



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

FALL 2012

Registration begins **AUGUST 7**



There is still time to catch some of the best local entertainment with the Sharp Memorial Hospital Summer Concert Series! The concerts are brought to you by the City of Poway and Sharp Memorial Hospital. Co-sponsorship is provided by Marrokal Design & Remodeling, Cymer, and Country Montessori School of Poway. Concerts take place on Sundays from 5:30 to 7:00 pm. Information: www.poway.org or Lake Poway (858) 668-4770; Old Poway Park (858) 668-4576.

Date	Location	Performer	Musical Style
Aug 5	Lake Poway	CoastRiders	Jimmy Buffet Tribute Band
Aug 12	Old Poway Park	Pomerado Community Band	Big Band

History Comes Alive at the Rendezvous in Poway

Visit over 15 living history encampments demonstrating life during California's turn-of-the-twentieth-century and civil war eras. Meet real cowboys, Native Americans, mountain men and women, buckaroos, gunslingers, and soldiers at this living history faire. At 7:00pm on Friday, September 14, sit around a campfire for stories and songs of the old west or learn to dance at the barn dance in Templars Hall on Saturday, September 15 at 7:00pm. Information: (858) 668-4576.



RENDEZVOUS ACTIVITIES:
Saturday Sept 15, 10am-4pm
Sunday Sept 16, 10am-2pm
Campfire: Friday Sept 14, 7pm
Barn Dance: Saturday Sept 15, 7pm
FREE for ALL AGES!

Rendezvous in Poway Educational Tours

Let your students LIVE History! On **Thursday, September 13** and **Friday, September 14**, groups of 20 or more are invited to participate in a one-of-a-kind, interactive, hands-on learning experience. These educational tours are designed to coincide with Poway Unified School District's curriculum and will bring history to life in a fun and educational manner. Advanced registration is required and space is limited. Bookings are made on a first-come, first-serve basis, so call today! For more information, or to schedule your tour, call (858) 668-4576.

FREE OUTDOOR Movies in the Park

The City of Poway is proud to present the 2012 Outdoor Movies in the Park series at Poway Community Park.



Bring a blanket or chair, picnic dinner or snack, and enjoy a family-friendly movie under the stars. Arrive early to select the perfect seat; the movie will begin shortly after sunset. Information: www.poway.org/communitypark or call (858) 668-4671.

August 18 - Megamind | September 1 - Rango

Saturday, August 18
Saturday, Sept. 1
Movies start after sunset

NEW!! Teen Catfish-O-Rama

Come and join us for the NEW Teen Catfish-O-Rama, (ages 11 through 17) at Lake Poway, on **Friday August 17, from 3:00 pm to 9:30 pm**. Final weigh-in will be at 9:00 pm followed by an award ceremony with prizes for 1st, 2nd, and 3rd place winners for two age divisions (ages 11-13 and 14-17). A Lake Poway fishing permit is required to participate in the event; \$3 for ages 11-15 and \$6 for ages 16-17. Half-day boat rentals begin at 3:00 pm for event participants only, and are available on a first-come, first-serve basis. Permits, boat rentals, bait, tackle, food, and beverages are available at the Lake Poway Grill & Tackle. Participants 15 and under must be accompanied by an adult while using a boat. This nighttime catfish tournament promises to be filled with lots of big fish, fun, and great prizes. This event occurs during normal night-fishing operations. Information: (858) 668-4770.

Friday, August 17
3:00-9:30pm

Once Upon a Hallowe'en

The Old Poway Park Action Committee proudly presents Once Upon a Hallowe'en. This FREE turn-of-the-twentieth-century, family-friendly event will be hosted on **Sunday, October 28, from 5:30 to 8:30 pm** at Old Poway Park. Celebrate Halloween in a distinctly different way by taking a ride aboard the "Halloween Express," Poway's own Baldwin Steam Locomotive. Enjoy story telling in the Porter House, and a haunted house hosted by the Apache Canyon Gang. Play carnival-type games, race rubber ducks in the Fountain, and enjoy Hallowe'en haunt crafts around the Carriage Turn. Sparks will fly as the Blacksmith Guild performs metal detonations in the dark of night. Information: (858) 668-4576.



Sunday, October 28
5:30-8:30pm

New Rentable Spaces in Community Park Starting September 1st!

Planning a family picnic or child's birthday party? Looking for an affordable location for your next group meeting or private event? In addition to indoor rental spaces, starting September 1, Community Park will have four rentable picnic areas with BBQs and room for inflatable bounce houses for your next family gathering! 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.

When renting a facility, be sure to bring proof of 92064 residency in order to receive the Poway resident rate!



Teen (and everything in between) Mania!



Whether you're a tween, teen, or almost adult, the City of Poway has programs to excite, inspire, and educate you! Not sure which class is right for you!? Look for the Teen (and everything in between) Mania symbol:



Teen Night Out | Grades 6-9

Summer may be officially over and the school year may have already started, but who says we still can't party! Teens in grades 6th – 9th will have a blast swimming, playing recreation games, and choosing which activities THEY want to participate in during Activity-A-Palooza! Show off your inner rock star playing Rock Band or Just Dance, create the ultimate ice cream sundae, get creative with various arts and crafts tables, and so much more! Register early as spots are limited. **For more information or to register, call (858) 668-4671.**

Instructor: City Staff

Location: Sign-In: Community Park, Swim Center; Sign-Out: Community Park, Auditorium
Sat 4:00-9:30pm **Sep 8** **Registration begins August 6**

FREE

Children's Activities

More Than Ready: Kindergarten Preparation Program | Ages 3½ to 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 for each class.

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

Location: Community Park, Youth Activity Room

			RES/NON
4011.200	MWF 9:00-11:30am	Sep 10-Sep 28	\$99/\$109*
4011.201	MWF 9:00-11:30am	Oct 1-Oct 19	\$99/\$109*
4011.202	MWF 9:00-11:30am	Oct 22-Nov 16	\$119/\$129*
4011.203	MWF 9:00-11:30am	Nov 26-Dec 14	\$99/\$109*
4011.204	MWF 12:30-3:00pm	Sep 10-Sep 28	\$99/\$109*
4011.205	MWF 12:30-3:00pm	Oct 1-Oct 19	\$99/\$109*
4011.206	MWF 12:30-3:00pm	Oct 22-Nov 16	\$119/\$129*
4011.207	MWF 12:30-3:00pm	Nov 26-Dec 14	\$99/\$109*
4011.208	TTh 9:00-11:30am	Sep 11-Sep 27	\$79/\$89*
4011.209	TTh 9:00-11:30am	Oct 2-Oct 18	\$79/\$89*
4011.210	TTh 9:00-11:30am	Oct 23-Nov 15	\$99/\$109*
4011.211	TTh 9:00-11:30am	Nov 27-Dec 13	\$79/\$89*
4011.212	TTh 12:30-3:00pm	Sep 11-Sep 27	\$79/\$89*
4011.213	TTh 12:30-3:00pm	Oct 2-Oct 18	\$79/\$89*
4011.214	TTh 12:30-3:00pm	Oct 23-Nov 15	\$99/\$109*
4011.215	TTh 12:30-3:00pm	Nov 27-Dec 13	\$79/\$89*

* \$20 materials fee due first day of class



More Than Ready: Preschool Yoga | Ages 3½ to 5½

Give the gift of yoga to your preschooler and lay the foundation for the enormous benefits of yoga. When children learn relaxation techniques and inner fulfillment, they become more resilient to life's challenges. Yoga at an early age encourages self-esteem and body awareness. It is fun physical activity that fosters cooperation and enhances your child's flexibility, strength, coordination, and concentration. Sign up today and watch your child become self-empowered!

