



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

# SUMMER 2011

Registration begins **MAY 17**

## Old-Fashioned Fourth of July

Bring your family and friends, and celebrate our country's independence "turn-of-the-20th-century-style". This FREE event features patriotic entertainment and displays, mock gunfights and train robbery re-enactments, face painting, old-fashioned games, an authentic arts and crafts market, model railroad displays, antique automobiles, and iron working demonstrations. Train rides, pictures with Uncle Sam, picnic lunch, sweet treats, and ice cream will also be available for a nominal fee. **Information:** [www.poway.org](http://www.poway.org) or call (858) 668-4576.



**Old Poway Park**  
**Monday, July 4, 10:00am-4:00pm**  
**FREE for All Ages**

## Poway Fireworks Show

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

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

## FREE Fun Flicks Movie in the Park Series

The City of Poway is proud to present the Fun Flicks Movie in the Park series at Poway Community Park. Bring a blanket or chair, picnic dinner, and enjoy a family-friendly movie under the stars. Arrive early to get the perfect seat; the movie will begin shortly after sunset. **Information:** [www.poway.org/communitypark](http://www.poway.org/communitypark) or call (858) 668-4671.

**FREE MOVIES!**  
**July 23, August 20, and September 3**  
**Poway Community Park at Sunset**

- July 23**      **How to Train Your Dragon**
- August 20**    **Toy Story 3**
- September 3**   **Tangled**

## Youth Day at the Pool!

School's out! Time to start the ultimate recess! What better way to kick-off summer than with a HUGE pool party at the Poway Community Swim Center? Youth Day promises to be the most exciting pool party of the year! Come join us on Friday, June 10. Pool contests this year will include inner tube races, fish hunts, the ever-exciting water balloon toss, and the annual BIG SPLASH contest. A DJ will play your favorite songs all day. The cost includes a hot dog picnic lunch, drinks, and snacks throughout the day. Youth Day is for children ages 6 through 12. **Six-year olds require a parent to be present. Parents attending are required to pay the daily pool admission fee, which does not include lunch.**

**2923.100**    **Fri, June 10 8:00am-2:00pm**      **\$13/child pre-order**  
**2923.101**    **After-care from 2:00-5:00pm**      **\$17/child day of event**  
**\$5 per child**



## Swim-In Movie Night

Enjoy a fun-filled evening of swimming and the movie Despicable Me. The movie will be shown on a new 12' x 12' movie screen. Bring the entire family along with rafts, inner tubes, or boogie boards to view the movie while in the pool. Bleacher seating will also be available. The pool closes to the public at 5:00 pm and reopens at 7:30 pm. The movie begins at sundown. Tickets may be purchased in advance at the Swim Center. For more information, please call: (858) 668-4680.

**Saturday, August 6**      **\$4/Adult - \$3/Youth & Senior**  
**7:30pm, Movie begins at Sunset**      **\$12/family (up to 5 people)**

## Sam Hinton Folk Festival

Old Poway Park Action Committee member, San Diego Folk Heritage, will host the annual Sam Hinton Folk Festival. Come join the celebration at Old Poway Park, on **Saturday, June 4 from 10:30 am to 5:00 pm**. This free event includes musical performances in the gazebo, storytelling, music workshops, a family country dance, and an open-mike stage. A variety of music styles can be heard including Bluegrass, Old Timey, Irish music, and much more!



## Folk Concerts in the Park

San Diego Folk Heritage is pleased to present an amazing folk concert featuring harmonic vocals and hand percussion. This concert for all ages will be 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. **Saturday, July 9**  
**Yale Strom & Elizabeth Schwartz with Hot Pstromi**  
**Jewish Folk Music**

## SHARP Memorial Hospital

Some of the best in entertainment and summer fun returns to Poway with the Sharp Memorial Hospital Summer Concert Series! This event is co-sponsored by the City of Poway, Sharp Memorial Hospital, Marrokal Design and Remodeling, 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. Lake Poway concert information (858) 668-4772; Old Poway Park concert information (858) 668-4576.



| Date      | Location       | Performer                             | Musical Style                |
|-----------|----------------|---------------------------------------|------------------------------|
| June 26   | Lake Poway     | HELP!                                 | Beatles Tribute Band         |
| July 10   | Lake Poway     | Diamond is Forever!                   | Neil Diamond Tribute Band    |
| July 17   | Old Poway Park | Susan Craig Winsberg & Blackwaterside | Scottish & Celtic Folk       |
| July 24   | Lake Poway     | The Corvettes                         | Doo Wop & Motown (50s & 60s) |
| July 31   | Old Poway Park | Dave Dekker & Swing West Band         | Country & Western Swing      |
| August 7  | Lake Poway     | CoastRiders                           | Jimmy Buffet Tribute Band    |
| August 14 | Old Poway Park | Pomerado Community Band               | Big Band                     |

**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

# Summer Camps

## Lake Poway Day Camp

**Ages 6-12**

(Children who are under the age of 6, but who have completed kindergarten can enroll in camp in person at City Hall)

Lake Poway Day Camp is the perfect place for summer fun for children ages 6 to 12! Each week, campers go swimming, hiking, boating, fishing, create arts and crafts projects, play games, go on field trips, and explore the outdoors! The camps, offered in eight, one-week sessions, give campers the chance to make new friends, learn valuable skills, and create lifelong memories. Extended care is available from 4:00pm to 5:30pm, free of charge. For more information, contact the Community Park recreation office at (858) 668-4679 or visit [www.poway.org/lakepowaydaycamp](http://www.poway.org/lakepowaydaycamp).

**Instructor:** Recreation Staff

**Location:** Community Park on Mondays and Tuesdays

Lake Poway on Wednesdays, Thursdays, and Fridays



## NEW! Special Needs Summer Camp

**\* | Ages 13+**

This camp is the perfect place for safe, summer 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! Camp is a great place to make new friends, experience new opportunities, and create lifelong memories! The Special Needs Summer Camp is held at Lake Poway on Monday, Tuesday, and Wednesday, and Community Park on Thursday and Friday.

**Instructor:** Sarah D'Agostino, [sdago777@hotmail.com](mailto:sdago777@hotmail.com)

**Location:** M/T/W: Lake Poway Pavilion

Th/F: Community Park Auditorium

|          |                   |           | RES/NON      |
|----------|-------------------|-----------|--------------|
| 9397.102 | M-F 8:00am-4:00pm | Jun 20-24 | \$140/\$150* |
| 9397.103 | M-F 8:00am-4:00pm | Jul 25-29 | \$140/\$150* |

\* \$60 materials fee due first day of class

|          |                   |              |                                | RES/NON     |
|----------|-------------------|--------------|--------------------------------|-------------|
| 2934.100 | M-F 8:00am-4:00pm | Jun 20-24    | Julian Mining Company          | \$125/\$135 |
| 2934.101 | M-F 8:00am-4:00pm | Jun 27-Jul 1 | Padres Baseball Game           | \$125/\$135 |
| 2934.102 | T-F 8:00am-4:00pm | Jul 5-8      | Moonlight Beach in Encinitas   | \$100/\$110 |
| 2934.103 | M-F 8:00am-4:00pm | Jul 11-15    | Boomers Fun Center             | \$125/\$135 |
| 2934.104 | M-F 8:00am-4:00pm | Jul 18-22    | Wave Water Park                | \$125/\$135 |
| 2934.105 | M-F 8:00am-4:00pm | Jul 25-29    | La Jolla Shores Beach          | \$125/\$135 |
| 2934.106 | M-F 8:00am-4:00pm | Aug 1-5      | Reuben H. Fleet Science Center | \$125/\$135 |
| 2934.107 | M-F 8:00am-4:00pm | Aug 8-12     | Moonlight Beach in Encinitas   | \$125/\$135 |

\*Field trips are subject to change without notice



# Music/TV Production Camps

## NEW! MUSICSTAR® Rock Academy \* | Ages 9-17

MUSICSTAR® ROCK ACADEMY is a high octane curriculum that offers students a rock band experience from the very get-go. This camp offers students a total rock band experience with instruction in Electric Guitar, Keyboards, Drums, Bass and Vocals. Students are coached on making music together as a band based on common song material for all instruments. The content of the class centers on specific chord progressions and song material, different rock styles, and student creativity. **Instruments are provided for class use.**

**Instructor:** MUSICSTAR®

**Location:** Old Poway Park Templars Hall

|          |                    |           | RES/NON      |
|----------|--------------------|-----------|--------------|
| 6182.139 | M-F 1:00-4:30pm    | Jun 13-17 | \$120/\$130* |
| 6182.140 | M-F 9:30am-12:30pm | Jun 20-24 | \$120/\$130* |

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

## NEW! Creative Brain® MovieWorkz TV Production Camp \* | Ages 9-17

MovieWorkz TV Production Camp is an exciting exploration of video and television production, its many genres, technology, artistic standards, and more. Through age-appropriate, hands-on interaction, students will develop and create actual television programming, such as talk shows, interview show, special interest show, etc. All productions will be uploaded on a secure server and will be available for safe internet streaming. This class is more than just an introduction to videography, it is a production workshop and career class!

**Instructor:** MUSICSTAR®

**Location:** Lake Poway Pavilion

|          |                    |           | RES/NON      |
|----------|--------------------|-----------|--------------|
| 6182.141 | M-F 9:30am-12:30pm | Jul 18-22 | \$120/\$130* |

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

## NEW! Creative Brain® MovieWorkz TV Animation Camp \* | Ages 7-12

Welcome to the world of animation! This course offers an exciting exploration of visual arts and video production, in a particular genre of traditional animation, technology, artistic standards, and more! Through age-appropriate, hands-on interaction, students will develop and create actual animation shorts. All productions will be premiered at a final showcase screening of the students' work.

**Instructor:** MUSICSTAR®

**Location:** Lake Poway Pavilion

|          |                    |         | RES/NON      |
|----------|--------------------|---------|--------------|
| 6182.142 | M-F 9:30am-12:30pm | Aug 1-5 | \$120/\$130* |

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

# Art Camps

## NEW! Comic Book Kids \* | Ages 5 1/2-12

Comic Book Kids guides participants in making their very own Comic Book! Each participant will receive a professional hardback blank book, as well as individual attention each day on their specific goals. We will be learning character and story development, format, shading, action lines, and much more! No experience is necessary.

**Instructor:** Comic Book Kids

**Location:** Community Park Youth Activity Room

|          |                    |           | RES/NON     |
|----------|--------------------|-----------|-------------|
| 6182.150 | M-F 9:00am-12:00pm | Jul 18-22 | \$110/\$120 |
| 6182.151 | M-F 1:00-4:00pm    | Aug 15-19 | \$110/\$120 |

|          |                 |           | RES/NON     |
|----------|-----------------|-----------|-------------|
| 6182.152 | M-F 1:00-4:00pm | Jun 20-24 | \$110/\$120 |

**Location:** Old Poway Park Porter House Parlour

## Art Start Art Camp – Half Day | Ages 7-14

Enjoy a week packed full of art in the most creative camp ever! Kids will load up their provided sketchbooks with incredible drawings, cast masks right from their own faces, and create tie-dye t-shirts. They will draw and paint under the gentle guidance of a professional artist in a fun, relaxed atmosphere. Each week will offer unique experiences and a special project such as painting, printmaking, or ceramics. Quality art materials and snack will be provided. Bring a washed, cotton T-shirt to the first class.

