



A Quarterly Municipal Newsletter for the Residents of Poway, California | Community Services Special Edition

# SPRING 2011

Registration begins **MARCH 8**  
for Poway Residents & Nonresidents

## FREE Band Festival & Arts & Crafts Market

Concert bands from near and far will offer a **FREE** weekend of music at Old Poway Park. The 17th Annual California Band Festival & Arts & Crafts Market is hosted by the Pomerado Community Band, an Old Poway Park Action Committee member, and honors the Armed Forces and their families. Military bands finish each day's lineup. Arts and crafts market, refreshments, and train rides available for a nominal fee. Information: (858) 668-4576.



**Saturday, May 14, 10:30am-7:30pm**  
**Sunday, May 15, 10:30am-7:30pm**  
**FREE for All Ages**

## "Old Poway 1900" Flower Show

Old Poway Park Action Committee member, Poway Valley Garden Club, will host the 33rd Annual Standard Flower Show at Old Poway Park on April 16. This year's theme is Old Poway 1900. All ages are welcome to enjoy this **FREE**, fun-filled day of gardening ideas, plant sales, and more.



Participate and win a prize for your flowers or designs! The registration deadline for flower arrangements is April 1, and no registration is required for horticulture entries. Entries will be accepted at Old Poway Park on Thursday, April 14, from 5:00 to 7:30pm and Friday, April 15, from 7:30 to 9:30am. Information: (858) 672-2593.

**Saturday, April 16**  
**from 9:00am-3:00pm**  
**FREE for the whole Family!**

# Upcoming Summer Events

## Summer Concert in the Park Series

Some of the best local entertainment and summer fun returns to Poway with the Summer Concert in the Park Series! Bring your blanket or chair, picnic dinner or snack, and have a great time with family and friends. Starting June 26 with a finale on August 14, the concerts take place every Sunday from 5:30 to 7:00 pm, with the exception of the July 4 weekend. The entertainment schedule will be advertised in the Summer Poway Today and on our website: www.poway.org. Information: (858) 668-4771.

## Family-Fun Activities at Community Park

Join us for **FREE**, family-fun activities beginning this **SPRING** at Community Park!

- **Art in the Park: Mar 9, Apr 11, May 11**
- **Sunday Fun Day Afternoons: Mar 20, Apr 3**
- **Parents Night Out: Apr 9**
- **Contract Class and Summer Camp Fair: May 7**
- **Fun Flicks Movie in the Park Series: July 23, Aug 20, Sept 3**

For additional information, contact the Recreation Office at (858) 668-4671 or visit [www.poway.org/communitypark](http://www.poway.org/communitypark).



**ALL NEW!**

## Old-Fashioned Fourth of July

Bring your family and friends and celebrate our country's independence "turn-of-the-20th-century-style" in Old Poway Park. This **FREE** event features patriotic entertainment and displays, mock gunfights and train robbery reenactments, face painting, old-fashioned games, an authentic arts and crafts market, model railroad displays, and iron working demonstrations. Train rides, pictures with Uncle Sam, picnic lunch, sweet treats, and ice cream will all be available for a nominal charge. Information: (858) 668-4576.



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

**Fireworks Show**  
**Poway High School**  
**7:00pm-10:00pm**



**FREE FUN!**

## Teen Pool Party!

Bring your friends and hang out at the Poway Community Swim Center for an evening filled with open swim, music, food, fun, and more! No need to pre-register, this program is designed strictly as a drop-in activity supervised by City of Poway recreation staff. For more information: (858) 668-4671.

**Early Registration**  
**for Lake Poway Day Camp will**  
**begin on-line APRIL 19 at:**  
**www.poway.org!**



# Lake Poway Day Camp

Lake Poway Day Camp is the perfect place for children ages 6 to 12 to experience summer fun! Each week includes: swimming, hiking, boating, fishing, arts and crafts projects, creative group games, exploring the outdoors, and exciting field trips! Camps are offered in eight, one-week sessions. Camp hours are from 8:00 am to 4:00 pm. Extended care is available from 4:00 pm to 5:30 pm. For more information, contact the Community Park Recreation Office at (858) 668-4679 or visit [www.poway.org/lakepowaydaycamp](http://www.poway.org/lakepowaydaycamp).



**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



Arts & Crafts



Family Activity



Dance



Sports



Just for Fun



Skate Park

## City of Poway Contract Class & Camp Fair



For those who like to try it **BEFORE** they buy it!

**Saturday, May 7 10:00am-1:30pm FREE!**

The City of Poway partners with Independent Contract Instructors to provide opportunities to create memories, live a healthy lifestyle, learn something new, and spend time with family or friends through classes and camps!

Join us on Saturday, May 7 from 10:00am – 1:30pm at Poway Community Park, 13094 Civic Center Drive for the City of Poway Contract Class and Camp Fair. This FREE event will give you a chance to meet instructors, try out classes, watch class demonstrations, and register for summer classes and camps early. There will be refreshments and fun prize drawings throughout the day. We'll see you there!

## New this Spring!

### Poway's Going to the Dogs... on DOG DAY!



**Saturday, May 14 11:00am-3:00pm**

Dogs Rule! The Poway Kiwanis Club and Poway News Chieftain will host Dog Day at Poway Community Park, located at 13094 Civic Center Drive. On Saturday, May 14 from 11:00am to 3:00pm, there will be fun, FREE demonstrations, pet vendor booths, contests for participants and their pets, and more. Hot dogs and hamburgers will be available for purchase throughout the event. A small entry fee is required to show dogs. For more information (858) 774-5017.

## Children's Activities



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

### NEW! My First Art Class \* | Ages 20 months-2 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

			RES/NON
4011.422	Wed 10:00-10:45am	Mar 23-Apr 13	\$48/\$58
4011.423	Wed 10:00-10:45am	Apr 27-May 18	\$48/\$58



### NEW! Abrakadoodle Art Adventures \* | Ages 3-5

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

			RES/NON
4011.424	Wed 11:00-11:45am	Mar 23-Apr 13	\$48/\$58
4011.425	Wed 11:00-11:45am	Apr 27-May 18	\$48/\$58

### NEW! The Five Senses \* | Ages 3 1/2-5

Preschoolers will experiment with sight, sound, and touch to discover the world through their senses. Use telescopes, mirrors, microscopes, and other scientific instruments to learn about eyes and sight. Discover how sound travels and conduct experiments to find out how music is made. Discover how sensitive your fingertips are as we conduct experiments that thrill your senses! Topics include Keep In Touch, Listen Closely, Eye to Eye, and more!

**Instructor:** Mad Science of San Diego

**Location:** Community Park Youth Activity Room

			RES/NON
4011.430	Mon 10:00-10:45am	Mar 21-Apr 11	\$58/\$68*
4011.431	Thu 10:00-10:45am	Apr 28-May 19	\$58/\$68*

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

### NEW! The World Around Us \* | Ages 3 1/2-5

Dive into the science of the sea to learn about the fascinating creatures that live in the ocean. Experiment with magnetism, measurement, and motion as you make your own magnetic galaxy. Preschoolers will use magnifying glasses, telescopes, binoculars, and other scientific equipment to see the world in different ways. Topics include Sea, Sand & Surf, Magnetic Attraction, Energy & Motion, and more!



**Instructor:** Mad Science of San Diego

**Location:** Community Park Youth Activity Room

			RES/NON
4011.432	Thu 10:00-10:45am	Mar 24-Apr 14	\$58/\$68*
4011.433	Mon 10:00-10:45am	Apr 25-May 16	\$58/\$68*

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



### CAMP! In The Garden \* | Ages 3 1/2-5

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 like butterflies, ladybugs, and bees, and learn how these creatures can help a garden grow. Take home projects include a seed badge, sun visor, bean necklace, veggie placemat, and bug bracelet.

**Instructor:** Mad Science of San Diego

**Location:** Community Park Youth Activity Room

			RES/NON
4011.440	M-F 9:00am-12:00pm	Apr 18-22	\$105/\$115*

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



## Children's Activities



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

### 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 on the clothes.

**Instructor:** Tracy Salmeri, (858) 748-1716

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

**No Class:** May 28

			RES/NON
2312.400	Thu 10:45-11:15am	Mar 24-Jun 9	\$161/\$171*
2312.401	Sat 8:45-9:15am	Apr 2-Jun 11	\$140/\$150*

\* \$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, which is a great way for the parents to interact with their child. If needed, racquets are available from the instructor.

**Instructor:** Art Christophiades

**Location:** Community Park Tennis Courts

			RES/NON
3013.400	Sat 9:00-10:00am	Mar 26-Apr 23	\$40/\$50*
3013.401	Sat 9:00-10:00am	May 7-Jun 4	\$40/\$50*

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

## Dance | Youth & Teen



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

*Due to preparations for our annual dance recital June 15 and 16 at the Poway Center for the Performing Arts, no new dance students will be accepted during the spring session for the following classes: Dance for Children, Tap & Ballet, Dance Production, Ballet for Kids, Teen Lyrical Ballet, and Fun 'n Funky Jazz for Kids. Only continuing students may re-enroll. Students interested in attending these classes next season should watch for the summer Poway Today class schedule.*



**“The Snow White performance was amazing! I can't wait to see next year's production!”**

Don't miss the 22nd Annual Dance Recital! Ms. Debbora presents "Alice in Wonderland" and Dance Showcase 2011 on **June 15 and 16 at 6:30pm** at the Poway Center for the Performing Arts! Tickets are available at the door, prior to each show. For more information, contact Debbora Childress or Kellie Childress-Nichols at (760) 747-9777, or [debbora@cox.net](mailto:debbora@cox.net) or [kchildress04@yahoo.com](mailto:kchildress04@yahoo.com).



### Leaps & Turns - Dance Team Technique | Ages 12-18

Are you trying out for a Dance Team? Even if you're already part of the team, this is a great class for you! You will learn great technique and terminology, and all of the things that you need to know for audition success! Learn new leaps, and fun turns in an advanced, yet non-competitive, atmosphere. This class will help prepare you for the upcoming season! Parent watching days are the last class of each month. Dance clothes and black leather jazz shoes are required for class.

