



POWAY Community Services

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

WINTER 2011

Registration begins **NOVEMBER 29**
for Poway Residents & Nonresidents

Christmas in the Park



Bring an
Ornament
for the Tree!

Saturday, December 10
from 3:30-8:30pm
FREE for the whole Family!

Join us at Old Poway Park for an old-fashioned holiday tradition! This free event takes you back in time with caroling, live musical performances, a holiday craft boutique, and square dancing demonstrations. Create a unique gift in the North Pole Workshop, enjoy a horse-drawn hayride, visit with Santa and Mrs. Claus, or board the 1907 Baldwin Steam Train for a thrilling night-time ride around the park. Watch historic blacksmithing and view an extensive model train display.

Bring an ornament for the community Christmas tree, which will be lit at 5:15 pm, followed by Santa's arrival. The event is co-sponsored by the City of Poway, the Old Poway Park Action Committee, The Home Depot, ER Management, and Walter Andersen Nursery. Information: (858) 668-4576 or visit our website at www.poway.org/oldpowaypark.

Friday, December 16
4:00-9:00pm
Saturday, December 17 thru
Monday, December 19
1:00-9:00pm
Skating: \$5 Ages 2-17
\$7 Ages 18+ / \$20 Family of 4

FREE "Youth Only" Fishing Derby



FISHING!
Saturday, Feb. 4th

Join the City of Poway, Captain Ron Baker of Fish Talk Radio, and several big-name sponsors on Saturday, February 4, for a great day of fun and prizes! Lake Poway will be stocked with 1,500 pounds of hungry rainbow trout for the event, which starts at 6:00 am. Fishing continues until 12:00 pm, when all participating youth are invited to enjoy a free barbecue lunch, followed by the awards ceremony with prizes and terrific raffle items. Winners of the Kids Greatest Fishing Story Contest will also take home a prize. Pros will host a free fishing seminar on Friday, February 3, at 4:00 pm, and a free fish taco BBQ at 6:00 pm. Come learn tips on how to win the Derby!

Beginning January 2, rent fishing boats

in advance at the Lake Poway Grill and Tackle Wednesday through Sunday. In preparation for the event, Lake Poway will be closed to fishing and boating February 1 through February 3.

Information: (858) 668-4772.



CAMPING!
Friday, Feb. 3rd

Come glide with us at Poway Community Park on an outdoor skating rink! Free arts and crafts, kids karaoke, musical entertainment, and more will round out the fun. A snow hill for sledding will be featured on Saturday, December 17! Skate rental included or bring your own ice skates. Skate session tickets can be purchased in advance at the Community Services Office in City Hall, or online at www.poway.org. Call (858) 668-4676 for event sponsorship opportunities. For all other event information, call (858) 668-4671.

Sleep under the stars at a campout, Friday, February 3, the night before the Youth Fishing Derby! Overnight camping will be available Friday evening for a \$15 registration fee per car. Sign up for the Youth Derby Campout at the Lake Poway Recreation Office beginning January 2. Families will need to bring their own camping supplies and food to barbecue. Grills are available, but you are encouraged to bring your own. Families may start setting up their campsites at 7:00 am Friday morning. No alcohol is permitted. Information: (858) 668-4772.



Trout Season kicks off on November 11 at Lake Poway with a 3,000-pound stock of our legendary Nebraska rainbow trout! The Lake will be stocked bi-monthly through May 2012 for an overall season total of 19,500 pounds. Lake Poway currently holds the County record for rainbow trout caught at 17.85 pounds and our reputation as the "Big Trout Destination" still holds true! Don't miss your chance to catch the next big one!

During Trout Season, gates open for fish-

ing and boating at sunrise, Wednesday through Sunday. The full-service Lake Poway Grill and Tackle offers fishing permits, bait, boat rentals, grill items, and refreshments. We have the best permit and boat prices in the area! Seniors 55+ and Military receive reduced rates. State Fishing Licenses are not required. For additional information or to view the complete stocking schedule, visit us at www.poway.org/lakepoway or call (858) 668-4772.



SAVE THESE DATES!

SUMMER DAY CAMP!



Early Summer Day Camp Registration
starts April 2012

Watch our website for more details: www.poway.org



April 28, 2012 Train Song Festival at Old Poway Park

Come celebrate the annual roll-out of the park's 1907 Baldwin Steam Engine with traditional songs about trains, and explore America's steam age ingenuity and innovation. Information (858) 668-4576.

This year, give the gift of Fun and Recreation!



Looking for a gift for that hard-to-buy for person?

Look no further than the gift of Class! The City of Poway is now offering gift certificates to give someone you love the gift of recreation. Help them achieve their New Year's goals for wellness or to learn a new skill. To purchase a gift certificate, visit the Community Services office in City Hall, 13325 Civic Center Drive. Customized denominations are available.



Class Icons:

These visual guides shown next to each class section will help you quickly find an activity that's right for you



Heart Healthy



Safety



New Class



Music



Learning



Nature



Performing



Arts & Crafts



Family Activity



Dance



Sports



Just for Fun



Skate Park

Health & Wellness



Register online at: www.poway.org/classes

NEW! Boot Camp * | Ages 16+

This class is designed to teach people the single most important factor of our lives ... How to become and stay healthy for good! Working out is not about moving stuff around. Understanding the science of working for YOUR specific needs will change the way you feel about exercising and will make you permanently succeed at staying healthy while loving it!



Instructor: Diana Salom

Location: Lake Poway Ball Field

No Class: Jan 21

5417.350 Sat 9:00-10:00am Jan 7-Feb 11 RES/NON \$75/\$85

Hatha Yoga | Ages 18+

This popular class is for the beginner and continuing yoga student. Experience stress release with gentle movements and stretches. Relaxation is emphasized through music and gentle instructions. Bring your own yoga mat, a large towel, and wear comfortable clothes.

Instructor: Jon Brock

Location: Midland Elementary School Multipurpose Room, 13910 Midland Rd

No Class: Feb 8 & Feb 22

5417.301 Wed 6:30-8:00pm Jan 4-Mar 14 RES/NON \$75/\$85



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 teach you how to softly release muscle tension allowing your body to flow into an easy, natural alignment. Discover more ease and freedom in each pose awakening new levels of body awareness. Enjoy less stress and more flexibility on the Yoga mat and in everyday life. Please bring a yoga mat and a small blanket or beach towel.

Instructor: Cheri Hotalen

Location: Old Poway Park, Templars Hall

5417.334 Thu 10:00-11:15am Jan 12-Feb 9 RES/NON \$45/\$55* \$5 materials fee due first day of class

Healthy Back | Ages 17+

Be kind to your back! Learn and practice a healing exercise routine that supports back health and injury prevention drawn from Pilates, Yoga, Feldenkrais Method, and the Alexander Technique. Weekly discussion topics include constructive rest, anatomy for daily living, ergonomics, and taking care of your back during sleep. Wear soft, comfortable clothing and bring a sticky yoga mat and a beach towel.

