



POWAY Community Services

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

WINTER 2010

Registration begins **NOVEMBER 30**
for Poway Residents & Nonresidents

Christmas in the Park



Saturday, December 11
from 3:30-8:30pm
FREE for the whole Family!

Experience the magic of an old-fashioned holiday tradition during the annual Christmas in the Park event, held on Saturday, December 11 at historic Old Poway Park from 3:30pm to 8:30pm. This free, family event takes you back in time to the days of old with caroling, live musical performances, a holiday craft boutique, and square dancing demonstrations. Youth of all ages can create a unique gift in the North Pole Workshop or board the 1907 Baldwin Steam Train for a thrilling night-time ride around the park. See historic blacksmithing, and round out your memorable evening by viewing an extensive model train display. Enjoy a horse-drawn hay ride from the park to Old Poway Village.

Bring an ornament for the community Christmas tree, which will be officially lit at 5:20pm. Santa and Mrs. Claus will arrive by train, shortly thereafter. Experience the aroma of fresh gingerbread and hot cider as you tour charming, historic buildings. The Heritage Museum and Nelson House will be open and staffed with docents. Community vendors will sell a variety of delicious food items such as chili, corn dogs, tamales, baked goods, and sweets. Join us for this unique, traditional Poway holiday celebration! The event is co-sponsored by the City of Poway, the Old Poway Park Action Committee, The Home Depot, ER Management, and Walter Andersen Nursery. Information: (858) 668-4576 or visit our website at www.poway.org/oldpowaypark.

FREE "Youth Only" Fishing Derby

It's time Poway's annual Youth Fishing Derby at Lake Poway on Saturday, February 5. Join the City of Poway, Captain Ron Baker of Fish Talk Radio, and several big-name sponsors for a great day of fun and prizes. Registration for the event will begin at 6:00am, fishing continues until noon, and then all participating youth are invited to enjoy a tasty barbecue lunch. The awards ceremony will begin at 1:00pm. Great raffles and really cool prizes will be awarded for age division winners. Prizes will also be awarded for the Kids Greatest Fishing Story Contest, so bring your best tale about the one that got away! 2,000 pounds of hungry rainbow trout, including trophy trout, will be stocked for the event. In preparation for the event, Lake Poway will be closed to fishing and boating on Wednesday, February 2 at noon through Friday, February 4. Information: (858) 668-4770.



Sleep under the stars at a campout, Friday, February 4, the night before the Youth Fishing Derby! Learn tips on how to win the Youth Fishing Derby, along with other valuable fishing skills during a 4:00pm seminar by the pros. Families will need to bring their own camping supplies and food to barbecue. Grills available, but you are encouraged to bring your own. Families may start setting up their campsites at 7:00am Friday morning. No alcohol is permitted. Resident fee: \$15 per car; Non-resident fee: \$20 per car. Information: (858) 668-4772.



Folk Concerts in the Park

San Diego Folk Heritage and the City of Poway are pleased to present folk concerts at Old Poway Park. Don't miss these amazing concerts where sounds of the fiddle and other acoustic instruments fill the air with music enjoyable for all ages. All concerts are held in Templars Hall at 7:00pm. Admission is \$15 for San Diego Folk Heritage members and \$18 for non-members. For information or to purchase advance tickets, please contact San Diego Folk Heritage at (858) 566-4040.

Date	Performer	Musical Style
December 4	Robin Henkel and Allen Singer	Bi-Coastal Blues
January 29	Zapf Dingbats	Jazz and Folk
March 19	Ken Wilcox with Dave Morgan, Grant Kester, and Bruce Huntington	Folk, Blues and Western

Open Trout Derby

Grab your poles, get your gear, and head on down to the best of derby fishing at the Lake Poway Open Trout Derby on March 12! The lake will be stocked with 3,000 pounds of hungry rainbow trout, including trophy trout, for this spectacular event. Anglers of all ages are invited to try their luck. Great prizes will be awarded for the largest trout caught in three divisions: men's, women's, and youth. The gates of the lake will open at 5:00am, and fishing will begin at sunrise and continue until sunset. The derby entry fee for the event is \$10 per adult and \$5 per youth, per day. A daily lake use permit must be purchased (\$6 for adults and \$3 for youth). State Fishing Licenses are not required. Derby registration is required to fish during derby hours. There will be 50 motorboats available for rent on a first-come, first-serve basis. In preparation for the event, Lake Poway will be closed to fishing and boating on Wednesday, March 9 through Friday, March 11. Information: (858) 668-4770.



Save the Date!

Early Summer Day Camp
Registration starts
April 2011
Watch our website for more details:
www.poway.org

Plan Your Next Event in Poway!

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



An anonymous author once wrote "many people look forward to the New Year for a new start on old habits", and we are no exception! The Community Services Department always strives to enhance your quality of life and this year will be no different!

JANUARY

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New Year, Same Promise!



You can count on us to bring you and your family high quality, affordable opportunities to enjoy life here in Poway, while making memories that will last a lifetime. We strive to bring you the best instructors and classes that you are interested in, at the lowest price possible. So this New Year, invest in renewing your mind, body, and spirit, and we'll renew our commitment to doing all we can to help you along the way. See you this winter!

Class Icons:

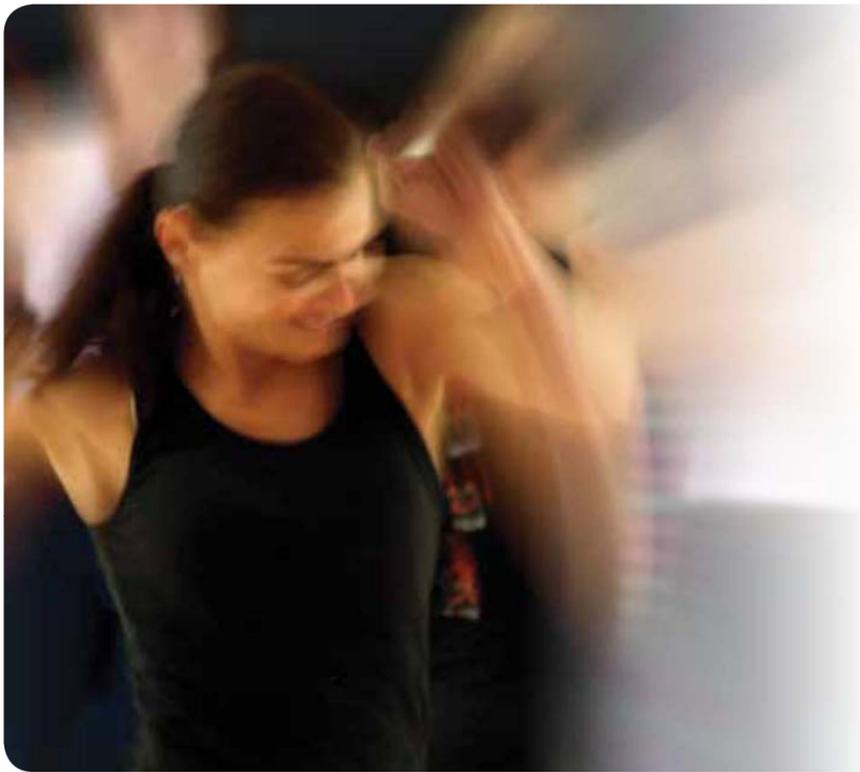
These visual guides shown next to each class section will help you quickly find an activity that's right for you



