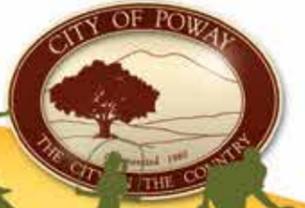


POWAY Community Services



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

SPRING 2013

Registration begins **MARCH 5** for Poway Residents & Nonresidents

NEW!! The Great Lake Poway Fish-Off



Spool up your line, grab your net, and join us on April 20 for the inaugural Great Lake Poway Fish-Off. This event promises to be filled with big fish and fun as anglers of all ages and fishing expertise try to land the big one! Gates open at 6:00 am with final weigh-in at 7:30 pm followed by an awards ceremony. This tournament will feature awards in four categories: Largest Trout, Bass, Catfish, and Mixed Bag. The Mixed Bag is the total weight of one fish per category, per angler, for a maximum of three fish. All anglers must purchase a derby ticket/daily fishing permit to fish during the derby hours: \$8 for youth, \$13 for seniors, \$14 for active-duty military, and \$16 for adults. Boats and derby tickets can be purchased in advance beginning April 3 at the Lake Poway Concession. Lake Poway will be stocked with 1,500 pounds of Tail-Walking Rainbow Trout on April 17 and will be closed to fishing and boating April 17 through April 19. Information: (858) 668-4772 or www.poway.org/lakepoway.

Saturday, April 20, 6:00AM

Poway Valley Garden Club Flower Show

The Poway Valley Garden Club will host the 35th Annual Standard Flower Show at Old Poway Park. This year's FREE flower show theme is the Fabulous Fifties. All ages are welcome to enjoy a fun-filled day of gardening ideas, plant sales, and more. You can participate and win a ribbon for your flowers or designs! No registration is required for horticulture entries. Entries will be accepted at Old Poway Park on April 11, from 5:00 pm to 7:30 pm and April 12, from 7:30 am to 9:30 am. Information: (858) 748-1025 or pvgc@outlook.com.



**Saturday, April 13
9:00am-3:00pm**

FREE Band Festival & Arts & Crafts Market

**Saturday & Sunday, May 18-19
11:00am-7:30pm**

Come listen to concert bands from near and afar during a FREE weekend of music at Old Poway Park. The 19th Annual California Band Festival and Arts and Crafts Market will honor the Armed Forces and their families. It is hosted by the Pomerado Community Band, the Poway Arts and Crafts Guild, and the City of Poway. The bands will perform Americana music and each day will end featuring a military band. Arts and crafts market, refreshments, and train rides are available for a nominal fee. Information: (858) 668-4576 or www.poway.org/oldpowaypark.



Train Song Festival at Old Poway Park

Embark on an adventure back in time to the age of steam at the Train Song Festival. Explore the Poway Midland Railroad train yard or board the 1907 Baldwin Steam Engine as it chugs through the Wild West avoiding showdowns with western gunslingers. Hear songs and stories of life on the rails, and learn to carry a tune on a banjo or other instruments in the frontier musician camp. Observe the marvels of miniature trains as they travel through villages, farms, and open countryside. Meet fictional Victorian Era characters as they showcase their latest inventions and gadgets. Experience the American Arts and Crafts movement at the Boardwalk Craft Market. Food and other items will be available for a small fee. Information: (858) 668-4576 or www.poway.org/oldpowaypark.

**Saturday, April 27
1:00pm-7:00pm
FREE Family Event!**

Upcoming Summer Events



Some of the best local entertainment and summer fun returns to Poway with the Sharp Memorial Hospital Summer Concert Series! Starting June 23 and running through August 11, the concerts take place every Sunday from 5:30 to 7:00 pm, with the exception of June 30. The entertainment schedule will be advertised in the Summer Poway Today and on our website: www.poway.org. Information: (858) 668-4770.

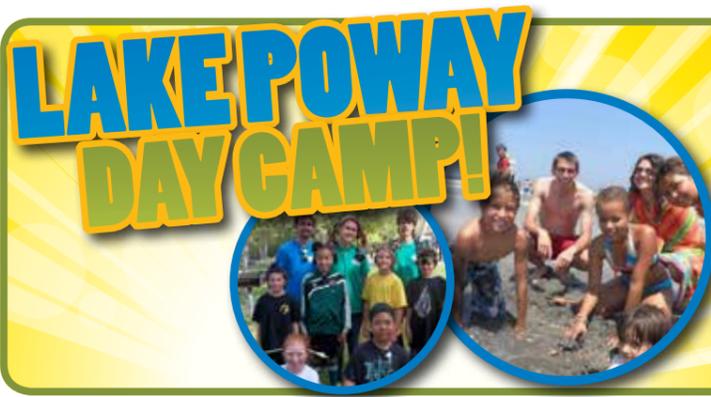
Outdoor Movie in the Park

Enjoy a family-friendly movie under the stars during the Outdoor Movie in the Park series at Poway Community Park. Movies will be shown on **June 29, July 20, and August 17 at 8:00 pm.** Information: (858) 668-4671 or www.poway.org/communitypark.

Old-Fashioned Fourth of July

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

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



Early Registration for Lake Poway Day Camp will begin April 16, 2013

Lake Poway Day Camp is the perfect place for summer fun for children ages 6 to 12! Each week, campers go swimming, hiking, boating, fishing, create arts and crafts projects, play creative group games, participate in exciting field trips, and explore the outdoors! Camps are offered in eight, one-week sessions, from June 17-August 16; no camp week of July 1. Camp hours are from 8:00 am to 4:00 pm. Extended care is available from 4:00 pm to 5:30 pm, free of charge. For more information, contact the Lake Poway Day Camp phone line at (858) 668-4776 or www.poway.org/daycamp.

But that's not all! See our entire lineup of camps at: www.poway.org/classes

Get Ready, Summer's comin'!

Summer will be here before you know it! This year's line-up of summer camps will be bigger and better than ever, ensuring that you have the best summer yet! Early Summer Camp Registration will begin on Tuesday, April 16, 2013. Need to be reminded?



Sign up for the new Community Services Department Email Newsletter for all the latest and greatest information about our exciting classes, programs, events ... and of course, Early Summer Camp Registration. Signing up is quick and easy, and only requires your name and email address. You can sign up at: www.poway.org/community.

Children's Activities

Register online: www.poway.org/classes



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

Is your preschooler prepared for kindergarten? This unique program teaches kindergarten readiness skills, inspires reading, promotes independence and self-expression, and provides practice for rules and routines. The program follows the early learning standards of the California Department of Education and continues to build skills throughout the year. A preschool evaluation is included for new participants. **All participants must be toilet trained.**

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

Location: Community Park, Youth Activity Room

			RES/NON
4011.400	MW 9:00am-12:00pm	Apr 1-Apr 24	\$128/\$138*
4011.401	MW 9:00am-12:00pm	Apr 29-May 22	\$128/\$138*
4011.402	MW 9:00am-12:00pm	May 27-Jun 19	\$128/\$138*
4011.403	TuTh 9:00am-12:00pm	Apr 2-Apr 25	\$128/\$138*
4011.404	TuTh 9:00am-12:00pm	Apr 30-May 23	\$128/\$138*
4011.405	TuTh 9:00am-12:00pm	May 28-Jun 20	\$128/\$138*

*\$20 materials fee due first day of class

MUSICSTAR® Kidz Explorers | Ages 6 months-5 years

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

Instructor: MUSICSTAR®

Location: Community Park, Auditorium

			RES/NON
4011.440	Thu 10:00-10:50am	Apr 4-May 9	\$66/\$77*
4011.441	Thu 10:00-10:50am	May 16-Jun 20	\$66/\$77*