Instructor: Cheri Hotalen

Location: Old Poway Park, Templars Hall

5417.335 Thu 10:00-11:15am Feb 16-Mar 15 RES/NON \$45/\$55* \$5 materials fee due first day of class

Healing Qigong | Ages 17+

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

Instructor: Cheri Hotalen

Location: Midland Elementary School Multipurpose Room, 13910 Midland Rd

No Class: Feb 7 & Feb 21

5417.331 Tue 6:00-7:30pm Jan 10-Mar 13 RES/NON \$75/\$85* \$5 materials fee due first day of class



Tai Chi Easy | Ages 17+

Have you been wondering 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! Tai Chi Easy is a carefully-developed method and approach to Tai Chi that makes it easy, beneficial, and fun -- right away. Students learn beautiful movement practices designed to emphasize the cultivation of inner strength, improve balance, calm the mind, and restore the body to its natural state of health. Wear soft, comfortable clothing and flat-soled shoes or socks. Please bring a bottle of water.

Instructor: Cheri Hotalen

Location: Beginning: Midland Elementary School Multipurpose Room, 13910 Midland Rd

Intermediate: Old Poway Park, Templars Hall

No Class: Jan 16, Feb 6 & Feb 20

5417.332 Mon 6:00-7:30pm Jan 9-Mar 19 RES/NON \$75/\$85*
5417.333 Mon 10:00-11:15am Jan 9-Mar 19 \$75/\$85*
 *\$5 materials fee due first day of class

Pilates Reformer | Ages 16+

Join us for custom-designed workouts on the Pilates reformer machines. This non-impact system of exercise focuses on the deep muscles of the abdominals and spine. Expect to burn up to 600 calories during your workout while improving flexibility

and strengthening muscles! Classes will leave you feeling refreshed not exhausted.

Instructor: Jennifer Richards

Location: Poway Pilates, 14053 Midland Rd

No Class: Jan 16

5417.344 Mon 12:30-1:30pm Jan 9-Feb 13 RES/NON \$74/\$84
5417.345 Thu 12:30-1:30pm Jan 5-Feb 2 \$74/\$84



Pilates | Ages 16+

Pilates is an innovative mind-body format using a floor mat or a variety of small props. Pilates builds strength without excess bulk, capable of creating a sleek, toned body with slender thighs and a flat abdomen. Pilates is a safe and sensible way to exercise that will help you feel your best. It teaches body awareness, good posture, improves flexibility and can even help alleviate back pain. No matter what your age or condition, it will make a difference. Join the nearly nine million other people in the U.S. and try a Pilates class!

Instructor: Emma Sarmiento

Location: Community Park, Activity Rooms 1 & 2

No Class: Feb 21

5417.304 Tue 6:00-7:00pm Jan 3-Mar 13 RES/NON \$90/\$100

Zumba | Ages 16+

Are you ready to party yourself into shape? That's exactly what Zumba is about! It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance party that's moving millions of people toward health and joy. Zumba fuses spell-binding Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Join more than 10 million people of all shapes, sizes and ages taking weekly Zumba classes in over 90,000 locations across more than 110 countries. Ditch the workout...join the party!

Instructor: Emma Sarmiento

Location: Community Park, Auditorium

No Class: Feb 22

5417.306 Wed 6:15-7:15pm Jan 4-Mar 14 RES/NON \$90/\$100

Get more fitness for less!! Sign up to take a combination class:

Pilates & Zumba | Ages 16+

No Class: Feb 21 & Feb 22

5417.309 Tue 6:00-7:00pm Jan 3-Mar 14 RES/NON \$120/\$130
Wed 6:15-7:15pm

*See individual class descriptions for locations

Children's Activities



Information: www.poway.org/classes

Exciting NEW Classes!

for Growing Minds

NEW! More Than Ready: Kindergarten Preparation Program * | Ages 3 1/2-5 1/2

Is your preschooler prepared for kindergarten? This unique 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.

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

Location: Community Park, Youth Activity Room

No Class: Jan 16 & Feb 20

			RES/NON
4011.300	MW 9:00am-12:00pm	Jan 9-Feb 8	\$116/\$126
4011.301	MW 9:00am-12:00pm	Feb 13-Mar 14	\$116/\$126
4011.302	TuTh 1:00-4:00pm	Jan 10-Feb 9	\$129/\$139
4011.303	TuTh 1:00-4:00pm	Feb 14-Mar 15	\$129/\$139



NEW! Little Comp U Kids: Preschool Science Tech Tykes * | Ages 3-6

Join us on grand storybook adventures filled with science, technology, and robots for theme-based projects, hands-on learning, creativity, and interactive fun! A digital storybook is created to chronicle all their adventures, science findings, and creations. Each new lesson is highlighted on our website and includes a lesson overview, class pictures, and reinforcement activities!

Instructor: Comp U Kids, www.thecompukids.com

Location: Community Park, Youth Activity Room

			RES/NON
4011.330	Thu 9:00-10:00am	Jan 12-Feb 16	\$65/\$75

NEW! Mommy & Me Yoga: Pre-Crawlers * | Ages adult and baby: 5-10 months

Relax and unwind doing yoga while spending time with your little one! This class will focus on yoga for both mom and baby. We will explore breathing practices and postures intended to increase flexibility, strength, balance, and calmness. Also, we will learn poses and techniques to help your baby relax, sleep better, and improve digestion. Please bring a yoga mat, baby blanket, and a hand-held baby toy to class.

Instructor: Courtney Bean

Location: Community Park, Auditorium

			RES/NON
4011.350	Tue 9:00-10:00am	Jan 10-Jan 31	\$45/\$55
4011.351	Tue 9:00-10:00am	Feb 7-Feb 28	\$45/\$55



My First Art Class | Ages 20 months to 3 years

For the truly beginner artist! This is a special art class for toddlers and parents (or their helpers). Little fingers experiment with painting, gluing, sticking, printing, and creating while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative. Children are introduced to color, shape, texture, and art materials with new lessons each session.

Instructor: Abrakadoodle

Location: Community Park, Youth Activity Room

No Class: Jan 16 & Feb 20

			RES/NON
4011.321	Mon 2:30-3:15pm	Jan 9-Feb 6	\$52/\$62
4011.322	Mon 2:30-3:15pm	Feb 13-Mar 12	\$52/\$62



Abrakadoodle Art Adventures | Ages 4-5

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

Instructor: Abrakadoodle

Location: Community Park, Youth Activity Room

No Class: Jan 16 & Feb 20

			RES/NON
4011.324	Mon 3:30-4:15pm	Jan 9-Feb 6	\$52/\$62
4011.325	Mon 3:30-4:15pm	Feb 13-Mar 12	\$52/\$62



MUSICSTAR® Kidz Explorers | Ages 6 months to 5 years

MUSICSTAR® Kidz explores music as a powerful tool in the development of the whole child by way of age-appropriate, fun music activities! This class is designed to improve mind and body coordination, develop critical listening skills, develop advanced auditory feedback skills, improve tactile senses, develop spatial-temporal reasoning skills in addition to language analytical thinking skills, and much more. **This is a parent participation class.** Children and their parents will enjoy an action-packed and fun-filled session immersed in music, singing, and dance!

