Acting | Ages 6 to 9

It's story time like you've never seen it before! Here, the characters leap off the page and into your child's imagination as they sing, dance, and act to fun songs and stories. On our final class day, we will present a 20-minute, Mini-Musical presentation of our Storybook Acting!



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

**No Class:** April 10

			<b>RES/NON</b>
<b>6182.450</b>	<b>Thu 4:00-5:00pm</b>	<b>Apr 3-Jun 5</b>	<b>\$90/\$100*</b>
<b>*\$15 materials fee due on the first day of class</b>			

### Musical Theatre | Ages 8 to 16

Do you have a budding Broadway star? In this class, participants will take a classic musical and adapt it into their own smash hit! Acting, dancing, and vocals will be the main focus, as well as production (costumes, props, and set design). Everyone has a huge part in bringing the magic together for the big production on the last day of class. At the end of the session, participants will have an understanding and love for live theatre!



**Instructor:** Julie Clemmons  
**Location:** Community Park, Auditorium

			<b>RES/NON</b>
<b>6182.440</b>	<b>Wed 4:00-6:00pm</b>	<b>Apr 2-Jun 11</b>	<b>\$120/\$130*</b>
<b>*\$20 materials fee due on the first day of class</b>			

### NEW! Woodshop Wizards | Ages 6 to 13

The Woodshop Wizards Program has been created specifically to provide youth the opportunity to learn the basic concepts of woodworking, while fostering self-esteem, self-confidence, and offering a skill set. This is a hands-on, wood-working program where students construct several projects, allowing them to experience using real tools, creatively painting, and personalizing their creation! Tools include hammers, cordless drills, squares, and miter saws. Safety and proper use of tools is always stressed. All projects are taken home to treasure!

**Instructor:** Anthony Demopoulos

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

			<b>RES/NON</b>
<b>7617.410</b>	<b>Tue 4:00-5:00pm</b>	<b>Apr 15-May 20</b>	<b>\$90/\$100*</b>
<b>*\$40 materials fee due on the first day of class</b>			

### NEW! Acting Improv | Ages 9 to 14

Let your goofy side run wild! This class encourages you to think on your feet as we spontaneously create crazy situations, characters, and settings. Laugh as you learn the basics: team work, trust, active listening, and more. Learn real acting skills in a safe, non-competitive environment while playing fun acting games.



**Instructor:** Catherine Colby  
**Location:** Old Poway Park, Templars Hall  
**No Class:** April 10

			<b>RES/NON</b>
<b>6182.451</b>	<b>Thu 5:10-6:10pm</b>	<b>Apr 3-Jun 5</b>	<b>\$90/\$100</b>

### NEW! Kids Beats Music Together-Bringing Harmony Home® | Ages 6 months to 5 years

We're spreading harmony across the neighborhood with our music and movement program. Our exciting family classes are filled with infants, toddlers, preschoolers, and their grownups. All free to move, sing, play instruments, and have fun. Make beautiful music with your children in one of our joyful, researched-based classes. We can't wait to make music together with you!

**Instructor:** Tejal Kaji: [www.kidsbeatsmt.com](http://www.kidsbeatsmt.com)  
**Location:** Old Poway Park, Great Room

			<b>RES/NON</b>
<b>4011.440</b>	<b>Wed 10:00-10:45am</b>	<b>Apr 16-Jun 18</b>	<b>\$155/\$165*</b>
<b>4011.441</b>	<b>Fri 9:30-10:15am</b>	<b>Apr 18-Jun 20</b>	<b>\$155/\$165*</b>
<b>*\$30 materials fee due on the first day of class</b>			

## Sports | Youth/Teens

### NEW! Skateboarding | Ages 6 to 13

Are you a first time rider? Do you want to improve your skills? The beginning class is designed to help build balance, confidence, and coordination, while the intermediate/advanced class will teach skateboarders the principals of getting air, grinding, flip tricks, and more! **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:** Apr 9

Beginning			<b>RES/NON</b>
<b>7600.400</b>	<b>Wed 4:00-5:00pm</b>	<b>Apr 2-May 28</b>	<b>\$95/\$105</b>
Intermediate/Advanced			<b>RES/NON</b>
<b>7600.401</b>	<b>Wed 5:00-6:00pm</b>	<b>Apr 2-May 28</b>	<b>\$95/\$105</b>

### NEW! Skyhawks Basketball | Ages 6 to 12

Using our progression curriculum and focusing on the whole player, we teach your child the skills they need to be a better athlete both on and off the court. Our sport-specific staff will focus on respect, teamwork, and responsibility. Each class will start with a "skill of the day" and progress to drills and games. Each child will receive a ball, T-shirt, and player evaluation.



**Instructor:** Skyhawks Sports: [www.skyhawks.com](http://www.skyhawks.com)  
**Location:** Community Park, Basketball Court

			<b>RES/NON</b>
<b>2443.456</b>	<b>Tue 3:00-4:00pm</b>	<b>Apr 15-Jun 3</b>	<b>\$70/\$80*</b>
<b>*\$15 materials fee due on the first day of class</b>			

### Youth Volleyball | Ages 9 to 14

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

**Instructor:** David Claycomb

**Location:** Meadowbrook Gymnasium; March 31 only, class meets at Twin Peaks Multipurpose Center

Ages 9-12			<b>RES/NON</b>
<b>2091.412</b>	<b>Mon 5:30-6:30pm</b>	<b>Mar 31-May 19</b>	<b>\$50/\$60</b>
Ages 12-14			
<b>2091.413</b>	<b>Mon 6:30-7:30pm</b>	<b>Mar 31-May 19</b>	<b>\$50/\$60</b>

### Youth Taekwondo | Ages 6 to 13

This is a complete martial arts program for boys and girls. In addition to learning important self-defense skills, children develop respect, self-discipline, self-control, concentration, and confidence. Participants may take part in an examination at the end of the session to advance to a higher belt level. A white martial arts uniform is required and may be purchased from the instructor for \$25. Parents who wish to attend with their children may enroll in the Adult Taekwondo class (1247.404) and attend either class.

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

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

**No Class:** May 26

			<b>RES/NON</b>
<b>2091.409</b>	<b>M/W/F 6:00-7:00pm</b>	<b>Mar 31-Jun 13</b>	<b>\$95/\$105</b>

### Teen Taekwondo | Ages 14 to 17

This class is designed to help teens develop more strength, coordination, speed, endurance, confidence, and self-defense skills. Participants may take part in an examination at the end of the session to advance to a higher belt level. A white martial arts uniform is required and may be purchased from the instructor for \$25.

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

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

**No Class:** May 26

			<b>RES/NON</b>
<b>2091.410</b>	<b>M/W/F 7:00-8:00pm</b>	<b>Mar 31-Jun 13</b>	<b>\$95/\$105</b>

### Girls Running Strong | Ages 9 to 13

Girls Running Strong is an 8-week running/fitness and self-esteem program for girls ages 9-13. The culmination will be the completion of the UCSD Triton 5k on Saturday, June 7. Race entrance fee included. Girls will learn the basics of running, how to set and achieve goals, proper nutrition, team building, leadership skills, the importance of a great attitude, healthy lifestyle, and positive self-body image. All girls will receive a GRS t-shirt, cinch sack, notebook, and recognition celebration with awards.



**Instructor:** Joanne Olson: [www.girlsrunningstrong.com](http://www.girlsrunningstrong.com)

**Location:** Silverset Park

			<b>RES/NON</b>
<b>2091.421</b>	<b>T/Th 4:00-5:30pm</b>	<b>Apr 15-Jun 10</b>	<b>\$129/\$139*</b>
<b>*\$50 materials fee due on the first day of class</b>			

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

### Tennis - Beginner | Ages 5 to 14

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

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts

Ages 5-7			<b>RES/NON</b>
<b>3013.400</b>	<b>Sat 9:00-10:00am</b>	<b>Apr 5-May 3</b>	<b>\$40/\$50*</b>
<b>3013.401</b>	<b>Sat 9:00-10:00am</b>	<b>May 17-Jun 14</b>	<b>\$40/\$50*</b>

Ages 8-14			
<b>3013.402</b>	<b>T/Th 4:00-5:00pm</b>	<b>Apr 1-May 1</b>	<b>\$65/\$75*</b>
<b>3013.403</b>	<b>Sat 10:00-11:00am</b>	<b>Apr 5-May 3</b>	<b>\$40/\$50*</b>
<b>3013.404</b>	<b>T/Th 4:00-5:00pm</b>	<b>May 13-Jun 12</b>	<b>\$65/\$75*</b>
<b>3013.405</b>	<b>Sat 10:00-11:00am</b>	<b>May 17-Jun 14</b>	<b>\$40/\$50*</b>