Health & Wellness



Register online at: www.poway.org/classes



My Fitness Class * | Ages 16+

New Year, New Attitude, New You! Join us for a full week of fun and fitness or come whenever you can. Vary your routine to suit your schedule or fit your mood. Give yourself the gift of fitness whether it be one day a week or more.

DAY & TIME	LOCATION	CLASS
Mon 5:00-6:00 pm	Community Park Bill Bond I	Zumba
Tue 7:00-8:00pm	Community Park Auditorium	Pilates
Wed 6:15-7:15pm	Community Park Auditorium	Zumba
Thu 7:30-8:30pm	Community Park Bill Bond I	Muscle Challenge Focus
Fri 6:15-7:15pm	Community Park Auditorium	Mind-Body Relaxation

Participants have the opportunity to create their own schedule! Instead of registering for a particular class, participants will sign up to attend one class per week, two classes per week, or an unlimited amount of classes per week. Then, just show up! Energetic fitness instructor, Emma Sarmiento, has created a schedule with variety, flexibility, and opportunity to help you reach your fitness goal, whatever it may be! Only classes that are taught by Emma Sarmiento and listed in the above schedule are eligible.

Instructor: Emma Sarmiento

		RES/NON
5417.310	Attend ANY 1 class/week	Jan 3-Feb 4 \$45/\$55
5417.311	Attend ANY 2 classes/week	Jan 3-Feb 4 \$60/\$70
5417.312	Attend UNLIMITED classes/week	Jan 3-Feb 4 \$75/\$85
5417.313	Attend ANY 1 class/week	Feb 14-Mar 18 \$45/\$55
5417.314	Attend ANY 2 classes/week	Feb 14-Mar 18 \$60/\$70
5417.315	Attend UNLIMITED classes/week	Feb 14-Mar 18 \$75/\$85

Hatha Yoga | Ages 18+

This popular class is for the beginner and continuing yoga student. Experience stress release with gentle movement and precise instruction in the poses. Proper breathing and warm up stretches assure safe body movements in the poses. Relaxation is emphasized. Bring your own yoga mat, a large towel, and wear comfortable clothes.

Instructor: Jon Brock

Location: Midland Elementary School Multipurpose Room

No Class: 2/16

		RES/NON
5417.301	Wed 6:30-8:00pm Jan 5-Mar 16	\$75/\$85

Gentle Yoga * | Ages 18+

Gentle Yoga is for students who are less flexible. Poses are designed to increase the range of motion of the body, from the head to the toes. The poses are less energetic, seated, kneeling, or lying on the back, with fewer standing poses. Participants should bring a yoga mat and blanket, wear comfortable clothing and avoid eating a meal 2 hours prior to the class.

Instructor: Maureen Aitken

Location: Community Park Auditorium

		RES/NON
5417.325	Thu 9:15-10:45am Jan 6-Mar 17	\$75/\$85



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

		RES/NON
5417.320	Tue 6:30-7:30pm Jan 4-Feb 8	\$74/\$84

Pilates Sculpt * | Ages 18+

Pilates Sculpt is an exciting blend of classic Mat Pilates moves, with fun exercises utilizing light dumbbells. This class will tone your abs, improve your balance, and sculpt a lean body from head to toe! Pilates Sculpt will get you sweating and smiling!

Instructor: Liz Halopoff

Location: Community Park Auditorium

No Class: 2/22

		RES/NON
5417.321	Tue 9:00-10:00am Jan 4-Feb 1	\$50/\$60
5417.322	Tue 9:00-10:00am Feb 8-Mar 15	\$50/\$60



Health & Wellness (cont'd)



Register online at: www.poway.org/classes

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: Old Poway Park Templars Hall

5417.331 Thu 10:00-11:15am Jan 6-Mar 17

*\$5 materials fee due first day of class



RES/NON
\$75/\$85*

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 Templars Hall

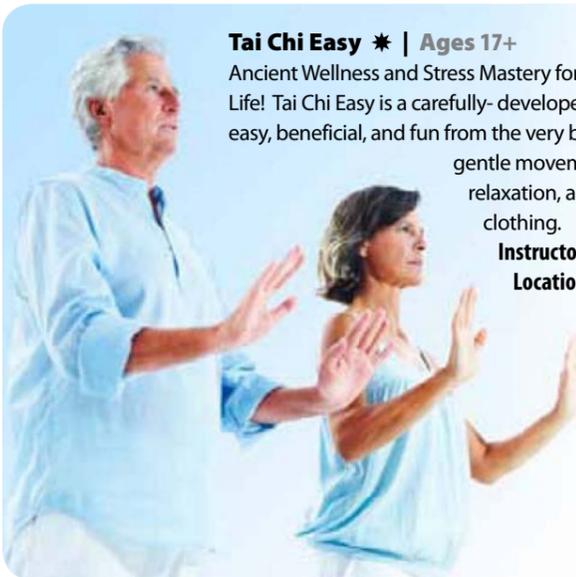
No Class: 1/17 and 2/21

5417.332

Mon 10:00-11:15am Jan 3-Mar 14 \$75/\$85*

*\$5 materials fee due first day of class

RES/NON



Children's Activities



Information: www.poway.org/classes



Mom & Tot Gymnastics | Ages Walking-3 years

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

Instructor: Tracy Salmeri, (858) 748-1716

Location: Poway Gymnastics, 12850 Brookprinter Place

No Class: 1/29

2312.300 Thu 10:45-11:15am Jan 6-Mar 17 \$161/\$171*
2312.301 Sat 8:45-9:15am Jan 8-Mar 26 \$161/\$171*

* \$10 materials fee due first day of class

Ice Skating * | Ages 3-5

This fun, learn-to-skate class will let your child experience the thrill and excitement of ice skating. Participants will learn the basic elements of skating, including skating forwards and backwards, the proper way to fall and get-up, balancing skills, and stopping. Skate rental is included in the fee.