Instructor: MUSICSTAR®

Location: Community Park, Auditorium

Early Explorers - First Steps | Ages 6 months to 3

4011.340 Thu 9:30-10:15am Jan 5-Feb 23 \$88/\$98*

Young Explorers 1 | Ages 3-5

4011.341 Thu 10:30-11:15am Jan 5-Feb 23 \$88/\$98*

*\$15 materials fee due first day of class



SEASONAL! Ice Skating | Ages 3-5

This fun, learn-to-skate class will let your child experience the thrill and excitement of ice skating. Participants will learn the basic elements of skating, including skating forwards and backwards, the proper way to fall and get-up, balancing skills, and stopping. Skate rental is included in the fee.

Instructor: Ann Daniels

Location: San Diego Ice Arena, 11048 Ice Skate Place

			RES/NON
2091.300	Wed 4:00-4:30pm	Jan 4-Jan 25	\$40/\$50
2091.301	Wed 4:00-4:30pm	Feb 8-Feb 29	\$40/\$50
2091.302	Wed 4:00-4:30pm	Mar 7-Mar 28	\$40/\$50

Mom & Tot Gymnastics | Ages Walking-3 years

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

Instructor: Tracy Salmeri, (858) 748-1716

Location: Poway Gymnastics, 12850 Brookprinter Place

No Class: Jan 19 & Jan 21

2312.300 Thu 10:45-11:15am Jan 5-Mar 15 \$161/\$171*

2312.301 Sat 8:45-9:15am Jan 7-Mar 17 \$161/\$171*

* \$10 materials fee due first day of class



Tennis - Tiny Tot | Ages 4-6

The Tiny Totters will have fun learning basic forehand and backhand ground strokes, forehand and backhand volleys, and court etiquette. The class is designed to improve hand/eye coordination. **This is a parent participation class.** Parents will toss balls to their own child, with instructor providing tips and techniques.

Instructor: Art Christophiades

Location: Community Park Tennis Courts

3013.300 Sat 9:00-10:00am Jan 14-Feb 18 \$45/\$55*

* \$5 materials fee due first day of class



Dance | Youth/Teen



Information: www.poway.org/classes

Please Note:

Dance classes are designed to increase in difficulty with continued enrollment. Continuing students may perform in our June recital at the PCPA. Costumes are ordered in January and paid for by the participants. Parent watching days are the last class of each month.



Ballet for Kids | Ages 3-12

Come join our class as we learn the beautiful art of ballet! This musical and creative class will teach children all the basics of ballet. Children will learn rhythm, coordination, flexibility, teamwork, and a love for dance! Dance attire and pink leather ballet slippers are required.

Instructor: Kellie Childress-Nichols, kchildress04@yahoo.com

Location: Community Park, Auditorium

No Class: Feb 21 & Feb 25

Ages 3-4			RES/NON
5121.300	Tue 1:00-1:45pm	Jan 3-Mar 13	\$98/\$108
5121.301	Sat 9:00-9:45am	Jan 7-Mar 17	\$98/\$108
5121.302	Sat 9:45-10:30am	Jan 7-Mar 17	\$98/\$108
Ages 5-6			
5121.303	Tue 3:00-3:45pm	Jan 3-Mar 13	\$98/\$108
5121.304	Sat 10:30-11:15am	Jan 7-Mar 17	\$98/\$108
Ages 7-12			
5121.305	Tue 3:45-4:30pm	Jan 3-Mar 13	\$98/\$108
5121.306	Sat 11:15am-12:00pm	Jan 7-Mar 17	\$98/\$108

Lyrical for Teens | Ages 13-18

Come join our class as we learn the art of Lyrical! This class combines the grace of ballet with the popular music and modern style of jazz! Lyrical is a great way to learn the terminology and steps used in ballet class, and still have lots of fun dancing to the music you love! Dance attire and ballet or jazz shoes are required.

Instructor: Kellie Childress-Nichols, kchildress04@yahoo.com

Location: Community Park, Auditorium

No Class: Feb 21

			RES/NON
5121.310	Tue 6:00-6:45pm	Jan 3-Mar 13	\$98/\$108

Tap and Ballet | Ages 3-18

Come dance and sing with us! This fun-filled, action-packed, dynamic tap and ballet program will teach your child rhythm and coordination, as well as a love of dance. Dance attire, leather ballet slippers, and tap shoes are required.

Instructor: Debbona Childress, (760) 747-9777, Debbora@cox.net

Location: Community Park, Auditorium

No Class: Feb 20 & Feb 23

Ages 3-4 Years			RES/NON
5111.301	Mon 11:00am-12:00pm	Jan 2-Mar 12	\$108/\$118
5111.302	Mon 2:00-3:00pm	Jan 2-Mar 12	\$108/\$118
5111.303	Thu 1:00-2:00pm	Jan 5-Mar 15	\$108/\$118
Ages 5-6 Years			
5111.304	Thu 2:00-3:00pm	Jan 5-Mar 15	\$108/\$118
5111.305	Mon 3:00-4:00pm	Jan 2-Mar 12	\$108/\$118
Ages 5-7 Years			
5111.306	Mon 4:00-5:00pm	Jan 2-Mar 12	\$108/\$118
Ages 6-8 Years			
5111.307	Thu 3:00-4:00pm	Jan 5-Mar 15	\$108/\$118
Ages 8-12 Years			
5111.308	Mon 5:15-6:15pm	Jan 2-Mar 12	\$108/\$118
Ages 8-10 Years			
5111.309	Thu 4:00-5:00pm	Jan 5-Mar 15	\$108/\$118
Ages 11-13 Years			
5111.310	Thu 5:00-6:00pm	Jan 5-Mar 15	\$108/\$118
Ages 12-18 Years			
5111.311	Mon 6:15-7:15pm	Jan 2-Mar 12	\$108/\$118

Leaps and Turns | Ages 13-18

Come learn great technique in this class designed for teens! We will learn fun turns and awesome leaps that will help you in any form of dance you choose! Great for beginners looking to jump start their technique, or for more advanced dancers looking to increase their knowledge of turns and leaps, this class will suit any dancer's needs. Dance attire and ballet or jazz shoes are required.

Instructor: Kellie Childress-Nichols, kchildress04@yahoo.com

Location: Community Park, Auditorium

No Class: Feb 21

			RES/NON
5121.309	Tue 6:45-7:30pm	Jan 3-Mar 13	\$98/\$108

Dance for Children with Ms. Debbona | 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 fun-filled, ongoing program. Wear comfortable clothing or dance attire, and leather ballet slippers or bare feet.

Instructor: Debbona Childress, (760) 747-9777, Debbora@cox.net

Location: Community Park, Auditorium

No Class: Feb 20

			RES/NON
5111.300	Mon 10:00-10:45am	Jan 2-Mar 12	\$108/\$118

Dance Production with Ms. Debbona | Ages 6-18

This special class will allow students to participate in a danced "play" incorporating many levels and styles of dance, and some acting too! Our "production" will be performed at our June recital at the PCPA. Special costumes (paid for by the participants) and concurrent enrollment in Tap & Ballet are required.