**Instructor:** Kellie Childress-Nichols

**Location:** Community Park Auditorium

**No Class:** Apr 5 and May 31

			RES/NON
5121.407	Tue 6:00-6:45pm	Mar 22-Jun 7	\$89/\$99

## Special Needs



### Bowling | Ages 13+

This bowling class provides unlimited fun for everyone! Awards and a party conclude our last meeting. 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:** Apr 8

			RES/NON
9397.400	Fri 1:30-3:30pm	Mar 25-Jun 10	\$40/\$50*

\* \$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:** Apr 6

			RES/NON
9397.401	Wed 4:00-6:00pm	Mar 23-Jun 8	\$45/\$55*

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

### NEW! Friday Night Dances \* | Ages 18+

Come enjoy an evening of dancing and socializing! Music, fun, friends, and snacks will make unforgettable memories that will last a lifetime! Each dance will have a creative theme.

**Instructor:** Lisa Ibanez, [many.possibilities@yahoo.com](mailto:many.possibilities@yahoo.com)

**Location:** Community Park Auditorium

			RES/NON
9397.410	St. Patrick's Day	Fri 7:30-9:30pm	Mar 25 \$10/\$20
9397.411	50's Sock Hop	Fri 7:30-9:30pm	Apr 22 \$10/\$20
9397.412	Cinco de Mayo	Fri 7:30-9:30pm	May 20 \$10/\$20
9397.413	Luau	Fri 7:30-9:30pm	Jun 10 \$10/\$20

### CAMP! Special Needs Spring Break Camp \* | Ages 13+

This camp is the perfect place for safe, Spring Break 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 at the Poway Swim Center, explore the outdoors at Lake Poway with hiking and boating, and take exciting field trips to the movies, fire station, and more!



Camp is a great place to make new friends, experience new opportunities, and create lifelong memories! The Special Needs Spring Break Camp is held at Community Park on Monday, Tuesday, Thursday, and Friday; and at Lake Poway on Wednesday, where we'll hold a family day Bar-B-Que.

**Instructor:** Sarah D'Agostino

**Location:** Community Park Auditorium

			RES/NON
9397.402	M-F 8:00am-4:00pm	Apr 4-8	\$140/\$150*

\* \$60 materials fee due on first day of class

**Creative Arts**



**CAMP! Art Start: Spring Break Art Camp Half-Day**  
**Ages 7-14**

Enjoy a week packed full of art in the most creative camp ever! Susan Bainbridge's Art Start Camp returns to Poway during Spring Break. You will load up your sketchbook (provided) with fabulous drawings, create a mask cast from your own face, tie dye a T-shirt, and explore a variety of media in a fun, relaxed atmosphere. Learn to draw and paint under the gentle guidance of a professional artist. Quality art materials and snack will be provided. Bring a washed, cotton T-shirt to the first class.

**Instructor:** Susan Bainbridge  
**Location:** Old Poway Park Great Room

**6182.401 M-F 9:00am-12:00pm Apr 4-8 RES/NON \$105/\$115\***  
\* \$40 materials fee due first day of class

**CAMP! Art Start: Spring Break Art Camp Full-Day**  
**Ages 8-14**

This camp is designed for the enthusiastic student with a passion for art. In addition to enjoying all the activities of the half-day camp, students in the full-day camp will have the opportunity for more one-on-one instruction. They can delve more intensely into projects such as painting on canvas, printmaking, silk painting, making duct tape wallets or creating mosaics. 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  
**Location:** Old Poway Park Great Room

**6182.402 M-F 9:00am-3:00pm Apr 4-8 RES/NON \$175/\$185\***  
\* \$60 materials fee due first day of class



**Expressive Writing Workshop | Ages 16+**

Express yourself! Come explore the world of words by joining this fun and inspiring workshop. Have you ever wondered how to begin your life story? Everyone has a story, so begin to write it down here. Trying to think of words to go with a tune you've been working on? And, what is poetry about anyway? Bring your favorite music, photographs, and art as prompts to awaken the muses. A variety of methods will be used to "approach the page." Create written images from memory, thoughts, and feelings. This is also an opportunity to improve your writing skills, but there are no grades - just fun! Sharing the writing developed in the workshop is encouraged, but not required. The only real requirement for this gathering is simply the willingness to create by scratching words down on paper!

**Instructor:** Cori Brown, The Writing Center in Poway  
**Location:** Community Park Senior Center Nutrition Room

**6182.440 Thu 6:00-8:00pm Apr 7-May 5 RES/NON \$45/\$55**  
**6182.441 Thu 6:00-8:00pm May 12-Jun 9 \$45/\$55**

**CAMP! MUSICSTAR® Rock Academy \* | Ages 9-16**

MUSICSTAR® ROCK ACADEMY is a high octane curriculum that offers students a rock band experience from the very get-go. This camp offers students a total rock band experience with instruction in Electric Guitar, Keyboards, Drums, Bass and Vocals. Students are coached on making music together as a band based on common song material for all instruments. The content of the class centers on specific chord progressions and song material, different rock styles and student creativity. **Instruments are provided for class use.**

**Instructor:** MUSICSTAR®  
**Location:** Old Poway Park Templars Hall

**6182.439 M-F 9:00am-12:00pm Apr 4-8 RES/NON \$120/\$130\***  
\* \$15 due first day of class for course book & CDs



**MUSICSTAR® Beginning Acoustic Guitar | Ages 7-13**

Music Classes aid in child development, improve academic achievement, and contribute to a healthier and longer life! Learn to play the guitar in this fun group class setting! You will explore music literacy, learn various guitar techniques, and play several songs by the end of this class. **Guitars 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  
**No Class:** April 14

**6182.430 Thu 3:30-4:20pm Mar 24-May 19 RES/NON \$88/\$98\***  
\* \$15 due first day of class for course book & DVD

**MUSICSTAR® Beginning Piano | Ages 7-13**

Did you know that Music Classes contribute to a healthier and longer life? Learn to play the piano keyboard in a fun group setting! By the end of this beginner course, students will have learned to read music, play songs with both hands, and will be ready for MUSICSTAR® Intermediate Piano. **Keyboards 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  
**No Class:** April 13

**6182.431 Wed 4:30-5:20pm Mar 23-May 18 RES/NON \$88/\$98\***  
\* \$15 due first day of class for course book & DVD



**MUSICSTAR® Beginning Drums | Ages 7-13**

Music Classes aid in child development, improve academic achievement, and contribute to a healthier and longer life! Learn to play the drums in this exciting group class! You will learn various drumming techniques, as well as learn music literacy. **Drums/practice pads 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  
**No Class:** April 14

**6182.432 Thu 5:30-6:20pm Mar 24-May 19 RES/NON \$88/\$98\***  
\* \$15 due first day of class for course book & DVD

**MUSICSTAR® Drum Workz: Hand Drumming for Adults | Ages 16+**

Music Classes contribute to a healthier and longer life! Hand drumming, especially, has proven to reduce stress, depression, and should be part of a healthy life style. MUSICSTAR® DrumWorkz is an opportunity for adults to explore hand drumming in a group setting. Focus is on djembe and/or Conga. **Drums/practice pads 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  
**No Class:** April 14

**6182.433 Thu 6:30-7:20pm Mar 24-May 19 RES/NON \$88/\$98\***  
\* \$15 due first day of class for course book & DVD



**Take your playing to the next level!**

**MUSICSTAR® Early Intermediate Acoustic Guitar \* | Ages 7-13**

Music Classes aid in child development, improve academic achievement, and contribute to a healthier and longer life! Learn to play the guitar in this fun group class setting! You will explore music literacy, learn various guitar techniques, and play several songs by the end of this class. **Guitars 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  
**No Class:** April 14

**6182.434 Thu 4:30-5:20pm Mar 24-May 19 RES/NON \$88/\$98\***  
\* \$15 due first day of class for course book & DVD

**MUSICSTAR® Early Intermediate Piano \* | Ages 7-13**

Did you know that Music Classes contribute to a healthier and longer life? Learn to play the piano keyboard in a fun group setting! By the end of this beginner course, students will have learned to read music, play songs with both hands, and will be ready for MUSICSTAR® Intermediate Piano. **Keyboards 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  
**No Class:** April 13

**6182.435 Wed 5:30-6:20pm Mar 23-May 18 RES/NON \$88/\$98\***  
\* \$15 due first day of class for course book & DVD

## Health & Wellness



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

### My Fitness Class | Ages 16+

Join us for a full week of fun and fitness or come whenever you can. Vary your routine to suit your schedule or fit your mood. Give yourself the gift of fitness whether it be one day a week or more.

DAY & TIME	LOCATION	CLASS
Mon 5:00-5:50 pm	Community Park Bill Bond I	Zumba 101 Basics
Tue 7:00-8:00pm	Community Park Auditorium	Pilates
Wed 6:15-7:15pm	Community Park Auditorium	Zumba
Thu 7:30-8:30pm	Community Park Bill Bond I	Muscle Challenge Focus
Fri 6:00-7:00pm	Community Park Auditorium	Mind-Body Relaxation

Participants have the opportunity to create their own schedule! Instead of registering for a particular class, participants will sign up to attend one class per week, two classes per week, or an unlimited amount of classes per week. Then, just show up! Energetic fitness instructor, Emma Sarmiento, has created a schedule with variety, flexibility, and opportunity to help you reach your fitness goal, whatever it may be! Only classes that are taught by Emma Sarmiento and listed in the above schedule are eligible.