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

Location: Community Park, Youth Activity Room

			RES/NON
4011.230	MWF 11:30-12:30am	Sep 10-Sep 28	\$89/\$99
4011.231	MWF 11:30-12:30am	Oct 1-Oct 19	\$89/\$99
4011.232	MWF 11:30-12:30am	Oct 22-Nov 16	\$99/\$109
4011.233	MWF 11:30-12:30am	Nov 26-Dec 14	\$89/\$99
4011.234	TTh 11:30-12:30am	Sep 11-Sep 27	\$59/\$69
4011.235	TTh 11:30-12:30am	Oct 2-Oct 18	\$59/\$69
4011.236	TTh 11:30-12:30am	Oct 23-Nov 15	\$69/\$79
4011.237	TTh 11:30-12:30am	Nov 27-Dec 13	\$59/\$69

NEW! MUSICSTAR® Kidz Explorers | Ages 6 months to 4 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

			RES/NON
4011.240	Thu 10:30-11:15am	Sep 27-Nov 15	\$88/\$98*

* \$15 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: Sep 24

			RES/NON
4011.220	Mon 3:30-4:15pm	Sep 10-Oct 8	\$52/\$62
4011.221	Mon 3:30-4:15pm	Oct 15-Nov 5	\$52/\$62
4011.222	Mon 3:30-4:15pm	Nov 19-Dec 10	\$52/\$62

Mom & Tot Gymnastics | Ages walking to 3 years

This class is designed for toddlers and their parents to participate together in basic gymnastics while interacting with other children and an instructor. They will develop their basic motor skills, confidence, balance, coordination, and social interaction in a fun-filled, positive atmosphere.

Wear comfortable clothes or leotards with no snaps, zippers, or buttons on the clothes.

Instructor: Poway Gymnastics

Location: Poway Gymnastics, 12850 Brookprinter Place

No Class: Nov 22 & 24

			RES/NON
2312.200	Thu 10:45-11:15am	Sep 13-Dec 6	\$161/\$171*
2312.201	Sat 8:45-9:15am	Sep 15-Dec 8	\$161/\$171*

* \$10 materials fee due first day of class

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

No Class: Nov 21

			RES/NON
2091.200	Wed 4:00-4:30pm	Sep 5-Sep 26	\$45/\$55
2091.201	Wed 4:00-4:30pm	Oct 10-Oct 31	\$45/\$55
2091.202	Wed 4:00-4:30pm	Nov 7-Dec 5	\$45/\$55

Creative Arts

MUSICSTAR® Music Classes - Beginning | Ages 6-17

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

			RES/NON
MUSICSTAR® Beginning Keyboard			
6182.230	Thu 5:30-6:15pm	Sep 27-Nov 15	\$88/\$98*
MUSICSTAR® Beginning Acoustic Guitar			
6182.231	Thu 4:30-5:15pm	Sep 27-Nov 15	\$88/\$98*

* \$15 materials fee due first day of class

NEW! MUSICSTAR® Voice - Beginning | Ages 6-13

Discover the secrets of some of today's greatest voices in pop! MUSICSTAR® Group Voice classes teach students fundamental vocal techniques and voice development, and explore advanced techniques 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

			RES/NON
6182.232	Thu 3:30-4:15pm	Sep 27-Nov 15	\$88/\$98*

* \$15 materials fee due first day of class

Art Start | Ages 6-12

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 a clay project because children always request it!

Instructor: Susan Bainbridge, www.artstart1.com

Location: Old Poway Park, Great Room

			RES/NON
6182.200	Thu 4:00-5:15pm	Oct 11-Nov 15	\$79/\$89*

* \$20 materials fee due first day of class

NEW! MUSICSTAR® Beginning Ukulele | Ages 13+

In recent years, the ukulele has gained popularity all over the world. Learn to play the ukulele in a fun group class setting! You will explore music literacy, learn various techniques, and play songs by the end of the class. In fact, ukulele technique is simpler than the guitar! **Ukeleles are provided for class use.** There will be a final Showcase Performance on the last day of class.

Instructor: MUSICSTAR®

Location: Old Poway Park, Templars Hall

			RES/NON
6182.234	Thu 6:30-7:15pm	Sep 27-Nov 15	\$88/\$98*

* \$15 materials fee due first day of class



Information: www.poway.org/classes



NEW! Handmade Cards for Every Occasion | Ages 16+

New to card making? Or have you been paper crafting for years? Either way, join the fun as we make 24+ handmade cards for every occasion! Save LOTS of money on really nice looking cards that are sure to surprise and please anyone who receives them. Come unleash your creative side, even if you think you don't have one. Bring scissors and glue to class, all other supplies will be provided.

Instructor: Jill Finch

Location: Old Poway Park, Great Room

			RES/NON
6182.240	Tue 10:00am-12:30pm	Sep 25-Nov 6	\$40/\$50*

* \$25 materials fee due first day of class

Dance | Youth & Teen

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

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

Dance for Children | Ages 3-5

Creative Movement & Tumbling for Boys & 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 & Ballet class. Come join the fun! Wear comfortable clothing or dance attire, and leather ballet slippers or bare feet.

Instructor: Debbora Childress, (760) 747-9777, Debbora@cox.net
Location: Community Park, Auditorium

No Class: Nov 19

			RES/NON
5111.200	Mon 10:00-10:45am	Sep 10-Dec 3	\$108/\$118

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! For teens, concurrent enrollment in Lyrical for Teens is recommended. Leotard, black jazz pants, and black leather jazz shoes are required.

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

Location: Community Park, Auditorium

No Class: Oct 23 & Nov 20

			RES/NON
5121.207	Tue 4:30-5:15pm	Sep 11-Dec 4	\$98/\$108
5121.208	Tue 5:15-6:00pm	Sep 11-Dec 4	\$98/\$108

Tap & Ballet | Ages 3-18

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

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

Location: Community Park, Auditorium

No Class: Nov 19 & 22

			RES/NON
5111.201	Mon 11:00am-Noon	Sep 10-Dec 3	\$108/\$118
5111.202	Mon 2:00-3:00pm	Sep 10-Dec 3	\$108/\$118
5111.203	Thu 1:00-2:00pm	Sep 13-Dec 6	\$108/\$118
5111.204	Thu 2:00-3:00pm	Sep 13-Dec 6	\$108/\$118
Ages 5-6			
5111.205	Mon 3:00-4:00pm	Sep 10-Dec 3	\$108/\$118
Ages 5-7			
5111.206	Mon 4:00-5:00pm	Sep 10-Dec 3	\$108/\$118
Ages 6-8			
5111.207	Thu 3:00-4:00pm	Sep 13-Dec 6	\$108/\$118
Ages 8-12			
5111.208	Mon 5:15-6:15pm	Sep 10-Dec 3	\$108/\$118
Ages 8-10			
5111.209	Thu 4:00-5:00pm	Sep 13-Dec 6	\$108/\$118
Ages 10-13			
5111.210	Thu 5:00-6:00pm	Sep 13-Dec 6	\$108/\$118
Ages 12-18			
5111.211	Mon 6:15-7:15pm	Sep 10-Dec 3	\$108/\$118

