

POWAY Today



A Quarterly Municipal Newsletter for the Residents of Poway, California

Summer 2013

Building Permits QUESTIONS & ANSWERS



WHEN IS A BUILDING PERMIT REQUIRED?

Many homeowners want to know, "Do I need a permit for this project?" Here are some instances when you may need a permit. However, when in doubt – please contact our staff.

- Building a new patio cover or enclosing an existing patio cover
- Converting the use of a garage to a non-garage use
- Demolishing a load-bearing wall
- Installing a new roof
- Installing new electrical wiring, or upgrading an electrical panel
- Installing or replacing heating and air conditioning units
- Replacing, upgrading, or adding a water heater

Some work does not require a building permit. Here are examples of projects that do not require a permit:

- Fences under 6 feet high
- Retaining walls that are not over 4 feet in height
- Kitchen counter replacement
- Swings and other playground equipment

Property owners who are considering construction or a remodeling project to their home are often unsure of the City's permit process. Although most work requires a building permit, there are some projects that do not. As a general rule, it is advised that you first contact the City's Building Division to see what, if any, permits you may need before any construction on any major home improvement project has begun. The Building Division staff, which is highly trained in both construction services and customer services, will gladly take the time to answer your questions. The City has also provided helpful information on its website at www.poway.org. Here are answers to some of the most frequently asked questions regarding building permits:

it could be costly with regards to time and money. For example, if and when the homeowner tries to sell a house, the potential buyer's home inspection may reveal remodeling or additions that were not properly permitted, and may not meet code requirements. This can prevent or delay the sale of the house. It may also require that the previously completed construction work be removed, replaced, altered, or demolished and then completed with a proper building permit.

offers reduced timelines for building plan check and permitting on certain minor projects. This includes a 1-Day In-house Plan Check/Permit, 2-Day In-house Plan Check/Permit and 3-Day Express Plan Check. To find out if your project qualifies for any of the reduced timelines, please see the City's Website at www.poway.org.

FAQ 1 What is a building permit?

A building permit is the official authorization to proceed with a construction project. It is intended to ensure that the project plans comply with local standards for land use, zoning and construction. These standards ensure the safety of current and future owners and occupants, and the compliance with zoning and land use policies. Specific issues that the building permit process may address include structural integrity, sanitation, water and sewer lines, fire resistance and electrical service.

FAQ 3 How do I obtain a building permit?

Obtaining a building permit begins with completing an application. The Permit Application is available online, or at the front counter of the Building Division.

Structural plans will need to be submitted along with a site plan to the Building Division for plan check. Standard plumbing, electrical, mechanical and some demolition permits may be issued over-the-counter. A building permit fee is also required prior to the issuance of any permit. The fee is calculated based on the valuation of the proposed work.

FAQ 2 Why is it important to have a permit?

If construction without a permit is discovered,

FAQ 4 How long will I have to wait to get a building permit?

A typical turn-around time for plan check is 10 business days, but it varies depending on the type of project and scope of work. The City

FAQ 5 What happens after I receive a building permit?

Once you have obtained your building permit, you are authorized to begin work on your project. Inspections by a City Building Inspector are required at certain stages of construction. Generally you will be required to keep the inspection job card at the construction site, and make it available to a building inspector upon request. If your project required the submittal of plans and specifications, you should receive an "Approved Field Copy" set of plans, which should also be kept at the construction site.



Town Hall Meeting, June 4

Espola Road Draft EIR will be presented for Community Input

The City of Poway will hold a Town Hall Meeting focused on the Espola Road Draft Environmental Impact Report (EIR) on Tuesday, June 4, 2013, at the Twin Peaks Multi-Purpose Room, located at 14640 Tierra Bonita Road. The meeting will begin at 7:00 p.m.

The goal of the Town Hall Meeting is to provide a forum for those individuals who live in close proximity to the project but may not normally attend Poway City Council meetings. This is an opportunity to learn about an important community issue and to share questions or concerns. There will also be representatives from each City department available to answer questions.

Taking the place of a regular Council meeting, the Town Hall meeting will include a public hearing with a brief introductory presentation

on the Draft EIR. The City has prepared the Draft EIR to analyze the environmental impacts associated with implementation of the proposed project; to discuss alternatives; and to propose mitigation measures for identified potentially significant impacts that will minimize, offset, or otherwise reduce or avoid those environmental impacts.

After the presentation, attendees may provide public comment. This meeting format is intended to foster as much public participation as possible. The City Council will consider whether or not to certify the Draft EIR at the meeting.

The Draft EIR is available for review from the City's website at www.poway.org, or on compact disk at the City Clerk's Office. For more information, please contact Rich Whipple, City Planner, at (858) 668-4604.

Shop Poway and Make a Difference In Your Community

The City of Poway applauds the effort of its residents and non-residents alike for continuing to shop right here in Poway. Thanks to community support, the City's sales tax revenue is nearing pre-recession levels.

Shoppers and diners bring measurable value to the community by spending their dollars locally. It makes a difference where you buy gas, or where you go out to eat. When you make a purchase in Poway, a portion of your sales tax dollars help fund essential City services such as fire protection, law enforcement, parks and recreation.

Buying locally keeps the economy strong by:

- Supporting Poway businesses;
- Providing jobs;
- Encouraging businesses to purchase from one another; and
- Generating sales tax, which helps pay for City services.

\$SHOP POWAY

Did you know...?

For most purchases in Poway, consumers pay 8% of the product cost in sales tax. Of this, the City receives 1% of the purchase price, or \$1 for every \$100 shoppers spend. In 2012, revenue from sales tax exceeded \$11 million, which is about 35% of the City's operating budget.

This Issue:



Emergency Planning: Fire Escape
Protect your family by planning your home fire escape routes. **pg. 2**



Poway's Sheriff Volunteers
They help keep Poway safe and offer residents so much more. **pg. 2**

10 Tips to Reduce Stormwater Pollution

Keep our lakes and beaches clean all year long by practicing these simple pollution prevention techniques. **pg. 15**



Just SHRED it!

EDCO is offering free shredding services on May 18. Don't miss the opportunity to lighten your load!



pg. 16



Poway's Senior Volunteer Patrol: Keeping Poway Safe & Secure One Home at a Time

The Poway Senior Volunteer Patrol (SVP) provides a unique opportunity for people age 50 or more to give back to their community. Volunteers respond to non-confrontational situations so that the Sheriff's deputies can remain available for more serious calls. During 2012, the 45 members of the Poway SVP donated over 16,000 hours of service.

A key component of that service was in support of the Sheriff's You Are Not Alone (YANA) program. The YANA program provides homebound individuals with the confidence of knowing that someone cares about them. SVP members conduct periodic visits and phone calls to check on their welfare. In some cases, the visits and calls are the only contact the YANA client has with anyone else. During 2012, SVP members made 887 visits to YANA clients.

Volunteers do their best to make YANA clients feel special by taking time to get to know them and their life history. YANA clients are remembered on their birthday with cards, and during the holiday season volunteers deliver special gift baskets filled with useful and fun items. During emergencies, the SVP makes sure that all YANA clients remain safe and will evacuate them to a safe location if needed. If you or someone you know could benefit from the YANA program, please contact the SVP Administrator by calling (858) 232-8000.

Another key service provided by the SVP is home security checks for Poway residents who are on vacation. To take advantage of this free service, residents must complete and sign a form at the Poway Sheriff Station authorizing the SVP to enter the property. After approval, volunteers will perform a daily check of the home to assure that it remains secure, and relocate newspapers and other items that may indicate the home is temporarily unoccupied.

If volunteers find anything out of the ordinary, like an open door or a broken window, they will call for deputies to investigate and secure the home. The resident and an emergency contact, if provided, will be notified promptly. In 2012, SVP members conducted 1,369 home security checks.

In addition to YANA and home security checks, Poway volunteers also responded to 205 traffic control situations and supported community events such as the Poway Days Parade, the 4th of July fireworks display, and the Tour de Poway bike race. SVP members act as another set of eyes and ears to help keep Poway safe.

To join the SVP, you must:

- Be a U.S. citizen at least 50 years of age;
- Be in good physical health;
- Have a valid California driver's license and current auto insurance;
- Pass a background check;
- Graduate from a two-week long SVP academy.

The requested commitment is to perform at least one six-hour patrol, with a partner, per week and attend one training meeting per month. Anyone interested in joining the SVP should call the Poway SVP Administrator at (858) 232-8000.

One of the great services provided by the SVP is in-home checks on the elderly and homebound residents.



Speaking of the Sheriff's Dept., Help Us Welcome Lt. Jeff Duckworth!

Lieutenant Jeffrey Duckworth is a 26-year veteran of the Sheriff's Department, and is second in command at the Poway Sheriff's Station. Before joining the San Diego County Sheriff's Department, Jeff served six years in the United States Marine Corps. He fulfilled a lifelong dream of becoming a law enforcement officer when Sheriff John Duffy swore him into the department in 1986. Jeff has had a rewarding career, and he considers it an honor to serve the citizens of San Diego County. He is now enjoying serving the City of Poway and establishing relationships in our community.

Jeff came to Poway from the Sheriff's Headquarters where he worked as an Internal Affairs Sergeant. Prior to that, Jeff served the Imperial Beach Sheriff's Command as

a patrol sergeant and the detective sergeant. Jeff also held a position of sergeant in the Court Services Bureau at the Superior Court in San Diego. As a deputy, Jeff's assignments included the South Bay Jail, the Lemon Grove Sheriff's Station as a patrol deputy, the Sheriff's Street Narcotic and Gang detail, and the DEA San Diego Field Division Narcotic Task Force as a Task Force Officer.

The City of Poway is fortunate to have an experienced, veteran San Diego County Sheriff's Department officer serving our community. Welcome Lt. Duckworth!



SOLICITORS IN THE CITY OF POWAY

Soliciting is permitted as long as certain regulations are followed

The City has seen a recent increase in the number of questions from concerned residents about people going door-to-door soliciting their services or products. To help Poway residents with these questions, we would like to share some general information regarding the City of Poway's requirements and process used to screen solicitors.

The Poway Municipal Code requires a solicitor to apply for a license, pay a fee, submit to fingerprinting and a background check, provide dates of door-to-door sales activity, and supply proof of the business or organization among other requirements. Once this process is completed and approved, a Solicitor Identification Card with photo is issued to the applicant.

The City's code prohibits solicitors from doing business from 8:00 p.m. until 8:00 a.m. Furthermore, it is unlawful to enter any property that is posted with a sign or placard prohibiting soliciting.

By providing Poway residents with this information, we hope to better secure the safety of your homes and families. The City will continue to do its best to ensure that the people who do knock on your door have been properly screened.



BE PREPARED:

A Home Fire Escape Plan could save you and the lives of your family

Everyone should make a fire escape plan so that in case of an emergency you will be prepared to quickly and efficiently evacuate your home.

How to Make a Home Fire Escape Plan:

- Sketch a floor plan of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- Pick a meeting place outside. It should be in front of your home.
- Talk about your plan with everyone in your home.

Additional Preparations for Surviving a Fire in Your Home:

- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working. Change the batteries twice a year.
- Ensure that all of the windows and doors open easily. You should be able to use them to get outside.
- If you need special equipment such as a rope ladder, mark where it is located on your floor plan.
- Mark where utility (gas, water, and electric) turnoff valves are located. Be sure to place the necessary tools close by.
- Mark where emergency food, water, first-aid kits, and fire extinguishers are kept.
- Ensure that your house or building number can be seen from the street.
- Practice your home fire escape drill twice a year.

For more information on home fire escape plans and other fire prevention information, go to the National Fire Prevention Association's site at www.nfpa.org/education.

Ten Solutions to Storm Water Pollution

As you head outdoors this summer to enjoy the Poway sunshine, our parks and lakes, and the local beaches, remember these ten tips to reduce storm water pollution:



- 1 Keep your cigarette butts to yourself**
Don't throw cigarette butts or any litter on the road. These pollutants will float down the storm drain and end up in creeks, lakes, and ultimately the ocean.
- 2 Mow high, mow often, and leave the clippings**
Remove yard waste from driveways and sidewalks and put it in the compost, greens recycling bin or your own backyard. Use leaves and yard waste for compost, don't hose or sweep them into the gutter.
- 3 Don't fertilize our creeks**
Use garden fertilizers, pesticides and chemicals properly, and never near drains and natural waterways. Avoid use in windy conditions or when rain is forecasted. Think about using organic options. At no cost, dispose excess chemicals properly at the City's Household Hazardous Waste Disposal Facility.

- 4 Practice good car care & save money!**
Routine maintenance helps your car run better and saves on fuel and repairs. Good car care also prevents water and air pollution. Fix leaks so fluids don't wash into our waterways. Never pour used oil or antifreeze in the storm drain or sewer. Wash your car on the lawn, not where detergents and grime can go into the storm drain. Consider using a commercial car wash that recycles water.



You wouldn't wash your car in Lake Poway would you? We didn't think so, but washing it on the street where detergents, oils and road grime flow into the storm drain is just as bad for our waterways. Use a commercial car wash instead—even the self-serve washes recycle the water.

- 5 Stop septic tank leaks**
Make sure your septic tank is working properly and cleaned of sludge at least every three years. Have an expert check it out regularly.
- 6 Clean up after your pets**
Take a plastic bag on your walk, pick up after your animals and properly dispose of the waste.
- 7 No sediment down the drain or in the gutter**
Make sure sand and other building materials are kept away from storm water drains and gutters. If you spot a blocked drain or notice illegal dumping, call Code Compliance at (858) 668-4668.
- 8 Dechlorinate pool water before draining**
Pool chemicals kill organic matter in pools and have the same effect on local streams. Make sure pool water is dechlorinated before draining it into the storm system. Do not drain pool water in drains connected to the sewer system.
- 9 Properly dispose of household hazardous waste**
Don't pour used oils, paint, or other waste down a storm water drain, in the gutter or in the sewer system. Dispose of household hazardous waste at no charge at the City's Household Hazardous Waste Disposal Facility.
- 10 Nothing but rain in the storm drain**
The storm water conveyance system is for storm water only. If you see the disposal of anything other than storm water into the system, contact Code Compliance at (858) 668-4668.

Neighbor to Neighbor
Of all the calls received by the City, two common complaints are from residents asking for help addressing cigarette butt litter and pet waste. By properly disposing these wastes, you'll be conserving City resources and tax dollars while fighting storm water pollution at the same time.



Practice Fair Housing. It's not just the law...

National Fair Housing Month

In April, cities around the nation celebrated National Fair Housing Month. It is a time to reflect on the progress that has been made in opening the doors of housing opportunity to every citizen of this nation and to recognize the challenges that still remain.