**Instructor:** Emma Sarmiento

**No Class:** April 4-8

		RES/NON
5417.410	Session 1: Attend ANY 1 class/week	Mar 21-Apr 29 \$45/\$55
5417.411	Session 1: Attend ANY 2 classes/week	Mar 21-Apr 29 \$60/\$70
5417.412	Session 1: Attend UNLIMITED classes/week	Mar 21-Apr 29 \$75/\$85
5417.413	Session 2: Attend ANY 1 class/week	May 2-Jun 3 \$45/\$55
5417.414	Session 2: Attend ANY 2 classes/week	May 2-Jun 3 \$60/\$70
5417.415	Session 2: Attend UNLIMITED classes/week	May 2-Jun 3 \$75/\$85



### Hatha Yoga | Ages 18+

This popular class is for the beginner and continuing yoga student. Experience stress release with gentle movement and precise instruction in the poses. Proper breathing and warm up stretches assure safe body movements in the poses. Relaxation is emphasized. Bring your own yoga mat, a large towel, and wear comfortable clothes.

**Instructor:** Jon Brock

**Location:** Midland Elementary School Multipurpose Room

**No Class:** April 6

		RES/NON
5417.401	Wed 6:30-8:00pm Mar 23-Jun 8	\$75/\$85



### Kettlebell Interval Training \* | Ages 16+

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

**Instructor:** Jennifer Richards

**Location:** Poway Pilates, 14053 Midland Rd

		RES/NON
5417.440	Mon 6:30-7:30pm Mar 21-Apr 25	\$74/\$84
5417.441	Wed 6:30-7:30pm Mar 23-Apr 27	\$74/\$84
5417.442	Mon 6:30-7:30pm May 2-Jun 6	\$74/\$84
5417.443	Wed 6:30-7:30pm May 4-Jun 8	\$74/\$84

### Healing Qigong

**Ages 17+**

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 & fitness levels and can be practiced sitting or standing. Wear soft, comfortable clothing.

**Instructor:** Cheri Hotalen

**Location:** Midland Elementary School Multipurpose Room

**No Class:** Apr 5

		RES/NON
5417.431	Tue 6:30-8:00pm Mar 29-May 31	\$75/\$85*

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



### NEW! 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

		RES/NON
5417.444	Thu 12:30-1:30pm Mar 30-Apr 28	\$74/\$84
5417.445	Mon 12:30-1:30pm Mar 28-Apr 25	\$74/\$84
5417.446	Thu 12:30-1:30pm May 5-Jun 2	\$74/\$84
5417.447	Mon 12:30-1:30pm May 2-May 30	\$74/\$84



### Tai Chi Easy Beginning | Ages 17+

Ancient Wellness and Stress Mastery for Modern Times: Transform Your Day and Your Life! Tai Chi Easy is a carefully-developed method and approach to Tai Chi that makes it easy, beneficial, and fun from the very beginning. Learn and enjoy postural alignment, gentle movement, breath practice, self-applied massage, relaxation, and meditation practices. Wear soft, comfortable clothing.

**Instructor:** Cheri Hotalen

**Location:** Old Poway Park Templars Hall; April 4: Old Poway Park Gazebo

**No Class:** May 30

		RES/NON
5417.432	Mon 10:15-11:30am Mar 28-Jun 6	\$75/\$85*

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

### NEW! Tai Chi Easy Intermediate \* | Ages 17+

Ancient Wellness and Stress Mastery for Modern Times: Transform Your Day and Your Life! Tai Chi Easy is a carefully-developed method and approach to Tai Chi that makes it easy, beneficial, and fun from the very beginning. Learn and enjoy postural alignment, gentle movement, breath practice, self-applied massage, relaxation, and meditation practices. Wear soft, comfortable clothing.

**Instructor:** Cheri Hotalen

**Location:** Old Poway Park Templars Hall; April 4: Old Poway Park Gazebo

**No Class:** May 30

		RES/NON
5417.433	Mon 9:00-10:15am Mar 28-Jun 6	\$75/\$85*

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



### NEW! Strengthen & Stretch, Breathe & Balance! \* | Ages 17+

Revitalize yourself with a whole-body workout that is easy to learn and follow. Enjoy flowing movements, rhythmic breathing, and gentle stretches designed to warm your body, enliven your mind, and refresh your spirit. Experience the benefits of self-massage to energize and to soothe, to warm-up and to cool-down. Have fun as you move, stretch, and breathe! Wear soft, comfortable clothing.

**Instructor:** Cheri Hotalen

**Location:** Old Poway Park Templars Hall; April 7: Old Poway Park Gazebo

		RES/NON
5417.434	Thu 10:00-11:15am Mar 31-Jun 2	\$75/\$85

Sports | Youth/Teens



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

**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 Senior Center Bill Bond Hall I

**No Class:** May 30

			<b>RES/NON</b>
2091.409	MWF 6:00-7:00pm	Mar 21-Jun 3	<b>\$75/\$85</b>



**Teen Tae Kwon Do | Ages 13-17**

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 Senior Center Bill Bond Hall I

**No Class:** May 30

			<b>RES/NON</b>
2091.410	MWF 7:00-8:00pm	Mar 21-Jun 3	<b>\$75/\$85</b>



**Youth Basketball Training | Ages 8-14**

Love Basketball? Your 3rd - 8th grade child will love this educational and fun youth basketball clinic. Our coaching staff will guide the group through competitive drills, which reinforce the skills being taught. We finish each clinic with competitive team games. Teams are determined based on age and playing experience allowing each player to participate with players similar to their own experiences.

**Instructor:** Coach Brooks Barnhard.

**Location:** Twin Peaks Multipurpose Center, 14640 Tierra Bonita Road

			<b>RES/NON</b>
2091.411	Wed 6:00-7:30pm	Apr 13-May 18	<b>\$100/\$110</b>



**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, hitting approach, and hitting.

**Instructor:** David Claycomb

**Location:** Meadowbrook Gym, 12320 Meadowbrook Lane

			<b>RES/NON</b>
Ages 9-11			
2091.412	Mon 5:30-6:30pm	Mar 21-May 9	<b>\$40/\$50</b>
Ages 12-14			
2091.413	Mon 6:30-7:30pm	Mar 21-May 9	<b>\$40/\$50</b>

**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

			<b>RES/NON</b>
3013.402	T/Th 4:00-5:00pm	Mar 22-Apr 21	<b>\$65/\$75*</b>
3013.403	Sat 10:00-11:00am	Mar 26-Apr 23	<b>\$45/\$55*</b>
3013.404	T/Th 4:00-5:00pm	May 3-Jun 2	<b>\$65/\$75*</b>
3013.405	Sat 10:00-11:00am	May 7-Jun 4	<b>\$45/\$55*</b>

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

**Tennis - Advanced Beginner/Intermediate Ages 7-14**

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

**Instructor:** Art Christophiades

**Location:** Community Park Tennis Courts

			<b>RES/NON</b>
3013.406	T/Th 5:00-6:00pm	Mar 22-Apr 21	<b>\$65/\$75*</b>
3013.407	Sat 11:00am-12:00pm	Mar 26-Apr 23	<b>\$45/\$55*</b>
3013.408	T/Th 5:00-6:00pm	May 3-Jun 2	<b>\$65/\$75*</b>
3013.409	Sat 11:00am-12:00pm	May 7-Jun 4	<b>\$45/\$55*</b>

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

**Tennis - Advanced Juniors | Ages 8-17**

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

**Instructor:** Art Christophiades

**Location:** Community Park Tennis Courts

			<b>RES/NON</b>
3013.410	MW 4:00-5:30pm	Mar 21-Apr 20	<b>\$75/\$85*</b>
3013.411	MW 4:00-5:30pm	May 2-Jun 1	<b>\$75/\$85*</b>

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

Safety Training



Please Note:

**If registering for both the First Aid class and a CPR class, the time for the First Aid class changes to 7:00pm, with a one-time \$15 materials fee.**

**First Aid | Ages 11+**

This 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 caring for burns, bleeding, broken bones, poisoning, bites and stings, and sudden illness. Participants will receive an American Red Cross certification valid for three years.

**Instructor:** American Red Cross Instructor, Blythe Paley

**Location:** Community Park Senior Ctr. Activity Rooms I & II

			<b>RES/NON</b>
5418.400	Wed 6:00-9:00pm	May 25	<b>\$20/\$30*</b>

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

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

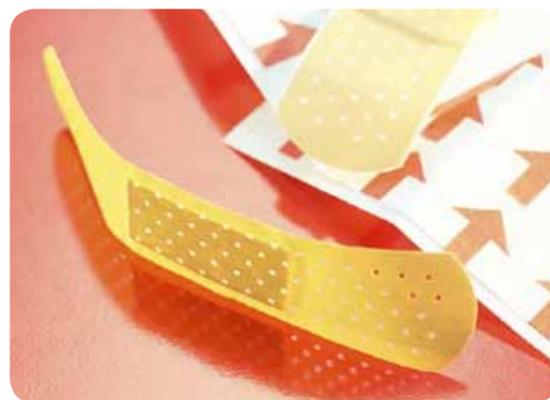
Become certified in American Red Cross CPR. Learn skills necessary to respond to breathing or cardiac emergencies. Learn emergency action steps, checking a conscious or unconscious victim, rescue breathing, choking, the signs and signals of a heart attack, and CPR. Participants receive an American Red Cross certification card valid for two years.

**Instructor:** American Red Cross Instructor, Blythe Paley

**Location:** Community Park Senior Ctr. Activity Rooms I & II

			<b>RES/NON</b>
5418.401	T/W 6:00-8:30pm	May 31-Jun 1	<b>\$30/\$40*</b>

\* \$15 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 Senior Center Bill Bond Hall II

			<b>RES/NON</b>
1247.406	Thu 6:30-7:30pm	Mar 24	<b>\$10/\$20</b>

**CPR for Adults**

**Ages 11+**

Become certified in American Red Cross CPR.

Learn skills necessary to respond to breathing or cardiac emergencies.

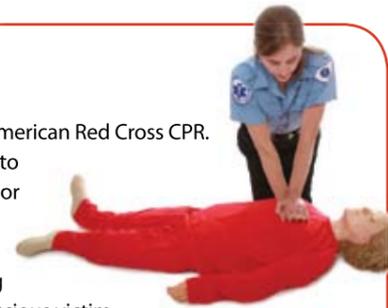
Learn emergency action steps, checking a conscious or unconscious victim, rescue breathing, choking, the signs and signals of a heart attack, and CPR. Participants receive an American Red Cross certification card valid for two years.

