



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

SUMMER 2012

Registration begins **MAY 15**

Parks Make Life Better!

It's summer time! Get outside and get active!

Did you know that virtually every California household (98%) reports having visited a park or participating in a program during the past year? Two out of three did so in the past month. So what are you waiting for? Poway has a wealth of great parks, trails, and beautiful locations to get outside and enjoy. Here is a list of suggestions to get you started!

- Fly a kite or bike local trails at Lake Poway
- Skateboard at a youth 14 and younger supervised skate session
- Photograph wildlife at beautiful Blue Sky Ecological Reserve
- Enjoy a family picnic at a neighborhood park
- Ride a 100-year old Baldwin Steam Locomotive at Old Poway Park
- Master the perfect serve on the tennis courts at Community Park
- Explore Poway's amazing Native American history at the Kumeyaay-Ipai Interpretive Center
- Perform a cannon ball at the Poway Community Swim Center
- Swing or slide with your kids at Adventure Playground in Community Park
- Hit a home run at a neighborhood park softball field
- Take nature classes at Blue Sky or Goodan Ranch

Old-Fashioned Fourth of July

Bring your family and friends to Old Poway Park and celebrate our country's independence "turn-of-the-20th-century-style." This FREE event features patriotic entertainment and displays, pictures with Uncle Sam, mock gunfights and train robbery reenactments, face painting, old-fashioned games, an authentic arts and crafts market, model railroad displays, antique automobiles, and iron working demonstrations. Train rides, picnic lunch, sweet treats, and ice cream will be available for sale at reasonable prices.



**Wednesday, July 4th
10:00am-4:00pm**
**Information:
(858) 668-4576**

Poway Fireworks Show

The annual Fourth of July Fireworks Show will be held at the Poway High School stadium. Gates will open to the public at 7:00 pm for entry into a spectacular 9:00 pm fireworks display. Bleacher and blanket seating will be available inside the stadium. A DeeJay will be spinning tunes before and after the fireworks for all ages to enjoy. The fireworks show may also be viewed from the Lake Poway Recreation Area. Bring your family and friends to enjoy this traditional celebration of patriotism in your community. If you or your company wish to contribute to the Fireworks Trust Fund, please call (858) 668-4682. No donation is too small.

**Poway High School Stadium
Wednesday, July 4, 7:00-10:00pm
\$2/Person at the gate
11 & under FREE**

Some of the best local entertainment and summer fun returns to Poway with the Sharp Memorial Hospital Summer Concert Series! The concerts are brought to you by the City of Poway and Sharp Memorial Hospital. Co-sponsor support is provided by Marrokal Design & Remodeling, Cymer, and Country Montessori School of Poway. Bring a blanket or chair, picnic dinner, and have a great time with family and friends. 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
June 24	Lake Poway	The Silver Beatles	Beatles Tribute Band
July 8	Lake Poway	Stoney B Blues Band	Blues
July 15	Old Poway Park	Highland Way Productions	Celtic
July 22	Lake Poway	Creedence Relived	Creedence Clearwater Tribute Band
July 29	Old Poway Park	Virtual Strangers	Bluegrass
August 5	Lake Poway	CoastRiders	Jimmy Buffet Tribute Band
August 12	Old Poway Park	Pomerado Community Band	Big Band

FREE Band Festival & Arts & Crafts Market

Concert bands from near and afar will offer a FREE weekend of music at Old Poway Park. The 18th Annual California Band Festival and Arts and Crafts Market will honor the Armed Forces and their families. It is hosted by Old Poway Park Action Committee members, the Pomerado Community Band, and the Poway Arts and Crafts Guild. The bands will perform Americana music and military bands will complete each day's lineup. Arts and crafts market, refreshments, and train rides are available for a nominal fee. Information: (858) 668-4576.

**May 19-20
Sat 11:00am-8:00pm
Sun 12:00-8:00pm**

FREE Outdoor Movie in the Park Series

The City of Poway is proud to present the 2012 Outdoor Movie in the Park series at Poway Community Park. Grab your family, blanket or chairs, picnic dinner and enjoy a free, 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

Poway Community Park at Sunset

July 21	Kung Fu Panda 2
August 18	Megamind
September 1	Rango

Swim-in Movie Night

Enjoy a fun-filled evening of swimming and a screening of Puss in Boots on August 4. Before he met Shrek, the legendary Puss in Boots takes a heroic journey, teaming up with mastermind, Humpty Dumpty and the street-savvy, Kitty Softpaws to steal the famed Goose that lays the Golden Eggs. It's the adventure of nine lifetimes! The movie will be shown on a 12' x 12' movie screen. Bring the entire family along with rafts, inner tubes, or boogie boards to view the movie while in the pool. Bleacher seating will also be available. The pool closes to the public at 5:00 pm and reopens at 7:00 pm. The movie starts at sundown. Tickets may be purchased in advance at the Swim Center. For more information, please call: (858) 668-4680.

Saturday, August 4 | Movie starts at Sundown



**\$4/Adult - \$3/Youth & Senior
\$12/family (up to 5 people)**

Camp Payment Plans Now Available!

Make it easier on your wallet this summer – use payment plans to pay for camp! Sign your kids up now so they don't miss those popular camps. Half the cost is due at sign-up and the remainder will be due one week before the activity starts. Full details can be found at www.poway.org/classes.

Summer Camps

Lake Poway Day Camp

Ages 6-12 (Children who are under the age of 6, but who have completed kindergarten can enroll in camp)

Lake Poway Day Camp is the perfect place for summer fun for children ages 6 to 12! Each week, campers go swimming, hiking, boating, fishing, create arts and crafts projects, play games, go on field trips, and explore the outdoors! The camps, offered in eight, one-week sessions, give campers the chance to make new friends, learn valuable skills, and create lifelong memories. Extended care is available from 4:00 pm to 5:30 pm, free of charge. For more information, contact the Lake Poway Day Camp phone line at (858) 668-4776 or visit www.poway.org/daycamp.

Instructor: Recreation Staff

Location: Lake Poway on Monday, Wednesday, Thursday, and Friday
Community Park on Tuesday

				RES/NON
2934.100	M-F 8:00am-4:00pm	Jun 18-22	Reuben H. Fleet	\$125/\$135
2934.101	M-F 8:00am-4:00pm	Jun 25-29	Pioneer Ways	\$125/\$135
2934.102	M-F 8:00am-4:00pm	Jul 9-13	La Jolla Shores Beach	\$125/\$135
2934.103	M-F 8:00am-4:00pm	Jul 16-20	Padres Game	\$125/\$135
2934.104	M-F 8:00am-4:00pm	Jul 23-27	La Jolla Shores Beach	\$125/\$135
2934.105	M-F 8:00am-4:00pm	Jul 30-Aug 3	Maritime Museum & Sailing	\$125/\$135
2934.106	M-F 8:00am-4:00pm	Aug 6-10	Wave Water Park	\$125/\$135
2934.107	M-F 8:00am-4:00pm	Aug 13-17	La Jolla Shores Beach	\$125/\$135

*Field trips are subject to change without notice

** There will be no camp held during the week of July 2-6

Film/TV Production Camps

Creative Brain® MovieWorkz Broadcast Channel

Ages 7-13

MovieWorkz is a unique and highly interactive media arts program that puts students in the forefront of artistic and technical expression. Just like a working television broadcast channel, participants conceptualize, design, and create different types of programming, ranging from television interviews and talk shows to news casts and entertainment features.

Cameras and computer equipment provided for class use.

Instructor: MUSICSTAR®

Location: Lake Poway, Pavilion

			RES/NON
6182.139	M-F 9:00am-12:00pm	Jun 18-22	\$129/\$139*

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

NEW! Creative Brain® MovieWorkz Stop Motion Animation Camp | Ages 7-13

This class 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 program offers an amazing chance for hands-on, multi-disciplinary, and artistic expression. **Cameras and computers will be provided for class use.**

Instructor: MUSICSTAR®

Location: Lake Poway, Pavilion

			RES/NON
6182.142	M-F 9:00am-12:00pm	Jul 9-13	\$129/\$139*

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

NEW! Creative Brain® MovieWorkz Animation Camp

Ages 7-13

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; capturing frames; and editing final work. This program offers an amazing chance for hands-on, multi-disciplinary, and artistic expression. **Cameras and computers will be provided for class use.**

Instructor: MUSICSTAR®

Location: Lake Poway, Pavilion

			RES/NON
6182.140	M-F 9:00am-12:00pm	June 25-29	\$129/\$139*
6182.141	M-F 9:00am-12:00pm	Aug 13-17	\$129/\$139*

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

NOTE: Sign up for two Incrediflix camps in the same week and enjoy a one-time \$30 materials fee and free lunch supervision!

NEW! Incrediflix Filmmaking Flix | Ages 7-13

Are you the next star director? Actor? Writer? Cameraman? Of course you are, and you get to do it all in these live action flix! You'll work in groups to make your vision come true in these movies where you'll act, write, direct, and more. All flix will be professionally edited and a DVD will be mailed to every student.

Instructor: Incrediflix: www.incrediflix.com

Location: Lake Poway, Pavilion

			RES/NON
6182.150	M-F 1:00-4:00pm	Jun 11-15	\$190/\$200*

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

NEW! Incrediflix Cartoon Flix | Ages 7-13

Your characters can fly over mountaintops, destroy cities, or swim the deepest oceans! In age appropriate groups, you'll make a paper-animated flick where you get to create your own character, build backgrounds, shoot your movie, and provide the voice for your character. All flix will be professionally edited and a DVD will be mailed to every student.

Instructor: Incrediflix: www.incrediflix.com

Location: Twin Peaks Multipurpose Center

			RES/NON
6182.153	M-F 9:00am-12:00pm	Jul 30-Aug 3	\$190/\$200*

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

NEW! Incrediflix Lego Flix | Ages 7-13

We know you love Legos and can create incredible worlds. Bring those worlds to life in Lego animated flix! We provide the Legos, and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot, and voice-over in age appropriate groups. All flix will be professionally edited and a DVD will be mailed to every student.

