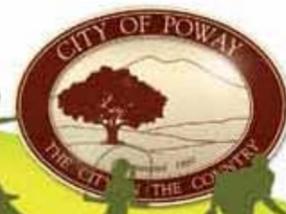


POWAY Community Services

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



FALL 2011

Registration begins **AUGUST 9** for Poway Residents & Nonresidents



SHARP Memorial Hospital SUMMER CONCERT SERIES

Some of the best in entertainment and summer fun returns to Poway with the Sharp Memorial Hospital Summer Concert in the Park Series! This event is co-sponsored by the City of Poway, Sharp Memorial Hospital, Marrokal Design and Remolding, Children's Physicians Medical Group, and Country Montessori School of Poway. Bring a blanket or chair, picnic dinner, and have a great time with family and friends. The concerts take place on Sundays from 5:30 pm to 7:00 pm. Information: www.poway.org or call (858) 668-4772 for Lake Poway concerts and (858) 668-4576 for Old Poway Park concerts.

| Date | Location | Performer | Musical Style |
|--------|----------------|-------------------------------|---------------------------|
| Jul 31 | Old Poway Park | Dave Dekker & Swing West Band | Country & Western Swing |
| Aug 7 | Lake Poway | CoastRiders | Jimmy Buffet Tribute Band |
| Aug 14 | Old Poway Park | Pomerado Community Band | Big Band |

History Comes Alive at the Rendezvous in Poway

Back by popular demand! The City of Poway, Old Poway Park Action Committee, and Old Poway Park's history re-enactment teams are hosting the Rendezvous in Poway.

This living history faire will take place on **Saturday, September 17 from 10:00 am to 4:00 pm and Sunday, September 18 from 10:00 am to 2:00 pm**. More than 15 living history encampments will be set up spanning the turn-of-the-twentieth-century and civil war eras of California's history. Meet real cowboys, Native Americans, mountain men and women, buckaroos, gunslingers, and soldiers. A hobo campfire will be hosted with the pioneers Friday, September 16 at 7:00 pm and a barn dance will be held in Templars Hall on Saturday, September 17 at 7:00 pm. The **event is free** and appropriate for all ages. Information: www.poway.org or (858) 668-4576.

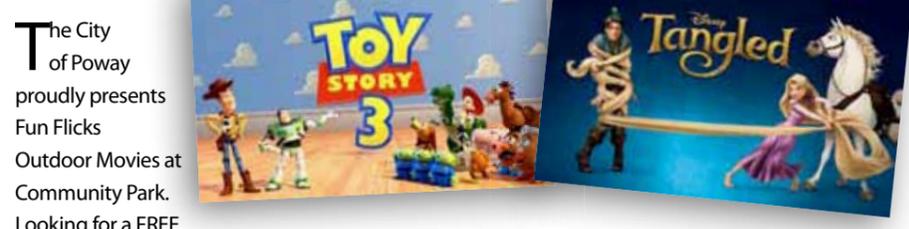


Saturday Sept 17, 10am-4pm & Sunday Sept 18, 10am-2pm
FREE for ALL AGES!

Rendezvous in Poway Educational Tours

On Thursday, September 15 and Friday, September 16, groups of 20 or more are invited to participate in a one-of-a-kind, interactive, hands-on learning experience. For two special days, the Rendezvous in Poway will have 15 living history encampments set up spanning the turn-of-the-twentieth-century and civil war eras of California's history. These educational tours are designed with the Poway School District's curriculum in mind and will bring history to life in a fun and educational manner. Advanced registration is required. Space is limited and bookings are made on a first-come, first-served basis. For more information, or to schedule a tour, call (858) 668-4576.

Fun Flicks Movies in the Park



The City of Poway proudly presents Fun Flicks Outdoor Movies at Community Park. Looking for a FREE activity the entire family will enjoy? Join us at Poway Community Park for the outdoor Movie in the Park series. The Movie in the Park Series is made possible due to the generous donations from Wilsey Asset Management, FunFlicks Outdoor Movies, the City of Poway, Shay Associates Realtors, Community Chiropractic Center, 92064 Magazine, and Vita Rocks. Bring a blanket or chair, picnic dinner or snack, and enjoy a family-friendly movie under the stars. Arrive early to get the perfect seat; the movie will begin at 7:30pm.

August 20 - Toy Story 3 | September 3 - Tangled



San Diego Folk Heritage is pleased to present folk concerts featuring fiddle, acoustic instrumentation, and music for all ages. All concerts are held in Templars Hall at 7:00 p.m. Admission is \$15 for San Diego Folk Heritage members and \$18 for non-members. Information and advance ticket purchases: (858) 566-4040.

| Date | Performer | Musical Style |
|----------------------|-----------------------------|------------------|
| Saturday, November 5 | Virtual Strangers | Bluegrass |
| Saturday, December 3 | Robin Henkel & Allen Singer | Bi-Coastal Blues |

The Old Poway Park Action Committee proudly presents Once Upon a Halloween. This FREE turn-of-the-twentieth-century, family-friendly event will be hosted on Sunday, October 30, from 5:00 to 8:00 pm at Old Poway Park. Enjoy a ride aboard the "haunted" train (the Park's historic steam locomotive); play old-fashioned games in the Nelson House and around the Carriage Turn; and take home a Halloween craft project. Don your best costume and bring your flashlight for the costume parade. Don't forget to bring a noisemaker to scare off any "haunts" that might be lingering in the Park. Information: (858) 668-4576.



Plan Your Next Event in Poway!

Looking for an affordable location for your next group meeting or private party? Planning a wedding, reception, family picnic, or ball game? We offer a variety of facilities, unique settings, and spaces, which are ideal for your next gathering. Community Park, which lies in the heart of Poway, is an excellent location for large family gatherings, recreational activities, and social events. Old Poway Park offers a uniquely nostalgic setting and memorable activities for private, nonprofit, or social functions. Lake Poway offers stunning views and great outdoor ambience, and is perfectly suited for your next party, social event, or corporate function. Our facilities are located in parks with quick and easy access to recreational opportunities; swimming, miles of hiking trails, boating and fishing, historic train rides, and more. Information and pricing can be found at www.poway.org.



Save the Date!



Christmas in the Park
Old Poway Park
December 10, 2011
3:30 pm - 8:30 pm

Parks Make Life Better!



Poway is celebrating our beautiful parks and our great recreation programs and amenities. Take a look throughout Poway Today and find something that interests you or just grab your family and friends, and visit one of our many parks. Take advantage of all we have to offer because Parks Make Life Better!

Children's Activities



Register online at : www.poway.org/classes

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

No Class: Nov 21

| | | | RES/NON |
|----------|-------------------|---------------|-----------|
| 4011.221 | Mon 10:00-10:45am | Sep 12-Oct 3 | \$52/\$62 |
| 4011.222 | Mon 10:00-10:45am | Oct 10-Oct 31 | \$52/\$62 |
| 4011.223 | Mon 10:00-10:45am | Nov 7-Dec 5 | \$52/\$62 |

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: Nov 21

| | | | RES/NON |
|----------|-------------------|---------------|-----------|
| 4011.224 | Mon 11:00-11:45am | Sep 12-Oct 3 | \$52/\$62 |
| 4011.225 | Mon 11:00-11:45am | Oct 10-Oct 31 | \$52/\$62 |
| 4011.226 | Mon 11:00-11:45am | Nov 7-Dec 5 | \$52/\$62 |

Tennis - Tiny Tot | Ages 5-6

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: Nov 26

| | | | RES/NON |
|----------|------------------|---------------|------------|
| 3013.200 | Sat 9:00-10:00am | Sep 17-Oct 15 | \$40/\$50* |
| 3013.201 | Sat 9:00-10:00am | Nov 5-Dec 10 | \$40/\$50* |

* \$5 materials fee due first day of class

NEW! Little Comp U Kids: Computer Detectives Class * | Ages 3-6

Join the Computer Detectives and solve story-based missions in Email Trail, Keyboard Castle, or Cyber Space. While on the case, detectives are introduced to an array of technology concepts and skills they use to solve each computer mission. Detectives also have fun exploring imaginative engineering, science, and early literacy activities.