*\$20 materials fee due first day of class

AbraKadoodle: Mini Doodlers | Ages 2-5

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
4011.420	Mon 3:30-4:15pm	Apr 1-Apr 22	\$52/\$62
4011.421	Mon 3:30-4:15pm	Apr 29-May 20	\$52/\$62
4011.422	Mon 3:30-4:15pm	Jun 3-Jun 17	\$39/\$49

Mom & Tot Gymnastics | Ages Walking-3 1/2 years

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

Instructor: Poway Gymnastics

Location: Poway Gymnastics, 12850 Brookprinter Place

No Class: May 23 & May 25

			RES/NON
2312.400	Thu 10:45-11:15am	Apr 4-Jun 20	\$161/\$171*
2312.401	Sat 8:45-9:15am	Apr 6-Jun 22	\$161/\$171*

*\$10 materials fee due first day of class



Free Night Out Activities

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

Kid's Night Out is a win-win for everyone! Parents, take the night off because Kid's Night Out is all about the kids. Offered every other month during the school year, kids in grades 1st - 5th will enjoy a themed night of recreation games, arts and crafts, special presenters, movies, and so much more. It's not your average Saturday night ... it's Kid's Night Out! Registration will begin on the first Monday of the month Kid's Night Out is held. **For more information or to register, call (858) 668-4671.**

Instructor: Community Park Staff

Location: Community Park, Auditorium

Sat 4:30-9:00pm	Apr 20 (Registration begins Apr 1)	FREE
Sat 4:30-9:00pm	Jun 22 (Registration begins Jun 3)	FREE

NEW! Teen Night Out | Grades 6th-9th

It's time to party!

Teens in grades 6th - 9th will have an absolute blast choosing which activities THEY want to participate in during Activity-A-

Palooza! Jam like a rock star, become a game show contestant, create a masterpiece, gobble down delicious treats, play recreation games, and so much more! Register early as spots are limited. **For more information or to register, call (858) 668-4671.**

Instructor: Community Park Staff

Location: Community Park, Auditorium

Sat 4:00-9:30pm	Mar 9 (Registration begins Feb 11)	FREE
Sat 4:00-9:30pm	May 11 (Registration begins Apr 15)	FREE



Dance | Youth & Teen

Register online: www.poway.org/classes

The Jungle Book

RAVE REVIEWS:

Everyone involved put on an amazing performance! We'll definitely be back to see next year's production!



Don't miss the 24th Annual Dance Recital!

Ms. Debhora presents "Pinocchio" and Dance Showcase 2013 on June 19 and 20 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 Debhora Childress at (760) 747-9777 or debbora@cox.net, or Kellie Childress-Nichols at kchildress04@yahoo.com.

Due to preparations for our annual dance recital no new dance students will be accepted during the spring session for the following classes:

Dance for Children, Tap and Ballet, Dance Production, Ballet for Kids, Lyrical for Teens, and Fun 'n Funky Jazz for Kids. Only continuing students may re-enroll. Parent watching days are the last class of each month. Students interested in attending these classes next season should watch for the summer Poway Today.

Beat Breakers & Hip Hop | Ages 4-12

Taught by one of the best children's hip hop teachers in San Diego County, this fun, high-energy hip hop and breakdancing class will have you movin' to the beats. Learn to let loose while developing confidence, coordination, musicality, and listening skills. This class is great for those who want to enhance their creativity. All music and moves are age appropriate. Participants who are registered for the full 12-week session may participate in the annual Dance Recital on June 22 and 23.

Instructor: Dance to EvOLvE, (858) 876-5327, danceto evolve.com

Location: Old Poway Park, Templars Hall

			RES/NON
Beat Breakers, Ages 4-7			
5131.400	Wed 3:45-4:45pm	Apr 3-May 8	\$89/\$99
5131.401	Wed 3:45-4:45pm	May 15-Jun 19	\$89/\$99
5131.402	Wed 3:45-4:45pm	Apr 3-Jun 19	\$168/\$178
Hip Hop, Ages 8-12			
5131.403	Wed 4:45-5:45pm	Apr 3-May 8	\$89/\$99
5131.404	Wed 4:45-5:45pm	May 15-Jun 19	\$89/\$99
5131.405	Wed 4:45-5:45pm	Apr 3-Jun 19	\$168/\$178



Creative Arts

Art Start | Ages 7-12

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

Instructor: Susan Bainbridge, www.artstart1.com
Location: Old Poway Park, Great Room



6182.400	Thu 4:00-5:15pm	Apr 18-May 23	RES/NON \$79/\$89*
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* \$20 materials fee due first day of class

NEW! Hand Building Ceramics - Beginning | Ages 8-18

Is it the feel of clay on your hands or the excitement of creating beautiful and useful objects? Pottery is fun, versatile, relaxing, and even therapeutic. You will experiment with slap building, coiling, pinching, decorating, and glazing -- and leave with your own creations to use and enjoy for years to come. Parents/guardians of registered youth may register and participate in this class with their child.

Instructor: Barbara Diederichs
Location: Old Poway Park, Great Room



6182.450	Tue 3:30-5:00pm	Apr 2-Jun 11	RES/NON \$125/\$135*
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* \$45 materials fee due first day of class

NEW! Musical Theatre | Ages 6-15

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

Instructor: Julie Clemmons
Location: Tue: Old Poway Park, Templars Hall
 Wed: Community Park, Auditorium



6182.460	Tue 3:00-5:00pm	Apr 2-Jun 18	RES/NON \$120/\$130*
6182.461	Wed 4:00-6:00pm	Apr 3-Jun 19	RES/NON \$120/\$130*

* \$15 materials fee due first day of class

Register online: www.poway.org/classes

MUSICSTAR® Music Classes - Beginning | Ages 7-15

Did you know that music classes contribute to a healthier and longer life? They can also aid in child development and improve academic achievement. Learn to play instruments in these fun group class settings! No music experience is necessary. Learn how to play basic chords and simple melodies in a fun group environment. **All instruments are provided for class use.** There will be a final Showcase Performance on the last day of class.

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

Beginning Acoustic Guitar			RES/NON
6182.431	Thu 3:30-4:20pm	Apr 4-May 9	\$66/\$77*
6182.432	Thu 3:30-4:20pm	May 16-Jun 20	\$66/\$77*
Beginning Keyboard			
6182.433	Thu 4:30-5:20pm	Apr 4-May 9	\$66/\$77*
6182.434	Thu 4:30-5:20pm	May 16-Jun 20	\$66/\$77*

* \$20 materials fee due first day of class

NEW! MUSICSTAR® Music Lab | Ages 7-15

Use this extension class to advance your music skills!

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

Keyboard			RES/NON
6182.435	Thu 5:30-6:20pm	May 16-Jun 20	\$66/\$77*
Acoustic Guitar			
6182.436	Thu 6:30-7:20pm	May 16-Jun 20	\$66/\$77*

* \$10 materials fee due first day of class

Special Interest



NEW! Get Organized | Ages 17+

Are you feeling frustrated trying to run out the door? Are you always looking for your keys? Do you wish there were extra hours in the day just so you can get things done? This workshop will teach you how to control your clutter, and improve time management skills necessary to change your unorganized, frustrating house into a beautiful organized home. Organizing doesn't have to be a grueling experience; let's make it fun!