**Instructor:** Susan Bainbridge

**Location:** Old Poway Park Great Room

|          |                    |           | RES/NON      |
|----------|--------------------|-----------|--------------|
| 6182.100 | M-F 9:00am-12:00pm | Jul 11-15 | \$105/\$115* |
| 6182.101 | M-F 9:00am-12:00pm | Jul 18-22 | \$105/\$115* |
| 6182.102 | M-F 9:00am-12:00pm | Jul 25-29 | \$105/\$115* |
| 6182.103 | M-F 9:00am-12:00pm | Aug 1-5   | \$105/\$115* |
| 6182.104 | M-F 9:00am-12:00pm | Aug 8-12  | \$105/\$115* |
| 6182.105 | M-F 9:00am-12:00pm | Aug 15-19 | \$105/\$115* |

\* \$40 materials fee due first day of class

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

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

**Instructor:** Susan Bainbridge

**Location:** Old Poway Park Great Room

|          |                   |           | RES/NON      |
|----------|-------------------|-----------|--------------|
| 6182.106 | M-F 9:00am-3:00pm | Jul 11-15 | \$175/\$185* |
| 6182.107 | M-F 9:00am-3:00pm | Jul 18-22 | \$175/\$185* |
| 6182.108 | M-F 9:00am-3:00pm | Jul 25-29 | \$175/\$185* |
| 6182.109 | M-F 9:00am-3:00pm | Aug 1-5   | \$175/\$185* |
| 6182.110 | M-F 9:00am-3:00pm | Aug 8-12  | \$175/\$185* |
| 6182.111 | M-F 9:00am-3:00pm | Aug 15-19 | \$175/\$185* |

\* \$60 materials fee due first day of class

# Mad Science Camps



### Mad Science in The Garden | Ages 3 1/2-5

Campers explore the different parts of a garden and learn all about seeds, soil, and sprouts. The group will examine fruits, vegetables, plants, and leaves using a microscope designed for preschoolers. Children also learn about interesting creatures that live in a garden, like butterflies, ladybugs, and bees, and learn how these creatures can help a garden grow. **Take-home projects include a seed badge, sun visor, bean necklace, veggie placemat, and bug bracelet.**

**Instructor:** Mad Science of San Diego

**Location:** Community Park Youth Activity Room

|  |                     |
|--|---------------------|
|  | <b>RES/NON</b>      |
| <b>4011.140 M-F 9:00am-12:00pm Jun 13-17</b> | <b>\$105/\$115*</b> |
| * \$30 materials fee due first day of class  |                     |

### Mad Science All Stars | Ages 5-10

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

**Instructor:** Mad Science of San Diego

**Location:** Old Poway Park Porter House Parlour

|   |                     |
|---|---------------------|
|   | <b>RES/NON</b>      |
| <b>6182.112 M-F 1:00-4:00pm Jun 13-17</b>   | <b>\$105/\$115*</b> |
| <b>6182.113 M-F 9:00am-12:00pm Aug 8-12</b> | <b>\$105/\$115*</b> |
| * \$30 materials fee due first day of class |                     |

### Mad Science Crazy Chem-Works | Ages 5-10

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

**Instructor:** Mad Science of San Diego

**Location:** Old Poway Park Porter House Parlour **RES/NON**  
**6182.121 M-F 9:00am-12:00pm Jun 20-24 \$105/\$115\***

**Location:** Lake Poway Pavilion shaded area **RES/NON**  
**6182.122 M-F 1:00-4:00pm Aug 1-5 \$105/\$115\***

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

### Mad Science Jr. Detective Camp | Ages 7-12

Become a Mad Science Jr. Detective and take a fascinating journey into the world of detection, forensics and classified information. Learn code language to send secret messages as part of your mission. Go undercover and decode messages from other agents using your top secret clearance. Use special spyglasses to help learn about surveillance and the important role it plays in security. Investigate a pretend crime scene and sift through clues to crack the case. As part of the Mad Science Bureau of Investigation, you will gain observational skills that are necessary for the job. **Take-home projects include a secret code breaker, undercover observer, whodunit kit, scene solver, spyglasses, and more!**

**Instructor:** Mad Science of San Diego

**Location:** Lake Poway Pavilion shaded area

|  |                   |
|--|-------------------|
|  | <b>RES/NON</b>    |
| <b>6182.117 Tue-F 9:00am-12:00pm Jul 5-8</b> | <b>\$84/\$94*</b> |
| * \$30 materials fee due first day of class  |                   |



### Mad Science NASA Space Academy | Ages 6-11

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

**Instructor:** Mad Science of San Diego

**Location:** Lake Poway Pavilion shaded area **RES/NON**  
**6182.114 M-F 1:00-4:00pm Jul 18-22 \$105/\$115\***

\* \$45 materials fee due first day of class

### Mad Science Robots and Reactions | Ages 8-12

Discover the incredible things that robots can do. Learn about infrared sensors as you build your very own Mad Science Robot that glides across surfaces and reacts to its environment. Experiment with robotic arms and infrared robots. Work with simple machines that can lift objects and launch them into the air. Learn the basics of chemistry and be amazed by radical reactions. **Take-home projects include a Mad Science Robot (New), super ball, catapult launcher, rocket racer, Mad Science silly putty, and more!**

**Instructor:** Mad Science of San Diego

**Location:** Old Poway Park Porter House Parlour

|  |                     |
|--|---------------------|
|  | <b>RES/NON</b>      |
| <b>6182.119 M-F 9:00am-12:00pm Jul 18-22</b> | <b>\$105/\$115*</b> |
| <b>6182.120 M-F 1:00-4:00pm Aug 15-19</b>    | <b>\$105/\$115*</b> |
| * \$45 materials fee due first day of class  |                     |

# Technology Camps

### 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 camp will learn the basics of video game design and produce several different interactive video games to share with their friends and family!

**Instructor:** Youth Tech, Inc.

**Location:** Lake Poway Pavilion **RES/NON**  
**9416.100 M-F 1:00-4:00pm Jun 27-Jul 1 \$160/\$170\***

**Location:** Old Poway Park Porter House Parlour **RES/NON**  
**9416.101 M-F 9:00am-12:00pm Jul 11-15 \$160/\$170\***

\* \$10 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

**RES/NON**  
**9416.102 M-F 9:00am-12:00pm Jun 27-Jul 1 \$145/\$155\***

\* \$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 website from start to finish using Adobe's award-winning suite of products. The learning for this camp does not end at the door! Students will have access to their website with free hosting for one year!

**Instructor:** Youth Tech, Inc.

**Location:** Old Poway Park Porter House Parlour

**RES/NON**  
**9416.103 M-F 1:00-4:00pm Jul 11-15 \$140/\$150\***

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

### NEW! Tech Tykes Underwater Adventure \* | Ages 3-6

Campers become computer detectives that discover and solve mysteries of the world's oceans. Students learn basic computer and keyboarding skills while discovering underwater creatures and ways to protect them. Children have fun with technology-based activities, geography and map-related activities, marine life theme projects, creative play and much more!

**Instructor:** Comp U Kids

**Location:** Community Park Youth Activity Room

**RES/NON**  
**9416.110 M-F 9:00am-12:30pm Aug 1-5 \$110/\$120\***

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



### NEW! Weebot Wonderland \* | Ages 5-7

Campers go on grand adventures to the land of fairy tales and mystical creatures while exploring LEGO robotics! Children document their adventure by creating their very own digital storybook; constructing robots as characters and narrating with their own voice. Children have fun with riddles, storybook adventures, scavenger hunts, and more!

**Instructor:** Comp U Kids

**Location:** Community Park Youth Activity Room

**RES/NON**  
**9416.111 M-F 1:00-4:30pm Aug 1-5 \$110/\$120\***

**9416.112 M-F 9:00am-12:30pm Aug 15-19 \$110/\$120\***

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

# Sports Camps

## NEW! Swim & Tennis \* | Ages 6-16

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

**Instructor:** Art Christophiades

**Location:** Community Park Tennis Courts / Swim Center

|          |                    |              | RES/NON      |
|----------|--------------------|--------------|--------------|
| 2443.100 | M-F 10:00am-3:00pm | Jun 20-24    | \$110/\$120* |
| 2443.101 | M-F 10:00am-3:00pm | Jun 27-Jul 1 | \$110/\$120* |
| 2443.102 | M-F 10:00am-3:00pm | Jul 11-15    | \$110/\$120* |
| 2443.103 | M-F 10:00am-3:00pm | Jul 18-22    | \$110/\$120* |
| 2443.104 | M-F 10:00am-3:00pm | Jul 25-29    | \$110/\$120* |

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



## Middle School Girls Basketball | Ages 10-14

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

**Instructor:** Jay Trousdale

**Location:** Twin Peaks Multipurpose Center

|          |                  |              | RES/NON     |
|----------|------------------|--------------|-------------|
| 2443.105 | M-F 12:30-3:00pm | Jun 27-Jul 1 | \$130/\$140 |

## Intermediate Girls Basketball | Ages 13-16

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

**Instructor:** Jay Trousdale

**Location:** Twin Peaks Multipurpose Center

|          |                  |           | RES/NON     |
|----------|------------------|-----------|-------------|
| 2443.106 | M-Th 2:30-4:30pm | Jun 13-23 | \$130/\$140 |

## Advanced Girls Basketball | Ages 15-18

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

**Instructor:** Jay Trousdale

**Location:** Twin Peaks Multipurpose Center

|          |                   |           | RES/NON     |
|----------|-------------------|-----------|-------------|
| 2443.107 | M-Th 12:30-2:30pm | Jun 13-23 | \$130/\$140 |

## 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. Participants should bring water to camp each day. Please do not bring equipment; **equipment provided for class use.**

**Instructor:** Jim Velazquez

**Location:** Lake Poway Archery Range

|          |                  |           | RES/NON    |
|----------|------------------|-----------|------------|
| 2443.113 | Mon 9:00-11:00am | Jul 11    | \$75/\$85* |
|          | T-F 9:00-10:15am | Jul 12-15 |            |
| 2443.114 | Mon 9:00-11:00am | Jul 18    | \$75/\$85* |
|          | T-F 9:00-10:15am | Jul 19-22 |            |
| 2443.115 | Mon 9:00-11:00am | Jul 25    | \$75/\$85* |
|          | T-F 9:00-10:15am | Jul 26-29 |            |
| 2443.116 | Mon 9:00-11:00am | Aug 1     | \$75/\$85* |
|          | T-F 9:00-10:15am | Aug 2-5   |            |
| 2443.117 | Mon 9:00-11:00am | Aug 8     | \$75/\$85* |
|          | T-F 9:00-10:15am | Aug 9-12  |            |

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



## Creative 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

|                                  |                 |               | RES/NON    |
|----------------------------------|-----------------|---------------|------------|
| <b>Beginning Drums</b>           |                 |               |            |
| 6182.132                         | Thu 5:30-6:20pm | Jun 30-Aug 18 | \$88/\$98* |
| <b>Beginning Acoustic Guitar</b> |                 |               |            |
| 6182.130                         | Thu 3:30-4:20pm | Jun 30-Aug 18 | \$88/\$98* |
| <b>Beginning Piano</b>           |                 |               |            |
| 6182.131                         | Wed 4:30-5:20pm | Jun 29-Aug 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

|   |                 |               | RES/NON    |
|---|-----------------|---------------|------------|
| <b>Early Intermediate Acoustic Guitar</b> |                 |               |            |
| 6182.134                                  | Thu 4:30-5:20pm | Jun 30-Aug 18 | \$88/\$98* |
| <b>Early Intermediate Piano</b>           |                 |               |            |
| 6182.135                                  | Wed 5:30-6:20pm | Jun 29-Aug 17 | \$88/\$98* |

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

### MUSICSTAR® Drum Workz:

#### Hand Drumming for Adults | Ages 16+

Music Classes contribute to a healthier and longer life! Hand drumming, has proven to reduce stress, depression, and should be part of a healthy life style. MUSICSTAR® DrumWorkz is an opportunity for adults to explore hand drumming in a group setting. Focus is on djembe and/or Conga. **Drums/practice pads are provided for class use.** There will be a final Showcase Performance on the last day of class.