Instructor: Ann Daniels

Location: San Diego Ice Arena, 11048 Ice Skate Place

2091.300 Wed 4:00-4:30pm Jan 5-Jan 26 \$40/\$50
2091.301 Wed 4:00-4:30pm Feb 2-Feb 23 \$40/\$50
2091.302 Wed 4:00-4:30pm Mar 2-Mar 23 \$40/\$50



Tennis - Tiny Tot | Ages 4-8

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. If needed, racquets are available from the instructor.

Instructor: Art Christophiades

Location: Community Park Tennis Courts

3013.300 Sat 9:00-10:00am Jan 8-Feb 5 \$40/\$50*
3013.301 Sat 9:00-10:00am Feb 19-Mar 19 \$40/\$50*

* \$5 materials fee due first day of class

Dance | Youth/Teen



Information: www.poway.org/classes



Dance for Children with Ms. Debora | Ages 3-5

Dance...Sing...Tumble...Balance...Imagine...Express...Gain self-confidence and flexibility during this **fun-filled introduction to dance/tumbling.** Boys and girls will come away with skills valued for a lifetime. Classes are designed to increase in difficulty with continued enrollment. Continuing students may perform in our June recital at the PCPA. Costumes are ordered in January and paid for by the participants. Parent watching days are the last class of each month. Wear comfortable clothing or dance attire, and leather ballet slippers or bare feet.

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

Location: Community Park Auditorium

No Class: 2/14

5111.300 Mon 10:00-10:45am Jan 3-Mar 14 \$98/\$108

Tap and Ballet | Ages 3-18

Come dance and sing with us! This fun-filled, action-packed, dynamic tap and ballet program will teach your child rhythm and coordination, as well as a love of dance. Classes are designed to increase in difficulty with continued enrollment. Continuing students may perform in our June recital at the PCPA. Costumes are ordered in January and paid for by the participants. Parent watching days are the last class of each month. Dance attire, leather ballet slippers, and tap shoes are required.

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

Location: Community Park Auditorium

No Class: 2/14 and 2/17

Tiny Tot Beginner Ages 3-4				RES/NON
5111.301	Mon 11:00am-12:00pm	Jan 3-Mar 14	\$98/\$108	
5111.302	Mon 2:00-3:00pm	Jan 3-Mar 14	\$98/\$108	
5111.303	Thu 1:00-2:00pm	Jan 6-Mar 17	\$98/\$108	
Children's Beginner Ages 5-6				
5111.304	Mon 3:00-4:00pm	Jan 3-Mar 14	\$98/\$108	
5111.305	Thu 2:00-3:00pm	Jan 6-Mar 17	\$98/\$108	
Beginner/Intermediate Ages 6-9				
5111.306	Mon 4:00-5:00pm	Jan 3-Mar 14	\$98/\$108	
5111.307	Thu 3:00-4:00pm	Jan 6-Mar 17	\$98/\$108	
Intermediate 8 to 10 Years				
5111.308	Mon 5:15-6:15pm	Jan 3-Mar 14	\$98/\$108	
5111.309	Thu 4:00-5:00pm	Jan 6-Mar 17	\$98/\$108	
Intermediate/Advanced 10 to 13 Years				
5111.310	Thu 5:00-6:00pm	Jan 6-Mar 17	\$98/\$108	
Advanced Teen 12 to 18 Years				
5111.311	Mon 6:15-7:15pm	Jan 3-Mar 14	\$98/\$108	

Dance Production with Ms. Debora | Ages 6-18

This special class will allow students to participate in a danced "play" incorporating many levels and styles of dance, and some acting too! Our "production" will be performed at our June recital at the PCPA. Special costumes (paid for by the participants) and concurrent enrollment in Tap & Ballet are required.

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

Location: Community Park Auditorium

No Class: 2/14 and 2/17.

5111.312 Thu 6:15-7:30pm Jan 6-Jun 9 \$98/\$108*

Some Monday rehearsals required.

*One time tuition fee through June 2011



Dance | Youth/Teen (cont'd)



Information: www.poway.org/classes

Ballet for Kids | Ages 3-10

Come join our class as we learn the beautiful art of ballet! This musical and creative class will teach children all the basics of ballet. Children will learn rhythm, coordination, flexibility, teamwork, and a love for dance! Classes are designed to increase in difficulty with continued enrollment. Continuing students may perform in our June recital at the PCPA. Costumes are ordered in January and paid for by the participants. Parent watching days are the last class of each month. Dance attire and pink ballet slippers are required.

Instructor: Kellie Childress-Nichols
Location: Tue: Community Park Auditorium
 Sat: Twin Peaks Multipurpose Center
 14640 Tierra Bonita Road

No Class: 2/15 and 2/19

Ages 3-4			RES/NON
5121.300	Tue 3:00-3:45pm	Jan 4-Mar 15	\$89/\$99
5121.301	Sat 9:00-9:45am	Jan 8-Mar 19	\$89/\$99
5121.302	Sat 10:00-10:45am	Jan 8-Mar 19	\$89/\$99
Ages 5-10			
5121.303	Sat 11:00-11:45am	Jan 8-Mar 19	\$89/\$99



Teen Lyrical Ballet | Ages 12-18

Come join our class as we learn the art of Lyrical! This class combines the grace of ballet with the popular music and modern style of jazz! Lyrical is a great way to learn the terminology and steps used in ballet class, and still have lots of fun dancing to the music you love! Classes are designed to increase in difficulty with continued enrollment. Continuing students may perform in our June recital at the PCPA. Costumes are ordered in January and paid for by the participants. Parent watching days are the last class of each month. Dance attire and pink ballet slippers are required.

Instructor: Kellie Childress-Nichols
Location: Community Park Auditorium
No Class: 2/15

			RES/NON
5121.304	Tue 5:15-6:00pm	Jan 4-Mar 15	\$89/\$99

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

Come join our class as we learn Fun 'n Funky jazz! Students will learn rhythm, coordination, flexibility, teamwork, and a love for dance! This fun class will teach children the basics of jazz that they can use in many other styles of dance. Classes are designed to increase in difficulty with continued enrollment. Continuing students may perform in our June recital at the PCPA. Costumes are ordered in January and paid for by the participants. Parent watching days are the last class of each month. Dance attire and black leather jazz shoes are required.