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

### Tennis - Intermediate | Ages 7 to 16

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

			<b>RES/NON</b>
<b>3013.406</b>	<b>T/Th 5:00-6:00pm</b>	<b>Apr 1-May 1</b>	<b>\$65/\$75*</b>
<b>3013.407</b>	<b>Sat 11:00am-12:00pm</b>	<b>Apr 5-May 3</b>	<b>\$40/\$50*</b>
<b>3013.408</b>	<b>T/Th 5:00-6:00pm</b>	<b>May 13-Jun 12</b>	<b>\$65/\$75*</b>
<b>3013.409</b>	<b>Sat 11:00am-12:00pm</b>	<b>May 17-Jun 14</b>	<b>\$40/\$50*</b>
<b>*\$5 materials fee due on the first day of class</b>			

### Tennis - Advanced Juniors | Ages 9 to 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

			<b>RES/NON</b>
<b>3013.410</b>	<b>M/W 4:00-5:30pm</b>	<b>Mar 31-Apr 30</b>	<b>\$75/\$85*</b>
<b>3013.411</b>	<b>M/W 4:00-5:30pm</b>	<b>May 12-Jun 11</b>	<b>\$75/\$85*</b>
<b>*\$5 materials fee due on the first day of class</b>			

## Sports | Open Play

### Open Play Sports | All Ages

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

During the months of April, May, and through June 15, the free open gym times are as follows:

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

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

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

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

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

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

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

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

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

## Sports | Adults

### Intermediate Coed Volleyball | Ages 16+

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

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

			RES/NON
Intermediate Men's			
1247.400	Thu 6:30-9:30pm	Apr 10-Jun 5	\$65/\$75
Intermediate Women's			
1247.401	Thu 6:30-9:30pm	Apr 10-Jun 5	\$65/\$75



### 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

			RES/NON
Advanced Men's			
1247.402	Tue 6:30-9:30pm	Apr 8-Jun 3	\$65/\$75
Advanced Women's			
1247.403	Tue 6:30-9:30pm	Apr 8-Jun 3	\$65/\$75

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

### 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:			RES/NON
May 26			
1247.410	Mon 6:30-9:30pm	Apr 7-Jun 9	\$65/\$75

### Adult Taekwondo | Ages 18+

This is a complete martial arts program for men and women. It is designed to help you develop more strength, coordination, speed, endurance, confidence, and self-defense skills. Participants may take part in an examination at the end of the session to advance to a higher belt level. A white martial arts uniform is required and may be purchased from the instructor for \$25.

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

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

No Class:			RES/NON
May 26			
1247.404	M/W/F 7:00-8:00pm	Mar 31-Jun 13	\$95/\$105

### 3-on-3 Basketball League | Ages 18+

Teams can have up to four persons on their roster and there is free substitution during the games. The teams play half-court; best two out-of-three games to 21 points. The season ends with a tournament, where the winning team will receive bragging rights for the next season! All players must sign the roster before the team's first game.

**Instructor:** Recreation Staff

**Location:** Meadowbrook Gym; May 7, 21 & 28 only, Twin Peaks Multipurpose Center

			RES/NON
1247.405	Wed 6:30-9:30pm	Apr 9-Jun 18	\$68/team

## Health & Wellness

### NEW! Country Dancing Done Right | Ages 14+

Tired of being a wallflower when country music comes on? Blossom into a well-rounded country dancer while learning the basics of the Country Western partner dances including Country Waltz, Swing, Nightclub, and the Cowboy Cha-Cha. Learn to lead or follow several simple routines in each dance with ease. Develop rhythm, timing, footwork, turn technique, and style. No experience necessary. Partners are not required. Wear comfortable clothes and shoes with a smooth sole.

**Instructor:** Liza Marians

**Location:** Old Poway Park, Templars Hall; April 10 only, Old Poway Park, Gazebo

			RES/NON
5417.420	Thu 7:30-8:30pm	Apr 3-Jun 19	\$96/\$106



### NEW! Country Western Two-Step | Ages 14+

Wear your cowboy boots to this fun and easy dance class that teaches the fundamentals of Country Western Two-Step partner dancing. Learn to lead or follow several beginning to intermediate-level dance routines that can be used at clubs and events around town. Develop rhythm and timing, and learn proper footwork and turn technique. No experience necessary. Partners are not required. Wear comfortable clothes and shoes with a smooth sole.

**Instructor:** Liza Marians

**Location:** Old Poway Park, Templars Hall; April 10 only, Old Poway Park, Gazebo

			RES/NON
5417.421	Thu 6:30-7:30pm	Apr 3-Jun 19	\$98/\$108

### NEW! Power Vinyasa Yoga | Ages 18+

This beginner level yoga sequence will help you build strength, gain flexibility, and find focus. This uplifting hour of Vinyasa flow will leave you feeling challenged, yet empowered. Come experience your body in a new way as we flow together, linking our breath with our movements. Please bring a yoga mat and water.



**Instructor:** Shaun Hawkins

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

			RES/NON
5417.430	Wed 6:00-7:00pm	Apr 2-May 7	\$60/\$70
5417.431	Wed 6:00-7:00pm	May 14-Jun 18	\$60/\$70
5417.432	Wed 6:00-7:00pm	Apr 2-Jun 18	\$120/\$140

### Yogazander | Ages 17+

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

**Instructor:** Cheri Hotalen

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

			RES/NON
5417.412	Thu 10:00-11:15am	Apr 17-May 8	\$48/\$58
5417.413	Thu 10:00-11:15am	May 15-Jun 5	\$48/\$58
5417.414	Thu 10:00-11:15am	Apr 17-Jun 5	\$95/\$105

### NEW! Healing Qigong for Stress Relief | Ages 17+

Do you want to have less stress but don't know where to begin? Now, with the ancient practice of Qigong you can reduce stress symptoms quickly and effectively. With regular practice, you will approach stressful situations with a sense of peace and possibility. As a result, your immune system will be stronger which is vital for helping to prevent the common cold and future disease. Learn to clear stress through rhythmic movement, deep breathing, invigorating stretches, effortless flow, and restorative postures. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

**Instructor:** Cheri Hotalen

**Location:** Community Park, Auditorium

			RES/NON
5417.415	Tue 6:00-7:15pm	Apr 22-May 13	\$48/\$58

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

### NEW! 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:** Meg Snipes

**Location:** Community Swim Center

			RES/NON
5417.450	Tue 6:00-6:50pm	Apr 15-May 13	\$48/\$58
5417.451	Tue 6:00-6:50pm	May 20-Jun 17	\$48/\$58
5417.452	Tue 6:00-6:50pm	Apr 15-Jun 17	\$85/\$95



### NEW! Water Works | Ages 18+

In the water, your body's buoyancy takes the stress off joints, and the multi-directional resistance makes a unique and challenging environment for working out. Using the properties of water, each participant will work at their level to be challenged appropriately. This class will be a refreshing change to the usual land classes and provides a fun and challenging workout. Non-swimmers are welcome; this is a vertical workout that does not require submerging. Flotation and resistance equipment will be provided. Bring a towel and water bottle to hydrate.

**Instructor:** Fit-X Fitness Instructor, Renee Meyst

**Location:** Community Swim Center

**No Class:** Apr 21 and May 26

			RES/NON
5417.455	Mon 6:00-6:50pm	Mar 31-Jun 21	\$85/\$95

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

## Health & Wellness (cont'd)

### Pilates | Ages 16+

Transform your body from the inside out. Strengthen your abdominals and back. Improve posture and become more visibly toned while your arms and legs become leaner. Pilates is a safe and sensible way to exercise that will help you feel your best. People around you will notice a substantial difference in your overall appearance. Join the nearly nine million other people in the U.S. who have discovered the benefits of Pilates.

**Instructor:** Emma Sarmiento

**Location:** Community Park, Activity Room I & II

5417.401 Tue 6:00-7:00pm Apr 15-Jun 3 RES/NON \$72/\$82

### Zumba® Toning & Sentao | Ages 16+

When it comes to body sculpting, Zumba® has raised the bar. Zumba® Toning combines basic dance footwork and upper body-sculpting exercises with the use of toning sticks to create a calorie-torching, strength-training, dance fitness party. Zumba® Sentao transforms a chair into a sizzling dance partner providing a workout that strengthens your core and reshapes the hips, glutes, and legs using your own body as resistance. Zumba® Toning & Sentao is the perfect way for enthusiasts to sculpt their bodies naturally while improving cardiovascular endurance and having a blast!