Instructor: Comp U Kids

Location: Community Park, Youth Activity Room

No Class: Nov 23

| | | | RES/NON |
|----------|-------------------|---------------|------------|
| 4011.230 | Wed 10:00-11:00am | Sep 14-Oct 19 | \$73/\$83* |
| 4011.231 | Wed 10:00-11:00am | Oct 26-Dec 7 | \$73/\$83* |



NEW! MUSICSTAR®Kidz Early Explorers - First Steps * | Ages 6 months to 3 years

MUSICSTAR®Kidz explores music as a powerful tool in the development of the whole child by way of fun music activities 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. **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, Youth Activity Room

No Class: Nov 26

| | | | RES/NON |
|----------|------------------|---------------|------------|
| 4011.240 | Thu 9:30-10:15am | Sep 29-Nov 17 | \$88/\$98* |

* \$15 materials fee due first day of class



NEW! MUSICSTAR®Kidz Young Explorers 1 * | Ages 3-5

MUSICSTAR®Kidz explores music as a powerful tool in the development of the whole child by way of age-appropriate and fun music activities 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. **This is a parent participation class.** Children and their parents will enjoy an age-appropriate action-packed and fun-filled session immersed in music, singing, and dance!

Instructor: MUSICSTAR®

Location: Community Park, Youth Activity Room

No Class: Nov 26

| | | | RES/NON |
|----------|-------------------|---------------|------------|
| 4011.241 | Thu 10:30-11:15am | Sep 29-Nov 17 | \$88/\$98* |

* \$15 materials fee due first day of class

Mom & Tot Gymnastics | Ages walking to 3 years

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

Instructor: Tracy Salmeri, (858) 748-1716

Location: Poway Gymnastics, 12850 Brookprinter Place

No Class: Nov 24 & 26

| | | | RES/NON |
|----------|-------------------|---------------|--------------|
| 2312.200 | Thu 10:45-11:15am | Sep 15-Dec 8 | \$161/\$171* |
| 2312.201 | Sat 8:45-9:15am | Sep 17-Dec 10 | \$161/\$171* |

* \$10 materials fee due first day of class

Sports | Adults



Information: www.poway.org/classes

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 September, October, November, and December 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
Monday
7:00-9:00pm
Friday/Saturday
6:00-9:00pm

Open Volleyball
Sunday
6:00-9:00pm

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

Advanced Coed Volleyball | Ages 18+

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, 14640 Tierra Bonita Rd
Advanced Men's

1247.202 Tue 6:30-9:30pm Sep 13-Nov 8 \$60/\$70

Advanced Women's

1247.203 Tue 6:30-9:30pm Sep 13-Nov 8 \$60/\$70

Intermediate Coed Volleyball | Ages 18+

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, 14640 Tierra Bonita Rd
Intermediate Men's

1247.200 Thu 6:30-9:30pm Sep 15-Nov 10 \$60/\$70

Intermediate Women's

1247.201 Thu 6:30-9:30pm Sep 15-Nov 10 \$60/\$70

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 Senior Center Bill Bond Hall I

No Class: Oct 31, Nov 11, Nov 21, & Nov 25

1247.204 MWF 7:00-8:00pm Sep 12-Dec 9 \$90/\$100



Class Icons:

These new 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 & Crafts



Family Activity



Dance



Sports



Just for Fun



Skate Park

Sports | Youth



Information: 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 Senior Center Bill Bond Hall I

No Class: Oct 31, Nov 11, Nov 21, & Nov 25

2091.209 MWF 6:00-7:00pm Sep 12-Dec 9 RES/NON \$90/\$100



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 Senior Center Bill Bond Hall I

No Class: Oct 31, Nov 11, Nov 21, & Nov 25

2091.210 MWF 7:00-8:00pm Sep 12-Dec 9 RES/NON \$90/\$100

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, hitting approach, and hitting.

Instructor: David Claycomb

Location: Meadowbrook Gym, 12330 Meadowbrook Lane

No Class: Oct 31

Ages 9-12 RES/NON 2091.212 Mon 5:30-6:30pm Sep 12-Nov 7 \$40/\$50

Ages 12-14 2091.213 Mon 6:30-7:30pm Sep 12-Nov 7 \$40/\$50



Tennis: Beginner | Ages 6-12

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

Instructor: Art Christophiades

Location: Community Park Tennis Courts

No Class: Nov 22, 24 & 26

3013.202 T/Th 4:00-5:00pm Sep 13-Oct 13 RES/NON \$65/\$75*

3013.203 Sat 10:00-11:00am Sep 17-Oct 15 \$45/\$55*

3013.204 T/Th 4:00-5:00pm Nov 1-Dec 8 \$65/\$75*

3013.205 Sat 10:00-11:00am Nov 5-Dec 10 \$45/\$55*

* \$5 materials fee due first day of class

Tennis: Advanced Beginner/Intermediate Ages 11-17

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

Instructor: Art Christophiades

Location: Community Park Tennis Courts

No Class: Nov 22, 24 & 26

3013.206 T/Th 5:00-6:00pm Sep 13-Oct 13 RES/NON \$65/\$75*

3013.207 Sat 11:00am-12:00pm Sep 17-Oct 15 \$45/\$55*

3013.208 T/Th 5:00-6:00pm Nov 1-Dec 8 \$65/\$75*

3013.209 Sat 11:00am-12:00pm Nov 5-Dec 10 \$45/\$55*

* \$5 materials fee due first day of class

Tennis: Advanced Juniors | Ages 11-17

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

Instructor: Art Christophiades

Location: Community Park Tennis Courts

No Class: Oct 31 & Nov 23

3013.210 MW 4:00-5:30pm Sep 12-Oct 12 RES/NON \$75/\$85*

3013.211 MW 4:00-5:30pm Oct 24-Nov 30 \$75/\$85*

* \$5 materials fee due first day of class

Dance | Youth & Teen



Information: www.poway.org/classes

Please Note:

Dance classes are designed to increase in difficulty with continued enrollment. Continuing students may perform in our June recital at the PCPA. Costumes are ordered in January and paid for by the participants. Dance attire, leather ballet shoes, jazz shoes, and/or tap shoes are required. Parent watching days are the last class of each month.



Dance for Children | Ages 3-5

Creative Movement & Tumbling for Boys & Girls

Dance, sing, tumble, balance, 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 fun-filled, ongoing program, designed to provide increased challenges with continued enrollment.

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

Location: Community Park Auditorium

No Class: Nov 21

5111.200 Mon 10:00-10:45am Sep 12-Dec 5 RES/NON \$108/\$118

Leaps & Turns: Lyrical for Teens | Ages 13-18

This fall, come learn great technique in a class designed just for teens! We'll learn great turns and awesome leaps that will help you in any form of dance you choose!

Instructor: Kellie Childress-Nichols

Location: Community Park Auditorium

No Class: Oct 25 & Nov 22

5121.210 Tue 6:00-6:45pm Sep 13-Dec 6 RES/NON \$98/\$108

Tap & Ballet | Ages 3-18

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

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

Location: Community Park Auditorium

No Class: Nov 21 & 24

Ages 3-4 RES/NON 5111.201 Mon 11:00am-Noon Sep 12-Dec 5 \$108/\$118

5111.203 Thu 1:00-2:00pm Sep 15-Dec 8 \$108/\$118

Ages 4-5 5111.202 Mon 2:00-3:00pm Sep 12-Dec 5 \$108/\$118

5111.204 Thu 2:00-3:00pm Sep 15-Dec 8 \$108/\$118

Ages 5-6 5111.205 Mon 3:00-4:00pm Sep 12-Dec 5 \$108/\$118

Ages 5-7 5111.206 Mon 4:00-5:00pm Sep 12-Dec 5 \$108/\$118

Ages 6-8 5111.207 Thu 3:00-4:00pm Sep 15-Dec 8 \$108/\$118

Ages 8-10 5111.209 Thu 4:00-5:00pm Sep 15-Dec 8 \$108/\$118

Ages 8-12 5111.208 Mon 5:15-6:15pm Sep 12-Dec 5 \$108/\$118

Ages 10-13 5111.210 Thu 5:00-6:00pm Sep 15-Dec 8 \$108/\$118

Ages 12-18 5111.211 Mon 6:15-7:15pm Sep 12-Dec 5 \$108/\$118

Ballet for Kids | Ages 3-12

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

Instructor: Kellie Childress-Nichols

Location: Tue: Community Park Auditorium Sat: Twin Peaks Multipurpose Center, 14640 Tierra Bonita Rd

No Class: Oct 25, Oct 29, Nov 22, & Nov 26

Ages 3-4 RES/NON 5121.200 Tue 1:00-1:45pm Sep 13-Dec 6 \$98/\$108

5121.201 Sat 9:00-9:45am Sep 17-Dec 10 \$98/\$108

5121.202 Sat 9:45-10:30am Sep 17-Dec 10 \$98/\$108

Ages 5-6 5121.203 Tue 3:00-3:45pm Sep 13-Dec 6 \$98/\$108

5121.204 Sat 10:30-11:15am Sep 17-Dec 10 \$98/\$108

Ages 7-12 5121.205 Tue 3:45-4:30pm Sep 13-Dec 6 \$98/\$108

5121.206 Sat 11:15-12:00pm Sep 17-Dec 10 \$98/\$108

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

Come join our class as we learn Fun 'n Funky jazz! Students will learn rhythm, coordination, flexibility, teamwork, and a love for dance! This fun class will teach children the basics of jazz that they can use in many other styles of dance. For teens, concurrent enrollment in Leaps and Turns is recommended.