Instructor: Incrediflix: www.incrediflix.com

Location: Lake Poway, Pavilion

			RES/NON
6182.151	M-F 9:00am-12:00pm	Jun 11-15	\$190/\$200*
6182.152	M-F 1:00-4:00pm	Jul 30-Aug 3	\$190/\$200*

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

Creative Arts Camps

Art Start Art Camp – Half Day | 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 six, fun-filled weeks. 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. Each week will offer unique experiences! Quality art materials and snack will be provided. **Bring a washed, cotton T-shirt to the first class.**

Instructor: Susan Bainbridge

Location: Old Poway Park, Great Room

			RES/NON
6182.100	M-F 9:00am-12:00pm	Jul 9-13	\$105/\$115*
6182.101	M-F 9:00am-12:00pm	Jul 16-20	\$105/\$115*
6182.102	M-F 9:00am-12:00pm	Jul 23-27	\$105/\$115*
6182.103	M-F 9:00am-12:00pm	Jul 30-Aug 3	\$105/\$115*
6182.104	M-F 9:00am-12:00pm	Aug 6-10	\$105/\$115*
6182.105	M-F 9:00am-12:00pm	Aug 13-17	\$105/\$115*

* \$40 materials fee due first day of class

NEW! The Creative Explorers Camp | Ages 3-6

Your little one will explore the world of the creative arts in dance, music, and art. The Creative Explorers Summer Camp begins with a dance class full of dance games, including: dress-up of the dancing fairies and the dancing bubble machine that transports us to meet Ariel under the sea! Next, explore music through singing silly songs and playing all kinds of fun instruments. The day ends with fun and creative art projects that will be displayed at Friday's mini-show. The 11:30am Friday family mini-show is an opportunity for Creative Explorers to show off their dancing, music, and art creations. Bring a healthy snack. Wear dance attire and shoes and/or regular clothes.

Instructor: Dance To EvOLvE

Location: Old Poway Park, Templars Hall

			RES/NON
6182.160	M-F 9:00am-12:00pm	Jun 25-29	\$140/\$150*

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

NEW! Dance! Design! Direct! Choreography Dance Camp | Ages 7-12

Do it all in this unique camp that goes beyond traditional dance classes. This Dance To EvOLvE Summer Camp blends dance instruction with creative freedom. The dancers are decision makers in exploring various styles of dance, student choreography, music selection, show management, stage hair and make-up, fun head shots, and art and costume design for their Friday 3:30pm performance. This is the camp for those who love to perform! Dancers work in groups so various levels and ages are welcome. Bring a healthy snack. Wear dance attire and shoes and/or regular clothes.

Instructor: Dance To EvOLvE

Location: Old Poway Park, Templars Hall

			RES/NON
6182.161	M-F 1:00-4:00pm	Jun 25-29	\$140/\$150*

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

Art Start Art Camp –Full Day | Ages 8-14

This camp is designed for the enthusiastic student with a passion for art. In addition to enjoying all the activities of the half-day camp, students in the full-day camp will have the opportunity for more one-on-one instruction. They can delve more intently into projects such as painting on canvas, printmaking, silk painting, making duct tape wallets or creating mosaics. Quality art materials and snack will be provided. All full-day campers should bring a sack lunch each day. **Bring a washed, cotton T-shirt to the first class.**

Instructor: Susan Bainbridge

Location: Old Poway Park, Great Room

			RES/NON
6182.106	M-F 9:00am-3:00pm	Jul 9-13	\$175/\$185*
6182.107	M-F 9:00am-3:00pm	Jul 16-20	\$175/\$185*
6182.108	M-F 9:00am-3:00pm	Jul 23-27	\$175/\$185*
6182.109	M-F 9:00am-3:00pm	Jul 30-Aug 3	\$175/\$185*
6182.110	M-F 9:00am-3:00pm	Aug 6-10	\$175/\$185*
6182.111	M-F 9:00am-3:00pm	Aug 13-17	\$175/\$185*

* \$60 materials fee due first day of class

Mad Science Camps

Mad Science NASA Space Academy | Ages 6-11

Mad Science and NASA have teamed up to bring you the excitement and wonder of space in the NASA Space Academy camp. This is your chance to be a rocket scientist! Explore the science involved in rocket construction as you build and launch your own rocket. Watch an amazing rocket launch as it soars to the sky. Use teamwork to complete an important space mission and build a model space station. Explore the farthest reaches of our solar system and create a lunar eclipse in our Mad Science planetary tour. This stellar camp is your ticket to the stars as you journey through the galaxy. **Take home projects include Skyblazer II rocket, shuttle copter, lightning launcher, shimmering stars, catch-a-comet, Kepler's cube and more!**

Instructor: Mad Science of San Diego
Location: Old Poway Park, Great Room

			RES/NON
6182.114	M-F 1:00-4:00pm	Jun 11-15	\$105/\$115*

* \$45 materials fee due first day of class

Mad Science All Stars | Ages 5-10

You have been selected to participate on the Mad Science All-Star team! Learn about famous scientists and inventors who were all-stars in their field of expertise. Follow in their footsteps as we equip you with the science skills needed to rise to the top. Together with your teammates, you will build super structures, create a volcanic eruption and examine rocks formed from volcanic magma. Soar high above as you build a kite and experiment with lift, aerodynamics, and air pressure. Discover the secret behind the stars and make a star chart. **Take-home projects include: magnetic soccer game, rocket racer, star locator, kite, animal track, crystal garden, and more!**

Instructor: Mad Science of San Diego
Location: Lake Poway, Pavilion

			RES/NON
6182.113	M-F 9:00am-12:00pm	Aug 6-10	\$105/\$115*

* \$30 materials fee due first day of class



NEW! Mad Science Discovery Camp | Ages 6-11

Mad Science is on a mission to fascinate campers with the inner workings of the human body. This heart pumping, chest pounding, dynamic discovery camp is sure to blow their minds! Children will use ooey gooey ingredients to build a model cell and test their own traits to decode and decipher DNA. Campers will discover what keeps them alive as they take a trip down the organ trail. Elemental bingo, mad mucus, and baking soda power will thrill all junior chemists! **Take home a body apron, digester inspector, dynamic DNA, mad mucus, and more!**

Instructor: Mad Science of San Diego
Location: Lake Poway, Pavilion
No Class: July 4

			RES/NON
6182.117	MTThF 9:00am-12:00pm	Jul 2-6	\$84/\$94*
6182.118	M-F 1:00-4:00pm	Jul 23-27	\$105/\$115*

* \$30 materials fee due first day of class



NEW! Mad Science Adventures in the Wild | Ages 5-10

Take a walk on the wild side with Mad Science as we explore animals, birds, bugs, and beasts for an out-of-this-world adventure! Have some creepy, crawly fun building a bug house and fill it with new friends to take home. Explore the amazing ways animals adapt in the wilderness as you hunt down their tracks and make an animal track of your own. Discover what a night-hunting owl found for dinner by taking part in an owl pellet dissection. Let the adventure begin! **Take home projects include a bug house, animal track, sundial, solar cooker, and more!**

Instructor: Mad Science of San Diego
Location: Lake Poway, Pavilion

			RES/NON
6182.119	M-F 9:00am-12:00pm	Jul 16-20	\$105/\$115*
6182.120	M-F 1:00-4:00pm	Aug 13-17	\$105/\$115*

* \$30 materials fee due first day of class

Mad Science Crazy Chem-Works | Ages 5-10

Shake up a flask of fun in the lab and become a junior chemist! Learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results. Check out the colors of chemistry with the power of pH paper and create a stopper-popping reaction. Probe the properties of light and discover some unusual applications of glow-in-the-dark technology. Campers have a blast as they make some crazy concoctions. **Take-home projects include a reaction tube kit, atomic coins, thermocolor cup, slippery slime, Professor Beakerdude, and more!**

Instructor: Mad Science of San Diego
Location: Old Poway Park, Great Room

			RES/NON
6182.115	M-F 9:00am-12:00pm	Jun 18-22	\$105/\$115*
6182.116	M-F 1:00-4:00pm	Jul 30-Aug 3	\$105/\$115*

* \$30 materials fee due first day of class

Technology Camps

Video Game Design | Ages 10-17

This course provides students with a fun, interactive look at the world of video game design and development. Students enrolled in this camp will learn the basics of video game design and produce several different interactive video games to share with their friends and family!

Instructor: Youth Tech, Inc.
Location: Old Poway Park, Porter House Parlour

			RES/NON
9416.100	M-F 1:00-4:00pm	Jul 16-20	\$160/\$170*
9416.102	M-F 9:00am-12:00pm	Jul 23-27	\$160/\$170*

* \$10 materials fee due first day of class

Web Design | Ages 10-17

This course is an in-depth look at the world of web design and development. Students enrolled in this session will learn how to build their own website from start to finish using Adobe's award-winning suite of products. The learning for this camp does not end at the door! Students will have access to their website with free hosting for one year!

Instructor: Youth Tech, Inc.
Location: Old Poway Park, Porter House Parlour

			RES/NON
9416.104	M-F 1:00-4:00pm	Jul 23-27	\$150/\$160*

* \$10 materials fee due first day of class

Animation | Ages 10-17

In this class, students will learn the basics of animation and digital design. Students who enjoy going to various sites to see fun, interactive animations will love this course! This class utilizes Adobe's award-winning animation software in Adobe Flash. Students will create fun, interactive animations that they can share with the world!

Instructor: Youth Tech, Inc.
Location: Old Poway Park, Porter House Parlour

			RES/NON
9416.103	M-F 9:00am-12:00pm	Jul 16-20	\$150/\$160*

* \$10 materials fee due first day of class

Sports Camps

Swim & Tennis Camp | Ages 6-16

The tennis portion of this camp will consist of court etiquette, scoring system, footwork drills, forehand and backhand ground-stroke 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

			RES/NON
2443.120	M-F 10:00am-3:00pm	Jun 18-22	\$110/\$120*
2443.121	M-F 10:00am-3:00pm	Jun 25-29	\$110/\$120*
2443.122	M-F 10:00am-3:00pm	Jul 9-13	\$110/\$120*
2443.123	M-F 10:00am-3:00pm	Jul 16-20	\$110/\$120*
2443.124	M-F 10:00am-3:00pm	Jul 23-27	\$110/\$120*
2443.125	M-F 10:00am-3:00pm	Jul 30-Aug 3	\$110/\$120*

* \$10 materials fee due first day of class



Middle School Girls Basketball | Ages 10-14

Girls will learn fundamentals and techniques necessary to be on track for successful play at the next level. Beginning players who are inexperienced, but willing to learn, are also encouraged to attend. Participants need to be entering 5th through 8th grade in order to enroll.

Instructor: Jay Trousdale
Location: Twin Peaks Multipurpose Center

2443.105	M-F 12:30-3:00pm	Jun 25-29	RES/NON \$130/\$140
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Intermediate Girls Basketball | Ages 13-16

This camp is for the high school freshman and junior varsity caliber player. Emphasis will be placed on offensive and defensive fundamentals needed for participation at the high school level. Four-on-four and five-on-five team concepts will be stressed. Perimeter and post play will be emphasized through group work. Participants need to be entering 9th or 10th grade in order to enroll. 8th graders may enroll with instructor approval.

