



POWAY Community Services

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

WINTER 2012

Registration begins **NOVEMBER 27** for Poway Residents & Nonresidents

Saturday, December 8, 2012
3:30-8:30pm
FREE for the whole Family!



Christmas in the Park

photo: Ian McCauley

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

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



Friday, December 14
4:00-9:00pm
Saturday, December 15
1:00-9:00pm
Skating: \$5 Ages 2-17
\$7 Ages 18+ / \$20 Family of 4

Come glide with us at Poway Community Park on an outdoor skating rink! Free arts and crafts, kids karaoke, musical entertainment, and more will round out the fun. A snow hill for sledding will be featured **both** days! Skate rental included or bring your own ice skates. Call (858) 668-4676 for event sponsorship opportunities. For all other event information, call (858) 668-4671 or visit www.poway.org.

FREE "Youth Only" Fishing Derby

FISHING!
Saturday, Feb. 9th



Join the City of Poway, Captain Ron Baker formerly of Fish Talk Radio, and several big-name sponsors on Saturday, February 9, for a great day of fun and prizes! Lake Poway will be stocked with 1,500 pounds of hungry rainbow trout for the event, which begins at 6:00 am. Fishing continues until 12:00 pm when all participating youth and their families are invited to enjoy a free barbecue lunch, followed by the awards ceremony and raffle drawing. Winners of the Kids Greatest Fishing Story Contest will also take home a prize, so bring your best tale about the one that got away! Rent fishing boats in advance at the Lake Poway Concession starting January 2.

In preparation for the event, Lake Poway will be closed to fishing and boating February 6 through February 8. Information: (858) 668-4770.

Fishing Seminar & Campout



CAMPING!
Friday, Feb. 8th

On Friday, February 8, learn great tips from the pros who will host a free fishing seminar at 4:00 pm and a free dinner at 6:00 pm. You can also sleep under the stars at a campout the night before the event. Overnight camping will be available Friday evening for a \$15 registration fee per car. Families will need to bring their own camping supplies and food. Grills are available, but you are encouraged to bring your own. Portable propane fire pits are permitted. Families may start setting up their campsites at 7:00 am Friday morning. No alcohol is permitted. Information: (858) 668-4770.



Lake Poway currently holds the county record for rainbow trout at 17.85 pounds and our reputation as the "Big Trout Destination" still holds true. Back by popular demand, Lake Poway has contracted with Chaulk Mound Trout Ranch in Nebraska to ship the finest trout in Southern California. These fish have been dubbed "tail walking" because of the breathtaking, above-water spectacle seen as you reel them in.

The fishing frenzy begins November 21 and

continues through mid-May. The Lake is generally stocked every two weeks throughout the season. The Lake Poway Concession offers fishing permits, bait, boat rentals, refreshments, and more. We have the best permit and boat prices in the area, including reduced rates for seniors 55+ and military. State Fishing Licenses are not required. Please check our website for the most up-to-date fishing conditions and stocking schedule: www.poway.org/lakepoway.

TROUT SEASON Returns to Lake Poway!

SAVE THE DATE!

SUMMER DAY CAMP!

Summer Day Camp Early Registration starts April 16, 2013

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



Never Miss a Recreation Opportunity Again!

Sign up today for our New Community Services Department Email Newsletter! Go to www.poway.org/classes



Health & Wellness

Register online at: www.poway.org/classes

NEW! My HealthWorkz: Smoothies 101 | Ages 13+

Why pay \$6 for a morning smoothie when you can make your own delicious, nutritious drinks!? Learn how to prepare sweet and savory smoothies that can be used for any meal. Drinking smoothies combats depression, arthritis, and fatigue, while improving energy, mental clarity, detoxifying effects, and healthy weight loss. Together with Raw Vegan Chef, Tovah Terranova, you will prepare eight healthy drinks, and one eight-ounce smoothie to enjoy on the way home!

Instructor: Creative Brain®
Location: Community Park, Activity Rooms I & II



RES/NON
5417.360 Sat 9:00-10:30am Jan 26 \$18/\$28*
*\$15 materials fee due first day of class

NEW! My HealthWorkz: Family Meals on a Budget | Ages 13+

Who says you can't make meals under \$10 for a family of four!? Alongside Raw Vegan Chef, Tovah Terranova, you will prepare healthy menu items that will make family meal time delicious, nutritious, and exciting. Help your family and your bottom line by making healthy meals on a budget!



Instructor: Creative Brain®
Location: Community Park, Activity Rooms I & II

RES/NON
5417.361 Sat 11:00am-12:30pm Jan 26 \$18/\$28*
*\$15 materials fee due first day of class

Line Dancing | Ages 15+

Get out of the house and have fun, fun, fun for less than \$6.00 a night! Exercise and learn exciting line dances of all kinds: country, latin, hip-hop, and more all at your own pace. It's a great way to meet people, laugh, and lose weight. Come join Dusty & JT who have been teaching dancing for over 27 years at Knott's Berry Farm. Receive a \$20 line dancing DVD the first day of class just for signing up.

Instructor: Dusty and JT Finch
Location: Community Park, Auditorium

RES/NON
5417.320 Wed 7:30-8:30pm Jan 9-Mar 27 \$65/\$75

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
No Class: Jan 21, Feb 4 & 18

RES/NON
5417.325 Mon 6:00-7:15pm Jan 7-Mar 18 \$94/\$104

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: Feb 6 & 20

RES/NON
5417.301 Wed 6:30-8:00pm Jan 9-Mar 20 \$75/\$85



Coming up this Spring!