Instructor: Kellie Childress-Nichols
Location: Community Park Auditorium
No Class: 2/15

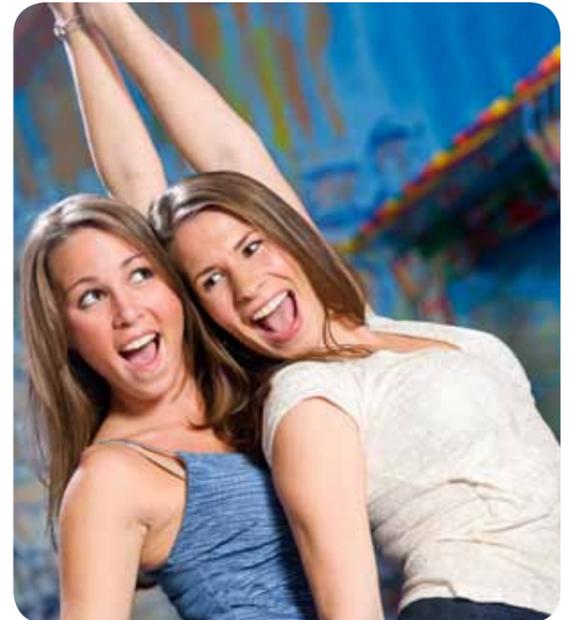
Beginner Ages 7-11			RES/NON
5121.305	Tue 3:45-4:30pm	Jan 4-Mar 15	\$89/\$99
Beginner/Intermediate Ages 12-18			
5121.306	Tue 4:30-5:15pm	Jan 4-Mar 15	\$89/\$99

Dance Team Technique/Advanced Jazz | Ages 13-18

Are you trying out for a Dance Team? Even if you are already part of the team, this is a great class for you! You will learn great technique and terminology, and all of the things that you need to know for audition success! Kellie Childress-Nichols has had many years experience as a dance team coach, and will help prepare you for the upcoming season. Parent watching days are the last class of each month. Dance attire and black leather jazz shoes required.

Instructor: Kellie Childress-Nichols
Location: Community Park Auditorium
No Class: 2/15

			RES/NON
5121.307	Tue 6:00-6:45pm	Jan 4-Mar 15	\$89/\$99



Creative Arts



Art Start: Drawing Essentials | Ages 7-13

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

Instructor: Susan Bainbridge
Location: Old Poway Park Great Room
No Class: 2/21

			RES/NON
6182.300	Mon 4:00-5:15pm	Jan 24-Mar 7	\$70/\$80*

Art Start: President's Week Half-Day Art Camp * Ages 7-14

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

Instructor: Susan Bainbridge
Location: Old Poway Park Great Room

			RES/NON
6182.301	M-F 9:00am-12:00pm	Feb 14-18	\$105/\$115*

Art Start: President's Week Full-Day Art Camp * 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 intensely into projects such as painting on canvas, printmaking, silk painting, making duct tape wallets or creating mosaics. Quality art materials and snack will be provided. All full-day campers should bring a sack lunch each day. Bring a washed cotton T-shirt to the first class.

Instructor: Susan Bainbridge
Location: Old Poway Park Great Room

			RES/NON
6182.302	M-F 9:00am-3:00pm	Feb 14-18	\$175/\$185*

MUSICSTAR® Beginning Acoustic Guitar * | Ages 7-13

Music Classes aid in child development, improve academic achievement, and contribute to a healthier and longer life! Learn to play the guitar in this fun group class setting! You will explore music literacy and learn various guitar techniques and play several songs by the end of this class. **Guitars are provided for class use.** There will be a final Showcase Performance on the last day of class.

Instructor: MUSICSTAR®
Location: Old Poway Park Templars Hall
No Class: 2/17



			RES/NON
6182.330	Thu 3:30-4:20pm	Jan 13-Mar 10	\$88/\$98*

MUSICSTAR® Beginning Piano * | Ages 7-13

Did you know that Music Classes contribute to a healthier and longer life? Learn to play the piano keyboard in a fun group setting! By the end of this beginner course, students will have learned to read music, play songs with both hands, and will be ready for MUSICSTAR® Intermediate Piano. **Keyboards are provided for class use.** There will be a final Showcase Performance on the last day of class.

Instructor: MUSICSTAR®
Location: Old Poway Park Templars Hall
No Class: 2/17

			RES/NON
6182.331	Thu 4:30-5:20pm	Jan 13-Mar 10	\$88/\$98*



MUSICSTAR® Beginning Drums * | Ages 7-13

Music Classes aid in child development, improve academic achievement, and contribute to a healthier and longer life! Learn to play the drums in this exciting group class! You will learn various drumming techniques, as well as learn music literacy. **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 Templars Hall
No Class: 2/17

			RES/NON
6182.332	Thu 5:30-6:20pm	Jan 13-Mar 10	\$88/\$98*

MUSICSTAR® Drum Workz: Hand Drumming for Adults * Ages 16+

Music Classes contribute to a healthier and longer life! Hand drumming, especially, has proven to reduce stress, depression, and should be part of a healthy life style. MUSICSTAR® Drum-Workz 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 Templars Hall
No Class: 2/17



			RES/NON
6182.333	Thu 6:30-7:20pm	Jan 13-Mar 10	\$88/\$98*

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 you just want to get ideas on how to begin! This is a good opportunity to improve your writing skills, too!

Instructor: The Writing Center in Poway
Location: Community Park Senior Center Nutrition Room

			RES/NON
6182.340	Thu 6:00-8:00pm	Jan 6-Feb 3	\$45/\$55
6182.341	Thu 6:00-8:00pm	Feb 10-Mar 10	\$45/\$55

Sports | Youth/Teens

Information: www.poway.org/classes

Ice Skating * | Ages 6-12

This fun, learn-to-skate class will let your child experience the thrill and excitement of ice skating. Participants will learn the basic elements of skating, including skating forwards and backwards, the proper way to fall and get-up, balancing skills, and stopping. Skate rental is included in the fee.

Instructor: Ann Daniels

Location: San Diego Ice Arena, 11048 Ice Skate Place

			RES/NON
2091.303	Wed 4:00-4:30pm	Jan 5-Jan 26	\$40/\$50
2091.304	Wed 4:00-4:30pm	Feb 2-Feb 23	\$40/\$50
2091.305	Wed 4:00-4:30pm	Mar 2-Mar 23	\$40/\$50



Youth Volleyball | Ages 9-14

Are you ready for Monday night volleyball? Boys and girls are invited to participate in this fun, recreational activity. Fundamental volleyball skills will be taught and team tournament games will ensure an exciting and educational volleyball experience.