**Instructor:** MUSICSTAR®

**Location:** Old Poway Park Gazebo

|          |                 |               | RES/NON    |
|----------|-----------------|---------------|------------|
| 6182.133 | Thu 6:30-7:20pm | Jun 30-Aug 18 | \$88/\$98* |

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

### Expressive Writing Workshop | Ages 16+

Express yourself! Come explore the world of words, whether you want to write a story, a poem, a song, or perhaps just want some ideas on how to begin! A variety of methods are used to explore your memories, thoughts, and feelings. Bring music, photographs, and artwork so they can be used as inspirations. This is a great opportunity to improve your writing skills in the process of having fun – however, this is not an English class. There are no grades, just fun! Participants are encouraged to share their writing, but sharing is not a requirement.

**Instructor:** The Writing Center in Poway

**Location:** Community Park Senior Center Nutrition Room

|   |                 |               | RES/NON   |
|---|-----------------|---------------|-----------|
| 6182.140  | Thu 6:00-8:00pm | Jun 16-Jul 14 | \$45/\$55 |
| <b>Session Focus:</b> Giving Voice to Silence, Writing Your Childhood, Remembering Joy, Reflecting on Loss, and Letters to Family |                 |               |           |
| 6182.141  | Thu 6:00-8:00pm | Jul 28-Aug 25 | \$45/\$55 |
| <b>Session Focus:</b> Music, Art, Poetry, Story, and Photography  |                 |               |           |



## Children's Activities



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

This class is designed for toddlers and their parents to participate together in basic gymnastics 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:** July 2

|          |                   |               | RES/NON      |
|----------|-------------------|---------------|--------------|
| 2312.100 | Thu 10:45-11:15am | Jun 16-Sep 1  | \$161/\$171* |
| 2312.101 | Sat 8:45-9:15am   | Jun 18-Sep 10 | \$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

|          |                  |               | RES/NON    |
|----------|------------------|---------------|------------|
| 3013.100 | Sat 9:00-10:00am | Jun 18-Jul 16 | \$40/\$50* |
| 3013.101 | Sat 9:00-10:00am | Jul 23-Aug 20 | \$40/\$50* |

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

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

**Dance | Youth & Teen**



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

**Dance for Children | Ages 3-5**

Dance, sing, tumble, balance, imagine, express, gain self-confidence, strength and flexibility during this fun-filled introduction to dance and tumbling.

Boys and girls will experience the joys of movement and creative expression during this ongoing program, designed to provide increased challenges with continued enrollment. This is a great "pre-class" to Tap & Ballet. Come join the fun! **Wear dance attire/comfortable clothing and ballet slippers or bare feet.** Participants who continue classes through the school year can participate in our dance recital at the Poway Center for Performing Arts in June 2012! Parent watching days are the last class of each month.

**Instructor:** Debbora Childress

**Location:** Community Park Auditorium



|          |                   |                | RES/NON   |
|----------|-------------------|----------------|-----------|
| 5111.100 | Thu 10:00-10:45am | Jul 14- Aug 18 | \$65/\$75 |



**Ballet for Kids Princess Camp | Ages 3-12**

Come learn the art and beauty of Classical Ballet with a princess twist! This fun and creative musical class will teach children all the basics of ballet. Children will learn rhythm, coordination, flexibility, teamwork and a love for dance! Children will gain all of the tools needed to continue on in dance while feeling like a princess! **Wear dance attire and pink ballet slippers.** Participants who continue Ballet for Kids classes through the school year can participate in our dance recital at the Poway Center for Performing Arts in June 2012! Parent watching days are the last class of each month.

**Instructor:** Kellie Childress-Nichols

**Location:** Tue: Old Poway Park Templars Hall Sat: Twin Peaks Gym

| Ages 3-4 Pre-Ballet        |                   |               | RES/NON   |
|----------------------------|-------------------|---------------|-----------|
| 5121.100                   | Tue 10:00-10:45am | Jul 12-Aug 16 | \$65/\$75 |
| 5121.101                   | Sat 9:00-9:45am   | Jul 16-Aug 20 | \$65/\$75 |
| 5121.102                   | Sat 9:45-10:30am  | Jul 16-Aug 20 | \$65/\$75 |
| Ages 5-12 Beginning Ballet |                   |               |           |
| 5121.103                   | Sat 10:30-11:15am | Jul 16-Aug 20 | \$65/\$75 |

**Tap & Dance Summer Workshop Series | Ages 3 1/2-12**

This fun-filled, action-packed, dynamic tap & dance workshop will offer a new experience each week! Combination classes will include Tap & Ballet; Tap & Tumbling; Tap & Jazz; Tap & Creative Dance; and more! Come join the fun! The summer session is a great time for new students to begin and for continuing students to enjoy a variety of dance activities. **Wear dance attire and Tap and Ballet shoes.** Participants who continue Tap & Ballet classes through the school year can participate in our dance recital at the Poway Center for Performing Arts in June 2012! Parent watching days are the last class of each month.

**Instructor:** Debbora Childress

**Location:** Community Park Auditorium

| Ages 3 1/2-5 |                     |               | RES/NON   |
|--------------|---------------------|---------------|-----------|
| 5111.101     | Thu 11:00am-12:00pm | Jul 14-Aug 18 | \$65/\$75 |
| Ages 6-8     |                     |               |           |
| 5111.102     | Thu 2:00-3:00pm     | Jul 14-Aug 18 | \$65/\$75 |
| Ages 9-12    |                     |               |           |
| 5111.103     | Thu 3:00-4:00pm     | Jul 14-Aug 18 | \$65/\$75 |

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

Come join our class as we learn Fun 'n Funky jazz! Students will learn rhythm, coordination, flexibility, strength, teamwork, and a love for dance! This fun, active class is perfect for beginners and for dancers who are looking to learn a new style of dance! Dance to the popular music of today, and get funky!! **Wear dance attire and black leather jazz shoes.**

Participants who continue Jazz for Kids classes through the school year can participate in our dance recital at the Poway Center for Performing Arts in June 2012! Parent watching days are the last class of each month.

**Instructor:** Kellie Childress-Nichols

**Location:** Old Poway Park Templars Hall

| Ages 7-11 Beginner               |                 |               | RES/NON   |
|----------------------------------|-----------------|---------------|-----------|
| 5121.105                         | Tue 1:00-1:45pm | Jul 12-Aug 16 | \$65/\$75 |
| Ages 12-18 Beginner/Intermediate |                 |               |           |
| 5121.106                         | Tue 2:00-2:45pm | Jul 12-Aug 16 | \$65/\$75 |



**Leaps & Turns | Ages 12-18**

Leaps & Turns is a great class for any dancer looking to increase their ability in leaps and turns! Learn new leaps, and fun turns in an advanced, yet non-competitive, atmosphere. From beginners to advanced, this is the perfect class for any aspiring dancer! **Wear dance attire and black leather jazz shoes.** Parent watching days are the last class of each month.

**Instructor:** Kellie Childress-Nichols

**Location:** Old Poway Park Templars Hall

|          |                 |               | RES/NON   |
|----------|-----------------|---------------|-----------|
| 5121.107 | Tue 3:00-5:00pm | Jul 12-Aug 16 | \$65/\$75 |

**Sports | Youth**



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 Senior Center Bill Bond Hall I

**No Class:** July 4

|          |                 |              | RES/NON   |
|----------|-----------------|--------------|-----------|
| 2091.109 | MWF 6:00-7:00pm | Jun 13-Sep 2 | \$85/\$95 |



**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:** July 4

|          |                 |              | RES/NON   |
|----------|-----------------|--------------|-----------|
| 2091.110 | MWF 7:00-8:00pm | Jun 13-Sep 2 | \$85/\$95 |

**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    |
|----------|-------------------|---------------|------------|
| 3013.102 | T/Th 4:00-5:00pm  | Jun 21-Jul 21 | \$65/\$75* |
| 3013.103 | Sat 10:00-11:00am | Jun 18-Jul 16 | \$45/\$55* |
| 3013.104 | T/Th 4:00-5:00pm  | Jul 26-Aug 25 | \$65/\$75* |
| 3013.105 | Sat 10:00-11:00am | Jul 23-Aug 20 | \$45/\$55* |

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

**Tennis: Advanced Beginner/Intermediate Ages 7-14**

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

|          |                     |               | RES/NON    |
|----------|---------------------|---------------|------------|
| 3013.106 | T/Th 5:00-6:00pm    | Jun 21-Jul 21 | \$65/\$75* |
| 3013.107 | Sat 11:00am-12:00pm | Jun 18-Jul 16 | \$45/\$55* |
| 3013.108 | T/Th 5:00-6:00pm    | Jul 26-Aug 25 | \$65/\$75* |
| 3013.109 | Sat 11:00am-12:00pm | Jul 23-Aug 20 | \$45/\$55* |

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

**Youth Volleyball | Ages 9-14**

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

**Instructor:** David Claycomb

**Location:** Meadowbrook Gym

**No Class:** July 4, July 25, Aug 1

|            |                 |               | RES/NON   |
|------------|-----------------|---------------|-----------|
| Ages 9-11  |                 |               |           |
| 2091.112   | Mon 5:30-6:30pm | Jun 13-Aug 22 | \$40/\$50 |
| Ages 12-14 |                 |               |           |
| 2091.113   | Mon 6:30-7:30pm | Jun 13-Aug 22 | \$40/\$50 |



**Tennis: Advanced Juniors | Ages 8-17**

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

**Instructor:** Art Christophiades

**Location:** Community Park Tennis Courts

**No Class:** July 4

|          |                |               | RES/NON    |
|----------|----------------|---------------|------------|
| 3013.110 | MW 4:00-5:30pm | Jun 20-Jul 25 | \$75/\$85* |
| 3013.111 | MW 4:00-5:30pm | Aug 1-Aug 31  | \$75/\$85* |

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

Health & Wellness



**NEW! Dance Fusion \* | Ages 16+**

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! Dance Fusion will incorporate a variety of dance styles such as hip hop, jazz, Latin, Polynesian, and more. Choreography will be broken down to the basic foot patterns and complexity will be layered in as needed. Come out and dance!