Instructor: Jay Trousdale
Location: Twin Peaks Multipurpose Center

			RES/NON
2443.106	MWThF 2:30-4:30pm	Jun 11-15	\$130/\$140
	M-Th 2:30-4:30pm	Jun 18-21	

Advanced Girls Basketball | Ages 15-18

This advanced camp is for the high school varsity caliber player. Offensive and defensive fundamentals will be emphasized. Four-on-four and five-on-five team concepts will also be stressed. Perimeter play and post play will be emphasized at both ends of the floor. Participants need to be entering 10th through 12th grade in order to enroll.

Instructor: Jay Trousdale
Location: Twin Peaks Multipurpose Center
No Class: June 12

2443.107	MWThF 12:30-2:30pm	Jun 11-15	RES/NON \$130/\$140
	M-Th 12:30-2:30pm	Jun 18-21	

Archery Basics Camp | Ages 7-15

Enjoy a fun-filled week of archery. Learn archery basics and shoot with surprising accuracy in this week-long camp. Please do not bring equipment; equipment provided for class use.

Instructor: Jim Velazquez
Location: Lake Poway, Archery Range

			RES/NON
2443.113	Mon 9:00-11:00am	Jul 9	\$75/\$85*
	T-F 9:00-10:20am	Jul 10-13	
2443.114	Mon 9:00-11:00am	Jul 16	\$75/\$85*
	T-F 9:00-10:20am	Jul 17-20	
2443.115	Mon 9:00-11:00am	Jul 30	\$75/\$85*
	T-F 9:00-10:20am	Jul 31-Aug 3	
2443.116	Mon 9:00-11:00am	Aug 6	\$75/\$85*
	T-F 9:00-10:20am	Aug 7-10	

* \$15 materials fee due first day of class

Information: www.poway.org/classes

Dance | Youth & Teen

Dance for Children | Ages 3-5 1/2

Dance, sing, tumble, balance, imagine, express, gain self-confidence, strength and flexibility during this fun-filled introduction to dance and tumbling. Boys and girls will experience the joys of movement and creative expression during this ongoing program, designed to provide increased challenges with continued enrollment. This is a great "pre-class" to Tap & Ballet. Come join the fun! **Wear dance attire/comfortable clothing and ballet slippers or bare feet.** Participants who continue classes through the school year can participate in our dance recital at the Poway Center for Performing Arts in June 2013!

Instructor: Debbora Childress

Location: Community Park, Auditorium



RES/NON
\$65/\$75

5111.100 Mon 10:00-10:45am Jul 9- Aug 13

Tap & Ballet Summer Workshop Series | Ages 3 1/2-13

This fun-filled, action-packed, dynamic tap & dance workshop will offer a new experience each week! Combination classes will include Tap & Ballet; Tap & Tumbling; Tap & Jazz; Tap & Creative Dance; and more! Come join the fun! The summer session is a great time for new students to begin and for continuing students to enjoy a variety of dance activities. **Wear dance attire and Tap and Ballet shoes.** Participants who continue Tap & Ballet classes through the school year can participate in our dance recital at the Poway Center for Performing Arts in June 2013!

Instructor: Debbora Childress

Location: Community Park, Auditorium

Ages 3 1/2-5 1/2

5111.101 Mon 11:00am-12:00pm Jul 9-Aug 13

RES/NON
\$65/\$75

Ages 6-8 1/2

5111.102 Mon 2:00-3:00pm Jul 9-Aug 13

\$65/\$75

Ages 9-13

5111.103 Mon 3:00-4:00pm Jul 9-Aug 13

\$65/\$75



Children's Activities

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

This specialized preschool program teaches your child the exact Pre-Reading, Pre-Writing, Pre-Math, and Social skills necessary to succeed in school. An individualized curriculum is prepared based on your child's specific needs; and an evaluation of your child is included.

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

Location: Community Park, Youth Activity Room

No Class: July 4 and Sep 3

			RES/NON
4011.100	MW 9:00-11:30am	Jun 11-Jul 9	\$108/\$118*
4011.101	MW 9:00-11:30am	Jul 11-Aug 6	\$108/\$118*
4011.102	MW 9:00-11:30am	Aug 8-Sep 5	\$108/\$118*
4011.103	MW 12:00-2:30pm	Jun 11-Jul 9	\$108/\$118*
4011.104	MW 12:00-2:30pm	Jul 11-Aug 6	\$108/\$118*
4011.105	MW 12:00-2:30pm	Aug 8-Sep 5	\$108/\$118*
4011.106	TTh 9:00-11:30am	Jun 12-Jul 5	\$108/\$118*
4011.107	TTh 9:00-11:30am	Jul 10-Aug 2	\$108/\$118*
4011.108	TTh 9:00-11:30am	Aug 7-30	\$108/\$118*
4011.109	TTh 12:00-2:30pm	Jun 12-Jul 5	\$108/\$118*
4011.110	TTh 12:00-2:30pm	Jul 10-Aug 2	\$108/\$118*
4011.111	TTh 12:00-2:30pm	Aug 7-30	\$108/\$118*
4011.112	Sat 9:00-11:30am	Jun 16-Jul 7	\$54/\$64*
4011.113	Sat 9:00-11:30am	Jul 14-Aug 4	\$54/\$64*
4011.114	Sat 9:00-11:30am	Aug 11-Sep 1	\$54/\$64*
4011.115	Sat 12:00-2:30pm	Jun 16-Jul 7	\$54/\$64*
4011.116	Sat 12:00-2:30pm	Jul 14-Aug 4	\$54/\$64*
4011.117	Sat 12:00-2:30pm	Aug 11-Sep 1	\$54/\$64*

* \$8 materials fee due first day of class

MUSICSTAR® Kidz Explorers | Ages 6 months to 5 years

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

Instructor: MUSICSTAR®

Location: Community Park, Auditorium

No Class: July 5

Early Explorers | Ages 6 months to 3 years RES/NON

4011.140 Thu 9:30-10:15am Jun 21-Aug 16 \$88/\$98*

Young Explorers | Ages 3 to 5 years

4011.141 Thu 10:30-11:15am Jun 21-Aug 16 \$88/\$98*

* \$15 materials fee due first day of class

Tennis - Tiny Tot | Ages 4-6

The Tiny Totters will have fun learning basic forehand and backhand ground strokes, forehand and backhand volleys, and court etiquette. The class is designed to improve hand/eye coordination. **This is a parent participation class.** Parents will toss balls to their own child, which is a great way for the parents to interact with their child.

Instructor: Art Christophiades

Location: Community Park, Tennis Courts

No Class: July 7 and Sep 1

3013.100 Sat 9:00-10:00am Jun 16-Jul 21 \$40/\$50*

3013.101 Sat 9:00-10:00am Aug 4-Sep 8 \$40/\$50*

* \$5 materials fee due first day of class

Mom & Tot Gymnastics | Ages Walking-3 years

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

Instructor: Poway Gymnastics

Location: Poway Gymnastics, 12850 Brookprinter Place

No Class: June 28 and 30

2312.100 Thu 10:45-11:15am Jun 14-Sep 6 \$161/\$171*

2312.101 Sat 8:45-9:15am Jun 16-Sep 8 \$161/\$171*

* \$10 materials fee due first day of class

My First Art Class | Ages 20 months to 3 years

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

Instructor: Abrakadoodle

Location: Community Park, Youth Activity Room

4011.121 Fri 9:30-10:15am Jun 15-Jul 6 \$52/\$62

4011.122 Fri 9:30-10:15am Jul 13-Aug 3 \$52/\$62

4011.123 Fri 9:30-10:15am Aug 10-31 \$52/\$62



Abrakadoodle Art Adventures | Ages 4 to 5 years

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

4011.124 Fri 10:30-11:15am Jun 15-Jul 6 \$52/\$62

4011.125 Fri 10:30-11:15am Jul 13-Aug 3 \$52/\$62

4011.126 Fri 10:30-11:15am Aug 10-31 \$52/\$62

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: July 4

2091.100 Wed 4:00-4:30pm Jun 6-27 \$40/\$50

2091.101 Wed 4:00-4:30pm Jul 11-Aug 1 \$40/\$50

2091.102 Wed 4:00-4:30pm Aug 8-29 \$40/\$50

Creative Arts

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

Discover the secrets of some of today's greatest voices in pop! Musicstar group 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

No Class: July 5

6182.132 Thu 3:30-4:15pm Jun 21-Aug 16 \$88/\$98*

* \$15 materials fee due first day of class

NEW! MUSICSTAR® Play Like the Beatles; Acoustic Guitar Music Class | Ages 16+

Have you ever wanted to play the songs of the "Fab Four"? Learn to play the guitar in this fun group class setting! You will explore a new song each week while creating your own Beatles song catalog. **Guitars are provided for class use.** There will be a final Showcase Performance on the last day of class.

Instructor: MUSICSTAR®

Location: Old Poway Park, Templars Hall

No Class: July 5

6182.133 Thu 6:30-7:15pm Jun 21-Aug 16 \$88/\$98*

* \$15 materials fee due first day of class

NEW! MUSICSTAR® Beginning Ukulele | Ages 16+

Learn to play the ukulele in a fun group class setting! You will explore music literacy, learn various techniques, and play several 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

No Class: July 5

6182.134 Thu 7:30-8:15pm Jun 21-Aug 16 \$88/\$98*

* \$15 materials fee due first day of class

MUSICSTAR® Music Classes - Beginning | Ages 6-13

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

Instructor: MUSICSTAR®

Location: Old Poway Park, Templars Hall

No Class: July 5

Beginning Keyboard/Piano RES/NON

6182.130 Thu 4:30-5:15pm Jun 21-Aug 16 \$88/\$98*

Beginning Acoustic Guitar

6182.131 Thu 5:30-6:15pm Jun 21-Aug 16 \$88/\$98*

* \$15 materials fee due first day of class

Sports | Youth/Teen



Youth Tae Kwon Do | Ages 6-13

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

Instructor: Mr. J. Wolpert
Location: Community Park, Bill Bond Hall I
No Class: July 4 and Sep 3

			RES/NON
2091.109	MWF 6:00-7:00pm	Jun 18-Sep 7	\$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: Mr. J. Wolpert
Location: Community Park, Bill Bond Hall I
No Class: July 4 and Sep 3

			RES/NON
2091.110	MWF 7:00-8:00pm	Jun 18-Sep 7	\$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
No Class: July 4

			RES/NON
2091.103	Wed 4:30-5:00pm	Jun 6-27	\$40/\$50
2091.104	Wed 4:30-5:00pm	Jul 11-Aug 1	\$40/\$50
2091.105	Wed 4:30-5:00pm	Aug 8-29	\$40/\$50

Tennis: Beginner | Ages 6-14

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

Instructor: Art Christophiades
Location: Community Park, Tennis Courts
No Class: July 3, 5, 7 and Sep 1