NEW! Hula Hoop Fitness Class!

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
No Class: Feb 19
RES/NON
5417.304 Tue 6:00-7:00pm Jan 8-Mar 19 \$90/\$100

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. Join the party in the water (heated to at least 82 degrees)!

Instructor: Summer Saldana
Location: Community Swim Center

RES/NON
5417.350 Thu 6:00-6:50pm Jan 10-Feb 14 \$36/\$46
5417.351 Thu 6:00-6:50pm Feb 21-Mar 28 \$36/\$46
5417.352 Thu 6:00-6:50pm Jan 10-Mar 28 \$60/\$70



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
No Class: Feb 20
RES/NON
5417.306 Wed 6:15-7:15pm Jan 9-Mar 20 \$90/\$100

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: Jan 28, Feb 18 & 25
RES/NON
5417.307 Mon 6:00-7:00pm Jan 7-Mar 18 \$72/\$82

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

Zumba® Toning & Sentao + Zumba® | Ages 16+
RES/NON
5417.308 Mon 6:00-7:00pm Jan 7-Mar 20 \$126/\$136
Wed 6:15-7:15pm

Pilates + Zumba® | Ages 16+
RES/NON
5417.309 Tue 6:00-7:00pm Jan 8-Mar 20 \$140/\$150
Wed 6:15-7:15pm

*See individual class descriptions for locations

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
No Class: Jan 31
RES/NON
5417.336 Thu 10:00-11:15am Jan 10-Feb 14 \$59/\$69
5417.337 Thu 10:00-11:15am Feb 21-Mar 21 \$59/\$69



Hiking for Fun & Fitness | Ages 8+

Enjoy easy-to-moderate hikes on Poway's sidewalks. We will use trails when the moon is bright enough. Each hike is about 3 miles and 1.5 hours long. Lug sole shoes (grip pattern) are recommended. Bring a flashlight, water, and wear light-colored clothing. **An adult must accompany all participants 17 and younger.**

Instructor: Mike Fry, (858) 748-5166, mnfry@cox.net
Location: First hike meets at Community Park Tennis Courts. Contact instructor for hike schedule if you cannot attend the first hike.

RES/NON
3439.300 Wed 6:00-7:30pm Jan 9-Mar 27 \$5/person
\$10/family (2+ persons)

Looking for more hiking opportunities?
Check out Poway's Blue Sky Reserve on page 11.

Free Night Out Activities

Register online at: www.poway.org/classes

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 Dec 22 (Registration begins Dec 3) FREE
Sat 4:30-9:00pm Feb 16 (Registration begins Feb 4) FREE
Sat 4:30-9:00pm Apr 20 (Registration begins Apr 1) FREE



NEW! Teen's 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 Jan 12 (Registration begins Dec 17) FREE
Sat 4:00-9:30pm Mar 9 (Registration begins Feb 11) FREE

PUSD Break Camps

Register online at: www.poway.org/classes

Art Start: Half Day Art Camp | Ages 7-14

Enjoy a week packed full of art in the most creative camp ever! Artist Susan Bainbridge's Art Start Camps return to Poway for the PUSD week-long breaks. Kids will load up their provided sketchbooks with incredible drawings, cast masks right from their own faces, tie-dye T-shirts, and explore a variety of media in a fun, relaxed atmosphere. Quality art materials and snack will be provided.



Bring a washed, cotton T-shirt to the first class.

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

President's Week RES/NON
6182.300 M-F 9:00am-12:00pm Feb 18-22 \$115/\$125*
Spring Break
6182.301 M-F 9:00am-12:00pm Mar 25-29 \$115/\$125*
*\$40 materials fee due first day of class

Swim & Tennis | Ages 6-16

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

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

2443.320 M-F 10:00am-3:00pm Mar 25-29 RES/NON
\$110/\$120*
*\$10 materials fee due first day of class

Creative Brain® MovieWorkz Animation Camp | Ages 7-14

MovieWorkz Animation offers a unique opportunity for students to explore the entire animation process: from story line to drawing, painting key frames and filler frames, and capturing the work. This camp 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, Templars Hall

Spring Break RES/NON
6182.303 M-F 9:00am-12:00pm Mar 25-29 \$129/\$139*
*\$20 materials fee due first day of class



Creative Brain® MovieWorkz Stop Motion Animation Camp | Ages 7-14

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 camp 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, Templars Hall

President's Week RES/NON
6182.302 M-F 1:00-4:00pm Feb 18-22 \$129/\$139*
*\$20 materials fee due first day of class

Children's Activities



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

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.

Instructor: Ms. Taylor, More Than Ready, www.morethanready.com
Location: Community Park, Youth Activity Room
No Class: Jan 21 & Feb 18

4011.300 MW 9:00am-12:00pm Jan 7-30 RES/NON \$118/\$128*
4011.301 MW 9:00am-12:00pm Feb 4-27 \$118/\$128*
4011.302 MW 9:00am-12:00pm Mar 4-27 \$128/\$138*
4011.303 TuTh 9:00am-12:00pm Jan 8-31 \$128/\$138*
4011.304 TuTh 9:00am-12:00pm Feb 5-28 \$128/\$138*
4011.305 TuTh 9:00am-12:00pm Mar 5-28 \$128/\$138*
*\$20 materials fee due first day of class