Lyrical for Teens | Ages 13-18

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

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

Location: Community Park, Auditorium

No Class: Oct 23 & Nov 20

			RES/NON
5121.210	Tue 6:00-6:45pm	Sep 11-Dec 4	\$98/\$108

Information: www.poway.org/classes

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: Tue: Community Park, Auditorium

Sat: Twin Peaks Gym

No Class: Oct 23 & 27 and Nov 20 & 24

			RES/NON
Ages 3-4			
5121.200	Tue 1:00-1:45pm	Sep 11-Dec 4	\$98/\$108
5121.201	Sat 9:00-9:45am	Sep 15-Dec 8	\$98/\$108
5121.202	Sat 9:45-10:30am	Sep 15-Dec 8	\$98/\$108
Ages 5-6			
5121.203	Tue 3:00-3:45pm	Sep 11-Dec 4	\$98/\$108
5121.204	Sat 10:30-11:15am	Sep 15-Dec 8	\$98/\$108
Ages 7-12			
5121.206	Sat 11:15-12:00pm	Sep 15-Dec 8	\$98/\$108

FREE! Hip Hop Trial Class
Wednesday, September 5
4-7 years: 3:45 - 4:45pm
8-12 years: 4:45 - 5:45pm
Old Poway Park, Templars Hall
All participants must sign a waiver prior to trial class

NEW! 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 break-dancing 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

No Class: Oct 31 & Nov 21

			RES/NON
Ages 4-7			
5131.200	Wed 3:45-4:45pm	Sep 19-Oct 24	\$89/\$99
5131.201	Wed 3:45-4:45pm	Nov 7-Dec 19	\$89/\$99
5131.202	Wed 3:45-4:45pm	Sep 19-Dec 19	\$168/\$178
Ages 8-12			
5131.203	Wed 4:45-5:45pm	Sep 19-Oct 24	\$89/\$99
5131.204	Wed 4:45-5:45pm	Nov 7-Dec 19	\$89/\$99
5131.205	Wed 4:45-5:45pm	Sep 19-Dec 19	\$168/\$178

Sports | Adults

NEW! Tennis: 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

			RES/NON
3013.212	M 5:45-6:45pm	Sep 10-Oct 8	\$50/\$60*
3013.213	W 5:45-6:45pm	Sep 12-Oct 10	\$50/\$60*
3013.214	MW 5:45-6:45pm	Sep 10-Oct 10	\$75/\$85*

* \$5 materials fee due first day of class

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 last week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. Past volleyball experience is recommended.

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

No Class: Nov 12

			RES/NON
1247.210	Mon 6:30-9:30pm	Oct 1-Dec 3	\$60/\$70

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

			RES/NON
1247.205	Wed 6:30-9:30pm	Aug 8-Oct 31	\$68/team

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 last week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. Past volleyball experience is recommended.

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

Intermediate Men's

			RES/NON
1247.200	Thu 6:30-9:30pm	Sep 13-Nov 8	\$60/\$70

Intermediate Women's

			RES/NON
1247.201	Thu 6:30-9:30pm	Sep 13-Nov 8	\$60/\$70

Advanced Coed Volleyball | Ages 16+

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

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center

Advanced Men's

			RES/NON
1247.202	Tue 6:30-9:30pm	Sep 11-Nov 6	\$60/\$70

Advanced Women's

			RES/NON
1247.203	Tue 6:30-9:30pm	Sep 11-Nov 6	\$60/\$70

Adult Tae Kwon Do | Ages 18+

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

Instructor: Master Wolpert

Location: Community Park, Bill Bond Hall I

No Class: Oct 31, Nov 12 & 23

			RES/NON
1247.204	MWF 7:00-8:00pm	Sep 17-Dec 14	\$95/\$105

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 September, October, November, and December the free open gym times are as follows:

Twin Peaks Multipurpose Center	Meadowbrook Gymnasium
14640 Tierra Bonita Road (858) 668-4599	12320 Meadowbrook Lane (858) 668-4598
Friday Open Badminton 6:00-9:00pm	Tuesday Open Basketball 6:00-9:00pm
Saturday Open Pickleball 3:00-6:00pm Open Badminton 6:00-9:00pm	Thursday Open Basketball 6:00-9:00pm
Sunday Open Volleyball 6:00-9:00pm	Sunday Open Basketball 8:30am-1:30pm

Sports | Youth & Teen

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

No Class: Nov 21

			RES/NON
2091.203	Wed 4:30-5:00pm	Sep 5-Sep 26	\$45/\$55
2091.204	Wed 4:30-5:00pm	Oct 10-Oct 31	\$45/\$55
2091.205	Wed 4:30-5:00pm	Nov 7-Dec 5	\$45/\$55

Youth Tae Kwon Do | Ages 6-13

This is a complete martial arts program for boys and girls. In addition to learning important self-defense skills, children develop respect, self-discipline, self-control, concentration, and confidence. Participants may take part in an examination at the end of the session to advance to a higher belt level. A martial arts uniform is required and may be purchased from the instructor for \$25.

Instructor: Master Wolpert

Location: Community Park, Bill Bond Hall I

No Class: Oct 31, Nov 12 & 23

			RES/NON
2091.209	MWF 6:00-7:00pm	Sep 17-Dec 14	\$95/\$105



Teen Tae Kwon Do | Ages 14-17

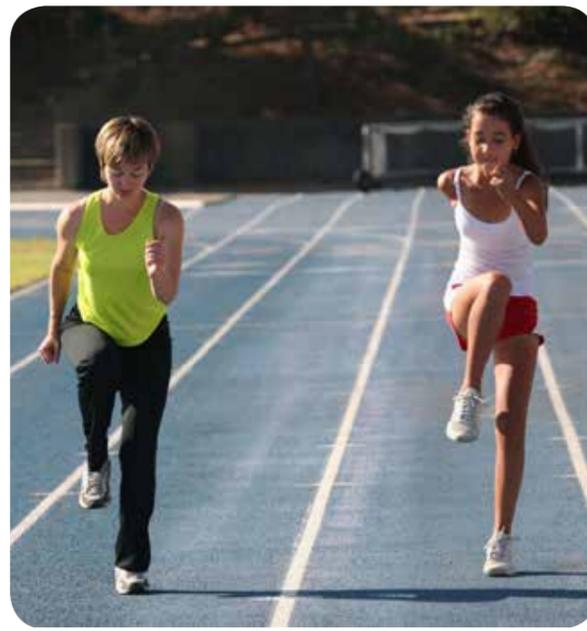
This class is designed to help teens develop more strength, coordination, speed, endurance, confidence, and self-defense skills. Participants may take part in an examination at the end of the session to advance to a higher belt level. A martial arts uniform is required and may be purchased from the instructor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

Instructor: Master Wolpert

Location: Community Park, Bill Bond Hall I

No Class: Oct 31, Nov 12 & 23

			RES/NON
2091.210	MWF 7:00-8:00pm	Sep 17-Dec 14	\$95/\$105



Youth Volleyball | Ages 9-14

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

Instructor: David Claycomb

Location: Meadowbrook Gym, 12320 Meadowbrook Lane

Ages 9-12

			RES/NON
2091.212	Mon 5:30-6:30pm	Sep 17-Nov 5	\$50/\$60

Ages 12-14

			RES/NON
2091.213	Mon 6:30-7:30pm	Sep 17-Nov 5	\$50/\$60

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 "Light the Night" 5k (3.1 miles) in Balboa Park on Saturday, October 27, at 7:00pm. Entrance fee included. Girls will learn the basics of running, how to set and achieve goals, proper nutrition, team building and leadership skills, and the importance of a great attitude, healthy lifestyle, and positive self-body image.