Instructor: Kellie Childress-Nichols

Location: Community Park Auditorium

No Class: Oct 25 & Nov 22

Ages 7-12 RES/NON 5121.207 Tue 4:30-5:15pm Sep 13-Dec 6 \$98/\$108

Ages 13-18 5121.208 Tue 5:15-6:00pm Sep 13-Dec 6 \$98/\$108

Health & Wellness



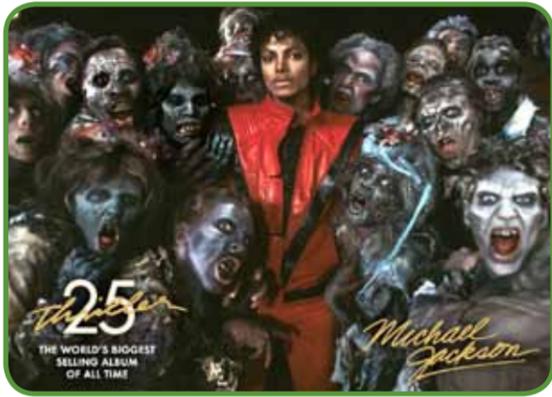
Hatha Yoga | Ages 18+

This popular class is for the beginner and continuing yoga student. Experience stress release with gentle movement and precise instruction in the poses. Proper yoga breathing in the warm-up stretches, asana practice, and relaxation is emphasized. 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: Nov 23
5417.201 Wed 6:30-8:00pm Sep 14-Dec 7 RES/NON \$75/\$85



Dance Fusion & Thrill the World | Ages 8+

If you're searching for a way to keep yourself feeling young, reduce stress, increase muscle tone, stimulate brain activity and burn calories, this is the class for you! The first half of this fun class will prepare you for Thrill the World 2011, a national event inviting the world to dance to Thriller at the same time. Thrill the World 2011 will be held on October 29; however, **participation in the national event is not required** for this class. Learn Michael Jackson's Thriller and join the masses as we don zombie outfits and dance with others all around the world. No dance experience necessary. An adult must accompany all participants under 15. Come out and dance!

Instructor: Emma Sarmiento

Location: Twin Peaks Multipurpose Center

No Class: Oct 31 & Nov 21
5417.202 Mon 6:00-7:00pm Oct 10-Dec 12 RES/NON \$72/\$82



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 Senior Center Activity Rooms I & II

No Class: Nov 1 & 22
5417.204 Tue 6:00-7:00pm Oct 11-Dec 13 RES/NON \$72/\$82

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 spell-binding 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: Nov 2 & 23
5417.206 Wed 6:00-7:00pm Oct 12-Dec 14 RES/NON \$72/\$82

Healing Qigong | 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 & 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: Midland Elementary School Multipurpose Room, 13910 Midland Rd

No Class: Nov 22
5417.231 Tue 6:00-7:30pm Sep 27-Dec 6 RES/NON \$75/\$85*

* \$5 materials fee due first day of class

Tai Chi Easy | Ages 17+

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: First class meets at Old Poway Park Gazebo, other classes meet at Midland Elementary School Multipurpose Room, 13910 Midland Road

Intermediate: Old Poway Park, Templars Hall

No Class: Nov 21
 Beginning
5417.232 Mon 6:00-7:15pm Sep 26-Dec 5 RES/NON \$75/\$85*

Intermediate
5417.233 Mon 10:00-11:15am Sep 26-Dec 5 \$75/\$85

* \$5 materials fee due first day of class

NEW! 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

5417.234 Thu 10:00-11:15am Sep 29-Oct 27 RES/NON \$45/\$55*

* \$5 materials fee due first day of class

Information: www.poway.org/classes

Combo Class

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

Dance Fusion & Zumba RES/NON
5417.208 M/W 6:00-7:00pm Oct 10-Dec 14 \$96/\$106
No Class: Oct 31, Nov 2, Nov 21, & Nov 23

Pilates & Zumba
5417.209 Tu/W 6:00-7:00pm Oct 11-Dec 14 \$96/\$106
No Class: Nov 1, Nov 2, Nov 22, & Nov 23

*See individual class descriptions for locations

NEW! Healthy Back * | Ages 17+

Be kind to your back! Learn and practice a healing exercise routine that supports back health and injury prevention drawn from Pilates, Yoga, Feldenkrais Method & the Alexander Technique. Weekly discussion topics include constructive rest, anatomy for daily living, ergonomics, and taking care of your back during sleep. Wear soft, comfortable clothing and bring a sticky yoga mat and a beach towel.

Instructor: Cheri Hotalen

Location: Old Poway Park, Templars Hall

No Class: Nov 24
5417.235 Thu 10:00-11:15am Nov 3-Dec 8 RES/NON \$45/\$55*

* \$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 within the abdominal 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: Sep 26 & Nov 21
5417.244 Mon 12:30-1:30pm Sep 12-Oct 17 RES/NON \$74/\$84

5417.245 Thu 12:30-1:30pm Sep 15-Oct 13 \$74/\$84

5417.246 Mon 12:30-1:30pm Oct 24-Nov 28 \$74/\$84

5417.247 Thu 12:30-1:30pm Oct 20-Nov 17 \$74/\$84



Information: www.poway.org/classes

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

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

Location: First hike meets at the Lake Poway Grill & Tackle (concession).

3439.200 Wed 6:00-7:30pm Sep 14-Dec 7 RES/NON \$5/person \$10/family (2+ persons)

Youth Archery | Ages 8-16

Bullseye! Join this exciting archery class! Archers will learn how to shoot a recurve bow, range safety, and proper equipment handling. Participants will have a chance to shoot at balloons and play a variety of archery games. All classes use a whistle system and are taught by USA Archery Certified Coaches. **Equipment provided for class use.** Parents/guardians of registered youth may register and participate in this class with their child. Registration fee due for both.

Instructor: USA Archery Certified Coach

Location: Lake Poway Archery Range

2443.220 Sat 10:00-11:00am Sep 24-Nov 12 RES/NON \$70/\$80

Adult Archery | Ages 17+

Join this exciting archery class! Learn how to shoot a recurve bow, score arrows, and proper equipment handling. Participants will have a chance to increase their skill level with USA Archery nationally-certified coaches. Each week is designed to teach a new skill while incorporating some type of "friendly competition"! **Equipment provided for class use.**

Instructor: USA Archery Certified Coach

Location: Lake Poway Archery Range

2443.221 Sat 11:00am-12:00pm Sep 24-Nov 12 RES/NON \$70/\$80

Creative & Technology Arts



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

MUSICSTAR® Beginning Piano RES/NON
6182.230 Wed 4:30-5:20pm Sep 28-Nov 16 \$88/\$98*

MUSICSTAR® Beginning Acoustic Guitar RES/NON
6182.231 Thu 3:30-4:20pm Sep 29-Nov 17 \$88/\$98*

MUSICSTAR® Beginning Drums RES/NON
6182.232 Thu 5:30-6:20pm Sep 29-Nov 17 \$88/\$98*

* \$15 materials fee due first day of class



MUSICSTAR® Music Classes - Intermediate | Ages 7-13

Further your music knowledge through this intermediate group class, designed for people who have had at least two months of previous music lessons! This class is a fun exploration of more advanced techniques. Students will prepare for a recital at the end of the session. **All instruments are provided for class use.**

Instructor: MUSICSTAR®

Location: Old Poway Park Templars Hall

MUSICSTAR® Early Intermediate Piano RES/NON
6182.234 Wed 5:30-6:20pm Sep 28-Nov 16 \$88/\$98*

MUSICSTAR® Early Intermediate Acoustic Guitar RES/NON
6182.235 Thu 4:30-5:20pm Sep 29-Nov 17 \$88/\$98*

* \$15 materials fee due first day of class



Art Start: Art Safari! | Ages 6-12

Get ready for an Art Safari! Young artists will create art based on the exotic animals, designs, and landscapes of Africa. Artist Susan Bainbridge will be their guide as they explore a variety of media, including oil pastels, markers, watercolor, and clay. The class will use a step-by-step method to get started on a successful art making journey. Class size will be small to allow individual attention for each student.