**Instructor:** Emma Sarmiento  
**Location:** Community Park Auditorium  
**No Class:** July 4

5417.102 Mon 6:00-7:00pm Jun 20-Jul 25 RES/NON \$45/\$55

**Pilates | Ages 16+**

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

**Instructor:** Emma Sarmiento  
**Location:** Community Park Auditorium

5417.104 Tue 6:00-7:00pm Jun 21-Jul 19 RES/NON \$45/\$55

**Strengthen & Stretch, Breathe & Balance!**

**Ages 17+**

Revitalize yourself with a whole-body workout that is easy to learn and follow. Enjoy flowing movements, rhythmic breathing, and gentle stretches designed to warm your body, enliven your mind, and refresh your spirit. Experience the benefits of self-massage to energize and to soothe, to warm-up and to cool-down. Have fun as you move, stretch, and breathe! Wear soft, comfortable clothing

**Instructor:** Cheri Hotalen  
**Location:** Old Poway Park Templars Hall

5417.134 Thu 10:00-11:15am Jun 23-Aug 25 RES/NON \$75/\$85



**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

5417.106 Wed 6:00-7:00pm Jun 22-Jul 20 RES/NON \$45/\$55



**Kettlebell Interval Training | Ages 16+**

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

**Instructor:** Jennifer Richards  
**Location:** Poway Pilates, 14053 Midland Rd  
**No Class:** July 4

5417.140 Mon 6:30-7:30pm Jun 13-Jul 25 RES/NON \$74/\$84  
 5417.141 Wed 6:30-7:30pm Jun 15-Jul 20 RES/NON \$74/\$84

**Healing Qigong | Ages 17+**

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.

**Instructor:** Cheri Hotalen  
**Location:** Midland Elementary School Multipurpose Room

5417.131 Tue 6:30-8:00pm Jun 21-Aug 23 RES/NON \$75/\$85\*  
 \* \$5 materials fee due first day of class



**Combo Class**

Get more fitness for less!! Sign up to take a combination class:  
**No Class: July 4**

|  |           |
|--|-----------|
| <b>Dance Fusion &amp; Zumba</b>        | RES/NON   |
| 5417.108 M/W 6:00-7:00pm Jun 20-Jul 25 | \$60/\$70 |
| <b>Pilates &amp; Zumba</b>             | RES/NON   |
| 5417.109 T/W 6:00-7:00pm Jun 21-Jul 20 | \$60/\$70 |

**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:** July 4  
 5417.144 Mon 12:30-1:30pm Jun 13-Jul 18 RES/NON \$74/\$84  
 5417.145 Wed 12:30-1:30pm Jun 15-Jul 13 RES/NON \$74/\$84



**Tai Chi Easy | Ages 17+**

Ancient Wellness and Stress Mastery for Modern Times: Transform Your Day and Your Life! Tai Chi Easy is a carefully-developed method and approach to Tai Chi that makes it easy, beneficial, and fun from the very beginning. Learn and enjoy postural alignment, gentle movement, breath practice, self-applied massage, relaxation, and meditation practices. Wear soft, comfortable clothing.

**Instructor:** Cheri Hotalen  
**Location:** Old Poway Park (Beg: Gazebo, Int: Templars Hall)

**No Class:** July 4  
 Beginning  
 5417.132 Mon 6:00-7:15pm Jun 20-Aug 29 RES/NON \$75/\$85\*  
 Intermediate  
 5417.133 Mon 10:00-11:15am Jun 20-Aug 29 RES/NON \$75/\$85\*  
 \* \$5 materials fee due first day of class

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

Safety Training



Please Note:

**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 \$15 materials fee.**

**First Aid | Ages 11+**

This 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 caring for burns, bleeding, broken bones, poisoning, bites and stings, and sudden illness. Participants will receive an American Red Cross certification valid for three years.



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

5418.100 Wed 6:00-9:00pm Aug 17 RES/NON \$20/\$30\*  
 \* \$15 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 Senior Center Bill Bond Hall II

1247.106 Thu 6:00-7:00pm Jun 16 RES/NON \$10/\$20



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

Become certified in American Red Cross CPR. Learn skills necessary to respond to breathing or cardiac emergencies. Learn emergency action steps, checking a conscious or unconscious victim, rescue breathing, choking, the signs and signals of a heart attack, and CPR. Participants receive 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

5418.101 Sat 8:30am-1:00pm Aug 20 RES/NON \$30/\$40\*  
 \* \$15 materials fee due first day of class

**CPR for Adults**

**Ages 11+**

Become certified in American Red Cross CPR. Learn skills necessary to respond to breathing or cardiac emergencies. Learn emergency action steps, checking a conscious or unconscious victim, rescue breathing, choking, the signs and signals of a heart attack, and CPR. Participants receive 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

5418.102 Tue 6:00-9:00pm Aug 16 RES/NON \$20/\$30\*  
 \* \$15 materials fee due first day of class

**Sports | Adults**



Information: [www.poway.org/classes](http://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 June, July, and August the free open gym times are as follows:

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

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

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

**Open Volleyball**  
Sunday  
6:00-9:00pm

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

**Intermediate Coed Volleyball | Ages 18+**

All intermediate players are divided into divisional four-person teams on the first night, which precedes eight 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   |                 |               | RES/NON   |
| 1247.100             | Thu 6:30-9:30pm | Jun 23-Aug 18 | \$60/\$70 |
| Intermediate Women's |                 |               |           |
| 1247.101             | Thu 6:30-9:30pm | Jun 23-Aug 18 | \$60/\$70 |

**Advanced Coed Volleyball | Ages 18+**

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

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

|                  |                 |               |           |
|------------------|-----------------|---------------|-----------|
| Advanced Men's   |                 |               | RES/NON   |
| 1247.102         | Tue 6:30-9:30pm | Jun 21-Aug 16 | \$60/\$70 |
| Advanced Women's |                 |               |           |
| 1247.103         | Tue 6:30-9:30pm | Jun 21-Aug 16 | \$60/\$70 |

**Women's Volleyball | Ages 18+**

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. New players must attend the starting orientation night. Prerequisite: command of basic skills and experience in league play.

**Instructor:** Dick Leatherman

**Location:** Twin Peaks Multipurpose Center

**No Class:** Sep 5

|          |                 |               |           |
|----------|-----------------|---------------|-----------|
|          |                 |               | RES/NON   |
| 1247.110 | Mon 6:30-9:30pm | Jul 18-Sep 12 | \$55/\$65 |



**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:** July 4

|          |                 |              |           |
|----------|-----------------|--------------|-----------|
|          |                 |              | RES/NON   |
| 1247.104 | MWF 7:00-8:00pm | Jun 13-Sep 2 | \$85/\$95 |



**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. Season ends with a tournament where the winning team will receive bragging rights on the perpetual plaque posted at the gym. All players must sign the roster before the team's first game.

**Instructor:** Recreation Staff

**Location:** Meadowbrook Gym

|          |                 |              |           |
|----------|-----------------|--------------|-----------|
|          |                 |              | RES/NON   |
| 1247.105 | Wed 6:30-9:30pm | Jul 6-Sep 21 | \$68/Team |

**Outdoor Activities**



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



**8-week Youth Archery | Ages 9-16**

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, Dan Jazdzewski

**Location:** Lake Poway Archery Range

|          |                     |               |           |
|----------|---------------------|---------------|-----------|
|          |                     |               | RES/NON   |
| 2443.120 | Sat 11:00am-12:00pm | Jun 25-Aug 13 | \$70/\$80 |

**8-week 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, Dan Jazdzewski

**Location:** Lake Poway Archery Range

|          |                  |               |           |
|----------|------------------|---------------|-----------|
|          |                  |               | RES/NON   |
| 2443.121 | Sat 12:00-1:00pm | Jun 25-Aug 13 | \$70/\$80 |

**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).

|          |                 |              |  |
|----------|-----------------|--------------|--|
|          |                 |              | RES/NON                                |
| 3439.100 | Wed 6:00-7:30pm | Jun 15-Sep 7 | \$5/person<br>\$10/family (2+ persons) |



**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.** \$15 for each additional family member (maximum 2).

**Instructor:** Jeff Beers

**Location:** Lake Poway Pavilion Shaded Area

|          |                 |              |            |
|----------|-----------------|--------------|------------|
|          |                 |              | RES/NON    |
| 3439.101 | Mon 6:30-8:00pm | Jul 11-Aug 8 | \$30/\$40* |

\* \$20 materials fee per person due first day of class

**Special Needs**



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

**Bowling | Ages 13+**

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

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

**Location:** Poway Fun Bowl, 12941 Poway Road

|          |                 |              |            |
|----------|-----------------|--------------|------------|
|          |                 |              | RES/NON    |
| 9397.100 | Fri 1:30-3:30pm | Jun 24-Sep 2 | \$43/\$53* |

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

**Exceptional Art | Ages 13+**

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

At the final class, participants will hold a gallery "opening" to showcase their work for parents and caregivers.

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

**Location:** Community Park Auditorium

|          |                 |               |            |
|----------|-----------------|---------------|------------|
|          |                 |               | RES/NON    |
| 9397.101 | Wed 4:00-6:00pm | Jun 22-Aug 31 | \$45/\$55* |

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

**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

|          |           |                 |        |           |
|----------|-----------|-----------------|--------|-----------|
|          |           |                 |        | RES/NON   |
| 9397.110 | Disco     | Fri 7:00-9:00pm | Jul 15 | \$15/\$25 |
| 9397.111 | Hoedown   | Fri 7:00-9:00pm | Aug 19 | \$15/\$25 |
| 9397.112 | Hollywood | Fri 7:00-9:00pm | Sep 16 | \$15/\$25 |
| 9397.113 | Halloween | Fri 7:00-9:00pm | Oct 21 | \$15/\$25 |

Sign up for all 4 dances at once and save!

|          |                 |              |           |
|----------|-----------------|--------------|-----------|
| 9397.114 | Fri 7:00-9:00pm | All 4 Dances | \$40/\$50 |
|----------|-----------------|--------------|-----------|

Special Interest



**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 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



|                 |                            |                  |                               |
|-----------------|----------------------------|------------------|-------------------------------|
| <b>7617.100</b> | <b>Tue/Wed 5:00-8:00pm</b> | <b>Jul 12-13</b> | <b>RES/NON<br/>\$45/\$55*</b> |
|-----------------|----------------------------|------------------|-------------------------------|

\* \$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

|                 |                        |               |                              |
|-----------------|------------------------|---------------|------------------------------|
| <b>7617.101</b> | <b>Thu 6:00-8:00pm</b> | <b>Jul 14</b> | <b>RES/NON<br/>\$20/\$30</b> |
|-----------------|------------------------|---------------|------------------------------|

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

**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

|                 |                         |                      |                              |
|-----------------|-------------------------|----------------------|------------------------------|
| <b>9019.108</b> | <b>Sat 12:15-1:15pm</b> | <b>Jun 25-Jul 16</b> | <b>RES/NON<br/>\$75/\$85</b> |
| <b>9019.109</b> | <b>Sat 12:15-1:15pm</b> | <b>Aug 6-27</b>      | <b>\$75/\$85</b>             |