Instructor: Recreation Staff

Location: Meadowbrook Gym, 12320 Meadowbrook Lane

No Class: 1/17 and 2/21

			RES/NON
Ages 9-11			
2091.312	Mon 5:30-6:30pm	Jan 24-Mar 14	\$25/\$35
Ages 12-14			
2091.313	Mon 6:30-7:30pm	Jan 24-Mar 14	\$25/\$35



Youth Tennis

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
3013.302	T/Th 4:00-5:00pm	Jan 4-Feb 3	\$65/\$75*
3013.303	Sat 10:00-11:00am	Jan 8-Feb 5	\$45/\$55*
3013.304	T/Th 4:00-5:00pm	Feb 15-Mar 17	\$65/\$75*
3013.305	Sat 10:00-11:00am	Feb 19-Mar 19	\$45/\$55*

* \$5 materials fee due first day of class

**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: 1/17 and 2/21

2091.309	MWF 6:00-7:00pm	Jan 3-Mar 11	\$75/\$85
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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: 1/17 and 2/21

2091.310	MWF 7:00-8:00pm	Jan 3-Mar 11	\$75/\$85
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**Tennis – Advanced Beginner/Intermediate
Ages 7-14**

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

Instructor: Art Christophiades

Location: Community Park Tennis Courts

			RES/NON
3013.306	T/Th 5:00-6:00pm	Jan 4-Feb 3	\$65/\$75*
3013.307	Sat 11:00am-12:00pm	Jan 8-Feb 5	\$45/\$55*
3013.308	T/Th 5:00-6:00pm	Feb 15-Mar 17	\$65/\$75*
3013.309	Sat 11:00am-12:00pm	Feb 19-Mar 19	\$45/\$55*

* \$5 materials fee due first day of class

Tennis – Advanced Juniors | Ages 8-17

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

Instructor: Art Christophiades

Location: Community Park Tennis Courts

No Class: 1/17 and 2/21

			RES/NON
3013.310	MW 4:00-5:30pm	Jan 3-Feb 2	\$75/\$85*
3013.311	MW 4:00-5:30pm	Feb 14-Mar 16	\$75/\$85*

* \$5 materials fee due first day of class

Sports | Adults

Open Play Sports | All Ages

The City of Poway operates two recreation centers that offer a variety of activities for youth and adults. Basketball, volleyball, and badminton are just a few of the activities available for your recreation needs. During the months of January, February, March, and April 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



Intermediate Coed Volleyball | Ages 18+

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

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center, 14640 Tierra Bonita Road

No Class: 3/10

			RES/NON
Intermediate Men's			
1247.300	Thu 6:30-9:30pm	Jan 20-Mar 24	\$60/\$70
Intermediate Women's			
1247.301	Thu 6:30-9:30pm	Jan 20-Mar 24	\$60/\$70

Advanced Coed Volleyball | Ages 18+

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

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center, 14640 Tierra Bonita Road

			RES/NON
Advanced Men's			
1247.302	Tue 6:30-9:30pm	Jan 18-Mar 15	\$60/\$70
Advanced Women's			
1247.303	Tue 6:30-9:30pm	Jan 18-Mar 15	\$60/\$70

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: 1/17 and 2/21

1247.304	MWF 7:00-8:00pm	Jan 3-Mar 11	\$75/\$85
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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, 12320 Meadowbrook Lane

			RES/NON
1247.305	Wed 6:30-9:30pm	Jan 5-Mar 23	\$68/Team

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 \$25 materials fee.



Baby and Child Safety | Ages 13+

Being prepared to handle common childhood injuries should be a priority as a parent or grandparent. This presentation will help you learn about prevention and treatment of many common first aid or life-threatening conditions found with babies and young children. Be able to identify the frequent injuries and how to prevent them, and learn about the following topics: choking and other breathing emergencies, injuries that result in broken bones, head injuries, cuts and burns, procedures in lip and teeth injuries, animal bites and stings, poisoning, and allergic reaction. Informational class only, no certification given.

Instructor: American Red Cross Instructor, Blythe Paley
Location: Activity Rooms I and II

5418.303 Wed 6:00-8:30pm Mar 2 RES/NON \$25/\$35



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: Activity Rooms I and II

5418.300 Wed 6:00-9:00pm Feb 9 RES/NON \$20/\$30*
* \$18 materials fee due first day of class

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 one year.

Instructor: American Red Cross Instructor, Blythe Paley
Location: Activity Rooms I and II

5418.301 T/W 6:00-8:30pm Feb 15-16 RES/NON \$30/\$40*
* \$25 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 one year.

Instructor: American Red Cross Instructor, Blythe Paley
Location: Activity Rooms I and II

5418.302 Tue 6:00-9:00pm Feb 8 RES/NON \$20/\$30*
* \$18 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

1247.306 Thu 6:30-7:30pm Jan 6 RES/NON \$10/\$20

Special Interest



Information: www.poway.org/classes

Babysitter's Training | Ages 11-15

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

7617.300 Sat 9:00am-3:00pm Jan 22 RES/NON \$45/\$55*
* \$24 materials fee due on first day of class



Babysitter's Training CPR | Ages 11-15

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

Instructor: American Red Cross Instructor, Blythe Paley
Location: Activity Rooms I and II

7617.301 Mon 6:00-8:00pm Jan 24 RES/NON \$20/\$30

Special Needs



Bowling | Ages 13+

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

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

9397.300 Fri 1:30-3:30pm Jan 7-Mar 18 RES/NON \$40/\$50*
* \$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 also, 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 challenges in the future. At the final class, participants will hold a gallery "opening" to showcase their work for parents and caregivers.

Instructor: Sarah D'Agostino
Location: Community Park Auditorium

9397.301 Wed 4:00-6:00pm Jan 5-Mar 16 RES/NON \$45/\$55*
* \$25 materials fee due on first day of class

Dog Training

Please Note:

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

9019.308 Sat 12:15-1:15pm Jan 8-Jan 29 RES/NON \$75/\$85
9019.309 Sat 12:15-1:15pm Feb 19-Mar 12 \$75/\$85

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

In the Beginning Obedience class, your dog will learn to walk without pulling, come, sit, down, stand, heel, and stay.