MUSICSTAR® Kidz Explorers | Ages 6 months-5 years

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

Instructor: MUSICSTAR®
Location: Community Park, Auditorium

4011.340 Thu 10:00-10:45am Jan 17-Mar 7 RES/NON
\$88/\$98*
*\$20 materials fee due first day of class

Mom & Tot Gymnastics | Ages Walking-3½ years

This class is designed for toddlers and their parents to participate together in basic gymnastics while interacting with other children and an instructor. 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: Jan 24 & 26

2312.300 Thu 10:45-11:15am Jan 10-Mar 28 RES/NON \$161/\$171*
2312.301 Sat 8:45-9:15am Jan 12-Mar 30 \$161/\$171*
*\$10 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
No Class: Jan 21

4011.320 Mon 3:30-4:15pm Jan 7-Feb 11 RES/NON \$65/\$75
4011.321 Mon 3:30-4:15pm Feb 25-Mar 25 \$65/\$75

Ice Skating | Ages 3-5

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

Instructor: Ann Daniels
Location: San Diego Ice Arena, 11048 Ice Skate Place

2091.300 Wed 4:00-4:30pm Jan 9-30 RES/NON \$45/\$55
2091.301 Wed 4:00-4:30pm Feb 6-27 \$45/\$55
2091.302 Wed 4:00-4:30pm Mar 6-27 \$45/\$55

Information: www.poway.org/classes

Dance | Youth/Teen

For Ms. Debhora's and Ms. Kellie's classes, please note:

Dance classes are designed to increase in difficulty with continued enrollment. Continuing students may perform in the recital on June 19 and 20 at the PCPA. Costumes are ordered in January and paid for by the participants. Parent watching days are the last class of each month.

Dance for Children with Ms. Debhora | Ages 3-5

Creative Movement and Tumbling for Boys and Girls

Dance, sing, tumble, balance, gain self-confidence, strength, and flexibility during this fun-filled introduction to dance and tumbling. Boys and girls will experience the joys of movement and come away with skills valued for a lifetime in this great pre-Tap and Ballet class. Come join the fun! Wear comfortable clothing or dance attire, and leather ballet slippers or bare feet.

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

Location: Community Park, Auditorium

No Class: Feb 18

			RES/NON
5111.300	Mon 10:00-10:45am	Jan 7-Mar 18	\$108/\$118

Tap and Ballet | Ages 3-18

This fun-filled, action packed, musical program will teach rhythm and coordination, and instill a love for dance! Learn to tap your feet, sing, move and groove to the beat of great songs ... and learn the fundamentals of beautiful ballet. Dance attire, leather ballet slippers, and tap shoes are required.

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

Location: Community Park, Auditorium

No Class: Feb 18 & 21

Ages			RES/NON
Ages 3-5 Years			
5111.301	Mon 11:00am-12:00pm	Jan 7-Mar 18	\$108/\$118
5111.303	Thu 1:00-2:00pm	Jan 10-Mar 21	\$108/\$118
Ages 5-6 Years			
5111.305	Mon 3:00-4:00pm	Jan 7-Mar 18	\$108/\$118
Ages 5-7 Years			
5111.306	Mon 4:00-5:00pm	Jan 7-Mar 18	\$108/\$118
Ages 6-8 Years			
5111.307	Thu 3:00-4:00pm	Jan 10-Mar 21	\$108/\$118
Ages 8-12 Years			
5111.308	Mon 5:15-6:15pm	Jan 7-Mar 18	\$108/\$118
Ages 8-10 Years			
5111.309	Thu 4:00-5:00pm	Jan 10-Mar 21	\$108/\$118
Ages 10-13 Years			
5111.310	Thu 5:00-6:00pm	Jan 10-Mar 21	\$108/\$118
Ages 12-18 Years			
5111.311	Mon 6:15-7:15pm	Jan 7-Mar 18	\$108/\$118

Dance Production with Ms. Debhora | Ages 6-18

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

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

Location: Community Park, Auditorium

No Class: Feb 21

			RES/NON
5111.312	Thu* 6:15-7:30pm	Jan 10-Jun 13*	\$108/\$118**

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



Ballet for Kids | Ages 3-12

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

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

Location: Community Park, Auditorium

No Class: Feb 19 & 23

Ages			RES/NON
Ages 3-4			
5121.300	Tue 3:00-3:45pm	Jan 8-Mar 19	\$98/\$108
5121.301	Sat 9:00-9:45am	Jan 12-Mar 23	\$98/\$108
5121.302	Sat 9:45-10:30am	Jan 12-Mar 23	\$98/\$108
Ages 5-6			
5121.303	Tue 3:45-4:30pm	Jan 8-Mar 19	\$98/\$108
5121.304	Sat 10:30-11:15am	Jan 12-Mar 23	\$98/\$108
Ages 7-12			
5121.306	Sat 11:15am-12:00pm	Jan 12-Mar 23	\$98/\$108

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

Come join our class as we learn Fun 'n Funky jazz! This fun class will teach children the basics of jazz that they can use in many other styles of dance. Children will learn rhythm, coordination, flexibility, teamwork, and a love for dance! Leotard, black jazz pants, and black leather jazz shoes are required.

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

Location: Community Park, Auditorium

No Class: Feb 19

Ages			RES/NON
Ages 7-12 Years			
5121.307	Tue 4:30-5:15pm	Jan 8-Mar 19	\$98/\$108
Ages 13-18 Years			
5121.308	Tue 5:15-6:00pm	Jan 8-Mar 19	\$98/\$108

Lyrical for Teens | Ages 13-18

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

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

Location: Community Park, Auditorium

No Class: Feb 19

			RES/NON
5121.310	Tue 6:00-6:45pm	Jan 8-Mar 19	\$98/\$108

NEW! Beat Breakers & Hip Hop | Ages 4-12

Taught by one of the best children's hip hop teachers in San Diego County, this fun, high-energy hip hop and breakdancing class will definitely have you movin' to the beats. Learn to let loose while developing confidence, coordination, musicality, and listening skills. No need to be intimidated ... this class is great for those who want to enhance their creativity. All music and moves are age appropriate.