Instructor: Laurie Dufresne
Location: Community Park, Activity Rooms I & II

7617.410	Mon 5:30-7:30pm	Apr 22	RES/NON \$25/\$35*
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* \$5 materials fee due first day of class

NEW! Spyworkz Science | Ages 7-15

Your mission, should you choose to accept it, is to discover the intriguing world of forensic science, image and aerial photography analysis, code breaking, fingerprint analysis and more! Secret agents will have the most fun sharpening their investigative skills and keen intellect.

Instructor: MUSICSTAR®
Location: Old Poway Park, Parlour

6182.440	Tue 3:00-3:50pm	Apr 2-May 7	RES/NON \$66/\$77*
6182.441	Tue 3:00-3:50pm	May 14-Jun 18	RES/NON \$66/\$77*

* \$20 materials fee due first day of class

NEW! MovieWorkz Stop Motion Animation | Ages 7-15

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

Instructor: MUSICSTAR®
Location: Old Poway Park, Parlour

6182.442	Tue 4:00-4:50pm	Apr 2-May 7	RES/NON \$66/\$77*
6182.443	Tue 4:00-4:50pm	May 14-Jun 18	RES/NON \$66/\$77*

* \$20 materials fee due first day of class

Register online: www.poway.org/classes

NEW! Character Development & Self Esteem | Ages 8-13

Open the lines of communication with your children before they enter their teenage years. These interactive workshops focus on leadership skills, personality awareness, self-esteem building, positive self-talk, and conflict strategy. Enrich your children's lives by helping them create a healthy understanding of themselves and the people around them, resulting in a positive impact on their future. Give your child the greatest gift of all -- the tools necessary for an amazing future. **Parent participation is required.**

Instructor: Laurie Dufresne
Location: Community Park, Activity Rooms I & II

Ages 8-10			RES/NON
7617.411	Thu 5:30-7:30pm	May 2-May 23	\$89/\$99*
Ages 11-13			
7617.412	Thu 5:30-7:30pm	May 30-Jun 20	\$89/\$99*

* \$5 materials fee due first day of class



Dog Training

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

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

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

9019.400	Tue 6:30-7:30pm	Apr 2-May 7	RES/NON \$95/\$105*
9019.401	Sat 9:30-10:30am	Apr 6-May 11	RES/NON \$95/\$105*
9019.402	Tue 6:30-7:30pm	May 14-Jun 18	RES/NON \$95/\$105*
9019.403	Sat 9:30-10:30am	May 18-Jun 22	RES/NON \$95/\$105*

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

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

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

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

9019.404	Sat 10:45-11:45am	Apr 6-May 11	RES/NON \$95/\$105
9019.405	Sat 10:45-11:45am	May 18-Jun 22	RES/NON \$95/\$105

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

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

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

9019.406	Wed 6:30-7:30pm	Apr 3-May 8	RES/NON \$95/\$105
9019.407	Wed 6:30-7:30pm	May 15-Jun 19	RES/NON \$95/\$105

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

Register online: www.poway.org/classes

Health & Wellness

NEW! Hula Hoop Fitness | Ages 16+

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

Instructor: Julie Clemmons

Location: Community Park, Bill Bond Hall I



			RES/NON
5417.436	Thu 5:30-6:15pm	Apr 4-May 9	\$36/\$46
5417.437	Thu 5:30-6:15pm	May 16-Jun 20	\$36/\$46
5417.438	Thu 5:30-6:15pm	Apr 4-Jun 20	\$60/\$70

Hatha Yoga | Ages 18+

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

Instructor: Jon Brock

Location: Midland Elementary School Multipurpose Room, 13910 Midland Rd

No Class: May 22

			RES/NON
5417.401	Wed 6:30-8:00pm	Apr 3-Jun 12	\$75/\$85



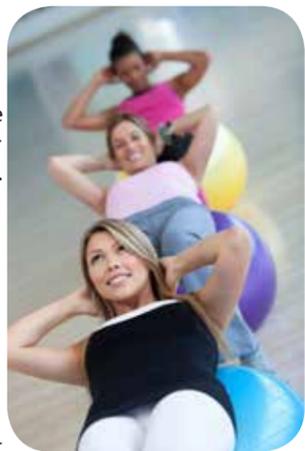
Pilates | Ages 16+

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

Instructor: Emma Sarmiento

Location: Community Park, Activity Rooms I & II

			RES/NON
5417.404	Tue 6:00-7:00pm	Apr 2-Jun 11	\$99/\$109



Yogazander | Ages 17+

Experience a unique approach to Yoga! Practice gentle breathing exercises and classical yoga poses combined with the profound body wisdom of the Alexander Technique. Yogazander will teach you how to softly release muscle tension allowing your body to flow into an easy, natural alignment. Discover more ease and freedom in each pose awakening new levels of body awareness. Enjoy less stress and more flexibility on the Yoga mat and in everyday life. Bring a yoga mat and small blanket or beach towel.

Instructor: Cheri Hotalen

Location: Old Poway Park, Templars Hall

			RES/NON
5417.436	Thu 10:00-11:15am	May 2-Jun 20	\$95/\$105



Join more than 10 million people of all shapes, sizes, and ages taking weekly Zumba® classes in over 90,000 locations across more than 110 countries. Ditch the workout! Join the party!

Zumba® | Ages 16+

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

Instructor: Emma Sarmiento

Location: Community Park, Auditorium

			RES/NON
5417.406	Wed 6:15-7:15pm	Apr 3-Jun 12	\$99/\$109

NEW! Zumba® Toning & Sentao | Ages 16+

When it comes to body sculpting, Zumba® has raised the bar. Zumba® Toning combines basic dance footwork and upper body-sculpting exercises with the use of toning sticks to create a calorie-torching, strength-training dance fitness party. Zumba® Sentao transforms a chair into a sizzling dance partner providing a workout that strengthens your core and reshapes the hips, glutes, and legs using your own body as resistance. Revolutionize your cardio workout with targeted resistance training and experience exotic world rhythms in red-hot, never-before-seen ways. Zumba® Toning & Sentao is the perfect way for enthusiasts to sculpt their bodies naturally while improving cardiovascular endurance and having a blast!

Instructor: Emma Sarmiento

Location: Old Poway Park, Templars Hall

No Class: Apr 22 & May 27

			RES/NON
5417.407	Mon 6:00-7:00pm	Apr 1-Jun 10	\$81/\$91

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

The ancient practice of Tai Chi Chuan is clinically proven to be one of the most effective exercises to improve health, fitness, and relaxation. The 24 Forms is the most widely practiced Tai Chi form. While there are many variations, the Yang Style is one of the most authentic. This is in an intermediate level class for students who wish to deepen their understanding of the Tai Chi principles and how to use them to further develop their practice. Wear soft, comfortable clothing and flat-soled shoes or socks. Please bring water.

Instructor: Cheri Hotalen

Location: Midland Elementary School Multipurpose Room, 13910 Midland Rd. *PLEASE NOTE: May 20 & June 17 held at Old Poway Park, Gazebo*

No Class: May 27

			RES/NON
5417.425	Mon 6:00-7:30pm	May 6-Jun 17	\$85/\$95

NEW! Aqua Zumba® | Ages 16+

Are you ready for a Zumba® "pool party"?! The Aqua Zumba® program gives new meaning to the idea of an invigorating workout. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together! This safe, challenging, water-based workout will be cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Only your mid-chest is submerged in the water, so there is no requirement to know how to swim. Water shoes are encouraged so they can provide support and traction. Join the party in the water (pool is heated to at least 82 degrees)!