Instructor: Joanne Olson, www.girlsrunningstrong.com

Location: Silverset Park

			RES/NON
2091.220	MW 4:15-5:30pm	Sep 5-Oct 29	\$129/\$139*

* \$40 materials fee due first day of class

Tennis: Beginner | Ages 8-14

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

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

No Class: Nov 20, 22 & 24

Ages 4 1/2-7

			RES/NON
3013.220	T/Th 3:00-4:00pm	Sep 11-Oct 11	\$65/\$75*
3013.221	Sat 9:00-10:00am	Sep 15-Oct 13	\$45/\$55*
3013.222	T/Th 3:00-4:00pm	Oct 30-Dec 6	\$65/\$75*
3013.223	Sat 9:00-10:00am	Nov 3-Dec 8	\$45/\$55*

Ages 8-14

			RES/NON
3013.202	T/Th 4:00-5:00pm	Sep 11-Oct 11	\$65/\$75*
3013.203	Sat 10:00-11:00am	Sep 15-Oct 13	\$45/\$55*
3013.204	T/Th 4:00-5:00pm	Oct 30-Dec 6	\$65/\$75*
3013.205	Sat 10:00-11:00am	Nov 3-Dec 8	\$45/\$55*

* \$5 materials fee due first day of class

Tennis: Intermediate | Ages 7-16

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

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

No Class: Nov 20, 22 & 24

			RES/NON
3013.206	T/Th 5:00-6:00pm	Sep 11-Oct 11	\$65/\$75*
3013.207	Sat 11:00am-12:00pm	Sep 15-Oct 13	\$45/\$55*
3013.208	T/Th 5:00-6:00pm	Oct 30-Dec 6	\$65/\$75*
3013.209	Sat 11:00am-12:00pm	Nov 3-Dec 8	\$45/\$55*

* \$5 materials fee due first day of class

Tennis: Advanced Juniors | Ages 9-17

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

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

No Class: Oct 31, Nov 12, 19 & 21

			RES/NON
3013.210	MW 4:00-5:30pm	Sep 10-Oct 10	\$75/\$85*
3013.211	MW 4:00-5:30pm	Oct 22-Dec 5	\$75/\$85*

* \$5 materials fee due first day of class



Special Needs

Bowling | Ages 13+

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

Instructor: Sarah D'Agostino

Location: Poway Fun Bowl, 12941 Poway Road

No Class: Nov 23

			RES/NON
9397.200	Fri 1:30-3:30pm	Sep 21-Dec 7	\$43/\$53*

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

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 attend!

Instructor: Sarah D'Agostino

Location: Community Park, Auditorium

			RES/NON
9397.210	Sat 5:00-8:00pm	Sep 22	\$10/\$20
9397.211	Sat 5:00-8:00pm	Dec 1	\$10/\$20

Sign up for both & save!

			RES/NON
9397.212	Sat 5:00-8:00pm	Sep 22 & Dec 1	\$15/\$25

Exceptional Art | Ages 13+

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

Instructor: Sarah D'Agostino

Location: Community Park, Auditorium

No Class: Oct 31 & Nov 21

			RES/NON
9397.201	Wed 4:00-6:00pm	Sep 19-Dec 5	\$45/\$55*

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

Halloween Trick or Treat Party | All Ages

Food, fun, and COSTUMES!! Come celebrate Halloween in a fun, safe environment at Community Park! We will have a costume contest, trick or treating, music, and food. With more treats than tricks, you're going to have a ghoulishly good time! Come show off your creativity, hang out with friends, and win spooky cool prizes!

Instructor: Sarah D'Agostino

Location: Community Park, Auditorium

			RES/NON
9397.215	Fri 5:00-8:00pm	Oct 26	\$10/\$20

Outdoor Activities



Hiking for Fun & Fitness | Ages 8+

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

An adult must accompany all participants 17 and younger.

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

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

No Class: Nov 21

			RES/NON
3439.200	Wed 6:00-7:30pm	Sep 19-Dec 19	\$5/person \$10/family (2+ persons)

Health & Wellness

NEW! My HealthWorkz: Smoothies 101

Ages 13+

Why pay \$6 for your 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: MUSICSTAR®

Location: Community Park, Auditorium

			RES/NON
5417.260	Sat 9:00-10:30am	Sep 22	\$20/\$30*

* \$25 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: MUSICSTAR®

Location: Community Park, Auditorium

			RES/NON
5417.262	Sat 10:45am-12:15pm	Sep 22	\$20/\$30*

* \$25 materials fee due first day of class

Hatha Yoga | Ages 18+

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

Instructor: Jon Brock

Location: Midland Elementary School Multipurpose Room, 13910 Midland Rd

			RES/NON
No Class: Nov 21			
5417.201	Wed 6:30-8:00pm	Sep 12-Dec 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
No Class: Nov 13 & 20			
5417.204	Tue 6:00-7:00pm	Sep 11-Dec 11	\$108/\$118

Zumba | Ages 16+

Are you ready to party yourself into shape? That's exactly what Zumba® is about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance party that's moving millions of people toward health and joy. Zumba® fuses 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
No Class: Nov 14 & 21			
5417.206	Wed 6:15-7:15pm	Sep 12-Dec 12	\$108/\$118

Zumba Toning | Ages 16+

When it comes to body sculpting, Zumba® Toning raises the bar. It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party. Students learn how to use lightweight maracas-like Toning Sticks to enhance rhythm and tone all target zones, including arms, abs, and thighs. Zumba® Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

Instructor: Emma Sarmiento

Location: Old Poway Park, Templars Hall

			RES/NON
No Class: Sep 24, Oct 22, Nov 12 & 26			
5417.207	Mon 6:00-7:00pm	Sep 10-Dec 10	\$90/\$100

Line Dancing | Ages 17+

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

No Class: Oct 31

			RES/NON
5417.220	Wed 7:30-8:30pm	Sep 12-Dec 12	\$65/\$75

Tai Chi Easy | Ages 17+

Have you wondered if Tai Chi is for you? Have you studied Tai Chi in the past and want to brush up on your practice? Tai Chi Easy is the perfect way to begin! This carefully-developed method and approach to Tai Chi makes it easy, beneficial, and fun -- right away. Students learn beautiful movement practices designed to emphasize the cultivation of inner strength, improve balance, calm the mind, and restore the body to its natural state of health. Wear soft, comfortable clothing, and flat-soled shoes or socks. Please bring a bottle of water.

Instructor: Cheri Hotalen

Location: Mon: Midland Elementary School

Tues: Old Poway Park, Templars Hall

Wed: Lake Poway, Outdoors (1st class meets at Lake Poway Grill & Tackle)

No Class: Sep 24, Oct 1 & 3, Nov 6, 7 & 20

			RES/NON
Beginning			
5417.232	Mon 6:00-7:00pm	Sep 10-Oct 29	\$69/\$79

			RES/NON
Intermediate			
5417.233	Mon 7:00-8:00pm	Sep 10-Oct 29	\$69/\$79

			RES/NON
Advanced			
5417.234	Tue 2:00-3:15pm	Oct 9-Dec 11	\$95/\$105

			RES/NON
Mornings at the Lake			
5417.235	Wed 10:00-11:00am	Sep 12-Nov 14	\$95/\$105

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: Nov 8 & 22

			RES/NON
5417.236	Thu 10:00-11:15am	Oct 11-Dec 13	\$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!