**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

|                 |                         |                      |                                |
|-----------------|-------------------------|----------------------|--------------------------------|
| <b>9019.100</b> | <b>Tue 6:30-7:30pm</b>  | <b>Jun 14-Jul 19</b> | <b>RES/NON<br/>\$95/\$105*</b> |
| <b>9019.101</b> | <b>Sat 9:30-10:30am</b> | <b>Jun 18-Jul 23</b> | <b>\$95/\$105*</b>             |
| <b>9019.102</b> | <b>Tue 6:30-7:30pm</b>  | <b>Jul 26-Aug 30</b> | <b>\$95/\$105*</b>             |
| <b>9019.103</b> | <b>Sat 9:30-10:30am</b> | <b>Jul 30-Sep 3</b>  | <b>\$95/\$105*</b>             |

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

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



**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

|                 |                          |                      |                               |
|-----------------|--------------------------|----------------------|-------------------------------|
| <b>9019.104</b> | <b>Sat 10:30-11:30am</b> | <b>Jun 18-Jul 23</b> | <b>RES/NON<br/>\$95/\$105</b> |
| <b>9019.105</b> | <b>Sat 10:30-11:30am</b> | <b>Jul 30-Sep 3</b>  | <b>\$95/\$105</b>             |

**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

|                 |                        |                      |                               |
|-----------------|------------------------|----------------------|-------------------------------|
| <b>9019.106</b> | <b>Wed 6:30-7:30pm</b> | <b>Jun 15-Jul 20</b> | <b>RES/NON<br/>\$95/\$105</b> |
| <b>9019.107</b> | <b>Wed 6:30-7:30pm</b> | <b>Jul 27-Aug 31</b> | <b>\$95/\$105</b>             |

Poway Swim Center



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



**Location:** 13094 Civic Center Drive

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

|                          |                    |
|--------------------------|--------------------|
| <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:**

**Spring (Apr 4-June 10, 2011)**

|                         |                       |
|-------------------------|-----------------------|
| 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> |

**Summer (June 11- August 28, 2011)**

|                         |                    |
|-------------------------|--------------------|
| Monday/Wednesday/Friday | <b>1:00-5:45pm</b> |
| Tuesday/Thursday        | <b>1:00-8:00pm</b> |
| Saturday/Sunday         | <b>1:00-7:00pm</b> |

**Long Course (Through May 27, 2011)**

|                  |                      |
|------------------|----------------------|
| Tuesday/Thursday | <b>8:00am-1:30pm</b> |
|------------------|----------------------|

**Pool Closed**

|                 |                                |
|-----------------|--------------------------------|
| Friday, June 10 | <b>Youth Day</b>               |
| Saturday, Aug 6 | <b>5:00-7:00pm Movie Night</b> |

**Summer Lap Swimming Hours (25-yard short course)**

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

|                 |                       |
|-----------------|-----------------------|
| Monday/Thursday | <b>9:15am-8:00pm</b>  |
| Friday          | <b>11:00am-8:00pm</b> |
| Saturday/Sunday | <b>10:30am-7:00pm</b> |

**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.**

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

**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.

**Birthday Party Package!**



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

**Do you have a birthday during the warm summer months? What better place than the pool to celebrate!** The Poway Community Swim Center would love to be part of your special day. Included in the party package is a reserved poolside picnic area for two hours, public pool use for a maximum of 25 persons, and a half hour of games with a certified lifeguard. Birthday Party Packages are available on weekend during business hours. Sign up at the pool or for more information call: (858) 668-4680. **\$52/\$62**

**Please note, classes will NOT be held on Monday, July 4th. Class schedules have been adjusted accordingly.**

**WAITLISTS:** Can't find space in the class you're looking for? Contact us by calling (858) 668-4680 or email us at [swimwaitlist@poway.org](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.

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

## Swim Lessons



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

### Parent/Child | Ages 6 months-2 years

This class, equivalent to the American Red Cross "Preschool" level, develops a comfort for the water and introduces basic water skills. This class does not teach children to be accomplished swimmers or survive in the water. *Parents must accompany their children in the pool.*



|                 |                    |              | RES/NON   |
|-----------------|--------------------|--------------|-----------|
| 0020.100        | M-Th 12:00-12:30pm | Jun 13-16    | \$26/\$36 |
| 0020.101        | M-Th 12:00-12:30pm | Jul 11-14    | \$26/\$36 |
| Evening classes |                    |              |           |
| 0020.120        | MWF 5:45-6:15pm    | Jun 13-24    | \$39/\$49 |
| 0020.121        | MWF 5:45-6:15pm    | Jul 11-22    | \$39/\$49 |
| 0020.122        | MWF 5:45-6:15pm    | Jul 25-Aug 5 | \$39/\$49 |

### Pre-Grunion | Ages 2-3

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

|                 |                        |               | RES/NON   |
|-----------------|------------------------|---------------|-----------|
| 0030.100        | M-F/M-Th 10:10-10:50am | Jun 13-23     | \$59/\$69 |
| 0030.101        | M-F/T-F 10:10-10:50am  | Jun 27-Jul 8  | \$59/\$69 |
| 0030.102        | M-F/M-Th 10:10-10:50am | Jul 11-21     | \$59/\$69 |
| 0030.103        | M-F/M-Th 10:10-10:50am | Jul 25-Aug 4  | \$59/\$69 |
| Evening classes |                        |               |           |
| 0030.120        | MWF 6:30-7:10pm        | Jun 13-Jul 1  | \$59/\$69 |
| 0030.121        | MWF 6:30-7:10pm        | Jul 6-22      | \$53/\$63 |
| 0030.122        | MWF 6:30-7:10pm        | Jul 25-Aug 12 | \$59/\$69 |

### Grunion 1 | Ages 3-5

An introduction to American Red Cross Level 1, 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.

|                 |                          |               | RES/NON   |
|-----------------|--------------------------|---------------|-----------|
| 0121.100        | M-F/M-Th 8:30-9:10am     | Jun 13-23     | \$59/\$69 |
| 0121.101        | M-F/M-Th 9:20-10:00am    | Jun 13-23     | \$59/\$69 |
| 0121.102        | M-F/M-Th 11:00-11:40am   | Jun 13-23     | \$59/\$69 |
| 0121.103        | M-F/T-F 8:30-9:10am      | Jun 27-Jul 8  | \$59/\$69 |
| 0121.104        | M-F/T-F 9:20-10:00am     | Jun 27-Jul 8  | \$59/\$69 |
| 0121.105        | M-F/T-F 10:10-10:50am    | Jun 27-Jul 8  | \$59/\$69 |
| 0121.106        | M-F/T-F 11:00-11:40am    | Jun 27-Jul 8  | \$59/\$69 |
| 0121.107        | M-F/M-Th 8:30-9:10am     | Jul 11-21     | \$59/\$69 |
| 0121.108        | M-F/M-Th 9:20-10:00am    | Jul 11-21     | \$59/\$69 |
| 0121.109        | M-F/M-Th 11:00-11:40am   | Jul 11-21     | \$59/\$69 |
| 0121.110        | M-F/M-Th 8:30-9:10am     | Jul 25-Aug 4  | \$59/\$69 |
| 0121.111        | M-F/M-Th 9:20-10:00am    | Jul 25-Aug 4  | \$59/\$69 |
| 0121.112        | M-F/M-Th 11:00-11:40am   | Jul 25-Aug 4  | \$59/\$69 |
| 0121.113        | M-F/M-Th 8:30-9:10am     | Aug 8-18      | \$59/\$69 |
| 0121.114        | M-F/M-Th 10:10-10:50am   | Aug 8-18      | \$59/\$69 |
| 0121.115        | M-F/M-Th 11:50am-12:30pm | Aug 8-18      | \$59/\$69 |
| Evening classes |                          |               |           |
| 0121.120        | MWF 5:45-6:25pm          | Jun 13-Jul 1  | \$59/\$69 |
| 0121.121        | MWF 6:30-7:10pm          | Jun 13-Jul 1  | \$59/\$69 |
| 0121.122        | MWF 5:45-6:25pm          | Jul 6-22      | \$53/\$63 |
| 0121.123        | MWF 6:30-7:10pm          | Jul 6-22      | \$53/\$63 |
| 0121.124        | MWF 5:45-6:25pm          | Jul 25-Aug 12 | \$59/\$69 |
| 0121.125        | MWF 6:30-7:10pm          | Jul 25-Aug 12 | \$59/\$69 |

### Grunion 2 | Ages 3-6

A continuation of American Red Cross Level 1, 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.

|                 |                          |               | RES/NON   |
|-----------------|--------------------------|---------------|-----------|
| 0122.100        | M-F/M-Th 8:30-9:10am     | Jun 13-23     | \$59/\$69 |
| 0122.101        | M-F/M-Th 9:20-10:00am    | Jun 13-23     | \$59/\$69 |
| 0122.102        | M-F/M-Th 11:00-11:40am   | Jun 13-23     | \$59/\$69 |
| 0122.103        | M-F/T-F 8:30-9:10am      | Jun 27-Jul 8  | \$59/\$69 |
| 0122.104        | M-F/T-F 9:20-10:00am     | Jun 27-Jul 8  | \$59/\$69 |
| 0122.105        | M-F/T-F 11:00-11:40am    | Jun 27-Jul 8  | \$59/\$69 |
| 0122.106        | M-F/T-F 11:50am-12:30pm  | Jun 27-Jul 8  | \$59/\$69 |
| 0122.107        | M-F/M-Th 8:30-9:10am     | Jul 11-21     | \$59/\$69 |
| 0122.108        | M-F/M-Th 9:20-10:00am    | Jul 11-21     | \$59/\$69 |
| 0122.109        | M-F/M-Th 11:00-11:40am   | Jul 11-21     | \$59/\$69 |
| 0122.110        | M-F/M-Th 8:30-9:10am     | Jul 25-Aug 4  | \$59/\$69 |
| 0122.111        | M-F/M-Th 9:20-10:00am    | Jul 25-Aug 4  | \$59/\$69 |
| 0122.112        | M-F/M-Th 10:10-10:50am   | Jul 25-Aug 4  | \$59/\$69 |
| 0122.113        | M-F/M-Th 11:00-11:40am   | Jul 25-Aug 4  | \$59/\$69 |
| 0122.114        | M-F/M-Th 8:30-9:10am     | Aug 8-18      | \$59/\$69 |
| 0122.115        | M-F/M-Th 10:10-10:50am   | Aug 8-18      | \$59/\$69 |
| 0122.116        | M-F/M-Th 11:50am-12:30pm | Aug 8-18      | \$59/\$69 |
| Evening classes |                          |               |           |
| 0122.120        | MWF 5:45-6:25pm          | Jun 13-Jul 1  | \$59/\$69 |
| 0122.121        | MWF 5:45-6:25pm          | Jul 6-Jul 22  | \$53/\$63 |
| 0122.122        | MWF 5:45-6:25pm          | Jul 25-Aug 12 | \$59/\$69 |

### Grunion 3 | Ages 3-6

An introduction to American Red Cross Level 2, 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.