Instructor: Susan Bainbridge

Location: Old Poway Park, Great Room

No Class: Oct 31

6182.200 Mon 4:00-5:15pm Oct 3-Nov 14 RES/NON \$70/\$80*

* \$20 materials fee due first day of class



NEW! 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 will utilize 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: Lake Poway Pavilion

9416.201 Sat 9:00am-4:00pm Sept 10-17 RES/NON \$150/\$160*

* \$10 materials fee due first day of class

Information: www.poway.org/classes

NEW! 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 class 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: Lake Poway Pavilion

9416.202 Sat 9:00am-4:00pm Oct 1-8 RES/NON \$160/\$170*

* \$10 materials fee due first day of class



NEW! 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 web site 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: Lake Poway Pavilion

9416.203 Sat 9:00am-4:00pm Oct 22-29 RES/NON \$150/\$160*

* \$15 materials fee due first day of class

NEW! 3D Game Design * | Ages 10-17

This class offers an interactive look into the world of 3D Game Design. This awesome 3D video game design course offers the chance for students to create and immerse themselves in a 3D world. If you are looking to design professional 3D games that both look and feel just like the ones you play at home, then you don't want to miss this course. **Video Game Design is a prerequisite for this course.**

Instructor: Youth Tech, Inc.

Location: Lake Poway Pavilion

9416.204 Sat 9:00am-4:00pm Nov 12-19 RES/NON \$160/\$170*

* \$10 materials fee due 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

Location: Poway Fun Bowl, 12941 Poway Road

9397.200 Fri 1:30-3:30pm Sep 23-Dec 2 RES/NON \$43/\$53*

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

Exceptional Art | Ages 13+

This fun class will teach participants the basic techniques of drawing, painting, and sculpting, and help them develop ways of creative and artistic thinking. The art classes allow participants 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

9397.201 Wed 4:00-6:00pm Sep 21-Nov 30 RES/NON \$45/\$55*

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



Information: www.poway.org/classes



Friday Night Dances | Ages 17+

Celebrate good times! Join us on the 3rd Friday of each month for a fun-filled night of dancing, socializing, and meeting old and new friends. Put on your dancing shoes and dress up according to the theme! Snacks and drinks will be served!

Instructor: Lisa Ibanez, many.possibilities@yahoo.com

Location: Community Park Auditorium

9397.112 Hollywood Fri 7:00-9:00pm Sep 16 RES/NON \$15/\$25

9397.113 Halloween Fri 7:00-9:00pm Oct 21 \$15/\$25

Special Interest



Information: www.poway.org/classes

Babysitter's Training | Ages 11-18

This course for babysitters includes a guide to leadership, the business aspects 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. Participants can also choose to receive a certification in Infant and Child CPR for an additional cost. Bring a lunch and a large doll or stuffed animal to class.

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

| | | | |
|----------|-------------------|-------|-----------------------|
| 7617.200 | Sat 9:00am-3:00pm | Oct 8 | RES/NON \$45/\$55* |
|----------|-------------------|-------|-----------------------|

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

Babysitter's Training CPR | Ages 11-18

Participants who are registered in Babysitter's Training can also choose to receive a certification in Infant and Child CPR valid for two years.

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

| | | | |
|----------|-----------------|--------|----------------------|
| 7617.201 | Mon 6:00-8:00pm | Oct 10 | RES/NON \$20/\$30 |
|----------|-----------------|--------|----------------------|

Puppy Kindergarten | Owners Aged 12+

Dogs 8-12 weeks

The Puppy Kindergarten class lays the groundwork for a well-behaved adult dog and provides an opportunity for appropriate socialization with other puppies. The basic commands of sit, stay, down, and come, as well as walking politely on a leash will be covered.

Instructor: Lynne Moore, Good Dog Training School
Location: Call for location: (858) 735-8318

| | | | |
|----------|------------------|---------------|----------------------|
| 9019.208 | Sat 12:15-1:15pm | Sep 24-Oct 15 | RES/NON \$75/\$85 |
| 9019.209 | Sat 12:15-1:15pm | Oct 29-Nov 19 | RES/NON \$75/\$85 |

Beginning Obedience | Owners Aged 12+

Dogs 12 weeks to Adult

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

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

| | | | |
|----------|------------------|---------------|------------------------|
| 9019.200 | Tue 6:30-7:30pm | Sep 13-Oct 18 | RES/NON \$95/\$105* |
| 9019.201 | Sat 9:30-10:30am | Sep 17-Oct 22 | RES/NON \$95/\$105* |
| 9019.202 | Tue 6:30-7:30pm | Nov 1-Dec 6 | RES/NON \$95/\$105* |
| 9019.203 | Sat 9:30-10:30am | Nov 5-Dec 10 | RES/NON \$95/\$105* |

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

Dog Obedience Training

Proof of current vaccinations must be shown at first class. An adult must accompany all participants under 16.

Intermediate Obedience | Owners Aged 12+

Dogs 6 months to Adult
In the Intermediate Obedience class, your dog will work to obtain a Canine Good Citizen Certification (AKC program) and experience more distraction training such as leaving other dogs and people alone. Dogs in this class must have taken an introductory course or have knowledge of basic commands.

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

| | | | |
|----------|-------------------|---------------|-----------------------|
| 9019.204 | Sat 10:30-11:30am | Sep 17-Oct 22 | RES/NON \$95/\$105 |
| 9019.205 | Sat 10:30-11:30am | Nov 5-Dec 10 | RES/NON \$95/\$105 |

Advanced Obedience | Owners Aged 12+

Dogs 6 months to Adult
In the Advanced Obedience class, your dog will learn to obey commands, 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

| | | | |
|----------|-----------------|---------------|-----------------------|
| 9019.206 | Wed 6:30-7:30pm | Sep 14-Oct 19 | RES/NON \$95/\$105 |
| 9019.207 | Wed 6:30-7:30pm | Nov 2-Dec 7 | RES/NON \$95/\$105 |

Safety Training



If registering for both the First Aid class and a CPR class, the time for the First Aid class changes to 7:00pm, with a one-time \$36 materials fee.

First Aid | Ages 11+

This newly updated American Red Cross class will prepare you to handle first aid emergencies with loved ones, friends, and co-workers. This course includes responding and recognition of emergencies, as well as the legal aspects in caring for someone. 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 Senior Ctr. Activity Rooms I & II

| | | | |
|----------|-----------------|--------|-----------------------|
| 5418.200 | Wed 6:00-9:00pm | Sep 14 | RES/NON \$20/\$30* |
|----------|-----------------|--------|-----------------------|

* \$22 materials fee due first day of class

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

This newly revised American Red Cross class will help participants recognize and respond appropriately to cardiac and breathing emergencies. The course teaches skills in order to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Participants will 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 Senior Ctr. Activity Rooms I & II

| | | | |
|----------|-----------------|--------|-----------------------|
| 5418.201 | Tue 6:00-9:00pm | Sep 13 | 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 Auditorium

| | | | |
|----------|-------------------|--------|----------------------|
| 1247.206 | Sat 10:00-11:30am | Sep 17 | RES/NON \$10/\$20 |
|----------|-------------------|--------|----------------------|

Poway Swim Center



Information: www.poway.org/swim



Swim Center

The Poway Community Swim Center is located in Community Park and includes a 50-meter by 25-yard pool with an attached diving well and shallow children's area. The Swim Center offers a complete shower and dressing area. Water temperature in the pool is maintained between 80 and 84 degrees, providing for comfortable swimming year-round. For general information regarding pool hours and fees, call (858) 668-4680. For program information, call (858) 668-4580. Swimmers may be required to show proof of residency in order to be eligible for residents rate.

Birthday Party Package!

MAKE A SPLASH ON YOUR B-DAY!