Combo Class

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

			RES/NON
Pilates & Zumba Ages 16+			
5417.208	Tue 6:00-7:00pm	Sep 11-Dec 12	\$168/\$178

Wed 6:15-7:15pm

			RES/NON
Zumba Toning & Zumba Ages 16+			
5417.209	Mon 6:00-7:00pm	Sep 10-Dec 12	\$154/\$164

Wed 6:15-7:15pm

*See individual class descriptions for locations & No Class dates

Information: www.poway.org/classes

NEW! Ballet Barre Fitness | Ages 16+

Barre is an intensive body shaping experience designed to produce reliable results, no matter the client. The method is influenced by classical and modern dance (though it is not a dance class) and utilizes a barre to achieve optimal positioning. The 60-Minute session is designed to burn fat and calories with the combined methods of Pilates, yoga, and orthopedic stretching.

Instructor: Jennifer Richards

Location: Poway Pilates, 14053 Midland Rd

			RES/NON
5417.248	Wed 12:30-1:30pm	Sep 12-Oct 10	\$74/\$84
5417.249	Wed 12:30-1:30pm	Oct 17-Nov 14	\$74/\$84



NEW! R.I.P.P.E.D. The One Stop Body Shock

Ages 16+

This One Stop Body Shock System is an athletic exercise-based program with an emphasis on music. R.I.P.P.E.D = "Resistance" to improve muscle endurance, tone, and define the upper body. "Interval" will take your cardio endurance to a new level. "Power" hits the power muscles, chest, back, glutes, and legs. "Plyometrics" focuses on athleticism, quickness, and agility training. "Endurance" utilizes Mixed Martial Arts training to challenge aerobic limits and mental fortitude. We close each session with discussions and tips on "Diet and Nutrition" provided by Terry Shorter, the co-creator of this program and many other exercise programs.

Instructor: Shawna Farrill

Location: Community Park, Bill Bond Hall I

No Class: Nov 22

			RES/NON
5417.250	Thu 6:00-7:00pm	Sep 13-Oct 18	\$30/\$40
5417.251	Thu 6:00-7:00pm	Oct 25-Dec 6	\$30/\$40



Pilates Reformer | Ages 16+

Join us for custom-designed workouts on the Pilates reformer machines. This non-impact system of exercise focuses on the deep muscles of the abdominals and spine. Expect to burn up to 600 calories during your workout while improving flexibility and strengthening muscles! Classes will leave you feeling refreshed, not exhausted.

Instructor: Jennifer Richards

Location: Poway Pilates, 14053 Midland Rd

			RES/NON
5417.244	Mon 12:30-1:30pm	Sep 10-Oct 8	\$74/\$84
5417.245	Thu 12:30-1:30pm	Sep 13-Oct 11	\$74/\$84
5417.246	Mon 12:30-1:30pm	Oct 15-Nov 12	\$74/\$84
5417.247	Thu 12:30-1:30pm	Oct 18-Nov 15	\$74/\$84

Information: www.poway.org/classes

Dog Obedience Training

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

Beginning Obedience | 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: Good Dog Training School, Lynne Moore

Location: Tue: Old Poway Park, Gazebo; Sat: Garden Road Park

			RES/NON
9019.200	Tue 6:30-7:30pm	Sep 11-Oct 16	\$95/\$105*
9019.201	Sat 9:30-10:30am	Sep 15-Oct 20	\$95/\$105*
9019.202	Tue 6:30-7:30pm	Oct 23-Nov 27	\$95/\$105*
9019.203	Sat 9:30-10:30am	Oct 27-Dec 1	\$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: Good Dog Training School, Lynne Moore

Location: Garden Road Park

			RES/NON
9019.204	Sat 10:45-11:45am	Sep 15-Oct 20	\$95/\$105
9019.205	Sat 10:45-11:45am	Oct 27-Dec 1	\$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: Good Dog Training School, Lynne Moore

Location: Community Park, Dog Park Pen 2

			RES/NON
9019.206	Wed 6:30-7:30pm	Sep 12-Oct 17	\$95/\$105
9019.207	Wed 6:30-7:30pm	Oct 24-Nov 28	\$95/\$105

Safety Training

Please Note:

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

First Aid

Ages 11+

This newly revised American Red Cross class will prepare you to handle any emergency first aid situation with loved ones, friends, and co-workers.

This course includes responding, recognition, and care in life-threatening situations such as burns and bleeding; muscle, bone, and joint injuries; head and spinal injuries; heat and cold-related emergencies; and sudden illness. Participants will receive a ready reference card and an American Red Cross certification valid for two years.

Instructor: American Red Cross Instructor, Blythe Paley

Location: Community Park, Activity Rooms I & II

			RES/NON
5418.200	Thu 6:00-9:00pm	Oct 25	\$20/\$30*

* \$22 materials fee due first day of class



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

Become certified in this newly revised American Red Cross CPR class. Learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. This course teaches skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Participants receive a ready reference card and an American Red Cross certification card valid for two years.

Instructor: American Red Cross Instructor, Blythe Paley

Location: Community Park, Activity Rooms I & II

			RES/NON
5418.201	Wed 6:00-9:00pm	Oct 24	\$30/\$40*

* \$36 materials fee due first day of class

Babysitter's Training CPR & 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
7617.201	Mon 6:00-8:30pm	Sep 17	\$20/\$30*

* \$20 materials fee due on 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

			RES/NON
7617.200	Sat 9:00am-3:00pm	Sep 15	\$45/\$55*

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

Poway Swim Center



Swim Center

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 the resident rate.

Location: 13094 Civic Center Drive

Information:

www.poway.org/swim

(858) 668-4680

Costs:

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

Season and Yearly Passes

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

Pass holders must stop and have their cards scanned prior to entering the facility.

Season Pass Rates

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

Yearly Pass Rates

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

Hours:

Fall (August 27-October 28)

Monday/Wednesday/Friday	10:30am-7:30pm
Tuesday/Thursday	8:00am-7:30pm
Saturday/Sunday	10:30am-5:00pm

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

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

Pool Closed

December 15-January 6

Pool maintenance

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.

Birthday Party Package!



Why not have your next Birthday Party at the Pool?

The Poway Community Swim Center would love to be part of your special day. Included in the party package is a reserved poolside picnic area for two hours, public pool use for a maximum of 25 persons, and a half hour of games with a certified lifeguard. Birthday Party Packages are available on weekend during business hours. Sign up at the pool or for more information call: (858) 668-4680.

RES/NON
\$52/\$62

RES/NON
\$52/\$62

RES/NON
\$52/\$62

Swim Lessons

Swim Lesson Assessment | All Ages

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

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 by calling (858) 668-4680 or e-mail us at swimwaitlist@poway.org and ask to be placed on a waitlist for no charge. If space becomes available, we will attempt to fill it from the waitlist. Make sure to include the participants name & age, the activity number of the class you're interested in, and a phone number. The Swim Center will call you if space becomes available.

Please note: *There will be no classes held on Monday, September 3 due to the Labor Day Holiday. For Monday/Wednesday lessons, classes will be held on Friday, September 7 for that week only.