			RES/NON
3013.102	T/Th 4:00-5:00pm	Jun 12-Jul 19	\$65/\$75*
3013.103	Sat 10:00-11:00am	Jun 16-Jul 21	\$45/\$55*
3013.104	T/Th 4:00-5:00pm	Jul 24-Aug 23	\$65/\$75*
3013.105	Sat 10:00-11:00am	Aug 4-Sep 8	\$45/\$55*

* \$5 materials fee due first day of class

Tennis: Adv. Beginner/Intermediate | Ages 7-14

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

Instructor: Art Christophiades
Location: Community Park, Tennis Courts
No Class: July 3, 5, 7 and Sep 1

			RES/NON
3013.106	T/Th 5:00-6:00pm	Jun 12-Jul 19	\$65/\$75*
3013.107	Sat 11:00am-12:00pm	Jun 16-Jul 21	\$45/\$55*
3013.108	T/Th 5:00-6:00pm	Jul 24-Aug 23	\$65/\$75*
3013.109	Sat 11:00am-12:00pm	Aug 4-Sep 8	\$45/\$55*

* \$5 materials fee due first day of class

Information: www.poway.org/classes

Youth Volleyball | Ages 9-14

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

Instructor: David Claycomb
Location: Meadowbrook Gym
No Class: July 23 and 30

			RES/NON
2091.112	Mon 5:30-6:30pm	Jun 11-Aug 13	\$50/\$60
2091.113	Mon 6:30-7:30pm	Jun 11-Aug 13	\$50/\$60



Tennis: Advanced Juniors | Ages 8-17

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

Instructor: Art Christophiades
Location: Community Park, Tennis Courts
No Class: July 2 and 4

			RES/NON
3013.110	MW 4:00-5:30pm	Jun 11-Jul 18	\$75/\$85*
3013.111	MW 4:00-5:30pm	Jul 23-Aug 22	\$75/\$85*

* \$5 materials fee due first day of class

Sports | Adults

Open Play Sports | All Ages

The City of Poway operates two recreation centers that offer a variety of activities for youth and adults. Basketball, volleyball, and badminton are just a few of the activities available for your recreation needs. During the months of June, July, and August the free open gym times are as follows:

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

Meadowbrook Gymnasium
 12320 Meadowbrook Lane
 (858) 668-4598

Open Badminton
 Friday/Saturday
 6:00-9:00pm

Open Volleyball
 Sunday
 6:00-9:00pm

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

Adult Tae Kwon Do | Ages 18+

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

Instructor: Mr. J. Wolpert
Location: Community Park, Bill Bond Hall I
No Class: July 4 and Sep 3



			RES/NON
1247.104	MWF 7:00-8:00pm	Jun 18-Sep 7	\$95/\$105

Intermediate Coed Volleyball | Ages 16+

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

Instructor: Dick Leatherman
Location: Twin Peaks Multipurpose Center

			RES/NON
1247.100	Thu 6:30-9:30pm	Jun 21-Aug 16	\$60/\$70
1247.101	Thu 6:30-9:30pm	Jun 21-Aug 16	\$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 on the ninth week starting at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. Past league experience is recommended.

Instructor: Dick Leatherman
Location: Twin Peaks Multipurpose Center

			RES/NON
1247.102	Tue 6:30-9:30pm	Jun 19-Aug 14	\$60/\$70
1247.103	Tue 6:30-9:30pm	Jun 19-Aug 14	\$60/\$70



Women's Volleyball | Ages 16+

All players are divided into divisional four-person teams on the first night, which precedes five weeks of league play and a championship tournament night on the last week starting at 6:00pm. Referees, roster/schedules, and prizes are included. All play occurs at women's height net. New players must attend the starting orientation night. Past volleyball experience recommended.

Instructor: Dick Leatherman
Location: Twin Peaks Multipurpose Center

			RES/NON
1247.110	Mon 6:30-9:30pm	Jul 16-Aug 27	\$47/\$57

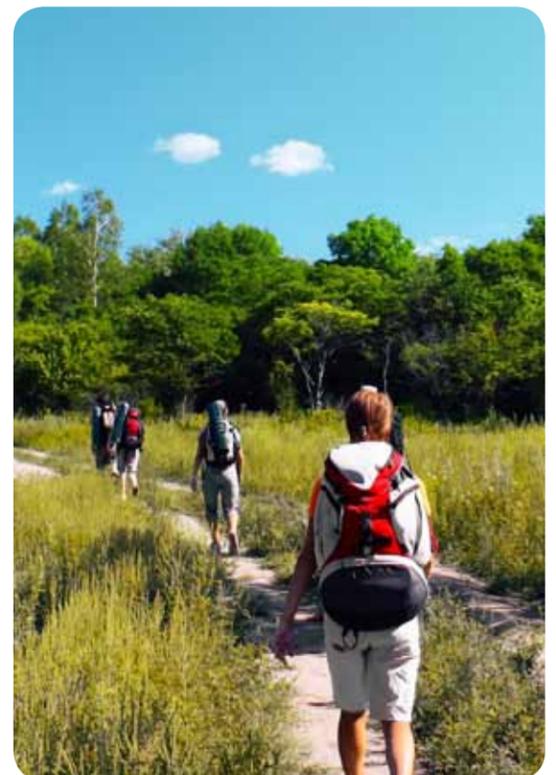
Outdoor Activities

Hiking for Fun & Fitness | Ages 8+

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

Instructor: Mike Fry (858)748-5166, mnfry@cox.net
Location: First hike meets at the Lake Poway Grill & Tackle (concession). Contact instructor for hike schedule if you cannot attend first hike.
No Class: July 4

			RES/NON
3439.100	Wed 6:00-7:30pm	Jun 13-Sep 5	\$5/person \$10/family (2+ persons)



Information: www.poway.org/classes

Health & Wellness



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

Zumba | Ages 16+

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: July 4

5417.106 Wed 6:15-7:15pm Jun 20-Aug 1 RES/NON \$54/\$64

Zumba Toning | Ages 16+

Participants will combine basic footwork with upper body movement while holding 1-2 pound Zumba toning sticks (or free weights) for a wildly effective cardio interval workout.

Instructor: Emma Sarmiento

Location: Community Park, Auditorium

No Class: July 2

5417.107 Mon 6:00-7:00pm Jun 18-Jul 30 RES/NON \$54/\$64

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

Pilates & Zumba | Ages 16+

5417.108 Tue 6:00-7:00pm Jun 19-Aug 1 RES/NON \$72/\$82
Wed 6:15-7:15pm

Zumba Toning & Zumba | Ages 16+

5417.109 Mon 6:00-7:00pm Jun 18-Aug 1 RES/NON \$72/\$82
Wed 6:15-7:15pm

*See individual class descriptions for locations & no class dates



NEW! Booty Barre™ | Ages 16+

The Booty Barre™ workout is a uniquely fun, high-energy group fitness experience, which fuses exercise techniques from the worlds of Pilates, Dance, Cardio-Sculpting Moves, and Yoga. You'll firm, tighten, and tone your whole body without adding bulk, all while burning mega-calories along the way.

Instructor: Jennifer Richards

Location: Poway Pilates, 14053 Midland Rd

No Class: July 4

5417.148 Wed 12:30-1:30pm Jun 13-Jul 18 RES/NON \$74/\$84
5417.149 Wed 12:30-1:30pm Jul 25-Aug 22 \$74/\$84

Kettlebell Interval Training | Ages 16+

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

Instructor: Jennifer Richards

Location: Poway Pilates, 14053 Midland Rd

No Class: July 2 and 4

5417.140 Mon 6:30-7:30pm Jun 11-Jul 23 RES/NON \$74/\$84
5417.141 Wed 6:30-7:30pm Jun 13-Jul 25 \$74/\$84



Pilates | Ages 16+

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

Instructor: Emma Sarmiento

Location: Community Park, Auditorium

No Class: July 3

5417.104 Tue 6:00-7:00pm Jun 19-Jul 31 RES/NON \$54/\$64

Yogazander | Ages 17+

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

Instructor: Cheri Hotalen

Location: Old Poway Park, Templars Hall

5417.135 Thu 10:00-11:15am Jun 21-Jul 26 RES/NON \$69/\$79

Healing Qigong in the Park | Ages 17+

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

Instructor: Cheri Hotalen

Location: Old Poway Park, Outdoors (*first class meets at fountain near gazebo)

5417.131 Tue 6:00-7:30pm Jun 19-Jul 24 RES/NON \$69/\$79

Pilates Reformer | Ages 16+

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

Instructor: Jennifer Richards

Location: Poway Pilates, 14053 Midland Rd

No Class: July 2

5417.144 Mon 12:30-1:30pm Jun 11-Jul 16 RES/NON \$74/\$84
5417.145 Thu 12:30-1:30pm Jun 14-Jul 12 \$74/\$84
5417.146 Mon 12:30-1:30pm Jul 23-Aug 20 \$74/\$84
5417.147 Thu 12:30-1:30pm Jul 19-Aug 16 \$74/\$84

Tai Chi Easy in the Park | Ages 17+

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

Instructor: Cheri Hotalen

Location: Sunset Classes: Old Poway Park, Outdoors (*first class meets at fountain near gazebo)

Morning Classes: Lake Poway, Outdoors (*first class meets at 8:45am next to the Lake Poway Grill & Tackle)

No Class: July 4

Sunset in the Park RES/NON
5417.132 Mon 6:00-7:30pm Jun 18-Jul 23 \$69/\$79
Mornings at the Lake
5417.134 MW 9:00-10:00am Jun 18-Jul 25 \$84/\$94



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

5418.100 Wed 6:00-9:00pm Jul 11 RES/NON \$20/\$30*
* \$22 materials fee due first day of class



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

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

5418.101 Tue 6:00-9:00pm Jul 10 RES/NON \$30/\$40*
* \$36 materials fee due first day of class

Women's Self-Defense Workshop | Ages 16+

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

Instructor: Mr. J. Wolpert
Location: Community Park, Bill Bond Hall I

1247.106 Thu 6:30-7:30pm Jun 21 RES/NON \$10/\$20

Information: www.poway.org/classes

Babysitter's Training | Ages 11-18

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

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

7617.100 Mon/Tue 5:00-8:00pm Jun 18-19 RES/NON \$45/\$55*
* \$26 materials fee due on 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

7617.101 Mon 5:00-8:00pm Jun 21 RES/NON \$20/\$30*
* \$20 materials fee due on first day of class

Special Needs

Bowling | Ages 13+

This bowling class provides unlimited fun for everyone! A pizza 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, sdago777@hotmail.com

Location: Poway Fun Bowl, 12941 Poway Road

			RES/NON
9397.100	Fri 1:30-3:30pm	Jun 29-Sep 7	\$43/\$53*
* \$8 class fee due at bowling alley each week			

Exceptional Art | Ages 13+

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

Instructor: Sarah D'Agostino, sdago777@hotmail.com

Location: Community Park, Auditorium

No Class: July 4			RES/NON
9397.101	Wed 4:00-6:00pm	Jun 27-Sep 5	\$45/\$55*
* \$25 materials fee due on first day of class			

Dog Obedience Training

Information: www.poway.org/classes

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
9019.100	Tue 6:30-7:30pm	Jun 12-Jul 17	\$95/\$105*
9019.101	Sat 9:30-10:30am	Jun 16-Jul 21	\$95/\$105*
9019.102	Tue 6:30-7:30pm	Jul 31-Sep 4	\$95/\$105*
9019.103	Sat 9:30-10:30am	Aug 4-Sep 8	\$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
9019.104	Sat 10:45-11:45am	Jun 16-Jul 21	\$95/\$105
9019.105	Sat 10:45-11:45am	Aug 4-Sep 8	\$95/\$105

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

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

Instructor: Lynne Moore, Good Dog Training School

Location: Community Park, Dog Park Pen 2

No Class: July 4

			RES/NON
9019.106	Wed 6:30-7:30pm	Jun 13-Jul 25	\$95/\$105
9019.107	Wed 6:30-7:30pm	Aug 1-Sep 5	\$95/\$105

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 Court

Same hours as Rec Office

Dog Park/Tennis Courts/Basketball Courts

Daily, Sunrise-10pm

Information:

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



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

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.