Why not have your next Birthday Party at the Pool? The Poway Community Swim Center would love to be part of your special day. Included in the party package is a reserved pool-side picnic area for two hours, public pool use for a maximum of 25 persons, and a half hour of games with a certified lifeguard. Birthday Party Packages are available on weekend during business hours. Sign up at the pool or for more information call: (858) 668-4680. **\$52/\$62**

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

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

Aquatic Safety

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

Hours:

Fall (August 29-October, 2011)

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

Winter (October 31, 2011-April 4, 2012)

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

Pool Closed
December 10, 2011-January 1, 2012 **Pool maintenance**

Family Swim

Family swim is a time 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 pool. 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.

Swim Lessons



Information: www.poway.org/swim

****There will be no class on Monday, September 5 due to the Labor Day Holiday. For Monday/Wednesday lessons, class will be held on Friday, September 9 for that week only.**

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, and a contact phone number. The Swim Center will call if a space becomes available.

* New Classes may be created based on instructor availability and pool space.

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 |
|--|-----------|
| 0020.200 MW 3:50-4:30pm Aug 29-Sep 14** | \$39/\$49 |
| 0020.201 MWF 10:10-10:40am Sep 12-Sep 23 | \$39/\$49 |
| SESSION 2 | RES/NON |
| 0020.202 MWF 10:10-10:40am Sep 26-Oct 7 | \$39/\$49 |
| 0020.203 TuTh 5:30-6:10pm Sep 27-Oct 13 | \$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 |
|---|-----------|
| 0030.200 MW 4:40-5:20pm Aug 29-Sep 21** | \$52/\$62 |
| 0030.201 TuTh 4:40-5:20pm Aug 30-Sep 22 | \$52/\$62 |
| SESSION 2 | RES/NON |
| 0030.202 TuTh 3:50-4:30pm Sep 27-Oct 20 | \$52/\$62 |

Grunion 1 | Ages 3-5

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

| SESSION 1 | RES/NON |
|---|-----------|
| 0121.200 MWF 9:30-10:10am Aug 29-Sep 16** | \$52/\$62 |
| 0121.201 MW 3:00-3:40pm Aug 29-Sep 21** | \$52/\$62 |
| 0121.202 MW 3:50-4:30pm Aug 29-Sep 21** | \$52/\$62 |
| 0121.203 MW 4:40-5:20pm Aug 29-Sep 21** | \$52/\$62 |
| 0121.204 MW 5:30-6:10pm Aug 29-Sep 21** | \$52/\$62 |
| 0121.205 TuTh 3:00-3:40pm Aug 30-Sep 22 | \$52/\$62 |
| 0121.206 TuTh 3:50-4:30pm Aug 30-Sep 22 | \$52/\$62 |
| 0121.207 TuTh 4:40-5:20pm Aug 30-Sep 22 | \$52/\$62 |
| 0121.208 TuTh 5:30-6:10pm Aug 30-Sep 22 | \$52/\$62 |
| SESSION 2 | RES/NON |
| 0121.209 MWF 9:30-10:10am Sep 26-Oct 12 | \$52/\$62 |
| 0121.210 MW 3:00-3:40pm Sep 26-Oct 19 | \$52/\$62 |
| 0121.211 MW 3:50-4:30pm Sep 26-Oct 19 | \$52/\$62 |
| 0121.212 MW 4:40-5:20pm Sep 26-Oct 19 | \$52/\$62 |
| 0121.213 TuTh 3:00-3:40pm Sep 27-Oct 20 | \$52/\$62 |
| 0121.214 TuTh 4:40-5:20pm Sep 27-Oct 20 | \$52/\$62 |

Grunion 2 | Ages 3-6

This is an introductory class for children who successfully completed the Grunion 1 class or are very comfortable in the water. This course reinforces those skills learned in Grunion 1 with a greater emphasis on self-proficiency.

| SESSION 1 | RES/NON |
|---|-----------|
| 0122.200 MW 3:00-3:40pm Aug 29-Sep 21** | \$52/\$62 |
| 0122.201 MW 3:50-4:30pm Aug 29-Sep 21** | \$52/\$62 |
| 0122.202 MW 5:30-6:10pm Aug 29-Sep 21** | \$52/\$62 |
| 0122.203 TuTh 3:00-3:40pm Aug 30-Sep 22 | \$52/\$62 |
| 0122.204 TuTh 3:50-4:30pm Aug 30-Sep 22 | \$52/\$62 |
| 0122.205 TuTh 5:30-6:10pm Aug 30-Sep 22 | \$52/\$62 |
| SESSION 2 | RES/NON |
| 0122.206 MW 3:00-3:40pm Sep 26-Oct 19 | \$52/\$62 |
| 0122.207 MW 3:50-4:30pm Sep 26-Oct 19 | \$52/\$62 |
| 0122.208 MW 5:30-6:10pm Sep 26-Oct 19 | \$52/\$62 |
| 0122.209 TuTh 3:00-3:40pm Sep 27-Oct 20 | \$52/\$62 |
| 0122.210 TuTh 3:50-4:30pm Sep 27-Oct 20 | \$52/\$62 |

Grunion 3 | Ages 3-6

This class is designed for swimmers who are able to float, kick, and swim a few strokes of front crawl on their own. Emphasis is placed on reinforcing front crawl, creating self-proficiency of back crawl, and introducing elementary backstroke. Students should feel comfortable in at least 4 feet of water.

| SESSION 1 | RES/NON |
|---|-----------|
| 0123.200 MW 3:00-3:40pm Aug 29-Sep 21** | \$52/\$62 |
| 0123.201 TuTh 3:00-3:40pm Aug 30-Sep 22 | \$52/\$62 |
| 0123.202 TuTh 4:40-5:20pm Aug 30-Sep 22 | \$52/\$62 |
| SESSION 2 | RES/NON |
| 0123.203 MW 3:00-3:40pm Sep 26-Oct 19 | \$52/\$62 |
| 0123.204 TuTh 3:00-3:40pm Sep 27-Oct 20 | \$52/\$62 |
| 0123.205 TuTh 5:30-6:10pm Sep 27-Oct 20 | \$52/\$62 |

Starfish | Ages 6-10

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

| SESSION 1 | RES/NON |
|---|-----------|
| 0221.200 MW 3:50-4:30pm Aug 29-Sep 21** | \$52/\$62 |
| 0221.201 MW 4:40-5:20pm Aug 29-Sep 21** | \$52/\$62 |
| 0221.202 TuTh 3:50-4:30pm Aug 30-Sep 22 | \$52/\$62 |
| 0221.203 TuTh 5:30-6:10pm Aug 30-Sep 22 | \$52/\$62 |
| SESSION 2 | RES/NON |
| 0221.204 MW 3:50-4:30pm Sep 26-Oct 19 | \$52/\$62 |
| 0221.205 MW 4:40-5:20pm Sep 26-Oct 19 | \$52/\$62 |
| 0221.206 TuTh 3:50-4:30pm Sep 27-Oct 20 | \$52/\$62 |
| 0221.207 TuTh 5:30-6:10pm Sep 27-Oct 20 | \$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 |
|---|-----------|
| 0222.200 MW 4:40-5:20pm Aug 29-Sep 21** | \$52/\$62 |
| 0222.201 TuTh 3:50-4:30pm Aug 30-Sep 22 | \$52/\$62 |
| SESSION 2 | RES/NON |
| 0222.202 MW 3:50-4:30pm Sep 26-Oct 19 | \$52/\$62 |
| 0222.203 MW 5:30-6:10pm Sep 26-Oct 19 | \$52/\$62 |
| 0222.204 TuTh 4:40-5:20pm Sep 27-Oct 20 | \$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 |
|---|-----------|
| 0223.200 MW 5:30-6:10pm Aug 29-Sep 21** | \$52/\$62 |
| 0223.201 TuTh 4:40-5:20pm Aug 30-Sep 22 | \$52/\$62 |
| SESSION 2 | RES/NON |
| 0223.202 MW 4:40-5:20pm Sep 26-Oct 19 | \$52/\$62 |
| 0223.203 MW 5:30-6:10pm Sep 26-Oct 19 | \$52/\$62 |
| 0223.204 TuTh 3:50-4:30pm Sep 27-Oct 20 | \$52/\$62 |
| 0223.205 TuTh 4:40-5:20pm Sep 27-Oct 20 | \$52/\$62 |