Instructor: Dance to EvOLVE, (858) 876-5327,

www.dancetoevolve.com

Location: Old Poway Park, Templars Hall

Class			RES/NON
Beat Breakers, Ages 4-7			
5131.200	Wed 3:45-4:45pm	Jan 9-Feb 13	\$89/\$99
5131.201	Wed 3:45-4:45pm	Feb 20-Mar 27	\$89/\$99
5131.202	Wed 3:45-4:45pm	Jan 9-Mar 27	\$168/\$178
Hip Hop, Ages 8-12			
5131.203	Wed 4:45-5:45pm	Jan 9-Feb 13	\$89/\$99
5131.204	Wed 4:45-5:45pm	Feb 20-Mar 27	\$89/\$99
5131.205	Wed 4:45-5:45pm	Jan 9-Mar 27	\$168/\$178

Creative Arts

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: Wed: Community Park, Auditorium; Thu: Community Park, Bill Bond Hall I

			RES/NON
6182.340	Wed 4:00-6:00pm	Jan 9-Mar 27	\$120/\$130*
6182.341	Thu 5:00-7:00pm	Jan 10-Mar 28	\$120/\$130*

* \$15 materials fee due first day of class

NEW! Hand Building Pottery - Beginning | Ages 8-17

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.

Instructor: Barbara Diederichs

Location: Old Poway Park, Great Room



			RES/NON
6182.350	Tue 3:30-5:30pm	Jan 15-Mar 21	\$125/\$135*

* \$45 materials fee due first day of class

MUSICSTAR® Music Classes - Beginning | Ages 6-15

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

No Class: Jan 31 & Feb 21

			RES/NON
Beginning Keyboard			
6182.330	Thu 4:00-4:50pm	Jan 17-Mar 21	\$88/\$98*
Beginning Acoustic Guitar			
6182.331	Thu 5:00-5:50pm	Jan 17-Mar 21	\$88/\$98*

* \$20 materials fee due first day of class

MUSICSTAR® Voice - Beginning | Ages 6-15

Discover the secrets of some of today's greatest voices in pop! MUSICSTAR® Group Voice classes teach students fundamental vocal techniques and voice development as they apply to producing today's commercial pop sound. There will be a final Showcase Performance on the last day of class.

Instructor: MUSICSTAR®

Location: Old Poway Park, Templars Hall

No Class: Jan 31 & Feb 21

			RES/NON
6182.332	Thu 3:00-3:50pm	Jan 17-Mar 21	\$88/\$98*

* \$20 materials fee due first day of class

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 January, February, and March the free open gym times are as follows:

Twin Peaks Multipurpose Center	Meadowbrook Gymnasium
14640 Tierra Bonita Road (858) 668-4599	12320 Meadowbrook Lane (858) 668-4598

Friday	Sunday
Open Badminton 6:00-9:00pm	Open Basketball 8:00-11:30am
Saturday	Open Pickleball 12:00-3:00pm
Open Badminton 6:30-9:00pm	
Sunday	
Open Volleyball 6:00-9:00pm	

Sports | Youth/Teens



NEW! 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 Finish Chelsea's Run 5k (3.1 miles) race on Saturday, March 2 in Balboa Park. 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: Jan 21

			RES/NON
2091.320	MW 3:45-5:00pm	Jan 7-Mar 4	\$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, 12320 Meadowbrook Lane

No Class: Jan 21 & Feb 18

Ages 9-12 Years			RES/NON
2091.312	Mon 5:30-6:30pm	Jan 7-Mar 11	\$50/\$60
Ages 12-14 Years			
2091.313	Mon 6:30-7:30pm	Jan 7-Mar 11	\$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: Jan 21 & Feb 18

			RES/NON
2091.309	MWF 6:00-7:00pm	Jan 7-Mar 22	\$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: Jan 21 & Feb 18

			RES/NON
2091.310	MWF 7:00-8:00pm	Jan 7-Mar 22	\$95/\$105

Ice Skating | Ages 6-12

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

Instructor: Ann Daniels

Location: San Diego Ice Arena, 11048 Ice Skate Place



			RES/NON
2091.303	Wed 4:30-5:00pm	Jan 9-30	\$45/\$55
2091.304	Wed 4:30-5:00pm	Feb 6-27	\$45/\$55
2091.305	Wed 4:30-5:00pm	Mar 6-27	\$45/\$55

Information: 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

Ages 4-1/2 to 7			RES/NON
3013.300	T/Th 3:00-4:00pm	Jan 8-Feb 28	\$100/\$110*
3013.301	Sat 9:00-10:00am	Jan 12-Mar 2	\$60/\$70*
Ages 8 to 14			
3013.302	T/Th 4:00-5:00pm	Jan 8-Feb 28	\$100/\$110*
3013.303	Sat 10:00-11:00am	Jan 12-Mar 2	\$60/\$70*
* \$5 materials fee due first day of class			

Tennis - Advanced Beginner/Intermediate | Ages 7-15

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

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

			RES/NON
3013.305	Sat 11:00am-12:00pm	Jan 12-Mar 2	\$60/\$70*
* \$5 materials fee due first day of class			