Instructor: Meg Snipes

Location: Community Swim Center

			RES/NON
5417.450	Tue 6:00-6:50pm	Apr 2-May 7	\$48/\$58
5417.451	Tue 6:00-6:50pm	May 14-Jun 18	\$48/\$58
5417.452	Tue 6:00-6:50pm	Apr 2-Jun 18	\$85/\$95



Get more fitness for less!!
With these combination classes:

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

			RES/NON
5417.408	Mon 6:00-7:00pm	Apr 1-Jun 12	\$140/\$150
	Wed 6:15-7:15pm		

Pilates + Zumba® | Ages 16+

			RES/NON
5417.409	Tue 6:00-7:00pm	Apr 2-Jun 12	\$154/\$164
	Wed 6:15-7:15pm		

*See individual class descriptions for locations & no class dates

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 Concession.

Contact instructor for hike schedule if you cannot attend the first hike.



			RES/NON
3439.400	Wed 6:00-7:30pm	Apr 3-Jun 12	\$5/person \$10/family

Sports | Open Play



Open Play Sports | All Ages

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

During the months of April, May, and June the free open gym times are shown at right. Hours are subject to change without notice. Please visit our website for the most up-to-date hours: www.poway.org/community.

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

Meadowbrook Gymnasium
12320 Meadowbrook Lane
(858) 668-4598

Friday
Open Badminton
6:00-9:00pm

Saturday
Open Pickleball
3:00-6:00pm

Open Badminton
6:00-9:00pm

Sunday
Open Volleyball
6:00-9:00pm

Tuesday
Open Basketball
6:00-9:00pm

Thursday
Open Basketball
6:00-9:00pm

Sunday
Open Basketball
8:30am-1:30pm

Sports | Youth/Teens



Girls Running Strong | Ages 9-13

Girls Running Strong is an 8-week running/fitness and self-esteem program for girls ages 9-13. The culmination will be the completion of the Patriot's Run 5k on Saturday, May 25, at Lake Murray. Entrance fee included. Girls will learn the basics of running, how to set and achieve goals, proper nutrition, team building, leadership skills, the importance of a great attitude, healthy lifestyle, and positive self-body image. All girls will receive a GRS t-shirt, cinch sack, notebook, and recognition celebration with awards.

Instructor: Joanne Olson, www.girlsrunningstrong.com
Location: Silverset Park
No Class: May 27

			RES/NON
2091.420	MW 5:00-6:15pm	Apr 1-May 29	\$129/\$139*
2091.421	TTh 4:00-5:15pm	Apr 2-May 28	\$129/\$139*

* \$45 materials fee due first day of class

Youth Volleyball | Ages 9-14

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

Instructor: David Claycomb
Location: Meadowbrook Gym
No Class: May 27

			RES/NON
Ages 9-12			
2091.412	Mon 5:30-6:30pm	Apr 8-Jun 3	\$50/\$60
Ages 12-14			
2091.413	Mon 6:30-7:30pm	Apr 8-Jun 3	\$50/\$60

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



Instructor: Master Wolpert
Location: Community Park, Bill Bond Hall I
No Class: May 27

			RES/NON
2091.409	MWF 6:00-7:00pm	Apr 1-Jun 14	\$95/\$105

Teen Tae Kwon Do | Ages 14-17

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

Instructor: Master Wolpert
Location: Community Park, Bill Bond Hall I
No Class: May 27

			RES/NON
2091.410	MWF 7:00-8:00pm	Apr 1-Jun 14	\$95/\$105

Tennis - Intermediate | Ages 8-15

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

Instructor: Art Christophiades
Location: Community Park, Tennis Courts

			RES/NON
3013.406	T/Th 5:00-6:30pm	Apr 2-May 2	\$75/\$85*
3013.407	Sat 11:00am-12:00pm	Apr 6-May 4	\$42/\$52*
3013.408	T/Th 5:00-6:30pm	May 14-Jun 13	\$75/\$85*
3013.409	Sat 11:00am-12:00pm	May 18-Jun 15	\$42/\$52*

* \$5 materials fee due first day of class

Register online: www.poway.org/classes

Youth Tennis

Tennis - Beginner | Ages 4 1/2-14

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

Instructor: Art Christophiades
Location: Community Park, Tennis Courts

			RES/NON
Ages 4 1/2-7			
3013.400	Sat 9:00-10:00am	Apr 6-May 4	\$42/\$52*
3013.401	Sat 9:00-10:00am	May 18-Jun 15	\$42/\$52*
Ages 8-14			
3013.402	T/Th 4:00-5:00pm	Apr 2-May 2	\$65/\$75*
3013.403	Sat 10:00-11:00am	Apr 6-May 4	\$42/\$52*
3013.404	T/Th 4:00-5:00pm	May 14-Jun 13	\$65/\$75*
3013.405	Sat 10:00-11:00am	May 18-Jun 15	\$42/\$52*

* \$5 materials fee due first day of class



Tennis - Advanced Juniors | Ages 8-15

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

Instructor: Art Christophiades
Location: Community Park, Tennis Courts
No Class: May 27

			RES/NON
3013.410	M/W 4:00-5:30pm	Apr 1-May 1	\$75/\$85*
3013.411	M/W 4:00-5:30pm	May 13-Jun 12	\$70/\$80*

* \$5 materials fee due first day of class

Sports | Adults

Tennis - Beginner/Intermediate Adult | Ages 16+

Whether you're an old pro or this is your first tennis class, enjoy some fun and fitness with friends on the tennis court! Participants will review basic strokes using proper technique, and learn ball control, placement and consistency while playing games.

Instructor: Art Christophiades
Location: Community Park, Tennis Courts
No Class: May 6 & 8



			RES/NON
3013.412	Mon 5:45-6:45pm	Apr 8-May 20	\$50/\$60
3013.413	Wed 5:45-6:45pm	Apr 10-May 22	\$50/\$60
3013.414	MW 5:45-6:45pm	Apr 8-May 22	\$75/\$85

3-on-3 Basketball League | Ages 18+

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

Instructor: Recreation Staff
Location: Meadowbrook Gym; PLEASE NOTE: May 15 & 22 held at Twin Peaks Multipurpose Center



			RES/NON
1247.405	Wed 6:30-9:30pm	Apr 24-Jul 17	\$68/Team

Adult Tae Kwon Do | Ages 18+

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

Instructor: Master Wolpert
Location: Community Park, Bill Bond Hall I
No Class: May 27

			RES/NON
1247.404	MWF 7:00-8:00pm	Apr 1-Jun 14	\$95/\$105



Women's Volleyball | Ages 16+

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

Instructor: Dick Leatherman
Location: Twin Peaks Multipurpose Center
No Class: May 27

			RES/NON
1247.410	Mon 6:30-9:30pm	Apr 15-Jun 17	\$60/\$70

Register online: www.poway.org/classes

Intermediate Coed Volleyball | Ages 16+

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

Instructor: Dick Leatherman
Location: Twin Peaks Multipurpose Center

			RES/NON
Intermediate Men's			
1247.400	Thu 6:30-9:30pm	Apr 11-Jun 6	\$60/\$70
Intermediate Women's			
1247.401	Thu 6:30-9:30pm	Apr 11-Jun 6	\$60/\$70

Advanced Coed Volleyball | Ages 16+

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

Instructor: Dick Leatherman
Location: Twin Peaks Multipurpose Center

			RES/NON
Advanced Men's			
1247.402	Tue 6:30-9:30pm	Apr 9-Jun 4	\$60/\$70
Advanced Women's			
1247.403	Tue 6:30-9:30pm	Apr 9-Jun 4	\$60/\$70

Safety Training

Please Note:

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

First Aid | Ages 11+

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

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

5418.400	Wed 6:00-9:00pm	Apr 10	RES/NON \$20/\$30*
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Certification: *\$25 materials fee due on the first day of class
Informational (no certification): *\$5 materials fee due on the first day of class

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

Become certified in this newly revised American Red Cross CPR class. Learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. This course teaches skills that participants need to know



to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Participants receive a ready reference card and an American Red Cross certification card valid for two years.
Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park, Nutrition Room

5418.401	Tue 6:00-9:00pm	Apr 9	RES/NON \$30/\$40*
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Certification: *\$28 materials fee due on the first day of class
Informational (no certification): *\$9 materials fee due on the first day of class

Special Needs

NEW! Special Needs Activity Bundle

Now you can register for all the excitement at an affordable price. Enrollment in the Special Needs Activity Bundle includes the following: Bowling, Exceptional Art, and all three Movie Nights. Let the fun begin!