Wed 6:00-8:00pm & Fri 4:00-6:00pm

FREE

Unsupervised Skate Park Hours | All Ages

Enrollment in the Poway Skate Park is now required. 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-Tue & Thu, 8:00am-8:00pm

Wed 8:00am-6:00pm | Fri 8:00am-4:00pm

Youth Supervised Skate Park Sessions | Ages <14

Join us for FREE, supervised youth skate sessions! Family members over the age of 14 are welcome to participate as long as they are accompanied with a registered participant. A parent or guardian must accompany youth signing up for supervised skate park sessions.

Friday 6:00-8:00pm

FREE

Old Poway Park

Information: www.poway.org/oldpowaypark



Location:

14134 Midland Road

Information:

(858) 668-4576

www.poway.org/oldpowaypark

Historical Tours

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

Sam Hinton Folk Festival



Old Poway Park Action Committee member, San Diego Folk Heritage, will host the annual Sam Hinton Folk Festival. Come join the celebration at Old Poway Park, on **Saturday, June 2 from 11:00am to 6:00pm**. This free event includes musical performances in the gazebo, storytelling, music workshops, a family country dance, and an open-mike stage. A variety of music styles can be heard including Bluegrass, Old Timey, Irish music, and much more!

Farmers Market | Flowers! Fresh Food! Fun!

It's summer, so leap outdoors and enjoy Poway's Certified Farmers Market **every Saturday from 8:00 to 11:30 am**. Choose from garden-fresh peaches, plums, apricots, watermelons, tomatoes, cucumbers, figs, and more. All produce is brought fresh from the farmer and is certified and inspected by the agricultural commission. The summer 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.



Folk Concerts in the Park

San Diego Folk Heritage presents an amazing folk concert lineup featuring harmonic vocals and hand percussion. Concerts will be held in Templars Hall at 7:00 pm and are suitable for all ages. Admission is \$15 for San Diego Folk Heritage members and \$18 for non-members. Information and advance ticket purchases: visit www.sdfolkheritage.org.

Date	Performer	Musical Style
Saturday, May 26	Patty Hall	Folk & Blues
Saturday, June 30	Ken O'Malley	Irish Celtic
Saturday, July 7	Charles Johnson	Storytelling & American Campfire Music
Saturday, Sept 8	Trails&Rails	Folk

Poway Swim Center

Location: 13094 Civic Center Drive

Information: www.poway.org/swim
(858) 668-4680

Costs:

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

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

Season and Yearly Passes

Season and yearly passes 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.

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

Yearly Pass Rates

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

Hours:

Spring (Apr 4-June 10)
Monday/Wednesday/Friday 10:30am-7:30pm
Tuesday/Thursday 8:00am-7:30pm
Saturday/Sunday 10:30am-5:00pm

Summer (June 11-August 28)
Monday/Wednesday/Friday 1:00-5:45pm
Tuesday/Thursday 1:00-8:00pm
Saturday/Sunday 1:00-7:00pm

Long Course (Through May 25)
Tuesday/Thursday 8:00am-1:30pm

Pool Closed
August 4 5:00-7:00pm Movie Night

Summer Lap Swimming Hours (25-yard short course)
Lanes for lap swimming will always be available during open swim hours. During open recreational swim times, lanes will be set-aside for those interested in swimming laps. Some open recreational swim times will be shared with swimming lessons and swim clubs. Portions of the pool may not be available for use by the public during these times. Pull buoys and kick boards are available for use.
Monday-Thursday 9:15am-8:00pm
Friday 11:00am-8:00pm
Saturday/Sunday 10:30am-7:00pm

Birthday Party Package!



Do you have a birthday during the warm summer months? Why not celebrate it 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 weekends during open pool hours. Sign up today during business hours for a birthday party at the pool.
Information: (858) 668-4680. **\$52/\$62**

Family Swim

Family swim is a time that has been set-aside for families to come to the pool and take advantage of the extra fun things that make a pool enjoyable. Toys, rafts, fins, masks snorkels, and inner tubes are allowed, but not provided by the Swim Center. Parents must accompany children while at the pool during family swim time. **NOTE: Proof of residency will be required for the reduced family swim rate.**



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

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.

Aquatic Safety

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

Please note: *Classes will NOT be held on Wednesday, July 4th. Morning classes will instead be held on Friday, July 6. **Evening classes will be reduced by one class meeting and the price was adjusted accordingly.

WAITLISTS: Can't find space in the class you're looking for? Contact us by calling (858) 668-4680 or email us at swimwaitlist@poway.org and ask to be placed on a waitlist for no charge. If space becomes available, we will attempt to fill it from the waitlist. Make sure to include the participants name and age, the activity number of the class you're interested in, and a phone number. *New Classes will be created based on instructor availability and pool space.*

Swim Lessons

SESSION 1 SESSION 2 SESSION 3 SESSION 4 SESSION 5

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
0020.100 M-F 12:00-12:30pm Jun 25-29	\$33/\$43
0020.101 M-F 11:00-11:30am Jul 23-27	\$33/\$43
Evening classes	
0020.120 MWF 5:45-6:15pm Jun 11-22	\$39/\$49
0020.121 MWF 5:45-6:15pm Jul 2-13**	\$33/\$43
0020.122 MWF 5:45-6:15pm Jul 23-Aug 3	\$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
0030.100 M-F/M-Th 10:10-10:50am Jun 11-21	\$59/\$69
0030.101 M-F/M-F 10:10-10:50am Jun 25-Jul 6*	\$59/\$69
0030.102 M-F/M-Th 10:10-10:50am Jul 9-19	\$59/\$69
0030.103 M-F/M-Th 10:10-10:50am Jul 23-Aug 2	\$59/\$69
0030.104 M-F/M-Th 10:10-10:50am Aug 6-16	\$59/\$69
Evening classes	
0030.120 MWF 6:30-7:10pm Jun 11-29	\$59/\$69
0030.121 MWF 6:30-7:10pm Jul 2-20**	\$53/\$63
0030.122 MWF 6:30-7:10pm Jul 23-Aug 10	\$59/\$69

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
0121.100 M-F/M-Th 8:30-9:10am Jun 11-21	\$59/\$69
0121.101 M-F/M-Th 9:20-10:00am Jun 11-21	\$59/\$69
0121.102 M-F/M-Th 11:00-11:40am Jun 11-21	\$59/\$69
0121.103 M-F/M-F 8:30-9:10am Jun 25-Jul 6*	\$59/\$69
0121.104 M-F/M-F 9:20-10:00am Jun 25-Jul 6*	\$59/\$69
0121.105 M-F/M-F 10:10-10:50am Jun 25-Jul 6*	\$59/\$69
0121.106 M-F/M-F 11:00-11:40am Jun 25-Jul 6*	\$59/\$69

Grunion 1 (cont'd)

0121.107 M-F/M-Th 8:30-9:10am Jul 9-19	\$59/\$69
0121.108 M-F/M-Th 9:20-10:00am Jul 9-19	\$59/\$69
0121.109 M-F/M-Th 11:00-11:40am Jul 9-19	\$59/\$69
0121.110 M-F/M-Th 8:30-9:10am Jul 23-Aug 2	\$59/\$69
0121.111 M-F/M-Th 9:20-10:00am Jul 23-Aug 2	\$59/\$69
0121.112 M-F/M-Th 11:00-11:40am Jul 23-Aug 2	\$59/\$69
0121.113 M-F/M-Th 8:30-9:10am Aug 6-16	\$59/\$69
0121.114 M-F/M-Th 9:20-10:00am Aug 6-16	\$59/\$69
0121.115 M-F/M-Th 11:00-11:40am Aug 6-16	\$59/\$69

Evening classes			
0121.120 MWF 5:45-6:25pm Jun 11-29	\$59/\$69		
0121.121 MWF 6:30-7:10pm Jun 11-29	\$59/\$69		
0121.122 MWF 5:45-6:25pm Jul 2-20**	\$53/\$63		
0121.123 MWF 6:30-7:10pm Jul 2-20**	\$53/\$63		
0121.124 MWF 5:45-6:25pm Jul 23-Aug 10	\$59/\$69		
0121.125 MWF 6:30-7:10pm Jul 23-Aug 10	\$59/\$69		

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.

	RES/NON
0122.100 M-F/M-Th 8:30-9:10am Jun 11-21	\$59/\$69
0122.101 M-F/M-Th 9:20-10:00am Jun 11-21	\$59/\$69
0122.102 M-F/M-Th 11:00-11:40am Jun 11-21	\$59/\$69
0122.103 M-F/M-F 8:30-9:10am Jun 25-Jul 6*	\$59/\$69
0122.104 M-F/M-F 9:20-10:00am Jun 25-Jul 6*	\$59/\$69
0122.105 M-F/M-F 11:00-11:40am Jun 25-Jul 6*	\$59/\$69
0122.106 M-F/M-F 11:50am-12:30pm Jun 25-Jul 6*	\$59/\$69
0122.107 M-F/M-Th 8:30-9:10am Jul 9-19	\$59/\$69
0122.108 M-F/M-Th 9:20-10:00am Jul 9-19	\$59/\$69
0122.109 M-F/M-Th 10:10-10:50am Jul 9-19	\$59/\$69
0122.110 M-F/M-Th 11:00-11:40am Jul 9-19	\$59/\$69
0122.111 M-F/M-Th 8:30-9:10am Jul 23-Aug 2	\$59/\$69
0122.112 M-F/M-Th 9:20-10:00am Jul 23-Aug 2	\$59/\$69
0122.113 M-F/M-Th 10:10-10:50am Jul 23-Aug 2	\$59/\$69
0122.114 M-F/M-Th 8:30-9:10am Aug 6-16	\$59/\$69
0122.115 M-F/M-Th 9:20-10:00am Aug 6-16	\$59/\$69
0122.116 M-F/M-Th 10:10-10:50am Aug 6-16	\$59/\$69
0122.117 M-F/M-Th 11:00-11:40am Aug 6-16	\$59/\$69

Evening classes			
0122.120 MWF 5:45-6:25pm Jun 11-29	\$59/\$69		
0122.121 MWF 5:45-6:25pm Jul 2-20**	\$53/\$63		
0122.122 MWF 5:45-6:25pm Jul 23-Aug 10	\$59/\$69		

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
0123.100 M-F/M-Th 8:30-9:10am Jun 11-21	\$59/\$69
0123.101 M-F/M-Th 10:10-10:50am Jun 11-21	\$59/\$69
0123.102 M-F/M-Th 11:00-11:40am Jun 11-21	\$59/\$69
0123.103 M-F/M-F 8:30-9:10am Jun 25-Jul 6*	\$59/\$69
0123.104 M-F/M-F 9:20-10:00am Jun 25-Jul 6*	\$59/\$69
0123.105 M-F/M-Th 8:30-9:10am Jul 9-19	\$59/\$69
0123.106 M-F/M-Th 9:20-10:00am Jul 9-19	\$59/\$69
0123.107 M-F/M-Th 8:30-9:10am Jul 23-Aug 2	\$59/\$69
0123.108 M-F/M-Th 9:20-10:00am Jul 23-Aug 2	\$59/\$69
0123.109 M-F/M-Th 10:10-10:50am Jul 23-Aug 2	\$59/\$69
0123.110 M-F/M-Th 8:30-9:10am Aug 6-16	\$59/\$69
0123.111 M-F/M-Th 9:20-10:00am Aug 6-16	\$59/\$69
0123.112 M-F/M-Th 10:10-10:50am Aug 6-16	\$59/\$69

Evening classes			
0123.120 MWF 6:30-7:10pm Jun 11-29	\$59/\$69		
0123.121 MWF 7:15-7:55pm Jun 11-29	\$59/\$69		
0123.122 MWF 6:30-7:10pm Jul 2-20**	\$53/\$63		
0123.123 MWF 7:15-7:55pm Jul 2-20**	\$53/\$63		
0123.124 MWF 6:30-7:10pm Jul 23-Aug 10	\$59/\$69		
0123.125 MWF 7:15-7:55pm Jul 23-Aug 10	\$59/\$69		

Starfish | Ages 6-12

This class is designed for older swimmers with limited or no experience. Students will learn submerging, floating, and locomotion (including both front and back crawl) in the pool. Orientation to 4 feet of water is also introduced.

	RES/NON
0221.100 M-F/M-Th 8:30-9:10am Jun 11-21	\$59/\$69
0221.101 M-F/M-Th 10:10-10:50am Jun 11-21	\$59/\$69
0221.102 M-F/M-Th 11:00-11:40am Jun 11-21	\$59/\$69
0221.103 M-F/M-F 8:30-9:10am Jun 25-Jul 6*	\$59/\$69
0221.104 M-F/M-F 11:00-11:40am Jun 25-Jul 6*	\$59/\$69
0221.105 M-F/M-F 11:50am-12:30pm Jun 25-Jul 6*	\$59/\$69
0221.106 M-F/M-Th 8:30-9:10am Jul 9-19	\$59/\$69
0221.107 M-F/M-Th 10:10-10:50am Jul 9-19	\$59/\$69
0221.108 M-F/M-Th 11:00-11:40am Jul 9-19	\$59/\$69
0221.109 M-F/M-Th 8:30-9:10am Jul 23-Aug 2	\$59/\$69
0221.110 M-F/M-Th 11:50am-12:30pm Jul 23-Aug 2	\$59/\$69
0221.111 M-F/M-Th 8:30-9:10am Aug 6-16	\$59/\$69
0221.112 M-F/M-Th 10:10-10:50am Aug 6-16	\$59/\$69
0221.113 M-F/M-Th 11:00-11:40am Aug 6-16	\$59/\$69

Evening classes			
0221.120 MWF 5:45-6:25pm Jun 11-29	\$59/\$69		
0221.121 MWF 5:45-6:25pm Jul 2-20**	\$53/\$63		
0221.122 MWF 5:45-6:25pm Jul 23-Aug 10	\$59/\$69		
0221.123 MWF 6:30-7:10pm Jul 23-Aug 10	\$59/\$69		

Swim Lessons cont'd

SESSION 1

SESSION 2

SESSION 3

SESSION 4

SESSION 5

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
0222.100	M-F/M-Th 8:30-9:10am	Jun 11-21		\$59/\$69
0222.101	M-F/M-Th 9:20-10:00am	Jun 11-21		\$59/\$69
0222.102	M-F/M-F 8:30-9:10am	Jun 25-Jul 6*		\$59/\$69
0222.103	M-F/M-F 10:10-10:50am	Jun 25-Jul 6*		\$59/\$69
0222.104	M-F/M-Th 8:30-9:10am	Jul 9-19		\$59/\$69
0222.105	M-F/M-Th 9:20-10:00am	Jul 9-19		\$59/\$69
0222.106	M-F/M-Th 11:00-11:40am	Jul 9-19		\$59/\$69
0222.107	M-F/M-Th 8:30-9:10am	Jul 23-Aug 2		\$59/\$69
0222.108	M-F/M-Th 10:10-10:50am	Jul 23-Aug 2		\$59/\$69
0222.109	M-F/M-Th 11:00-11:40am	Jul 23-Aug 2		\$59/\$69
0222.110	M-F/M-Th 8:30-9:10am	Aug 6-16		\$59/\$69
0222.111	M-F/M-Th 9:20-10:00am	Aug 6-16		\$59/\$69
0222.112	M-F/M-Th 11:00-11:40am	Aug 6-16		\$59/\$69
Evening classes				
0222.120	MWF 6:30-7:10pm	Jun 11-29		\$59/\$69
0222.121	MWF 7:15-7:55pm	Jun 11-29		\$59/\$69
0222.122	MWF 6:30-7:10pm	Jul 2-20**		\$53/\$63
0222.123	MWF 7:15-7:55pm	Jul 2-20**		\$53/\$63
0222.124	MWF 5:45-6:25pm	Jul 23-Aug 10		\$59/\$69
0222.125	MWF 7:15-7:55pm	Jul 23-Aug 10		\$59/\$69

Otter | Ages 6-16

This class is designed to improve technique, promote self-proficiency, and increase endurance of front crawl and back crawl. Orientation to water deeper than 5 feet, diving boards, and treading water is included. Completion of this class signifies the ability to pass the "Open Swim" test.

				RES/NON
0223.100	M-F/M-Th 9:20-10:00am	Jun 11-21		\$59/\$69
0223.101	M-F/M-Th 10:10-10:50am	Jun 11-21		\$59/\$69
0223.102	M-F/M-Th 11:50am-12:30pm	Jun 11-21		\$59/\$69
0223.103	M-F/M-F 9:20-10:00am	Jun 25-Jul 6*		\$59/\$69
0223.104	M-F/M-F 10:10-10:50am	Jun 25-Jul 6*		\$59/\$69
0223.105	M-F/M-F 11:50am-12:30pm	Jun 25-Jul 6*		\$59/\$69
0223.106	M-F/M-Th 9:20-10:00am	Jul 9-19		\$59/\$69
0223.107	M-F/M-Th 10:10-10:50am	Jul 9-19		\$59/\$69
0223.108	M-F/M-Th 11:50am-12:30pm	Jul 9-19		\$59/\$69
0223.109	M-F/M-Th 9:20-10:00am	Jul 23-Aug 2		\$59/\$69
0223.110	M-F/M-Th 10:10-10:50am	Jul 23-Aug 2		\$59/\$69
0223.111	M-F/M-Th 11:00-11:40am	Jul 23-Aug 2		\$59/\$69
0223.112	M-F/M-Th 11:50am-12:30pm	Jul 23-Aug 2		\$59/\$69
0223.113	M-F/M-Th 9:20-10:00am	Aug 6-16		\$59/\$69
0223.114	M-F/M-Th 10:10-10:50am	Aug 6-16		\$59/\$69
0223.115	M-F/M-Th 11:50am-12:30pm	Aug 6-16		\$59/\$69
Evening classes				
0223.120	MWF 6:30-7:10pm	Jun 11-29		\$59/\$69
0223.121	MWF 7:15-7:55pm	Jun 11-29		\$59/\$69
0223.122	MWF 6:30-7:10pm	Jul 2-20**		\$53/\$63
0223.123	MWF 7:15-7:55pm	Jul 2-20**		\$53/\$63
0223.124	MWF 6:30-7:10pm	Jul 23-Aug 10		\$59/\$69
0223.125	MWF 7:15-7:55pm	Jul 23-Aug 10		\$59/\$69

Seal | Ages 6-16

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

				RES/NON
0321.100	M-F/M-Th 9:20-10:00am	Jun 11-21		\$59/\$69
0321.101	M-F/M-Th 10:10-10:50am	Jun 11-21		\$59/\$69
0321.102	M-F/M-Th 11:50am-12:30pm	Jun 11-21		\$59/\$69
0321.103	M-F/M-F 9:20-10:00am	Jun 25-Jul 6*		\$59/\$69
0321.104	M-F/M-F 10:10-10:50am	Jun 25-Jul 6*		\$59/\$69
0321.105	M-F/M-Th 9:20-10:00am	Jul 9-19		\$59/\$69
0321.106	M-F/M-Th 10:10-10:50am	Jul 9-19		\$59/\$69
0321.107	M-F/M-Th 11:50am-12:30pm	Jul 9-19		\$59/\$69
0321.108	M-F/M-Th 9:20-10:00am	Jul 23-Aug 2		\$59/\$69
0321.109	M-F/M-Th 10:10-10:50am	Jul 23-Aug 2		\$59/\$69
0321.110	M-F/M-Th 11:50am-12:30pm	Jul 23-Aug 2		\$59/\$69
0321.111	M-F/M-Th 9:20-10:00am	Aug 6-16		\$59/\$69
0321.112	M-F/M-Th 10:10-10:50am	Aug 6-16		\$59/\$69
0321.113	M-F/M-Th 11:50am-12:30pm	Aug 6-16		\$59/\$69
Evening classes				
0321.120	MWF 7:15-7:55pm	Jun 11-29		\$59/\$69
0321.121	MWF 7:15-7:55pm	Jul 2-Jul 20**		\$53/\$63
0321.122	MWF 7:15-7:55pm	Jul 23-Aug 10		\$59/\$69



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
0322.100	M-F/M-Th 8:30-9:10am	Jun 11-21		\$59/\$69
0322.101	M-F/M-Th 9:20-10:00am	Jun 11-21		\$59/\$69
0322.102	M-F/M-F 8:30-9:10am	Jun 25-Jul 6*		\$59/\$69
0322.103	M-F/M-F 11:00-11:40am	Jun 25-Jul 6*		\$59/\$69
0322.104	M-F/M-Th 8:30-9:10am	Jul 9-19		\$59/\$69
0322.105	M-F/M-Th 10:10-10:50am	Jul 9-19		\$59/\$69
0322.106	M-F/M-Th 11:00-11:40am	Jul 9-19		\$59/\$69
0322.107	M-F/M-Th 8:30-9:10am	Jul 23-Aug 2		\$59/\$69
0322.108	M-F/M-Th 11:50am-12:30pm	Jul 23-Aug 2		\$59/\$69
0322.109	M-F/M-Th 8:30-9:10am	Aug 6-16		\$59/\$69
0322.110	M-F/M-Th 11:00-11:40am	Aug 6-16		\$59/\$69
Evening classes				
0322.120	MWF 8:00-8:40pm	Jun 11-29		\$59/\$69
0322.121	MWF 8:00-8:40pm	Jul 2-20**		\$53/\$63
0322.122	MWF 8:00-8:40pm	Jul 23-Aug 10		\$59/\$69

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
0323.100	M-F/M-Th 11:00-11:40am	Jun 11-21		\$59/\$69
0323.101	M-F/M-Th 11:50am-12:30pm	Jun 11-21		\$59/\$69
0323.102	M-F/M-F 11:00-11:40am	Jun 25-Jul 6*		\$59/\$69
0323.103	M-F/M-Th 11:00-11:40am	Jul 9-19		\$59/\$69
0323.104	M-F/M-Th 11:50am-12:30pm	Jul 9-19		\$59/\$69
0323.105	M-F/M-Th 11:00-11:40am	Jul 23-Aug 2		\$59/\$69
0323.106	M-F/M-Th 11:00-11:40am	Aug 6-16		\$59/\$69
0323.107	M-F/M-Th 11:50am-12:30pm	Aug 6-16		\$59/\$69
Evening classes				
0323.120	MWF 8:00-8:40pm	Jun 11-29		\$59/\$69
0323.121	MWF 8:00-8:40pm	Jul 2-20**		\$53/\$63
0323.122	MWF 8:00-8:40pm	Jul 23-Aug 10		\$59/\$69

Swordfish | Ages 6-16

Swordfish students develop skill proficiency and continue to progress towards greater distance in all strokes.

				RES/NON
0324.100	M-F/M-Th 11:00-11:40am	Jun 11-21		\$59/\$69
0324.101	M-F/M-Th 11:50am-12:30pm	Jun 11-21		\$59/\$69
0324.102	M-F/M-F 11:50am-12:30pm	Jun 25-Jul 6*		\$59/\$69
0324.103	M-F/M-Th 11:50am-12:30pm	Jul 9-19		\$59/\$69
0324.104	M-F/M-Th 11:50am-12:30pm	Jul 23-Aug 2		\$59/\$69
0324.105	M-F/M-Th 11:50am-12:30pm	Aug 6-16		\$59/\$69
Evening classes				
0324.120	MWF 8:00-8:40pm	Jun 11-29		\$59/\$69
0324.121	MWF 8:00-8:40pm	Jul 2-20**		\$53/\$63
0324.122	MWF 8:00-8:40pm	Jul 23-Aug 10		\$59/\$69

Advanced Technique Swimming (ATS) | Ages 6-16

This level is the last of the Learn-To-Swim program. This course focuses on preparing the swimmer for participation in a novice swim team, as technique and endurance is further developed. Skills introduced include competitive turns for all strokes, diving from the starting blocks, and use of training equipment.

				RES/NON
0325.100	M-F/M-Th 11:50am-12:30pm	Jun 11-21		\$59/\$69
0325.101	M-F/M-F 11:50am-12:30pm	Jun 25-Jul 6*		\$59/\$69
0325.102	M-F/M-Th 11:50am-12:30pm	Jul 9-19		\$59/\$69
0325.103	M-F/M-Th 11:50am-12:30pm	Jul 23-Aug 2		\$59/\$69
0325.104	M-F/M-Th 11:50am-12:30pm	Aug 6-16		\$59/\$69
Evening classes				
0325.120	MWF 8:00-8:40pm	Jun 11-29		\$59/\$69
0325.121	MWF 8:00-8:40pm	Jul 2-20**		\$53/\$63
0325.122	MWF 8:00-8:40pm	Jul 23-Aug 10		\$59/\$69

Adult/Teen | Ages 18+

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

				RES/NON
0521.100	MWF 8:00-8:40pm	Jun 11-29		\$59/\$69
0521.101	MWF 8:00-8:40pm	Jul 2-20**		\$53/\$63
0521.102	MWF 8:00-8:40pm	Jul 23-Aug 10		\$59/\$69

Pee-Wee Water Polo | Ages 5-9

An introduction to water polo that takes place in the 4 foot section of the pool. This class covers the basics of water polo, with simplified rules, and an emphasis on teamwork and having fun! Prerequisite: students must be comfortable in the water. Floatation devices will be provided for participants that require it.

				RES/NON
0524.100	M-F/M-Th 11:50am-12:30pm	Jun 11-21		\$59/\$69
0524.101	M-F/M-Th 11:50am-12:30pm	Jul 9-19		\$59/\$69
0524.102	M-F/M-Th 11:50am-12:30pm	Aug 6-16		\$59/\$69
Evening class				
0524.120	MWF 5:45-6:25pm	Jun 11-29		\$59/\$69

Beginning Water Polo | Ages 10-16

An introduction into the sport of water polo, this class will cover the basics of eggbeater, heads-up freestyle, passing, shooting, and the rules of the game. Prerequisite: students must be able to swim 100 yards front crawl, 50 yards backstroke and tread water for three minutes.

				RES/NON
0522.100	M-F/M-Th 9:20-10:00am	Jun 25-Jul 6*		\$59/\$69
0522.101	M-F/M-Th 9:20-10:00am	Jul 23-Aug 2		\$59/\$69
Evening class				
0522.120	MWF 5:45-6:25pm	Jul 2-20**		\$53/\$63

Intermediate Water Polo | Ages 10-17

The intermediate level of water polo is for students with strong swimming skills and a basic knowledge of the sport. The class will cover shooting, passing, drills, pressing, zone, and defense/offense. Prerequisite: students must have the ability to swim 100 yards heads-up freestyle, 100 yards backstroke, and tread water for five minutes.

				RES/NON
0523.100	M-F/M-Th 9:20-10:00am	Jul 9-19		\$59/\$69
0523.101	M-F/M-Th 9:20-10:00am	Aug 6-16		\$59/\$69

Beginning Diving | Ages 6-16

Students must possess Beginner level swim skills (Otter and above) to enroll in this course. Participants will learn entries, acrobatic maneuvers, and basic dives.

				RES/NON
0624.100	M-F/M-Th 10:00-10:40am	Jun 11-21		\$59/\$69
0624.101	M-F/M-F 10:00-10:40am	Jun 25-Jul 6*		\$59/\$69
0624.102	M-F/M-Th 10:00-10:40am	Jul 9-19		\$59/\$69
0624.103	M-F/M-Th 10:00-10:40am	Jul 23-Aug 2		\$59/\$69
0624.104	M-F/M-Th 10:00-10:40am	Aug 6-16		\$59/\$69
Evening classes				
0624.120	MWF 7:15-7:55pm	Jun 11-29		\$59/\$69
0624.121	MWF 7:15-7:55pm	Jul 2-20**		\$53/\$63

Intermediate Diving | Ages 6-16

This is a great opportunity to learn proper diving techniques on the 1- and 3-meter diving boards. Students will develop skills in proper approach, hurdle, and entry into the pool. Students must already have basic dive skills before enrolling in this class.

				RES/NON
0625.100	M-F/M-F 10:50-11:30am	Jun 25-Jul 6*		\$59/\$69
0625.101	M-F/M-Th 10:50-11:30am	Jul 23-Aug 2		\$59/\$69
Evening class				
0625.120	MWF 7:15-7:55pm	Jul 23-Aug 10		\$59/\$69

Water Exercise | Ages 16+

Water exercise is a low-impact exercise for any age or ability. Classes are held in 4-foot water depth. Advanced swimming skills are not required. Classes held Monday through Friday, 11am to 12 noon. Daily admission fee is required.

Private Lessons | All Ages

These classes are for any age and ability. Instruction is geared toward the individual's ability. Participants must register for a minimum of four classes. Private lessons are on a first-come, first-serve basis and class offerings are limited. Lessons are 30 minutes. Registration for private lessons must be done in person at the Swim Center. For more information, call 858-668-4680.

				RES/NON
Mon-Fri	8:00-8:30am			\$26/\$36
Sat	8:00-8:30am/8:40-9:10am/9:20-9:50am			per lesson

Guard-in-Training | Ages 12-15

The guard-in-training program is designed to prepare lifeguard/swimmer aide hopefuls for future employment at an aquatic facility. The program goals are to guide teens by building a foundation of knowledge, attitudes, and skills for future lifeguards. Topics covered will include fitness, response, leadership, professionalism, swimming skills, rescue skills, first aid, CPR, and fun. You must be able to perform the following on the first day of class: swim 250 yards continuously using crawl, breaststroke, and sidestroke and tread water for 2 minutes without using your hands. Information: (858) 668-4680.

				RES/NON
0926.100	M-F/M-Th 9:00-11:00am	Jun 11-21		\$59/\$69
0926.101	M-F/M-F 9:00-11:00am	Jun 25-Jul 6*		\$59/\$69

Lake Poway



Location:
14644 Lake Poway Road

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

Fishing & Boating Hours:
November-May **Wed-Sun, Sunrise to Sunset**
June-September **Wed-Sun, 7:00am to Sunset**
October **Wed-Sun, 7:00am to Sunset**
(Wed-Fri shoreline fishing only)

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

Family Campout – Adventure Series | All Ages

Are you a Family Campout veteran? Itching for a pre-summer camping trip? Then the Adventure Series Family Campouts at Lake Poway are for you! Register for “fishing & boating” and from 7:00-11:00pm try casting your line under the full moon to land a trophy-sized trout or a record breaking bass. OR, if you’re a hiking enthusiast, you can register for “hiking activities” and enjoy an adventurous 2.75-mile night hike around Lake Poway.

Both campout options include: camping for four, day-time shoreline fishing, a campfire, hot chocolate/coffee on Sunday morning. Rain or shine! Families may start setting up their campsites at 7am. No alcohol permitted; up to four persons per family. Please sign your family up for either “fishing & boating activities” or “hiking activities” based on your preference; space is limited for each activity. Information: (858) 668-4770 or www.poway.org/lakepoway.

Fishing & Boating Activities			COST
9039.402	Sat-Sun 5pm-9am	May 19-20	\$40
Hiking Activities			
9039.403	Sat-Sun 5pm-9am	May 19-20	\$40

Night Fishing

Whether you are fishing for bass or catfish, Lake Poway is the perfect destination to try out the night bite. Lake Poway will be stocked regularly with catfish but is also full of huge resident catfish and a thriving bass population. Night fishing is offered on select Friday and Saturday nights during the summer. Motorboats and rowboats are offered for rental on a first-come, first-served basis, and there is plenty of shoreline to fish from. For exact Night Fishing dates visit our website at www.poway.org or call (858) 668-4770.

Information: www.poway.org/lakepoway

Family Campouts

Bring the entire family for a magical night under the stars at Lake Poway! The campouts are perfect for the first-time camper with easy, round-the-clock vehicle access and planned activities. Activities include: guided night hikes, campfire with Smore’s, 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 on Saturday. No alcohol is permitted. Up to five persons per family; \$10 for each additional family member. Information: (858) 668-4770 or www.poway.org/lakepoway.

			RES/NON
9039.104	Sat-Sun 5pm-9am	Jul 14-15	\$52/\$62
9039.105	Sat-Sun 5pm-9am	Jul 28-29	\$52/\$62
9039.106	Sat-Sun 5pm-9am	Aug 11-12	\$52/\$62



Blue Sky Ecological Reserve



photo: Brad Petersen

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, animals, and resource preservation activities, and programs. Bring your school or scout group for an outdoor nature program, discover skins, skulls, and mammal artifacts with the family, or enjoy a relaxing hike in this unique habitat. Extensive information about Nature Walks, Discovery Tables, and School Tours can be found at www.poway.org/bluesky.

School Tours & Outreach Program

The School Tour program and the in-classroom Outreach program introduce important scientific concepts for second through fifth grades. These concepts meet Science Content Standards and include: plant and animal structures and functions; food chains; biodiversity; germination and reproduction in plants; adaptation; extinction; life cycles; digestion; photosynthesis and energy flow. Observation skills, and resource protection are also emphasized. Tours are available on Wednesday and Friday mornings throughout the school year for up to 30 students per visit. Tours last approximately two hours and cost \$4 per student. The in-classroom Outreach Program is available on Monday and Wednesday mornings and lasts approximately one hour. The cost is \$4 per student. A reduced fee of \$6 per student is offered when both a Tour and Outreach Program are scheduled at the same time. Teachers and helpers/parents are free. Tours and Outreach Programs can be reserved at www.poway.org/bluesky



Information: www.poway.org/bluesky

“Mammals of Blue Sky” Discovery Table

A Discovery Table, ‘Mammals of Blue Sky’, will be set up in the Reserve on July 15 from 8:30 am and 11 am. This is an opportunity to identify and learn about the natural history of mammals in our area. Docents will be available to answer any questions about Blue Sky.

FREE 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 or download a copy from the website. Please wear comfortable shoes, a hat, and carry your own water. Binoculars are recommended. Scout and group tours are available by reservation.



Insects at Night

While you are asleep, Blue Sky comes alive! Join entomologist, Mike Klein, in the Reserve after dark. We’ll catch, identify, and release back into the wild many of Blue Sky’s night-time inhabitants. This event is limited to 50 people. **Registration required.**

8169.101	Sat 8:30-10:00pm	Aug 4	\$3
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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.sdparks.org

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

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

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

Goodan Ranch Summer Activities

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

June

Wildlife Bingo | Sat, Jun 2 | 8:30-10:00am
Star Party | Fri, Jun 15 | Sunset
Movies in the Moonlight | Fri, Jun 22 | 8:00-10:00pm

July

Star Party | Fri, Jul 20 | Sunset
Movies in the Moonlight | Sat, Jul 28 | 8:00-10:00pm

August

Movies in the Moonlight | Sat, Aug 11 | 8:00-10:00pm
Star Party | Fri, Aug 17 | Sunset
Introduction to Geocaching | Sat, Aug 25 | 9:00-11:00am

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

Computer classes now available at PSC!

Beginner, intermediate and specialty courses. PSC Members get priority sign-up. Computer Lab free to PSC Members. *Call us for the summer schedule.*

Information: www.powayseniorcenter.org

BINGO!

**\$60,000 a Month
in Cash Prizes!**

**10th ANNUAL
BINGO TOURNAMENT
AUGUST 5!**

Call for details!

The best fun in Poway on a Saturday night!

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

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

Healthy You Lecture Series

Join us for the second series of lectures in partnership with Palomar Pomerado Hospital. Luanne Arangio-Law, RN, MEd, 11:00am-12:30pm.

- June 14 – Susan Writer, "Seniors and Healthy Sexuality"
- July 19 – Dr. Ho, "Memory Tools"
- Diabetes – "Reduce your Risk Factors"

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

Dance Lessons with Duffy!

A great form of exercise, and fun to boot! Classes are growing! Join us at 12:00 pm on the 2nd and 4th Fridays. Bring a friend or meet some new ones! Improve your balance, rhythm, and memory!

3rd ANNUAL I-15 Realtor Softball Showdown



July 12, 2012

All proceeds support Poway Senior Center and Ed Brown Senior Center

Six realty companies will compete for the trophy while raising money to support the Ed Brown and Poway Senior Centers. Last year, they raised \$10,000! This provided meals to the homebound, transportation to those who don't drive, and recreational, educational programs for seniors who live in Poway Valley. This year, **Jared Eichelberger of baseballsap.com** will provide each team with a professional player!

- Photo ops with professional Baseball Players
- Home Run Derby • Food • Games for the kids

Come cheer them on and support your neighborhood Senior Center!

La Bella Bistro: What's Cookin' Today?

Summer time salads and barbeque. Join us for lunch Monday through Friday, 11:30 am to 12:30 pm for a donation of \$4.00 for 60 and older, \$6.00 for the rest!. No reservation necessary.

Low sodium, fresh fruit, potato bar, healthy salmon! Exercise and eat with us! Call to see what's on the menu!



Kumeyaay-Ipai Interpretive Center at Pauwai

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/kicc 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.

"Walk in the Path of the Ancients"

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



Information: www.poway.org/kiic



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

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 30 minutes after performances begin.

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

Closed Sunday, Monday, and major holidays. **Sat 10:00am-3:00pm**

Information:

Administration (858) 668-4693

Box Office (858) 748-0505

www.powaycenter.com



The Poway Center for the Performing Arts (PCPA) 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.

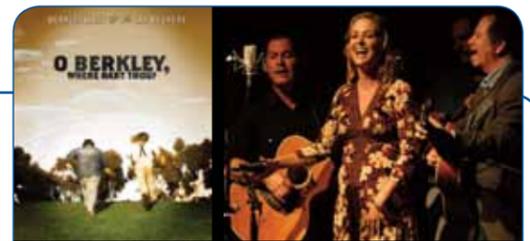
Consider the Poway Center for the Performing Arts for your upcoming event. This state-of-the-art, 809-seat theatre was designed for professional performances and community-based productions. Owned and operated by the City of Poway, the PCPA staff will ensure your event runs smoothly and successfully.

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 feature:

May 3-26 Palomar Council PTA Reflections Program featuring photography, visual arts, and Awards of Excellence Literature by Poway Unified School District students.

May 31-June 23 La Jolla Art Association will feature watercolor, oils, graphic arts, and photography.



O Berkley, Where Hart Thou?

Saturday, September 22, 2012

Featuring an all-star line-up of San Diego country, folk, rock and blue-grass 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.

"If everyone played the ukulele, the world would be a better place."
- JAKE SHIMABUKURO



4-SHOW SERIES PACKAGES ON SALE NOW! powayarts.org

858-748-0505 15498 Espola Road, Poway, CA 92064

SEASON SPONSORED IN PART BY:



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

Gigantic Book Sale at the Friends of the Poway Bookstore:
July 28 and October 13, 2012
9:30 am-4:00 pm

Summer Programs for Children

Dream Big-Read!

All Crafts & Entertainment start at 10:30am

Teen Programs

Sign up for the Summer Reading Club at www.sdcl.org starting **May 15**. Win prizes for the hours you spend reading. Prizes available for pick-up starting June 18.
Own the Night | June 8, 6:30-10:00pm
 After-hours party for 6th-12th graders. Parental permission required, please sign up at the reference desk.
The Teen Battle of the Bands | July 21, 1:30pm
 Everyone is welcome to attend. Go to www.sdcl.org to sign up to compete.

June Events

June 12 - Summer Reading Kickoff with Wild Wonders animal show
 June 14 - craft
 June 19 - craft
 June 20 - Storytime Under the Stars, 6:30pm
 June 21 - Animal Magician, John Abrams
 June 26 - craft
 June 28 - Literature Comes Alive

July Events

July 3 - craft
 July 5 - Mad Science
 July 10 - craft
 July 12 - Swazzle Puppet Show
 July 17 - craft
 July 18 - Storytime Under the Stars, 6:30pm
 July 19 - Ronald McDonald
 July 24 - craft
 July 26 - USA Jump Stars
 July 31 - Summer Reading Finale: The Tumble Bus Gym

Tweens Only: Ages 8-11

June 27 - Fleece pillow craft, 4:00pm
 July 25 - Tie-dye a pillow case, 4:00pm

Teen Tuesdays | Every Tuesday in June & July, 4:00pm

Every Tuesday we will have a different activity for teens including parties, crafts, scavenger hunts, and more.

Teen Iron Chef: Desserts | August 7, 4:00pm

A delectable dessert competition for the best cooks out there!

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

REGISTRATION



BEGINS MAY 15 for Poway Residents & Nonresidents

There are 3 convenient ways to register for City of Poway classes:

1. Mail-In

Mail-in registration may be paid by check or credit card (MasterCard or VISA). Checks should be made payable to the City of Poway. Cash will not be accepted. Please submit a separate check for each class requested. If space is not available in a class, that specific check will be returned to you without delaying your registration for any other classes.
Mail to: P.O. Box 789, Poway, CA 92074-0789

2. Walk-In

Walk-in registration is available at the Community Services Department during business hours.
Location:
13325 Civic Center Drive
Extended Hours:
Mon-Thurs 7:30am-5:30pm
Fri 8:00am-5:00pm (Closed every other Friday)

3. Online

Online registration is available by visiting the City of Poway web site below. A \$1.50 convenience fee will be charged per class registration or waitlist request. Payment must be made by credit card only (MasterCard or VISA).
Website:
www.poway.org/classes

REFUNDS: Please visit our website for the refund policy.

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: _____