**Instructor:** Emma Sarmiento

**Location:** Community Park, Auditorium

5417.403 Wed 6:15-7:15pm Apr 16-Jun 4 RES/NON \$72/\$82

### Get more fitness for less!!

Sign up for a combination class:

#### Pilates + Zumba® Toning & Sentao | Ages 16+

5417.408 Tue 6:00-7:00pm Apr 15-Jun 4 \$112/\$122  
Wed 6:15-7:15pm

\*\*Please see individual class descriptions for no class dates and locations\*\*



### NEW! Healing Qigong for Optimal Health | Ages 17+

Are you aware that some of the most potent remedies for healing, endurance, vitality, and longevity are produced naturally within us? Learn how four simple methods from ancient healing traditions - gentle movement, self-applied massage, breathing exercises, and meditation - can be shaped into a ten-minute-a-day program. Explore a comprehensive system of self-healing, stress mastery, and health enhancement that is easy to learn and fun to practice. Enjoy weekly practice of simple yet profoundly effective self-care techniques that can be applied by everyone, anywhere - seated, standing, or lying down - at any time. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

**Instructor:** Cheri Hotalen

**Location:** Community Park, Auditorium

5417.416 Tue 6:00-7:15pm May 20-Jun 10 RES/NON \$48/\$58

### NEW! Low Back Care on the Pilates Reformer | Ages 16+

Learn how to find your deep core muscles as we introduce you to simple movements and techniques using the Pilates Reformer. This will help you support and strengthen your back, not only in the Pilates environment, but in your daily life, as well. This class is for people with chronic low back pain, recent back injury that has kept them from returning to regular exercise, and people who may not have pain but feel fatigue in their backs with strenuous or activities requiring endurance.

**Instructor:** Poway Pilates

**Location:** Poway Pilates: 14053 Midland Road

5417.445 Mon 12:30-1:30pm Mar 31-Apr 28 \$74/\$84  
5417.446 Wed 12:30-1:30pm Apr 2-Apr 30 \$74/\$84  
5417.447 Mon 12:30-1:30pm May 5-Jun 2 \$74/\$84  
5417.448 Wed 12:30-1:30pm May 7-Jun 4 \$74/\$84

### NEW! WuDang 18-Form Taiji: Beginning | 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 - relaxed breathing, postural alignment, good balance, improved circulation, and better coordination. The 18-Form Taiji adds the discipline of remembering a dynamic sequence of movements that includes subtle shifts of weight and direction. These benefits together 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:** Midland Elementary, School Multipurpose Room: 13910 Midland Rd

**No Class:** May 26

5417.410 Mon 6:00-7:15pm Apr 14-Jun 9 RES/NON \$95/\$105

### NEW! Kettlebell Kickboxing | Ages 16+

Restart your fitness goals with Kettlebell kickboxing interval training; a non-intimidating approach to exercise that will turn your body into a fat-burning machine. Kettlebell kickboxing training works to develop dense muscles, which require much more energy. In addition, it will help with stamina, flexibility, and developing your core muscles. Your metabolism will keep burning calories for up to 24 hours after the workout. Working with kettlebells is safe fun for all fitness levels. Equipment supplied. Wear comfortable workout clothes and bring a towel to class. Are you ready to rumble with get-fit greatness?

**Instructor:** Poway Pilates

**Location:** Poway Pilates: 14053 Midland Road

5417.440 Mon 6:00-6:45pm Apr 7-May 12 \$74/\$84  
5417.441 Wed 6:00-6:45pm Apr 2-May 7 \$74/\$84

## 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 Rd

9397.400 Fri 1:30-3:30pm Apr 4-Jun 13 RES/NON \$40/\$50\*

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

## Dog Training

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



### Beginning Obedience | 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, Lynn Moore

**Location:** Tue: Old Poway Park, Green Park  
Sat: Garden Road Park

9019.400 Tue 6:30-7:30pm Apr 1-May 6 \$95/\$105\*  
9019.401 Sat 9:30-10:30am Apr 5-May 10 \$95/\$105\*  
9019.402 Tue 6:30-7:30pm May 13-Jun 17 \$95/\$105\*  
9019.403 Sat 9:30-10:30am May 17-Jun 21 \$95/\$105\*

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

## Safety Training

**Please Note: If registering for both the First Aid and CPR class, there is a one-time \$36 (certification) or \$9 (informational only) materials fee.**

### First Aid | Ages 11+

This American Red Cross class will prepare you on how to respond and assist in many common emergency first aid situations. Participants pursuing a certificate will receive a ready reference card and an American Red Cross certification valid for two years.

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

5418.401 Wed 6:00-9:00pm Apr 16 RES/NON \$20/\$30\*  
\*\$25 (certification) or \$5 (information only) materials fee due on the first day of class

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

This American Red Cross CPR class will help you learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. Participants pursuing a certificate will receive a ready reference card and an American Red Cross certification card valid for two years.

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

5418.400 Tue 6:00-9:00pm Apr 15 RES/NON \$30/\$40\*  
\*\$28 (certification) or \$9 (information only) materials fee due on the first day of class

### Babysitter's Training | Ages 11 to 18

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

**Instructor:** American Red Cross Instructor, Blythe Paley  
**Location:** Community Park, Activity Room I & II

7617.400 Sat 9:00am-3:00pm May 17 RES/NON \$45/\$55\*  
\*\$17 materials fee due on the first day of class

### Babysitter's Training CPR & First Aid | Ages 11 to 18

Participants who are registered in a Babysitter's Training course can also choose to receive an American Red Cross certification in Pediatric CPR and First Aid valid for two years.

**Instructor:** American Red Cross Instructor, Blythe Paley  
**Location:** Community Park, Activity Room I & II

7617.401 Mon 5:00-8:00pm May 19 RES/NON \$20/\$30\*  
\*\$20 materials fee due on 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, Lynn Moore  
**Location:** Garden Road Park

9019.404 Sat 10:45-11:45am Apr 5-May 10 RES/NON \$95/\$105  
9019.405 Sat 10:45-11:45am May 17-Jun 21 \$95/\$105

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

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

**Instructor:** Good Dog Training School, Lynn Moore  
**Location:** Community Park, Dog Park: Pen 2

9019.406 Wed 6:30-7:30pm Apr 2-May 7 RES/NON \$95/\$105  
9019.407 Wed 6:30-7:30pm May 14-Jun 18 \$95/\$105

## Poway Swim Center

Information: [www.poway.org/swim](http://www.poway.org/swim) or (858) 668-4570



### The Poway Community Swim Center

is located at 13094 Civic Center Drive, within the Poway Community Park. 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 non-residents of Poway can enjoy the 1- and 3-meter diving boards, open swimming areas, and lap swimming lanes. For general information call (858) 668-4680. For program information call (858) 668-4570.

### New at the Pool!

**Pre-registration assessment days.** This free service will ensure your child is placed in the proper level for spring swimming lessons. No need to call ahead and reserve a spot, just drop in and see the Aquatics staff. First-come, first-serve assessments should take no more than 5 minutes.

**Saturday March 1, 11:00am-4:00pm**  
**Monday March 3, 12:00-7:00pm**

### Costs:

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

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

### Season and Yearly Passes

Season and yearly passes may be purchased at the pool during business hours. Family passes include two adults and immediate family members 17 and under residing in the same household. Season passes are valid for three months from the date of purchase.

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

<b>Yearly Pass Rates</b>	RES/NON
Adults (Ages 18+)	\$225/\$355
Youth & Seniors (Ages 60+)	\$183/\$261
Family	\$392/\$643

### Birthday Party Package:

Why not host your next Birthday at the pool? Included in the party package is a reserved poolside picnic area for two hours, public pool use for a maximum of 25 persons, and a half-hour of games with a certified lifeguard. Information: (858) 668-4680.

**Checkout our NEW Aquatic Fitness classes on page 7!**

### Hours:

<b>Winter (Through Mar 30)</b>	
Monday-Friday	11:00am-1:30pm / 3:00-7:00pm
Saturday/Sunday	CLOSED

<b>Spring (Mar 31-June 15)</b>	
Monday/Wednesday/Friday	10:30am-7:30pm
Tuesday/Thursday	8:00am-7:30pm
Saturday/Sunday	10:30am-5:00pm

<b>Long Course (offered through May 29)</b>	
Tuesday/Thursday	8:00am-1:30pm

**Pool Closed** May 2 at 1:30 and May 3-4, Swim Meet

### Family Swim - Begins April 5th!

Family swim is a time reserved for families to come to take advantage of the fun activities that can make a pool enjoyable. Families are encouraged to bring toys, rafts, fins, masks, snorkels, and inner tubes. These items are permitted, but not provided by the Swim Center.