Instructor: Debbona Childress, (760) 747-9777, Debbora@cox.net

Location: Community Park, Auditorium

No Class: Feb 20 & Feb 23

			RES/NON
5111.312	Thu* 6:15-7:30pm	Jan 5-Jun 4	\$108/\$118**

* Some Monday rehearsals required from 7:15-8:30pm beginning in February.
** One time tuition fee through June

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

Come join our class as we learn Fun 'n Funky jazz! Students will learn rhythm, coordination, flexibility, teamwork and a love for dance! *For teens, concurrent enrollment in Leaps and Turns is recommended.* Leotard, black jazz pants, and black leather jazz shoes are required.

Instructor: Kellie Childress-Nichols, kchildress04@yahoo.com

Location: Community Park, Auditorium

No Class: Feb 21

Ages 7-12 Years			RES/NON
5121.307	Tue 4:30-5:15pm	Jan 3-Mar 13	\$98/\$108
Ages 13-18 Years			
5121.308	Tue 5:15-6:00pm	Jan 3-Mar 13	\$98/\$108

Creative Arts



MUSICSTAR® Music Classes - Beginning | Ages 7-13



Did you know that Music Classes contribute to a healthier and longer life? They can also aid in child development and improve academic achievement. Learn to play instruments in these fun group class settings! You will explore music literacy, learn various techniques, and play several songs by the end of these classes. **All instruments are provided for class use.** There will be a final Showcase Performance on the last day of class.

Instructor: MUSICSTAR®

Location: Old Poway Park, Templars Hall

			RES/NON
6182.331	Thu 3:30-4:20pm	Jan 12-Mar 1	\$88/\$98*
6182.330	Thu 4:30-5:20pm	Jan 12-Mar 1	\$88/\$98*
6182.332	Thu 5:30-6:20pm	Jan 12-Mar 1	\$88/\$98*

* \$15 materials fee due first day of class

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 class 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.

Location: Old Poway Park, Great Room



			RES/NON
9416.302	Sat 9:00am-4:00pm	Mar 3 & Mar 10	\$160/\$170*

* \$25 materials fee due first day of class for video game software

NEW! Creative Brain® FotoExplorer * | Ages 7-13

Creative Brain® FotoExplorer is an introduction to digital photography! Digital photography provides children with a very unique medium to capture their experiences and express their creativity. Participants learn about camera basics and fundamentals of photography, and are coached in applying photography as journalism and art. **Digital cameras are provided for class use.**

Instructor: MUSICSTAR®

Location: Old Poway Park, Templars Hall

			RES/NON
6182.340	Wed 3:30-4:20pm	Jan 11-Feb 29	\$88/\$98*

* \$15 materials fee due first day of class



NEW! Creative Brain® FotoWorkz * | Ages 7-13

Wish you knew more about photography!? Creative Brain® FotoWorkz is the class for you! Not only will you learn more about different common functions of digital cameras and how to use them for maximum effect like the pros do, you'll also explore photography as a means for artistic expression. Today's digital cameras provide ease of use, but it's still up to you to apply the fundamental elements of art in producing an image that truly tells a story! **Digital cameras are provided for class use.**

Instructor: MUSICSTAR®

Location: Old Poway Park, Templars Hall

			RES/NON
6182.341	Wed 4:30-5:20pm	Jan 11-Feb 29	\$88/\$98*

* \$15 materials fee due first day of class

Sports | Youth/Teens



Information: www.poway.org/classes



SEASONAL! Ice Skating | Ages 6-12

This fun, learn-to-skate class will let your child experience the thrill and excitement of ice skating. Participants will learn the basic elements of skating including skating forward and backward, learning the proper way to fall and get-up, balancing skills, and stopping. Skate rental is included in the fee.

Instructor: Ann Daniels

Location: San Diego Ice Arena, 11048 Ice Skate Place

			RES/NON
2091.303	Wed 4:30-5:00pm	Jan 4-Jan 25	\$40/\$50
2091.304	Wed 4:30-5:00pm	Feb 8-Feb 29	\$40/\$50
2091.305	Wed 4:30-5:00pm	Mar 7-Mar 28	\$40/\$50

**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 Gym, 12320 Meadowbrook Lane

No Class: Jan 16 & Feb 20



			RES/NON
Ages 9-12 Years			
2091.312	Mon 5:30-6:30pm	Jan 2-Mar 5	\$40/\$50
Ages 12-14 Years			
2091.313	Mon 6:30-7:30pm	Jan 2-Mar 5	\$40/\$50

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

Instructor: Mr. J. Wolpert

Location: Community Park, Bill Bond Hall I

No Class: Jan 16 & Feb 20

			RES/NON
2091.309	MWF 6:00-7:00pm	Jan 2-Mar 16	\$90/\$100



Teen Tae Kwon Do | 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 martial arts uniform is required and may be purchased from the instructor for \$25.

Instructor: Mr. J. Wolpert

Location: Community Park, Bill Bond Hall I

No Class: Jan 16 & Feb 20

			RES/NON
2091.310	MWF 7:00-8:00pm	Jan 2-Mar 16	\$90/\$100

Youth Tennis

Tennis - Beginner | Ages 6-14

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



			RES/NON
3013.302	T/Th 4:00-5:00pm	Jan 10-Feb 16	\$75/\$85*
3013.303	Sat 10:00-11:00am	Jan 14-Feb 18	\$50/\$60*

* \$5 materials fee due first day of class

**Tennis - Advanced Beginner/Intermediate
Ages 10-17**

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

			RES/NON
3013.306	T/Th 5:00-6:00pm	Jan 10-Feb 16	\$75/\$85*
3013.307	Sat 11:00am-12:00pm	Jan 14-Feb 18	\$50/\$60*

* \$5 materials fee due first day of class

Tennis - Advanced Juniors | Ages 10-17

At this hot shot 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: Jan 16

			RES/NON
3013.310	M/W 4:00-5:30pm	Jan 9-Feb 15	\$80/\$90*

* \$5 materials fee due first day of class

Sports | Adults



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, and badminton are available during the week for your recreation needs at no charge. During the months of January, February, and March the free open gym times are as follows:

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

Meadowbrook Gymnasium
12320 Meadowbrook Lane
(858) 668-4598



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. All players must sign the roster before the team's first game.

Instructor: Recreation Staff

Location: Meadowbrook Gym, 12320 Meadowbrook Lane

			RES/NON
1247.305	Wed 6:30-9:30pm	Jan 18-Apr 11	\$68/Team

Adult Tae Kwon Do | 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: Mr. J. Wolpert

Location: Community Park, Bill Bond Hall I

No Class: Jan 16 & Feb 20

			RES/NON
1247.304	MWF 7:00-8:00pm	Jan 2-Mar 16	\$90/\$100



Women's Volleyball | Ages 18+

All players are divided into divisional four-person teams on the first night, which precedes seven weeks of league play and a championship tournament on the last night. Referees, roster/schedules, and prizes are included. Past league experience is recommended. New players must attend the starting orientation night.