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
0020.200	MW 4:20-4:50pm	Aug 27-Sep 12*	\$39/\$49
0020.201	TTh 4:20-4:50pm	Sep 25-Oct 11	\$39/\$49

Pre-Grunion | Ages 2-3

This class is designed for young children who are ready to begin learning swimming skills, but who are not ready to participate in 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
0030.200	MW 5:10-5:50pm	Aug 27-Sep 19	\$52/\$62
0030.201	TTh 5:10-5:50pm	Aug 28-Sep 20	\$52/\$62
0030.202	TTh 5:10-5:50pm	Sep 25-Oct 18	\$52/\$62

Grunion 1 | Ages 3-5

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
0121.200	MW 3:30-4:10pm	Aug 27-Sep 19*	\$52/\$62
0121.201	MW 4:20-5:00pm	Aug 27-Sep 19*	\$52/\$62
0121.202	MW 5:10-5:50pm	Aug 27-Sep 19*	\$52/\$62
0121.203	MW 6:00-6:40pm	Aug 27-Sep 19*	\$52/\$62
0121.204	TTh 3:30-4:10pm	Aug 28-Sep 20	\$52/\$62
0121.205	TTh 4:20-5:00pm	Aug 28-Sep 20	\$52/\$62
0121.206	TTh 5:10-5:50pm	Aug 28-Sep 20	\$52/\$62
0121.207	TTh 6:00-6:40pm	Aug 28-Sep 20	\$52/\$62
0121.208	MW 3:30-4:10pm	Sep 24-Oct 17	\$52/\$62
0121.209	MW 4:20-5:00pm	Sep 24-Oct 17	\$52/\$62
0121.210	MW 5:10-5:50pm	Sep 24-Oct 17	\$52/\$62
0121.211	TTh 3:30-4:10pm	Sep 25-Oct 18	\$52/\$62
0121.212	TTh 5:10-5:50pm	Sep 25-Oct 18	\$52/\$62



Grunion 2 | Ages 3-6

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 and increased independence.

			RES/NON
0122.200	MW 3:30-4:10pm	Aug 27-Sep 19*	\$52/\$62
0122.201	MW 4:20-5:00pm	Aug 27-Sep 19*	\$52/\$62
0122.202	MW 6:00-6:40pm	Aug 27-Sep 19*	\$52/\$62
0122.203	TTh 3:30-4:10pm	Aug 28-Sep 20	\$52/\$62
0122.204	TTh 4:20-5:00pm	Aug 28-Sep 20	\$52/\$62
0122.205	TTh 6:00-6:40pm	Aug 28-Sep 20	\$52/\$62
0122.206	MW 3:30-4:10pm	Sep 24-Oct 17	\$52/\$62
0122.207	MW 4:20-5:00pm	Sep 24-Oct 17	\$52/\$62
0122.208	MW 6:00-6:40pm	Sep 24-Oct 17	\$52/\$62
0122.209	TTh 3:30-4:10pm	Sep 25-Oct 18	\$52/\$62
0122.210	TTh 4:20-5:00pm	Sep 25-Oct 18	\$52/\$62

Grunion 3 | Ages 3-6

This class is designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Skills emphasized include the front and back crawl. *Students should feel comfortable in at least 4 feet of water.*

			RES/NON
0123.200	MW 3:30-4:10pm	Aug 27-Sep 19*	\$52/\$62
0123.201	TTh 3:30-4:10pm	Aug 28-Sep 20	\$52/\$62
0123.202	TTh 5:10-5:50pm	Aug 28-Sep 20	\$52/\$62
0123.203	MW 3:30-4:10pm	Sep 24-Oct 17	\$52/\$62
0123.204	TTh 3:30-4:10pm	Sep 25-Oct 18	\$52/\$62
0123.205	TTh 6:00-6:40pm	Sep 25-Oct 18	\$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 4 feet of water is also introduced.

			RES/NON
0221.200	MW 4:20-5:00pm	Aug 27-Sep 19*	\$52/\$62
0221.201	MW 5:10-5:50pm	Aug 27-Sep 19*	\$52/\$62
0221.202	TTh 4:20-5:00pm	Aug 28-Sep 20	\$52/\$62
0221.203	TTh 6:00-6:40pm	Aug 28-Sep 20	\$52/\$62
0221.204	MW 4:20-5:00pm	Sep 24-Oct 17	\$52/\$62
0221.205	MW 5:10-5:50pm	Sep 24-Oct 17	\$52/\$62
0221.206	TTh 4:20-5:00pm	Sep 25-Oct 18	\$52/\$62
0221.207	TTh 6:00-6:40pm	Sep 25-Oct 18	\$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 4 feet of water.



			RES/NON
0222.200	MW 5:10-5:50pm	Aug 27-Sep 19*	\$52/\$62
0222.201	TTh 4:20-5:00pm	Aug 28-Sep 20	\$52/\$62
0222.202	MW 4:20-5:00pm	Sep 24-Oct 17	\$52/\$62
0222.203	MW 6:00-6:40pm	Sep 24-Oct 17	\$52/\$62
0222.204	TTh 5:10-5:50pm	Sep 25-Oct 18	\$52/\$62

Otter | Ages 6-14

A completion of those skills introduced in Seahorse, this class is designed to improve technique, promote self-proficiency, and increase endurance of front crawl and back crawl. Orientation to water deeper than 5 feet, diving boards, and treading water is included. The main goal of Otter is the ability to pass the "Open Swim" test and develop a comfortable side breathing pattern with front crawl.

			RES/NON
0223.200	MW 6:00-6:40pm	Aug 27-Sep 19*	\$52/\$62
0223.201	TTh 5:10-5:50pm	Aug 28-Sep 20	\$52/\$62
0223.202	MW 5:10-5:50pm	Sep 24-Oct 17	\$52/\$62
0223.203	MW 6:00-6:40pm	Sep 24-Oct 17	\$52/\$62
0223.204	TTh 4:20-5:00pm	Sep 25-Oct 18	\$52/\$62
0223.205	TTh 5:10-5:50pm	Sep 25-Oct 18	\$52/\$62

SESSION 1 SESSION 2

Seal | Ages 6-16

This course takes place in 11-12 feet of water. Pre-requisites for this class include: the ability to pass the "Open Swim" test with 25 yards of front crawl with side breathing, and 15 yards of back crawl and elementary backstroke. Skills introduced are butterfly and breaststroke kick, and diving.

			RES/NON
0321.200	MW 6:00-6:40pm	Aug 27-Sep 19*	\$52/\$62
0321.201	TTh 6:00-6:40pm	Aug 28-Sep 20	\$52/\$62
0321.202	MW 5:10-5:50pm	Sep 24-Oct 17	\$52/\$62
0321.203	TTh 6:00-6:40pm	Sep 25-Oct 18	\$52/\$62

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, front crawl, alternate breathing, and diving from the diving boards are introduced.

			RES/NON
0322.200	MW 6:50-7:30pm	Aug 27-Sep 19*	\$52/\$62
0322.201	TTh 6:50-7:30pm	Aug 28-Sep 20	\$52/\$62
0322.202	MW 6:00-6:40pm	Sep 24-Oct 17	\$52/\$62
0322.203	TTh 6:00-6:40pm	Sep 25-Oct 18	\$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
0323.200	MW 6:50-7:30pm	Aug 27-Sep 19*	\$52/\$62
0323.201	TTh 6:50-7:30pm	Aug 28-Sep 20	\$52/\$62
0323.202	MW 6:50-7:30pm	Sep 24-Oct 17	\$52/\$62
0323.203	TTh 6:50-7:30pm	Sep 25-Oct 18	\$52/\$62

Swordfish | Ages 6-16

Swordfish students develop skill proficiency and continue to progress towards greater distance in all strokes. There is also a review of all turns and an introduction to racing starts.