Instructor: Sarah D'Agostino-Gana
Location: Please see individual classes for locations

RES/NON	
9397.410	\$90/\$100*

***Individual class materials fees still apply and are due on the first day of class**

Babysitter's Training | Ages 11-18

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



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

7617.400	Sat 9:00am-3:00pm	May 4	RES/NON \$45/\$55*
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***\$26 materials fee due on first day of class**

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

Participants who have registered in a Babysitter's Training course in the last two months can also choose to receive a certification in Pediatric CPR and First Aid valid for two years.

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

7617.401	Mon 6:00-8:30pm	May 6	RES/NON \$20/\$30*
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***\$20 materials fee due on first day of class**

Register online: www.poway.org/classes

Bowling | Ages 13+

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



Instructor: Sarah D'Agostino-Gana
Location: Poway Fun Bowl, 12941 Poway Road

9397.400	Fri 1:30-3:30pm	Apr 5-Jun 14	RES/NON \$40/\$50*
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***\$8 class fee is collected at the 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-Gana
Location: Community Park, Nutrition Room

9397.401	Wed 4:30-6:00pm	Apr 3-Jun 12	RES/NON \$45/\$55*
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***\$25 materials fee due on first day of class**

Movie Night | All Ages

Bring your family, bring your friends, or just bring yourself to a movie night filled with so much fun! Dinner will be served and parents/caregivers are welcome to register and attend!

Instructor: Sarah D'Agostino-Gana
Location: Community Park, Auditorium

9397.402	Fri 5:00-8:00pm	Apr 26	RES/NON \$10/\$20
9397.403	Fri 5:00-8:00pm	May 24	\$10/\$20
9397.404	Fri 5:00-8:00pm	Jun 21	\$10/\$20

Sign up for all 3 movies and save!
9397.405 Fri 5:00-8:00pm All 3 dates \$25/\$35

Poway Swim Center



The Poway Community Swim Center

is located at 13094 Civic Center Drive, within the Poway Community Park. The Swim Center includes a 50-meter by 25-yard pool with an attached diving well and shallow children's area. During open pool hours residents and non-residents of Poway can enjoy the 1- and 3-meter diving boards, open swimming areas, and lap swimming lanes. A 1-foot baby pool is available for play during the spring, summer, and fall months. The Swim Center offers a complete shower and dressing area. Water temperature in the pool is maintained between 80-84 degrees, providing for comfortable swimming year round. For general information regarding pool hours and fees, call (858) 668-4680. For program information, call (858) 668-4570. Swimmers may be required to show proof of residency to be eligible for resident rates.



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:

Daily Admission	RES/NON
Adults (Ages 18+)	\$2.50/\$5.00
Youth (Ages 17 and under)	\$2.00/\$4.00
Seniors (Ages 60+)	\$2.00/\$4.00

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

Season and Yearly Passes

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

Season Pass Rates	RES/NON
Adults (Ages 18+)	\$94/\$125
Youth	\$73/\$105
Seniors (Ages 60+)	\$73/\$105
Family	\$157/\$256
Yearly Pass Rates	
Adults (Ages 18+)	\$225/\$355
Youth	\$183/\$261
Seniors (Ages 60+)	\$183/\$261
Family	\$392/\$643

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

Hours:

Winter (Through Mar 29, 2013)
Monday-Friday 11:00am-1:30pm / 3:00-7:00pm
Saturday/Sunday CLOSED
Long Course (offered through March 29, 2013)
Tuesday/Thursday 11:00am-1:30pm
Spring (Apr 1-June 16, 2013)
Monday/Wednesday/Friday 10:30am-7:30pm
Tuesday/Thursday 8:00am-7:30pm
Saturday/Sunday 10:30am-5:00pm
Long Course (offered through May 30, 2013)
Tuesday/Thursday 8:00am-1:30pm

Lap Swimming Hours

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

Family Swim - Begins April 6th!

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

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

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

Information: www.poway.org/swim

Swim Lessons

Swim Lesson Assessment | All Ages

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

Swim Lesson Registration

Please note the age, skill level requirements, and time for each class. If you are unsure which level to enroll in, skill assessments are available 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: Can't find space in the class you're looking for? Contact us at: (858) 668-4680 or via email at: swimwaitlist@poway.org and ask to be placed on a waitlist for no charge. If a space becomes available, we will attempt to fill it from the waitlist. Make sure to include the participants name & age, the activity number of the class, and a phone number. The Swim Center will then call you if a space becomes available. New classes will be created based on instructor availability and pool space.

*** Please note: Classes held from May 13-June 5 will not have class on Monday, May 27 due to the Memorial Day Holiday. Class will instead be held on Friday, May 31.**

Parent/Child | Ages 6 months-2 years

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



			RES/NON
0020.400	MW 4:20-4:50pm	Apr 15 - May 1	\$39/\$49
0020.402	TTh 6:00-6:30pm	May 14 - May 30	\$39/\$49

Pre-Grunion | Age 2

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

			RES/NON
0030.400	MW 5:10-5:50pm	Apr 15 - May 8	\$52/\$62
0030.401	TTh 3:30-4:10 pm	Apr 16 - May 9	\$52/\$62
0030.402	TTh 3:30-4:10 pm	May 14 - Jun 6	\$52/\$62

Grunion 1 | Ages 3-4

This class is designed for children with limited or no swimming experience. Skills range from submerging underwater, front and back floats, front and back kicking, and beginning swim stroke.