Seal | Ages 6-16

This course takes place in 11-12 feet of water. The ability to swim 15 yards of front crawl, back crawl, and elementary backstroke is a prerequisite of this class. Skills introduced are butterfly and breaststroke kick, front crawl, side breathing, and diving.

| SESSION 1 | RES/NON |
|---|-----------|
| 0321.200 MW 5:30-6:10pm Aug 29-Sep 21** | \$52/\$62 |
| 0321.201 TuTh 5:30-6:10pm Aug 30-Sep 22 | \$52/\$62 |
| SESSION 2 | RES/NON |
| 0321.202 MW 4:40-5:20pm Sep 26-Oct 19 | \$52/\$62 |
| 0321.203 MW 6:20-7:00pm Sep 26-Oct 19 | \$52/\$62 |
| 0321.204 TuTh 4:40-5:20pm Sep 27-Oct 20 | \$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 |
|---|-----------|
| 0322.200 MW 6:20-7:00pm Aug 29-Sep 21** | \$52/\$62 |
| 0322.201 TuTh 6:20-7:00pm Aug 30-Sep 22 | \$52/\$62 |
| SESSION 2 | RES/NON |
| 0322.202 MW 5:30-6:10pm Sep 26-Oct 19 | \$52/\$62 |
| 0322.203 TuTh 6:20-7:00pm Sep 27-Oct 20 | \$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 |
|---|-----------|
| 0323.200 MW 6:20-7:00pm Aug 29-Sep 21** | \$52/\$62 |
| 0323.201 TuTh 6:20-7:00pm Aug 30-Sep 22 | \$52/\$62 |
| SESSION 2 | RES/NON |
| 0323.202 MW 6:20-7:00pm Sep 26-Oct 19 | \$52/\$62 |
| 0323.203 TuTh 6:20-7:00pm Sep 27-Oct 20 | \$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 |
|---|-----------|
| 0324.200 MW 6:20-7:00pm Sep 26-Oct 19 | \$52/\$62 |
| 0324.201 TuTh 6:20-7:00pm Sep 27-Oct 20 | \$52/\$62 |

Adult | Ages 16+

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

| SESSION 1 | RES/NON |
|---|-----------|
| 0521.200 MW 6:20-7:00pm Aug 29-Sep 21** | \$52/\$62 |
| 0521.201 TuTh 6:20-7:00pm Aug 30-Sep 22 | \$52/\$62 |
| SESSION 2 | RES/NON |
| 0521.202 MW 6:20-7:00pm Sep 26-Oct 19 | \$52/\$62 |
| 0521.203 TuTh 6:20-7:00pm Sep 27-Oct 20 | \$52/\$62 |

Red Cross Lifeguard Training | Ages 15+

This lifeguard training course includes certification in CPR/AED for the Professional Rescuer, first aid training (includes infant, youth and adult CPR, use of the CPR mask, two-person CPR and how to use an AED), and the necessary skills to become a professional lifeguard. The following skills will be tested on the first day. Failure to complete will result in dismissal from course: swim 300 yards continuously using front crawl and breaststroke, enter the water feet-first, swim 20 yards and retrieve a 10-pound brick from 11.5 feet of water, return 20 yards and climb out of the pool in under one minute and forty-five seconds. **100% attendance is required.** Class fee does not include books from the Red Cross. Students must purchase the Lifeguarding book and a pocket resuscitation mask through the American Red Cross prior to the start of class.

RES/NON \$100/\$110 for all classes
0700.201 SaSu 9:00am-5:00pm Sep 24-25 & Oct 1-2

Private Lessons | All Ages

These classes are available for any age or ability. Instruction is geared to the student's ability. Participants must register for a minimum of four classes. Register for lessons in person at the Swim Center. Information and available times: (858) 668-4680.

RES/NON \$26/\$36 per student per class meeting

Water Exercise | 16+

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

Poway Community Park



Information: www.poway.org/communitypark

Location:

13094 Civic Center Drive

Park Hours:

Daily, Sunrise-Sunset

Recreation Office

Mon-Sat 8am-9pm | Sun 12pm-9pm

Tennis Courts

Daily, 7am-10pm

Bocce Courts

Same hours as Rec Office

Dog Park/Ball Fields/Basketball Court

Daily, 8am-10pm



Unsupervised Skate Park Hours

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

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

Supervised Skate Park Program | Ages <14

Join us for an evening of FREE, family-friendly fun on Friday nights at our Supervised Youth Skate Park Program! 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



Supervised Bike Sessions

Join us for FREE, Supervised Bike Sessions at the Skate Park on Wednesdays from 4:00pm to 8:00pm. Waiver forms are required and available in the Community Park recreation office. Staff will be onsite during supervised sessions; up to 20 bikes allowed in the Skate Park at one time. All bikers will be required to wear helmets and use plastic-covered bike pegs.

Wednesday 4:00pm-8:00pm FREE

Information:

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

FREE, Family-Fun Activities at Community Park

Join us for FREE, family-fun recreation activities this fall and winter at Community Park! For additional information and a calendar of events, contact the recreation office at (858) 668-4671 or visit www.poway.org/communitypark.

Art in the Park - Mondays, Oct 3/Nov 21/Jan 16

Family-Fun Afternoons - Sundays, Nov 13/Jan 22

Lake Poway



Information: www.poway.org/lakepoway



Park Hours:

June-October Daily, 7am to sunset
November-May Daily, sunrise to sunset

Lake Fishing & Boating Hours:

June-September Wed-Sun, 7am to sunset
June 10-August 13 Fri-Sat, open until 11:30pm
October Wed-Fri, 7am to sunset (shoreline fishing only)
Sat-Sun, 7am to sunset
November-May Wed-Sun, sunrise to sunset

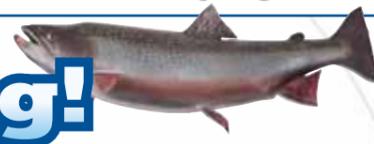
Information:

(858) 668-4770 | www.poway.org/lakepoway
Park Ranger Office (858) 668-4772
Park/Pavilion Reservations (858) 668-4580
Lake Poway Grill and Tackle (858) 486-1234

Shoreline Fishing Continues during Lake Poway Maintenance Closure!

Lake Poway will be closed to boating Monday through Friday, from October 3 through October 28; however, shoreline fishing will be permitted! Both fishing and boating will be available on Saturdays and Sundays. The park areas will remain open seven days a week from 7:00am to sunset.

Gone Fishing!



Night Fishing

Night fishing continues through early August! 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 home to huge resident catfish and a thriving bass population just waiting to be caught. Night fishing is offered through August 13, on Friday and Saturday nights from 4:00pm to 11:30pm. Motorboats and rowboats are offered for rental on a first-come, first-served basis, but there is always plenty of shoreline to fish from. Don't forget to stop by and ask our friendly staff for fishing tips. Information: (858) 668-4772.

Trout Season Returns to Lake Poway!

At the first sign of the right water temperature, we'll be kicking off Trout Season with our legendary rainbow trout. Lake Poway currently holds the county record for rainbow trout at 17.85 pounds and our reputation as the "Big Trout Destination" still holds true. During the fishing season, we open the gates to Lake Poway at sunrise, Wednesday through Sunday. The full-service Lake Poway Grill and Tackle offers fishing permits, bait, boat rentals, grill items, and refreshments. We have the best permit and boat prices in the area! Seniors 55 and older and Military receive reduced rates. State Fishing Licenses are not required. The Trout Season opening date will be announced on our website at: www.poway.org/lakepoway.

Family Campouts

Bring the entire family 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: Blue Sky docent-led night hikes and nature program, campfire, and pedal boating. Families need to bring their own camping equipment and dinner supplies to barbecue. Grills will be available, but you are encouraged to bring your own. Charcoal will be provided along with Smore's around the campfire and a free continental breakfast. Families may start setting up their campsites at 7:00 am. No alcohol is permitted. Up to 5 persons per family. \$10 for each additional family member. Information: (858) 668-4781.

9039.102 Sat-Sun 5pm-9:00am Aug 13-14 \$52/\$62



Old Poway Park



Information: www.poway.org/oldpowaypark



Location:

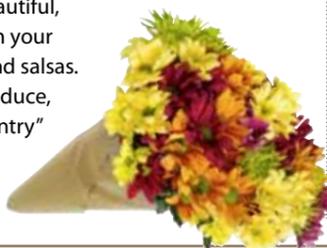
14134 Midland Road

Information:

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

Farmers Market | Flowers! Fresh Food! Fun!