Tennis - Advanced Juniors | Ages 8-16

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

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

No Class: Jan 21 & Feb 18

			RES/NON
3013.306	M/W 4:00-5:30pm	Jan 7-Mar 6	\$115/\$125*
3013.307	T/Th 5:00-6:30pm	Jan 8-Feb 28	\$115/\$125*
* \$5 materials fee due first day of class			

Sports | Adults

NEW! 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: Jan 21 & 23, Feb 18 & 20



			RES/NON
3013.308	Mon 5:45-6:45pm	Jan 7-Mar 11	\$55/\$65*
3013.309	Wed 5:45-6:45pm	Jan 9-Mar 13	\$55/\$65*
3013.310	MW 5:45-6:45pm	Jan 7-Mar 13	\$85/\$95*
* \$5 materials fee due first day of class			

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, 12320 Meadowbrook Lane

No Class: Feb 13 & Mar 13

			RES/NON
1247.305	Wed 6:30-9:30pm	Jan 9-Apr 10	\$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: Jan 21 & Feb 18

			RES/NON
1247.304	MWF 7:00-8:00pm	Jan 7-Mar 22	\$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: Jan 21 & Feb 18

			RES/NON
1247.310	Mon 6:30-9:30pm	Jan 7-Mar 18	\$60/\$70

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

Intermediate Men's			RES/NON
1247.300	Thu 6:30-9:30pm	Jan 17-Mar 14	\$60/\$70
Intermediate Women's			
1247.301	Thu 6:30-9:30pm	Jan 17-Mar 14	\$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,

Advanced Men's			RES/NON
1247.302	Tue 6:30-9:30pm	Jan 15-Mar 12	\$60/\$70
Advanced Women's			
1247.303	Tue 6:30-9:30pm	Jan 15-Mar 12	\$60/\$70



Safety Training

Information: www.poway.org/classes

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

	RES/NON
5418.300 Wed 6:00-9:00pm Feb 6	\$20/\$30*
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

	RES/NON
5418.301 Tue 6:00-9:00pm Feb 5	\$30/\$40*
Certification: *\$28 materials fee due on the first day of class	
Informational (no certification): *\$9 materials fee due on the first day of class	



Women's Self-Defense Workshop | Ages 16+

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

Instructor: Master Wolpert
Location: Old Poway Park, Templars Hall

	RES/NON
1247.306 Thu 6:30-8:00pm Jan 17	\$10/\$20

Babysitter's Training | Ages 11-18

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

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

	RES/NON
7617.300 Sat 9:00am-3:00pm Jan 12	\$45/\$55*
*\$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

	RES/NON
7617.301 Mon 6:00-8:30pm Jan 14	\$20/\$30*
*\$20 materials fee due on first day of class	



Special Needs

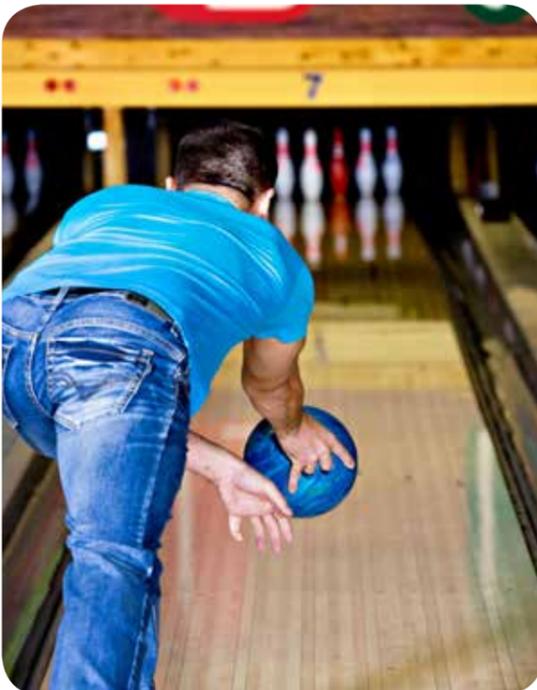
Information: www.poway.org/classes

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

	RES/NON
9397.300 Fri 1:30-3:30pm Jan 11-Mar 22	\$43/\$53*
*\$8 class fee due at bowling alley each week	



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, all three Movie Nights, and the I Heart Valentine's Day Party. Let the fun begin!

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

	RES/NON
9397.310	\$100/\$110*
*Individual class materials fees still apply and are due on the first day of class	



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

	RES/NON
9397.301 Wed 4:30-6:00pm Jan 9-Mar 20	\$45/\$55*
*\$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

	RES/NON
9397.302 Fri 5:00-8:00pm Jan 25	\$10/\$20
9397.303 Fri 5:00-8:00pm Feb 22	\$10/\$20
9397.304 Fri 5:00-8:00pm Mar 22	\$10/\$20
Sign up for all 3 movies and save!	
9397.305 Fri 5:00-8:00pm All 3 dates	\$25/\$35



I Heart Valentine's Day Party | All Ages

Food, fun, and hearts!! Come celebrate Valentine's Day with arts and crafts, games, music, and food. When cupid strikes, it's guaranteed to be a sweet time! Won't you Be Mine at the I Heart Valentine's Day Party!?