			RES/NON
0121.400	MW 3:30-4:10pm	Apr 15 - May 8	\$52/\$62
0121.401	MW 4:20-5:00pm	Apr 15 - May 8	\$52/\$62
0121.402	MW 5:10-5:50pm	Apr 15 - May 8	\$52/\$62
0121.403	TTh 4:20-5:00pm	Apr 16 - May 9	\$52/\$62
0121.404	TTh 6:00-6:40pm	Apr 16 - May 9	\$52/\$62
0121.405	MW 3:30-4:10pm	May 13 - Jun 5*	\$52/\$62
0121.406	MW 4:20-5:00pm	May 13 - Jun 5*	\$52/\$62
0121.407	MW 5:10-5:50pm	May 13 - Jun 5*	\$52/\$62
0121.408	TTh 3:30-4:10pm	May 14 - Jun 6	\$52/\$62
0121.409	TTh 4:20-5:00pm	May 14 - Jun 6	\$52/\$62



Grunion 2 | Ages 3-5

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

			RES/NON
0122.400	MW 3:30-4:10pm	Apr 15 - May 8	\$52/\$62
0122.401	MW 4:20-5:00pm	Apr 15 - May 8	\$52/\$62
0122.402	MW 6:00-6:40pm	Apr 15 - May 8	\$52/\$62
0122.403	TTh 3:30-4:10pm	Apr 16 - May 9	\$52/\$62
0122.404	TTh 4:20-5:00pm	Apr 16 - May 9	\$52/\$62
0122.405	TTh 6:00-6:40pm	Apr 16 - May 9	\$52/\$62
0122.406	MW 3:30-4:10pm	May 13 - Jun 5*	\$52/\$62
0122.407	MW 4:20-5:00pm	May 13 - Jun 5*	\$52/\$62
0122.408	MW 6:00-6:40pm	May 13 - Jun 5*	\$52/\$62
0122.409	TTh 3:30-4:10pm	May 14 - Jun 6	\$52/\$62
0122.410	TTh 4:20-5:00pm	May 14 - Jun 6	\$52/\$62

Grunion 3 | Ages 3-5

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

			RES/NON
0123.400	MW 3:30-4:10pm	Apr 15 - May 8	\$52/\$62
0123.401	TTh 4:20-5:00pm	Apr 16 - May 9	\$52/\$62
0123.402	TTh 6:00-6:40pm	Apr 16 - May 9	\$52/\$62
0123.403	MW 3:30-4:10pm	May 13 - Jun 5*	\$52/\$62
0123.404	TTh 4:20-5:00pm	May 14 - Jun 6	\$52/\$62

NEW! Otter Pup | Ages 3-5

The Otter Pup class is designed for swimmers that are ready to go on to the otter level, but are not old enough for the Otter class. Focuses will be on improved technique, increased endurance of front crawl and back crawl, as well as side-breathing. *Students must be proficient in all Grunion 3 skills prior to enrollment in this class.*

			RES/NON
0124.400	MW 5:10-5:50pm	May 13 - June 5*	\$52/\$62
0124.401	TTh 4:20-5:00pm	May 14 - June 6	\$52/\$62

Starfish | Ages 6-12

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

			RES/NON
0221.400	MW 4:20-5:00pm	Apr 15 - May 8	\$52/\$62
0221.401	MW 5:10-5:50pm	Apr 15 - May 8	\$52/\$62
0221.402	TTh 3:30-4:10pm	Apr 16 - May 9	\$52/\$62
0221.403	TTh 6:00-6:40pm	Apr 16 - May 9	\$52/\$62
0221.404	MW 4:20-5:00pm	May 13 - Jun 5*	\$52/\$62
0221.405	TTh 5:10-5:50pm	May 14 - Jun 6	\$52/\$62

Seahorse | Ages 6-12

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

			RES/NON
0222.400	MW 5:10-5:50pm	Apr 15 - May 8	\$52/\$62
0222.401	MW 6:00-6:40pm	Apr 15 - May 8	\$52/\$62
0222.402	TTh 4:20-5:00pm	Apr 16 - May 9	\$52/\$62
0222.403	MW 4:20-5:00pm	May 13 - Jun 5*	\$52/\$62
0222.404	MW 6:00-6:40pm	May 13 - Jun 5*	\$52/\$62
0222.405	TTh 5:10-5:50pm	May 14 - Jun 6	\$52/\$62

Otter | Ages 6-14

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



			RES/NON
0223.400	MW 6:00-6:40pm	Apr 15 - May 8	\$52/\$62
0223.401	TTh 5:10-5:50pm	Apr 16 - May 9	\$52/\$62
0223.402	MW 5:10-5:50pm	May 13 - Jun 5*	\$52/\$62
0223.403	MW 6:00-6:40pm	May 13 - Jun 5*	\$52/\$62
0223.404	TTh 5:10-5:50pm	May 14 - Jun 6	\$52/\$62
0223.405	TTh 6:00-6:40pm	May 14 - Jun 6	\$52/\$62

Seal | Ages 6-16

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

			RES/NON
0321.400	MW 6:00-6:40pm	Apr 15 - May 8	\$52/\$62
0321.401	TTh 5:10-5:50pm	Apr 16 - May 9	\$52/\$62
0321.402	MW 5:10-5:50pm	May 13 - Jun 5*	\$52/\$62
0321.403	MW 6:00-6:40pm	May 13 - Jun 5*	\$52/\$62
0321.404	TTh 6:00-6:40pm	May 14 - Jun 6	\$52/\$62

SESSION 1

SESSION 2

Sting Ray | Ages 6-16

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

			RES/NON
0322.400	MW 6:50-7:30pm	Apr 15 - May 8	\$52/\$62
0322.401	TTh 5:10-5:50pm	Apr 16 - May 9	\$52/\$62
0322.402	TTh 6:50-7:30pm	Apr 16 - May 9	\$52/\$62
0322.403	TTh 6:00-6:40pm	May 14 - Jun 6	\$52/\$62

Dolphin | Ages 6-16

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

			RES/NON
0323.400	MW 6:50-7:30pm	Apr 15 - May 8	\$52/\$62
0323.401	TTh 6:50-7:30pm	Apr 16 - May 9	\$52/\$62
0323.402	MW 6:50-7:30pm	May 13 - Jun 5*	\$52/\$62
0323.403	TTh 6:50-7:30pm	May 14 - Jun 6	\$52/\$62

Swordfish | Ages 6-16

Swordfish students develop skill proficiency and continue to progress towards greater distance in all strokes. Participants are expected to swim at least 100 yards without stopping prior to taking this class.

			RES/NON
0324.400	MW 6:50-7:30pm	May 13 - Jun 5*	\$52/\$62
0324.401	TTh 6:50-7:30pm	May 14 - Jun 6	\$52/\$62

Adult | Ages 16+

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

			RES/NON
0521.400	MW 6:50-7:30pm	Apr 15 - May 8	\$52/\$62
0521.401	TTh 6:50-7:30pm	Apr 16 - May 9	\$52/\$62
0521.402	MW 6:50-7:30pm	May 13 - Jun 5*	\$52/\$62
0521.403	TTh 6:50-7:30pm	May 14 - Jun 6	\$52/\$62

Pee-Wee Water Polo | Ages 5-9

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

			RES/NON
0524.400	TTh 5:10-5:50pm	Apr 16-May 9	\$52/\$62
0524.401	TTh 5:10-5:50pm	May 14-Jun 6	\$52/\$62

Red Cross Lifeguard Training | Ages 15+

This lifeguard training course teaches the necessary skills to become a professional lifeguard. Upon successful completion of the course, participants will earn their certification for Lifeguarding/First Aid/CPR/AED. There is a water skills test on the first day of class. Failure to complete the following skills will result in immediate dismissal: Swim 300 yards continuously using front crawl and breaststroke; tread water for 2 minutes without using hands; and enter the water feet-first, swim 20 yards and retrieve a 10-pound brick from 11.5 feet of water, return 20 yards and climb out of the pool in under 1 minute and 40 seconds. 100% attendance is required. Class fee does not include books. Students must purchase the Lifeguard Training book and a resuscitation mask through the American Red Cross prior to the start of class. Support fees are included in the course fee. **Prerequisite: Must be 15 years of age by the first day of class.**

			RES/NON
0700.400	M-Th 9:00am-5:00pm	Mar 25-28	\$100/\$110
0700.401	T,Th 5:00-8:00pm & Sat 8:00am-5:00pm	Apr 9,11,16,18 & Apr 13 & 20	\$100/\$110

Water Exercise | Ages 16+

Water exercise is a low-impact exercise for any ability. Classes are held in a water depth of four feet. Advanced swimming skills are not required. Daily admission is required. **Class is dependent on instructor availability.** MWF 11:00am-12:00pm

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 in length. Registration for lessons takes place in person at the Swim Center. Children under the age of 3 may be required to have an adult assist in the water. For more information and available times, please call (858) 668-4680. **Begins April 15.**

			RES/NON
			\$26/\$36 per student per lesson

Poway Community Park

Information: www.poway.org/communitypark



Location: 13094 Civic Center Drive

Park Hours:

Daily, Sunrise-Sunset

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

Please Note: Recreation Office hours are subject to change.