			RES/NON
0324.200	MW 6:50-7:30pm	Sep 24-Oct 17	\$52/\$62
0324.201	TTh 6:50-7:30pm	Sep 25-Oct 18	\$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
0521.200	MW 6:50-7:30pm	Aug 27-Sep 19*	\$52/\$62
0521.201	TTh 6:50-7:30pm	Aug 28-Sep 20	\$52/\$62
0521.202	MW 6:50-7:30pm	Sep 24-Oct 17	\$52/\$62
0521.203	TTh 6:50-7:30pm	Sep 25-Oct 18	\$52/\$62

Red Cross Lifeguard Training | Ages 15+

Lifeguard Training certifies participants in Lifeguarding/FirstAid/CPR/AED upon successful completion of the course. This class does not include Title 22. The following skills will be tested on the first day. Failure to complete will result in dismissal from course: swim 300 yards continuously using front crawl and breaststroke; treading water for 2 minutes with hands under armpits; enter the water feet-first, swim 20 yards, and retrieve a 10-pound brick from 11.5 feet of water, return 20 yards and climb out of the pool in under one minute and forty 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
0700.201	Sat/Sun 9:00am-5:00pm	Sep 22,23,29,30	\$100/\$110

Water Exercise | Ages 16+

Water exercise is a low-impact exercise for any age or ability. Classes are held in a water depth of four (4) 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 to the student's ability. Participants must register for a minimum of four classes. Register for private lessons at the Swim Center. For times and additional information, please call (858) 668-4680.

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

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.

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 12pm-9pm

Ball Fields

Daily, 8am-10pm

Bocce Courts

Same hours as Rec Office

Dog Park/Tennis Courts/Basketball Court

Daily, Sunrise-10pm



Unsupervised Skate Park Hours

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

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

Supervised Skate Park Program | Ages <14

Join us for FREE, supervised youth 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

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

Wed 6:00-8:00pm, Fri 4:00-6:00pm FREE

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

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: City Staff

Location: Community Park, Auditorium

Sat 4:30-9:00pm Oct 27 Registration Begins Oct 1 FREE

Sat 4:30-9:00pm Dec 22 Registration Begins Dec 3 FREE

Art in the Park

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.



Monday 10:00am-12:00pm Sep 24 FREE
Monday 10:00am-12:00pm Nov 12 FREE

Information:

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

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

Lake Poway

Information: www.poway.org/lakepoway



Location:

14644 Lake Poway Road

Park Hours:

June-October

Daily, 7am to sunset

November-May

Daily, sunrise to sunset

Lake Fishing & Boating Hours:

June-September

Wed-Sun, 7am to sunset

October

Wed-Sun, 7am to sunset

(Wed-Fri shoreline fishing only)

November-May

Wed-Sun, sunrise to sunset

Information:

(858) 668-4770 | www.poway.org/lakepoway

Park Ranger Office

(858) 668-4772

Park/Pavilion Reservations

(858) 668-4595

Lake Poway Grill and Tackle

(858) 486-1234



Night Fishing

Night Fishing continues until September 8! Whether you are fishing for bass or catfish, Lake Poway is the perfect destination to try out the night bite. The Lake will be stocked regularly with catfish but is also full of huge resident catfish and a thriving bass population. Night fishing is offered on Friday and Saturday nights from 4:00 pm to 11:30 pm. Motorboats and rowboats are offered for rental on a first-come, first-serve basis, and there is plenty of shoreline to fish from. To view the catfish stocking schedule or for more information, visit our website at www.poway.org/lakepoway or call (858) 668-4770.

Trout Season Returns to Lake Poway!

As soon as the water temperature is just right, we will kick off Trout Season with our legendary rainbow trout. 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. During the fishing season, we open the gates at sunrise, Wednesday through Sunday. The full-service Lake Poway Grill and Tackle offers fishing permits, bait, boat rentals, grill items, and refreshments. We have the best permit and boat prices in the area! Seniors 55+ and Military receive reduced rates. State Fishing Licenses are not required. The Trout Season opening date will be announced on our website at www.poway.org/lakepoway.



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. Families need to bring their 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 7am. No alcohol is permitted. Up to 5 persons per family; \$10 for each additional family member. Information: (858) 668-4770 or www.poway.org/lakepoway.

RES/NON
9039.106 Sat-Sun 5:00pm-9:00am Aug 11-12 \$52/\$62

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

San Diego Folk Heritage is pleased to present an amazing lineup of folk concerts featuring fiddle, acoustic instrumentation, and music 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 tickets in advance, visit the San Diego Folk Heritage site at www.sdfolkheritage.org.

Farmers Market | Flowers! Fresh Food! Fun!

It's fall, so get outdoors and enjoy Poway's Certified Farmers Market every Saturday, from 8:00 am to 11:30 am, rain or shine. Choose from garden-fresh sweet potatoes, oranges, watermelons, tomatoes, cucumbers, pumpkins, and more. All produce is certified and inspected by the agricultural commission and brought to you fresh from the grower. The fall market offers beautiful, freshly-picked flower bouquets to brighten your home, homemade tamales, kettle corn, and salsas. If you're looking for some of the finest produce, unique foods, and a great "City in the country" atmosphere, then the Farmers Market is the place to be! Information: (858) 668-4576.

Historical Tours

Looking for an easy, inexpensive, educational field trip to fit the needs of your curriculum? Reservations are accepted for Tuesday through Thursday tours 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 call (858) 668-4576.

Date	Performer	Musical Style
Friday, Aug 31	Jeff Bertino & Mike Stubblefield with Special Guests - The Lacemakers	Folk
Saturday, Sept 8	Trails & Rails - Western Tales and much more!	Cowboy & Train Song Music
Saturday, Oct 20	Syncopaths	Chamber Folk
Saturday, Nov 10	Coco and Lufe - They Follow the Harvest!	Blues

Blue Sky Ecological Reserve



Location:

Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:

Daily, Sunrise-Sunset

Information:

(858) 668-4781

www.poway.org/bluesky

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



School Tours & Outreach Program

The School Tour program and In-School Outreach program introduce important scientific concepts for second through fifth grades. These concepts meet Science Content Standards and include observation skills and resource protection. Tours are available throughout the school year. The cost is \$4 per student with a reduced rate of \$6 per student when both a Tour and Outreach Program are scheduled at the same time. Chaperones are free. More information can be found online at: www.poway.org/bluesky.



Discovery Table

Discovery Table 'Nocturnal Animals of Blue Sky' will be set up in the Reserve on October 21 from 8:30 to 11am. This is an opportunity to identify and learn about the natural history of night time animals in our area. Docents will be available to answer any questions about Blue Sky.

Docent-led Nature Walks

For an up-to-date list of dates and times of docent-led nature walks, pick up our latest Activities Schedule at Blue Sky, Community Services, or Lake Poway. Please wear comfortable shoes, a hat, and carry your own water. Binoculars are recommended. Scout and group tours are available by reservation. Walks are **FREE**.