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

### Aquatic Safety

The aquatic staff is available to give presentations on aquatic safety to schools, scout troops, and organizations. For more information, call (858) 668-4680.

### Water Exercise | Ages 16+

Water exercise is a low-impact exercise for any ability. Classes are held in a water depth of four feet. Advanced swimming skills are not required. Daily admission is required. **Class is dependent on instructor availability.**

<b>MWF 11:00am-12:00pm</b>
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## Swim Lessons

### Spring Swim Lesson Assessments | All Ages

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

### Swim Lesson Registration

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



**WAITLISTS:** Can't find space in the class you're looking for? Contact us at: (858) 668-4680 or via email at: [swimwaitlist@poway.org](mailto:swimwaitlist@poway.org) and ask to be placed on a waitlist for no charge. **New classes may be created based on instructor availability and pool space.** Make sure to include the participants name & age, the activity number of the class, and a phone number. The Swim Center will then call you if a space becomes available.

**\*Classes listed from May 12 - June 4\* will not have class on Monday, May 26th due to the Memorial Day Holiday. Class will instead be held on Friday, May 30th.**

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

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

	RES/NON
<b>0020.400 MW 4:20-4:50pm Apr 14 - Apr 30</b>	\$39/\$49
<b>0020.401 TTh 6:00-6:30pm May 13 - May 29</b>	\$39/\$49

### Pre-Grunion | Age 2-3

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

	RES/NON
<b>0030.400 MW 5:10-5:50pm Apr 14 - May 7</b>	\$52/\$62
<b>0030.401 TTh 3:30-4:10pm Apr 15 - May 8</b>	\$52/\$62
<b>0030.402 TTh 3:30-4:10pm May 13 - Jun 5</b>	\$52/\$62



### Grunion 1 | Ages 3-5

This class is 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
<b>0121.400 MW 3:30-4:10pm Apr 14 - May 7</b>	\$52/\$62
<b>0121.401 MW 4:20-5:00pm Apr 14 - May 7</b>	\$52/\$62
<b>0121.402 MW 5:10-5:50pm Apr 14 - May 7</b>	\$52/\$62
<b>0121.403 TTh 4:20-5:00pm Apr 15 - May 8</b>	\$52/\$62
<b>0121.404 TTh 6:00-6:40pm Apr 15 - May 8</b>	\$52/\$62
<b>0121.405 MW 3:30-4:10pm May 12 - June 4*</b>	\$52/\$62
<b>0121.406 MW 4:20-5:00pm May 12 - June 4*</b>	\$52/\$62
<b>0121.407 MW 5:10-5:50pm May 12 - June 4*</b>	\$52/\$62
<b>0121.408 TTh 3:30-4:10pm May 13 - June 5</b>	\$52/\$62
<b>0121.409 TTh 4:20-5:00pm May 13 - June 5</b>	\$52/\$62

### Grunion 2 | Ages 3-6

This is an introductory class for children who have successfully completed the Grunion 1 class or who are very comfortable in the water. This class reinforces skills learned in Grunion 1, with a greater emphasis on efficiency.

	RES/NON
<b>0122.400 MW 3:30-4:10pm Apr 14 - May 7</b>	\$52/\$62
<b>0122.401 MW 4:20-5:00pm Apr 14 - May 7</b>	\$52/\$62
<b>0122.402 MW 6:00-6:40pm Apr 14 - May 7</b>	\$52/\$62
<b>0122.403 TTh 3:30-4:10pm Apr 15 - May 8</b>	\$52/\$62
<b>0122.404 TTh 4:20-5:00pm Apr 15 - May 8</b>	\$52/\$62
<b>0122.405 TTh 5:10-5:50pm Apr 15 - May 8</b>	\$52/\$62
<b>0122.406 TTh 6:00-6:40pm Apr 15 - May 8</b>	\$52/\$62
<b>0122.407 MW 3:30-4:10pm May 12 - June 4*</b>	\$52/\$62
<b>0122.408 MW 4:20-5:00pm May 12 - June 4*</b>	\$52/\$62
<b>0122.409 MW 6:00-6:40pm May 12 - June 4*</b>	\$52/\$62
<b>0122.410 TTh 3:30-4:10pm May 13 - June 5</b>	\$52/\$62
<b>0122.411 TTh 4:20-5:00pm May 13 - June 5</b>	\$52/\$62
<b>0122.412 TTh 5:10-5:50pm May 13 - June 5</b>	\$52/\$62

### Grunion 3 | Ages 3-6

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

	RES/NON
<b>0123.400 MW 3:30-4:10pm Apr 14 - May 7</b>	\$52/\$62
<b>0123.401 TTh 4:20-5:00pm Apr 15 - May 8</b>	\$52/\$62
<b>0123.402 TTh 6:00-6:40pm Apr 15 - May 8</b>	\$52/\$62
<b>0123.403 MW 3:30-4:10pm May 12 - June 4*</b>	\$52/\$62
<b>0123.404 TTh 4:20-5:00pm May 13 - June 5</b>	\$52/\$62

## SESSION 1 | SESSION 2

### Otter Pup | Ages 3-6

The Otter Pup class is designed for swimmers that are ready to go on to the otter level, but are not old enough for the Otter class. Focus will be placed on 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
<b>0124.400 MW 5:10-5:50pm May 12 - June 4*</b>	\$52/\$62
<b>0124.401 TTh 4:20-5:00pm May 13 - June 5</b>	\$52/\$62

### Starfish | Ages 6-10

The Starfish class is designed for older swimmers with limited or no swimming experience. Students will learn fundamentals of submerging, floating, and locomotion (including both front and back crawl) in the pool. Orientation to four feet of water is also introduced.

	RES/NON
<b>0221.400 MW 4:20-5:00pm Apr 14 - May 7</b>	\$52/\$62
<b>0221.401 MW 5:10-5:50pm Apr 14 - May 7</b>	\$52/\$62
<b>0221.402 TTh 3:30-4:10pm Apr 15 - May 8</b>	\$52/\$62
<b>0221.403 TTh 6:00-6:40pm Apr 15 - May 8</b>	\$52/\$62
<b>0221.404 MW 4:20-5:00pm May 12 - June 4*</b>	\$52/\$62
<b>0221.405 TTh 5:10-5:50pm May 13 - June 5</b>	\$52/\$62

### Seahorse | Ages 6-12

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

	RES/NON
<b>0222.400 MW 5:10-5:50pm Apr 14 - May 7</b>	\$52/\$62
<b>0222.401 TTh 4:20-5:00pm Apr 15 - May 8</b>	\$52/\$62
<b>0222.402 MW 4:20-5:00pm May 12 - June 4*</b>	\$52/\$62
<b>0222.403 MW 6:00-6:40pm May 12 - June 4*</b>	\$52/\$62
<b>0222.404 TTh 5:10-5:50pm May 13 - June 5</b>	\$52/\$62

### Otter | Ages 6-14

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



	RES/NON
<b>0223.400 MW 6:00-6:40pm Apr 14 - May 7</b>	\$52/\$62
<b>0223.401 TTh 5:10-5:50pm Apr 15 - May 8</b>	\$52/\$62
<b>0223.402 MW 5:10-5:50pm May 12 - June 4*</b>	\$52/\$62
<b>0223.403 MW 6:00-6:40pm May 12 - June 4*</b>	\$52/\$62
<b>0223.404 TTh 5:10-5:50pm May 13 - June 5</b>	\$52/\$62
<b>0223.405 TTh 6:00-6:40pm May 13 - June 5</b>	\$52/\$62

## Swim Lessons (cont'd)

### Seal | Ages 6-16

This course takes place in 11-12 feet of water. Prerequisite for this class include: the ability to swim 15 yards of front crawl (with side breathing), back crawl, and elementary backstroke. Skills introduced are butterfly and breaststroke kick, and an introduction to diving from the side of the pool.

			RES/NON
0321.400	MW 6:00-6:40pm	Apr 14 - May 7	\$52/\$62
0321.401	TTH 5:10-5:50pm	Apr 15 - May 8	\$52/\$62
0321.402	MW 5:10-5:50pm	May 12 - June 4*	\$52/\$62
0321.403	MW 6:00-6:40pm	May 12 - June 4*	\$52/\$62
0321.404	TTH 6:00-6:40pm	May 13 - June 5	\$52/\$62

### Sting Ray | Ages 6-16

This class further develops technique and endurance of front crawl, back crawl, and elementary backstroke in 11-12 feet of water. Breaststroke, sidestroke, and diving from the diving boards are introduced.