Information:

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

For FREE Fun, visit the recreation office to borrow basketballs, footballs, and other cool recreation equipment! Be sure to bring a valid photo ID.

Rentable Picnic Areas for your Next Family Get-Together!

In addition to indoor rental spaces, Community Park now has three rentable picnic areas with BBQs and room for inflatable bounce houses for your next get together! For more spontaneous visitors, there are still plenty of first-come, first-serve spaces available to enjoy an impromptu picnic. Information and pricing can be found at www.poway.org. Be sure to bring proof of 92064 residency in order to receive the Poway resident rate.



FREE Art in the Park Series

Join us for a morning of arts and crafts fun! Offered every other month during PUSD holidays. Come and express your creativity with family and friends while making cool art projects. Each month has a different theme and is open to everyone! **For more information, call (858) 668-4671.**



Instructor: City Staff
Location: Community Park, Auditorium Patio

Monday 10:00am-12:00pm Mar 25
Monday 10:00am-12:00pm May 27

POWAY SKATE PARK

Unsupervised Skate Park Hours | All Ages

Enrollment in the Poway Skate Park is required. For more information, call the Community Park recreation office at (858) 668-4671 or visit www.poway.org/skatepark. The Skate Park is subject to closure due to rain or inclement weather, maintenance, holidays, special events, and violations of Skate Park rules. State law requires that helmets, elbow pads, and knee pads be worn at all times while at the Skate Park. Skates, roller blades, and skate boards are the only items allowed in the Skate Park. A guardian must supervise children 12 and younger.

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

Youth 14 and Younger Supervised Skate Park Sessions

Ride the snake run, work the bowl, or practice your technique while Community Park recreation staff host supervised skate time. Family members over the age of 14 are welcome to participate as long as they are accompanied with a registered participant. A parent or legal guardian must accompany youth signing-up for Supervised Skate Park Sessions.

Friday 6:00-8:00pm FREE

Supervised Bike Sessions | All Ages

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

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

Lake Poway

Information: www.poway.org/lakepoway



Location:
 14644 Lake Poway Road

Park Hours:

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

Fishing & Boating Hours:

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

Information:

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

Trout Season Continues at Lake Poway!

You still have time to catch a Tail-Walking Rainbow Trout shipped from Chaulk Mound Trout Ranch in Nebraska! The fishing frenzy continues through mid-May and the Lake is generally stocked every two weeks throughout the season. The full-service Lake Poway Concession offers fishing permits, bait, boat rentals, snacks, and refreshments. We have the best permit and boat prices in the area. No State Fishing Licenses are required. For additional information or to view the complete stocking schedule, visit us at www.poway.org/lakepoway or call (858) 668-4770.

Family Campouts

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

				RES/NON
9039.406	Sat-Sun 5:00pm-9:00am	Jul 13-14		\$52/\$62
9039.407	Sat-Sun 5:00pm-9:00am	Jul 27-28		\$52/\$62
9039.408	Sat-Sun 5:00pm-9:00am	Aug 10-11		\$52/\$62

Adventure Series Family Campouts

Are you a Family Campout veteran? Itching for a pre-summer camping trip? Then the Adventure Series Family Campouts at Lake Poway are for you! Register for "boat fishing or shoreline fishing" and from 7:00-11:00 pm try casting your line under the full moon to land a trophy-size trout or a record breaking bass. OR, if you are a hiking enthusiast, you can register for "hiking activities" and enjoy an adventurous 2.75-mile night hike around Lake Poway. All three campout options include: camping for four, a campfire, and hot chocolate and coffee in the morning. This is rain or shine event! Portable propane fire pits are permitted; however, wood burning fire pits are not. Families may start setting up their campsites at 7:00 am. No alcohol permitted. Up to four persons per family. Space is limited for each activity so sign up now! Shoreline fishing is only permitted from the boat dock to the fishing pier. Information: (858) 668-4770.



Boat Fishing	9039.400	Sat-Sun 5pm-9am	Apr 27-28	\$40
Shore Fishing	9039.401	Sat-Sun 5pm-9am	Apr 27-28	\$40
Hiking	9039.402	Sat-Sun 5pm-9am	Apr 27-28	\$40
Boat Fishing	9039.403	Sat-Sun 5pm-9am	May 18-19	\$40
Shore Fishing	9039.404	Sat-Sun 5pm-9am	May 18-19	\$40
Hiking	9039.405	Sat-Sun 5pm-9am	May 18-19	\$40

Kumeyaay-Ipai Interpretive Center at Pauwai

Information: www.poway.org/kiic

Location:

13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)

FREE Docent-led Tours:

(858) 668-1292

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

Information: (858) 668-1292

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

Docents Wanted!

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

Ancient Community of Pauwai Uncovered!

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

Kumeyaay-Ipai School Tours

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



Old Poway Park

Information: www.poway.org/oldpowaypark



Location:
14134 Midland Road

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

Folk Concerts in the Park

The San Diego Folk Heritage is pleased to present an amazing lineup of folk concerts featuring Celtic, Americana, and folk music for all. Concerts are held in Templars Hall 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.

Farmers Market | Flowers! Fresh Food! Fun!

Enjoy Poway's Certified Farmers Market every Saturday from 8:00 am to 11:30 am at Old Poway Park. All produce is certified and inspected by the agricultural commission and brought directly to you fresh 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, then the Farmers Market is the place for you! Information: (858) 668-4575.



Date	Performer	Musical Style
Saturday, March 2	Banshee in the Kitchen	Celtic
Saturday, March 16	Stephanie Bettman and Luke Halpin	Americana

Historical Tours

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

Sam Hinton Folk Festival

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 1, 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. For a complete schedule of events and information call: (858) 566-4040.

Blue Sky Ecological Reserve

Information: 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 or www.poway.org/bluesky

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

FREE Docent-led Nature Walks

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

School Tours and Outreach Program

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



NEW PROGRAM! Nature Scavenger Hunt (Ages 5- 10)

Sunday, April 21, 9:00 – 11:00 am
Who doesn't love a scavenger hunt? Grab a list, explore outdoor wonders, participate in fun activities, and take home a nature craft. Kids must be accompanied by an adult and we'll even throw in a challenge for you!

Location: Meet at Blue Sky Outdoor Amphitheater
Cost: FREE!



Wanted! Docents and Field Volunteers

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

Field Volunteers perform all of the duties of a docent with the exception of leading nature hikes and may join our team any time throughout the year.

Docents assist year-round leading regularly-scheduled nature hikes; working with scout or school groups; helping with special events; restoring habitat, or conducting patrols. To become a docent, some prior knowledge of natural history is desirable but the willingness to learn is more important.

Training: Starts March 2, 2013. 8:00 a.m. to 12:00 p.m. Saturdays and two Wednesday evenings in the classroom. No training on March 30, 2013.