**Instructor:** American Red Cross Instructor, Blythe Paley

**Location:** Community Park Senior Ctr. Activity Rooms I & II

			<b>RES/NON</b>
5418.402	Tue 6:00-9:00pm	May 24	<b>\$20/\$30*</b>

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



**Sports | Adults**



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

**Open Play Sports | All Ages**

The City of Poway operates two recreation centers that offer a variety of activities for youth and adults. Basketball, volleyball, and badminton are just a few of the activities available for your recreation needs. During the months of April, May, and June 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

**Open Badminton**  
Friday  
6:00-9:00pm  
Saturday  
6:30-9:00pm

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

**Open Basketball**  
Tue/Thur  
6:00-9:00pm  
Sunday  
8:30am-11:00am

**Intermediate Coed Volleyball | Ages 18+**

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

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

			RES/NON
Intermediate Men's			
1247.400	Thu 6:30-9:30pm	Apr 7-June 2	\$60/\$70
Intermediate Women's			
1247.401	Thu 6:30-9:30pm	Apr 7-Jun 2	\$60/\$70



**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 Senior Center Bill Bond Hall I

**No Class:** May 30

1247.404	MWF 7:00-8:00pm	Mar 21-Jun 3	RES/NON \$75/\$85
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**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. Season ends with a tournament where the winning team will receive bragging rights on the perpetual plaque posted at the gym. All players must sign the roster before the team's first game.

**Instructor:** Recreation Staff

**Location:** Meadowbrook Gym, 12320 Meadowbrook Lane

			RES/NON
1247.405	Wed 6:30-9:30pm	Apr 13-Jun 29	\$68/Team



**Advanced Coed Volleyball | Ages 18+**

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

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

			RES/NON
Advanced Men's			
1247.402	Tue 6:30-9:30pm	Apr 5-May 31	\$60/\$70
Advanced Women's			
1247.403	Tue 6:30-9:30pm	Apr 5-May 31	\$60/\$70

**NEW! Women's Volleyball \* | Ages 18+**

All players are divided into divisional four-person teams on the first night, which precedes eight weeks of league play and a championship tournament night. Referees, roster/schedules, and prizes are included. Prerequisite: Command of basic skills and experience in league play.

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

**No Class:** May 30

1247.410	Mon 6:30-9:30pm	Apr 4-Jun 6	RES/NON \$60/\$70
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**Special Interest**



**Babysitter's Training | Ages 11-15**

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. Participants can also choose to receive a certification in Infant and Child CPR for an additional cost. Bring a lunch and a large doll or stuffed animal to class.



**Instructor:** American Red Cross Instructor, Blythe Paley

**Location:** Community Park Senior Ctr. Activity Rooms I & II

7617.400	Sat 9:00am-3:00pm	Apr 23	RES/NON \$45/\$55*
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\* \$26 materials fee due on first day of class

**Babysitter's Training CPR | Ages 11-15**

Participants who are registered in Babysitter's Training can also choose to receive a certification in Infant and Child CPR valid for two years.

**Instructor:** American Red Cross Instructor, Blythe Paley

**Location:** Community Park Senior Ctr. Activity Rooms I & II

7617.401	Mon 6:00-8:00pm	Apr 25	RES/NON \$20/\$30
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**Dog Obedience Training**

**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

9019.408	Sat 12:15-1:15pm	Mar 26-Apr 16	RES/NON \$75/\$85
9019.409	Sat 12:15-1:15pm	May 7-May 28	\$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

			RES/NON
9019.400	Tue 6:30-7:30pm	Mar 22-Apr 26	\$95/\$105*
9019.401	Sat 9:30-10:30am	Mar 26-Apr 30	\$95/\$105*
9019.402	Tue 6:30-7:30pm	May 3-Jun 7	\$95/\$105*
9019.403	Sat 9:30-10:30am	May 7-Jun 11	\$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

			RES/NON
9019.404	Sat 10:30-11:30am	Mar 26-Apr 30	\$95/\$105
9019.405	Sat 10:30-11:30am	May 7-Jun 11	\$95/\$105

**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

			RES/NON
9019.406	Wed 6:30-7:30pm	Mar 23-Apr 27	\$95/\$105
9019.407	Wed 6:30-7:30pm	May 4-Jun 8	\$95/\$105

## Outdoor Activities



### Hiking for Fun & Fitness | Ages 8+

Enjoy easy to moderate hikes on Poway's excellent trails. Learn about flora, fauna, local history, and how to find the trails. Each hike is about 3 miles and 1.5 hours long. Lug sole shoes (grip pattern) are recommended. Bring water and a hiking stick if you wish. An adult must accompany all participants under 18.

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

**Location:** First hike meets at the Lake Poway Grill & Tackle (concession). Contact instructor for hike schedule if you cannot attend first hike.

<b>3439.400</b>	<b>Wed 6:00-7:30pm</b>	<b>Apr 6-Jun 8</b>	<b>RES/NON</b>
			<b>\$5/person</b>
			<b>\$10/family</b>

### Outdoor Dutch Oven Cooking | Ages 18+

(Ages 11+ with Adult)

Are you tired of hamburgers and hotdogs for your campout meals? Learn to cook delicious, impressive meals that will make the food the talk of the trip. Discover how to make bread, stews, breakfast, and desserts using charcoal and wood fires. Find out which oven to choose and how to care for it. This is a beginner's course. **\$15 for each additional family member (max. 2).**

**Instructor:** Jeff Beers

**Location:** First class meets at Old Poway Park Gazebo

<b>3439.401</b>	<b>Sat 9:30-11:30am</b>	<b>Mar 26-Apr 23</b>	<b>RES/NON</b>
			<b>\$30/\$40*</b>
			<b>* \$15 materials fee per person due first day of class</b>

### Advanced Dutch Oven Cooking \* | Ages 18+

(11+ w/ Adult)

Continue your outdoor cooking education and learn how to take full advantage of your Dutch oven. Using advanced techniques, gourmet cooking at the campsite is at your fingertips. Make multiple course meals in one or multiple ovens. Impress your friends with your culinary skills!

**Participants must have their own Dutch oven. \$20 for each additional family member (maximum 2).**

**Instructor:** Jeff Beers

**Location:** First class meets at Old Poway Park Gazebo

<b>3439.402</b>	<b>Sat 9:30-11:30am</b>	<b>Apr 30-May 21</b>	<b>RES/NON</b>
			<b>\$40/\$50*</b>
			<b>* \$20 materials fee due first day of class</b>



### CAMP! Archery Basics Camp | Ages 7-15

An enjoyable fun-filled week of archery. Learn archery basics and shoot with surprising accuracy in the week long camp. Please do not bring bows or arrows. **Equipment provided for class use.**

**Instructor:** Jim Velazquez

**Location:** Lake Poway Archery Range

<b>2443.413</b>	<b>M 9:00-11:00am</b>	<b>Apr 4</b>	<b>RES/NON</b>
	<b>T-F 9:00-10:15am</b>	<b>Apr 5-8</b>	<b>\$75/\$85*</b>
			<b>* \$15 materials fee due first day of class</b>



### Youth Archery | Ages 9-17

Bullseye! Join this exciting archery class! Archers will learn how to shoot a recurve bow, range safety, and proper equipment handling. Participants will have a chance to shoot at balloons and play a variety of archery games. All classes use a whistle system and are taught by USA Archery Certified Coaches. **Equipment provided for class use.** NOTE: Parents/guardians of registered youth may also register and participate with their child. Registration fee is due for both.

**Instructor:** USA Archery Certified Coach, Dan Jazdzewski

**Location:** Lake Poway Archery Range

<b>2443.420</b>	<b>Sat 11:00am-12:00pm</b>	<b>Apr 2-May 21</b>	<b>RES/NON</b>
			<b>\$70/\$80</b>

### Adult Archery | Ages 17+

Join this exciting archery class! Learn how to shoot a recurve bow, score arrows, and proper equipment handling. Participants will have a chance to increase their skill level with USA Archery nationally-certified coaches. Each week is designed to teach a new skill while incorporating some type of "friendly competition"! **Equipment provided for class use.**

**Instructor:** USA Archery Certified Coach, Dan Jazdzewski

**Location:** Lake Poway Archery Range

<b>2443.421</b>	<b>Sat 12:00-1:00pm</b>	<b>Apr 2-May 21</b>	<b>RES/NON</b>
			<b>\$70/\$80</b>

## Poway Swim Center



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



### The Poway Community Swim Center

is located at 13094 Civic Center Drive, within the Poway Community Park. The Swim Center includes a 50-meter by 25-yard pool with an attached diving well and shallow children's area. During open pool hours, swimmers can enjoy the one- and three-meter diving boards, open swimming areas, and lap swimming lanes. A one-foot depth wading pool is available in the spring, summer, and fall for children under 7 years. Shower and dressing areas are available. Water temperature: 81 to 84 degrees. Information regarding pool hours and fees: (858) 668-4680. Swimmers may be required to show proof of residency in order to be eligible for resident rates.



**MAKE A SPLASH ON YOUR B-DAY!**

#### Birthday Party Package:

Why not host your next Birthday at the pool? Included in the party package is a reserved poolside picnic area for two hours, public pool use for a maximum of 25 persons, and a half-hour of games with a certified lifeguard. Birthday Party Packages are available on weekends only during open pool hours. Sign up for a birthday party at the pool during business hours. Information: (858) 668-4680.

### Costs:

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

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

### Season and Yearly Passes

Season and yearly passes 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 3 months from date of purchase.