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

The City of Poway participates in a Fair Housing Program provided by the County of San Diego through a contract with North County Lifeline. Fair housing counselors at North County Lifeline answer questions for both landlords and tenants and provide mediation services as needed. For more information, please contact North County Lifeline at (866) 954-3354.

Summer Wanderlust? Try a Walk Along Green Valley Trail

When asked to recall a favorite or memorable Poway trail hike, what comes to mind for many trail enthusiasts is a perfect day atop Iron Mountain or fond memories of a Lake Poway loop hike that ended with a picnic or barbeque at the park. But for a few of us, a simple meandering walk along the Green Valley Trail is a favorite reflection.

Green Valley is a residential community located in north Poway, just south of Espola Road. The City maintains the Green Valley Trail, which begins near Pomerado Road at Avenida La Valencia and terminates at Espola Road near Martincoit. You will see the trail on your left when you are on Avenida la Valencia a couple hundred yards in from Pomerado Road. Bordered by homes, the scenery along the trail includes a creek, trees and horse corrals. As you progress along the trail, it crosses Avenida Florencia and eventually parallels Espola Road then wraps up on Martincoit Road. From there, you can turn around and trace your way back along the path to complete your walk in less than one hour.

The trail would be considered mild for hikers and mountain bikers as there is very little change in elevation, but equestrians consider it paradise as the trails are wide and shady. A trip along Green Valley Trail might be just the cure for a little summer wanderlust!

Tell Us How It is?

The City of Poway would like to hear from you. What do you think about the services and facilities provided in the community? What could we do to better serve you?

This cutout form is provided for comments, suggestions, and service requests. Clip out the form, and mail it or deliver it in person to City Hall at: 13325 Civic Center Drive.

All comments will be reviewed by the City Manager's Office and referred to the appropriate City department. Please be specific with your comments and the location of services, so that we can better serve you.

I have the following comments suggestions service requested

Name: _____

Address: _____

Telephone Number: (Home) _____ (Business) _____

E-mail address: _____

You may also email your comments to Eric Heidemann: eheidemann@poway.org



Lighten the Load & Just SHRED It!

EDCO Offers Free Document Shredding Event

If you are wondering what to do with an avalanche of sensitive paper that has piled up, consider stopping by the upcoming community shred event. As a courtesy to residents who have confidential documents to recycle, such as medical records, tax forms, and bank statements, EDCO will be providing a shredding event on

Saturday, May 18, 2013, from 9:00am to 1:00pm at the City's Household Hazardous Waste Disposal Facility (12325 Crosthwaite Circle). Your household may bring two bankers boxes of paper to the event. Please call EDCO's customer service line (858-748-7769) if you have questions about the event.

NEW Community Services Department Email Newsletter

The new Community Services Department email newsletter will be packed with the latest and greatest information about our exciting classes, programs, and events. Signing up is quick and easy, and only requires your name, email address, and city. Never miss out on a recreation opportunity again! To sign up, visit: www.poway.org/community.



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Community Band Festival and Arts & Crafts Market

May 18th 10:00am-7:30pm, May 19th 11:00pm-7:30pm | Old Poway Park

Old-Fashioned Fourth of July

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

July 4th Fireworks

July 4th, 7:00-10:00pm | Poway High School Stadium

Swim-in Movie

August 3, Movie Starts at Sundown | Poway Community Swim Center

Summer Concert in the Park Series

June 23-August 11, 5:30-7:00pm | Lake Poway & Old Poway Park

Summer Movies in the Park

June 29, July 20, August 17, Sunset | Poway Community Park



An Old Fashioned Fourth of July

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- Councilmember Steve Vaus



POWAY Community Services

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

SUMMER 2013

Registration begins MAY 14

July is Parks and Recreation Month!

Parks Make Life Better!

But the outdoor fun continues all summer long! Now that the weather is warmer and the days are longer, it is time get outside! Come enjoy all that your local parks and recreation programs have to offer. Parks and Recreation programs provide safe places to gather, promote health and wellness, all while you are having FUN! You and your family are sure to find something or someplace that you'll love. Here's some great ideas to kick-start your summer:

- Host a Birthday Party at the Poway Community Swim Center
- Laugh with your children on the Adventure Playground at Community Park
- Explore the bike trails or paddle your way across Lake Poway
- Connect with early American history at the Kumeyaay-Ipai Interpretive Center
- Purchase fresh and organic produce at the Famers Market in Old Poway Park
- Rent a picnic area and host a family reunion at Community Park
- Learn about Poway's plant and wildlife during a docent-led hike through Blue Sky
- Teach your child to hit a home run at a neighborhood park field
- Attend a free summer concert at Lake Poway or Old Poway Park

Old Fashioned 4th of July

150th Anniversary of Gettysburg

Bring your family and friends to celebrate our country's Independence "turn-of-the-20th-century-style." This FREE event features patriotic entertainment and displays, visits with President Lincoln, Battle of Gettysburg reenactments and mock gun fighting train robberies, old-fashioned games, an authentic arts and crafts market, model railroad displays, antique automobiles, and iron working demonstrations. Train rides, picture with Uncle Sam, picnic lunch, sweet treats, and ice cream will all be available at reasonable prices. Information: (858) 668-4576 or www.poway.org/oldpowaypark.



**Thursday, July 4th
10:00am-4:00pm**

4th of July Fireworks!



**Poway High School Stadium
Thursday, July 4, 7:00-10:00pm
\$2/Person at the gate
11 & under FREE**

The Annual Fourth of July Fireworks Show will be held at the Poway High School stadium. Gates will open to the public at 7:00 pm with the show starting at 9:00 pm. Bleacher and blanket seating will be available inside the stadium or you can view the fireworks from the Lake Poway Recreation Area. A DeeJay will be spinning tunes before and after the show for all ages to enjoy. Contributions to the Fireworks Trust Fund are always welcome! Call (858) 668-4682 to donate. Information: www.poway.org.



SHARP Memorial Hospital SUMMER CONCERT SERIES

Some of the best local entertainment and summer fun returns to Poway with the Sharp Memorial Hospital Summer Concert Series! The concerts are brought to you by the City of Poway and Sharp Memorial Hospital. Co-sponsor support is provided by Marrokal Design & Remodeling, Cymer, and Country Montessori School of Poway. **Information:** www.poway.org or Lake Poway (858) 668-4770; Old Poway Park (858) 668-4576.

Date	Location	Performer	Musical Style
June 23	Lake Poway	Rusty Evans and Ring of Fire	Johnny Cash Tribute
July 7	Lake Poway	Gary Seiler & the CoastRiders	Jimmy Buffet Tribute
July 14	Old Poway Park	Mark Jackson Band	Country Folk Music
July 21	Lake Poway	The Silver Beatles Band	Beatles Tribute
July 28	Old Poway Park	Susan Winsberg	Celtic
August 4	Lake Poway	Full Moon Fever	Tom Petty Tribute
August 11	Old Poway Park	Pomerado Community Band	Big Band

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

FREE Fun Events!!

FREE Teen Night Out | Grades 6-9th

It's time to party! Teens in grades 6-9 will have an absolute blast! Information: call (858) 668-4671.

**Sat, May 11
4:00-9:30pm
Registration going on now**

Band Festival & Arts & Crafts Market

Come listen to concert bands from near and afar during a FREE weekend of music at Old Poway Park. Information: (858) 668-4576 or www.poway.org/oldpowaypark.

**May 18-19
Sat 10:00am-7:30pm
Sun 11:00am-7:30pm**



The City of Poway is proud to present FREE Summer Movies in the Park at Poway Community Park. Bring the family, a blanket, and a picnic dinner to enjoy family-friendly

movies under the stars. Arrive early to get the perfect seat; the movie will begin shortly after sunset. For more information call (858) 668-4671 or visit www.poway.org/communitypark.

Poway Community Park at Sunset

- June 29 **Madagascar 3** ★
- July 20 **Wreck it Ralph** ★
- August 17 **Hotel Transylvania** ★

Swim-in Movie Night

Enjoy a fun-filled evening of swimming and a screening of The Lorax. This animated adventure will be shown on a 12' x 12' movie screen. Bring the entire family along with rafts, inner tubes, and boogie boards to view the movie while in the pool. Bleacher seating will also be available. The pool closes to the public at 5:00 pm and reopens at 7:00 pm. The movie starts at sundown. Tickets may be purchased in advance at the Swim Center. For more information, please call: (858) 668-4680 or www.poway.org.



**Saturday, August 3
Movie "The Lorax"
Starts at Sundown**

**Saturday, August 3 | 7:00pm
Movie starts at Sundown**

**\$4/Adult - \$3/Youth & Senior
\$12/family (up to 5 people)**

Camp Payment Plans Now Available!

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

Summer Day Camp

Children's Camp

Lake Poway Day Camp

Ages 6-12 (Children who are under the age of 6, but who have completed kindergarten can enroll in camp)

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 games, go on field trips, and explore the outdoors! The camps, offered in eight, one-week sessions, give campers the chance to make new friends, learn valuable skills, and create lifelong memories. Extended care is available from 4:00pm to 5:30pm, free of charge.

Instructor: Recreation Staff: www.poway.org/daycamp, (858) 668-4776

Locations: Lake Poway: Mon, Wed, Thu, Fri; Community Park: Tue

				RES/NON
2934.100	M-F 8:00am-4:00pm	Jun 17-Jun 21	Boomers	\$125/\$135
2934.101	M-F 8:00am-4:00pm	Jun 24-Jun 28	Camp-Out at Lake Poway	\$125/\$135
2934.102	M-F 8:00am-4:00pm	Jul 8-Jul 12	Del Mar Beach	\$125/\$135
2934.103	M-F 8:00am-4:00pm	Jul 15-Jul 19	Wave Water Park	\$125/\$135
2934.104	M-F 8:00am-4:00pm	Jul 22-Jul 26	Del Mar Beach	\$125/\$135
2934.105	M-F 8:00am-4:00pm	Jul 29-Aug 2	Padres Game	\$125/\$135
2934.106	M-F 8:00am-4:00pm	Aug 5-Aug 9	Camp-Out at Lake Poway	\$125/\$135
2934.107	M-F 8:00am-4:00pm	Aug 12-Aug 16	Del Mar Beach	\$125/\$135

*Field trips are subject to change without notice

** Limited space remaining

NEW! More Than Ready Summer Camp

Ages 3 1/2 to 5 1/2

This kindergarten preparation program takes educational fun to a whole new level! We'll play games, make crafts, listen to stories, have parties, and take walking field trips to the Library, Fire Station, Movie Theater, Baskin Robbins, and more. Your child will have a blast, while learning concepts and skills to prepare them for kindergarten. As the summer heats up, we'll cool off with plenty of water games. Bring a healthy snack, drink, and towel each day (unless otherwise notified). All participants must be toilet trained and able to use the bathroom unassisted.

Instructor: More Than Ready, Ms. Taylor: www.morethanready.com

Location: Community Park, Youth Activity Room

			RES/NON
4012.110	M-F 9:00am-12:00pm	Jun 24-Jun 28	\$79/\$89*
4012.111	M-F 9:00am-12:00pm	Jul 1-Jul 5	\$79/\$89*
4012.112	M-F 9:00am-12:00pm	Jul 8-Jul 12	\$79/\$89*
4012.113	M-F 9:00am-12:00pm	Jul 15-Jul 19	\$79/\$89*
4012.114	M-F 9:00am-12:00pm	Jul 22-Jul 26	\$79/\$89*
4012.115	M-F 9:00am-12:00pm	Jul 29-Aug 2	\$79/\$89*
4012.116	M-F 9:00am-12:00pm	Aug 5-Aug 9	\$79/\$89*
4012.117	M-F 9:00am-12:00pm	Aug 12-Aug 16	\$79/\$89*

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

Film/TV Production Camps

MovieWorkz: TV Production Camp | Ages 7-15

TV Production Camp is a unique and highly interactive media arts program. Just like a working television studio, participants conceptualize, design, and create different types of programming, ranging from television interviews and talk shows to newscasts and entertainment features. **Cameras and computer equipment provided for class use.**

Instructor: MUSICSTAR®: www.movieworkz.net

Location: Lake Poway, Pavilion

			RES/NON
5183.100	M-F 1:00-4:00pm	Jul 15-Jul 19	\$129/\$139*

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

NEW! MovieWorkz: Filmmaking Camp | Ages 7-15

Filmmaking Camp offers a unique opportunity for students to explore filmmaking. As with any art form, filmmaking is all about storytelling. Students will learn about story and character development, scriptwriting, and of course, shooting their own productions. **Cameras and computers will be provided for class use.**

Instructor: MUSICSTAR®: www.movieworkz.net

Location: Lake Poway, Pavilion

			RES/NON
5183.101	M-F 9:00am-12:00pm	Jul 22-Jul 26	\$129/\$139*

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

MovieWorkz: Stop Motion Animation Camp | Ages 7-15

This camp offers a great opportunity to explore stop motion animation. Students will learn about image capturing, video recording techniques, and more! Each student will explore the fundamentals of art and stop motion animation video production. This program offers an amazing chance for hands-on, multi-disciplinary, and artistic expression. **Cameras and computers will be provided for class use.**

Instructor: MUSICSTAR®: www.movieworkz.net

Location: Old Poway Park, Templars Hall

			RES/NON
5183.102	M-F 1:00-4:00pm	Jul 29-Aug 2	\$129/\$139*

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

NOTE: Sign up for two IncrediFlix camps in the same week and enjoy a one-time \$30 materials fee and free lunch supervision!

IncrediFlix: Lego Flix | Ages 7-13

We know you love Legos and we know you can create incredible worlds. Now it's time to bring those worlds to life in Lego animated flix! We provide the Legos, and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot, and voice-over in age-appropriate groups. **All flix will be professionally edited and a DVD will be mailed to every student.**

Instructor: IncrediFlix: www.IncrediFlix.com

Location: Meadowbrook Gymnasium

			RES/NON
5183.103	M-F 9:00am-12:00pm	Jun 24- Jun 28	\$190/\$200*

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



NEW! IncrediFlix: Green Screen Animation Flix | Ages 7-13

Take your characters underwater, to a volcano, or even to outer space! In this camp, you've got no limits. In age-appropriate groups, you'll brainstorm ideas, create your characters, film your movies with a green screen backdrop, select your locations, and add voice-overs. **All flix will be professionally edited and a DVD will be mailed to every student.**

Instructor: IncrediFlix: www.IncrediFlix.com

Location: Meadowbrook Gymnasium

			RES/NON
5183.104	M-F 1:00-4:00pm	Jun 24-Jun 28	\$190/\$200*

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

IncrediFlix: Animation Flix | Ages 7-13

In this high-energy camp, students will create a new movie each day for a total of five animated flix! They'll use different styles of stop-motion animation for each movie, and we've added in some new animations this year (ending the week with face painting animation!). This is the ultimate arts and crafts camp where campers create, direct, and film in age-appropriate groups. **All flix will be professionally edited and a DVD will be mailed to every student.**

Instructor: IncrediFlix: www.IncrediFlix.com

Location: Meadowbrook Gymnasium

			RES/NON
5183.106	M-F 1:00-4:00pm	Aug 5-Aug 9	\$190/\$200*

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



NEW! IncrediFlix: Superhero Filmmaking Flix | Ages 7-13

What super hero power do you want? Flying? Invisibility? Super karate skills? Shot in front of a green screen, this action-packed camp allows kids to act, write, and direct in their own super hero adventure movie! **All flix will be professionally edited and a DVD will be mailed to every student.**

Instructor: IncrediFlix: www.IncrediFlix.com

Location: Meadowbrook Gymnasium

			RES/NON
5183.105	M-F 9:00am-12:00pm	Aug 5-Aug 9	\$190/\$200*

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

Technology Camps

Video Game Design | Ages 10-17

This course provides students with a fun, interactive look at the world of video game design and development. Students enrolled in this camp will learn the basics of video game design and produce several different interactive video games to share with their friends and family!