Halloween Hoot, Howl, and Prowl

Blue Sky comes alive after dark! Meet the canyon's "wildlife" up close! Groups will leave at 15-minute intervals and tours last approximately 75 minutes. End the evening with a cup of hot chocolate! Children are encouraged to wear animal costumes. Park at Lake Poway and take the shuttle to the Reserve. **Reservations Required. Call the Blue Sky Office at (858) 668-4781.**

Saturday Oct 27 5:30pm-8:30pm \$5



Kumeyaay-Ipai Interpretive Center at Pauwai

Information: www.poway.org/kiic



Location:

13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)

Hours:

Saturdays 9:00am-12:30pm

FREE Docent-led Public Tours

Available Saturday mornings

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

Information: www.poway.org/kiic or

www.friendsofthekumeyaay.org

For docent-led group and scout tours, call: (858) 668-1292

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.

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 Wed, Thu, Fri mornings throughout the school year. Cost: \$4 per student. Information and scheduling: www.poway.org/kiic



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.



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

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

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



Events, hikes and programs start at various Preserve locations.

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

Goodan Ranch Fall Activities

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

August

Star Party | Fri, Aug 17 | Sunset
Intro to Geocaching | Sat, Aug 25 | 9:00-11:00am

September

Birding Walk | Sat, Sep 8 | 8:00-10:00am
Star Party | Fri, Sep 21 | Sunset
Live Raptors Experience | Sat, Sep 29 | 11:00am-12:00pm

October

Star Party | Fri, Oct 19 | Sunset
Intro to Geocaching | Sat, Oct 27 | 10:00am-12:00pm

November

Star Party | Fri, Nov 16 | Sunset
Explore Nature!! | Sat, Nov 24 | 8:30-10:30am

Poway Library



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

Fall Children's Programs

Storytime Monday-Friday, 10:30am
Homework Help Monday-Friday, 3:30-5:00pm
Parenting Class September (date pending)



All programs subject to change, please check online at sdcl.org, call us at (858) 513-2900, or stop by for more information

Fall Teen Programs

All teen programs take place on Tuesdays at 4:00 unless otherwise indicated. All 6th-12th graders are welcome to attend these free programs.

September

Teen Ice Cream Social Sep 4, 4:00 pm
Teen Craft: Duct Tape Wallets Sep 11, 4:00 pm
Teen Book Club: Welcome Back Party Sep 18, 4:00 pm
Teen Movie & Pizza Night Sep 25, 4:00 pm

October

Teen Game Day Oct 2, 4:00 pm
Teen Craft: Halloween Oct 9, 4:00 pm
Teen Pumpkin Decorating Oct 16, 4:00 pm
Teen Book Club Oct 23, 4:00 pm
Teen After Hours Halloween Party Oct 26, 6:30-10:00 pm
Teen Movie & Pizza Night Oct 30, 4:00 pm

November

Teen Cup Cake Decorating Nov 6, 4:00 pm
Teen Book Club Nov 13, 4:00 pm
Teen Movie & Pizza Night Nov 27, 4:00 pm

Info: www.sdcl.org

Poway Senior Center



Location:

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

Hours:

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

Information:

(858) 748-6094

www.powayseniorcenter.org

Are you 50 or Better?

Value-Added Membership at PSC has its Privileges!

Discounts at over 20 local businesses: restaurants, retail stores, personal services, automotive and health. Receive your benefits when you join!



EVERY MONTH at PSC we offer:

- 24 exercise, dance classes
- 36 cards, board game challenges
- 20 creative sessions
- 11 medical, legal services
- 30 social, educational, computer

BINGO!

Win your share of \$7500 in Cash Prizes!



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

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

Be Prepared

Flu Season Starts Soon!

Flu Clinic
Friday, September 14, 2012
10 a.m. - 1 p.m.

Luanne Arangio-Law RN, MEd, will be here to provide flu shots. Please call PSC for time, and cost (858) 748-6094.



Information: www.powayseniorcenter.org

Volunteer Opportunities

Poway Senior Center volunteers provide a significant amount of the labor required to run the Center, and give back to the community in countless hours of volunteerism.

Some PSC volunteers have regularly-scheduled volunteer shifts helping at the Reception Desk, Gift Shop, Nutrition Desk, Delivering Meals, and assisting with Bingo. Bingo and Home-Delivered Meal Drivers require a background check, which we provide and pay for. Other volunteers assist with special events, and projects.

If you would like to become an active PSC volunteer, contact Mary at (858) 748-6094 ext. 305. She will be happy to match you with the perfect volunteer opportunity!



La Bella Bistro: Everyone is Welcome!

Join us for lunch! Monday through Friday 11:30 a.m. - 12:30 p.m.

60 and older - a donation of \$4.00

59 and younger - cost \$6.00

Autumn brings soups and stews, and hearty vegetables! Call to see what's on the menu. No reservation necessary.



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.

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

Information:

Administration (858) 668-4693

Box Office (858) 748-0505

www.powaycenter.com

Check Out Our Website!

View our upcoming shows and purchase/print tickets online at www.powaycenter.com. The Poway Center for the Performing Arts hosts professional performances ranging from major plays and concerts to appearances by nationally-acclaimed artists. The Poway Unified School District and community-based organizations also host a variety of quality events for all ages and interests. We feature a packed performance line-up September through June and complete repair and maintenance projects in July/August.



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; 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.

Get Involved!

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



POWAY CENTER *for the* PERFORMING ARTS



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:

September 1-26 Green Tree World by Gary Walker. Renowned artist and creative visionary will be displaying a wide-array of original paintings done in acrylic and mixed media featuring themes from nature, art, and science.

September 29-October 27 Robert Pendleton MD, PhD an ophthalmologist from Oceanside takes digital photography in new directions with altered perspective and enhanced colors.

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.

Poway Center for the Performing Arts Foundation Presents

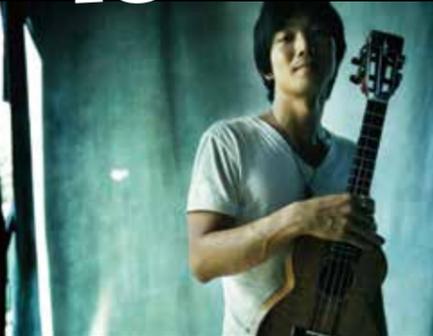
IT'S SHOW TIME!



O Berkley, Where Hart Thou?

Saturday, September 22, 2012

Featuring an all-star line-up of San Diego country, folk, rock and bluegrass musicians recreating the Grammy Award-winning soundtrack to *O Brother, Where Art Thou?* Legendary songs performed "Grand Ol' Opry" style. (Line-up subject to change.)



Jake Shimabukuro

Friday, October 12, 2012*

Jake Shimabukuro takes the ukulele to places you've never seen or heard before. Compared to Yo Yo Ma, Jimi Hendrix and Miles Davis, Shimabukuro has redefined the ukulele for the 21st Century. His live shows have critics and fans tripping over themselves with praise, and his YouTube clips have been viewed more than 10 million times.

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



Natalie McMaster—An Encore Performance!

Saturday, October 27, 2012

Award-winning fiddle player Natalie MacMaster is an international sensation, recognized around the globe as a scintillating entertainer and the preeminent practitioner of the "Cape Breton sound." Her concerts draws capacity crowds whenever she visits Poway, so buy your tickets early!



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.

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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REGISTRATION

Registration begins **AUG 7** 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: _____