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

	RES/NON
9397.306 Fri 5:00-8:00pm Feb 15	\$15/\$25



Dog Obedience Training

Information: www.poway.org/classes

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

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

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

Instructor: Lynne Moore, Good Dog Training School

Location: Tue: Old Poway Park, Gazebo

Sat: Garden Road Park

			RES/NON
9019.300	Tue 6:30-7:30pm	Jan 8-Feb 12	\$95/\$105*
9019.301	Sat 9:30-10:30am	Jan 12-Feb 16	\$95/\$105*
9019.302	Tue 6:30-7:30pm	Feb 19-Mar 26	\$95/\$105*
9019.303	Sat 9:30-10:30am	Feb 23-Mar 30	\$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
9019.304	Sat 10:45-11:45am	Jan 12-Feb 16	\$95/\$105
9019.305	Sat 10:45-11:45am	Feb 23-Mar 30	\$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

			RES/NON
9019.307	Wed 6:30-7:30pm	Feb 20-Mar 27	\$95/\$105



Poway Swim Center

Information: www.poway.org/swim



Location: 13094 Civic Center Drive

Hours:

Winter (October 29, 2012 - April 1, 2013)

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

Pool Closed

November 22-23 **Thanksgiving Holiday**
December 17, 2012 - January 6, 2013 **Pool Maintenance**
February 15 & 18 **Swim Meet**

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.

Information:

The Poway Community Swim Center is located at 13094 Civic Center Drive, within 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 nonresidents of Poway can enjoy the one-and three-meter diving boards, open swimming areas, and lap swimming lanes. A one-foot baby pool is available for play during the spring, summer, and fall months. The Swim Center offers a complete shower and dressing area. Water temperature in the pool is maintained between 80 and 84 degrees, providing for comfortable swimming year-round. For general information regarding pool hours and fees, call (858) 668-4680. For program information, call (858) 668-4580. Swimmers may be required to show proof of residency in order to be eligible for residents rate.

Costs:

Daily Admission

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

Season and Yearly Passes

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

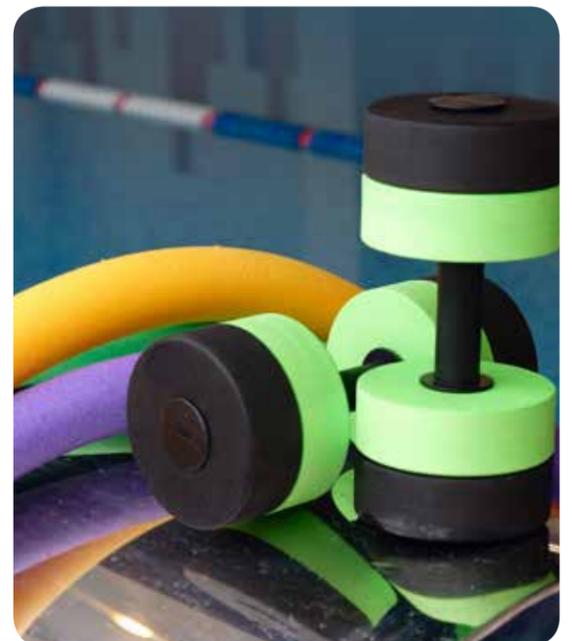
Season Pass Rates

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

Yearly Pass Rates

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

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



Water Exercise | All Ages

Water Exercise is a low-impact exercise for any age or ability. Classes are held in 4-foot water depth. Advanced swimming skills are not required. Daily admission is required. **Class is dependent on instructor availability.**

	RES/NON
MWF 11:00am-12:00pm	Daily Admission Fee

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. The following skills will be tested on the first day. Failure to complete these skills will result in dismissal from the course: 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 from the Red Cross. Students must purchase the Lifeguarding book and a pocket resuscitation mask through the American Red Cross prior to the start of class.

			RES/NON
0700.301	T-F 9:00am-5:00pm	Feb 19-22	\$100/\$110
0700.302	T/Th 5:00-8:00pm	Mar 12,14,19,21	\$100/\$110
	Sat 8:00am-5:00pm	Mar 16,23	

Poway Community Park

Information: www.poway.org/communitypark



Location: 13094 Civic Center Drive

Park Hours:

Daily, Sunrise-Sunset

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

Please Note: Recreation Office hours are subject to change.

Information:

For more information about Poway Community Park, our facility rentals, picnic area reservations, family-friendly activities, and more, call (858) 668-4671 or visit www.poway.org/communitypark.

For FREE Winter 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!

Planning a family picnic or child's birthday party? In addition to indoor rental spaces, Community Park now has three rentable picnic areas with BBQs and room for inflatable bounce houses! 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! Art in the Park is offered every other month during PUSD holidays. Express your creativity with family and friends while making cool art projects. Each month has a different theme and is open to everyone! **For more information, call (858) 668-4671.**



Instructor: City Staff
Location: Community Park, Auditorium Patio

Monday 10:00am-12:00pm Jan 21
Monday 10:00am-12:00pm Mar 25

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

Youth Supervised Skate Park Sessions | Ages <14

Ride the snake run, work the bowl, or practice your technique while Community Park recreation staff host supervised skate time. Family members age 14+ are welcome to participate as long as they accompany 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

Old Poway Park

Information: www.poway.org/oldpowaypark



Location:
 14134 Midland Road

Information:
 (858) 668-4576

Folk Concerts in the Park

San Diego Folk Heritage and the City of Poway are pleased to present folk concerts at Old Poway Park. Don't miss these amazing concerts where sounds of the fiddle and other acoustic instruments fill the air with music suitable for all ages. All concerts are held in Templars Hall at 7:00 p.m. Admission is \$15 for San Diego Folk Heritage members and \$18 for non-members. For information or to purchase advance tickets, please visit the San Diego Folk Heritage webpage at www.sdfolkheritage.org.