			RES/NON
0322.400	MW 6:00-6:40pm	Apr 14 - May 7	\$52/\$62
0322.401	TTH 5:10-5:50pm	Apr 15 - May 8	\$52/\$62
0322.402	TTH 6:00-6:40pm	May 13 - June 5	\$52/\$62

### Dolphin | Ages 6-16

The Dolphin class 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 include butterfly and flip turns.

			RES/NON
0323.400	MW 6:50-7:30pm	Apr 14 - May 7	\$52/\$62
0323.401	TTH 6:50-7:30pm	Apr 15 - May 8	\$52/\$62
0323.402	MW 6:50-7:30pm	May 12 - June 4*	\$52/\$62
0323.403	TTH 6:50-7:30pm	May 13 - June 5	\$52/\$62



### Swordfish | Ages 6-16

Swordfish students 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
0324.400	MW 6:50-7:30pm	May 12 - June 4*	\$52/\$62
0324.401	TTH 6:50-7:30pm	May 13 - June 5	\$52/\$62

### Adult Beginner | Ages 16+

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

			RES/NON
0521.400	MW 6:50pm-7:30pm	Apr 14 - May 7	\$52/\$62
0521.401	TTH 6:50pm-7:30pm	Apr 15 - May 8	\$52/\$62
0521.402	MW 6:50pm-7:30pm	May 12 - June 4*	\$52/\$62

### Adult Intermediate | Ages 16+

This class is for adults who are comfortable in the water and have basic swimming skills. This class will focus on increased endurance, stroke refinement, and improvement.

			RES/NON
0522.400	MW 6:50pm-7:30pm	Apr 14 - May 7	\$52/\$62
0522.401	TTH 6:50pm-7:30pm	Apr 15 - May 8	\$52/\$62
0522.402	TTH 6:50pm-7:30pm	May 13 - June 5	\$52/\$62

## SESSION 1

## SESSION 2

### American Red Cross Lifeguard Training | Ages 15+

This 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. 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 does not include books. Students must purchase the Lifeguard Training book and a resuscitation mask through the American Red Cross prior to the start of class. **Prerequisite: Must be 15 years of age by the first day of class.**

			RES/NON
0700.400	T/Th 5:00-8:00pm	Mar 11,13,18,20	\$135/145*
	Sat 8:00am-5:00pm	Mar 15,22	
0700.401	M-Th 8:00am-5:00pm	Apr 7-10	\$135/145*
0700.402	T/Th 5:00-8:00pm	Apr 22,24,29,May 1	\$135/145*
	Sat 8:00-5:00pm	Apr 19, 26	

\*Includes \$35 Red Cross certification fee

### Private Lessons | All Ages

These classes are available for any age or ability. Instruction is geared independently to the needs of each student. Participants 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 the age of 3 may be required to have an adult assist in the water. For more information and available times, please call (858) 668-4680. **Begins March 7 depending upon instructor availability.**

RES/NON  
\$26/\$36 Per student per class meeting

## Poway Community Park



Location: 13094 Civic Center Drive

### Park Hours:

#### Daily, Sunrise-Sunset

Recreation Office	Mon-Sat 8am-9pm   Sun Noon-9pm
Ball Fields	Daily, 8am-10pm
Bocce Courts	Same hours as Rec Office
Dog Park/Tennis Courts/Basketball Court	Daily, Sunrise-10pm
Unsupervised Skate Park	Daily, 8am-8pm except Wed & Fri Wed 8am-6pm; Fri 8am-4pm

### Information:

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

### Celebrate at Community Park!

Secure a great location for your child's birthday party, baby shower, corporate event, or family picnic! Community Park has four rentable picnic areas to choose from, all equipped with BBQs and room for inflatable bounce houses. Don't forget to check out the new gazebo at picnic area 4! For more spontaneous visitors, there are still plenty of first-come, first-serve spaces available to enjoy an impromptu picnic. Information and pricing can be found at www.poway.org. Be sure to bring proof of 92064 residency in order to receive the Poway resident rate.

### Art in the Park

Join us for a morning of free arts and crafts; offered throughout the school year during select PUSD holidays. Express your creativity with family and friends while making cool art projects. Each month has a different theme and is open to everyone! Bring a picnic lunch and hang out the rest of the afternoon at beautiful Poway Community Park.



Monday	10:00am-12:00pm	April 7	FREE
Monday	10:00am-12:00pm	May 2	FREE

Information: www.poway.org/communitypark

## Poway Skate Park



### Youth 14 and Under Supervised Skate Park Sessions

Join us for supervised skate sessions at the Poway Skate Park; open to youth 14 and younger. Family members over the age of 14 are welcome to participate as long as they accompany a registered participant. Helmets, elbow pads, knee pads, and completed waiver forms required.

Friday 6:00pm-8:00pm FREE

### Supervised Bike Sessions

Join us for supervised bike sessions at the Poway Skate Park; open to all ages. Helmets, plastic-covered bike pegs, and completed waiver forms required.

Wednesday 6:00pm-8:00pm FREE  
Friday 4:00pm-6:00pm FREE

## Old Poway Park



Location:  
14134 Midland Road

### Information:

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

### Farmers Market

Come experience flowers, fresh food, and fun! The Certified Farmers Market takes place every Saturday, from 8:00 am to 1:00 pm on Midland Road at Old Poway Park. All produce is certified and inspected by the agricultural commission and brought to you fresh from the grower. The spring market offers beautiful, newly-picked flower bouquets, garden-fresh peaches, plums, apricots, watermelons, tomatoes, cucumbers, homemade tamales, kettle corn, and salsas. If you are looking for some of the finest produce, unique foods, and a great "City in the Country" atmosphere, then the Farmers Market is the place for you! Information: (858) 668-4576.



Information: www.poway.org/oldpowaypark

### Historical Tours

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

### Sam Hinton Folk Festival

The San Diego Folk Heritage will host the FREE, Annual Sam Hinton Folk Festival. This event includes musical performances, storytelling, music workshops, and an open mic stage. A variety of music styles can be heard including Bluegrass, Olde Time, Irish music, and much more.

For information, call: (858) 566-4040.

June 7 - 10:30 am to 5:00 pm

## Lake Poway



### Location:

14644 Lake Poway Road

### Park Hours:

Daily, 6:00am to Sunset

### Fishing & Boating Hours:

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

### Information:

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

Entry Station Open Weekends and Holidays  
 March through mid-November. Non Resident fee is \$5.00 per vehicle and \$2.00/motorcycle. There is no charge for Poway Residents and active-duty military with valid I.D.

### Trout Season Continues at Lake Poway!

Now through May, you still have time to catch a "tail walking" trout shipped in from Chaulk Mound Trout Ranch in Nebraska. These fish earned their name due to the breathtaking, above-water spectacle seen as you reel them in. The Lake is stocked every two weeks. Visit the full-service Lake Poway Concession for fishing permits, bait, boat rentals, snacks, and refreshments. We have the best permit and boat prices in the area and State Fishing Licenses are not required. For additional information or to view the complete stocking schedule, visit us at [www.poway.org/lakepoway](http://www.poway.org/lakepoway) or call (858) 668-4770.



### Family Campouts

Bring the entire family for a magical night under the stars at Lake Poway! The campouts are perfect for the first-time camper with easy round-the-clock vehicle access and planned activities. Activities include: led night hikes, campfire with smores, campfire activities, and pedal boating. Families need to bring their own camping equipment, dinner supplies to barbeque, and charcoal. Grills will be available, but you are encouraged to bring your own. Portable propane fire pits are permitted; however, wood burning fire pits are not. A free continental breakfast will be provided in the morning. Families may start setting up their campsites at 7:00am. No alcohol is permitted. Up to 5 persons per family; \$10 for each additional family member. Information: (858) 668-4770 or [www.poway.org/lakepoway](http://www.poway.org/lakepoway).

				RES/NON
9039.106	Sat-Sun	5pm-9am	July 5-6	\$52/\$62
9039.107	Sat-Sun	5pm-9am	July 19-20	\$52/\$62
9039.108	Sat-Sun	5pm-9am	Aug 2-3	\$52/\$62

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

### Adventure Series Family Campouts

Itching for a pre-summer camping trip? Then the Adventure Series Family Campouts at Lake Poway are for you! This campout includes: camping for four, a campfire, hot chocolate, and coffee in the morning. In addition, select one of the following: one motor boat rental with four fishing permits (additional charge for boat) or shoreline fishing with four fishing permits. A 2.75-mile night hike around Lake Poway is open to all campers. Portable propane fire pits are permitted; however, wood burning fire pits are not. Families may start setting up their campsites at 7:00 am. No alcohol permitted; up to four persons per family. Space is limited for boating so sign up now! Shoreline fishing is only permitted from the boat dock to Half Moon Bay. This is a rain or shine event!