|                 |                          |               | RES/NON   |
|-----------------|--------------------------|---------------|-----------|
| 0123.100        | M-F/M-Th 8:30-9:10am     | Jun 13-23     | \$59/\$69 |
| 0123.101        | M-F/M-Th 10:10-10:50am   | Jun 13-23     | \$59/\$69 |
| 0123.102        | M-F/T-F 8:30-9:10am      | Jun 27-Jul 8  | \$59/\$69 |
| 0123.103        | M-F/T-F 9:20-10:00am     | Jun 27-Jul 8  | \$59/\$69 |
| 0123.104        | M-F/M-Th 8:30-9:10am     | Jul 11-21     | \$59/\$69 |
| 0123.105        | M-F/M-Th 9:20-10:00am    | Jul 11-21     | \$59/\$69 |
| 0123.106        | M-F/M-Th 8:30-9:10am     | Jul 25-Aug 4  | \$59/\$69 |
| 0123.107        | M-F/M-Th 9:20-10:00am    | Jul 25-Aug 4  | \$59/\$69 |
| 0123.108        | M-F/M-Th 11:50am-12:30pm | Jul 25-Aug 4  | \$59/\$69 |
| 0123.109        | M-F/M-Th 8:30-9:10am     | Aug 8-18      | \$59/\$69 |
| 0123.110        | M-F/M-Th 10:10-10:50am   | Aug 8-18      | \$59/\$69 |
| 0123.111        | M-F/M-Th 11:50am-12:30pm | Aug 8-18      | \$59/\$69 |
| Evening classes |                          |               |           |
| 0123.120        | MWF 6:30-7:10pm          | Jun 13-Jul 1  | \$59/\$69 |
| 0123.121        | MWF 7:15-7:55pm          | Jun 13-Jul 1  | \$59/\$69 |
| 0123.122        | MWF 6:30-7:10pm          | Jul 6-22      | \$53/\$63 |
| 0123.123        | MWF 7:15-7:55pm          | Jul 6-22      | \$53/\$63 |
| 0123.124        | MWF 6:30-7:10pm          | Jul 25-Aug 12 | \$59/\$69 |
| 0123.125        | MWF 7:15-7:55pm          | Jul 25-Aug 12 | \$59/\$69 |



### Starfish | Ages 6-12

Corresponding to American Red Cross Level 1, the Starfish course is designed for older swimmers with limited or no swimming experience. Students will learn the fundamentals of submersion, floatation, and locomotion (including both front and back crawl) in the pool. Orientation to 4 feet of water is also introduced.

|                 |                          |               | RES/NON   |
|-----------------|--------------------------|---------------|-----------|
| 0221.100        | M-F/M-Th 8:30-9:10am     | Jun 13-23     | \$59/\$69 |
| 0221.101        | M-F/M-Th 10:10-10:50am   | Jun 13-23     | \$59/\$69 |
| 0221.102        | M-F/M-Th 11:00-11:40am   | Jun 13-23     | \$59/\$69 |
| 0221.103        | M-F/T-F 8:30-9:10am      | Jun 27-Jul 8  | \$59/\$69 |
| 0221.104        | M-F/T-F 11:00-11:40am    | Jun 27-Jul 8  | \$59/\$69 |
| 0221.105        | M-F/T-F 11:50am-12:30pm  | Jun 27-Jul 8  | \$59/\$69 |
| 0221.106        | M-F/M-Th 8:30-9:10am     | Jul 11-21     | \$59/\$69 |
| 0221.107        | M-F/M-Th 10:10-10:50am   | Jul 11-21     | \$59/\$69 |
| 0221.108        | M-F/M-Th 11:00-11:40am   | Jul 11-21     | \$59/\$69 |
| 0221.109        | M-F/M-Th 8:30-9:10am     | Jul 25-Aug 4  | \$59/\$69 |
| 0221.110        | M-F/M-Th 11:00-11:40am   | Jul 25-Aug 4  | \$59/\$69 |
| 0221.111        | M-F/M-Th 8:30-9:10am     | Aug 8-18      | \$59/\$69 |
| 0221.112        | M-F/M-Th 11:50am-12:30pm | Aug 8-18      | \$59/\$69 |
| Evening classes |                          |               |           |
| 0221.120        | MWF 5:45-6:25pm          | Jun 13-Jul 1  | \$59/\$69 |
| 0221.121        | MWF 5:45-6:25pm          | Jul 6-22      | \$53/\$63 |
| 0221.122        | MWF 5:45-6:25pm          | Jul 25-Aug 12 | \$59/\$69 |
| 0221.123        | MWF 6:30-7:10pm          | Jul 25-Aug 12 | \$59/\$69 |

### Seahorse | Ages 6-12

As an introduction to American Red Cross Level 2, this class is a continuation of the Starfish class and is designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasis is placed on improving the front crawl and back crawl. Students should feel comfortable in at least 4 feet of water.

|                 |                          |               | RES/NON   |
|-----------------|--------------------------|---------------|-----------|
| 0222.100        | M-F/M-Th 8:30-9:10am     | Jun 13-23     | \$59/\$69 |
| 0222.101        | M-F/M-Th 9:20-10:00am    | Jun 13-23     | \$59/\$69 |
| 0222.102        | M-F/T-F 8:30-9:10am      | Jun 27-Jul 8  | \$59/\$69 |
| 0222.103        | M-F/T-F 10:10-10:50am    | Jun 27-Jul 8  | \$59/\$69 |
| 0222.104        | M-F/M-Th 8:30-9:10am     | Jul 11-21     | \$59/\$69 |
| 0222.105        | M-F/M-Th 10:10-10:50am   | Jul 11-21     | \$59/\$69 |
| 0222.106        | M-F/M-Th 8:30-9:10am     | Jul 25-Aug 4  | \$59/\$69 |
| 0222.107        | M-F/M-Th 10:10-10:50am   | Jul 25-Aug 4  | \$59/\$69 |
| 0222.108        | M-F/M-Th 11:50am-12:30pm | Jul 25-Aug 4  | \$59/\$69 |
| 0222.109        | M-F/M-Th 8:30-9:10am     | Aug 8-18      | \$59/\$69 |
| 0222.110        | M-F/M-Th 11:00-11:40am   | Aug 8-18      | \$59/\$69 |
| 0222.111        | M-F/M-Th 11:50am-12:30pm | Aug 8-18      | \$59/\$69 |
| Evening classes |                          |               |           |
| 0222.120        | MWF 6:30-7:10pm          | Jun 13-Jul 1  | \$59/\$69 |
| 0222.121        | MWF 7:15-7:55pm          | Jun 13-Jul 1  | \$59/\$69 |
| 0222.122        | MWF 6:30-7:10pm          | Jul 6-22      | \$53/\$63 |
| 0222.123        | MWF 7:15-7:55pm          | Jul 6-22      | \$53/\$63 |
| 0222.124        | MWF 5:45-6:25pm          | Jul 25-Aug 12 | \$59/\$69 |
| 0222.125        | MWF 7:15-7:55pm          | Jul 25-Aug 12 | \$59/\$69 |

### Otter | Ages 6-16

A completion of those skills introduced in American Red Cross Level 2, this class is designed to improve technique, promote self-proficiency, and increase endurance of front crawl and back crawl. Orientation to water deeper than 5 feet, diving boards, and treading water is included. Completion of this class signifies the ability to pass the "Open Swim" test.

|                 |                          |               | RES/NON   |
|-----------------|--------------------------|---------------|-----------|
| 0223.100        | M-F/M-Th 9:20-10:00am    | Jun 13-23     | \$59/\$69 |
| 0223.101        | M-F/M-Th 10:10-10:50am   | Jun 13-23     | \$59/\$69 |
| 0223.102        | M-F/M-Th 11:50am-12:30pm | Jun 13-23     | \$59/\$69 |
| 0223.103        | M-F/T-F 9:20-10:00am     | Jun 27-Jul 8  | \$59/\$69 |
| 0223.104        | M-F/T-F 10:10-10:50am    | Jun 27-Jul 8  | \$59/\$69 |
| 0223.105        | M-F/T-F 11:50am-12:30pm  | Jun 27-Jul 8  | \$59/\$69 |
| 0223.106        | M-F/M-Th 9:20-10:00am    | Jul 11-21     | \$59/\$69 |
| 0223.107        | M-F/M-Th 10:10-10:50am   | Jul 11-21     | \$59/\$69 |
| 0223.108        | M-F/M-Th 11:50am-12:30pm | Jul 11-21     | \$59/\$69 |
| 0223.109        | M-F/M-Th 9:20-10:00am    | Jul 25-Aug 4  | \$59/\$69 |
| 0223.110        | M-F/M-Th 10:10-10:50am   | Jul 25-Aug 4  | \$59/\$69 |
| 0223.111        | M-F/M-Th 11:50am-12:30pm | Jul 25-Aug 4  | \$59/\$69 |
| 0223.112        | M-F/M-Th 9:20-10:00am    | Aug 8-18      | \$59/\$69 |
| 0223.113        | M-F/M-Th 10:10-10:50am   | Aug 8-18      | \$59/\$69 |
| 0223.114        | M-F/M-Th 11:00-11:40am   | Aug 8-18      | \$59/\$69 |
| Evening classes |                          |               |           |
| 0223.120        | MWF 6:30-7:10pm          | Jun 13-Jul 1  | \$59/\$69 |
| 0223.121        | MWF 7:15-7:55pm          | Jun 13-Jul 1  | \$59/\$69 |
| 0223.122        | MWF 6:30-7:10pm          | Jul 6-22      | \$53/\$63 |
| 0223.123        | MWF 7:15-7:55pm          | Jul 6-22      | \$53/\$63 |
| 0223.124        | MWF 6:30-7:10pm          | Jul 25-Aug 12 | \$59/\$69 |
| 0223.125        | MWF 7:15-7:55pm          | Jul 25-Aug 12 | \$59/\$69 |

### Seal | Ages 6-16

Equivalent to Level 3 of the American Red Cross series, this course takes place in 11-12 feet of water. The ability to swim 15 yards of front crawl, and back crawl is a prerequisite of this class. Skills introduced are butterfly and breaststroke kick, front crawl alternate breathing, diving and treading water.

|                 |                          |               | RES/NON   |
|-----------------|--------------------------|---------------|-----------|
| 0321.100        | M-F/M-Th 9:20-10:00am    | Jun 13-23     | \$59/\$69 |
| 0321.101        | M-F/M-Th 10:10-10:50am   | Jun 13-23     | \$59/\$69 |
| 0321.102        | M-F/M-Th 11:50am-12:30pm | Jun 13-23     | \$59/\$69 |
| 0321.103        | M-F/T-F 9:20-10:00am     | Jun 27-Jul 8  | \$59/\$69 |
| 0321.104        | M-F/T-F 10:10-10:50am    | Jun 27-Jul 8  | \$59/\$69 |
| 0321.105        | M-F/T-F 11:50am-12:30pm  | Jun 27-Jul 8  | \$59/\$69 |
| 0321.106        | M-F/M-Th 9:20-10:00am    | Jul 11-21     | \$59/\$69 |
| 0321.107        | M-F/M-Th 10:10-10:50am   | Jul 11-21     | \$59/\$69 |
| 0321.108        | M-F/M-Th 11:50am-12:30pm | Jul 11-21     | \$59/\$69 |
| 0321.109        | M-F/M-Th 9:20-10:00am    | Jul 25-Aug 4  | \$59/\$69 |
| 0321.110        | M-F/M-Th 10:10-10:50am   | Jul 25-Aug 4  | \$59/\$69 |
| 0321.111        | M-F/M-Th 11:50am-12:30pm | Jul 25-Aug 4  | \$59/\$69 |
| 0321.112        | M-F/M-Th 9:20-10:00am    | Aug 8-18      | \$59/\$69 |
| 0321.113        | M-F/M-Th 10:10-10:50am   | Aug 8-18      | \$59/\$69 |
| 0321.114        | M-F/M-Th 11:00-11:40am   | Aug 8-18      | \$59/\$69 |
| Evening classes |                          |               |           |
| 0321.120        | MWF 7:15-7:55pm          | Jun 13-Jul 1  | \$59/\$69 |
| 0321.121        | MWF 7:15-7:55pm          | Jul 6-Jul 22  | \$53/\$63 |
| 0321.122        | MWF 7:15-7:55pm          | Jul 25-Aug 12 | \$59/\$69 |

### Sting Ray | Ages 6-16

This class, comparable to American Red Cross Level 4, further develops technique and endurance of front crawl, back crawl, and elementary backstroke in 11-12 feet of water. Breaststroke, sidestroke, front crawl, alternate breathing, and diving from the diving boards are introduced.

|                 |                        |               | RES/NON   |
|-----------------|------------------------|---------------|-----------|
| 0322.100        | M-F/M-Th 8:30-9:10am   | Jun 13-23     | \$59/\$69 |
| 0322.101        | M-F/M-Th 9:20-10:00am  | Jun 13-23     | \$59/\$69 |
| 0322.102        | M-F/T-F 8:30-9:10am    | Jun 27-Jul 8  | \$59/\$69 |
| 0322.103        | M-F/T-F 11:00-11:40am  | Jun 27-Jul 8  | \$59/\$69 |
| 0322.104        | M-F/M-Th 8:30-9:10am   | Jul 11-21     | \$59/\$69 |
| 0322.105        | M-F/M-Th 11:00-11:40am | Jul 11-21     | \$59/\$69 |
| 0322.106        | M-F/M-Th 8:30-9:10am   | Jul 25-Aug 4  | \$59/\$69 |
| 0322.107        | M-F/M-Th 11:00-11:40am | Jul 25-Aug 4  | \$59/\$69 |
| 0322.108        | M-F/M-Th 8:30-9:10am   | Aug 8-18      | \$59/\$69 |
| 0322.109        | M-F/M-Th 9:20-10:00am  | Aug 8-18      | \$59/\$69 |
| Evening classes |                        |               |           |
| 0322.120        | MWF 8:00-8:40pm        | Jun 13-Jul 1  | \$59/\$69 |
| 0322.121        | MWF 8:00-8:40pm        | Jul 6-22      | \$53/\$63 |
| 0322.122        | MWF 8:00-8:40pm        | Jul 25-Aug 12 | \$5       |

Swim Lessons cont'd



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

**Dolphin | Ages 6-16**

The Dolphins class, or American Red Cross Level 5, focuses on stroke refinement and increasing swimming distance. Knowledge of front crawl (alternate breathing), back crawl, elementary backstroke, sidestroke, and breaststroke are expected. Skills introduced include butterfly kick and free-style and backstroke flip turns.

|                 |                          |               |  | RES/NON   |
|-----------------|--------------------------|---------------|--|-----------|
| 0323.100        | M-F/M-Th 11:00-11:40am   | Jun 13-23     |  | \$59/\$69 |
| 0323.101        | M-F/M-Th 11:50am-12:30pm | Jun 13-23     |  | \$59/\$69 |
| 0323.102        | M-F/T-F 11:00-11:40am    | Jun 27-Jul 8  |  | \$59/\$69 |
| 0323.103        | M-F/M-Th 11:00-11:40am   | Jul 11-21     |  | \$59/\$69 |
| 0323.104        | M-F/M-Th 11:50a-12:30p   | Jul 11-21     |  | \$59/\$69 |
| 0323.105        | M-F/M-Th 11:00-11:40am   | Jul 25-Aug 4  |  | \$59/\$69 |
| 0323.106        | M-F/M-Th 9:20-10:00am    | Aug 8-18      |  | \$59/\$69 |
| Evening classes |                          |               |  |           |
| 0323.120        | MWF 8:00-8:40pm          | Jun 13-Jul 1  |  | \$59/\$69 |
| 0323.121        | MWF 8:00-8:40pm          | Jul 6-22      |  | \$53/\$63 |
| 0323.122        | MWF 8:00-8:40pm          | Jul 25-Aug 12 |  | \$59/\$69 |

**Swordfish | Ages 6-16**

This class focuses on American Red Cross Level 6 core requirements. Swordfish students develop skill proficiency and continue to progress towards greater distance in all strokes.

|                 |                          |               |  | RES/NON   |
|-----------------|--------------------------|---------------|--|-----------|
| 0324.100        | M-F/M-Th 11:00-11:40am   | Jun 13-23     |  | \$59/\$69 |
| 0324.101        | M-F/M-Th 11:50am-12:30pm | Jun 13-23     |  | \$59/\$69 |
| 0324.102        | M-F/T-F 11:50am-12:30pm  | Jun 27-Jul 8  |  | \$59/\$69 |
| 0324.103        | M-F/M-Th 11:50am-12:30pm | Jul 11-21     |  | \$59/\$69 |
| 0324.104        | M-F/M-Th 11:50am-12:30pm | Jul 25-Aug 4  |  | \$59/\$69 |
| 0324.105        | M-F/M-Th 11:00-11:40am   | Aug 8-18      |  | \$59/\$69 |
| Evening classes |                          |               |  |           |
| 0324.120        | MWF 8:00-8:40pm          | Jun 13-Jul 1  |  | \$59/\$69 |
| 0324.121        | MWF 8:00-8:40pm          | Jul 6-22      |  | \$53/\$63 |
| 0324.122        | MWF 8:00-8:40pm          | Jul 25-Aug 12 |  | \$59/\$69 |

**Advanced Technique Swimming (ATS) | Ages 6-16**

This level, corresponding to American Red Cross Level 6 Fitness Swimmer skills, is the last of the Learn-To-Swim program. This course focuses on preparing the swimmer for participation in a novice swim team, as technique and endurance is further developed. Skills introduced include competitive turns for all strokes, diving from the starting blocks, and use of training equipment.

|                 |                          |               |  | RES/NON   |
|-----------------|--------------------------|---------------|--|-----------|
| 0325.100        | M-F/M-Th 11:50am-12:30pm | Jun 13-23     |  | \$59/\$69 |
| 0325.101        | M-F/T-F 11:50am-12:30pm  | Jun 27-Jul 8  |  | \$59/\$69 |
| 0325.102        | M-F/M-Th 11:50am-12:30pm | Jul 11-21     |  | \$59/\$69 |
| 0325.103        | M-F/M-Th 11:50am-12:30pm | Jul 25-Aug 4  |  | \$59/\$69 |
| 0325.104        | M-F/M-Th 11:00-11:40am   | Aug 8-18      |  | \$59/\$69 |
| Evening classes |                          |               |  |           |
| 0325.120        | MWF 8:00-8:40pm          | Jun 13-Jul 1  |  | \$59/\$69 |
| 0325.121        | MWF 8:00-8:40pm          | Jul 6-22      |  | \$53/\$63 |
| 0325.122        | MWF 8:00-8:40pm          | Jul 25-Aug 12 |  | \$59/\$69 |

**Adult/Teen | Ages 18+**

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

|          |                 |               |  | RES/NON   |
|----------|-----------------|---------------|--|-----------|
| 0521.100 | MWF 8:00-8:40pm | Jun 13-Jul 1  |  | \$59/\$69 |
| 0521.101 | MWF 8:00-8:40pm | Jul 6-22      |  | \$53/\$63 |
| 0521.102 | MWF 8:00-8:40pm | Jul 25-Aug 12 |  | \$59/\$69 |

**Pee-Wee Water Polo | Ages 5-9**

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

|          |                      |          |  | RES/NON   |
|----------|----------------------|----------|--|-----------|
| 0522.102 | M-F/T-F 9:20-10:00am | Aug 8-18 |  | \$59/\$69 |

**Beginning Water Polo | Ages 10-16**

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

|                 |                       |              |  | RES/NON   |
|-----------------|-----------------------|--------------|--|-----------|
| 0522.100        | M-F/T-F 9:20-10:00am  | Jun 27-Jul 8 |  | \$59/\$69 |
| 0522.101        | M-F/M-Th 9:20-10:00am | Jul 25-Aug 4 |  | \$59/\$69 |
| Evening classes |                       |              |  |           |
| 0522.120        | MWF 5:45-6:25pm       | Jun 13-Jul 1 |  | \$59/\$69 |



**Intermediate Water Polo | Ages 10-17**

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

|                 |                        |           |  | RES/NON   |
|-----------------|------------------------|-----------|--|-----------|
| 0523.100        | M-F/M-Th 9:20-10:00am  | Jul 11-21 |  | \$59/\$69 |
| 0523.101        | M-F/M-Th 11:50a-12:30p | Aug 8-18  |  | \$59/\$69 |
| Evening classes |                        |           |  |           |
| 0523.120        | MWF 5:45-6:25pm        | Jul 6-22  |  | \$53/\$63 |

**Beginning Diving | Ages 6-16**

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

|                 |                        |              |  | RES/NON   |
|-----------------|------------------------|--------------|--|-----------|
| 0624.100        | M-F/M-Th 10:00-10:40am | Jun 13-23    |  | \$59/\$69 |
| 0624.101        | M-F/T-F 10:00-10:40am  | Jun 27-Jul 8 |  | \$59/\$69 |
| 0624.102        | M-F/M-Th 10:00-10:40am | Jul 11-21    |  | \$59/\$69 |
| 0624.103        | M-F/M-Th 10:00-10:40am | Jul 25-Aug 4 |  | \$59/\$69 |
| 0624.104        | M-F/M-Th 10:00-10:40am | Aug 8-18     |  | \$59/\$69 |
| Evening classes |                        |              |  |           |
| 0624.120        | MWF 7:15-7:55pm        | Jun 13-Jul 1 |  | \$59/\$69 |

**Intermediate Diving | Ages 6-16**

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

|                 |                        |               |  | RES/NON   |
|-----------------|------------------------|---------------|--|-----------|
| 0625.100        | M-F/M-Th 10:50-11:30am | Jun 13-23     |  | \$59/\$69 |
| 0625.101        | M-F/T-F 10:50-11:30am  | Jun 27-Jul 8  |  | \$59/\$69 |
| 0625.102        | M-F/M-Th 10:50-11:30am | Jul 11-21     |  | \$59/\$69 |
| 0625.103        | M-F/M-Th 10:50-11:30am | Jul 25-Aug 4  |  | \$59/\$69 |
| 0625.104        | M-F/M-Th 10:50-11:30am | Aug 8-18      |  | \$59/\$69 |
| Evening classes |                        |               |  |           |
| 0625.120        | MWF 7:15-7:55pm        | Jul 6-22      |  | \$53/\$63 |
| 0625.121        | MWF 7:15-7:55pm        | Jul 25-Aug 12 |  | \$59/\$69 |