Date	Performer	Musical Style
Saturday, Dec 1	Blackwaterside	Scottish
Saturday, Feb 9	Claudia Nygaard	Folk

Historical Tours

We offer easy, inexpensive, educational field trips that will exceed the needs of your curriculum. Reservations are now being accepted for December through June, Tuesdays through Thursdays for just \$4 per participant. We can present to groups of 20 or more and tailor presentations to meet any need. Our tours are appropriate for any age or grade level, and meet the learning needs of third 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, Scout troops, ESS, and adult daycares. For more information or to book your tour, call (858) 668-4576 or visit our website: www.poway.org/oldpowaypark.

Farmers Market Offers Winter-Season Goods

For a year-round fresh adventure, the City of Poway Certified Farmers Market is the place to be! Walk through the aisles and experience seasonal fruits, vegetables, flowers, and food. The Farmers Market is every Saturday from 8:00 a.m. to 11:30 a.m., rain or shine. All produce is certified and inspected by the agricultural commission and brought fresh to you from the grower. Don't let the cool weather keep you away! Come and enjoy a great "City in the country" atmosphere. Information: (858) 668-4576.

Kumeyaay-Ipai Interpretive Center at Pauwai

Information: www.poway.org/kiic



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

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

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

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

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

Lake Poway

Information: www.poway.org/lakepoway



Park Hours:

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

Lake Fishing & Boating Hours:

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

Information:

(858) 668-4770 | www.poway.org/lakepoway
 Park/Pavillion Reservations **(858) 668-4595**
 Lake Poway Concession **(858) 486-1234**



Blue Sky Ecological Reserve

Information: www.poway.org/bluesky



Location:

Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:

Daily, Sunrise-Sunset

Information:

(858) 668-4781

Blue Sky is a 700-acre ecological reserve. Fully-trained docents offer hands-on experiences to identify and observe plants and animals, 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. Information: www.poway.org/bluesky.

Discovery Tables

Sunday, January 20, 8:30-11:00 am.

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

Shaping Up at Blue Sky Ecological Reserve

Monday, January 7 - 9:30 am

Join us Monday mornings for our Six Weeks to Ramona Dam hiking series. Distance and fitness level will gradually increase over six weeks, culminating in a hike to the top of Ramona Dam with its spectacular views of Poway and Lake Ramona.

FREE Docent-led Nature Walks

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

Thanksgiving Hike to Ramona Dam

Friday, November 23 - 8 am

Hit the trails early the day after Thanksgiving. Join naturalist Celeste Larson for an energizing hike through the Reserve to Ramona Dam. 4.3-miles round trip.

New Year's Eve Hike through Blue Sky/ Lake Poway Loop

Monday, December 31 - 8 am

Kick start the New Year with naturalist Celeste Larson for an energizing hike through the Reserve and around Lake Poway.

School Tours and Outreach Program

The Outdoor School Tour program and the In-Classroom Outreach 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. Tours and Outreach programs can be reserved online at www.poway.org/bluesky.



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 20, 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.



Goodan Ranch Winter Programs

(rain or muddy conditions may cancel the activity)

Kids Outdoor Challenge

Saturday, January 5, 2013 | 9:00am - 11:00am

Star Party

Friday, January 18, 2013 | Sunset

Star Party

Friday, February 15, 2013 | Sunset

Wildlife Walk

Saturday, February 23, 2013 | 9:00 - 10:30am

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

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

Children's Programs

(Toddlers - 5th grade)

Storytime 10:30 am

Mon-Fri Regular Storytime
Mon, Tue, Fri Toddler Storytime (ages 1-3)
Wed, Thu Preschool Storytime (ages 3-5)

Special Storytimes 10:30am

1st Tuesday Scripps Performing Arts Academy
2nd Wednesday Music with Mary D.
3rd Thursday Preschool Yoga with Ms. Debbie

After School Programs 4:00pm

Beginning November 14
Wednesdays Grades 3-5
Beginning December 6
Thursdays Pre-K to Grade 2

Adult Programs

Acoustic Showcase Concerts

All shows at 2:00 pm. Performers to be announced.
Sat, December 8 | Sat, January 12 | Sat, February 9

Gentle Yoga

10:00-11:00am
Thu, December 13 | January & February dates TBD

FREE Zumba Classes

11:30am-12:30pm
Fri, December 7, 14 & 21
Fridays in January & February TBD

Teen Programs

(6th-12th grade)

Activities 4:00 pm

December 4 Teen Chocolate Making
December 11 Teen Movie and Pizza
December 18 Teen Book Club
January 8 Teen Program
January 15 Teen Craft
January 22 Teen Book Club
January 29 Teen Movie and Pizza
February 5 Teen Program
February 12 Teen Craft
February 19 Teen Book Club
February 26 Teen Movie and Pizza



Poway Senior Center

Information: www.powayseniorcenter.org



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

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

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

Visit our new website!!
www.powayseniorcenter.org

The Poway Senior Center is THE place to be for everyone 50+! You will find services such as nutrition, medical, legal, and health support. We also stimulate your brain with creative arts, computer classes, and health education, and get you moving with fitness and exercise activities.

The Poway Senior Center is a non-profit, 501 (c) 3 charitable organization supported solely through contributions, memberships, bingo fees, and grants. Our budget covers transportation, fuel, repairs, staffing, volunteer support, and the 70 plus activities. Volunteers are needed to help provide our incredible programs. Currently, we need:

- **Computer class teachers**
- **Quilting and ceramics teachers**

Contact Mary at ext. 305 if you would like to Volunteer.