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

Location: Meadowbrook Gymnasium

			RES/NON
9416.100	M-Th 1:00-4:00pm	Jul 15-Jul 18	\$160/\$170*
9416.101	M-Th 9:00am-12:00pm	Jul 29-Aug 1	\$160/\$170*

* \$10 materials fee due first day of class

NEW! Game Design Apps | Ages 10-17

This course provides students with a fun, interactive look at the worldwide mobile video game design and development. Students enrolled in this course will learn how to publish games to their favorite Apple® or Android™ devices. **Video Game Design is a prerequisite for this course.**

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

Location: Meadowbrook Gymnasium

			RES/NON
9416.103	M-Th 1:00-4:00pm	Jul 29-Aug 1	\$160/\$170*

* \$10 materials fee due first day of class

NEW! Web Studio | Ages 10-17

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

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

Location: Meadowbrook Gymnasium

			RES/NON
9416.102	M-Th 9:00am-12:00pm	Jul 15-Jul 18	\$150/\$160*

* \$10 materials fee due first day of class

Mad Science Camps

Mad Science Spy Academy | Ages 7-12

Become a Mad Science Jr. Detective and take a fascinating journey into the world of detection, forensics and classified information. Learn code language to send secret messages. Go undercover and decode messages from other agents using your top secret clearance. Investigate a pretend crime scene and help crack the case. **Take-home projects include a secret code breaker, undercover observer, whodunit kit, scene solver, and more!** All full-day campers should bring a sack lunch each day.

Instructor: Mad Science of San Diego

Location: Lake Poway, Pavilion **RES/NON**

6573.100 M-F 9:00am-4:00pm Jun 17-Jun 21 \$230/\$240*

* \$60 materials fee due first day of class

Location: Old Poway Park, Templars Hall

6573.101 M-F 1:00-4:00pm Jul 22-Jul 26 \$120/\$130*

* \$40 materials fee due first day of class

Mad Science All Stars | Ages 5-10

You have been selected to participate on the Mad Science All-Star team! Learn about famous scientists and inventors who were all-stars in their field of expertise. Together with your teammates, you will build super structures, create a volcanic eruption and examine rocks formed from volcanic magma. **Take-home projects include: magnetic soccer game, rocket racer, animal track, crystal garden, and more!**

Instructor: Mad Science of San Diego

Location: Community Park, Auditorium

6573.102 M-F 1:00-4:00pm Jun 24-Jun 28 \$120/\$130*

* \$30 materials fee due first day of class

Mad Science Adventures in the Wild | Ages 5-10

Take a walk on the wild side with Mad Science as we explore animals, birds, bugs, and beasts for an out-of-this-world adventure! Have some creepy, crawly fun building a bug house. Explore the amazing ways animals adapt in the wilderness as you hunt down their tracks and make an animal track of your own. **Take-home projects include a bug house, animal track, solar cooker, and more!**

Instructor: Mad Science of San Diego

No Class: July 4

Location: Lake Poway, Pavilion **RES/NON**

6573.103 MTWF 9:00am-12:00pm Jul 1-Jul 5 \$58/\$68*

Location: Old Poway Park, Templars Hall

6573.104 M-F 1:00-4:00pm Aug 5-Aug 9 \$120/\$130*

* \$30 materials fee due first day of class

NEW! Mad Science Little Green Thumbs | Ages 4-5

Campers explore the different parts of a garden and learn all about seeds, soil, and sprouts. The group will examine fruits, vegetables, plants, and leaves using a microscope designed for preschoolers. Children also learn about interesting creatures that live in a garden and how they help a garden grow. **Take-home projects include a seed badge, sun visor, bean necklace, and bug bracelet.**

Instructor: Mad Science of San Diego

Location: Old Poway Park, Parlour **RES/NON**

6573.108 M-F 9:00am-12:00pm Jul 22-Jul 26 \$120/\$130*

* \$30 materials fee due first day of class

Mad Science Crazy Chem-Works | Ages 5-10

Shake up a flask of fun in the lab and become a junior chemist! Learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results. Check out the colors of chemistry with the power of pH paper and create a stopper-popping reaction. **Take-home projects include a reaction tube kit, thermo-color cup, slippery slime, Professor Beakerdude, and more!**

Instructor: Mad Science of San Diego

Location: Lake Poway, Pavilion **RES/NON**

6573.107 M-F 9:00am-12:00pm Jul 15-Jun 19 \$120/\$130*

* \$40 materials fee due first day of class

NEW! Spyworkz Camp | Ages 7-15

Your mission, should you choose to accept it, is to develop your inner spy! Spyworkz Camp explores science, math, language arts, logical and analytical thinking, creativity, imagination, visual arts, and so much more. Spies will tackle photo analysis, fingerprint and splatter analysis, spy fiction, and code making and breaking.

Instructor: MUSICSTAR®

Location: Community Park, Auditorium

No Class: July 4

6573.110 M-F 1:00-4:00pm Jul 1-Jul 5 \$105/\$115*

* \$30 materials fee due first day of class

Mad Science NASA Space Academy | Ages 6-11

Mad Science and NASA have teamed up to bring you the excitement and wonder of space. Learn the science involved in rocket construction as you build and launch your own rocket. Explore the farthest reaches of our solar system and create a lunar eclipse in our Mad Science planetary tour. **Take-home projects include Skyblazer II rocket, shuttle copter, lightning launcher, catch-a-comet, and more!**

Instructor: Mad Science of San Diego

Location: Lake Poway, Pavilion

6573.109 M-F 1:00-4:00pm Jul 29-Aug 2 \$120/\$130*

* \$50 materials fee due first day of class

NEW! Mad Science Red Hot Robots | Ages 8-12

Join Mad Science in a red-hot robotic exploration! Discover the inner workings of robots by experimenting with circuits, gears, sensors and power supplies. Experiment with sound sensing, line tracking, and solar powered robots. Become a robot engineer as you build your very own robot throughout the week! **Take-home projects include a robot, bug-bot, squiggle ball, and more!** All full-day campers should bring a sack lunch each day.

Instructor: Mad Science of San Diego

Location: Community Park, Auditorium **RES/NON**

6573.105 M-F 9:00am-4:00pm Jul 8-Jul 12 \$230/\$240*

* \$70 materials fee due first day of class

Location: Lake Poway, Pavilion

6573.106 M-F 9:00am-12:00pm Aug 12-Aug 16 \$120/\$130*

* \$50 materials fee due first day of class

Art Camps

NEW! Once Upon a Time Camp | Ages 3-5

Enter the world of fables, fairytales, and fantasy! Learn about The Three Little Bears, The Little Red Hen, The Three Little Pigs, and other stories. We'll sculpt, mold, print, paint, cut, and collage to create artistic masterpieces based on the many tales we will hear! Join us as we sing, play, imagine, and create in this storybook art camp. All materials are included; and each child will receive a T-shirt. **Bring a healthy snack each day.**

Instructor: Abrakadoodle

Location: Old Poway Park, Parlour

6182.122 M-F 9:30am-12:00pm Jul 8-Jul 12 \$169/\$179

NEW! Wicked Cool 3D Art Camp | Ages 6-12

Art really pops! Design mobiles, work with plaster and paper mache, create mosaics, and much more in this unique sculpture camp! We'll explore art and artists that really come at you while we learn about special techniques to create all new artworks that truly stand out. All materials are included; and each child will receive a T-shirt. **Bring a healthy snack each day.**

Instructor: Abrakadoodle

Location: Old Poway Park, Great Room

6182.121 M-F 9:00am-12:00pm Jun 24-Jun 28 \$159/\$169

NEW! Woodshop Wizards | Ages 6-13

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 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, creatively painting, and personalizing their creation! All projects are taken home to treasure!

Instructor: Anthony Demopoulos

Location: Community Park, Auditorium

7617.110 M-F 9:00am-12:00pm Jun 24-Jun 28 \$160/\$170*

7617.111 M-F 9:00am-12:00pm Jul 15-Jul 19 \$160/\$170*

7617.112 M-F 9:00am-12:00pm Aug 5-Aug 9 \$160/\$170*

* \$50 materials fee due first day of class



Art Start Art Camp | Ages 7-14

Enjoy a week packed full of art in the most creative camp ever! You will load up your sketchbook (provided) with fabulous drawings, create a mask cast from your own face, tie-dye T-shirts, and explore a variety of media in a fun, relaxed atmosphere. Full-day camp will have the opportunity for more one-on-one instruction as they delve more intently into projects such as painting on canvas, printmaking, making duct tape wallets, or creating mosaics. Each week will offer unique experiences! Quality art materials and snack will be provided. All full-day campers should bring a sack lunch each day. **Bring a washed, cotton T-shirt to the first class.**

Instructor: Susan Bainbridge: www.artstart1.com

Location: Old Poway Park, Great Room

Half Day | Ages 7-14 RES/NON

6182.100 M-F 9:00am-12:00pm Jul 8-Jul 12 \$115/\$125*

6182.101 M-F 9:00am-12:00pm Jul 15-Jul 19 \$115/\$125*

6182.102 M-F 9:00am-12:00pm Jul 22-Jul 26 \$115/\$125*

6182.103 M-F 9:00am-12:00pm Jul 29-Aug 2 \$115/\$125*

6182.104 M-F 9:00am-12:00pm Aug 5-Aug 9 \$115/\$125*

6182.105 M-F 9:00am-12:00pm Aug 12-Aug 16 \$115/\$125*

* \$40 materials fee due first day of class

Full Day | Ages 8-14 RES/NON

6182.106 M-F 9:00am-3:00pm Jul 8-Jul 12 \$185/\$195*

6182.107 M-F 9:00am-3:00pm Jul 15-Jul 19 \$185/\$195*

6182.108 M-F 9:00am-3:00pm Jul 22-Jul 26 \$185/\$195*

6182.109 M-F 9:00am-3:00pm Jul 29-Aug 2 \$185/\$195*

6182.110 M-F 9:00am-3:00pm Aug 5-Aug 9 \$185/\$195*

6182.111 M-F 9:00am-3:00pm Aug 12-Aug 16 \$185/\$195*

* \$60 materials fee due first day of class

NEW! Super Silly School of Art Camp | Ages 3-5

Go crazy, get goofy, and have a blast! We go Cubist, Surreal, and Abstract as we explore textures, mixtures, printing, and painting in ways you've never thought possible! Come over to the loony side! Join us for a week of crazy creativity full of stories, music, games, and fun! All materials are included; and each child receives a T-shirt. **Bring a healthy snack each day.**

Instructor: Abrakadoodle

Location: Old Poway Park, Parlour

6182.120 M-F 9:30am-12:00pm Jun 24-Jun 28 \$169/\$179

NEW! Planes, Trains & Automobiles Camp | Ages 3-5

Get moving! Design cars, trucks, ships, and even spaceships. We explore all kinds of transportation through sculpture, drawing, painting, gluing, sticking, and printing in this multimedia camp created especially for kids who like to keep going and going. Join us on an artistic ride full of fun, stories, games, and adventure! All materials are included; and each child will receive a T-shirt. **Bring a healthy snack each day.**

Instructor: Abrakadoodle

Location: Old Poway Park, Parlour

6182.124 M-F 9:30am-12:00pm Aug 12-Aug 16 \$169/\$179

NEW! Dreams & Fairytales Camp | Ages 3-5

We'll celebrate all things colorful as we decorate, decoupage, design, and delight! In this camp we'll make jewelry boxes and the jewels to go in them, create fairytale sculptures, paint crowns and wands, collage castles, and design sparkly, shiny, artsy creations. We'll learn about princesses and fairytales and create artwork based on these stories. Join us for a fantasy art adventure! All materials are included; and each child will receive a T-shirt. **Bring a healthy snack each day.**

Instructor: Abrakadoodle

Location: Old Poway Park, Parlour

6182.123 M-F 9:30am-12:00pm Aug 5-Aug 9 \$169/\$179

Sport & Swim Camps

Swim & Tennis Camp | Ages 6-15

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

			RES/NON
2443.120	M-F 10:00am-3:00pm	Jun 24-Jun 28	\$110/\$120*
2443.121	M-F 10:00am-3:00pm	Jul 8-Jul 12	\$110/\$120*
2443.122	M-F 10:00am-3:00pm	Jul 15-Jul 19	\$110/\$120*
2443.123	M-F 10:00am-3:00pm	Jul 22-Jul 26	\$110/\$120*
2443.124	M-F 10:00am-3:00pm	Jul 29-Aug 2	\$110/\$120*
2443.125	M-F 10:00am-3:00pm	Aug 5-Aug 9	\$110/\$120*

* \$10 materials fee due first day of class

NEW! Girls Running Strong Stride & Swim | Ages 7-12

The Girls Running Strong Summer camp is a five day running/fitness and self-esteem program for girls ages 7-12. Girls will be introduced to the basics of running, how to set and achieve goals, proper nutrition, the importance of a healthy lifestyle, and positive self-body image. In the morning, girls will get some exercise and participate in fun-filled character attribute lessons, goal setting and positive self-esteem activities. Snacks will be provided, but **all participants should bring a sack lunch each day.** After lunch, we'll cool off in the pool! Participants should bring a swim suit, towel, and plenty of sunscreen. On Friday, the girls will run a 1-2 mile course at the park (depending on age and ability). Parents are welcome to come cheer them on!