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

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

Please Note: **Pass holders must stop and have their cards scanned prior to entering the facility.**

### Aquatic Safety

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

### Hours:

#### Winter (Through Apr 3, 2011)

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

#### Spring (Apr 4-June 12, 2011)

Monday/Wednesday/Friday	<b>10:30am-7:30pm</b>
Tuesday/Thursday	<b>8:00am-7:30pm</b>
Saturday/Sunday	<b>10:30am-5:00pm</b>
<b>Long Course (offered through May 26, 2011)</b>	<b>8:00am-1:30pm</b>
Tuesday/Thursday	

#### Pool Closed

Friday, June 10

**Youth Day**

#### Lap Swimming Hours

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



#### Family Swim - Begins April 9th!

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

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

# Swim Lessons



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

**\*\*Classes held from May 9 - June 3 will not have class on Monday, May 30 due to the Memorial Day Holiday. Class will be held on Friday, June 3 instead.**

**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](mailto: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 participants name and age, the activity number of the class you're interested in, and a phone number. The Swim Center will call if a space becomes available.  
\* New Classes may be created based on instructor availability and pool space.

## Spring Swim Lesson Assessment | All Ages

Thinking of enrolling you or a family member 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 level for participants. Call (858) 668-4680 for availability.

## Parent/Child | Ages 6-24 months

This class, equivalent to the American Red Cross "Preschool" level, 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.

SESSION 1	RES/NON
0020.400 MWF 9:30-10:00am Apr 11-Apr 22	\$39/\$49
0020.401 MW 3:50-4:30pm Apr 11-Apr 27	\$39/\$49
SESSION 2	RES/NON
0020.402 MWF 10:10-10:40am May 9-May 20	\$39/\$49
0020.403 TuTh 5:30-6:10pm May 10-May 26	\$39/\$49

## Pre-Grunion | Ages 2-3

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

SESSION 1	RES/NON
0030.400 MW 4:40-5:20pm Apr 11-Apr 27	\$39/\$49
0030.401 TuTh 4:40-5:20pm Apr 12-Apr 28	\$39/\$49
SESSION 2	RES/NON
0030.402 TuTh 5:30-6:10pm May 10-May 26	\$39/\$49

## Grunion 1 | Ages 3-5

An introduction to American Red Cross Level 1, this class is designed for children with limited or no swimming experience. Skills include submergence underwater, front and back floats, kicking on front and back, and beginning swim stroke.

SESSION 1	RES/NON
0121.400 MWF 9:30-10:10am Apr 11-Apr 22	\$39/\$49
0121.401 MW 3:00-3:40pm Apr 11-May 4	\$52/\$62
0121.402 MW 3:50-4:30pm Apr 11-May 4	\$52/\$62
0121.403 MW 4:40-5:20pm Apr 11-May 4	\$52/\$62
0121.404 MW 5:30-6:10pm Apr 11-May 4	\$52/\$62
0121.405 TuTh 3:00-3:40pm Apr 12-May 5	\$52/\$62
0121.406 TuTh 3:50-4:30pm Apr 12-May 5	\$52/\$62
0121.407 TuTh 4:40-5:20pm Apr 12-May 5	\$52/\$62
0121.408 TuTh 5:30-6:10pm Apr 12-May 5	\$52/\$62
SESSION 2	RES/NON
0121.409 MWF 9:30-10:10am May 9-May 20	\$39/\$49
0121.410 MW 3:00-3:40pm May 9-Jun 3**	\$52/\$62
0121.411 MW 3:50-4:30pm May 9-Jun 3**	\$52/\$62
0121.412 MW 4:40-5:20pm May 9-Jun 3**	\$52/\$62
0121.413 TuTh 3:00-3:40pm May 10-Jun 2	\$52/\$62
0121.414 TuTh 4:40-5:20pm May 10-Jun 2	\$52/\$62

## Grunion 2 | Ages 3-6

A continuation of American Red Cross Level 1, this is an introductory class for children who successfully completed the Grunion 1 class or are very comfortable in the water. This course reinforces those skills learned in Grunion 1 with a greater emphasis on self-proficiency.

SESSION 1	RES/NON
0122.400 MW 3:00-3:40pm Apr 11-May 4	\$52/\$62
0122.401 MW 3:50-4:30pm Apr 11-May 4	\$52/\$62
0122.402 MW 5:30-6:10pm Apr 11-May 4	\$52/\$62
0122.403 TuTh 3:00-3:40pm Apr 12-May 5	\$52/\$62
0122.404 TuTh 3:50-4:30pm Apr 12-May 5	\$52/\$62
0122.405 TuTh 5:30-6:10pm Apr 12-May 5	\$52/\$62

## Grunion 2 | Continued...

SESSION 2	RES/NON
0122.406 MW 3:00-3:40pm May 9-Jun 3**	\$52/\$62
0122.407 MW 3:50-4:30pm May 9-Jun 3**	\$52/\$62
0122.408 MW 5:30-6:10pm May 9-Jun 3**	\$52/\$62
0122.409 TuTh 3:00-3:40pm May 10-Jun 2	\$52/\$62
0122.410 TuTh 3:50-4:30pm May 10-Jun 2	\$52/\$62

## Grunion 3 | Ages 3-6

An introduction to American Red Cross Level 2, this class is designed for swimmers who are able to float, kick, and swim a few strokes of front crawl on their own. Emphasis is placed on reinforcing front crawl, creating self-proficiency of back crawl, and introducing elementary backstroke. Students should feel comfortable in at least 4 feet of water.

SESSION 1	RES/NON
0123.400 MW 3:00-3:40pm Apr 11-May 4	\$52/\$62
0123.401 TuTh 3:00-3:40pm Apr 12-May 5	\$52/\$62
0123.402 TuTh 4:40-5:20pm Apr 12-May 5	\$52/\$62
SESSION 2	RES/NON
0123.403 MW 3:00-3:40pm May 9-Jun 3**	\$52/\$62
0123.404 TuTh 3:00-3:40pm May 10-Jun 2	\$52/\$62
0123.405 TuTh 5:30-6:10pm May 10-Jun 2	\$52/\$62

## Starfish | Ages 6-10

Corresponding to American Red Cross Level 1, the Starfish course is designed for older swimmers with limited or no swimming experience. Students will learn the fundamentals of submersion, floatation, and locomotion (including both front and back crawl) in the pool. Orientation to 4 feet of water is also introduced.

SESSION 1	RES/NON
0221.400 MW 3:50-4:30pm Apr 11-May 4	\$52/\$62
0221.401 MW 4:40-5:20pm Apr 11-May 4	\$52/\$62
0221.402 TuTh 3:50-4:30pm Apr 12-May 5	\$52/\$62
0221.403 TuTh 5:30-6:10pm Apr 12-May 5	\$52/\$62
SESSION 2	RES/NON
0221.404 MW 3:50-4:30pm May 9-Jun 3**	\$52/\$62
0221.405 MW 4:40-5:20pm May 9-Jun 3**	\$52/\$62
0221.406 TuTh 3:50-4:30pm May 10-Jun 2	\$52/\$62
0221.407 TuTh 5:30-6:10pm May 10-Jun 2	\$52/\$62

## Seahorse | Ages 6-12

As an introduction to American Red Cross Level 2, 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.

SESSION 1	RES/NON
0222.400 MW 4:40-5:20pm Apr 11-May 4	\$52/\$62
0222.401 TuTh 3:50-4:30pm Apr 12-May 5	\$52/\$62
SESSION 2	RES/NON
0222.402 MW 3:50-4:30pm May 9-Jun 3**	\$52/\$62
0222.403 MW 5:30-6:10pm May 9-Jun 3**	\$52/\$62
0222.404 TuTh 4:40-5:20pm May 10-Jun 2	\$52/\$62

## Otter | Ages 6-16

A completion of those skills introduced in American Red Cross Level 2, this class is designed to improve technique, promote self-proficiency, and increase endurance of front crawl and back crawl. Orientation to water deeper than 5 feet, diving boards, and treading water is included. Completion of this class signifies the ability to pass the "Open Swim" test.

SESSION 1	RES/NON
0223.400 MW 5:30-6:10pm Apr 11-May 4	\$52/\$62
0223.401 TuTh 4:40-5:20pm Apr 12-May 5	\$52/\$62
SESSION 2	RES/NON
0223.402 MW 4:40-5:20pm May 9-Jun 3**	\$52/\$62
0223.403 MW 5:30-6:10pm May 9-Jun 3**	\$52/\$62
0223.404 TuTh 3:50-4:30pm May 10-Jun 2	\$52/\$62
0223.405 TuTh 4:40-5:20pm May 10-Jun 2	\$52/\$62

## Seal | Ages 6-16

Equivalent to Level 3 of the American Red Cross series, this course takes place in 11-12 feet of water. The ability to swim 15 yards of front crawl, back crawl, and elementary backstroke is a prerequisite of this class. Skills introduced are butterfly and breaststroke kick, front crawl, side breathing, and diving.

SESSION 1	RES/NON
0321.400 MW 5:30-6:10pm Apr 11-May 4	\$52/\$62
0321.401 TuTh 5:30-6:10pm Apr 12-May 5	\$52/\$62
SESSION 2	RES/NON
0321.402 MW 4:40-5:20pm May 9-Jun 3**	\$52/\$62
0321.403 MW 6:20-7:00pm May 9-Jun 3**	\$52/\$62
0321.404 TuTh 4:40-5:20pm May 10-Jun 2	\$52/\$62



## Sting Ray | Ages 6-16

This class, comparable to American Red Cross Level 4, further develops technique and endurance of front crawl, back crawl, and elementary backstroke in 11-12 feet of water. Breaststroke, sidestroke, front crawl, alternate breathing, and diving from the diving boards are introduced.

SESSION 1	RES/NON
0322.400 MW 6:20-7:00pm Apr 11-May 4	\$52/\$62
0322.401 TuTh 6:20-7:00pm Apr 12-May 5	\$52/\$62
SESSION 2	RES/NON
0322.402 MW 5:30-6:10pm May 9-Jun 3**	\$52/\$62
0322.403 TuTh 5:30-6:10pm May 10-Jun 2	\$52/\$62

## Dolphin | Ages 6-16

The Dolphin class, or American Red Cross Level 5, 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.