Information: (858) 668-4770 or [www.poway.org/lakepoway](http://www.poway.org/lakepoway).

### ACTIVITIES

Camping	9039.100	Sat-Sun 5pm-9am	Apr 26-27	\$40
Boat Rental	9039.101			\$10
Camping	9039.102	Sat-Sun 5pm-9am	May 17-18	\$40
Boat Rental	9039.103			\$10



## Blue Sky Ecological Reserve



photo: Brad Petersen

### Location:

Espola Road, 1 mile north of Lake Poway Road

### Reserve Hours:

Daily, Sunrise-Sunset

### Information:

(858) 668-4781 or [www.poway.org/bluesky](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, and provide resource preservation activities and programs. Bring your school or scout group for an outdoor nature program, discover skins, skulls and animal artifacts with the family, or enjoy a relaxing hike in this unique habitat.

### School Tours and Outreach Program

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

### FREE Docent-led Nature Walks

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



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

## WILDLIFE PROGRAMS



### Wings Over Blue Sky

Learn identification techniques and the history of birds in our area on **April 13, from 8:30 to 11:00am**. Docents will be on-hand, so bring your questions! **FREE**

### Reptiles Rock!

Reptiles are often portrayed as frightening, scary, or creepy; but, that couldn't be further from the truth. They are fascinating and wonderful creatures. This program provides an opportunity to meet and learn about our native tortoise, and several of our native snakes. Explore the world of reptiles, and hear about their importance in nature. Discover the relationship between reptiles, dinosaurs, and birds. Learn how to tell the difference between our local venomous and non-venomous snakes. The effects of snake bite, and snake bite prevention will also be presented. After the program, make and take home your very own rattlesnake!  
**8169.430 Sat, March 29 9:00 am - 11:00 am \$3/person**

## Kumeyaay-Ipai Interpretive Center at Pauwai

### Location:

13104 Ipai Waaypuk Trail  
 (formerly Silver Lake Rd)

### FREE Docent-led Tours:

(858) 668-1292



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

### Information: (858) 668-1292

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

### Docents Wanted!

Interested in Native American culture or helping students learn about this valuable archaeological site? A variety of opportunities are available. For information, please leave your name and telephone number at (858) 668-1292.

### Ancient Community of Pauwai Uncovered!

Long before the Spanish arrived in the 1500s, thriving communities of native people populated Pauwai. The evidence of their lives and work can be seen today at the Kumeyaay Center. Visit us on Saturday mornings and take a guided tour of this archaeological site where you will experience artifacts, ewaas, and a milling and grinding station.

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

## Kumeyaay-Ipai School Tours



Students learn the history, experience the life of the Kumeyaay, "discover" artifacts and ancient milling sites, and participate in "spirit rock" painting. School tours are available Thursday & Friday mornings throughout the school year. Cost: \$4 per student. Information and scheduling: [www.poway.org/kiic](http://www.poway.org/kiic)

## 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.

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

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

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

## Spring Programs

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

**MARCH**

**Edible Plants**

Saturday, March 8 | 9:00am – 11:00am

**Star Party**

Friday, March 21 | Sunset

**APRIL**

**Star Party**

Friday, April 18 | Sunset

**Snakes Encounter**

Saturday, April 26 | 10:00 – 11:00am

**MAY**

**Wildflower Walk**

Sunday, May 4 | 9:00am – 11:00am

**Star Party**

Friday, May 16 | Sunset

**JUNE**

**Introduction to Geocaching**

Saturday, June 7 | 10:00am – 12:00pm

**Star Party**

Friday, June 20 | Sunset

## Poway Senior Center



**Location:**

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

**Hours:**

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

**Information:**

**(858) 748-6094**

**Check our website for updated programs, activities, and schedules. [www.powayseniorcenter.org](http://www.powayseniorcenter.org)**

### Volunteer Today!

Volunteers are needed in:

- **Receptionist:** If you enjoy helping people and providing customer service, we need you! Shifts are four hours any Monday through Friday.
- **Bingo:** Volunteers to work as Monitors, Callers, Cashiers, or Managers. Please note: background check and one-year commitment required for bingo volunteers.

**Call Mary Supanchick, Volunteer Services Manager, at (858) 748-6094 x305.**

**La Bella Bistro: What's Cookin'?**

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

**Need a Ride to Lunch?**

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

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

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

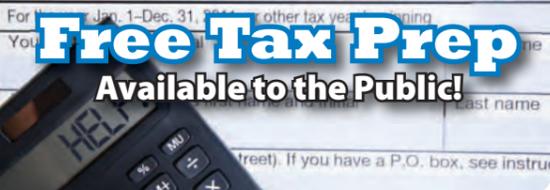


### The best fun in Poway Twice a Week!

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

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

## Form 1040 U.S. Individual Income Tax



### Free Tax Prep Available to the Public!

Sign up now for FREE Tax Preparation with the AARP tax experts. **Call today to set up your appointment: (858) 748-6094.**

## LINE DANCING

**Now every Wednesday and Friday.  
Open to all 18 and up.**



## ANNUAL MEMBERSHIP ONLY \$35.00!!

Come enjoy a whole range of fun activities!

- Feeling Fit Exercise twice weekly
- Wii Bowling
- Line Dancing
- Needlecrafts, Quilting, and Jewelry Making
- Health & Wellbeing Lectures and Presentations
- Social Groups
- Support Groups
- Local Discounts
- Fun Friday's! ... Ping-Pong, Board Games, Cards, Line Dancing, Billiards, and more
- Monthly Ball Room Dance (\$5 fee includes Live Band)



### YES, I want to join Club PSC!

Here is my Membership fee of \$35 (cash or check), to Poway Senior Center.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone/email: \_\_\_\_\_

Poway Senior Center is a 501(c)3 non-profit corporation that relies on community volunteerism, donations, grants and memberships.

## Poway Library



**Location:**

**13137 Poway Road, Poway, CA 92064**

**Hours:**

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

**Information:**

**(858) 513-2900**

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

**There are many more programs for children, teens, and adults! Visit us online for a complete list: [www.sdcl.org](http://www.sdcl.org)**

## Children's Programs Storytime

**Storytime:** Monday-Friday at 10:30 am

**Baby Storytimes:** Mondays at 9:45 am

**Hop on Pop:** Storytime with Dad: Wednesdays at 7:00 pm  
March 5, April 2, May 7

**PJ Storytime:** Wednesdays at 7:00 pm  
March 19, April 6, May 21

### Special Classes & Events

**PM Puppet Theater:** Thursdays at 6:30 pm  
March 6, April 3, May 1

**Friday Fun:** Fridays at 3:30-4:30 pm  
March 7, April 4, May 2

**Fun and easy crafts for kids, grades 1-5.**

**Create Space:** Wednesdays 3:30-4:30 pm  
Creative skills instruction for kids, grades 1-5. Registration required; call (858) 513-2900.

**Elementary Aged Yoga Series:** Mondays 4:00-4:30 pm  
March 3, 10, 17 & 24

**Elementary Book Club:** Thursdays 4:00-4:30 pm  
March 27, April 24, May 29

**Truck Petting Zoo:** Sunday 1:00-2:00 pm  
April 27

Get hands on with different vehicles, including a fire truck, ambulance, and more.

## Teen Programs

**6th-12th graders can join us every Tuesday at 4:00 for a different exciting event. Snacks always served.**

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

## Poway Center for the Performing Arts

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



**Location:**  
15498 Espola Rd, Poway, CA 92064

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

Closed Sunday-Thursday, and major holidays.

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

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

Closed Sunday, Monday, and major holidays.

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

**Get Involved!**

Become a part of the theatre world without ever stepping on stage! Our team of volunteer ushers provides valuable show services, such as taking tickets and assisting patrons to their seats. Sign-ups occur throughout the year and volunteers earn free tickets to performances.

Information: [www.powaycenter.com](http://www.powaycenter.com) or (858) 668-4795.

**The Poway Center for the Performing Arts (PCPA)**

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



POWAY CENTER *for the* PERFORMING ARTS

**Purchase Tickets the Easy Way!**

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



photo: Palomar Council PTA

**Upcoming Art Exhibits**

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

**March**

Poway Woman's Club  
Mixed Media

**April**

San Diego Museum of Art & Artists Guild  
Mixed Media

**May**

Palomar Council PTA  
Visual Arts & Photography



For more details about the exhibits and artists, visit [www.powaycenter.com](http://www.powaycenter.com).