Instructor: Joanne Olson: www.girlsrunningstrong.com

Location: Community Park, Picnic Area 3/Swim Center

			RES/NON
2443.130	M-F 10:00am-3:00pm	Jun 24-Jul 28	\$129/\$139*
2443.131	M-F 10:00am-3:00pm	Jul 8-Jul 12	\$129/\$139*
2443.132	M-F 10:00am-3:00pm	Aug 5-Aug 9	\$129/\$139*

* \$40 materials fee due first day of class

NEW! Soccer Shots: Play and Craft Camp | Ages 3-6

For nearly 15 years, Soccer Shots has been introducing soccer exclusively to children ages 3 to 6. Using creative and imaginative games, weekly sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight positive character traits such as respect, teamwork, and appreciation. Soccer Shots will expose your child to the fun of soccer and provide the foundation needed to get started in the sport. **Each child will receive a T-shirt. All participants should bring water, a healthy snack, and sunscreen each day.**

Instructor: Soccer Shots: www.soccershots.org

Location: Community Park, Open Play Area

			RES/NON
2443.106	M-F 9:00am-12:00pm	Jun 17-Jun 21	\$145/\$155*
2443.107	M-F 9:00am-12:00pm	Jul 22-Jul 26	\$145/\$155*
2443.108	M-F 9:00am-12:00pm	Aug 12-Aug 16	\$145/\$155*

* \$25 materials fee due first day of class

NEW! Coast 2 Coast Irish Soccer | Ages 4-14

Coast 2 Coast Irish Soccer Camps is now one of the most popular summer soccer camps in California. Our qualified and enthusiastic Irish 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

Location: Community Park, Valley Soccer Field

			RES/NON
2443.109	M-F 9:00am-2:00pm	Jul 29-Aug 2	\$149/\$159



Sports Camps

Middle School Girls Basketball | Ages 10-14

Girls will learn fundamentals and techniques necessary to be on track for successful play at the next level. Beginning players who are inexperienced, but willing to learn are also encouraged to attend. Participants need to be entering 5th through 8th grade in order to enroll.

Instructor: Jay Trousdale

Location: Meadowbrook Gymnasium

			RES/NON
2443.100	M-F 12:30-3:00pm	Jul 8-Jul 12	\$130/\$140

Intermediate Girls Basketball | Ages 13-16

This intermediate camp is for the high school freshman and junior varsity caliber player. Emphasis will be placed on offensive and defensive fundamentals needed for participation at the high school level. Four-on-four and five-on-five team concepts will be stressed. Perimeter and post play will be emphasized through group work. Participants need to be entering 9th or 10th grade in order to enroll. 8th graders may enroll with instructor approval.

Instructor: Jay Trousdale

Location: Twin Peaks Multipurpose Center

			RES/NON
2443.101	M-Th 2:30-4:30pm	Jun 17-Jun 20 Jun 24-Jun 27	\$130/\$140

Advanced Girls Basketball | Ages 15-18

This advanced camp is for the high school varsity caliber player. Offensive and defensive fundamentals will be emphasized. Four-on-four and five-on-five team concepts will also be stressed. Perimeter play and post play will be emphasized at both ends of the floor. Participants need to be entering 10th through 12th grade in order to enroll.

Instructor: Jay Trousdale

Location: Twin Peaks Multipurpose Center

			RES/NON
2443.102	M-Th 12:30-2:30pm	Jun 17-Jun 20 Jun 24-Jun 27	\$130/\$140

Archery Basics Camp | Ages 7-16

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

			RES/NON
2443.140	M 9-11am/T-F 9-10:15am	Jun 24-Jun 28	\$75/\$85*
2443.141	M 9-11am/T-F 9-10:15am	Jul 8-Jul 12	\$75/\$85*
2443.142	M 9-11am/T-F 9-10:15am	Jul 15-Jul 19	\$75/\$85*
2443.143	M 9-11am/T-F 9-10:15am	Jul 22-Jul 26	\$75/\$85*
2443.144	M 9-11am/T-F 9-10:15am	Jul 29-Aug 2	\$75/\$85*
2443.145	M 9-11am/T-F 9-10:15am	Aug 5-Aug 9	\$75/\$85*

* \$15 materials fee due first day of class

NEW! Soccer Shots: Mini Camp | Ages 2-3

Soccer Shots Mini 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. **Each child will receive a T-shirt.**

Instructor: Soccer Shots: www.soccershots.org

Location: Community Park, Open Play Area

			RES/NON
2443.103	M-F 8:15-8:45am	Jun 17-Jun 21	\$75/\$85
2443.104	M-F 8:15-8:45am	Jul 22-Jul 26	\$75/\$85
2443.105	M-F 8:15-8:45am	Aug 12-Aug 16	\$75/\$85

NEW! World Cup Soccer Camp | Ages 5-13

Providing soccer camps for over 20 years, this is more than your typical camp experience. We form groups based on age and ability the first day of camp. With a 1-to-10 coach-to-player ratio, our staff evaluates individual players, and focuses on developing your child's athletic and team building skills. But most importantly, our staff will make sure to create a fun atmosphere. Each child will receive a Nike soccer ball, T-shirt, and player's evaluation. **All participants should bring water, a healthy snack, sack lunch (full-day camp only), and sunscreen each day.**

Instructor: World Cup Soccer: www.worldcupsoccer.com

Location: Community Park, Valley Soccer Field

			RES/NON
2443.110	M-F 9:00am-12:30pm	Jul 15-Jul 19	\$149/\$159
2443.111	M-F 9:00am-3:00pm	Jul 15-Jul 19	\$179/\$189
2443.112	M-F 9:00am-12:30pm	Aug 5-Aug 9	\$149/\$159
2443.113	M-F 9:00am-3:00pm	Aug 5-Aug 9	\$179/\$189

NEW! Go Skate! Skateboarding Camp | Ages 3-14

This camp puts the beginner and intermediate rider on the fast track to becoming a confident skateboarder. Our mission is to help spread the love of skateboarding across all levels. Campers will learn: proper foot placement, how to balance, how to use the board for transportation, basic tricks (Ollie, Tic Tac), proper skate park etiquette, terms and safety. Bring a board, helmet, elbow pads, and knee pads, or call (858) 436-4661 to purchase an entire skateboarding equipment kit. **All participants MUST have all of the listed safety equipment each day.**

Instructor: Go Skate USA: www.goskate.com

Location: Community Park, Skate Park

			RES/NON
2443.106	M-F 9:00-10:30am	Jun 24-Jun 28	\$150/\$160
2443.107	M-F 9:00-10:30am	Jul 15-Jul 19	\$150/\$160
2443.108	M-F 10:30am-12:00pm	Jun 24-Jun 28	\$150/\$160
2443.109	M-F 10:30am-12:00pm	Jul 15-Jul 19	\$150/\$160

Improve Your Skills with this advanced camp!

NEW! Go Skate! Advanced Skateboarding Camp | Ages 7-14

2443.110	M-F 10:00am-12:00pm	Jul 22-Jul 26	\$150/\$160
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NEW! Skyhawks Mini & Tiny Hawk Camp | Ages 3-6

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 fun. Our activities allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Each child will receive a ball, T-shirt, and merit award. **All participants should bring water, a healthy snack, and sunscreen each day.**

Instructor: Skyhawks Sports: www.skyhawks.com

Location: Community Park, Open Play Area

			RES/NON
2443.150	M-F 8:00-8:45am	Jul 8-Jul 12	\$50/\$60*
2443.151	M-F 8:00-8:45am	Aug 5-Aug 9	\$50/\$60*
2443.152	M-F 9:00am-12:00pm	Jul 8-Jul 12	\$125/\$135*
2443.153	M-F 9:00am-12:00pm	Aug 5-Aug 9	\$125/\$135*

* \$10 materials fee due first day of class

NEW! Skyhawks Multi-Sport Camp | Ages 6-12

Our Multi-Sport camp is designed to introduce young athletes to a variety of sports in one setting. Athletes learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of two new sports along with vital life lessons such as respect, teamwork, and self-discipline. Each child will receive a ball, T-shirt, and player evaluation. **All participants should bring water, a healthy snack, and sunscreen each day.**

Instructor: Skyhawks Sports: www.skyhawks.com

Location: Silverset Park, Ball Field

			RES/NON
2443.154	M-F 9:00am-12:00pm	Jul 15-Jul 19	\$125/\$135*

Location: Community Park, Ball Field East

			RES/NON
2443.155	M-F 9:00am-12:00pm	Jun 17-Jun 21	\$125/\$135*

* \$10 materials fee due first day of class

NEW! Skyhawks Basketball Camp | Ages 6-12

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 day 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. **All participants should bring water, a healthy snack, and sunscreen each day.**

Instructor: Skyhawks Sports: www.skyhawks.com

Location: Meadowbrook Gymnasium

			RES/NON
2443.156	M-F 9:00am-12:00pm	Jul 22-Jul 26	\$125/\$135*

* \$10 materials fee due first day of class

NEW! Skyhawks Flag Football Camp | Ages 6-12

Get introduced to "America's Game," or brush up on your skills for league play. Through our "skill of the day," campers will learn the core components of passing, catching, de-flagging, and defensive positioning - all in a fun & positive environment. The week ends with the ever-popular Skyhawks Sports Bowl! Each child will receive a ball, T-shirt, and player evaluation. **All participants should bring water, a healthy snack, and sunscreen each day.**

Instructor: Skyhawks Sports: www.skyhawks.com

Location: Community Park, Open Play Area

			RES/NON
2443.157	M-F 9:00am-12:00pm	Jul 29-Aug 2	\$125/\$135*

* \$10 materials fee due first day of class

Creative Arts Camps

NEW! Musical Theatre Camp | Ages 6-15

In this fun and entertaining Musical Theatre Camp, kids will learn all about the performing arts! We'll take a classic musical and adapt it into our own smash hit! Improv and musical theatre will be the focus, plus we'll have a great time playing lots of fun theatre games. Everyone will play a huge part in bringing the magic together! A new mini-production will be performed every week.

Instructor: Julie Clemmons

Location: Old Poway Park, Templars Hall

			RES/NON
6182.140	M-F 9:00am-12:00pm	Jun 24-Jun 28	\$90/\$100*
6182.141	M-F 1:00-4:00pm	Jul 8-Jul 12	\$90/\$100*
6182.142	M-F 9:00am-12:00pm	Aug 5-Aug 9	\$90/\$100*

Location: Community Park, Auditorium

6182.143	M-F 9:00am-12:00pm	Jul 22-Jul 26	\$90/\$100*
6182.144	M-F 1:00-4:00pm	Jul 29-Aug 2	\$90/\$100*

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

NEW! MUSICSTAR® Glee Camp | Ages 7-15

Join us at Glee Camp for an out-of-this-world singing experience! Participants will elevate their vocal talents to new heights and prepare for a final show choir performance.

Musical equipment and backing tracks will be provided for class use.

Instructor: MUSICSTAR®

Location: Old Poway Park, Templars Hall

			RES/NON
6182.145	M-F 9:00am-12:00pm	Jul 8-Jul 12	\$129/\$139*

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

The Creative Explorers Camp | Ages 3-6

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

Instructor: Dance To eVOLVE: www.dancetoevolve.com

Location: Old Poway Park, Templars Hall

			RES/NON
6182.148	M-F 9:00am-12:00pm	Jul 29-Aug 2	\$165/\$175

Dance! Design! Direct! Choreography Dance Camp | Ages 7-12

Do it all in this unique camp that goes beyond traditional dance classes and blends dance instruction with creative freedom. The dancers are the decision makers in exploring various styles of dance, student choreography, music selection, show management, stage hair/make-up, fun head shots, and art and costume design for the end of the week performance. This is the camp for kids who love to perform (no dance experience required)! **Wear dance attire and/or regular clothes, and shoes. Bring a healthy snack each day.**

Instructor: Dance To eVOLVE: www.dancetoevolve.com

Location: Old Poway Park, Templars Hall

			RES/NON
6182.146	M-F 9:00am-12:00pm	Jul 15-Jul 19	\$165/\$175

NEW! Beat Breakers Hip Hop Camp | Ages 4-7

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

Instructor: Dance To eVOLVE: www.dancetoevolve.com

Location: Old Poway Park, Templars Hall

			RES/NON
6182.147	M-F 9:00am-12:00pm	Jul 22-Jul 26	\$165/\$175



Special Needs Camp

NEW! Special Needs Summer Camp | Ages 13+

This camp is the perfect place for safe, summer fun where everyone is welcome! During the week, campers will have the opportunity to create arts and crafts projects, participate in modified sporting events, play fun group games, go swimming, explore the outdoors, and take exciting walking field trips. Camp is a great place to make new friends, learn valuable skills, and create lifelong memories!

Instructor: Sarah D'Agostino-Gana, sdago777@hotmail.com

Location: Community Park, Auditorium **RES/NON**
9397.120 M-F 8:00am-4:00pm Jun 17-Jun 21 \$150/\$160*

* \$60 materials fee due first day of class
9397.121 M-F 8:00am-12:00pm Jul 29-Aug 2 \$75/\$85*

* \$30 materials fee due first day of class

Location: Lake Poway, Pavilion
9397.122 M-F 8:00am-12:00pm Jul 8-Jul 12 \$75/\$85*

* \$30 materials fee due first day of class

Children's Activities

NEW! MUSICSTAR® Kidz: The Imagination Bus | Ages 6 months-3 years

Children and their parents will take trips on The Imagination Bus to see and learn about the world around them. Visit the tall mountains, smell the salty air at the beach, experience the big city, and so many more exciting places ... but don't worry, we'll be back by the end of class! Music is a powerful tool in the development of the whole child by way of age-appropriate, fun music activities. **This is a parent participation class.**

Instructor: MUSICSTAR®

Location: Community Park, Auditorium

			RES/NON
4011.108	Thu 10:00-10:45am	Aug 15-Sep 19	\$66/\$76*

* \$20 materials fee due first day of class

More Than Ready: Kindergarten Preparation Program | Ages 3½-5½

This unique, year-round program teaches kindergarten readiness skills, inspires reading, promotes independence and self-expression, and provides practice for rules and routines. The program follows the early learning standards of the California Department of Education and continues to build skills throughout the year. An evaluation is included for new participants. **All participants must be toilet trained and able to use the bathroom without assistance.**

Instructor: Ms. Taylor: www.morethanready.com

Location: Community Park, Youth Activity Room **RES/NON**
4011.100 M/W 9:00am-12:00pm Aug 26-Sep 18 \$128/\$138*

4011.101 T/Th 9:00am-12:00pm Aug 27-Sep 19 \$128/\$138*

* \$20 materials fee due first day of class

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. Develop 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:			RES/NON
July 4 & 6			
2312.100	Thu 10:45-11:15am	Jun 27-Sep 19	\$161/\$171*
2312.101	Sat 8:45-9:15am	Jun 29-Sep 21	\$161/\$171*

* \$10 materials fee due first day of class

Abrakadoodle: Mini Doodlers | Ages 2-5

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: Community Park, Youth Activity Room

No Class:			RES/NON
Sep 2			
4011.102	Mon 2:30-3:15pm	Jun 24-Jul 15	\$52/\$62
4011.103	Mon 3:30-4:15pm	Jun 24-Jul 15	\$52/\$62
4011.104	Mon 2:30-3:15pm	Jul 22-Aug 12	\$52/\$62
4011.105	Mon 3:30-4:15pm	Jul 22-Aug 12	\$52/\$62
4011.106	Mon 2:30-3:15pm	Aug 19-Sep 16	\$52/\$62
4011.107	Mon 3:30-4:15pm	Aug 19-Sep 16	\$52/\$62

Dance | Youth & Teen

Participants who continue classes through the school year can participate in our dance recital at the Poway Center for Performing Arts in June 2014!