DO YOUR PART! 12,000 Meals a Year

Our Board of Directors invites you to give back and support your community with a **tax deductible donation to the Poway Senior Center.** Help sustain the programs and services at PSC. If every Powegian donated \$1.00, it would cover:

- **12,000 meals a year or**
- **5,000 bus rides a year to and from the Senior Center. To an elderly person who no longer drives, this is a lifeline to stay active in the community!**



“YES!”

I want to help keep my elderly neighbors in our community and donate

\$ _____ to Poway Senior Center.

Name _____

Address _____

Phone/email _____

Please deliver cash or mail check to:

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

YOU DON'T HAVE TO BE A SENIOR TO SIGN UP NOW for your FREE appointment with the AARP Tax Preparers. Appointments begin February 4, 2013. This program is FREE to the public. Call for an appointment: (858) 748-6094

Annual Membership only \$35.00!

Anyone over 50 is invited to become a member at PSC. Join Club PSC and you will receive priority sign up for OASIS computer classes, along with Club PSC discounts at restaurants and businesses in Poway.

Age is not a requirement at many of our events. Come join us for:

- **Line dancing, and Ballroom dancing**
- **Win \$1199.00 at Bingo**
- **iPod classes, email classes**
- **Ceramics, knitting, watercolor**



We offer yoga, exercise, bridge, billiards, poker, sewing, jewelry-making, quilting and more! See our schedule online!

“YES, I want to join Club PSC!”

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

Name _____

Address _____

Phone/email _____

Please deliver cash or mail check to:

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

Poway Center for the Performing Arts

Information: www.powaycenter.com



POWAY CENTER *for the* PERFORMING ARTS

Location:
15498 Espola Rd, Poway, CA 92064

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

Closed Sunday-Thursday, and major holidays.

The Box Office opens one hour before scheduled performance times and remains open one hour 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

Check Out Our Website!

View our upcoming shows and purchase tickets online on our website at www.powaycenter.com. The Poway Center for the Performing Arts hosts professional performances ranging from major plays and concerts to appearances by individual artists of national acclaim. The Poway Unified School District and community-based organizations also host a variety of quality events for all ages and interests.



Purchase Tickets the Easy Way!

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

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



artist: M. Tuffnell

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:

November 1-27 Wednesday Afternoon by Mimi Lamp. This exhibit will include pen and ink drawings from world travels, large paintings of southern California freeway overpasses, and 3-D art using mannequins and body forms.

November 30-December 22 Malcom Tuffnell Art Studio. Oil and pastel paintings will be displayed.

January 3-29 Studio Art Quilt Associates. This group will showcase quilts from several artists. "Creative Inspiration" is an exhibit of more than 50 textile pieces. Mary Tabar, a local textile artist, will curate the show. Many of these art pieces use several different techniques in stitching and surface embellishment. To learn more about these artists please check www.saqa.com.

February 1-27 Lawrence Brillon & John Linthurst, Artists. Photographer Lawrence Brillon displays a collection of work entitled A Lone Paradise. See the Wanderer's quiet story unfold as he explores open expanses and reveals the beauty of the Anza Borrego Desert and surrounding regions. John Linthurst will be exhibiting a selection of digital photos often using multiple layers and frequently engaging social statements to provoke an emotion.

Poway Center for the Performing Arts Foundation Presents

IT'S SHOW TIME!



Vicki Lawrence and Mama: A Two Woman Show

Saturday, December 1, 2012

From her eleven hilarious years with *The Carol Burnett Show* (which won her an Emmy®) to her gold record for "The Night the Lights Went Out in Georgia," Vicki approaches everything with a sense of humor, because "Life is much too serious to be taken seriously!" She and Mama share a double-bill for an evening of stories, songs and laughs.



An Evening with Clint Black

Friday, January 18, 2013*

Clint Black, heralded as one of country music's brightest stars, hosts an intimate evening of stories and songs. Black has sold more than 20 million albums worldwide including his 1989 debut album, *Killin' Time*. Now Black takes to the road backed by a pair of musicians for a one-of-a-kind acoustic show – perfect for the Poway stage!

*Special Engagement: no discounts, ticket voucher or youth tickets.



Capitol Steps

Saturday, February 16, 2013

Post-Election Year Special! The Capitol Steps began in 1981 as a group of Senate Staffers set out to satirize the very people that employed them. Since then, they have recorded more than 30 albums, appeared on national television and are regular guests of NPR's *Politics Takes a Holiday*. With album titles like *Obama Mia*, *Liberal Shop of Horrors*, and *Desperate Housemembers*, the Steps tickle both sides of the political aisle.



Missoula Children's Theatre Snow White and the Seven Dwarfs

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

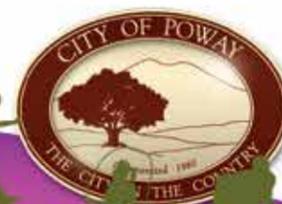
Part theater camp, part community gathering – all fun! The Missoula Children's Theatre transforms more than 60 local children into stage-savvy thespians in just six days, in an all-new musical version of *Snow White and the Seven Dwarfs*. See tomorrow's stars on stage today!

BUY 4 SHOWS AND SAVE! powayarts.org
GROUPS OF 10 OR MORE, SAVE BIG! 858-748-0505
15498 Espola Road
Poway, CA 92064



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POWAY Community Services

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

REGISTRATION

Registration begins **NOVEMBER 27** 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.

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: _____