SESSION 1	RES/NON
0323.400 MW 6:20-7:00pm Apr 11-May 4	\$52/\$62
0323.401 TuTh 6:20-7:00pm Apr 12-May 5	\$52/\$62
SESSION 2	RES/NON
0323.402 MW 6:20-7:00pm May 9-Jun 3**	\$52/\$62
0323.403 TuTh 6:20-7:00pm May 10-Jun 2	\$52/\$62

## Swordfish | Ages 6-16

This class focuses on American Red Cross Level 6 core requirements. Swordfish students develop skill proficiency and continue to progress towards greater distance in all strokes.

SESSION 2	RES/NON
0324.400 MW 6:20-7:00pm May 9-Jun 3**	\$52/\$62
0324.401 TuTh 6:20-7:00pm May 10-Jun 2	\$52/\$62

## Adult | Ages 16+

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

SESSION 1	RES/NON
0521.400 MW 6:20-7:00pm Apr 11-May 4	\$52/\$62
0521.401 TuTh 6:20-7:00pm Apr 12-May 5	\$52/\$62
SESSION 2	RES/NON
0521.402 MW 6:20-7:00pm May 9-Jun 3**	\$52/\$62
0521.403 TuTh 6:20-7:00pm May 10-Jun 2	\$52/\$62

## Red Cross Lifeguard Training | Ages 15+

This lifeguard training course includes certification in CPR for the Professional Rescuer with AED, first aid training (includes infant, youth and adult CPR, use of the CPR mask and 2-person CPR), and the necessary skills to become a professional lifeguard. There is a water skills test on the first day of class—failure to complete this test will result in mandatory 100% attendance. Class fee does not include books. Students must purchase the Lifeguard Training book and a resuscitation mask through the American Red Cross prior to the start of class. Support fees are included in the course fee. **Prerequisite: Must be 15 years of age by the first day of class.**

RES/NON \$100/\$110 for all classes	
0700.301 TuTh 5:00-8:00pm	Mar 15-Apr 2
Sat 8:00am-5:00pm	
0700.401 MTWTh 9:00am-5:00pm	April 4-7
0700.402 TuTh 5:00-8:00pm	Apr 19-May 7
Sat 8:00am-5:00pm	

## Private Lessons | All Ages

These classes are available for any age or ability. Instruction is geared independently to the needs of each student. Participants must register for a minimum of four classes. Lessons are 30 minutes. Register for lessons in person at the Swim Center. Children under 3 years may be required to have adult assist in the water. Information and available times: (858) 668-4680.

**Begins March 8 depending upon instructor availability.**  
RES/NON \$26/\$36 per student per class meeting

## Water Exercise | All Ages

Water exercise is a low-impact exercise for any age or ability. Classes are held in 4-feet of water. Advanced swimming skills are not required. Classes held Monday, Wednesday, Friday; 11:00 a.m. to 12:00 p.m. Daily admission fee is required. **Class is dependent upon instructor availability.**

## Poway Community Park



**Location:** 13094 Civic Center Drive

### Park Hours:

#### Daily, Sunrise-Sunset

Recreation Office **Mon-Sat 8am-9pm | Sun Noon-9pm**  
 Tennis Courts **Daily, 7am-10pm**  
 Bocce Courts **Same hours as Rec Office**  
 Dog Park/Ball Fields/Basketball Courts **Daily, 8am-10pm**

### Information:

[www.poway.org/communitypark](http://www.poway.org/communitypark)  
 For more information about Poway Community Park, facility and field rentals, family activities, amenities, and more call (858) 668-4671.

### 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](http://www.poway.org/skatepark).

The Skate Park is subject to closures 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.

**Daily, 8:00am-8:00pm except Friday, 8:00am-6:00pm**

### Supervised Skate Park Program | Ages <14

Join us for an evening of FREE, family-friendly fun on Friday nights at our Supervised Youth Skate Park Program! 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**



### NEW Community Park Family-Fun Activities!

For a complete list of all the great stuff you can do with your family, check out our web site [www.poway.org/communitypark](http://www.poway.org/communitypark).

## Lake Poway



**Location:** 14644 Lake Poway Road

### Fishing & Boating Hours:

**November-May Wed-Sun, Sunrise to Sunset**  
**June-September Wed-Sun, 7:00am to Sunset**

### Park Hours:

**November-May Mon-Tue, 7:00am to Sunset**  
**November-May Wed-Sun, Sunrise to Sunset**  
**June-October Daily, 7:00am to Sunset**

### Information:

Park Ranger Office (858) 668-4772/ [LakeRanger@poway.org](mailto:LakeRanger@poway.org)  
 Area Reservations (858) 668-4580  
 Lake Poway Grill & Tackle (858) 486-1234

### Open Trout Derby

March 12 at Lake Poway!!

The Lake will be stocked with 3,000 pounds of rainbow trout and prizes will be awarded. For more information, visit our website at [www.poway.org/lakepoway](http://www.poway.org/lakepoway) or call (858) 668-4770.



### No State Fishing License Required!

Lake Poway is a great place for families to share the experience of catching fish. In an effort to provide reasonably-priced family fun, State fishing licenses are no longer required to fish at Lake Poway. Daily fishing permits are still required: \$6 for adults, \$3 for youths ages 8-15, \$3 for seniors (55+), \$4 for military (with I.D.) and children ages 7 and under fish free with a paid adult. Bring the whole family out for a day of boating and fishing fun at Lake Poway. For the most up-to-date fishing conditions and tips, sign up for our weekly fishing report at: [www.poway.org/lakepoway](http://www.poway.org/lakepoway).

### Family Campout - Adventure Series | All Ages

Are you a Lake Poway Family Campout Veteran? Itching for a pre-summer camping trip? Then the Lake Poway Family Campout - Adventure Series is for you! Come try casting your line under the full moon to land a trophy-sized trout or some record breaking bass. This campout includes: camping for four in the bowl area, one motor boat rental after sunset, four fishing permits, and campfire with hot coffee or hot chocolate. Night fishing: 7:30pm to 11:30pm. Rain or shine! No alcohol permitted. Up to four persons per family; **limited to a maximum of 40 families**. Information: (858) 668-4772 or [LakeRanger@poway.org](mailto:LakeRanger@poway.org).

**9039.103 Sat-Sun 5pm-9am Apr 16-17 COST \$40**

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

### Family Campouts

Bring the entire family for a magical night under the stars at Lake Poway. The campouts are perfect for the first-time camper with easy round-the-clock vehicle access and planned activities. Activities include: Blue Sky docent-led night hikes and nature program, campfire, and pedal boating. Families need to bring their own camping equipment and dinner supplies to barbecue. Grills will be available, but you are encouraged to bring your own. Charcoal provided along with Smore's around the campfire. Families may start setting up their campsites at 7 a.m. No alcohol is permitted. Up to 5 persons per family. \$10 for each additional family member. Information: (858) 668-4781.

			RES/NON
9039.100	Sat-Sun 5pm-9am	Jun 18-19	\$52/\$62
9039.101	Sat-Sun 5pm-9am	Jul 16-17	\$52/\$62
9039.102	Sat-Sun 5pm-9am	Aug 13-14	\$52/\$62



## Old Poway Park



**Location:** 14134 Midland Road

**Information:** (858) 668-4576

### Historical Tours

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



### Folk Concerts in the Park

San Diego Folk Heritage is pleased to present music for all ages. Phil Boroff will perform Blues Guitar in Templars Hall on Saturday, April 30 at 7:00 pm. Admission is \$15 for San Diego Folk Heritage members and \$18 for non-members. Information and advance ticket purchases: (858) 566-4040.

Date	Performer	Musical Style
Saturday, Apr 30	Phil Boroff	Blues Guitar

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

### Sam Hinton Folk Festival

Old Poway Park Action Committee member, San Diego Folk Heritage, will host the Annual Sam Hinton Folk Festival at Old Poway Park on Saturday, June 4, from 10:30 am to 5:00 pm. This FREE event includes musical performances, storytelling, music workshops, a family country dance, and an open-mike stage. A variety of music styles can be heard including Bluegrass, Olde Time, Irish music, and much more. Complete schedule of events & information: (858) 566-4040.

### The Farmers Market

Flowers! Fresh Food! Fun! It's spring, so leap outdoors and enjoy Poway's Certified Farmers Market every Saturday from 8:00 am to 11:30 am at Old Poway Park. Choose from garden-fresh fruits, citrus, tomatoes, vegetables, and more. All produce is certified and inspected by the agricultural commission and is brought to you directly from the grower. The spring market offers beautiful, newly-picked flower bouquets to brighten your home, homemade tamales, kettle corn, and salsas. If you are looking for some of the finest produce, unique foods, and a great "City in the country" atmosphere, the Farmers Market is it! Information: (858) 668-4576.

## Kumeyaay-Ipai Interpretive Center



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



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

**Information:**  
(858) 668-1292

A chill may still be in the air, but spring blooms are beginning to emerge at the Kumeyaay-Ipai Interpretive Center. Come join us for a Saturday morning hike and view the more than 50 native plants onsite, all of which are water efficient. Specially-trained docents can lead you on a hike or engage you in a lecture filled with information about the foods, medicines, and culture of Poway's first residents.

The City of Poway manages the park with support from the volunteers of the Friends of the Kumeyaay. Information and docent volunteer opportunities: (858) 668-1292

This ancient five-acre, archaeological reserve is located off Ipai Waaypuk Trail (formerly Silver Lake Road). Free docent-led tours of this two-thousand-year-old American Indian village are available Saturday mornings from 9:00 am to 11:30 am. Visitors may request that a tour emphasize botany, history, or culture.

Comfortable shoes are recommended and pets are not permitted at the site. School tours are available for third grade students on Wednesday, Thursday, and Friday mornings throughout the school year. **Fee: \$4 per student.** Reservation forms can be found on the City website at: [www.poway.org/kiic](http://www.poway.org/kiic)



## Blue Sky Ecological Reserve



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



photo: Brad Petersen

**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 in Poway on Espola Road, less than one mile north of Lake Poway Road. Trails are open to the public during daylight hours. The City of Poway, California Department of Fish and Game, and County of San Diego Department of Parks and Recreation manage the Reserve, with support from the nonprofit Friends of Blue Sky Canyon.