Dance for Children | Ages 3-5

Creative Movement and Tumbling for Boys and Girls

Dance, sing, tumble, balance, imagine, express, gain self-confidence, strength, and flexibility during this fun-filled introduction to dance and tumbling. Boys and girls will experience the joys of movement and creative expression during this ongoing program, designed to provide increased challenges with continued enrollment. This is a great "pre-class" to Tap & Ballet. **Wear dance attire/comfortable clothing and ballet slippers or bare feet.**

Instructor: Debhora Childress: Debhora@cox.net

Location: Twin Peaks Multipurpose Center

			RES/NON
5111.100	Mon 10:00-10:45am	Jul 8-Aug 12	\$65/\$75

Tap & Ballet Summer Workshop | Ages 3-13

This dynamic summer dance program includes instruction in Tap & Ballet mixed with a little tumbling, creative dance, wiggly jazz, and more. The summer session is a great time for new students to begin and for continuing students to enjoy a variety of dance activities. **Wear dance attire and tap and ballet shoes.**

Instructor: Debhora Childress: Debhora@cox.net

Location: Twin Peaks Multipurpose Center

Ages 3-5			RES/NON
5111.101	Mon 11:00am-12:00pm	Jul 8-Aug 12	\$65/\$75

Ages 6-8			RES/NON
5111.102	Mon 12:00-1:00pm	Jul 8-Aug 12	\$65/\$75

Ages 9-13			RES/NON
5111.103	Mon 1:00-2:00pm	Jul 8-Aug 12	\$65/\$75

Ballet for Kids | Ages 3-12

Children will learn the beautiful art of ballet through rhythm, coordination, flexibility, teamwork, and a love for dance! This class will teach all the basics of ballet, and classes are designed to increase in difficulty with continued enrollment. **Wear dance attire and pink leather ballet shoes.**

Instructor: Kellie Childress-Nichols: Kchildress04@yahoo.com

Location: Twin Peaks Multipurpose Center

Ages 3-4			RES/NON
5121.100	Tue 10:00-10:45am	Jul 9-Aug 13	\$65/\$75
5121.101	Sat 9:45-10:30am	Jul 13-Aug 17	\$65/\$75

Ages 5-7			RES/NON
5121.102	Tue 10:45-11:30am	Jul 9-Aug 13	\$65/\$75
5121.103	Sat 10:30-11:15am	Jul 13-Aug 17	\$65/\$75

Ages 8-12			RES/NON
5121.104	Sat 11:15am-12:00pm	Jul 13-Aug 17	\$65/\$75

5121.104	Sat 11:15am-12:00pm	Jul 13-Aug 17	\$65/\$75
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Fun'n Funky Jazz for Kids | Ages 7-17

Come move and groove to the music as we learn rhythm, coordination, flexibility, teamwork, and a love for dance! This fun class will teach kids the basics of jazz that they can use in many other styles of dance. **Wear dance attire and black leather jazz shoes.**

Instructor: Kellie Childress-Nichols: Kchildress04@yahoo.com

Location: Twin Peaks Multipurpose Center

Ages 7-12			RES/NON
5121.105	Tue 11:30am-12:15pm	Jul 9-Aug 13	\$65/\$75

Ages 13-17			RES/NON
5121.106	Tue 12:15-1:00pm	Jul 9-Aug 13	\$65/\$75

Beat Breakers & Hip Hop | Ages 4-12

Taught by one of the best children's hip hop teachers in San Diego County, 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: www.dancetoevolve.com

Location: Old Poway Park, Templars Hall

Beat Breakers Ages 4-7			RES/NON
5131.100	Wed 4:15-5:10pm	Jul 10-Aug 21	\$104/\$114

Hip Hop Ages 8-12			RES/NON
5131.101	Wed 5:15-6:10pm	Jul 10-Aug 21	\$104/\$114



Health & Wellness

NEW! Hula Hoop Fitness | Ages 16+

What's not to love about this super-fun workout? It burns mega calories, sculpts your body, and blasts off belly fat. Hula Hoops are provided for class use, but can be purchased from the instructor, if interested.

Instructor: Julie Clemmons

Location: Community Park, Bill Bond Hall I

No Class: July 4

			RES/NON
5417.120	Thu 5:30-6:15pm	Jun 27-Aug 8	\$36/\$46
5417.121	Thu 5:30-6:15pm	Aug 15-Sep 19	\$36/\$46
5417.122	Thu 5:30-6:15pm	Jun 27-Sep 19	\$60/\$70

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.

Instructor: Emma Sarmiento

Location: Community Park, Auditorium

			RES/NON
5417.101	Tue 6:00-7:00pm	Jun 25-Jul 30	\$54/\$64
5417.102	Tue 6:00-7:00pm	Aug 27-Sep 17	\$36/\$46

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: Community Park, Activity Room I

			RES/NON
5417.112	Thu 10:00-11:15am	Jul 11-Aug 29	\$95/\$105

Get more fitness for less!!

Take a combination class:

Zumba® Toning & Sentao + Zumba® RES/NON
5417.106 M/W 6:00-7:00pm Jun 24-Jul 31 \$84/\$94

Pilates + Zumba® Toning & Sentao
5417.107 T/W 6:00-7:00pm Aug 27-Sep 18 \$56/\$66

Pilates + Zumba®
5417.108 T/W 6:00-7:00pm Jun 25-Jul 31 \$84/\$94

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® is a safe, challenging, water-based workout that is 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
5417.150	Tue 6:00-6:50pm	Aug 13-Sep 17	\$48/\$58

Zumba® Toning & Sentao | Ages 16+

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

			RES/NON
5417.103	Mon 6:00-7:00pm	Jun 24-Jul 29	\$54/\$64
5417.104	Wed 6:00-7:00pm	Aug 28-Sep 18	\$36/\$46

Register: www.poway.org/classes



Zumba® | Ages 16+

Are you ready to party yourself into shape? That's exactly what Zumba® is about. It's an exhilarating, effective, calorie-burning dance party that's moving millions of people toward health and joy. Zumba® fuses spellbinding Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away.

Instructor: Emma Sarmiento

Location: Community Park, Auditorium

			RES/NON
5417.105	Wed 6:00-7:00pm	Jun 26-Jul 31	\$54/\$64

Tai Chi Easy (Beginning) | Ages 17+

Have you wondered if Tai Chi is for you? Have you studied Tai Chi in the past and want to brush up on your practice? Tai Chi Easy is the perfect way to begin! This carefully developed approach to Tai Chi makes it easy, beneficial, and fun -- right away. Enjoy relaxing movements that increase strength, improve balance, calm the mind, and restore the body to its natural state of health. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

Instructor: Cheri Hotalen

Location: Old Poway Park, Gazebo

			RES/NON
5417.111	Tue 6:00-7:15pm	Jul 9-Aug 27	\$95/\$105

Tai Chi Chuan - The 24 Forms/Yang Style | Ages 17+

The ancient practice of Tai Chi Chuan is clinically proven to be one of the most effective exercises to improve health, fitness, and relaxation. The 24 Forms is the most widely practiced Tai Chi form. While there are many variations, the flowing Yang Style is completely authentic and very enjoyable. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

Instructor: Cheri Hotalen

Location: Old Poway Park, Gazebo

			RES/NON
5417.110	Mon 6:00-7:15pm	Jul 8-Aug 26	\$95/\$105

Sports | Youth/Teen

Youth Taekwondo | Ages 6-13

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.

Instructor: Master Wolpert

Location: Community Park, Bill Bond Hall I

No Class: July 5, 12, & Sep 2

			RES/NON
2091.109	MWF 6:00-7:00pm	Jun 24-Sep 13	\$95/\$105

Youth Volleyball | Ages 9-14

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

Instructor: David Claycomb

Location: Meadowbrook Gymnasium

No Class: July 22, 29, Aug 5, & Sep 2

			RES/NON
2091.112	Mon 5:30-6:30pm	Jul 1-Sep 16	\$50/\$60

Ages 12-14

			RES/NON
2091.113	Mon 6:30-7:30pm	Jul 1-Sep 16	\$50/\$60

Tennis: Beginner | Ages 5-14

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

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

No Class: July 2, 4, & 6

			RES/NON
3013.100	Sat 9:00-10:00am	Jun 29-Aug 3	\$45/\$55*
3013.101	Sat 9:00-10:00am	Aug 10-Sep 7	\$45/\$55*

Ages 9-14

			RES/NON
3013.102	T/Th 4:00-5:00pm	Jun 25-Aug 1	\$75/\$85*
3013.103	Sat 10:00-11:00am	Jun 29-Aug 3	\$45/\$55*
3013.104	T/Th 4:00-5:00pm	Aug 6-Sep 5	\$75/\$85*
3013.105	Sat 10:00-11:00am	Aug 10-Sep 7	\$45/\$55*

* \$5 materials fee due first day of class

Teen Taekwondo | Ages 14-17

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

Location: Community Park, Bill Bond Hall I

No Class: July 5, 12, & Sep 2

			RES/NON
2091.110	MWF 7:00-8:00pm	Jun 24-Sep 13	\$95/\$105

Tennis: Intermediate | Ages 7-15

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

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

No Class: July 2, 4, & 6

			RES/NON
3013.106	T/Th 5:00-6:00pm	Jun 25-Aug 1	\$75/\$85*
3013.107	Sat 11:00am-12:00pm	Jun 29-Aug 3	\$45/\$55*
3013.108	T/Th 5:00-6:00pm	Aug 6-Sep 5	\$75/\$85*
3013.109	Sat 11:00am-12:00pm	Aug 10-Sep 7	\$45/\$55*

* \$5 materials fee due first day of class

Tennis: Advanced Juniors | Ages 8-15

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 students for tournaments, league play, and high school teams. Advanced class placement determined by instructor.

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

No Class: July 1, 3, & Sep 2

			RES/NON
3013.110	MW 4:00-5:30pm	Jun 24-Jul 31	\$85/\$95*
3013.111	MW 4:00-5:30pm	Aug 5 - Sep 9	\$85/\$95*

* \$5 materials fee due first day of class

Special Needs

Bowling | Ages 13+

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

Instructor: Sarah D'Agostino-Gana

Location: Poway Fun Bowl, 12941 Poway Road

			RES/NON
9397.100	Fri 1:30-3:30pm	Jul 5-Sep 13	\$40/\$50*

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

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 June, July, August, and September the free open gym times are as follows:

	Twin Peaks Multipurpose Center	Meadowbrook Gymnasium
	14640 Tierra Bonita Road (858) 668-4599	12320 Meadowbrook Lane (858) 668-4598
Friday	Open Badminton 6:00-9:00pm	Open Basketball 6:00-9:00pm
Saturday	Open Pickleball 2:30-5:30pm Open Badminton 6:00-9:00pm	Open Basketball 6:00-9:00pm
Sunday	Open Volleyball 6:00-9:00pm	Adult Open Basketball 8:00-11:00am Open Basketball 11:00am-2:00pm

Hours are subject to change without notice. Please visit our website for the most up-to-date hours: www.poway.org/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 Mens			
1247.100	Thu 6:30-9:30pm	Jul 11-Sep 5	\$60/\$70
Intermediate Womens			
1247.101	Thu 6:30-9:30pm	Jul 11-Sep 5	\$60/\$70

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 starting 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 Mens			
1247.102	Tue 6:30-9:30pm	Jul 9-Sep 3	\$60/\$70
Advanced Womens			
1247.103	Tue 6:30-9:30pm	Jul 9-Sep 3	\$60/\$70

Women's Volleyball | Ages 16+

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

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

			RES/NON
No Class: Sep 2			
1247.110	Mon 6:30-9:30pm	Jul 8-Sep 9	\$60/\$70

NEW! Beginning Coed Volleyball | Ages 16+

Interested in learning to play volleyball? This is the place! This coed class is designed for beginning players or those who need work on the basic skills. Volleyball play will be mixed with the learning of volleyball fundamentals including serving, passing, setting, and hitting.

Instructor: David Claycomb

Location: Twin Peaks Multipurpose Center

No Class: July 24 & 31

			RES/NON
1247.120	Wed 6:00-7:30pm	Jun 26-Aug 14	\$60/\$70

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 martial arts uniform is required and may be purchased from the instructor for \$25.

Instructor: Master Wolpert

Location: Community Park, Bill Bond Hall I

No Class: July 5, 12, & Sep 2

			RES/NON
1247.104	MWF 7:00-8:00pm	Jun 24-Sep 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 Gymnasium

			FEE
1247.105	Wed 6:30-9:30pm	Jul 24-Oct 2	\$68/team

Safety Training

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

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

Become certified in this American Red Cross CPR class. Learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. Participants 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

			RES/NON
5418.100	Wed 6:00-9:00pm	Aug 7	\$30/\$40*

* \$28 (certification) or \$9 (information only) materials fee due on the first day of class

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 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

			RES/NON
5418.101	Thu 6:00-9:00pm	Aug 8	\$20/\$30*

* \$25 (certification) or \$5 (information only) materials fee due on the first day of class

Babysitter's Training | Ages 11-18

The American Red Cross has created a course for babysitters with components that include: 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 large doll or stuffed animal to class.**

Instructor: American Red Cross Instructor, Blythe Paley

Location: Community Park, Activity Room I & II

			RES/NON
7617.100	M/T 5:00-8:00pm	Jun 24-Jun 25	\$45/\$55*

* \$26 materials fee due on first day of class

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

Participants who register in a Babysitter's Training course can also choose to receive a 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

			RES/NON
7617.101	Wed 5:00-8:00pm	Jun 26	\$20/\$30*

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

Women's Self-Defense Workshop | Ages 16+

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

Instructor: Master Wolpert

Location: Community Park, Activity Room I & II

			RES/NON
1247.106	Tue 6:30-7:30pm	Jul 2	\$10/\$20

Dog Obedience Training

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

Beginning Obedience | Dogs 12 weeks +

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

Instructor: Good Dog Training School, Lynne Moore

Location: Tue: Old Poway Park, Green Park/Sat: Garden Rd. Park

			RES/NON
9019.100	Tue 6:30-7:30pm	Jun 25-Jul 30	\$95/\$105*
9019.101	Sat 9:30-10:30am	Jun 29-Aug 3	\$95/\$105*
9019.102	Tue 6:30-7:30pm	Aug 13-Sep 17	\$95/\$105*
9019.103	Sat 9:30-10:30am	Aug 17-Sep 21	\$95/\$105*

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

Intermediate Obedience | Dogs 6 months +

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

Instructor: Good Dog Training School, Lynne Moore

Location: Garden Road Park

			RES/NON
9019.104	Sat 10:45-11:45am	Jun 29-Aug 3	\$95/\$105
9019.105	Sat 10:45-11:45am	Aug 17-Sep 21	\$95/\$105

Advanced Obedience | Dogs 6 months +

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.