**Water Exercise | Ages 16+**

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

**Private Lessons | All Ages**

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

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

**Guard-in-Training | Ages 12-15**

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



|          |                       |              | RES/NON   |
|----------|-----------------------|--------------|-----------|
| 0926.100 | M-F/M-Th 9:00-11:00am | Jun 13-23    | \$59/\$69 |
| 0926.101 | M-F/T-F 9:00-11:00am  | Jun 27-Jul 8 | \$59/\$69 |

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

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](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-Thu, 8:00am-8:00pm and Friday, 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 |
|--------|-------------|------|



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

## Lake Poway



**Location:**  
14644 Lake Poway Road

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

**Fishing & Boating Hours:**  
November-May **Wed-Sun, Sunrise to Sunset**  
June-September **Wed-Sun, 7:00am to Sunset**  
June 10-August 13 **Fri-Sat, open until 11:30pm**  
October **Sat-Sun, 7:00am to Sunset**

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

### 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 provided along with Smore's around the campfire, and a free continental breakfast. Families may start setting up their campsites at 7am. No alcohol is permitted. Up to 5 persons per family. \$10 for each additional family member. Information: (858) 668-4781.

|          |                 |           | RES/NON   |
|----------|-----------------|-----------|-----------|
| 9039.100 | Sat-Sun 5pm-9am | Jun 18-19 | \$52/\$62 |
| 9039.101 | Sat-Sun 5pm-9am | Jul 16-17 | \$52/\$62 |
| 9039.102 | Sat-Sun 5pm-9am | Aug 13-14 | \$52/\$62 |

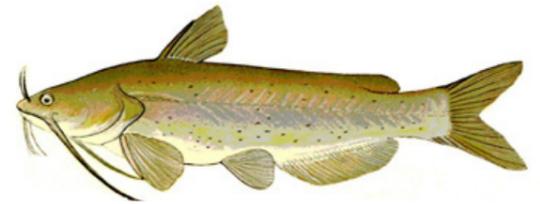


Information: [www.poway.org/lakepoway](http://www.poway.org/lakepoway)

### Night Fishing

Night fishing season returns Friday, June 10! Whether you are fishing for bass or catfish, Lake Poway is the perfect destination to try out the night bite. The Lake will be stocked regularly with catfish, but is also full of huge resident catfish and a thriving bass population just waiting to be caught. Night fishing is offered through August 13, on Friday and Saturday nights from 4 pm to 11:30 pm. 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) 668-4770.

**Fri/Sat June 10 - Aug 13 4:00pm-11:30pm**



### Midnight Catfish Craze | All Ages

Can't sleep? Come join us for the annual Midnight Catfish Craze at Lake Poway on Friday July 8, from 4:00 pm to 12:00 am. Final weigh-in will be at 12:15 am followed by an award ceremony and a raffle with plenty of great prizes. San Diego County's only nighttime catfish tournament promises to be filled with lots of big fish, fun, and great prizes. The derby entry fee is \$10.00 for adults and \$5.00 for youth. A daily Lake Poway fishing permit is also required. Motorboat rentals will be offered at 3:00 pm and are available on a first-come, first-served basis. Information: (858) 668-4770. To become a sponsor, call (858) 668-4774.

## Old Poway Park



**Location:**  
14134 Midland Road

**Information:**  
(858) 668-4576  
[www.poway.org/oldpowaypark](http://www.poway.org/oldpowaypark)

### Farmers Market | Flowers! Fresh Food! Fun!

It's summer, 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 fresh to you directly from the grower. The summer market offers beautiful, freshly picked flower bouquets to brighten your home, homemade tamales, kettle corn, and salsas. If you're looking for some of the finest produce, unique foods, and a great "City in the country" atmosphere, then the Farmers Market is the place to be! Information: (858) 668-4576.

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

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

## 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](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, 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](http://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.



### Insects at Night

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

8169.101 Sat 8:30pm-10:00pm Jul 9 \$3

For further information about any of the above programs, or to find out about additional programs, call the Blue Sky office at (858) 668-4781.

## Sycamore Canyon Goodan Ranch



16281 Sycamore Canyon Road  
Poway, California 92064

(858) 513-4737

For a complete schedule of activities at Goodan Ranch, visit: [www.sdparcs.org](http://www.sdparcs.org)

### Goodan Ranch Summer Activities

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

#### Introduction to Geocaching

Saturday, June 11 | 9:00 - 11:00am

#### Bike Race with Racer and Chasers

Saturday, June 25 | 8:00am - 5:00pm

#### Movies in the Moonlight

Saturday, July 9 | 8:00 - 10:00pm

#### Star Party

Friday, July 29 | 8:00 - 10:00pm

#### Mammal Talk

Saturday, August 6 | 10:00 - 11:00am

#### Movies in the Moonlight

Saturday, August 13 | 8:00 - 10:00pm

## Kumeyaay-Ipai Interpretive Center



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



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

**Information:**  
(858) 668-1292  
[www.poway.org/kiic](http://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](http://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 Center for the Performing Arts



**Location:**  
15498 Espola Rd, Poway, CA 92064

### Hours:

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

Closed Sunday-Thursday, and major holidays.

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

**Art Gallery & Facility** Tue-Fri 9:00am-5:00pm  
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](http://www.powaycenter.com)

**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.



POWAY CENTER for the PERFORMING ARTS

## POWAY MUSIC FEST

### Max Weinberg Experience

SWING, BIG BAND, JAZZ, FUNK

October 1



**STREET BEAT**  
A Theatrical Drum and Dance Show | October 22

POWAY CENTER FOR THE PERFORMING ARTS

tix 858.748.0505 | [www.powayarts.org](http://www.powayarts.org) | 15498 espola road | poway ca

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:** 10:00am-8:00pm  
**Friday & Saturday:** 10:00am-5:00pm  
**Sunday:** 1:00pm-5:00pm

**Information:**  
(858) 513-2900  
[www.sdcl.org](http://www.sdcl.org)

Please Note: **All programs are subject to change. Please contact the Library for further information.**

## SUMMER CHILDREN'S PROGRAMS

### One World, Many Stories

#### June Events

**Kick off with Magician Dana Law** | June 18 at 10:30am  
**Craft** | June 21 at 10:30am  
**Storytime** | June 22 at 10:30am  
**Sparkles the Clown** | June 23 at 10:30am  
**Craft** | June 28 at 10:30am  
**Storytime** | June 29 at 10:30am  
**Wild Wonders Animal Show** | June 30 at 10:30am

#### July Events

**Craft** | July 5 at 10:30am  
**Storytime** | July 6 at 10:30am  
**Storyteller Senorita Carmelita Tangerine** | July 7 at 10:30am  
**Craft** | July 12 at 10:30am  
**Storytime** | July 13 at 10:30am  
**Juggler Stu Mulligan** | July 14 at 10:30am  
**Craft** | July 19 at 10:30am  
**Storytime** | July 20 at 10:30am  
**Swizzle Puppet Show** | July 21 at 10:30am  
**Craft** | July 26 at 10:30am  
**Storytime** | July 27 at 10:30am  
**Magician John Abrahams** | July 28 at 10:30am

#### August Events

**Craft** | August 2 at 10:30am  
**Storytime** | August 3 at 10:30am  
**Puppet Show** | August 4 at 10:30am  
**Finale** | August 6 at 10:30am

## SUMMER TEEN PROGRAMS

### You Are Here

#### June Events

**After Hours Party** | June 10, 6:30-10:00pm  
**Ice Cream Social** | June 21 at 4:00pm

#### July Events

**Harry Potter Party** | July 12 at 4:00pm  
**Tie Dye Craft** | July 26 at 4:00pm  
**Poway Battle of the Bands** | July 30 Time TBA

#### August Events

**Beach Party** | August 16 at 4:00pm  
**Poway Battle of the Bands** | August 27 Time TBA

## 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)

### Membership has its Privileges!

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

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

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 seniors in Poway Valley.

### SPECIAL EVENTS

**DANCE, DANCE, DANCE**, the last Friday of every month! Join the Sandy de Vito Quartet from 1:00-3:00pm on May 27, June 24 and July 29. \$5.00, refreshments served.



**Coming soon!** Computer lab and classes for seniors start this summer! Call us for more details! **(858) 748-6094**

## DAY OF FAMILY FUN & FUNDRAISING! 2nd Annual I-15 Corridor Realtor Softball Tournament

**July 14, 2011, Poway Community Park  
East & West Ball Fields**

Come watch local Realtors battle each other for BEST Realtor of the I-15 corridor! 12 pm - 6 pm, food and fun. All proceeds are split between Poway Senior Center and Ed Brown RB Senior Center. Call PSC for details, (858)748-6094.

### Soup & Salad Bar Mondays at La Bella Bistro!

Chef Paul Boston, is serving Soup & Salad Bar after "Feeling Fit" exercise on Mondays each week. Call and ask what we're serving the rest of the week. Lunch is served from 11:30 am to 12:30 pm, Monday through Friday. Calories and salt content are now listed on the menu. Suggested donation for seniors (60+) is \$4.00. Cost is \$6.00 for anyone under 60 years of age.

### New Classes at PSC...

#### "Live in Good Health" Lecture Series

Join us on the third Thursday of each month for a health lecture series with experts. Learn Tips and Tools to improve your health for the rest of your life. Free glucose, cholesterol tests, too!

- May 19, Memory Tools
- June 16, Diabetes, & Glucose test
- July 21, Senior Sexuality

#### Managing Chronic Conditions

A once-a-week class for a total of six weeks will help you learn how to control pain, reduce fatigue, and improve your outlook on life. Classes start in July. Call today to reserve your seat.

**Open to the public, RSVP to reserve your seat:  
(858) 748-6094.**

# REGISTRATION

Registration begins  
**May 17**

Special thanks to our  
generous P.L.A.Y. Sponsors!



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) |                            |     |              |             |                      |        |              |              |     |
| Address                             |                            |     |              |             | City/State/Zip       |        |              |              |     |
| Home Phone                          |                            |     | Mobile Phone |             |                      | E-mail |              |              |     |
| First & Last Name of Participant    | Birthdate<br>(if under 18) | Age | Sex          | Class Title | Class Registration # |        | First Choice | Alt. Choices | Fee |
|                                     |                            |     |              |             |                      |        |              |              |     |
|                                     |                            |     |              |             |                      |        |              |              |     |
|                                     |                            |     |              |             |                      |        |              |              |     |

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

I assign to the City of Poway and its officers, employees and agents, all rights to any photographs and/or video taken of me/my child and/or any organization(s) represented by me, and any printed matter in conjunction with such photographs and/or video hereinafter referred to as MATERIAL, for advertising and marketing purposes. I hereby authorize the City of Poway to reproduce, copy, exhibit, publish or distribute any and all such MATERIAL. I and/or any organization(s) represented by me understand and agree that the City of Poway will be held free and clear of any responsibility or claim for any liability directly or indirectly associated with the use of said MATERIAL.

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

### 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: \_\_\_\_\_