### Nature Walks

For up-to-date information on dates and times of docent-led nature walks please visit the City of Poway's website at: [www.poway.org/bluesky](http://www.poway.org/bluesky)



to download our latest Activities Schedule, or pick up a copy at Blue Sky's onsite kiosk, Community Services, Poway Library, 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.

### School Tours

The outdoor nature program at Blue Sky Ecological Reserve emphasizes observational skills, resource protection, and identification of our plants and animals. Tours are led by fully-trained docents. Tours are available on Wednesday and Friday mornings, for up to 30 students per visit. For reservations, call the Blue Sky office at (858) 668-4781. Please provide at least four weeks advance notice. Additional information is available at [www.poway.org/bluesky](http://www.poway.org/bluesky). **Fee: \$4 per student.**

### Join Our Invasive Removal Team

Do you have a couple of hours on the second Saturday morning of each month to join us in this worthwhile cause? Keeping Blue Sky beautiful and free of nonnative plants is achieved through the dedication and effort of volunteers. Spring is the season of prolific weed growth and help is needed the most between March and June. If you would like to join us, please email [aransom@poway.org](mailto:aransom@poway.org), or call (858) 668-4781

## Wanted! Blue Sky Docents & Field Volunteers

Do you love nature and being outdoors? Do you have an enthusiastic attitude towards people? Become a docent at Blue Sky Ecological Reserve!

**Docents** perform a variety of tasks including leading guided nature walks, restoring damaged habitat, minor trail maintenance, assisting at interpretive programs, foot patrols, and maintaining kiosk displays.

Some prior knowledge of natural history is desirable, but a willingness to learn is all that is required. Training begins on Wednesday, March 2, 2011. This fun, educational eight-week training course consists of Wednesday evening class sessions at Lake Poway from 7:00 pm to 9:00 pm, followed by Saturday morning field visits to the Reserve from 8:00 am to 11:00 am. There is no training Easter week.

**Field Volunteers** perform all of the above with the exception of leading nature walks. Field volunteers are not required to participate in docent training, and can start right away! 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



**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](http://www.sdparks.org)

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](mailto:Justin.Gibbons@sdcounty.ca.gov).

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

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



## Goodan Ranch Spring Activities

### Gardening with Native Plants

Saturday, March 5 | 10:00 – 11:00am

### Star Hike

Saturday, March 26 | 8:00 – 10:00pm  
(Cancelled if raining or cloudy)

### Snakes Encounter

Saturday, April 9 | 10:00 – 11:00am

### Ecology Walk

Saturday, April 30 | 9:00 – 11:00am

### Star Party

Friday, May 6 | 8:30 – 10:30pm  
(Cancelled if raining or cloudy)

### Birding Walk

Saturday, May 14 | 9:00 – 11:00am  
(Cancelled if raining or muddy)

City of Poway News & Events

www.poway.org

Business Leaders Come Together at Poway's **Business Summit 2011**



On January 26, 2011, 70 members of Poway's business community gathered for the Poway Business Summit at the Hampton Inn & Suites to brainstorm creative ideas that will help develop and support local businesses. The topics discussed were the result of an exciting collaboration between the City of Poway and local businesses to gather direct feedback from the business community.

Businesses in attendance included large and small companies alike. The roundtable format was designed to tackle issues that mattered most to the audience, while also providing time for networking between members of the business community.

Business leaders discussed ways to strengthen communication between the City, the Poway Chamber of Commerce and the business community. The small groups also discussed ways to create more business-to-business opportunities, marketing and outreach programs of benefit; and ways to identify workforce development and training opportunities.

The Poway City Council, also in attendance at the Summit, reaffirmed its commitment to its business outreach and retention program and support of local businesses. Staff will produce a complete summary of the feedback received during the Summit. The City and the Chamber will also host a series of upcoming focus groups with Poway businesses to determine the best plan of action for future economic development efforts. If you are interested in scheduling a business retention visit with the City of Poway, please contact Tony Winney at (858) 668-4552 or twinney@poway.org.



**Poway's First Baby!** Meet Niahni, the first baby of 2011

The City of Poway would like to welcome Niahni Kailani Kahlea Heath-Kaihewalu. She was born at 10:45 a.m. on January 2, 2011, at Pomerado Hospital, making her the first Poway baby born in the New Year. Niahni was welcomed by her mother Shaunna and father Kawika. She weighed 7 lbs, 12 oz, and was 19 1/2 inches at birth.

As part of the City's First Baby Program, a \$200 gift certificate was presented to her family.



**Poway Turns 30!**



30+ Year Employees Celebrate Anniversary of the City's Incorporation

December 1, 2010 marked the 30th anniversary since Poway's incorporation in 1980. The newly-formed City absorbed both the Poway Municipal Water District and the Pomerado County Water District making their employees instant City workers. Last year, as the City commemorated 30 years of cityhood, ten City employees celebrated 30 or more years of service to Poway residents.



(L to R) John Walters, Tom Howard, Kevin O'Reilly, Robert Willcox, David Vigliotti

Those who have worked for the City since incorporation or earlier include Assessment District Specialist Robert Willcox, Director of Safety Services Mark Sanchez, Fire Captains Tim Carle and Bob Stanberry, Fire Engineers Bill Cummins and Steve Harrison, Senior Planner Jim Lyon, Utilities Manager Tom Howard, Wastewater Utilities Crew Leader David Vigliotti, and Water Treatment Plant Supervisor Kevin O'Reilly.



With 37 years of service, Fire Captain **Bob Stanberry** has the distinction of being with the City the longest. He started with the Poway Municipal Water District in October 1973. Honorable mention goes to John Walters

who, while not an employee at the beginning, had previously worked for the Poway Municipal Water District and joined the City two months after incorporation.

**Mark Sanchez** has spent his 36-year career in the fire service with Poway. Mark quickly rose through the ranks and for more than 20 of those years he has been the Director of Safety Services.



He fondly remembers one of the highlights of his career as being selected to attend paramedic training to become part of the first paramedic team to serve Poway. Mark says, "We watch out for each other to stay safe, and remember that this is the best job in the world."

**Robert Willcox** began his career with Poway when he took a part-time job as a Park Ranger with the Poway Municipal Water District over 31 years ago. He never imagined that it would eventually lead to a career. Robert had grown up and gone to school here, so he felt it was natural to stay and grow with the City. Looking back, Robert says "I can't imagine doing anything else." What he has enjoyed the most about working here is the work itself. "The work has always been interesting, challenging, and you can make a difference. At the end of the day, it feels that you are a part of Poway," he adds.

Thanks to all of these employees for their many contributions and for choosing to spend their careers with Poway!

**Meet John French**  
Poway's New Director of Administrative Services



On November 29, 2010, the City of Poway welcomed John French as its new Director of Administrative Services. John has a bachelor's degree in Accounting, as well as a masters degree in Public Administration from California State University, Stanislaus. He comes to Poway from Atwater, CA where he once held the position of Administrative Services Director. John has also served other California cities as the City Manager for the City of Newman, and most recently as the Assistant City Manager for the City of Turlock.

As Director of Administrative Services, John oversees the divisions responsible for budget preparation, economic forecasting, administration of water and sewer billing, municipal insurance and risk management, and information technology. John views this assignment as a terrific fit for his expertise--and the timing for his family was perfect. Since starting his new job, John has observed that the staff at Poway have an optimistic attitude with a "positive expectation of good outcomes," which he finds refreshing.

John moved to the area in November and his

family plans to join him from the Central Valley when his son graduates from high school in

June. His family is familiar with the San Diego area and is very excited about the move. John enjoys

**Since starting his new job, John has observed that the staff at Poway have an optimistic attitude with a "positive expectation of good outcomes"**

outdoor activities that include sailing, kayaking, mountain biking and backpacking. He owns a sailboat that he hopes to soon put to good use. John has spoken with people across the country who would love to come to Poway, and he is happy to be here.

## Poway Library



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



photo: T. Piranteau

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

**Hours:**  
**Monday-Thursday:** 10:00am-8:00pm  
**Friday & Saturday:** 10:00am-5:00pm  
**Sunday:** 1:00pm-5:00pm

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



### Children's Program Schedule (Birth-5th Grade)

- Baby Storytime**  
Mondays at 1:30-1:50pm
- Toddler Storytime**  
Mondays & Tuesdays at 10:30-10:50am
- PreSchool Storytime**  
Wednesdays & Thursdays at 10:30-11:00am
- Bilingual Storytime**  
Fridays (twice monthly to be announced)
- Video Game Day**  
First Thursday of the Month at 4:00pm
- Drop-in Afternoon Film**  
Third Thursday of the month at 4:00pm
- Drop-in Afternoon Craft**  
Second Wednesday of the month at 4:00pm
- Tweensday Activity (3-5 grades)**  
Fourth Wednesday of the month at 4:00pm
- "Spring into Books" Book Club**  
Last Thursday of the month (except March)  
Join us for a book discussion and snack!  
Grades 1 & 2 at 3:00-3:30pm  
Grades 3, 4 & 5 at 4:00-5:00pm

## SPRING TEEN PROGRAMS

### March Events

- |   |   |
|---|---|
| <b>Teen Action Council</b><br>March 1 at 4:00pm | <b>Teen Activity</b><br>March 22 at 4:00pm          |
| <b>Teen Mystery Game</b><br>March 8 at 4:00pm   | <b>All Ages Knitting Club</b><br>March 29 at 4:00pm |
| <b>Teen Movie</b><br>March 15 at 4:00pm         |   |
| <b>Teen Book Club</b><br>March 17 at 4:00pm     |   |

### April Events

- |   |   |
|---|---|
| <b>Teen Movie</b><br>April 12 at 4:00pm     | <b>All Ages Knitting Club</b><br>April 26 at 4:00pm |
| <b>Teen Craft</b><br>April 19 at 4:00pm     |   |
| <b>Teen Book Club</b><br>April 21 at 4:00pm |   |

### May Events

- |   |   |
|---|---|
| <b>Teen Action Council</b><br>May 3 at 4:00pm | <b>Teen Activity</b><br>May 24 at 4:00pm          |
| <b>Teen Activity</b><br>May 10 at 4:00pm      | <b>All Ages Knitting Club</b><br>May 31 at 4:00pm |
| <b>Teen Activity</b><br>May 17 at 4:00pm      |   |
| <b>Teen Book Club</b>                         |   |

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

## Poway Senior Center



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

At **Poway Senior Center (PSC)**, we focus on improving physical, social, mental, and financial health with our active program of classes and services. Stay fit, stay engaged!