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

9019.300 Tue 6:30-7:30pm Jan 4-Feb 8 RES/NON \$95/\$105*
9019.301 Sat 9:30-10:30am Jan 8-Feb 12 \$95/\$105*
9019.302 Tue 6:30-7:30pm Feb 8-Mar 15 \$95/\$105*
9019.303 Sat 9:30-10:30am Feb 12-Mar 19 \$95/\$105*
* \$20 materials fee due on first day of class



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

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

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

9019.304 Sat 10:30-11:30am Jan 8-Feb 12 RES/NON \$95/\$105

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

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

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

9019.306 Wed 6:30-7:30pm Feb 9-Mar 16 RES/NON \$95/\$105

Outdoor Activities



Hiking for Fun & Fitness | Ages 8+

Enjoy easy to moderate 2- to 3-mile hikes on sidewalks with streetlights. We will have two moonlight hikes on trails, and two more trail hikes in March when Daylight Savings Time begins. Bring a flashlight and wear light-color clothing. An adult must accompany all participants under 18.

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

Location: First hike meets at Community Park tennis courts. Contact instructor for hike schedule if you cannot attend first hike.

			RES/NON
3439.300	Wed 6:00-7:30pm	Jan 5-Mar 23	\$5/person \$10/family (2+ persons)

Trout Fishing Classes | Ages 5-15

Learn to fish with Captain Ron Baker! In this hands-on class, Captain Ron will teach children how to become successful trout anglers and good sportsmen. This program will teach kids all aspects of entry level fishing. Parent participation is encouraged.

Instructor: Captain Ron Baker, (619) 977-2829

Location: Lake Poway Pavilion Area

			RES/NON
3439.301	Mon 3:30pm-5pm	Jan 3-Jan 24	\$35/\$45*
3439.302	Mon 3:30pm-5pm	Jan 31-Feb 21	\$35/\$45*
3439.303	Mon 3:30pm-5pm	Feb 28-Mar 21	\$35/\$45*

* \$35 materials fee due first day of class and includes rod, reel, line, hooks, bait and permits.



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. **Equipment provided for class use.**

Instructor: USA Archery Certified Coach, Dan Jazdzewski

Location: Lake Poway Archery Range

			RES/NON
2443.320	Sat 1:00-2:00pm	Jan 8-Feb 26	\$64/\$74

Adult Archery * | Ages 17+

Learn how to shoot a recurve bow, score arrows, and proper equipment handling. Participants will have a chance to increase their skill level as each week is designed to teach a new skill while incorporating some "friendly competition"!

Equipment provided for class use.

Instructor: USA Archery Certified Coach, Dan Jazdzewski

Location: Lake Poway Archery Range

			RES/NON
2443.321	Sat 2:00-3:00pm	Jan 8-Feb 26	\$64/\$74



Beginner Archery Camp * | Ages 9-16

Bullseye! Come join the fun during this week of archery excitement! 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. **Equipment provided for class use.**

Instructor: USA Archery Certified Coach, Dan Jazdzewski

Location: Lake Poway Archery Range

			RES/NON
2443.322	M-F 9:30-11:30am	Feb 14-Feb 18	\$100/\$110

Poway Swim Center



Information: www.poway.org/swim

The Poway Community Swim Center

is located at 13094 Civic Center Drive, within Poway Community Park, and includes a 50-meter by 25-yard pool, attached diving well, and shallow children's area. During open pool hours, swimmers can enjoy the one-and three-meter diving boards, open swimming areas, and lap lanes. Showers and dressing areas are available. Water temperature: 80-84 degrees. Swimmers may be required to show proof of residency for resident rate.



Costs:

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

Season and Yearly Passes

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

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

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

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

Hours:

Winter (Nov 1, 2010-Apr 3, 2011)

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

Pool Closed

November 12	Swim Meet 3-7pm
November 25-26	Thanksgiving
December 13, 2010-January 2, 2011	Pool Maintenance

Lap Swimming Hours

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.

Red Cross Lifeguard Training | Ages 15+

This lifeguard training course includes certification in CPR/AED for the Professional Rescuer, first aid training, and the necessary skills to become a professional lifeguard. Comprehensive swim skills test required on first day - failure to complete will result in dismissal. 100% attendance is required. Class fee does not include books or an \$8 card fee from the Red Cross. Students must purchase the Lifeguard Training 2000, CPR for the Professional Rescuer book, and a pocket resuscitation mask through the American Red Cross prior to the start of class.

			RES/NON
0700.301	Tue/Thu 5:00-8:00pm	Mar 15,17,22,24	\$100/\$110
	Sat 8:00am-5:00pm	Mar 19,26	

Poway Community Park



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 Courts	Daily, 8am-10pm

Information:

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

Poway Skate Park



www.poway.org/skatepark



Location: 13090 Civic Center Drive

Information: (858) 668-4671

Please Note:

Enrollment in the Poway Skate Park is now required. For more information, contact the Community Park Recreation Office at (858) 668-4671.

Unsupervised Skate Park Hours | Ages 15+

The Skate Park is subject to closures due to rainy 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 aged twelve and younger.

Sat-Thu, 8:00am-8:00pm | Friday, 8:00am-6:00pm

Youth Supervised Skate Park Sessions Ages <14

Join us for an evening of family-friendly fun on Friday nights at our supervised Skate Park sessions! Family members over the age of 14 are welcome to participate as long as they are accompanied with a registered program participant. For more information, call the Recreation Office at (858) 668-4671 or visit www.poway.org/skatepark.

Friday 6:00-8:00pm FREE

Lake Poway



Information: www.poway.org/lakepoway



Trout Season Returns to Lake Poway!

Lake Poway currently holds the county record for rainbow trout at 17.85 pounds and our reputation as your "Big Trout Destination" still holds true. Back by popular demand, Lake Poway has contracted with Chaulk Mound Trout Ranch in Nebraska to ship the finest trout in Southern California. These fish have been dubbed "tail walking" because of the breathtaking, above-water spectacle seen as you reel them in.

The fishing frenzy begins on November 26 and continues through mid-May. The Lake is generally stocked every two weeks throughout the season. Please check our website for the most up-to-date fishing conditions and stocking dates at www.poway.org/lakepoway. The full-service Lake Poway Grill and Tackle offers fishing permits, bait, boat rentals, grill items, and refreshments. *We have the best permit and boat prices in the area for Seniors 55 and older, and Military! Both receive reduced rates throughout the week. State Fishing Licenses are not required.*



Experience the great outdoors year-round!

Nestled in the hills of characteristic Southern California chaparral, Lake Poway Recreation Area offers not only fishing and boating, but also mountain biking, hiking, picnicking, volleyball, softball, and reservable areas. The park is an excellent place to spend time hiking the 3.2-mile trail, which offers great views of the lake and access into Blue Sky Reserve and Mount Woodson. Specific areas of the park may also be reserved for groups and/or individual use. There is a 900-square-foot pavilion, which includes a kitchen and electricity; two gazebos; park areas; a lighted softball field; and the archery range.