Instructor: Good Dog Training School, Lynne Moore

Location: Community Park, Dog Park Pen 2

			RES/NON
9019.106	Wed 6:30-7:30pm	Jun 26-Jul 31	\$95/\$105
9019.107	Wed 6:30-7:30pm	Aug 14-Sep 18	\$95/\$105

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**

Please Note: Recreation Office hours are subject to change.

Information:

(858) 668-4671

www.poway.org/communitypark

POWAY SKATE PARK

Youth 14 & Younger Supervised Skate Park Sessions

Family members over the age of 14 are welcome to participate as long as they are accompanied with a registered participant. A parent or legal guardian must accompany youth signing-up for Supervised Skate Park Sessions.

Friday	6:00-8:00pm	FREE
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Unsupervised Skate Park Hours | All Ages

Enrollment in the Poway Skate Park is required. The Skate Park is subject to closure due to rain or inclement weather, maintenance, holidays, special events, and violations of Skate Park rules. State law requires that helmets, elbow pads, and knee pads be worn at all times while at the Skate Park. Skates, roller blades, and skate boards are the only items allowed in the Skate Park. A guardian must supervise children 12 and younger.

Saturday-Thursday	8:00am-8:00pm	FREE
Wednesday	8:00am-6:00pm	
Friday	8:00am-4:00pm	

Supervised Bike Sessions | All Ages

Helmets, plastic-covered bike pegs, and completed waiver forms required.

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



HOW THE MELON AIR IS DONE AT POWAY SKATEPARK

Poway Swim Center

Location: 13094 Civic Center Drive

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

Costs:

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

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

Hours:

Spring (Apr 1-June 16)	
Monday/Wednesday/Friday	10:30am-7:30pm
Tuesday/Thursday	8:00am-7:30pm
Saturday/Sunday	10:30am-5:00pm

Summer (Jun 17-August 18)	
Monday/Wednesday/Friday	1:00-5:45pm
Tuesday/Thursday	1:00-8:00pm
Saturday/Sunday	1:00-7:00pm

Long Course (Through May 30)	
Tuesday/Thursday	8:00am-1:30pm

Pool Closed	
August 3	5:00-7:00pm to prepare for Swim-in Movie Night

Adult Lap Swimming Hours (25-yard short course)	
Monday-Thursday	9:15am-8:00pm
Friday	11:00am-8:00pm
Saturday/Sunday	10:30am-7:00pm

Season and Yearly Passes

Season and yearly passes can be purchased at the pool during business hours. Family passes include two adults (18 and over) and all immediate family members 17 and under residing in the same household. Season passes are valid for 90 days from date of purchase.

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

Yearly Pass Rates	
Adults (Ages 18+)	\$225/\$355
Youth	\$183/\$261
Seniors (Ages 60+)	\$183/\$261
Family	\$392/\$643

Swim Lesson Registration

Please note the age, skill level requirements, and time for each class. If you are unsure which level to enroll in, skill assessments are available by appointment. Students enrolled in a class above or below their ability may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call Mike Varga at (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 by calling (858) 668-4680 or email us at swimwaitlist@poway.org and ask to be placed on a waitlist for no charge. If space becomes available, we will attempt to fill it from the waitlist. *Make sure to include the participant's name and age, the activity number of the class, address, and a phone number. The Swim Center will call you if a space becomes available. New Classes may be created based on instructor availability and pool space.*

Please note: *Classes will NOT be held on Thursday, July 4th.

Information: www.poway.org/swim

Birthday Party Package!



Do you have a birthday during the warm summer months?

Why not celebrate it at the pool? The Poway Community Swim Center would love to be part of your special day.

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. Birthday Party Packages are available on weekends from 1-3pm or 3-5pm. Sign up today during business hours for a birthday party at the pool. Information: (858) 668-4680. **\$52/\$62**

Family Swim

Family swim is a time reserved for families to come and take advantage of the fun things that 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. Parents must accompany children while at the pool during family swim time. **NOTE: Proof of residency will be required for the reduced family swim rate.**



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

Swim Lesson Assessment | All Ages

Thinking of enrolling yourself or members of your family in swim lessons? Make an appointment to have a swim lesson assessment with one of our instructors. This service is free of charge and highly recommended for determining the appropriate placement for participants. Information/Availability: (858) 668-4680.

Aquatic Safety

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

Swim Lessons

SESSION 1 SESSION 2 SESSION 3 SESSION 4

Parent/Child | Ages 6 months-2 years

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
0020.100 M-F 12:00-12:30pm Jul 1-July 5*	\$26/\$36
0020.101 M-F 11:00-11:30am Jul 29-Aug 2	\$33/\$43
Evening classes	
0020.120 MWF 5:45-6:15pm Jun 17-Jun 28	\$39/\$49
0020.121 MWF 5:45-6:15pm Jul 8-Jul 19	\$39/\$49
0020.122 MWF 5:45-6:15pm Jul 29-Aug 9	\$39/\$49

Pre-Grunion | Age 2

This class is designed for young children who are ready to begin learning swimming skills, but who are not ready to participate in 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
0030.100 M-F/M-Th 10:10-10:50am Jun 17-Jun 27	\$59/\$69
0030.101 M-F/M-F 10:10-10:50am Jul 1-Jul 12*	\$59/\$69
0030.102 M-F/M-Th 10:10-10:50am Jul 15-Jul 25	\$59/\$69
0030.103 M-F/M-Th 10:10-10:50am Jul 29-Aug 8	\$59/\$69
Evening classes	
0030.120 MWF 6:30-7:10pm Jun 17-Jul 5	\$59/\$69
0030.121 MWF 6:30-7:10pm Jul 8-Jul 26	\$59/\$69
0030.122 MWF 6:30-7:10pm Jul 29-Aug 16	\$59/\$69

Grunion 1 | Ages 3-4

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
0121.100 M-F/M-Th 8:30-9:10am Jun 17-Jun 27	\$59/\$69
0121.101 M-F/M-Th 9:20-10:00am Jun 17-Jun 27	\$59/\$69
0121.102 M-F/M-Th 11:00-11:40am Jun 17-Jun 27	\$59/\$69
0121.103 M-F/M-F 8:30-9:10am Jul 1-Jul 12*	\$59/\$69
0121.104 M-F/M-F 9:20-10:00am Jul 1-Jul 12*	\$59/\$69
0121.105 M-F/M-F 10:10-10:50am Jul 1-Jul 12*	\$59/\$69
0121.106 M-F/M-F 11:00-11:40am Jul 1-Jul 12*	\$59/\$69
0121.107 M-F/M-Th 8:30-9:10am Jul 15-Jul 25	\$59/\$69
0121.108 M-F/M-Th 9:20-10:00am Jul 15-Jul 25	\$59/\$69
0121.109 M-F/M-Th 11:00-11:40am Jul 15-Jul 25	\$59/\$69

Grunion 1 (cont'd)

0121.110 M-F/M-Th 8:30-9:10am Jul 29-Aug 8	\$59/\$69
0121.111 M-F/M-Th 9:20-10:00am Jul 29-Aug 8	\$59/\$69
0121.112 M-F/M-Th 11:00-11:40am Jul 29-Aug 8	\$59/\$69
Evening classes	
0121.120 MWF 5:45-6:25pm Jun 17-Jul 5	\$59/\$69
0121.121 MWF 6:30-7:10pm Jun 17-Jul 5	\$59/\$69
0121.122 MWF 5:45-6:25pm Jul 8-Jul 26	\$59/\$69
0121.123 MWF 6:30-7:10pm Jul 8-Jul 26	\$59/\$69
0121.124 MWF 5:45-6:25pm Jul 29-Aug 16	\$59/\$69
0121.125 MWF 6:30-7:10pm Jul 29-Aug 16	\$59/\$69

Grunion 2 | Ages 3-5

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
0122.100 M-F/M-Th 8:30-9:10am Jun 17-Jun 27	\$59/\$69
0122.101 M-F/M-Th 9:20-10:00am Jun 17-Jun 27	\$59/\$69
0122.102 M-F/M-Th 10:10-10:50am Jun 17-Jun 27	\$59/\$69
0122.103 M-F/M-Th 11:00-11:40am Jun 17-Jun 27	\$59/\$69
0122.104 M-F/M-F 8:30-9:10am Jul 1-Jul 12*	\$59/\$69
0122.105 M-F/M-F 9:20-10:00am Jul 1-Jul 12*	\$59/\$69
0122.106 M-F/M-F 11:00-11:40am Jul 1-Jul 12*	\$59/\$69
0122.107 M-F/M-F 11:50am-12:30pm Jul 1-Jul 12*	\$59/\$69
0122.108 M-F/M-Th 8:30-9:10am Jul 15-Jul 25	\$59/\$69
0122.109 M-F/M-Th 9:20-10:00am Jul 15-Jul 25	\$59/\$69
0122.110 M-F/M-Th 10:10-10:50am Jul 15-Jul 25	\$59/\$69
0122.111 M-F/M-Th 11:00-11:40am Jul 15-Jul 25	\$59/\$69
0122.112 M-F/M-Th 8:30-9:10am Jul 29-Aug 8	\$59/\$69
0122.113 M-F/M-Th 9:20-10:00am Jul 29-Aug 8	\$59/\$69
0122.114 M-F/M-Th 10:10-10:50am Jul 29-Aug 8	\$59/\$69
Evening classes	
0122.120 MWF 5:45-6:25pm Jun 17-Jul 5	\$59/\$69
0122.121 MWF 5:45-6:25pm Jul 8-Jul 26	\$59/\$69
0122.122 MWF 5:45-6:25pm Jul 29-Aug 16	\$59/\$69

Grunion 3 | Ages 3-5

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 4 feet of water.*

	RES/NON
0123.100 M-F/M-Th 8:30-9:10am Jun 17-Jun 27	\$59/\$69
0123.101 M-F/M-Th 10:10-10:50am Jun 17-Jun 27	\$59/\$69
0123.102 M-F/M-Th 11:00-11:40am Jun 17-Jun 27	\$59/\$69

Grunion 3 (cont'd)

0123.103 M-F/M-F 8:30-9:10am Jul 1-Jul 12*	\$59/\$69
0123.104 M-F/M-F 9:20-10:00am Jul 1-Jul 12*	\$59/\$69
0123.105 M-F/M-Th 8:30-9:10am Jul 15-Jul 25	\$59/\$69
0123.106 M-F/M-Th 9:20-10:00am Jul 15-Jul 25	\$59/\$69
0123.107 M-F/M-Th 8:30-9:10am Jul 29-Aug 8	\$59/\$69
0123.108 M-F/M-Th 9:20-10:00am Jul 29-Aug 8	\$59/\$69
0123.109 M-F/M-Th 10:10-10:50am Jul 29-Aug 8	\$59/\$69
Evening classes	
0123.120 MWF 6:30-7:10pm Jun 17-Jul 5	\$59/\$69
0123.121 MWF 7:15-7:55pm Jun 17-Jul 5	\$59/\$69
0123.122 MWF 6:30-7:10pm Jul 8-Jul 26	\$59/\$69
0123.123 MWF 6:30-7:10pm Jul 29-Aug 16	\$59/\$69

Otter Pup | Ages 3-5

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. Focuses will be 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
0124.100 M-F/M-F 10:10-10:50am Jul 1-Jul 12*	\$59/\$69
0124.101 M-F/M-Th 10:10-10:50am Jul 29-Aug 8	\$59/\$69
Evening classes	
0124.120 MWF 6:30-7:10pm Jul 8-Jul 26	\$59/\$69
0124.121 MWF 6:30-7:10pm Jul 29-Aug 16	\$59/\$69

Starfish | Ages 6-12

This class is designed for older swimmers with limited or no experience. Students will learn submerging, floating, and locomotion (including both front and back crawl) in the pool. Orientation to 4 feet of water is also introduced.

	RES/NON
0221.100 M-F/M-Th 8:30-9:10am Jun 17-Jun 27	\$59/\$69
0221.101 M-F/M-Th 9:20-10:00am Jun 17-Jun 27	\$59/\$69
0221.102 M-F/M-Th 11:00-11:40am Jun 17-Jun 27	\$59/\$69
0221.103 M-F/M-F 8:30-9:10am Jul 1-Jul 12*	\$59/\$69
0221.104 M-F/M-F 11:00-11:40am Jul 1-Jul 12*	\$59/\$69
0221.105 M-F/M-F 11:50am-12:30pm Jul 1-Jul 12*	\$59/\$69
0221.106 M-F/M-Th 8:30-9:10am Jul 15-Jul 25	\$59/\$69
0221.107 M-F/M-Th 10:10-10:50am Jul 15-Jul 25	\$59/\$69
0221.108 M-F/M-Th 11:00-11:40am Jul 15-Jul 25	\$59/\$69
0221.109 M-F/M-Th 8:30-9:10am Jul 29-Aug 8	\$59/\$69
0221.110 M-F/M-Th 9:20-10:00am Jul 29-Aug 8	\$59/\$69
0221.111 M-F/M-Th 11:50am-12:30pm Jul 29-Aug 8	\$59/\$69
Evening classes	
0221.120 MWF 5:45-6:25pm Jun 17-Jul 5	\$59/\$69
0221.121 MWF 5:45-6:25pm Jul 8-Jul 26	\$59/\$69
0221.122 MWF 6:30-7:10pm Jul 29-Aug 16	\$59/\$69
0221.123 MWF 7:15-7:55pm Jul 29-Aug 16	\$59/\$69

Swim Lessons cont'd

SESSION 1

SESSION 2

SESSION 3

SESSION 4

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 4 feet of water.

				RES/NON
0222.100	M-F/M-Th 8:30-9:10am	Jun 17-Jun 27	\$59/\$69	
0222.101	M-F/M-Th 9:20-10:00am	Jun 17-Jun 27	\$59/\$69	
0222.102	M-F/M-Th 10:10-10:50am	Jun 17-Jun 27	\$59/\$69	
0222.103	M-F/M-F 8:30-9:10am	Jul 1-Jul 12*	\$59/\$69	
0222.104	M-F/M-F 9:20-10:00am	Jul 1-Jul 12*	\$59/\$69	
0222.105	M-F/M-F 10:10-10:50am	Jul 1-Jul 12*	\$59/\$69	
0222.106	M-F/M-Th 8:30-9:10am	Jul 15-Jul 25	\$59/\$69	
0222.107	M-F/M-Th 9:20-10:00am	Jul 15-Jul 25	\$59/\$69	
0222.108	M-F/M-Th 11:00-11:40am	Jul 15-Jul 25	\$59/\$69	
0222.109	M-F/M-Th 8:30-9:10am	Jul 29-Aug 8	\$59/\$69	
0222.110	M-F/M-Th 11:00-11:40am	Jul 29-Aug 8	\$59/\$69	
Evening classes				
0222.120	MWF 6:30-7:10pm	Jun 17-Jul 5	\$59/\$69	
0222.121	MWF 7:15-7:55pm	Jun 17-Jul 5	\$59/\$69	
0222.122	MWF 5:45-6:25pm	Jul 8-Jul 26	\$59/\$69	
0222.123	MWF 7:15-7:55pm	Jul 8-Jul 26	\$59/\$69	
0222.124	MWF 5:45-6:25pm	Jul 29-Aug 16	\$59/\$69	
0222.125	MWF 7:15-7:55pm	Jul 29-Aug 16	\$59/\$69	

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 as well as the ability to pass the "Open Swim" test.

				RES/NON
0223.100	M-F/M-Th 9:20-10:00am	Jun 17-Jun 27	\$59/\$69	
0223.101	M-F/M-Th 10:10-10:50am	Jun 17-Jun 27	\$59/\$69	
0223.102	M-F/M-Th 11:50am-12:30pm	Jun 17-Jun 27	\$59/\$69	
0223.103	M-F/M-F 9:20-10:00am	Jul 1-Jul 12*	\$59/\$69	
0223.104	M-F/M-F 10:10-10:50am	Jul 1-Jul 12*	\$59/\$69	
0223.105	M-F/M-F 11:50am-12:30pm	Jul 1-Jul 12*	\$59/\$69	
0223.106	M-F/M-Th 9:20-10:00am	Jul 15-Jul 25	\$59/\$69	
0223.107	M-F/M-Th 10:10-10:50am	Jul 15-Jul 25	\$59/\$69	
0223.108	M-F/M-Th 11:50am-12:30pm	Jul 15-Jul 25	\$59/\$69	
0223.109	M-F/M-Th 9:20-10:00am	Jul 29-Aug 8	\$59/\$69	
0223.110	M-F/M-Th 10:10-10:50am	Jul 29-Aug 8	\$59/\$69	
0223.111	M-F/M-Th 11:00-11:40am	Jul 29-Aug 8	\$59/\$69	
0223.112	M-F/M-Th 11:50am-12:30pm	Jul 29-Aug 8	\$59/\$69	
Evening classes				
0223.120	MWF 6:30-7:10pm	Jun 17-Jul 5	\$59/\$69	
0223.121	MWF 7:15-7:55pm	Jun 17-Jul 5	\$59/\$69	
0223.122	MWF 6:30-7:10pm	Jul 8-Jul 26	\$59/\$69	
0223.123	MWF 7:15-7:55pm	Jul 8-Jul 26	\$59/\$69	
0223.124	MWF 5:45-6:25pm	Jul 29-Aug 16	\$59/\$69	
0223.125	MWF 7:15-7:55pm	Jul 29-Aug 16	\$59/\$69	

Seal | Ages 6-16

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

				RES/NON
0321.100	M-F/M-Th 9:20-10:00am	Jun 17-Jun 27	\$59/\$69	
0321.101	M-F/M-Th 10:10-10:50am	Jun 17-Jun 27	\$59/\$69	
0321.102	M-F/M-Th 11:50am-12:30pm	Jun 17-Jun 27	\$59/\$69	
0321.103	M-F/M-F 9:20-10:00am	Jul 1-Jul 12*	\$59/\$69	
0321.104	M-F/M-F 10:10-10:50am	Jul 1-Jul 12*	\$59/\$69	
0321.105	M-F/M-Th 9:20-10:00am	Jul 15-Jul 25	\$59/\$69	
0321.106	M-F/M-Th 10:10-10:50am	Jul 15-Jul 25	\$59/\$69	
0321.107	M-F/M-Th 11:50am-12:30pm	Jul 15-Jul 25	\$59/\$69	
0321.108	M-F/M-Th 9:20-10:00am	Jul 29-Aug 8	\$59/\$69	
0321.109	M-F/M-Th 10:10-10:50am	Jul 29-Aug 8	\$59/\$69	
0321.110	M-F/M-Th 11:50am-12:30pm	Jul 29-Aug 8	\$59/\$69	
Evening classes				
0321.120	MWF 7:15-7:55pm	Jun 17-Jul 5	\$59/\$69	
0321.121	MWF 7:15-7:55pm	Jul 8-Jul 26	\$59/\$69	
0321.122	MWF 7:15-7:55pm	Jul 29-Aug 16	\$59/\$69	

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
0322.100	M-F/M-Th 8:30-9:10am	Jun 17-Jun 27	\$59/\$69	
0322.101	M-F/M-Th 9:20-10:00am	Jun 17-Jun 27	\$59/\$69	
0322.102	M-F/M-F 8:30-9:10am	Jul 1-Jul 12*	\$59/\$69	
0322.103	M-F/M-F 11:00-11:40am	Jul 1-Jul 12*	\$59/\$69	
0322.104	M-F/M-Th 8:30-9:10am	Jul 15-Jul 25	\$59/\$69	
0322.105	M-F/M-Th 10:10-10:50am	Jul 15-Jul 25	\$59/\$69	
0322.106	M-F/M-Th 11:00-11:40am	Jul 15-Jul 25	\$59/\$69	
0322.107	M-F/M-Th 8:30-9:10am	Jul 29-Aug 8	\$59/\$69	
0322.108	M-F/M-Th 11:50am-12:30pm	Jul 29-Aug 8	\$59/\$69	
Evening classes				
0322.120	MWF 8:00-8:40pm	Jun 17-Jul 5	\$59/\$69	
0322.121	MWF 8:00-8:40pm	Jul 8-Jul 26	\$59/\$69	
0322.122	MWF 8:00-8:40pm	Jul 29-Aug 16	\$59/\$69	

Dolphin | Ages 6-16

The Dolphin class focuses on stroke refinement and increased swimming distance. Knowledge of the front crawl (alternate breathing), back crawl, elementary backstroke, sidestroke, and breaststroke are expected. Skills introduced include butterfly and flip turns.

				RES/NON
0323.100	M-F/M-Th 11:00-11:40am	Jun 17-Jun 27	\$59/\$69	
0323.101	M-F/M-Th 11:50am-12:30pm	Jun 17-Jun 27	\$59/\$69	
0323.102	M-F/M-F 11:00-11:40am	Jul 1-Jul 12*	\$59/\$69	
0323.103	M-F/M-Th 11:00-11:40am	Jul 15-Jul 25	\$59/\$69	
0323.104	M-F/M-Th 11:50am-12:30pm	Jul 15-Jul 25	\$59/\$69	
0323.105	M-F/M-Th 11:00-11:40am	Jul 29-Aug 8	\$59/\$69	
Evening classes				
0323.120	MWF 8:00-8:40pm	Jun 17-Jul 5	\$59/\$69	
0323.121	MWF 8:00-8:40pm	Jul 8-Jul 26	\$59/\$69	
0323.122	MWF 8:00-8:40pm	Jul 29-Aug 16	\$59/\$69	

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
0324.100	M-F/M-Th 11:00-11:40am	Jun 17-Jun 27	\$59/\$69	
0324.101	M-F/M-Th 11:50am-12:30pm	Jun 17-Jun 27	\$59/\$69	
0324.102	M-F/M-F 11:50am-12:30pm	Jul 1-Jul 12*	\$59/\$69	
0324.103	M-F/M-Th 11:50am-12:30pm	Jul 15-Jul 25	\$59/\$69	
0324.104	M-F/M-Th 11:50am-12:30pm	Jul 29-Aug 8	\$59/\$69	
Evening classes				
0324.120	MWF 8:00-8:40pm	Jun 17-Jul 5	\$59/\$69	
0324.121	MWF 8:00-8:40pm	Jul 8-Jul 26	\$59/\$69	
0324.122	MWF 8:00-8:40pm	Jul 29-Aug 16	\$59/\$69	

Advanced Technique Swimming (ATS) | Ages 6-16

This level is the last of the Learn-To-Swim program. This course focuses on preparing the swimmer for participation in a novice swim team, as technique and endurance is further developed. Skills introduced include competitive turns for all strokes, diving from the starting blocks, and use of training equipment.

				RES/NON
0325.100	M-F/M-Th 11:50am-12:30pm	Jun 17-Jun 27	\$59/\$69	
0325.101	M-F/M-F 11:50am-12:30pm	Jul 1-Jul 12*	\$59/\$69	
0325.102	M-F/M-Th 11:50am-12:30pm	Jul 15-Jul 25	\$59/\$69	
0325.103	M-F/M-Th 11:50am-12:30pm	Jul 29-Aug 8	\$59/\$69	
Evening classes				
0325.120	MWF 8:00-8:40pm	Jun 17-Jul 5	\$59/\$69	
0325.121	MWF 8:00-8:40pm	Jul 8-Jul 26	\$59/\$69	
0325.122	MWF 8:00-8:40pm	Jul 29-Aug 16	\$59/\$69	

Adult/Teen | Ages 16+

Adults are taught at their own pace. Skills are developed around each individual's needs. Skills range from beginner to moderate swimmer level.

				RES/NON
Evening classes				
0521.100	MWF 8:00-8:40pm	Jun 17-Jul 5	\$59/\$69	
0521.101	MWF 8:00-8:40pm	Jul 8-Jul 26	\$59/\$69	
0521.102	MWF 8:00-8:40pm	Jul 29-Aug 16	\$59/\$69	

Pee-Wee Water Polo | Ages 5-9

An introduction to water polo that takes place in the 4-foot section of the pool. This class covers the basics of water polo, with simplified rules, and emphasizes teamwork and having fun! Prerequisite: students must be comfortable in the water. Floatation devices will be provided for participants that require it.

				RES/NON
0524.100	M-F/M-Th 11:50am-12:30pm	Jun 17-Jun 27	\$59/\$69	
0524.101	M-F/M-Th 11:50am-12:30pm	Jul 15-Jul 25	\$59/\$69	
Evening class				
0524.120	MWF 7:15-7:55pm	Jul 8-Jul 26	\$59/\$69	

Beginning Water Polo | Ages 10-16

An introduction into the sport of water polo, this class will cover the basics of eggbeater, heads-up freestyle, passing, shooting, and the rules of the game. Prerequisite: students must be able to swim 100-yards front crawl, 50-yards backstroke and tread water for two minutes.

				RES/NON
0522.100	M-F/M-F 9:20-10:00am	Jul 1-Jul 12*	\$59/\$69	
0522.101	M-F/M-Th 9:20-10:00am	Jul 29-Aug 8	\$59/\$69	
Evening class				
0522.120	MWF 5:45-6:25pm	Jun 17-Jul 5	\$59/\$69	

Intermediate Water Polo | Ages 10-16

The intermediate level of water polo is for students with strong swimming skills and a basic knowledge of the sport. The class will cover shooting, passing, drills, pressing, zone, and defense/offense. Prerequisite: students must have the ability to swim 100-yards heads-up freestyle, 50-yards backstroke, and tread water for two minutes.

				RES/NON
0523.100	M-F/M-Th 9:20-10:00am	Jul 15-Jul 25	\$59/\$69	

Beginning Diving | Ages 6-16

Students must possess beginner level swim skills (Otter and above) to enroll in this course. Participants will learn entries, acrobatic maneuvers, and basic dives.

				RES/NON
0624.100	M-F/M-Th 10:00-10:40am	Jun 17-Jun 27	\$59/\$69	
0624.101	M-F/M-F 10:00-10:40am	Jul 1-Jul 12*	\$59/\$69	
0624.102	M-F/M-Th 10:00-10:40am	Jul 15-Jul 25	\$59/\$69	
0624.103	M-F/M-Th 10:00-10:40am	Jul 29-Aug 8	\$59/\$69	
Evening classes				
0624.120	MWF 7:15-7:55pm	Jun 17-Jul 5	\$59/\$69	
0624.121	MWF 7:15-7:55pm	Jul 8-Jul 26	\$59/\$69	

Intermediate Diving | Ages 6-16

This is a great opportunity to learn proper diving techniques on the 1- and 3-meter diving boards. Students will develop skills in proper approach, hurdle, and entry into the pool. Students must already have basic dive skills before enrolling in this class.

				RES/NON
0625.100	M-F/M-F 10:50-11:30am	Jul 1-Jul 12*	\$59/\$69	
0625.101	M-F/M-Th 10:50-11:30am	Jul 29-Aug 8	\$59/\$69	
Evening class				
0625.120	MWF 7:15-7:55pm	Jul 29-Aug 16	\$59/\$69	

Water Exercise | Ages 16+

Water exercise is a low-impact exercise for any ability. Classes are held in 4-foot water depth. Advanced swimming skills are not required. Daily admission fee is required. Classes held Monday through Friday, 11:00am to 12:00pm.

Private Lessons | All Ages

These classes are for any age and ability. Instruction is geared toward the individual's ability. Participants must register for a minimum of **four** classes. Private lessons are on a first-come, first-serve basis and class offerings are limited. Lessons are 30 minutes. Registration for private lessons must be done in person at the Swim Center. Children under the age of three may be required to have an adult assist in the water. For more information, call 858-668-4680.

		RES/NON
Mon-Fri	8:00-8:30am	\$26/\$36
Sat	8:00-8:30am/8:40-9:10am/9:20-9:50am	per lesson

Old Poway Park

Location: 14134 Midland Road

Information: (858) 668-4576

Historical Tours

We offer easy, inexpensive, educational field trips Tuesday through Thursday for just \$4 per participant. Appropriate for any age or grade level. 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



Farmers Market | Flowers! Fresh Food! Fun! It's summer, so leap outdoors and enjoy Poway's Certified Farmers Market every Saturday from 8:00 to 11:30 am. Choose from garden-fresh peaches, plums, apricots, watermelons, tomatoes, flowers, and more. All produce is brought fresh from the grower and is certified and inspected by the agricultural commission. If you're looking for some of the finest produce, unique foods, and a great "City in the country" atmosphere, then the Farmers Market is the place to be! Information: (858) 668-4576.