Poway Senior Center is a non-profit organization whose budget is supported by donations, memberships, and grants.

### Membership has its Privileges!

\$25.00 a year gives you great benefits at PSC. Exercise classes, ceramics, quilting, all free when you belong!

New Members!! Join now and we'll buy you lunch if you mention you saw it in the "Poway Today!" You missed Filet Mignon in December!



### La Bella Bistro – Serving up a Delicious Lunch!

Lunch is served from 11:30 a.m. to 12:30 p.m. Monday through Friday. Call and get a copy of the Newsletter, "The Senior Voice" and check out our menu. Suggested donation for seniors (60+) is \$4.00. Cost is \$6.00 for anyone under 60 years of age. Door-to-door transportation is available for a requested donation of only \$3.00 for those who dine with us. Call and find out if your zip code qualifies you for pick up.

If you know someone homebound who could use a meal and a visit, PSC delivers hot lunch to residents in the greater Poway Valley. Call us for details, 858-748-6094.

### News from the Bistro:

Paul Boston, our new Nutrition Manager, is serving a soup & salad bar after Feeling Fit exercise class every Monday. Join us as part of your New Year's resolutions. Calories and salt content are now listed in the menu.



### Activities at PSC...

- Wii sports every 3rd Wed, each month
  - Quilting, Needlecrafts, Ceramics
  - Feeling Fit Aerobics – Mon and Thur 10:00am
  - Defensive Driving (AARP) program
  - Join our new Book Club: 1st Fri of each month
- Healthy Cooking classes coming soon!*

## BINGO! \$60,000 a month in Cash Prizes!

Public is welcome, all adults 18 and older. Good luck on the progressive Bingo – pot valued up to \$1,199!



**Every Saturday, 5:45pm**  
**Every Tuesday, 12:15pm**

All proceeds support the programs and services for seniors in Poway Valley. Increase your fun – become a Volunteer and join our Bingo team.

### FREE TAX SERVICE IS BACK!

AARP Volunteers are back to do what they do best – Your taxes! Last year, the IRS commended our volunteers for their high accuracy rates.

Services are available to the public, not just seniors. Last year, over 600 people, young and old, saw our specialists. Donations help support this and other programs at PSC.

Call now and schedule your appointment before they are all booked. 858-748-6094.

### SPECIAL EVENTS

The last Friday of every month **DANCE, DANCE, DANCE**, to the best band in North County! Join the Sandy de Vito Quartet from 1:00-3:00pm on February 25, March 25, April 29, and May 27. \$5.00, refreshments served.



**American Red Cross Blood Drive** every month at PSC. Call for details. So convenient - here in Poway. Your gift saves many lives. Give blood today.

## Poway Center for the Performing Arts



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



### Location:

15498 Espola Rd, Poway, CA 92064

### Hours:

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

Closed Sunday-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](http://www.powaycenter.com)

**The Poway Center for the Performing Arts (PCPA)** hosts professional performances ranging from major plays and concerts to appearances by nationally-acclaimed artists. The PCPA also encourages performing arts in the area by providing first-class performance space for the Poway Unified School District students and community-based productions. Consider the Poway Center for the Performing Arts for your upcoming event. This state-of-the-art, 809-seat theatre was designed for professional performances and community-based productions. Owned and operated by the City of Poway, the PCPA staff will do everything possible to ensure your event runs smoothly and successfully.



POWAY CENTER *for the* PERFORMING ARTS

### 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. There are also three convenient locations where you can purchase tickets: the PCPA Lobby, Community Services Department at City Hall, and the Old Poway Park office. View upcoming shows and purchase tickets online at our website: [powaycenter.com](http://powaycenter.com).



### Get Involved!

Become a part of the theatre world without ever stepping on stage! Our team of volunteer ushers provides valuable show services, such as taking tickets and assisting patrons to their seats. Sign-ups occur throughout the year and volunteers earn free tickets to our productions. Information: [www.powaycenter.com](http://www.powaycenter.com) or (858) 668-4795.

## Poway Center for the Performing Arts Foundation Presents

### 2010/2011 PROFESSIONAL PERFORMANCE SEASON

CELEBRATING **TWENTY** YEARS!



Underwritten in part by Carol Stensrud

### The Royal Family of the Guitar **THE ROMEROS**

SATURDAY | APRIL 2 | 8 pm  
Adults: \$42

Buy tickets online at [www.powayarts.org](http://www.powayarts.org)  
Join the eClub for special ticket offers!

### ALFRED HITCHCOCK'S **THE 39 STEPS**

Tony® Award Winner for Best New Comedy

SATURDAY | APRIL 16 | 8 pm  
Adults: \$55



Underwritten in part by the McCarthy-Goldsmith Theatre Fund and the Todd & Mari Gutschow Family Foundation

Youth Tix to all shows only \$5!  
(with purchase of an adult ticket)



Underwritten by The Betsy Dam Fund for Arts Education and The Theodore & Elizabeth Schmidt Foundation

Missoula Children's Theatre

### The Wizard of Oz

Auditions Monday, March 7 at 4 pm **SHARP!**

Performances:

SATURDAY | MARCH 12 | 3 & 7 PM  
Adults: \$17; Youth \$5

Thanks to our generous Season Sponsors





# REGISTRATION

Registration begins **MARCH 8** 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](http://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) \_\_\_\_\_

Home Phone \_\_\_\_\_

Address \_\_\_\_\_

Work 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.

Signature \_\_\_\_\_ Date \_\_\_\_\_

FOR STAFF ONLY: Entered by: \_\_\_\_\_ Date: \_\_\_\_\_

City of Poway Resident Services



# Preventing Residential and Auto Burglaries



Although Poway continues to enjoy a low crime rate compared to other communities in San Diego County, the prevalence of residential and auto burglaries is a challenge for both the Sheriff's Department and the citizens of Poway. According to the Poway Sheriff Station's Crime Prevention Unit, many of these are crimes of opportunity where the criminal had easy access to the residence and to the property inside the vehicle.

There are crime prevention measures that can be implemented to reduce the risk of these two types of crimes from affecting the quality of life of Poway's residents. There are certainly advantages to living in a low crime community such as Poway, but this can also create a false sense of security. Simple and easy steps such as locking one's home and vehicle, closing the garage, and never leaving property in one's vehicle are often overlooked.

**Making your home safer can begin with the following crime prevention practices:**

- Always lock your doors and windows (including sliding glass doors & second story windows) when leaving your home. Be sure the locks are strong and reliable. Consider keeping doors and windows locked even when you are at home.
- Keep the garage door closed especially when you are away or overnight. Many residential burglaries occur because garage doors are left open either intentionally or accidentally. Be sure to lock the doors that lead into the garage from the side yard and from the garage into the home. Install and use an alarm system.

- Put timers on lights and a radio or a TV when you are away from your home.
- Don't let newspapers accumulate on your property
- Keep your lawn maintained. Landscaping should provide maximum visibility to and from your home.

**Vehicle burglaries continue to be a very common crime in Poway due in part to a false sense of security, lack of awareness, and carelessness.** It is the goal of the Poway Sheriff's Station for the community to take this crime seriously and to make every effort to reduce this very preventable crime. Minimize your chances of becoming a victim by following these tips:

- Close all the windows (even in hot weather) and lock the doors. Many vehicle thefts are from unlocked vehicles.
- Always remove your property (including satellite radios and GPS systems) from your vehicle, especially anything that is in plain view. Most vehicle burglaries occur because the thief sees something of value in the vehicle.
- If possible, park your vehicle inside the garage rather than in the driveway or on the street. Otherwise, park in open, well-lit areas and use reliable anti-theft devices.

Be aware of your surroundings and report suspicious activity to the Sheriff's Department Communications Center (858) 565-5200. For other Crime Prevention information, including Neighborhood Watch, please call (858) 513-2807.

# Spring Clean Up

EDCO Waste and Recycling Services is sponsoring two self-haul clean up events for Poway customers this year, providing the opportunity to plan both a spring and fall "clean up day". The spring event will start with EDCO mailing a coupon to residential customers at the end of March, which is good for FREE disposal of one load of household bulky items at either the Ramona Transfer Station or the Escondido Transfer Station. The transfer stations are open every day (Ramona transfer station is closed on Sundays) between 7:00 a.m. and 4:30 p.m., giving you the flexibility to use the coupon at your convenience between April and June.

**Items Accepted:**

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



Directions and more information are provided on the coupon. Please be sure to have your coupon with you and present a picture I.D. with the current address (or a copy of an EDCO trash bill that corresponds to the service address listed on the reverse side of the coupon) to qualify for FREE disposal and avoid a disposal fee.

**Items NOT ACCEPTED:** hazardous waste, tires, computer monitors, televisions, contractor waste, large trailer loads, and commercial truckloads of debris.

Residents and contractors performing a major renovation or property clean up may contact EDCO at (858)748-7769 to request temporary bin service.

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City of Poway Resident Services

www.poway.org



**Open Trout Derby at Lake Poway**

Saturday March 12, Sunrise to sunset | Lake Poway

**Old Poway 1900 Flower Show**

Saturday April 16, 9:00 am-3:00 pm | Old Poway Park

**Spring Egg Hunt**

Saturday April 23, 9:00 am | Community Park

**Contract Class & Camp Fair**

Saturday May 7, 10:00 am-1:30 pm | Community Park

**Poway Dog Day**

Saturday May 14, 11:00 am-3:00 pm | Community Park

**Band Festival, Arts & Crafts Market**

Saturday & Sunday, May 14-15, 10:30 am-7:30 pm | Old Poway Park

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



Egg hunt at Community Park

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