Additional areas in the park include two sand volleyball courts with nets; two horseshoe pits, two playgrounds, and a horse staging area. Stop by the Lake Poway Recreation Area and enjoy a fantastic day recreating, relaxing, or just enjoying nature in the City! Information: (858) 668-4580.

Park Hours:

Daily, Sunrise to Sunset

Lake Fishing & Boating Hours:

Wednesday-Sunday, Sunrise to Sunset

Information:

(858) 668-4470 | www.poway.org/lakepoway
 Area Reservations (858) 668-4595
 Concession (858) 486-1234



Old Poway Park



Information: www.poway.org/oldpowaypark



Historical Tours

If you are looking for an educational field trip that is easy, inexpensive, and will exceed your curriculum needs, then look no further than Old Poway Park. Our tour program is now accepting tour reservations for the months of December through June. Tours can be presented for groups of 20 or more, and are appropriate for any age or grade level. The history of Poway and early California will be covered, meeting the learning needs of 3rd through 5th and 8th grades. The tour includes presentations in the Nelson House (an 1800's Poway farmhouse), the Heritage Museum (which will focus on the pioneer time of Poway and the Kumeyaay Indians). Additionally, your students will enjoy an Operation Lifesaver Train Safety presentation and a train-ride aboard the Poway Midland Railroad! Tours are offered Tuesday through Thursday for just \$4.00 per participant and teachers are admitted for free. Old Poway Park tours are great for school, ESS groups, Scouts, youth groups, as well as adult-care field trips. Tours can be tailored to meet the educational needs of any age group. Advance booking is required. To book your tour or for more information, please contact Old Poway Park at (858) 668-4576.



The Farmers Market

Farmers Market Offers Winter-Season Goods

Looking for something fresh? The City of Poway Certified Farmers Market is a year-round adventure! Walk through the aisles and find fresh fruits, vegetables, flowers, and food. The Farmers Market is open every Saturday from 8:00am to 11:30am at Old Poway Park, rain or shine. All produce is certified and inspected by the agricultural commission and brought fresh to you directly from the grower. Don't let the cooler days keep you away! Come and enjoy a great "City in the Country" atmosphere. Information: (858) 668-4576.

Location:

14134 Midland Road

Information:

(858) 668-4576

Kumeyaay-Ipai Interpretive Center



Information: 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 9:00 a.m. to 11:30 a.m.** 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.

Become a 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 9:00 a.m. to 11:30 a.m.**, to receive your training packet and talk with one of our fun, dedicated docents about what they do.

Location:

13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)

Information:

(858) 668-1292

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



Blue Sky Ecological Reserve



Information: www.poway.org/bluesky



Location:

Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:

Daily, Sunrise-Sunset

Information:

(858) 668-4781

Blue Sky is a 700-acre ecological reserve in Poway on Espola Road, less than one mile north of Lake Poway Road. Trails are open to the public during daylight hours. The City of Poway, California Department of Fish and Game, and County of San Diego Department of Parks and Recreation manage the Reserve, with support from the non-profit Friends of Blue Sky Canyon.



Nature Walks

For up-to-date information on dates and times of docent-led nature walks please visit the City of Poway's website at www.poway.org/bluesky to download our latest Activities Schedule, or pick up a copy at Blue Sky's onsite kiosk, Community Services, Poway Library, or Lake Poway. Please wear comfortable shoes, a hat, and carry your own water. Binoculars are recommended. Scout and group tours are available by reservation. Walks are FREE.



School Tours

The outdoor nature program at Blue Sky Ecological Reserve emphasizes observational skills, resource protection, and identification of our plants and animals. Tours are led by fully-trained docents. Tours are available on Wednesday and Friday mornings, for up to 30 students per visit. For reservations, call the Blue Sky office at (858) 668-4781. Please provide at least four weeks advance notice. Additional information is available at www.poway.org/bluesky.

Fee: \$4 per student.



Discovery Tables

Discovery Tables will be set up in the Reserve on the 3rd Sunday of each month. Skins, skulls, mammal tracks and other artifacts are among the many things you can look at and touch. Docents will be available between 8:30am and 11:00am to answer questions about the plants and animals found in Blue Sky.



Wanted! Blue Sky Docents and Volunteers

Do you love nature and being outdoors? Do you have an enthusiastic attitude towards people? Want to join an active group of wildlife enthusiasts at Blue Sky Ecological Reserve? We have something for everyone!

Docents perform a variety of tasks including leading guided nature walks to promote a greater understanding of our natural resources, restoring damaged habitat, minor trail maintenance, assisting at interpretive programs, foot patrols, and maintaining kiosk displays.

Some prior knowledge of natural history is desirable, but a willingness to learn is all that is required. Training begins on Wednesday, March 2, 2011. This fun, educational eight-week training course consists of Wednesday evening class sessions at Lake Poway from 7:00pm to 9:00pm., followed by Saturday morning field visits to the Reserve from 8:00am to 11:00am. There is no training Easter week.

Volunteers perform all of the above with the exception of leading nature walks. Volunteers are not required to participate in docent training, and can start right away!

If you are interested in becoming a docent or volunteer, call the Blue Sky office at (858) 668-4781 for more information.



Sycamore Canyon Goodan Ranch



Location:

16281 Sycamore Canyon Road
Poway, California 92064

Information:

(858) 513-4737

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

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

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

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



Goodan Ranch Winter Activities

Snakes Encounter

Saturday, December 11 | 9:30am – 10:30am

Jr. Ranger for a Day

Saturday, December 18 | 9:00am – 11:00am

Star Party

Friday, January 7, 2011 | 6:00pm – 8:00pm
(Cancelled if raining or cloudy)

Tracking Hike Saturday

Saturday, January 22, 2011 | 8:00am – 10:00am

Live Raptors Experience

Saturday, February 12, 2011 | 10:00am – 11:00am

Historical Nature Walk

Saturday, February 26, 2011 | 9:00am – 10:30am

Poway Library



Information: 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: 12:00pm-5:00pm

Information:
 (858) 513-2900
www.sdcl.org



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

Storytime

Event	Date/Time
Baby Storytime	Mondays, 1:30pm
Toddlers Storytime	Mondays & Tuesdays, 10:30am
Preschoolers Storytime	Wednesdays & Thursdays, 10:30am
Bilingual Storytimes (English/Spanish)	Fridays (twice monthly to be announced)