Information: www.poway.org/oldpowaypark

Sam Hinton Folk Festival

San Diego Folk Heritage will host the annual Sam Hinton Folk Festival at Old Poway Park on Saturday, June 1 from 11:00 a.m. to 5:00 p.m. This free event includes music performances, storytelling, music workshops, a country dance, and an open-mic stage. A variety of music styles can be heard including Bluegrass, Old Timey, Irish, and more!



Lake Poway



Location:
14644 Lake Poway Road

Park Hours:
June-October **Daily, 7:00am to Sunset**
November-May **Daily, Sunrise to Sunset**

Fishing & Boating Hours:
November-May **Wed-Sun, Sunrise to Sunset**
June-September **Wed-Sun, 7:00am to Sunset**
October **Wed-Sun, 7:00am to Sunset**
(Shoreline fishing ONLY Wed-Fri)

Information:
(858) 668-4770 www.poway.org/lakepoway
Park/Pavilion Reservations (858) 668-4595
Lake Poway Concession (858) 668-4778

Family Campout – Adventure Series | All Ages
Itching for a pre-summer camping trip? Then the Adventure Series Family Campouts are for you! Register for “boat fishing or shoreline fishing” and from 7:00-11:00 pm cast your line under the full moon to land a trophy-size trout or a record breaking bass. Are you a hiking enthusiast? Register for “hiking activities” and enjoy an adventurous 2.75-mile night hike. All campout options include: camping for four, a campfire, and hot chocolate and coffee in the morning. This is a rain or shine event! Portable propane fire pits are permitted; no wood burning fire pits. Campsite setup begins at 7:00 am. No alcohol permitted. Shoreline fishing is only permitted from the boat dock to the fishing pier. Information: (858) 668-4770.

Boat Fishing			COST
9039.103	Sat-Sun 5pm-9am	May 18-19	\$40
9039.104	Sat-Sun 5pm-9am	May 18-19	\$40
Shoreline Fishing			
9039.104	Sat-Sun 5pm-9am	May 18-19	\$40
Hiking Activities			
9039.105	Sat-Sun 5pm-9am	May 18-19	\$40



Information: www.poway.org/lakepoway

Family Campouts

The Family Campouts are perfect for the first-time camper! Activities include: led night hikes, campfire s’mores and activities, and pedal boating. Bring camping gear, dinner supplies to barbeque, and charcoal. Grills will be available, but you are encouraged to bring your own. Portable propane fire pits are permitted; no wood burning fire pits. Free continental breakfast will be provided in the morning. Campsite setup begins at 7:00 am. No alcohol is permitted. Up to 5 persons per family; \$10 for each additional family member. Information: (858) 668-4770.

			RES/NON
9039.106	Sat-Sun 5pm-9am	Jul 13-14	\$52/\$62
9039.107	Sat-Sun 5pm-9am	Jul 27-28	\$52/\$62
9039.108	Sat-Sun 5pm-9am	Aug 10-11	\$52/\$62



Night Fishing

Lake Poway is the perfect destination to try out the night bite! Lake Poway will be stocked regularly with catfish, but is also full of huge resident catfish and a thriving bass population. Night fishing is offered on select Friday and Saturday nights during the summer; visit our website for dates: www.poway.org/lakepoway. Motorboats and rowboats are offered for rental on a first-come, first-served basis, and there is plenty of shoreline to fish from. Information: (858) 668-4770.

Blue Sky Ecological Reserve



Location:
Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:
Daily, Sunrise-Sunset

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

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

School Tours & Outreach Program

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.

NEW! Free Junior Nature Ranger Program

Become a Blue Sky Junior Nature Ranger! This program is a wonderful opportunity for families to share time together and connect with nature. Children must be between the ages of 6 - 10. Docents will lead children through a series of activities allowing them to experience nature first-hand, and have fun in the outdoors. A Nature Ranger certificate will be issued upon completion of activities. Limited to 15 children. To sign up, or for more information, call the Blue Sky office at (858) 668-4781.

Saturday	8:30-10:30am	Jun 22
Saturday	8:00-10:00am	Jul 20
Saturday	8:00-10:00am	Aug 3

Information: www.poway.org/bluesky

Discovery Tables

Interactive display on Animals and Plants of Blue Sky with docents on hand to answer your questions.

Sunday	8:30-11:00am	Jul 21	FREE
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FREE Docent-led Nature Walks

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



Insects at Night

While you are asleep, Blue Sky comes alive! Join entomologist, Mike Klein, in the Reserve after dark. We'll catch, identify, and release back into the wild many of Blue Sky's night-time inhabitants. This event is limited to 50 people. **Registration required.**

8169.101	Sat 8:30-10:00pm	Jul 6	\$3
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Sycamore Canyon Goodan Ranch Preserve



Location:
16281 Sycamore Canyon Road
Poway, California 92064

Information:
(858) 513-4737
For a complete schedule of activities at Goodan Ranch, visit: www.sdparks.org

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

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

The Goodan staging area is accessed from Poway Road east on Garden Road, then south on Sycamore Canyon Road, which ends at the staging area. Highway 67 staging area accessed through SOUTHBOUND HIGHWAY 67 ONLY, half-mile south of Scripps Poway Parkway. All events are free. Information & Reservations: (858) 513-4737 or email Justin.Gibbons@sdcountry.ca.gov.

Goodan Ranch Summer Activities

(Rain or muddy conditions may cancel the activity, Please call the ranger's office to confirm.)

May

Star Party | Fri, May 17 | Sunset

June

Star Party | Fri, Jun 21 | Sunset

July

Movie in the Moonlight | Sat, Jul 13 | Sunset

Star Party | Fri, Jul 19 | Sunset

Poway Senior Center



Location:

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

Hours:

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

Information:

(858) 748-6094 www.powayseniorcenter.org

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 guests under 60, \$6.00. Check out our menu on our website or newsletter, or just stop by and enjoy the special of the day! No reservations required.

Need a ride to Lunch?

Call Paul Boston, Nutrition Manager at (858) 748-6094 x304 for details.



This Could be You!



No need to drive to the Casinos when you have jackpot opportunities here in Poway! Save the gas money and wager a bet on biweekly Bingo games at Poway Senior Center! Bingo is open to anyone 18 years or older, and held at 12:15 pm every Tuesday and 5 pm every Saturday. Buy-ins are \$10 for 12 games and \$11 for 13 games. For more information, call (858) 748-6094

Ongoing Opportunity Quilt Drawing!

Stop by PSC Gift Shop and try your luck on the latest Handmade Quilt up for DRAWING!
GOOD LUCK!!

Information: www.powayseniorcenter.org

4th ANNUAL I-15 Realtor Softball Showdown



July 17, 2013

All proceeds support Poway Senior Center
Watch North County Realty Companies compete for the Trophy while raising money to support Poway Senior Center. Last year they raised \$10,000! The money raised supports the Poway Senior Center recreation and educational programs, meals to homebound seniors, and lunch transportation for those who don't drive. **Come cheer them on and support your neighborhood Senior Center!**

Free Fun at PSC!

- Basic Tai Chi** - Try Free Tai Chi every Wednesday: 11:00am-12:00pm and 12:00-1:00pm. All are welcome to participate. Located in Bill Bond Room 1.
- Line Dancing** - Learn to Line Dance with us! Fun and great music, to "boot." Every Friday afternoon 12:00 - 2:00pm. Located in Bill Bond Room 1.
- Table Tennis** - Join us every Friday for Ping Pong in the Bistro Room. Stop by, pick up a paddle, and play! Bring your friends!!
- Wii Bowling** - Wii Bowling is super easy and lots of fun! Join us every Wednesday from 2:00-4:00 pm in the PSC Library/Lounge. No sign up necessary.

Kumeyaay-Ipai Interpretive Center at Pauwai

Location:

13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)

Hours:

Saturdays 9:00am-12:30pm

FREE Docent-led Public Tours

(858) 668-1292

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

Information: (858) 668-1292

www.poway.org/kiic
www.friendsofthekumeyaay.org

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

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

Poway Center for the Performing Arts

Location:

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



Hours:

Box Office Hours: Fri 12:00pm-5:00pm
Sat 10:00am-3:00pm
Closed Sunday-Thursday, and major holidays.

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

Art Gallery & Facility Tue-Fri 9:00am-5:00pm
Closed Sunday, Monday, and major holidays. **Sat 10:00am-3:00pm**

Information:

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

Get Involved!

Interested in becoming a theatre volunteer? Join our team of volunteer ushers! To learn more, visit: www.powaycenter.com or call (858) 668-4795.



The Poway Center for the Performing Arts (PCPA) 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.

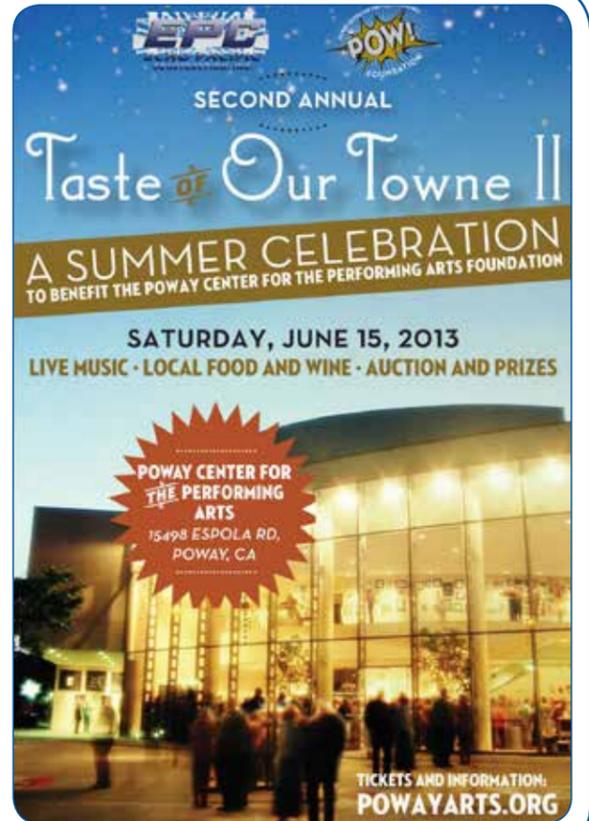
Available for rent, the PCPA is the perfect venue for professional performances and community-based productions. Information, visit www.powaycenter.com.

Purchase Tickets the Easy Way!

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

Upcoming Art Exhibits

- Visit the PCPA in May and June to view our featured Art Exhibits; they're a must-see!
- May 2-28** National PTA Reflections Program: photography, visual arts, dance choreography, film production, literature, and musical composition created by preschool through grade 12 students. Reception: Friday, May 3, 6:00pm.
- May 31-June 30** Artist Tom Tiedeman: Watercolor paintings that exhibit a bold contrast of lights and darks, realistic subjects on a loose background, and captivating color. Reception: Wednesday, June 26, 4:00pm.



Poway Library

Information: www.sdcl.org

Location:
13137 Poway Road, Poway, CA 92064

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

Information:
(858) 513-2900
www.sdcl.org

All programs subject to change, please call or stop in the Library for further information: (858) 513-2900

Children's Programs

(Toddlers - 5th grade)
Storytime June 1-Jun 17
Monday-Friday, 10:30am Storytime
Summer Reading Club Jun 17-July 31
Mon, Wed, Fri, 10:30am Toddler & Preschool Storytime
Tuesdays 10:30am Special Events
Thursdays, 10:30am Crafts for Children



Teen Programs (6th-12th grades)

June Activities

June 4, 4:00pm Teen Game Day
June 11, 4:00pm Teen Craft Day
June 14, 6:30-10pm Teen Afterhours Party (Parental permission required)
June 18, 4:00pm Teen Skills Day
Learn how to make balloon animals!
June 25, 4:00 pm Teen Chocolate Tasting Party
Taste a variety of chocolate foods and vote on your favorite. Guess which candy bar is which and win a prize!

Teen Programs (cont'd)

July Activities

July 2, 4:00 pm Teen Homemade Ice Cream Social
Learn how to make ice cream, then reap the rewards of a job well done with Sundaes!
July 9, 4:00 pm Teen Tiny Food
Use different types of food to make miniature cakes and other treats.
July 16, 4:00 pm Teen Songwriting
Learn how to write songs with Mary Dolan. Teens will write the music and lyrics for their very own song. Then Mary will record the song and give everyone their very own CD.
July 23, 4:00 pm Teen 2nd Annual Hunger Games
Compete in the Hunger Games.
July 30, 4:00 pm Teen Tie Dye Mania
Join us to tie dye fabric, use our bandanas or bring your own white, prewashed, cotton clothing to dye.

August Activities

August 6, 4:00 pm Teen Iron Chef
Make the best concoction with the secret ingredient and win a prize!

REGISTRATION



BEGINS MAY 14 for Poway Residents & Nonresidents

There are 3 convenient ways to register for City of Poway 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. Please submit a separate check for each class requested. If space is not available in a class, that specific check will be returned to you without delaying your registration for any other classes.
Mail to: P.O. Box 789, Poway, CA 92074-0789

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 class registration or waitlist request. Payment must be made by credit card only (MasterCard or VISA).
Website:
www.poway.org/classes

REFUNDS: Please visit our website for the refund policy.

Registration Form

City of Poway: P.O. Box 789, Poway, CA 92074-0789 | Community Services Dept: (858) 668-4595

Parent/Guardian Name (please print)				Home Phone				
Address				Mobile Phone				
City/State/Zip				E-mail				
First & Last Name of Participant	Birthday (if under 18)	Age	Sex	Class Title	Class Registration #	First Choice	Alt. Choices	Fee

FORM OF PAYMENT:

Cash | amount \$ _____
 Charge | MC/Visa # _____ Exp. _____
 Check | # _____

Would you like to support the PLAY Scholarship Program or the Fireworks Fund by including an additional \$2 \$5 \$10 or \$ _____ in your payment?

Participant Waiver: The undersigned fully understands that my/my child's participation in the above events/classes potentially exposes my child or me to the risk of personal injury or property damage. I hereby acknowledge that participation in these events/classes is voluntary and agree to assume any such risks. Further, in consideration for being permitted to participate in these events/classes, I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless the City of Poway, and its officers, agents, and employees from any and all claims, demands, actions or suits arising out of the connection with my/my child's participation in these events/classes.

I assign to the City of Poway and its officers, employees and agents, all rights to any photographs and/or video taken of me/my child and/or any organization(s) represented by me, and any printed matter in conjunction with such photographs and/or video hereinafter referred to as MATERIAL, for advertising and marketing purposes. I hereby authorize the City of Poway to reproduce, copy, exhibit, publish or distribute any and all such MATERIAL. I and/or any organization(s) represented by me understand and agree that the City of Poway will be held free and clear of any responsibility or claim for any liability directly or indirectly associated with the use of said MATERIAL.

Signature _____ Date _____

FOR STAFF ONLY: Entered by: _____ Date: _____