## Poway Center for the Performing Arts Foundation Presents

# POWAY CENTER FOR THE PERFORMING ARTS FOUNDATION PROFESSIONAL PERFORMANCE SEASON 2013-2014



**MISSOULA CHILDREN'S THEATRE  
CINDERELLA**

Audition: Monday March 3, 4pm  
Performances: Saturday, March 8, 3pm & 7pm

The POW! Foundation's annual presentation of the Missoula Children's Theater has become a North Inland tradition – more than 60 local children will audition, rehearse and perform a full-scale musical in just one week!

Show your support of the next generation of performing artists by joining us for this one-of-a-kind show. This year's production is an all-new musical adaptation of Cinderella.

**SUPPORTED BY**

- AT&T
- County of San Diego Community Enhancement Fund
- Stratton-Petit Foundation
- Target
- The Betsy Dam Fund for Arts Education
- US Bank



**YESTERDAY & TODAY:  
THE INTERACTIVE BEATLES EXPERIENCE**

Friday, April 4, 8pm

Rock to the music of the Beatles in an all new interactive concert experience where the audience creates the playlist for the night!

No awkward wigs, no bad accents – just the music of the Fab Four in a remarkable, one-of-a-kind event.

**SPONSORED IN PART BY**



**PRESIDIO BRASS  
SOUNDS OF THE CINEMA**

Saturday, May 31, 8pm

Since forming in 2006, Presidio Brass has rocketed to success as the face of a bold new generation in entertainment.

Celebrating the World of Hollywood. Featuring the music from the movies and film soundtracks.

**SPONSORED IN PART BY**



TICKETS ON SALE NOW [POWAYARTS.ORG](http://POWAYARTS.ORG) 858-748-0505

**SEASON SPONSORED IN PART BY**



## 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!**



### Wedding Packages Now Available

Our turn-of-the-century indoor and outdoor facilities at Old Poway Park provide a gracious setting for your wedding ceremony and/or reception. Whether small and intimate or large and lavish, we have the perfect selection of wedding packages for the most memorable day of your life. Call (858) 668-4576 to tour the facilities with our friendly and experienced event-planning staff.



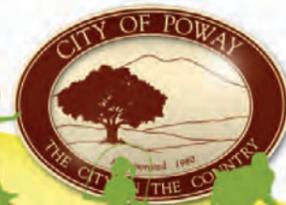
### New Gazebo

Gazebo Area 4 at Community Park is the perfect location for birthday parties, family picnics, and large group gatherings. The area includes 6 picnic tables, a large BBQ, and holds up to 175 people. There's plenty of room for an air bounce and the Gazebo is located next to the Adventure Playground and the Bocce Courts. Space is going to fill up quickly on this one, so get your reservation in soon!

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

# POWAY

## Community Services



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

# REGISTRATION

Registration begins **MARCH 4** for Poway Residents & Nonresidents

*There are 3 convenient ways to register for classes:*

### 1. Mail-In

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

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

### 2. Walk-In

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

Location:  
**13325 Civic Center Drive**

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

### 3. 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)**

### REFUND INFORMATION:

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

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

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

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

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

### SWIM LESSON REGISTRATION

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

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

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

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

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

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

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

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

## Building Code



In January, the City adopted the 2013 Edition of the California Building Standards Code, which regulates all of the building and construction in Poway. The 2013 Edition replaces the previously adopted 2010 Edition. The adoption of these codes ensures consistency with the current State-mandated Code Edition. The building codes are published by the California Building Standards Commission every three years and include building, electrical, residential, plumbing, mechanical, energy, and green building standards.

Most of the codes went into effect on January 1, 2014. The new Energy Code and portions of the Green Building Code do not go into effect until July 1, 2014. Following is a summary of the modifications to the 2013 Building Standards Code:

### 2013 California Building Code

The 2013 Building Code requires water-conserving plumbing fixtures in all single-family residential additions or remodels.

Also, the previous state handicapped access provisions have been deleted and replaced with the federal Americans with Disabilities Act (ADA) standards.

### 2013 California Electrical Code

Changes to the California Electrical Code require additional materials and methods for installation based on technological advancements in the industry. Solar photovoltaic (PV) installations are more popular and some new sizing and installation requirements have been added. Electrical Arch-fault protection has been expanded to include more circuits in residential construction along with ground-fault interrupters (GFI) circuits. Also, tamper proof electrical outlets have been included in building additions.

### 2013 California Residential Code

The California Residential Code provides detailed standard construction requirements for one and two family residential dwellings and residential townhouses three stories or less above grade. When the proposed construction is designed other than per the standard requirements, an engineered design shall be prepared by a registered engineer or

architect. Also, minor technical changes have been made to the Residential Code to improve earthquake and wind resistance, and provide greater roof access around solar PV modules.

### 2013 California Plumbing Code

Similar to the Electrical Code, changes to the Plumbing Code require additional materials and methods for installation based on technological advancements in the industry. The chart to determine the required number of plumbing fixtures has been changed to be consistent with the building occupancy of a structure.

### 2013 California Mechanical Code

Changes include references to updated standards and re-written sections to clarify code requirements.

### 2013 California Energy Code

The changes to the California Energy Code result from requirements in the legislation to increase energy conservation. Lighting requirements to improve efficiency have been added and include outdoor lighting. Whole house mechanical ventilation systems (i.e. air vents, roof vents) has been changed to provide a healthier environment. These changes go into effect on July 1, 2014.

### 2013 California Green Building Code

Changes to the California Green Building Code are few, but now applies to structural building additions and remodels. These changes go into effect on July 1, 2014.

## Conserve Water, Conserve Energy

### Make every drop really count!

While new water storage facilities minimized news of water shortages in the last year, 2013 wrapped up as another dry year for the record books. Continued water conservation efforts are important not only to protect water resources but also to conserve energy and help manage its growing costs as well. To keep your conservation ethic inspired, remember that every drop of water you save also saves energy!

The California Energy Commission estimates that water-related energy use in California consumes approximately 20% of the state's electricity and more than 30% of non-power plant natural gas use! Simply running a hot-water faucet for five minutes uses about the same energy as burning a 60-watt bulb for 14 hours. It's not just your water bill that can be run up by water waste – your gas and electric bill feel the pain as well.

Pumping water thousands of miles to storage facilities and to your tap, treating water so that it is clean and safe enough to drink, running an irrigation system, heating water for washing and bathing, pumping wastewater from homes and businesses through a sewer system for treatment, processing and treating



wastewater to remove solids so it is clean enough for ocean discharge all use tremendous amounts of energy.

There are many things that both residents and businesses can do to help reduce water use and energy use at the same time. Seeking out and eliminating leaks is a great first step. More efficient replacements are available for smaller devices such as faucets and showerheads, appliances such as dishwashers and washing machines, and also larger systems for businesses such as irrigation, cooling, and industrial processes. Cooling towers can consume 20% to 50% of a facility's total water use, so upgrading one cooling tower can save a business up to \$4,000 in water and wastewater costs annually. Installing a more efficient irrigation system or redesigning landscaping to use less water can conserve water, reduce power use, and also reduce dry weather runoff and waterborne contaminants.

All of the above measures can help stretch limited water supplies and save residents and businesses money.

Free WaterSmart Checkups are available to homeowners and to owners or managers of commercial, multi-family, and industrial properties. Residential checkups include both indoor and outdoor assessments, and these checkups provide site-specific water-saving recommendations from certified irrigation professionals. You can apply for one at [www.watersmartcheckup.org](http://www.watersmartcheckup.org).

## New Roadway Sign Mandate Springs Up in Poway

Federal Changes Create Expanded, Improved Program

New Federal Highway Administration roadway sign retro-reflectivity requirements have led to the development of an expanded and improved roadway sign management program for the City of Poway. Now in place is a comprehensive sign inventory database that will increase efficiency through automated recording and scheduling of maintenance, real-time tracking of sign additions, removals and repairs.

Retroreflectivity of road signs refers to the ability of sign material to bounce light from vehicle headlights back to a driver's eyes, making signs appear brighter and easier to see and read. While signs typically have good retroreflective properties when they are installed, their performance degrades over time due to exposure to environmental elements. High-visibility retroreflective signs are critical to meeting drivers' needs at night because they heighten understanding of the roadway, enhance traffic flow, and have the potential to improve highway safety.

Poway's Street Maintenance crew created a project plan that would meet the Federal deadlines set for 2015 and 2018. Using the City's eight paving zones as the framework, crews tackled the city in segments, visually inspecting each of the City's over 5,000 regulatory signs, entering location and sign characteristics data into a computerized asset management system, and scheduling repairs and replacements as needed. The data collection process has evolved from a multi-step paper, pencil, and data entry process to a more efficient and accurate method using handheld data collection devices to directly input asset information into the City's Geographic Information System for mapping, organizing work, and future work scheduling.

Nighttime inspections have been completed in Zones 1, 2, 3 and 4. A total of 2,240 signs have been mapped, characterized, inventoried, evaluated and scheduled for repair or replacement as necessary. Required replacements totaled 242 and an additional 88 signs were repaired. The program remains on track to meet the project's 2015 federal deadline for regulatory sign reflectivity and full implementation of this new asset management tool.

## Sidewalks Spruced Up In Time for Annual Paving Effort

### Street Maintenance Zone 5 Slated for 2014

Pedestrians traveling the east side of our city may have noticed a bevy of sidewalk repairs and activities occurring in preparation for the 2014 paving season. Zone 5 street maintenance activities planned for 2014 include Poway Road between Community Road and Highway 67, and the residential streets in the Garden Road area. Included are City streets in the vicinities of Gate Drive, Neddick Avenue, Standish Drive, and Hidden Valley Drive. Although part of Zone 5, Garden Road itself will be reconstructed next year. Please visit [www.poway.org](http://www.poway.org) for additional information about Zone 5 and the associated map.

Sidewalk assessment and repair work associated with this Zone was done between July 2013 and January 2014. During those six months, repairs and replacements occurred at over 340 Zone 5 locations and at more than 500 additional citywide locations including sidewalk panels, curbs and gutters, driveways, and pedestrian ramps.

Previous years' methods relied primarily on a citizen report system that generated 52 repairs and replacements in fiscal year 2012-2013 and 61 in fiscal year 2011-2012. The enhanced zone-wide, proactive approach developed and employed for this cycle began with a comprehensive inventory and needs assessment of the Zone, making the most of new automated data collection tools. The productivity gains allowed expansion of the effort into additional street maintenance zones. The data that was collected was organized into a full-scale systematic program so that the work could be planned to move geographically through the city while maximizing time and resources.

## 2013 Record Dry Year with State Water Reserves Tapped

For the first time in five years, water officials tapped into water reserves to meet 2013 demand, depleting reservoirs and water storage to the lowest levels since 1977. While water availability in Southern California benefitted from transportation and storage projects completed since the last drought, a state-wide drought emergency has been declared due to water shortages in Northern California.

The first snow season survey on January 3, 2014 showed the state's snowpack water content at a record low of only 20% of average with Northern Sierra snowpack water content at 11% of average. Balancing out the picture for Southern California are almost normal Colorado River hydrologic conditions.

## Trans-County Trail Moves Through Poway

After a nearly five year postponement, the County of San Diego has renewed efforts to develop an east-west regional multi-use trail connection known as the Trans-County Trail (TCT). The TCT would traverse the County of San Diego from Torrey Pines State Beach, through Peñasquitos Reserve, Poway, Goodan Ranch, San Vicente Reservoir, Barona Indian Reservation, and the Cuyamacas with an end point in Borrego Springs State Park.

The original concept for the TCT began back in the mid-1990s, spanned an estimated distance of 117 miles, and required the participation and support of nine public agencies, including Poway. The most recent concept spans just over 100 miles, involves five public agencies, and still includes an east-west transition through Poway's southern corridor.

Although early efforts successfully defined a rough alignment, the renewed effort has determined a formal alignment and takes the first 25 miles of the TCT from conceptual idea to reality. Beginning from the Torrey Pines State Beach starting point, the County has, to date, hosted six assessment hikes to formalize a defined alignment, with assessment hikes 5 and 6 traversing the Poway aspects of the TCT.

The new TCT alignment through Poway was proposed as an overlay to the existing South Poway Trail. This new concept offers TCT trail users

opportunities such as a potential rest stop at Bette Bendixen Park, proximity to businesses in the downtown area, and overnight stay opportunities in the South Poway Business Park.

One of the County's major focus goals during this upcoming year is to complete a portion of the trail departing the Business Park. As planned, the TCT will continue east, just north of Scripps Poway Parkway, making its way to Sycamore Canyon Road. The trail will then turn south, under Scripps Poway Parkway, and run along the west shoulder of Sycamore Canyon Road for a short distance before crossing over into the City of San Diego trail system.

Once entering San Diego, the TCT would be approximately two miles west of the north staging area to Goodan Ranch, which offers sunrise-to-sunset parking and serves as an excellent gateway to Goodan Ranch or, eventually, the next major segment of the TCT.

## County of San Diego Revives Trail Development



## Time to Clean Up!

### Spring Self-Haul Event in March This Year



The City's solid waste franchise agreement requires EDCO Waste and Recycling Services to coordinate two annual cleanup events specifically for residential customers to dispose of unwanted bulky items such as furniture, appliances, and residential wood waste at no charge.

In March, EDCO residential customers will receive a coupon in their billing statement good for the free disposal of one load at either the Ramona Transfer Station or the Escondido Transfer Station. Although both transfer stations have weekend hours, the Ramona Transfer Station is not open on Sunday.

To ensure you are not charged for the disposal load, please be sure to have your coupon with you and present an original picture I.D. (copies are not acceptable) with the current address that corresponds to the address on the coupon. Items not accepted include hazardous waste, tires, computer monitors, televisions, appliances containing Freon, contractor waste, large trailer loads, commercial truckloads of debris, and business-generated waste. Residents and contractors performing a major renovation or property cleanup may contact EDCO to request rollout bin service. Household hazardous waste can be delivered to the Poway Household Hazardous Waste facility at 12325 Crosthwaite Circle on most Saturdays between the hours of 9 a.m. and 3 p.m. (see [www.poway.org](http://www.poway.org) for days of operation).

If you need a replacement coupon, please contact EDCO at 858-748-7769. For more information about this program or other disposal services, please contact the Public Works Department at 858-668-4702.

## Spring Cleaning Hints - Remember to Responsibly Dispose of Special Waste



Make sure that big cleaning project you've planned uses take-back programs to recycle or properly dispose of some of the special trash you are sure to find during your cleanup! Good news for paint recycling: some local retailers are now receiving paint for recycling. In order to fund collection, transport, recycling, and proper disposal of architectural paint, retailers are now required to charge a fee ranging from 35¢ to \$1.60 (depending on container size) on all architectural paint sold in California. Visit [www.paintcare.org](http://www.paintcare.org) and click on the map to find a store near you that will accept paint you are ready to recycle.

Other take-back programs that accept products (at no charge) that cannot be put in your recycle bin are listed below:

**Cell Phones and Rechargeable Batteries:** Visit [www.call2recycle.org/locator](http://www.call2recycle.org/locator) to find a store near you that accepts these items.

**Compact Fluorescent Light Bulbs (CFLs)** are accepted for recycling at Home Depot and Lowe's stores.

**Computers and Other Electronics:** Visit [www.sdgoodwill.org/cr.html](http://www.sdgoodwill.org/cr.html) or [www.recyclesandiego.org/](http://www.recyclesandiego.org/) for information on recycling these items.

**20-pound Propane Barbeque Cylinders:** Accepted at Blue Rhino and Amerigas outlets.

**Used Motor Oil (up to 5 gallons at a time) and Oil Filters:** Visit [www.calrecycle.ca.gov/](http://www.calrecycle.ca.gov/) to find a store near you.

**Styrofoam Packing Peanuts:** Check with UPS, Mailboxes, Etc., and FedEx or call the Peanut Hotline at 1-800-828-2214 for additional businesses that take packing peanuts.

**Unused or Expired Prescriptions and Over-The-Counter Medications:** Use the drop box at the Poway Sheriff's station or check [www.sdsheff.net/communityoutreach.html](http://www.sdsheff.net/communityoutreach.html) for other locations.

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- Poway Library gets a Face lift
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- Proper Disposal of Harmful Products
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- Business Journal Tours Poway Businesses
- Top Ten Safety Tips Lists

### PAGE 15

- Building Code Update
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- Sidewalk Maintenance Update



### Early Summer Camp Registration

April 15, 7:30am

### Flower Show

April 12, 9:00am-3:00pm | Old Poway Park

### Teen Only Events:

Teen Night Out, March 15 & May 17  
Glow-in-the-Dark Egg Hunt, April 18

### Easter Egg Hunt

April 19, 8:00am | Community Park

### Community Band Festival and Arts & Crafts Market

May 17 & 18, 10:00am-8:00pm | Old Poway Park

For more information on these and other Poway events, visit [www.poway.org](http://www.poway.org)

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Beautiful springtime blooms are a common sight in Poway's waterwise gardens

Photo by Jeannine | gardenenvy.net

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