If you are interested in becoming a Docent or Field Volunteer, please call the Blue Sky office at (858) 668-4781 for more information.

Sycamore Canyon Goodan Ranch Preserve



Location:
16281 Sycamore Canyon Road
Poway, California 92064

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

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

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

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

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



Spring Programs

(Rain or muddy conditions may cancel the activity, please check with the Preserve)

Introduction to Geocaching
Saturday, March 2 | 9:00am – 11:00am

Star Party
Friday, March 15 | Sunset

Edible Plants
Saturday, April 6 | 9:00am – 11:00am

Star Party
Friday, April 19 | Sunset

Wildflower Walk
Saturday, April 27 | 9:00 – 11:00am

Star Party
Friday, May 17 | Sunset

Snakes Encounter
Saturday, May 25 | 10:00 – 11:00am

Poway Library

Information: www.sdcl.org



photo: T. Piranteau

Location:
13137 Poway Road, Poway, CA 92064

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

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



Children's Programs

(Toddlers - 5th grade)

Storytime

Mon, Tue, Fri, 10:30am Toddler Storytime (ages 1-3)
Wed, Thu, 10:30am Preschool Storytime
Mondays, 1:00pm Baby Storytime

Special Classes & Events

Parenting Classes in Spanish

Wed March 6, 13, 20, 9:30am

Puppet Show: Spring Green

Wed April 3, 10:30am

Family Programs

Dia de los Niños Celebration

Mon April 29, 4:00pm

After School Programs

After School is Cool!

Wednesdays, 4:00pm Grades 3-5

After School is Fun!

Thursdays, 4:00pm Pre-K to Grade 2

Teen Programs

(6th-12th grade)

March Activities 4:00 pm

March is Mystery Month!

March 5, 4:00pm Teen Clue board game tournament
 Play the game Clue and have snacks.

March 12, 4:00pm Teen Mystery Night
 Visit the crime scene, examine the evidence, and interview the suspects to solve the crime. The first person to solve the mystery wins a prize.

March 19, 4:00pm Teen Mystery Books and Brownies
 Talk about the mystery book of the month and eat brownies. Get a copy of the book at the reference desk any time before the meeting.

March 26, 4:00pm Teen Mystery Movie and Pizza Night
 Watch a mystery movie and have pizza provided by the Friends of the Library.

Teen Programs (cont'd)

April Activities 4:00 pm

April 2, 4:00pm Teen Game Day
 Play board games and video games at the Library with your friends. Snacks will be served.

April 9, 4:00pm Teen Ninja Day
 Participate in several Ninja-themed activities and make clay ninjas. Snacks will be served.

April 16, 4:00pm Teen Recycled Candle Holder Craft
 Teens will use old jars and used books to make new candle holders for Earth Day. Snacks will be served.

April 23, 4:00pm Teen Books and Brownies
 Teens will talk about the book of the month and eat brownies. Pick up a copy of the book at the reference desk any time before the meeting.

April 30, 4:00 pm Teen Movie and Pizza night
 Watch a movie and eat pizza provided by the Friends of the Poway Library.

May Activities 4:00 pm

May 7, 4:00pm Teen Game Day
 Play board games and video games at the Library with your friends. Snacks will be served.

May 14, 4:00pm Teen Ice Cream Social
 Learn how to make homemade ice cream and have sundaes with the end results.

May 21, 4:00pm Teen Books and Brownies
 Teens will talk about the book of the month and eat brownies. Pick up a copy of the book at the reference desk any time before the meeting.

May 28, 4:00pm Teen Movie and Pizza night
 Watch a movie and eat pizza provided by the Friends of the Poway Library.

All programs subject to change, please check our website, call, or stop in the Library for further information.
www.sdcl.org

Poway Senior Center

Information: www.powayseniorcenter.org



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

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

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

La Bella Bistro: What's Cookin'?

Join us for lunch every Monday through Friday from 11:30 am to 12:30 pm. A donation of \$4.00 is suggested for those 60 and older. Lunch guests under 60, \$6.00. Check out our menu on our website or newsletter, or just stop by and enjoy the special of the day! No reservations required.



Need a ride to Lunch?

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

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

The best fun in Poway Twice a Week!
 Open to adults, 18 and older. All proceeds help support the programs and services of PSC. Come have fun and win!
Every Saturday, 5:30pm
Every Tuesday, 12:15pm

Volunteer Opportunities!

Free Tax Prep Available to the Public!

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

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

ANNUAL MEMBERSHIP ONLY \$35.00!!

We offer:

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



YES, I want to join Club PSC!

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

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone/email _____

Poway Center for the Performing Arts

Information: www.powaycenter.com



Location:
15498 Espola Rd, Poway, CA 92064

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

Closed Sunday-Thursday, and major holidays.

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

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

Closed Sunday, Monday, and major holidays.

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

Get Involved!

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

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

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.

Purchase Tickets the Easy Way!

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



POWAY CENTER *for the* PERFORMING ARTS



Upcoming Art Exhibits

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. Upcoming art exhibits:

February 28 – March 26 Poway Woman's Club hosts "Celebrate Women". This is a community service project that features the creative talents of local women in any medium and all levels of expertise. Reception date: Sunday, March 10, 2013, 2:00pm.

March 29 – April 27 North County Society of Fine Arts will hold its annual open show with internationally-known artist, Ken Goldman as juror. There are new categories this year with awards totaling over \$1000. For more information: www.ncsfa.org. Reception date: Sat, April 13, 2013, 12:00pm.

Poway Center for the Performing Arts Foundation Presents

IT'S SHOW TIME!



Missoula Children's Theatre
Snow White and the Seven Dwarfs

Auditions: Monday, March 11, 2013 4pm
Performances: Saturday, March 16, 2013

Part theater camp, part community gathering – all fun! The Missoula Children's Theatre transforms more than 60 local children into stage-savvy thespians in just six days, in an all-new musical version of *Snow White and the Seven Dwarfs*. See tomorrow's stars on stage today!



Gilbert and Sullivan's
Pirates of Penzance

Saturday, March 30, 2013

Stash the gold, guard the women and hide the rum—the "Pirates" have arrived! Set sail across our open stage on this swashbuckling Gilbert and Sullivan adventure loaded with enough laughs to fill Davey Jones' locker. Featuring more than 20 performers and a full orchestra, *Pirates of Penzance* will light up the Poway stage!



Eleanor:
Her Secret Journey

Starring Loretta Swit

Saturday, April 20, 2013

M*A*S*H star Loretta Swit breathes life into one of history's most intriguing first ladies, Eleanor Roosevelt. The action follows World War I as her canny and clear-eyed intelligence helped her evolve from an ugly duckling into a powerful woman. A deeply personal portrait of the woman who brought warmth and compassion to issues of war, peace, and human rights.



Eroica Trio

Friday, May 17, 2013

The most sought-after trio in the world, the Grammy®-nominated Eroica Trio thrills audiences with flawless technical virtuosity, irresistible enthusiasm and sensual elegance. *The New York Times* writes, "They play chamber music for the concert hall. There is an edge-of-the-seat intensity to every note they produce." Eroica Trio has released eight critically lauded recordings, garnering multiple Grammy® nominations.

powayarts.org
858-748-0505

15498 Espola Road
Poway, CA 92064



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REGISTRATION

Registration begins **MARCH 5** 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: Please visit our website for the refund policy.

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 website at www.poway.org/play.

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

Signature _____ Date _____

FOR STAFF ONLY: Entered by: _____

Date: _____