It's fall, so leap outdoors and enjoy Poway's Certified Farmers Market at Old Poway Park every Saturday from 8:00am to 11:30am year round and now through September 21, every Wednesday from 3:00pm to 7:00pm. Choose from garden-fresh sweet potatoes, oranges, watermelons, tomatoes, cucumbers, pumpkins, and more. All produce is certified and inspected by the agricultural commission and brought to you fresh from the grower. The fall market offers beautiful, newly-picked flower bouquets to brighten your home, homemade tamales, kettle corn, and salsas. If you're looking for some of the finest produce, unique foods, and a great "City in the Country" atmosphere, then the Farmers Market is the place to be! Information: (858) 668-4576.



Historical Tours

We offer easy, inexpensive, educational field trips that will exceed the needs of your curriculum. Reservations are accepted for Tuesday through Thursday for just \$4 per participant. We can present to groups of 20 or more and tailor presentations to meet any need. Our tours are appropriate for any age or grade level, and meet the learning needs of third through fifth and eighth grades. Experience the Nelson House, Heritage Museum, a train safety presentation, and a train ride aboard the Poway-Midland Railroad. Tours are great for schools, ESS, and adult daycares. Information: (858) 668-4579.

Blue Sky Ecological Reserve



Location:

Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:

Daily, Sunrise-Sunset

Information:

(858) 668-4781

www.poway.org/bluesky

Blue Sky is a 700-acre ecological reserve. Fully-trained docents offer hands-on experiences to identify and observe plants, 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 Outreach – NEW!

COMING SEPTEMBER 2011. Schedule your appointment **now** for Blue Sky docents to bring nature into your classroom! Experience the first of many exciting new additions to our school program: "Oak Trees". Poway has long enjoyed the benefits of and valued our precious trees. In fact, a 200-year-old Coastal Live Oak inspired the City's logo. Learn about the ecological significance of oaks, wildlife that inhabit them, wildfire adaptation, and current threats facing them. Student interaction is our number one focus! **Cost: \$4 per student.** Call the Blue Sky office at (858) 668-4781 to schedule a visit.



School Tours

The outdoor nature program at Blue Sky Ecological Reserve emphasizes observational skills, resource protection, and identification of our plants and animals. Tours are led by fully-trained naturalists. Tours are available on Wednesday and Friday mornings, for up to 30 students per visit. Reservations should be made online at www.poway.org/bluesky. Please provide at least four weeks advance notice. \$4 per student.

Docent-led Nature Walks and Discovery Tables

For up-to-date information on dates and times, visit our website or pick up an Activities Schedule at Blue Sky, Community Services at City Hall, or Lake Poway. Please wear comfortable shoes, a hat, and carry your own water. Binoculars are recommended. Scout and group tours are available by reservation. Walks are **FREE**. Discovery touch tables are set up in the Reserve on the third Sunday of each month from 8:30am – 11:00am.



Halloween Hoot, Howl, and Prowl

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

Oct 22 5:30pm-8:30pm \$5



Sycamore Canyon Goodan Ranch



Location:

16281 Sycamore Canyon Road
Poway, California 92064

Information:

(858) 513-4737

For a complete schedule of activities at Goodan Ranch, visit: www.sdparcs.org

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



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

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



Goodan Ranch Fall Activities

Unless otherwise noted, rain or muddy conditions will cancel the activity.

September

Snakes Encounter

Saturday, September 17 | 10:00am – 11:00am
Space is limited to 50 so please call (858) 513-4737 for reservations.

Historical Nature Walk

Saturday, September 24 | 9:00am – 10:30am
Space is limited to 30 so please call (858) 513-4737 for reservations.

October

Owl Program

Saturday, October 22 | 11:00am – 12:00pm
Space is limited to 50 so please call (858) 513-4737 for reservations.

Star Hike

Friday, October 28 | 6:00pm – 8:00pm
Space is limited to 30 so please call (858) 513-4737 for reservations.

November

Introduction to Geocaching

Saturday, November 12 | 9:00am – 11:00am
Space is limited to 50 so please call (858) 513-4737 for reservations.

Scavenger Hunt

Saturday, November 26 | 9:30am – 11:30am
Space is limited to 50 so please call (858) 513-4737 for reservations.

Kumeyaay-Ipai Interpretive Center



Information: www.poway.org/kiic



Location:

13104 Ipai Waaypuk Trail (formerly, Silver Lake Rd)

Information:

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

The Kumeyaay-Ipai Interpretive Center is a 5-acre archaeological reserve located off the Ipai Waaypuk Trail (formerly, Silver Lake Road). Free docent-led tours of this unique 1,000-year-old American Indian village are available on Saturday mornings from 9:00am to 11:30am. Visitors can request a tour to emphasize botany, history, or culture. Comfortable shoes are recommended and pets are not permitted at the site. School tours are available for third grade students on Wednesday, Thursday, and Friday mornings throughout the school year. Reservation forms can be found on the City of Poway's website at www.poway.org/kiic. **Cost: \$4 per student.**

The City of Poway manages the park with support from the volunteers of the Friends of the Kumeyaay. Information and docent volunteer opportunities: (858) 668-1292.

Become a KIIC Docent

Become a Friend of the Kumeyaay by learning about Native American culture and attending a few workshops. Training is self-paced and lasts approximately 25 hours. It includes three mandatory classes: meeting with an elder; a plant or geology tour on the site; and orientation to volunteerism in the City of Poway. Volunteers receive CPR and First Aid certification. For more information, stop by the Interpretive Center Saturdays, from 9:00am to 11:30am, to receive your training packet and talk with one of our fun, dedicated docents about what they do.



Poway Library



Info: 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

Fall Children's Programs (birth- 5th grade)

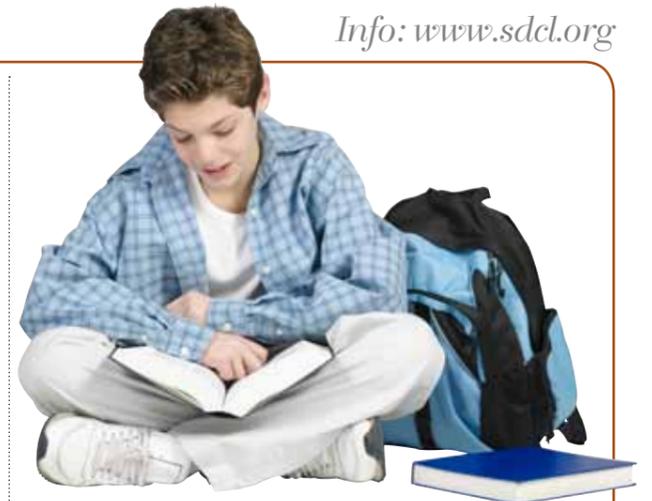
Storytime

| Event | Date/Time |
|-----------------------------------|--|
| Baby Storytime | Mondays, 1:30pm in Sep/Oct |
| Toddler Storytime | Mondays & Tuesdays, 10:30am |
| Preschooler Storytime | Wednesdays & Thursdays, 10:30am |
| P.J. Storytime | 3rd Wednesday of the month at 6:30pm starting September 21 |
| Read to Real Furry Friends | Saturdays 10:30am-12:00pm |

Other

After-school Crafts, Games & More! Wednesdays, 4:00pm

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



Fall Teen Programs (6th-12th grade)

| Event | Date/Time |
|---------------------|-----------------------------------|
| Teen Action Council | 1st Tuesday of the month 4:00 pm |
| Teen Craft/Activity | 2nd Tuesday of the month 4:00 pm |
| Teen Movie & Pizza | 3rd Tuesday of the month 4:00 pm |
| Teen Book Club | 3rd Thursday of the month 4:00 pm |
| Teen Video Game Day | Last Tuesday of the month 4:00 pm |

Poway Senior Center



Information: www.powayseniorcenter.org



Location:

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

Hours:

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

Information:

(858) 748-6094
www.powayseniorcenter.org

At **Poway Senior Center (PSC)**, we focus on improving physical, social, mental, and financial health with our active program of classes and services. Stay fit, stay engaged!

Poway Senior Center is a non-profit organization whose budget is supported by donations, memberships, and grants.



Membership has its Privileges!

\$25.00 a year for adults 60+ gives you great benefits at PSC. Lectures, exercise classes, ceramics, quilting are all free when you join PSC!