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center, 14640 Tierra Bonita Road

			RES/NON
1247.310	Mon 6:30-9:30pm	Jan 30-Mar 26	\$60/\$70



Intermediate Coed Volleyball | Ages 18+

All intermediate players are divided into divisional four-person teams on the first night, which precedes seven weeks of league play and a championship tournament on the last night. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night.

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center, 14640 Tierra Bonita Road

			RES/NON
Intermediate Men's			
1247.300	Thu 6:30-9:30pm	Jan 5-Mar 1	\$60/\$70
Intermediate Women's			
1247.301	Thu 6:30-9:30pm	Jan 5-Mar 1	\$60/\$70

Advanced Coed Volleyball | Ages 18+

All advanced players are divided into divisional four-person teams on the first night, which precedes seven weeks of league play and a championship tournament on the last night. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night.

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center, 14640 Tierra Bonita Road

			RES/NON
Advanced Men's			
1247.302	Tue 6:30-9:30pm	Jan 3-Feb 28	\$60/\$70
Advanced Women's			
1247.303	Tue 6:30-9:30pm	Jan 3-Feb 28	\$60/\$70

Safety Training



Please Note:

If registering for both the First Aid class and CPR class, there is a one-time \$39 materials fee.



First Aid | Ages 11+

This newly revised American Red Cross class will prepare you to handle any emergency first aid situation with loved ones, friends, and co-workers. This course includes responding, recognition, and care in life-threatening situations such as burns and bleeding; muscle, bone, and joint injuries; head and spinal injuries; heat and cold-related emergencies; and sudden illness. Participants will receive a ready reference card and an American Red Cross certification valid for two years.

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

5418.300 Wed 6:00-9:00pm Jan 11 RES/NON \$20/\$30*
*\$22 materials fee due first day of class

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

Become certified in this newly revised American Red Cross CPR class. Learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. This course teaches skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Participants receive 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, Activity Rooms I and II

5418.301 Tue 6:00-9:00pm Jan 10 RES/NON \$30/\$40*
*\$36 materials fee due 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: Mr. J. Wolpert
Location: Community Park, Bill Bond Hall I

1247.306 Thu 5:30-7:00pm Jan 5 RES/NON \$10/\$20



Babysitter's Training | Ages 11-18

The American Red Cross has created a course for babysitters with components that include a guide to leadership, the business aspect of babysitting, and safety while on the job. Participants will learn about child development, encouraging positive behavior, discipline techniques, and the essentials of basic child care. If an emergency occurs, be ready with basic first aid training and how to deal with breathing emergencies. Participants will receive a certification card from the American Red Cross with no expiration date. Bring a lunch and a large doll or stuffed animal to class.

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

7617.300 Sat 9:00am-3:00pm Jan 21 RES/NON \$45/\$55*
*\$26 materials fee due on first day of class



Special Interest



Dog Training

Please Note:

Proof of current vaccinations must be shown at first class. An adult must accompany all participants under 16.



Puppy Kindergarten | Owners Aged 12+ Dogs 8-12 weeks

The Puppy Kindergarten class lays the groundwork for a well-behaved adult dog and provides an opportunity for appropriate socialization with other puppies. The basic commands of sit, stay, down, and come, as well as walking politely on a leash will be covered.

Instructor: Lynne Moore, Good Dog Training School
Location: Call for location: (858) 735-8318

9019.308 Sat 12:15-1:15pm Jan 14-Feb 4 RES/NON \$75/\$85
9019.309 Sat 12:15-1:15pm Feb 18-Mar 10 \$75/\$85

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

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

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

9019.300 Tue 6:30-7:30pm Jan 3-Feb 7 RES/NON \$95/\$105*
9019.301 Sat 9:30-10:30am Jan 7-Feb 11 \$95/\$105*
9019.302 Tue 6:30-7:30pm Feb 7-Mar 13 \$95/\$105*
9019.303 Sat 9:30-10:30am Feb 11-Mar 17 \$95/\$105*
*\$25 materials fee due on first day of class

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

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

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

9019.304 Sat 10:30-11:30am Jan 7-Feb 11 RES/NON \$95/\$105
9019.305 Sat 10:30-11:30am Feb 11-Mar 17 \$95/\$105

Information: www.poway.org/classes



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

In the Advanced Obedience class, your dog will learn to obey commands, play appropriately off leash, and continue to build an even stronger bond with you. Dogs in this class must have knowledge of all basic commands.

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

9019.306 Wed 6:30-7:30pm Feb 8-Mar 14 RES/NON \$95/\$105

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
Location: Poway Fun Bowl, 12941 Poway Road
No Class: Jan 13

9397.300 Fri 1:30-3:30pm Jan 6-Mar 16 RES/NON \$43/\$53*
*\$8 class fee due at bowling alley each week



Exceptional Art | Ages 13+

This fun class will not only teach participants the basic techniques of drawing, painting, and sculpting, but more importantly, cultivate them to develop ways of creative and artistic thinking. Ultimately, the aim of the art classes is to provide participants with opportunities to reach their potential and teach them to use art as an outlet to help them cope with their environment and future challenges. At the final class, participants will hold a gallery "opening" to showcase their work for parents and caregivers.

Instructor: Sarah D'Agostino
Location: Community Park, Auditorium
No Class: Jan 11

9397.301 Wed 4:00-6:00pm Jan 4-Mar 14 RES/NON \$45/\$55*
*\$25 materials fee due on first day of class

Outdoor Activities



Hiking for Fun & Fitness | Ages 8+

Enjoy easy to moderate two to three-mile hikes on sidewalks with street lights. We will use hiking trails when the moon is bright. Bring a flashlight and wear light color clothing. An adult must accompany all participants under 18. **Contact the instructor for a hike schedule if you cannot attend the first hike.**

Instructor: Mike Fry, (858) 748-5166, mnfry@cox.net

Location: First hike meets at the Community Park tennis courts. Contact instructor for hike schedule if you cannot attend the first hike.

3439.300	Wed 6:00-7:30pm	Jan 4-Mar 14	RES/NON
			\$5/person
			\$10/family (2+ persons)

Trout Fishing Classes | Ages 5-15

Learn to fish with Captain Ron Baker! In this hands-on class, Captain Ron will teach children how to become successful trout anglers and good sportsmen. This program will teach kids all aspects of entry level fishing. Parent participation is encouraged.

Instructor: Captain Ron Baker, (619) 977-2829

Location: Lake Poway Boat Dock

3439.301	Tue 3:30pm-5:00pm	Jan 3-Jan 24	RES/NON
3439.302	Tue 3:30pm-5:00pm	Jan 31-Feb 21	\$40/\$50*
3439.303	Tue 3:30pm-5:00pm	Feb 28-Mar 20	\$40/\$50*

***\$40 materials fee due first day of class and includes rod, reel, line, hooks, bait and permits.**



Poway Swim Center



Information: www.poway.org/swim



Location: 13094 Civic Center Drive

Hours:

Winter (October 31, 2011 - April 2, 2012)

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

Pool Closed

November 11 **Swim Meet (3:00-7:00pm)**
November 24-25 **Thanksgiving Holiday**
December 19, 2011 - January 6, 2012 **Pool Maintenance**

Lap Swimming Hours

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

Information:

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

Costs:

Daily Admission

Adults (Ages 18+)	RES/NON
	\$2.50/\$5.00
Youth (Ages <17)	\$2.00/\$4.00
Seniors (Ages 60+)	\$2.00/\$4.00

Season and Yearly Passes

Season and yearly passes may 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.

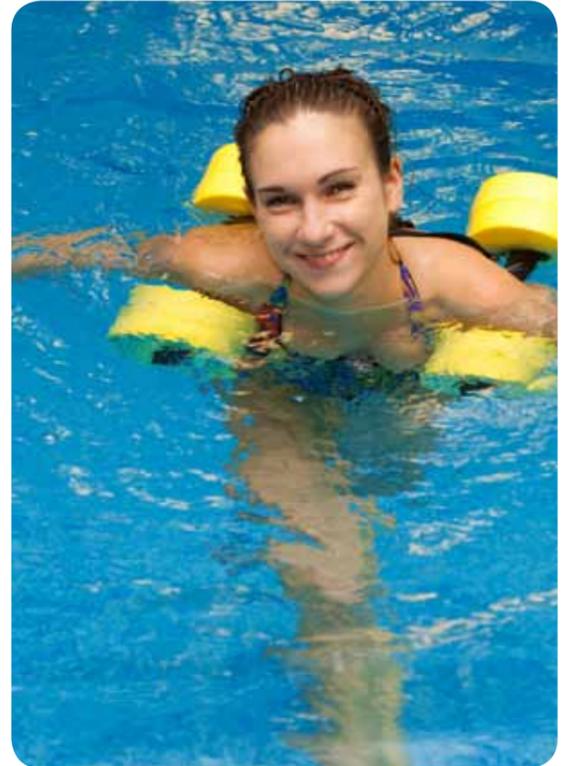
Season Pass Rates

Adults (Ages 18+)	RES/NON
	\$94/\$125
Youth (Ages <17)	\$73/\$105
Seniors (Ages 60+)	\$73/\$105
Family	\$157/\$256

Yearly Pass Rates

Adults (Ages 18+)	\$225/\$355
Youth (Ages <17)	\$183/\$261
Seniors (Ages 60+)	\$183/\$261
Family	\$392/\$643

Please Note: Swimmers may be required to show proof of residency in order to be eligible for resident's rate. Pass holders must stop and have their cards scanned prior to entering the facility.



Water Exercise | All Ages

Water exercise is a low-impact exercise for any age or ability. Classes are held in 4-foot water depth. Advanced swimming skills are not required. Classes are held Monday, Wednesday, and Friday, from 11:00 a.m. to 12:00 p.m. Daily admission fee is required.

RES/NON
Depending upon Instructor availability. Daily Admission Fee

Red Cross Lifeguard Training | Ages 15+

This lifeguard training course includes certification in CPR/AED for the Professional Rescuer, first aid training (includes infant, youth and adult CPR, use of the CPR mask, two-person CPR and how to use an AED), and the necessary skills to become a professional lifeguard. The following skills will be tested on the first day. Failure to complete will result in dismissal from course: swim 300 yards continuously using front crawl and breaststroke, enter the water feet-first, swim 20 yards and retrieve a 10-pound brick from 11.5 feet of water, return 20 yards and climb out of the pool in under one minute and forty-five seconds. **100% attendance is required.** Class fee does not include books from the Red Cross. Students must purchase the Lifeguarding book and a pocket resuscitation mask through the American Red Cross prior to the start of class.

RES/NON \$100/\$110 for all classes
0700.301 Mon-Thu 9:00am-5:00pm Feb 20-23

Poway Community Park



Information: www.poway.org/communitypark



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 Courts **Daily, Sunrise-10pm**

Please Note: Recreation Office hours are subject to change.

Information:

For more information about Poway Community Park, its facility and field rentals, family-friendly programs, amenities, and more; call (858) 668-4671 or visit www.poway.org/communitypark.

New! Stop by the recreation office to borrow a basketball, football, and other fun recreational equipment. Be sure to bring a valid photo ID.

FREE Art in the Park

Join us for a morning of arts and crafts fun at Community Park! Express your creativity with family and friends while making cool art projects. Each month has a different theme and is open to everyone!



Mondays
10:00am-12:00pm
 Nov 21, Jan 16, Feb 20, Apr 2

FREE Family-Fun Afternoons

Join us for an afternoon of recreation activities the whole family will enjoy: parachute games, hula hooping, arts and crafts, music, and more. We hope to see you there!

Sundays 1:00-3:00pm Nov 13, Jan 29, Mar 25, May 6



Unsupervised Skate Park Hours

Enrollment in the Poway Skate Park is now required. For more information, call the Community Park Recreation Office at (858) 668-4671 or visit: www.poway.org/skatepark. 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 aged twelve and younger.

Sat-Thu, 8:00am-8:00pm | Wed 8:00am-6:00pm | Fri 8:00am-4:00pm

Youth Supervised Skate Park Sessions

Ages <14

Join us for FREE, supervised youth skate sessions! Family members over the age of 14 are welcome to participate as long as they are accompanied with a registered participant.

Friday 6:00-8:00pm **FREE**

Supervised Bike Sessions

All Ages

Join us for FREE, supervised bike sessions at the Poway Skate Park. Helmets, plastic-covered bike pegs, and completed waiver forms required.

Wednesday 6:00-8:00pm

Friday 4:00-6:00pm
FREE



Old Poway Park



Information: www.poway.org/oldpowaypark



Location:
 14134 Midland Road

Information:
 (858) 668-4576

Folk Concerts in the Park

San Diego Folk Heritage and the City of Poway are pleased to present a lineup of folk concerts at Old Poway Park. Don't miss these amazing concerts where sounds of the fiddle and other acoustic instruments fill the air with music for the whole family. All concerts are held in Templars Hall at



Date	Performer	Musical Style
Saturday, Dec 3 at 5:30pm	Allen Singer, DOWN THE ROAD A Musical Celebration of a Life Well Lived	Bi-Coastal Blues
Saturday, Jan 7	Stephanie Bettman & Luke Halpin	Bluegrass
Saturday, Mar 10	Cosy Sheridan	Folk

7:00 pm. Admission is \$15 for San Diego Folk Heritage members and \$18 for non-members. On December 3, the Musical Celebration of a Life Well Lived in honor of Allen Singer will be offered for free starting at 5:30 pm. For information or to purchase advance tickets, please contact San Diego Folk Heritage at (858) 566-4040.

Historical Tours

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

Farmers Market Offers Winter-Season Goods

For a year-round adventure, the City of Poway Certified Farmer's Market is the perfect idea! Walk through the aisles and find fresh fruits, vegetables, flowers, and food. The Farmer's Market is every Saturday rain or shine, from 8:00 am to 11:30 am at Old Poway Park. All produce is certified and inspected by the agricultural commission and brought to you fresh from the grower. Don't let the cooler days keep you away! Come and enjoy a great "City in the Country" atmosphere. Information: (858) 668-4576.

Kumeyaay-Ipai Interpretive Center at Pauwai



Information: www.poway.org/kiic



Location:
 13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)

FREE Docent-led Tours:
 (858) 668-1292

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

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

Volunteers Wanted!

Interested in Native American Culture or helping students learn about this valuable archaeological site? Want to become a Friend of the Kumeyaay? A variety of opportunities are available and training is provided in a self-paced workshop style setting. Information: Visit the Center during regular hours to learn more or see the website: poway.org/kiic.

"Walk in the Path of the Ancients"

Visit the five-acre archaeological reserve and experience the sustainable lifestyle, history, and culture of the Kumeyaay. See replica items of Kumeyaay daily living and artifacts in "Poway's First People: Remembering the Past" exhibit. **FREE**



NOW Available - Poway School Tours

Students learn the history, experience the life of the Kumeyaay, "discover" artifacts and ancient milling sites, and participate in "spirit rock" painting. Cost: \$4 per student. Information and scheduling:

www.poway.org/kiic

Lake Poway



Information: www.poway.org/lakepoway



Park Hours:

June - October Daily, 7am to Sunset
November - May Daily, Sunrise to Sunset

Lake Fishing & Boating Hours:

November - May Wed-Sun, Sunrise to Sunset
June - September Wed-Sun, 7am to Sunset
October Wed-Fri, 7am to Sunset (Shoreline fishing only)
 Sat-Sun, 7am to Sunset

Information:

(858) 668-4770 | www.poway.org/lakepoway
 Park Ranger Office (858) 668-4772
 Park/Pavillion Reservations (858) 668-4595
 Lake Poway Grill & Tackle (858) 486-1234



Blue Sky Ecological Reserve



Information: www.poway.org/bluesky



Location:

Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:

Daily, Sunrise-Sunset

Information:

(858) 668-4781

Blue Sky is a 700-acre ecological reserve. Fully-trained docents offer hands-on experiences to identify and observe plants and animals, and resource preservation activities and programs. Bring your school or scout group for an outdoor nature program, discover skins, skulls, and mammal artifacts with the family, or enjoy a relaxing hike in this unique habitat. Extensive information about **Nature Walks, Discovery Tables, and School Tours** can be found at www.poway.org/bluesky.

Docent-led Nature Walks and Discovery Tables

For an up-to-date list of dates and times, pick up our latest Activities Schedule at Blue Sky, Community Services, or Lake Poway. Please wear comfortable shoes, a hat, and carry your own water. Binoculars are recommended. Scout and group tours are available by reservation. Walks are **FREE**. Discovery touch tables are set up in the Reserve on the third Sunday of each month from 8:30 am – 11:00 am.

School Tours and Outreach Program

The School Tour program and the in-classroom Outreach Program utilize oak habitat to introduce important scientific concepts for second through fifth grades. These concepts meet Science Content Standards and include: Plants and animals meet their needs in different ways; food chains; biodiversity; life cycles; photosynthesis and energy flow. Observation skills, resource protection, identification of our plants and animals, and the history of the Poway Oak are also emphasized. Tours are available on Wednesday and Friday mornings throughout the school year for up to 30 students per visit. Tours last approximately two hours and cost \$4 per student. The in-classroom Outreach Program is available on Monday and Wednesday mornings and lasts approximately one hour. The cost is \$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 and helpers/parents are free. Tours and Outreach programs can be reserved online at www.poway.org/bluesky.

Wanted! Blue Sky Docents and Field Volunteers

Do you love nature and being outdoors? Do you have an enthusiastic attitude towards people? Want to join an active group of wildlife enthusiasts at Blue Sky Ecological Reserve? We have something for everyone!

Docents assist year-round in a wide variety of capacities. Whether leading regularly-scheduled nature hikes; working with Scout or school groups; helping with special events; restoring habitat, or conducting patrols, docents contribute

significantly to the preservation and enjoyment of our natural areas. To become a docent, some prior knowledge of natural history is desirable but a willingness to learn is more important. Training, which begins on Saturday, March 3, 2012, is primarily hosted on Saturday mornings from 8:00 am to 12:00 pm, with an occasional Wednesday evening classroom session. There is no training on April 7, 2012.

Field Volunteers perform all of the duties of a docent with the exception of leading nature hikes. Field Volunteers can join our team at any time throughout the year. If interested in leading nature hikes, Field Volunteers can participate in the next available docent training.

If you are interested in becoming a Docent or Field Volunteer,

please call the Blue Sky office at (858) 668-4781 for more information.



Sycamore Canyon Goodan Ranch Preserve



Location:

16281 Sycamore Canyon Road
 Poway, California 92064

Information:

(858) 513-4737

For a complete schedule of activities at Goodan Ranch, visit: www.sdparcs.org

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@sdcounty.ca.gov.



Goodan Ranch Winter Programs

(rain or muddy conditions may cancel the activity)

Introduction to Geocaching

Saturday, November 12 | 9:00am – 11:00am

Scavenger Hunt

Saturday, November 26 | 9:30am – 11:30am

Wildlife Bingo

Saturday, January 14, 2012 | 9:30am – 11:30am

Star Party

Friday, January 20, 2012 | 6:30pm – 8:30pm

Bike Race with Racers and Chasers

January 28, 2012, 8am-5pm. Race registration and fees through Racers and Chasers, www.racersandchasers.com

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

Teen Programs (6th-12th grade)

Activities

Event	Date/Time
Teen Event	Tuesdays, 4:00pm
Teen Book Club	3rd Thursdays, 4:00pm

Teens & Adults

Knitting Club Every Saturday, 10:00-11:00am
 Teens and adults are welcome; bring yarn and needles

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

Event	Date/Time
Toddlers Storytime	Mondays & Tuesdays, 10:30am
Preschoolers Storytime	Wednesdays & Thursdays, 10:30am
Bilingual Storytime	Mondays, 4:00pm (English/Spanish)
Pajama Storytime	3rd Wednesdays, 6:30pm
Read to a Real Furry Friend	Saturdays, 10:00-11:30am and alternate Sundays 1:00-2:00pm
Tweensday: 3-5 graders	Wednesdays, 4:00pm
Activities for K-2 graders	Thursdays, 4:00pm



Poway Senior Center



Information: www.powayseniorcenter.org



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

Hours:
Senior Center Mon-Fri 8:30am-4:00pm
Gift Shop Mon-Fri 10:00am-2:00pm

Information:
(858) 748-6094
www.powayseniorcenter.org

Are you 50 or older?

VALUE-ADDED Membership at PSC has its Privileges!

Discounts at over 20 local businesses: Restaurants, Retail stores, Personal services, Automotive and Health.

Receive your FREE benefits when you join! Just \$25.00 a year for adults 50+ is a great value! Bring a friend to join, and receive a gift!

Dance, Dance, Dance

the last Friday of every month from 1-3:00 pm. Sandy de Vito Quartet plays your favorites. \$5.00 per person and refreshments are served.