Other

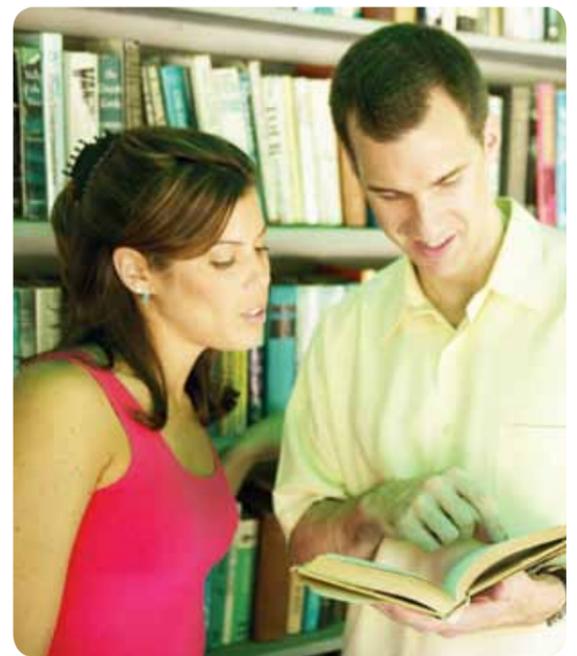
Video Game Day	1st Tuesday of the month, 4:00pm
Drop-In Afternoon Craft	2nd Tuesday of the month, 4:00pm
Tweensdays (Programs for 3rd-5th graders)	2nd & 4th Wednesdays, 4:00pm
Teens & Tots (Teens read with pre- and beginning readers; sign up at the reference desk)	3rd Wednesday of the month
Drop-In Afternoon Film	3rd Thursdays (except Feb.), 4:00pm
Book Clubs	Last Thursdays (except Dec.)
Book Discussion & Snack!	1st & 2nd grades, 3:00-3:30pm 3rd, 4th, 5th grades, 4:00-5:00pm

Teen Programs (6th-12th grade)

Activities

Event	Date/Time
Teen Action Council Teens can earn community service hours while helping at the Library	1st Tuesdays, 4:00pm
Teen Program Join us for Wii games, movies, crafts, or other activities	2nd & 3rd Tuesdays, 4:00pm
Teens and Tots Attend any Teen Action Council meeting to sign up to read to kids.	3rd Wednesdays
Teen Book Club Pick up the book at the reference desk	3rd Thursdays
Knitting Club All ages are welcome; bring yarn and needles	Last Tuesday of the month

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



Poway Senior Center



Information: www.powayseniorcenter.org



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

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

Information:
 (858) 748-6094
www.powayseniorcenter.org

At the **Poway Senior Center (PSC)** stay fit, stay active, stay engaged! PSC is a non-profit organization whose budget is supported by cash, donations, memberships, and grants.



Flu Shot Clinic: November 19, 2010
 9:00am-1:00pm
 Bill Bond Room One
 Looks like the flu season has started early, so be sure to get your flu shot soon!



Holiday Blues?

And reds and greens, too! Looking for that perfect holiday gift, or décor? Stop in the Gift Shop for seasonal, handcrafted items such as precious, hand-knit baby clothes, quilts, or fuzzy, warm scarves. Our prices are great and all sales support the programs at PSC.

Other Holiday Blues?

This time of year brings out all kinds of emotions. Are your loved ones far away? Come spend time with us at our classes, crafts, and social groups, or join us as a Volunteer and deliver lunch to the homebound. How about some fun on Saturday nights with the Bingo Volunteers? We have many opportunities and different projects for those looking to give back to the community. Call and ask for Mary, Volunteer Services Manager, at ext 305.

Membership has its Privileges!

\$25.00 a year gives you great benefits at PSC. Exercise classes, ceramics, and quilting, are all free when you belong to PSC. New Members!! Join now and we'll buy you lunch if you mention you saw it in "Poway Today!"



Bingo!

Open to all adults 18 and older. Come have fun and win!

Saturdays, 5:00pm
Tuesdays, 12:15pm

La Bella Bistro

Tasty meals cooked fresh daily! If you are a member of PSC, the menu is in our monthly newsletter! Call today and see what's cookin'!



Monday through Friday, 11:30 a.m. – 12:30 p.m.

Requested donation for seniors 60+, is \$4.00. Cost is \$6.00 for anyone under 60 years of age. Our delicious lunch program offers you a place to join your friends, or make new ones. Door-to-door transportation is available for a requested donation of only \$3.00 for those who dine with us. Call us and find out if your zip code qualifies you for pick up.

Activities – Join in the Fun!

Wii Sports every 3rd Wed, each month.
 Scrabble – Friday afternoon
 Quilting, Needlecrafts, and Ceramics
 Feeling Fit Aerobics – Mon. and Thur. a.m.
 Defensive Driving (AARP) program

Poway Center for the Performing Arts



Information: www.powaycenter.com



Location:

15498 Espola Rd, Poway, CA 92064

Hours:

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

Closed Sunday-Thursday, and major holidays.

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

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

Closed Sunday, Monday, and major holidays.

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

Information:

Administration (858) 668-4693
Box Office (858) 748-0505
www.powaycenter.com

Check Out Our New Website!

View our upcoming shows and purchase tickets online on our new website at www.powaycenter.com. The Poway Center for the Performing Arts hosts professional performances ranging from major plays and concerts to appearances by individual artists of national acclaim. The Poway Unified School District and community-based organizations also host a variety of quality events for all ages and interests.

Purchase Tickets the New and Easy Way!

Tickets can now be purchased at any location with an internet-capable computer and printer. You can easily purchase and print your tickets at home. We also established three new locations for ticket purchasing: the PCPA Lobby, Community Services Department at City Hall, and at Old Poway Park. On July 1, 2010, we reduced the internet ticket handling fee from \$4 to \$3 per ticket. Purchases made at our Box Office or over the phone will be subject to a \$5 per ticket handling fee.



Get Involved!

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



POWAY CENTER *for the* PERFORMING ARTS



Poway Center for the Performing Arts Foundation Presents

2010/2011 PROFESSIONAL PERFORMANCE SEASON

CELEBRATING **TWENTY** YEARS!

Kennedy Center Theatre
for Young Audiences on Tour

Rave On!
The Buddy Holly Tribute

SATURDAY | FEBRUARY 26 | 8 pm
Adults: \$42 Youth (18 & under): \$5
(with purchase of an adult ticket)

ALFRED HITCHCOCK'S
THE 39 STEPS

Tony® Award Winner for Best New Comedy

SATURDAY | APRIL 16 | 8 pm
Adults: \$55 Youth (18 & under): \$5
(with purchase of an adult ticket)

Underwritten in part by the McCarthy-Goldsmith Theatre Fund and the Todd & