



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

# SPRING 2012

Registration begins MARCH 6 for Poway Residents & Nonresidents

## Poway Valley Garden Club is Golden

### Flower Show Celebrating 50 Years



Old Poway Park Action Committee member, Poway Valley Garden Club, and the City of Poway will host the 34th Annual Standard Flower Show at Old Poway Park. This year's FREE flower show theme is Poway Valley Garden Club is Golden--Celebrating 50 years. All ages are welcome to enjoy a fun-filled day of gardening ideas, plant sales, and more.

You can participate and win a ribbon for your flowers or designs! No registration is required for horticulture entries. Entries will be accepted at Old Poway Park on Thursday, April 12 from 5:00 pm to 8:00 pm and Friday, April 13 from 7:30 am to 9:00 am. Information: (858) 672-2593 or email djsj21643@aol.com.

Saturday, April 14 from 9:00am-3:00pm FREE for the whole Family!

## 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 & 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.

Saturday & Sunday, May 19-20 11:00am-8:00pm



## Parks Make Life Better!

### FUN Events at Poway Parks!

#### Family Campouts

Itching for a family campout? Try our Adventure Series this spring with hiking, boating/ fishing activities or wait until summer for our traditional family campout. Both will provide great memory-making moments! (Details on page 10)

#### Pee-Wee Water Polo • Ages 5-9

Love to swim and have fun in the water? Then Pee-Wee Water Polo is for you! (Details on page 9)

#### Art in the Park • FREE

Join us for a morning of arts and crafts fun! Express your creativity with family and friends while making cool art projects. Each month has a different theme and is open to everyone!

Monday, April 2 10:00am-12:00pm



## Train Song Festival at Old Poway Park

Embark on an adventure back in time to the age of steam. Explore the Poway Midland Railroad train yard or board Old Cantankerous, the 1907 Baldwin Steam Engine, as it chugs through the Wild West avoiding showdowns with western gunslingers. Hear songs and stories of life on the rails, and learn to carry a tune on a banjo and other instruments in the frontier musician camp. Observe the marvels of miniature trains as they travel through villages, farms, and open countryside. Meet fictional Victorian Era characters as they showcase their latest inventions and gadgets. Experience the American Arts and Crafts movement at the Boardwalk Craft Market. Food and other items will be available for a small fee. This event will take place at Old Poway Park, 14134 Midland Road. Information: (858) 668-4576.

Saturday, April 28 12:00pm-8:00pm FREE Family Event!

# Upcoming Summer Events



Some of the best local entertainment and summer fun returns to Poway with the Sharp Memorial Hospital Summer Concert Series! Bring your blanket or chair, picnic dinner or snack, and have a great time with family and friends. Running from June 24

through August 12, the concerts will take place from 5:30 pm to 7:00 pm every Sunday, with the exception of July 1. This program is brought to you by Sharp Memorial Hospital and co-sponsors Marrokal Design & Remodeling, Cymer, and the City of Poway. The entertainment schedule will be advertised in the Summer Poway Today and on our website: www.poway.org. Information: (858) 668-4770.

## Old-Fashioned Fourth of July



Bring your family and friends and celebrate our country's Independence "turn-of-the-twentieth-century-style." This FREE event features patriotic entertainment and displays, mock gunfights and train robbery re-enactments, old-fashioned games, an authentic arts and crafts market, model railroad displays, and iron working demonstrations. Train rides, pictures with Uncle Sam, picnic lunch, sweet treats, and ice cream will all be available at reasonable prices. This event will be held at Old Poway Park on Wednesday, July 4 from 10:00 am to 4:00 pm. Information: (858) 668-4576.

Wednesday, July 4th 10:00am-4:00pm

Fireworks Show at Poway High School 9:00pm

## LAKE POWAY DAY CAMP!



### Early Registration for Lake Poway Day Camp will begin April 17, 2012

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

Lake Poway Day Camp is the perfect place for summer fun for children ages 6 to 12! Each week campers go swimming, hiking, boating, fishing, create arts and crafts projects, play creative group games, participate in exciting field trips, and explore the outdoors! Camps are offered in eight, one-week sessions starting the week of June 18 and ending the week of August 13 (No camp will be offered July 2-6). Camp hours are from 8:00 am to 4:00 pm. Extended care is available from 4:00 pm to 5:30 pm, free of charge. For more information, call (858) 668-4776 or visit www.poway.org/daycamp.

**Class Icons:** These visual guides shown next to each class section will help you quickly find an activity that's right for you!



Heart Healthy



Safety



New Class



Music



Learning



Nature



Performing Arts



Arts & Crafts



Family Activity



Dance



Sports



Just for Fun



Skate Park

# Spring Break Camps

What are your kids doing April 2-6? It's Spring Break for PUSD. Why not sign them up for a phenomenal camp?

## Art Start: Spring Break Art Camp – Half Day Ages 7 to 14

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

**Instructor:** Susan Bainbridge

**Location:** Old Poway Park, Great Room

6182.401 M-F 9:00am-12:00pm Apr 2-Apr 6 RES/NON  
\$105/\$115\*  
\* \$40 materials fee due first day of class

## Art Start: Spring Break Art Camp – Full Day Ages 8 to 14

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

**Instructor:** Susan Bainbridge

**Location:** Old Poway Park, Great Room

6182.402 M-F 9:00am-3:00pm Apr 2-Apr 6 RES/NON  
\$175/\$185\*  
\* \$60 materials fee due first day of class

## Special Needs Spring Break Camp | Ages 13+

This camp is the perfect place for safe, Spring Break fun where everyone is welcome! During the week, campers will have the opportunity to create arts and crafts projects, participate in modified sporting events, play fun group games, go swimming at the Poway Swim Center, explore the outdoors at Lake Poway with hiking and boating, and take exciting field trips to the movies, fire station, and more! Camp is a great place to make new friends, experience new opportunities, and create lifelong memories! The Special Needs Spring Break Camp is held at Community Park on Monday, Tuesday, Thursday, and Friday; and at Lake Poway on Wednesday, where we'll hold a family day Bar-B-Que.

**Instructor:** Sarah D'Agostino

**Location:** M/T/Th/F: Community Park, Auditorium  
W: Lake Poway, Pavilion

9397.402 M-F 8:00am-4:00pm Apr 2-Apr 6 RES/NON  
\$150/\$160\*  
\* \$60 materials fee due first day of class

## Archery Basics Camp | Ages 7-15

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

**Instructor:** Jim Velazquez

**Location:** Lake Poway, Archery Range

2443.413 M 9:00-11:00am Apr 2 RES/NON  
T-F 9:00-10:15am Apr 3-Apr 6 \$75/\$85\*

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



## NEW! Creative Brain® MovieWorkz Broadcast Channel \* | Ages 7-16

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. Students will learn about the skills required in front of and behind the camera. A dedicated online server can be established to even make the channel available for public viewing.

**Instructor:** MUSICSTAR®

**Location:** Old Poway Park, Templars Hall

6182.445 M-F 9:00am-12:00pm Apr 2-Apr 6 RES/NON  
\$129/\$139\*  
\* \$15 materials fee due first day of class



## Dance | Youth & Teen



Due to preparations for our annual dance recital, June 13 and 14 at the Poway Center for the Performing Arts, no new dance students will be accepted during the spring session for the following classes: **Dance for Children, Tap and Ballet, Dance Production, Ballet for Kids, Lyrical for Teens, and Fun 'n Funky Jazz for Kids.** Only continuing students may re-enroll. Students interested in attending these classes next season should watch for the summer Poway Today.



“What a performance! Alice in Wonderland was outstanding. I can't wait to see next year's production!”

Don't miss the 23rd Annual Dance Recital! Ms. Debora presents "The Jungle Book" and Dance Showcase 2012 on June 13 and 14 at 6:30pm at the Poway Center for the Performing Arts! Tickets are available at the door, prior to each show. For more information, contact Debora Childress at (760) 747-9777, debbora@cox.net or Kellie Childress-Nichols at kchildress04@yahoo.com.

## Creative Arts



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

### Art Start | Ages 6-12

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

**Instructor:** Susan Bainbridge

**Location:** Old Poway Park, Great Room

6182.400 Mon 4:00-5:15pm Apr 16-May 21 RES/NON  
\$70/\$80\*  
\* \$20 materials fee due first day of class



### MUSICSTAR® Music Classes - Beginning Ages 7-13

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

Beginning Acoustic Guitar RES/NON  
6182.431 Thu 3:30-4:20pm Apr 12-May 31 \$88/\$98\*  
Beginning Piano  
6182.430 Thu 4:30-5:20pm Apr 12-May 31 \$88/\$98\*  
\* \$15 materials fee due first day of class

### Creative Brain® FotoWorkz Ages 16+ (10-15 with adult)

Wish you knew more about photography!? Creative Brain® FotoWorkz is the class for you! Not only will you learn more about different common functions of digital cameras and how to use them like the pros for maximum effect, you'll also explore photography as a means for artistic expression. Today's digital cameras provide ease of use, but it's still up to you to apply the fundamental elements of art in producing an image that truly tells a story! **Digital cameras are provided for class use.**

**Instructor:** MUSICSTAR®

**Location:** Old Poway Park, Templars Hall

6182.441 Thu 5:30-6:20pm Apr 12-May 31 RES/NON  
\$88/\$98\*  
\* \$15 materials fee due first day of class



Health & Wellness



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



**Hatha Yoga | Ages 18+**

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

**Instructor:** Jon Brock

**Location:** Midland Elementary School Multipurpose Room, 13910 Midland Rd

**No Class:** April 4

5417.401	Wed 6:30-8:00pm	Mar 21-Jun 6	RES/NON \$75/\$85
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**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, Activity Rooms I and II

**No Class:** April 3

5417.404	Tue 6:00-7:00pm	Mar 20-May 29	RES/NON \$90/\$100
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**Zumba | Ages 16+**

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

**Instructor:** Emma Sarmiento

**Location:** Community Park, Auditorium

**No Class:** April 4

5417.406	Wed 6:15-7:15pm	Mar 21-May 30	RES/NON \$90/\$100
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**Get more fitness for less!!  
Sign up to take a combination class:**

**Pilates & Zumba | Ages 16+**

**No Class:** April 3 & April 4

5417.409	Tue 6:00-7:00pm	Mar 20-May 30	RES/NON \$120/\$130
	Wed 6:15-7:15pm		

\*See individual class descriptions for locations

**Check out these Great New Fitness Classes!**

**NEW! Zumba Toning \* | Ages 16+**

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

**Instructor:** Emma Sarmiento

**Location:** Old Poway Park, Templars Hall

**No Class:** March 26, April 2 & April 23

5417.407	Mon 6:00-7:00pm	Mar 19-May 14	RES/NON \$63/\$73
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**NEW! Line Dancing - Fun for All! \* | Ages 18+**

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

**Instructor:** Dusty Finch

**Location:** Community Park, Auditorium

5417.420	Wed 7:30-8:30pm	Mar 21-Jun 6	RES/NON \$65/\$75
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**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

5417.448	Wed 12:30-1:30pm	Mar 21-Apr 25	RES/NON \$74/\$84
5417.449	Wed 12:30-1:30pm	May 2-Jun 6	RES/NON \$74/\$84



**Tai Chi Easy | 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:** Beginning: Midland Elementary School Multipurpose Room, 13910 Midland Rd

Intermediate: Old Poway Park, Templars Hall

Early Risers (outdoors): Old Poway Park, Green Park

**No Class:** April 2, April 4, May 21 & May 28

Beginner			RES/NON
5417.432	Mon 6:00-7:30pm	Mar 26-Jun 4	\$75/\$85*
Intermediate			
5417.433	Mon 10:00-11:15am	Mar 26-Jun 4	\$75/\$85*
NEW! Early Risers			
5417.434	Wed 7:45-8:45am	Mar 28-May 30	\$75/\$85*

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

**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

**No Class:** April 5

5417.435	Thu 10:00-11:15am	Mar 29-May 31	RES/NON \$75/\$85*
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\*\$5 materials fee due first day of class

**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

5417.444	Mon 12:30-1:30pm	Mar 19-Apr 16	RES/NON \$74/\$84
5417.445	Thu 12:30-1:30pm	Mar 22-Apr 19	RES/NON \$74/\$84
5417.446	Mon 12:30-1:30pm	Apr 23-May 21	RES/NON \$74/\$84
5417.447	Thu 12:30-1:30pm	Apr 26-May 24	RES/NON \$74/\$84



Children's Activities



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

**Mom & Tot Gymnastics | Ages Walking-3 years**

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

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

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

**No Class:** May 24 & May 26

2312.400	Thu 10:45-11:15am	Mar 22-Jun 7	RES/NON \$161/\$171*
2312.401	Sat 8:45-9:15am	Mar 24-Jun 9	RES/NON \$161/\$171*

\* \$10 materials fee due first day of class



**Tennis - Tiny Tot | Ages 4-6**

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

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts

3013.400	Sat 9:00-10:00am	Mar 24-Apr 21	RES/NON \$40/\$50*
3013.401	Sat 9:00-10:00am	May 5-Jun 2	RES/NON \$40/\$50*

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

## Children's Activities (cont'd)



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

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

Is your preschooler prepared for Kindergarten? This unique program teaches kindergarten readiness skills, inspires reading, promotes independence and self-expression, and provides practice for rules and routines. The program follows the early learning standards of the California Department of Education.

**Instructor:** Veronica Taylor, More Than Ready  
[www.morethanready.com](http://www.morethanready.com)

**Location:** Community Park, Youth Activity Room

**No Class:** May 28

			RES/NON
4011.400	M/W 9:00am-12:00pm	Mar 19-Apr 11	\$108/\$118
4011.401	M/W 9:00am-12:00pm	Apr 16-May 9	\$108/\$118
4011.402	M/W 9:00am-12:00pm	May 14-Jun 6	\$95/\$105
4011.403	T/Th 1:00-4:00pm	Mar 20-Apr 12	\$108/\$118
4011.404	T/Th 1:00-4:00pm	Apr 17-May 10	\$108/\$118
4011.405	T/Th 1:00-4:00pm	May 15-Jun 7	\$108/\$118

### My First Art Class | Ages 20 months-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

**No Class:** May 28

			RES/NON
4011.421	Mon 2:30-3:15pm	Apr 9-Apr 30	\$52/\$62
4011.422	Mon 2:30-3:15pm	May 7-Jun 4	\$52/\$62



### 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!

**Instructor:** MUSICSTAR®

**Location:** Community Park, Auditorium

Early Explorers - First Steps | Ages 6 months to 3

4011.440 Thu 9:30-10:15am Apr 12-May 31 \$88/\$98\*

Young Explorers 1 | Ages 3 to 5

4011.441 Thu 10:30-11:15am Apr 12-May 31 \$88/\$98\*

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

### Abrakadoodle Art Adventures | Ages 4-5

Learn about artists and techniques, and create a new masterpiece each week! Children explore their creativity through carefully-designed lessons that ignite the imagination and encourage skill development. Each class introduces a new artist or art technique and each child leaves class with a framed piece of art. Using real artists' materials, children sculpt, paint, draw, and print to create artwork that is truly unique.

**Instructor:** Abrakadoodle

**Location:** Community Park, Youth Activity Room

**No Class:** May 28

			RES/NON
4011.424	Mon 3:30-4:15pm	Apr 9-Apr 30	\$52/\$62
4011.425	Mon 3:30-4:15pm	May 7-Jun 4	\$52/\$62

### Mommy & Me Yoga: Pre-Crawlers | Ages adult and baby: 5-10 months

Relax and unwind with yoga while spending time with your little one! This class will focus on yoga for both mom and baby. We will explore breathing practices and postures intended to increase flexibility, strength, balance, and calmness. Also, we will learn poses and techniques to help your baby relax, sleep better, and improve digestion. Please bring a yoga mat, baby blanket, and a hand-held baby toy to class.



**Instructor:** Courtney Bean

**Location:** Community Park, Auditorium

**No Class:** April 24

			RES/NON
4011.450	Tue 9:00-10:00am	Apr 3-May 1	\$45/\$55
4011.451	Tue 9:00-10:00am	May 8-May 29	\$45/\$55

## Sports | Youth/Teens



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



### Youth Tae Kwon Do Ages 6-13

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

**Instructor:** Mr. J. Wolpert

**Location:** Community Park, Bill Bond Hall I

**No Class:** May 28

			RES/NON
2091.409	MWF 6:00-7:00pm	Mar 26-Jun 8	\$90/\$100

### Youth Basketball Training | Ages 8-14

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

**Instructor:** Coach Brooks Barnhard.

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

			RES/NON
2091.411	Wed 6:30-7:30pm	Apr 11-May 16	\$100/\$110



### Youth Volleyball | Ages 9-14

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

**Instructor:** David Claycomb

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

			RES/NON
Ages 9-11			
2091.412	Mon 5:30-6:30pm	Mar 19-May 7	\$50/\$60
Ages 12-14			
2091.413	Mon 6:30-7:30pm	Mar 19-May 7	\$50/\$60

### 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

			RES/NON
3013.402	T/Th 4:00-5:00pm	Mar 20-Apr 19	\$65/\$75*
3013.403	Sat 10:00-11:00am	Mar 24-Apr 21	\$45/\$55*
3013.404	T/Th 4:00-5:00pm	May 8-Jun 7	\$65/\$75*
3013.405	Sat 10:00-11:00am	May 12-Jun 9	\$45/\$55*

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



### 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:** May 28

			RES/NON
2091.410	MWF 7:00-8:00pm	Mar 26-Jun 8	\$90/\$100

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

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

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts

			RES/NON
3013.406	T/Th 5:00-6:00pm	Mar 20-Apr 19	\$65/\$75*
3013.407	Sat 11:00am-12:00pm	Mar 24-Apr 21	\$45/\$55*
3013.408	T/Th 5:00-6:00pm	May 8-Jun 7	\$65/\$75*
3013.409	Sat 11:00am-12:00pm	May 12-Jun 9	\$45/\$55*

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

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

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

**Instructor:** Art Christophiades

**Location:** Community Park, Tennis Courts

**No Class:** May 28

			RES/NON
3013.410	MW 4:00-5:30pm	Mar 19-Apr 18	\$75/\$85*
3013.411	MW 4:00-5:30pm	May 7-Jun 6	\$70/\$80*

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

## Safety Training



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

7617.400 Sat 9:00am-3:00pm May 19  
\* \$26 materials fee due on first day of class

RES/NON  
\$45/\$55\*



### 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

7617.401 Mon 6:00-8:30pm May 21  
\* \$20 materials fee due on first day of class

RES/NON  
\$20/\$30



### 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

1247.406 Thu 6:30-7:30pm Mar 29

RES/NON  
\$10/\$20

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

5418.400 Wed 6:00-9:00pm Apr 18  
\* \$22 materials fee due first day of class

RES/NON  
\$20/\$30\*



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

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

**Instructor:** American Red Cross Instructor, Blythe Paley  
**Location:** Community Park, Nutrition Room

5418.401 Tue 6:00-9:00pm Apr 17  
\* \$36 materials fee due first day of class

RES/NON  
\$30/\$40\*

## Special Needs



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



### Bowling | Ages 13+

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

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

9397.400 Fri 1:30-3:30pm Mar 30-Jun 8  
\* \$8/class fee is collected at the bowling alley each week

RES/NON  
\$43/\$53\*

### Exceptional Art | Ages 13+

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

**Instructor:** Sarah D'Agostino  
**Location:** Community Park, Auditorium

9397.401 Wed 4:00-6:00pm Mar 28-Jun 6  
\* \$25 materials fee due on first day of class

RES/NON  
\$45/\$55\*



### NEW! Dances \* | Ages 13+

Our special needs dances offer a fun, safe place for participants to socialize and get a little exercise by dancing the night away! We have one of the best DJ's in town playing a mix of today's popular hits, as well as some classic favorites. Dinner will be served and parents/caregivers are welcome to attend! So come out, have some fun, and make some new friends!

**Instructor:** Sarah D'Agostino

**Location:** Meadowbrook Gym  
12320 Meadowbrook Lane

	RES/NON
9397.410 Fri 5:00-7:00pm Apr 6	\$10/\$20
9397.411 Fri 5:00-7:00pm Apr 20	\$10/\$20
9397.413 Fri 5:00-7:00pm May 18	\$10/\$20

**Location:** Community Park, Auditorium

	RES/NON
9397.412 Fri 5:00-7:00pm May 4	\$10/\$20
9397.414 Fri 5:00-7:00pm Jun 1	\$10/\$20

**Sign up for all five dances at once and save!**  
9397.420 Fri 5:00-7:00pm All 5 Dances \$40/\$50

## Dog Training



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

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

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

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

	RES/NON
9019.400 Tue 6:30-7:30pm Mar 20-Apr 24	\$95/\$105*
9019.401 Sat 9:30-10:30am Mar 24-Apr 28	\$95/\$105*
9019.402 Tue 6:30-7:30pm May 1-Jun 5	\$95/\$105*
9019.403 Sat 9:30-10:30am May 5-Jun 9	\$95/\$105*

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

Please Note: **Proof of current vaccinations must be shown at first class. An adult must accompany all participants 16 and younger.**

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

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

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

	RES/NON
9019.404 Sat 10:30-11:30am Mar 24-Apr 28	\$95/\$105
9019.405 Sat 10:30-11:30am May 5-Jun 9	\$95/\$105

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

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

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

	RES/NON
9019.406 Wed 6:30-7:30pm Mar 21-Apr 25	\$95/\$105
9019.407 Wed 6:30-7:30pm May 2-Jun 6	\$95/\$105

**Sports | Adults**



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

**Open Play Sports | All Ages**

The City of Poway operates two gymnasiums that provide a variety of activities for youth and adults. Open play basketball, volleyball, and badminton are available during the week for your recreation needs at no charge. During the months of April, May, and June the free open gym times are as follows:

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

**Meadowbrook Gymnasium**  
12320 Meadowbrook Lane  
(858) 668-4598

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

**Open Basketball**  
Tue/Thur  
6:00-9:00pm  
Sunday  
8:30am-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:** May 28

				<b>RES/NON</b>
<b>1247.404</b>	<b>MWF 7:00-8:00pm</b>	<b>Mar 26-Jun 8</b>		<b>\$90/\$100</b>

**Indoor Coed Adult Volleyball at its Best!**

**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. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night.

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

Intermediate Men's				<b>RES/NON</b>
<b>1247.400</b>	<b>Thu 6:30-9:30pm</b>	<b>Mar 29-May 24</b>		<b>\$60/\$70</b>
Intermediate Women's				
<b>1247.401</b>	<b>Thu 6:30-9:30pm</b>	<b>Mar 29-May 24</b>		<b>\$60/\$70</b>



**Advanced Coed Volleyball | Ages 16+**

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

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

Advanced Men's				<b>RES/NON</b>
<b>1247.402</b>	<b>Tue 6:30-9:30pm</b>	<b>Mar 27-May 22</b>		<b>\$60/\$70</b>
Advanced Women's				
<b>1247.403</b>	<b>Tue 6:30-9:30pm</b>	<b>Mar 27-May 22</b>		<b>\$60/\$70</b>

**Women's Volleyball | Ages 16+**

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

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

**No Class:** May 28

				<b>RES/NON</b>
<b>1247.410</b>	<b>Mon 6:30-9:30pm</b>	<b>Apr 9-Jun 4</b>		<b>\$60/\$70</b>

**3-on-3 Basketball League | Ages 18+**

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

**Instructor:** Recreation Staff

**Location:** Meadowbrook Gym

**No Class:** July 4

<b>1247.405</b>	<b>Wed 6:30-9:30pm</b>	<b>May 2-Jul 18</b>		
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**RES/NON**  
**\$68/Team**



**Poway Swim Center**



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



**The Poway Community Swim Center**

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



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

**Birthday Party Package:**

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

**Costs:**

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

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

**Season and Yearly Passes**

Season and yearly passes may be purchased at the pool during business hours. Family passes include two adults (18 and over) and immediate family members 17 and under residing in the same household. Season passes are valid for 3 months from the date of purchase.

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

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

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

**Aquatic Safety**

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

**Hours:**

<b>Winter (Through Apr 1, 2012)</b>	
Monday-Friday	<b>11:00am-1:30pm / 3:00-7:00pm</b>
Saturday/Sunday	<b>CLOSED</b>
<b>Spring (Apr 2-June 10, 2012)</b>	
Monday/Wednesday/Friday	<b>10:30am-7:30pm</b>
Tuesday/Thursday	<b>8:00am-7:30pm</b>
Saturday/Sunday	<b>10:30am-5:00pm</b>
<b>Long Course (offered through May 24, 2012)</b>	
Tuesday/Thursday	<b>8:00am-1:30pm</b>

**Lap Swimming Hours**

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

**Family Swim - Begins April 7th!**

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

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



# Swim Lessons



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

**\*\*Classes held from May 8 - June 1 will not have class on Monday, May 28 due to the Memorial Day Holiday. Class will be held on Friday, June 1.**

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

### Spring Swim Lesson Assessments | All Ages

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

### Parent/Child | Ages 6-24 months

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

SESSION 1	RES/NON
0020.400 MW 4:20-4:50pm Apr 9-Apr 25	\$39/\$49
SESSION 2	RES/NON
0020.402 TuTh 6:00-6:30pm May 8-May 24	\$39/\$49

### Pre-Grunion | Ages 2-3

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

SESSION 1	RES/NON
0030.400 MW 5:10-5:50pm Apr 9 - May 2	\$52/\$62
0030.401 TuTh 3:30-4:10pm Apr 10 - May 3	\$52/\$62
SESSION 2	RES/NON
0030.402 TuTh 3:30-4:10pm May 8 - May 31	\$52/\$62

### Grunion 1 | Ages 3-5

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

SESSION 1	RES/NON
0121.400 MW 3:30-4:10pm Apr 9-May 2	\$52/\$62
0121.401 MW 4:20-5:00pm Apr 9-May 2	\$52/\$62
0121.402 MW 5:10-5:50 pm Apr 9-May 2	\$52/\$62
0121.403 TuTh 4:20-5:00pm Apr 10-May 3	\$52/\$62
0121.404 TuTh 6:00-6:40pm Apr 10-May 3	\$52/\$62
SESSION 2	RES/NON
0121.405 MW 3:30-4:10pm May 7-Jun 1*	\$52/\$62
0121.406 MW 4:20-5:00pm May 7-Jun 1*	\$52/\$62
0121.407 MW 5:10-5:50pm May 7-Jun 1*	\$52/\$62
0121.408 TuTh 3:30-4:10pm May 8-May 31	\$52/\$62
0121.409 TuTh 4:20-5:00pm May 8-May 31	\$52/\$62

### Grunion 2 | Ages 3-6

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

SESSION 1	RES/NON
0122.400 MW 3:30-4:10pm Apr 9-May 2	\$52/\$62
0122.401 MW 4:20-5:00pm Apr 9-May 2	\$52/\$62
0122.402 MW 6:00-6:40pm Apr 9-May 2	\$52/\$62
0122.403 TuTh3:30-4:10pm Apr 10-May 3	\$52/\$62
0122.404 TuTh 4:20-5:00pm Apr 10-May 3	\$52/\$62
0122.405 TuTh 6:00-6:40pm Apr 10-May 3	\$52/\$62
SESSION 2	RES/NON
0122.406 MW 3:30-4:10pm May 7-Jun 1*	\$52/\$62
0122.407 MW 4:20-5:00pm May 7-Jun 1*	\$52/\$62
0122.408 MW 6:00-6:40pm May 7-Jun 1*	\$52/\$62
0122.409 TuTh3:30-4:10pm May 8-May 31	\$52/\$62
0122.410 TuTh 4:20-5:00pm May 8-May 31	\$52/\$62

### Grunion 3 | Ages 3-6

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

SESSION 1	RES/NON
0123.400 MW 3:30-4:10pm Apr 9-May 2	\$52/\$62
0123.401 TuTh 4:20-5:00pm Apr 10-May 3	\$52/\$62
0123.402 TuTh 6:00-6:40pm Apr 10-May 3	\$52/\$62
SESSION 2	RES/NON
0123.403 MW 3:30-4:10pm May 7-Jun 1*	\$52/\$62
0123.404 TuTh 4:20-5:00pm May 8-May 31	\$52/\$62

### Starfish | Ages 6-10

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

SESSION 1	RES/NON
0221.400 MW 4:20-5:00pm Apr 9-May 2	\$52/\$62
0221.401 MW 5:10-5:50pm Apr 9-May 2	\$52/\$62
0221.402 TuTh 3:30-4:10pm Apr 10-May 3	\$52/\$62
0221.403 TuTh 6:00-6:40pm Apr 10-May 3	\$52/\$62
SESSION 2	RES/NON
0221.404 MW 4:20-5:00pm May 7-Jun 1*	\$52/\$62
0221.405 MW 5:10-5:50pm May 7-Jun 1*	\$52/\$62
0221.406 TuTh 4:20-5:00pm May 8-May 31	\$52/\$62
0221.407 TuTh 6:00-6:40pm May 8-May 31	\$52/\$62

### Seahorse | Ages 6-12

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

SESSION 1	RES/NON
0222.400 MW 5:10-5:50pm Apr 9-May 2	\$52/\$62
0222.401 MW 6:00-6:40pm Apr 9-May 2	\$52/\$62
0222.402 TuTh 4:20-5:00pm Apr 10-May 3	\$52/\$62
SESSION 2	RES/NON
0222.403 MW 4:20-5:00pm May 7-Jun 1*	\$52/\$62
0222.404 MW 6:00-6:40pm May 7-Jun 1*	\$52/\$62
0222.405 TuTh 5:10-5:50pm May 8-May 31	\$52/\$62

### Otter | Ages 6-14

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

SESSION 1	RES/NON
0223.400 MW 6:00-6:40pm Apr 9-May 2	\$52/\$62
0223.401 TuTh 5:10-5:50pm Apr 10-May 3	\$52/\$62
SESSION 2	RES/NON
0223.402 MW 5:10-5:50pm May 7-Jun 1*	\$52/\$62
0223.403 MW 6:00-6:40pm May 7-Jun 1*	\$52/\$62
0223.404 TuTh 5:10-5:50pm May 8-May 31	\$52/\$62
0223.405 TuTh 6:00-6:40pm May 8-May 31	\$52/\$62

### Seal | Ages 6-16

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

SESSION 1	RES/NON
0321.400 MW 6:00-6:40pm Apr 9-May 2	\$52/\$62
0321.401 TuTh 5:10-5:50pm Apr 10-May 3	\$52/\$62
SESSION 2	RES/NON
0321.402 MW 5:10-5:50pm May 7-Jun 1*	\$52/\$62
0321.403 MW 6:00-6:40pm May 7-Jun 1*	\$52/\$62
0321.404 TuTh 6:00-6:40pm May 8-May 31	\$52/\$62

### Sting Ray | Ages 6-16

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

SESSION 1	RES/NON
0322.400 MW 6:50-7:30pm Apr 9-May 2	\$52/\$62
0322.401 TuTh 5:10-5:50pm Apr 10-May 3	\$52/\$62
0322.402 TuTh 6:50-7:30pm Apr 10-May 3	\$52/\$62
SESSION 2	RES/NON
0322.403 TuTh 5:10-5:50 pm May 8-May 31	\$52/\$62

### Dolphin | Ages 6-16

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

SESSION 1	RES/NON
0323.400 MW 6:50-7:30pm Apr 9-May 2	\$52/\$62
0323.401 TuTh 6:50-7:30pm Apr 10-May 3	\$52/\$62
SESSION 2	RES/NON
0323.402 MW 6:50-7:30pm May 7-Jun 1*	\$52/\$62
0323.403 TuTh 6:50-7:30pm May 8-May 31	\$52/\$62

### Swordfish | Ages 6-16

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

SESSION 2	RES/NON
0324.400 MW 6:50-7:30pm May 7-Jun 1*	\$52/\$62
0324.401 TuTh 6:50-7:30pm May 8-May 31	\$52/\$62

### Adult | Ages 16+

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

SESSION 1	RES/NON
0521.400 MW 6:50-7:30pm Apr 9-May 2	\$52/\$62
0521.401 TuTh 6:50-7:30pm Apr 10-May 3	\$52/\$62
SESSION 2	RES/NON
0521.402 MW 6:50-7:30pm May 7-Jun 1*	\$52/\$62
0521.403 TuTh 6:50-7:30pm May 8-May 31	\$52/\$62

### 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.

SESSION 1	RES/NON
0524.400 TuTh 5:10-5:50pm Apr 10-May 3	\$52/\$62
SESSION 2	RES/NON
0524.401 TuTh 5:10-5:50pm May 8-May 31	\$52/\$62

### Red Cross Lifeguard Training | Ages 15+

This lifeguard training course includes certification in CPR for the Professional Rescuer with AED, first aid training (includes infant, youth and adult CPR, use of the CPR mask and 2-person CPR), and the necessary skills to become a professional lifeguard. There is a water skills test on the first day of class; failure to complete this test will result in automatic dismissal from the class. **Mandatory 100% attendance is required.**

Class fee does not include books. Students must purchase the Lifeguard Training book and a resuscitation mask through the American Red Cross prior to the start of class. Support fees are included in the course fee. **Prerequisite: Must be 15 years of age by the first day of class.**

	RES/NON
0700.400 TuTh 5:00-8:00pm Mar 13-15	\$100/\$110
Sat 8:00am-5:00pm Mar 17	
TuTh 5:00-8:00pm Mar 20-22	
Sat 8:00am-5:00pm Mar 24	
Tu 5:00-8:00pm Mar 27 (if necessary)	
Sat 8:00am-5:00pm Mar 29 (if necessary)	
0700.401 M-Th 9:00am-5:00pm Apr 2-5	\$100/\$110
0700.402 TuTh 5:00-8:00pm Apr 17-19	\$100/\$110
Sat 8:00am-5:00pm Apr 21	
TuTh 5:00-8:00pm Apr 24-26	
Sat 8:00am-5:00pm Apr 28	
Tu 5:00-8:00pm May 1 (if necessary)	
Sat 8:00am-5:00pm May 5 (if necessary)	

### Private Lessons | All Ages

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

**Begins April 9 depending upon instructor availability.**  
**RES/NON \$26/\$36 per student per class meeting**

### Water Exercise | All Ages

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

## 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.

			RES/NON
3439.400	Wed 6:00-7:30pm	Mar 21-Jun 6	\$5 per person \$10 per family (2+ persons)

### 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](http://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

### Outdoor Dutch Oven Cooking | Ages 18+ (Ages 11+ with Adult)

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



**Instructor:** Jeff Beers

**Locations:** Tue/Fri: Lake Poway, Pavillion Area  
Sat: Old Poway Park, Gazebo

			RES/NON
3439.411	Tue 6:00-8:00pm	Mar 20-Mar 27	\$25/\$35*
3439.412	Fri 6:00-8:00pm	Apr 13-Apr 20	\$25/\$35*
3439.413	Sat 9:30-11:30am	May 12-May 19	\$25/\$35*

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

### 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 7:00-11:00 pm 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](http://www.poway.org/lakepoway).

			COST
Fishing & Boating Activities	9039.400	Sat-Sun 5pm-9am	Apr 14-15 \$40
Hiking Activities	9039.401	Sat-Sun 5pm-9am	Apr 14-15 \$40
Fishing & Boating Activities	9039.402	Sat-Sun 5pm-9am	May 19-20 \$40
Hiking Activities	9039.403	Sat-Sun 5pm-9am	May 19-20 \$40

## Poway Community Park



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

**Location:** 13094 Civic Center Drive

### Park Hours:

#### Daily, Sunrise-Sunset

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

**Please Note: Recreation Office hours are subject to change without notice.**

### Information:

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

**New! Stop by the recreation office to borrow a basketball, football, and other fun recreational 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 & Fri 4:00-6:00pm**  
**FREE**



### Unsupervised Skate Park Hours | All Ages

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

**Sat-Tue & Thu, 8:00am-8:00pm | Wed & 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.

**Friday 6:00-8:00pm** **FREE**

## Lake Poway



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



### Location:

14644 Lake Poway Road

### Park Hours:

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

### Fishing & Boating Hours:

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

### Information:

**(858) 668-4770** **[www.poway.org/lakepoway](http://www.poway.org/lakepoway)**  
Park Ranger Office (858) 668-4772  
Area Reservations (858) 668-4595  
Lake Poway Grill & Tackle (858) 486-1234

# B.O.G.O. Fishing Permits at Lake Poway!

## Buy One, Get One

Lake Poway will be offering special promotions for the remainder of trout season! Don't miss your chance to catch the "big one" and keep a few extra dollars in your pocket.

**March 16**  
**April 18**  
**May 10**

Buy one fishing permit and receive a free permit of equal value for the following day.



# It's time to get out and Camp!



Check out our Family Camping Adventures offered at Lake Poway on page 10 and join in the fun!



## Old Poway Park



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



Location:  
14134 Midland Road

Information:  
(858) 668-4576

### 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 1950 Fairmont Speeder. Tours are great for schools, ESS, and adult daycares. Information: [www.poway.org/oldpowaypark](http://www.poway.org/oldpowaypark) or (858) 668-4576.

### Folk Concerts in the Park

The San Diego Folk Heritage is pleased to present an amazing lineup of folk concerts featuring Klezmer, Blues, Old Time Traditional, and folk music for all. All concerts are held in Templars Hall at 7:00 pm. Admission is \$15 for San Diego Folk Heritage members and \$18 for non-members. Information and advance ticket purchases: (858) 566-4040.

Date	Performer	Musical Style
Saturday, March 10	Cosy Sheridan	Folk
Saturday, March 31	Yale Strom and Elizabeth Schwartz	Klezmer
Saturday, May 19	Patty Hall	Folk Music, Blues, Old Time Traditional Music



### Sam Hinton Folk Festival

Old Poway Park Action Committee member, San Diego Folk Heritage, will host the Annual Sam Hinton Folk Festival at Old Poway Park, 14134 Midland Road, on Saturday, June 2, from 10:30 am to 5:00 pm. This FREE event includes musical performances, storytelling, music workshops, a family country dance, and an open-mike stage. A variety of music styles can be heard including Bluegrass, Olde Time, Irish music, and much more. For a complete schedule of events and information call: (858) 566-4040.



## The Farmers Market

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

## Blue Sky Ecological Reserve



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



photo: Brad Petersen

Location:  
Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:  
Daily, Sunrise-Sunset

Information:  
(858) 668-4781 or [www.poway.org/bluesky](http://www.poway.org/bluesky)

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

### "Wings Over Blue Sky" Discovery Table in the Reserve

Learn identification techniques and the history of birds in our area on April 22, from 8:30 to 11 am. Docents will be on-hand, so bring your questions and test their knowledge.



### FREE Docent-led Nature Walks

View the schedule at [www.poway.org/bluesky](http://www.poway.org/bluesky) or pick one up at the Community Services Department, Lake Poway, Poway Library, or at the Reserve. Comfortable shoes, a hat, and your own water are recommended. Binoculars are optional. Scout and group walks available by reservation.



### Bring Your Class to Blue Sky!

The outdoor nature program emphasizes observational skills, resource protection, and identification of our plants and animals. Tours, for up to 30 students, are led by fully-trained naturalists on Wednesday/Friday mornings. \$4 per student. Reservations and four-weeks advance notice required.

### NEW! Outreach Program \*

Our Docents can bring nature right into your classroom! The interactive "Oaks" program is inspired by the 200-year-old coast live oak found in the



City logo. Program content supports the instruction of Life Science Content Standards for Grades 2-5. Topics covered include food chains, photosynthesis, energy flow, life cycles, digestive systems, and adaptation. \$4 per student. Reservations and four-weeks advance notice required. A reduced fee of \$6 per student is offered when both a tour and outreach program are reserved at the same time.

### Join Our Invasive Removal Team

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

## Sycamore Canyon Goodan Ranch Preserve



**Location:**  
16281 Sycamore Canyon Road  
Poway, California 92064

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

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

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

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



## Goodan Ranch Spring Activities

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

### March

Coffee with a Ranger | Sat, Mar 10 | 9:00-11:00am  
Star Party | Fri, Mar 16 | Sunset  
Intro to Geocaching | Sat, Mar 24 | 10:00am-12:00pm

### April

Edible Plants | Sat, Apr 7 | 9:00-11:00am  
Star Party | Fri, Apr 20 | Sunset  
Coffee with a Ranger | Sat, Apr 28 | 9:00-11:00am

### May

Wildflower Walk | Sun, May 6 | 9:00-11:00am  
Star Party | Fri, May 18 | Sunset  
Snakes Encounter | Sat, May 26 | 10:00-11:00am

## 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](http://www.poway.org/kicc) or [www.friendsofthekumeyaay.org](http://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. Docent training will be offered in April. It will consist of one evening orientation meeting, one Saturday class, and an opportunity to shadow docents during a third grade class school tour. For additional 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/kicc](http://www.poway.org/kicc)



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

## Poway Senior Center



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



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

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

**Information:**  
(858) 748-6094 [www.powayseniorcenter.org](http://www.powayseniorcenter.org)

### Are you 50 or older? Join PSC and save money!

- Your \$25 membership will be repaid with all the Poway business discounts! Save on restaurants, dry cleaners, beauty supply, retail stores, and more - ask us how!
- We have more classes, activities, club meetings, and fun than any other Senior Center in California.

### La Bella Bistro: What's Cookin' Today?

Summer time salads and barbeque. Join us for lunch Monday through Friday, 11:30am-12:30pm for a donation of \$4.00 for 60 and older, \$6.00 for the rest!

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



## BINGO!

\$60,000 a Month in Cash Prizes!

**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 Healthy You lectures in partnership with Palomar Pomerado Hospital. Luanne Arangio-Law, RN, MEd, will kick off the season with tips and tools to improve your health for the rest of your life:

- March 8 - "Medical Emergencies: What to Do Before Help Arrives"
- April 19 - "Leg Pain: What It Means"
- May 10 - "Keep Your Lungs Healthy"
- June 14 - "Senior Sexuality" with Susan Writer

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



### FREE TAX PREPARATION - OPEN TO TAXPAYERS OF ANY AGE!

Sign up now for the best secret in Poway. Have your taxes prepared by AARP Volunteers trained in the latest tax law. They were recognized by the IRS for having the highest rate of accuracy.

**By appointment only, February 1 - April 15.** Appointments fill quickly, please call 858-748-6094 and reserve yours now.

### Computer classes now available at PSC!

OASIS offers computer classes such as:  
• Email Fundamentals • Google it • Intro to Computers  
All classes held in our new, comfortable computer lab. For more information, call Oasis at (760) 796-6020, or go online at [www.oasisnet.org/Escondido](http://www.oasisnet.org/Escondido). PSC MEMBERS get priority registration. Join now!

### Dance, Dance, Dance

the last Friday of every month from 1:00-3:00 pm. Sandy de Vito Quartet plays your favorites. \$5.00 per person and refreshments are served. **March 30, April 27, and June 29, 2012**

### NEW CLASS! \* Line Dance Lessons with Duffy!

A great form of exercise and fun, to boot! Join us the last Friday of each month at 12:00 pm.  
• March 30  
• April 27  
• May 25



## Poway Center for the Performing Arts



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



### Location:

15498 Espola Rd, Poway, CA 92064

### Hours:

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

Closed Sunday-Thursday, and major holidays.

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

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

Closed Sunday, Monday, and major holidays.

### Information:

**Administration (858) 668-4693**  
**Box Office (858) 748-0505**  
[www.powaycenter.com](http://www.powaycenter.com)

### Get Involved!

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

### The Poway Center for the Performing Arts (PCPA)

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

### Purchase Tickets the Easy Way!

Tickets can be purchased at any location with an internet-capable computer and printer. You can easily purchase and print your tickets at home. The internet ticket handling fee has been reduced to \$3 per ticket. Purchases made at our Box Office or over the phone are subject to a \$5 per ticket handling fee. View upcoming shows and purchase tickets online at our website: [powaycenter.com](http://powaycenter.com).



POWAY CENTER *for the* PERFORMING ARTS



### Upcoming Art Exhibits

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

**March 1 - March 24** Poway Woman's Club "Celebrate Women" Art Exhibit will be featured during Women's History Month.

**March 31 - April 28** North County Society of Fine Arts featuring sculpture, acrylic, Chinese brush, collage, and other mixed media.

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

## Poway Center for the Performing Arts Foundation Presents

# IT'S SHOW TIME!



Missoula Children's Theatre presents

### The Tortoise vs. The Hare

Performances: Saturday, March 10, 3pm and 7pm

Auditions: Monday, March 5, 4pm SHARP!

Once again the POW! Foundation welcomes the Missoula Children's Theatre—supporting arts in education in the local community.

From auditions to rehearsal to a full-scale musical production in just six days, more than 60 local youngsters from kindergarten through 12th grade will be cast in this retelling of an insightful fable.



Fire! Passion! Romance!

### Orchestra Nova:

A Taste of Spain

Friday, March 23, 8pm

With guest artists Victoria Mature, soprano and Fred Benedetti, guitar

An extraordinary sensory experience is on tap for this evening of entertainment. Fun, hip and deeply rooted in notion that classical music should be accessible to audiences of all ages and backgrounds.

## Taste of our Towne

Echo Pacific Construction presents

### Taste of Our Towne:

A celebration to benefit the POW! Foundation

Saturday, June 23, 2012

Taste of Our Towne brings together live music, our area's finest restaurants and wineries, a silent and live auction, games, prizes and much more.



Enjoy dancing under a summer's evening sky on the plaza of the Poway Center for the Performing Arts while benefiting the Poway Center for the Performing Arts Foundation's education and main stage programs.

**BUY 4 OR MORE SHOWS AND SAVE!** [powayarts.org](http://powayarts.org)  
**858-748-0505**  
**GROUPS OF 10 OR MORE, SAVE BIG!** 15498 Espola Road  
Poway, CA 92064



SEASON SPONSORED IN PART BY:



# Poway Library



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

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

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

**Toddler Storytime | Ages 1-3**  
Mondays & Tuesdays at 10:30am

**Scripps Performing Arts Academy Storytime for Toddlers | Ages 1-3**  
First Tuesday of the month

**PreSchool Storytime | Ages 3-5**  
Wednesdays & Thursdays at 10:30am

**Yoga Storytime for Preschoolers | Ages 3-5**  
First Thursday of the month

**Baby Storytime**  
For pre-walking babies and their caregivers  
Mondays at 1 pm

**Pajama Storytime for Families**  
Wear your PJs, bring your blankie and favorite stuffed animal for a relaxing, end-of-the day storytime  
Third Wednesday at 6:30pm

**Student Activities | Grades 3-5**  
Enjoy crafts, science, music & yoga  
Wednesdays at 4:00pm

**Crafts for Preshoolers | Through grade 2**  
Thursdays at 4:00pm

**Summer Reading Kickoff**  
June 12 at 10:30am – Special guest performer

## SPRING TEEN PROGRAMS

### March Events

**Teen Programs**  
Every Tuesday at 4:00pm

### April Events

**Teen Programs**  
Every Tuesday at 4:00pm

**Teen Book Club**  
Third Thursday at 4:00pm

### May Events

**Teen Programs**  
Every Thursday at 4:00pm

library for more information and to sign up: (858) 513-2900

**Teen Book Club**  
Third Thursday at 4:00pm

**Summer Reading Club**  
May 15 – signups begin online at [www.sdcl.org](http://www.sdcl.org)

**Volunteer Orientation**  
Various dates – call the

### June Events

**Teen Programs**  
Every Tuesday at 4:00pm

**Teen Only Summer Reading Club Kickoff**  
June 8, 6:30-10pm. Parental permission required; sign up at the reference desk.

**Teen Book Club**  
Third Thursday at 4:00pm

# REGISTRATION

Registration begins **MARCH 6** for Poway Residents & Nonresidents

There are 3 convenient ways to register for classes:

### 1. Mail-In

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

### 2. Walk-In

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

### 3. Online

Online registration is available by visiting the City of Poway web site below. A \$1.50 convenience fee will be charged per class registration or waitlist request. Payment must be made by credit card only (MasterCard or VISA).  
**Website:**  
**[www.poway.org/classes](http://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	Birthdate (if under 18)	Age	Sex	Class Title	Class Registration #		Fee
					First Choice	Alt. Choices	

FORM OF PAYMENT:

Cash | amount \$ \_\_\_\_\_

Charge | MC/Visa # \_\_\_\_\_ Exp. \_\_\_\_\_

Check | # \_\_\_\_\_

Would you like to support the PLAY Scholarship Program or the Fireworks Fund by including an additional  \$2  \$5  \$10 or  \$ \_\_\_\_\_ in your payment?

Participant Waiver: The undersigned fully understands that my/my child's participation in the above events/classes potentially exposes my child or me to the risk of personal injury or property damage. I hereby acknowledge that participation in these events/classes is voluntary and agree to assume any such risks. Further, in consideration for being permitted to participate in these events/classes, I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless the City of Poway, and its officers, agents, and employees from any and all claims, demands, actions or suits arising out of the connection with my/my child's participation in these events/classes.

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

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