- December 30 – no dance, Happy New Year!
- January 27
- February 24 Sweetheart Dance



The best fun in Poway on a Saturday night!

Open to adults, 18 and older. All proceeds help support the programs and services of PSC for the seniors in the Poway area. Come have fun and win!

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



Computer classes at PSC!

Beginner, Intermediate, and Specialty courses.

Call us for the latest schedule.



NEW CLASS! * Dance Lessons with Duffy!

A great form of exercise and fun, to boot! Join us the last Friday of each month at 12:00 pm.

- January 27
- February 24
- March 30

Soup & Salad Bar

Chef Paul Boston is serving Soup & Salad Bar every Monday. Call and request the rest of our healthy menu – calories and sodium content listed. Lunch is served 11:30 am to 12:30 pm, Monday through Friday. No reservation needed.

Suggested donation for seniors (60+) is \$4.00. Cost is \$6.00 for anyone under 60 years of age.



FREE TAX PREPARATION - OPEN TO THE PUBLIC!

Sign up now for the best secret in Poway. Have your taxes prepared by AARP Volunteers trained in the latest tax law. They were recognized by the IRS for having the highest rate of accuracy.

By appointment only, February 1 – April 15. Appointments fill quickly, please call 858-748-6094 and reserve yours now.

Start Your New Year Right!

Add exercise, healthy food, and education to your program this year:

- Start with a Fitness Evaluation on **Thursday, January 25, 10:00 am**
- Stay for a healthy lunch with **Salmon & veggies**
- Sign up for **Feeling Fit Exercise and Silver Age Yoga**.
- Discover how to manage chronic disease with our **six-week course**.



"Healthy You" Lecture Series

Join us for the second series of Healthy You lectures in partnership with Palomar Pomerado Hospital. Luanne Arangio-Law, RN, MEd, will kick off the season on the third Thursday each month with tips and tools to improve your health for the rest of your life:

- March 15 – "Medical Emergencies: What to Do Before Help Arrives."
- April 19 – "Leg Pain: What It Means."
- May 17 – "Cholesterol: Understanding the Numbers."

Open to the Public. **Please RSVP to 858-748-6094.**

Poway Center for the Performing Arts



Information: www.powaycenter.com



Location:

15498 Espola Rd, Poway, CA 92064

Hours:

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

Closed Sunday-Thursdays, and major holidays.

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

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

Closed Sunday, Monday, and major holidays.

A new exhibit opens monthly, with the exception of July and August, ensuring a wide-variety of styles, and media from local and regional artists.

Information:

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

The Poway Center for the Performing Arts hosts professional performances ranging from major plays and concerts to appearances by individual artists of national acclaim. The Poway Unified School District and community-based organizations also host a variety of quality events for all ages and interests.



Purchase Tickets the Easy Way!

Tickets can be purchased at any location with an internet-capable computer and printer. You can easily purchase and print your tickets at home. The internet ticket handling fee has been reduced to \$3 per ticket. Purchases made at our Box Office or over the phone are subject to a \$5 per ticket handling fee. View upcoming shows and purchase tickets online at our website: powaycenter.com.



POWAY CENTER *for the* PERFORMING ARTS

Get Involved!

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

Information: www.powaycenter.com or (858) 668-4795.



Poway Center for the Performing Arts Foundation Presents

2011/2012 PROFESSIONAL PERFORMANCE SEASON



BEAU SOLEIL avec MICHAEL DOUCET

SATURDAY | JANUARY 21 | 8 pm
Adults: \$42

sponsored in part by Mutual of Omaha Bank and Cornerstone Wealth Management

Arts in Education Initiative



underwritten by the San Diego Foundation's Betsy Dam Fund for Arts Education and the Theodore & Elizabeth Schmidt Foundation



Special Valentine's Day Concert!

An Intimate Evening with CRYSTAL GAYLE

TUESDAY | FEBRUARY 14 | 8 pm
Adults: \$55

sponsored in part by Café Merlot and Crystal Gardens Florist



GUITAR MASTERS: Andy McKee Antoine Dufour and Stephen Bennett

SATURDAY | FEBRUARY 25 | 8 pm
Adults: \$40

sponsored in part by Anonymous and AC David Law APC



ORCHESTRA NOVA: A Taste of Spain

FRIDAY | MARCH 23 | 8 pm
Adults: \$45

sponsored in part by Suzanne Kropf & Associates and The Roth Law Firm

Missoula Children's Theatre Presents

THE TORTOISE VERSUS THE HARE

SATURDAY | MARCH 10 | 3 & 7 pm
Adults: \$17

AUDITIONS: MONDAY | MARCH 5 | 4 pm

Youth Tix to all shows only \$10!
(with purchase of an adult ticket)

Buy tickets online at
www.powayarts.org
Join the eClub for special ticket offers!



SPONSORED IN PART BY





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

REGISTRATION

Registration begins **NOVEMBER 29** for Poway Residents & Nonresidents

There are 3 convenient ways to register for classes:

1. Mail-In

Mail-in registration may be paid by check or credit card (MasterCard or VISA). Checks should be made payable to the City of Poway. Cash will not be accepted. 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 Should you withdraw from a class, you will be charged a \$15.00 administrative fee, which will be deducted from the refund amount. Full refunds will be issued for all classes canceled or overbooked by the City of Poway and/or the Independent Contract Instructor. Refunds after the start of the second class require written verification of an emergency/extended illness. Refunds approved after the second class will be prorated and the \$15 administrative fee will be applied. Requests may be mailed or submitted in person to the Community Services Department, located at 13325 Civic Center Drive. If a refund is approved, a check or credit will be issued within three to four weeks from the date of approval. Credit card accounts will be credited.

SWIM LESSON REGISTRATION
 Please note the age and skill level requirements for each class. If you are unsure

which level to enroll in, skill assessments are available at the Swim Center by appointment. Students who are enrolled either above or below their ability level may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call Mike Varga at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

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

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

POWAY RESIDENTS are defined as those persons who live within the City limits of Poway. All programs are audited for compliance with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.

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

FINANCIAL ASSISTANCE – P.L.A.Y. (Poway Leisure Assistance for Youth) Did you know that developmentally disabled individuals and youth might be eligible to receive up to \$40 worth of City-sponsored recreation classes each season at no cost to you? To find out more, please visit our web site at www.poway.org/play. **A huge Thank You to our 2011 P.L.A.Y. scholarship sponsors!**



Registration Form

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

Parent/Guardian Name (please print) _____

Address _____ City/State/Zip _____

Home Phone _____ Mobile Phone _____ E-mail _____

First & Last Name of Participant	Birthday (if under 18)	Age	Sex	Class Title	Class Registration #		
					First Choice	Alt. Choices	Fee

Participant Waiver: The undersigned fully understands that my or 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 or 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 _____

FORM OF PAYMENT:

Cash | amount \$ _____ Check | # _____

Charge | MC/Visa # _____ Exp. _____

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

FOR STAFF ONLY: Entered by: _____ Date: _____