Added benefits: 20% discount for Poway Center for Performing Arts tickets. Business and restaurant discounts, too. Join today!

New Classes at PSC...

"Healthy You" Lecture Series

Join us the Third Thursday of each month for a health lecture by experts. Tips & Tools will be provided to improve your health for the rest of your life. Open to the Public, please RSVP.

- **August 18, Stroke Prevention & FREE Cholesterol Screening**
- **September 15, Heart Health**
- **October 20, Flu shots**



Computer Lab and Classes for Seniors

Starting in October. Call us for details!

BINGO! \$60,000 a month in Cash Prizes!

We've updated our look! Come enjoy the comfy new chairs and fresh coat of paint!

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

Open to all adults, 18 and older. All proceeds support the programs and services of PSC for the senior community.



SPECIAL EVENTS

DANCE, DANCE, DANCE, the last Friday of every month.

Sandy de Vito Quartet plays your favorites from 1:00-3:00pm on September 30 and October 28. No dance in November due to the Thanksgiving Holiday. \$5.00, refreshments served.



Poway Center for the Performing Arts



Information: www.powaycenter.com



Location:

15498 Espola Rd, Poway, CA 92064

Hours:

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

Closed Sunday-Thursday, and major holidays.

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

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

Closed Sunday, Monday, and major holidays.

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

Information:

Administration (858) 668-4693

Box Office (858) 748-0505

www.powaycenter.com

Check Out Our Website!

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



POWAY CENTER *for the* PERFORMING ARTS

Get Involved!

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

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

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. In addition, we have three locations for ticket purchasing: the PCPA Lobby, Community Services Department at City Hall, and at Old Poway Park. 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: www.powaycenter.com.



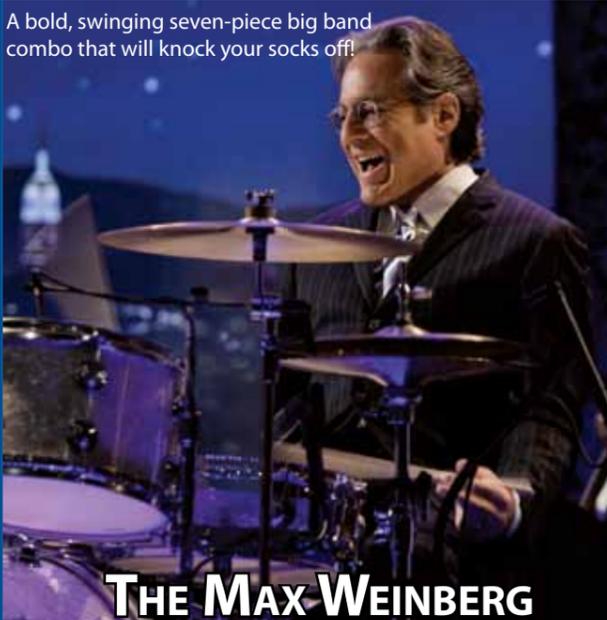
Fine Art Exhibits

In addition to the presentation of performing arts and educational programming, the Poway Center for the Performing Arts presents fine arts. The venue features a new exhibit each month, September through June. The rotating artwork and sculpture includes a wide variety of styles and media from local and regional artists, as well as student art.

Poway Center for the Performing Arts Foundation Presents

2011/2012 PROFESSIONAL PERFORMANCE SEASON

A bold, swinging seven-piece big band combo that will knock your socks off!



THE MAX WEINBERG EXPERIENCE

SATURDAY | OCTOBER 1 | 8 pm
Adults: \$42

Buy tickets online at www.powayarts.org
Join the eClub for special ticket offers!

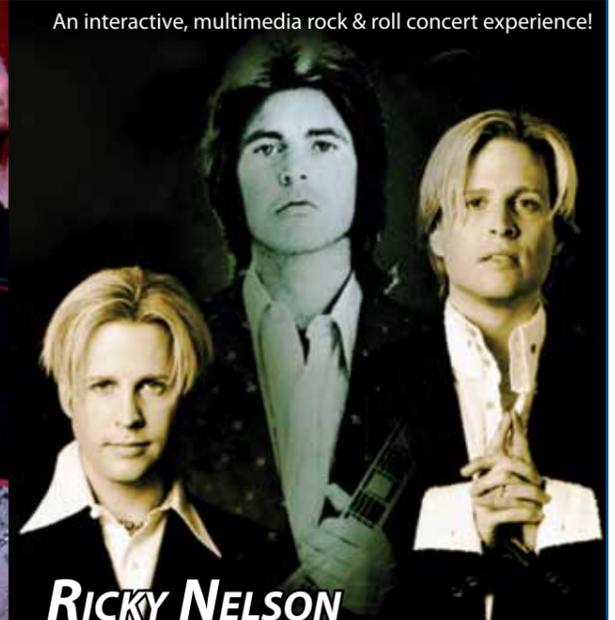


...full of surprises, humor and astonishing creativity...
—TENNESSEE JOURNALIST

STREET BEAT: A Theatrical Drum and Dance Show

SATURDAY | OCTOBER 22 | 8 pm
Adults: \$40

An interactive, multimedia rock & roll concert experience!



RICKY NELSON REMEMBERED

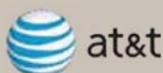
featuring Matthew and Gunnar Nelson

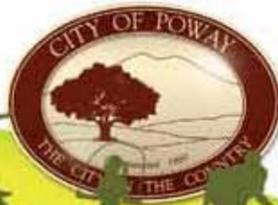
SATURDAY | NOVEMBER 19 | 8 pm
Adults: \$40

Youth Tix to all shows only \$10!
(with purchase of an adult ticket)



SPONSORED IN PART BY





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

REGISTRATION

Registration begins **AUG 9** for Poway Residents & Nonresidents

There are 3 convenient ways to register for classes:

1. Mail-In

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

2. Walk-In

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

3. Online

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

REFUNDS Should you withdraw from a class, you will be charged a \$15.00 administrative fee, which will be deducted from the refund amount. Full refunds will be issued for all classes canceled or overbooked by the City of Poway and/or the Independent Contract Instructor. Refunds after the start of the second class require written verification of an emergency/extended illness. Refunds approved after the second class will be prorated and the \$15 administrative fee will be applied. Requests may be mailed or submitted in person to the Community Services Department, located at 13325 Civic Center Drive. If a refund is approved, a check or credit will be issued within three to four weeks from the date of approval. Credit card accounts will be credited.

SWIM LESSON REGISTRATION
 Please note the age and skill level requirements for each class. If you are unsure

which level to enroll in, skill assessments are available at the Swim Center by appointment. Students who are enrolled either above or below their ability level may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call Mike Varga at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

FACILITY ACCESS for all participants is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4581.

CLASS INSTRUCTION for most classes is taught by independent instructors contracted by the City of Poway. Class content, scheduling issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact Community Services at (858) 668-4595.

POWAY RESIDENTS are defined as those persons who live within the City limits of Poway. All programs are audited for compliance with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.

ENROLLMENT PRIORITY is determined on a first-come, first-served basis. Online and walk-in registrations are posted with the date and time of the transaction. Registrations received by mail will be posted in order of the date received by the City of Poway once the registration period opens.

FINANCIAL ASSISTANCE – P.L.A.Y. (Poway Leisure Assistance for Youth) Did you know that developmentally disabled individuals and youth might be eligible to receive up to \$40 worth of City-sponsored recreation classes each season at no cost to you? To find out more, please visit our web site at www.poway.org/play. **A huge Thank You to our 2011 P.L.A.Y. scholarship sponsors!**



Registration Form

City of Poway: P.O. Box 789, Poway, CA 92074-0789 | Community Services Dept: (858) 668-4595

Parent/Guardian Name (please print) _____

Address _____ City/State/Zip _____

Home Phone _____ Mobile Phone _____ E-mail _____

| First & Last Name of Participant | Birthday (if under 18) | Age | Sex | Class Title | Class Registration # | | |
|----------------------------------|---------------------------|-----|-----|-------------|----------------------|--------------|-----|
| | | | | | First Choice | Alt. Choices | Fee |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Participant Waiver: The undersigned fully understands that my or 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 or 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 _____

FORM OF PAYMENT:

Cash | amount \$ _____ Check | # _____

Charge | MC/Visa # _____ Exp. _____

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

FOR STAFF ONLY: Entered by: _____ Date: _____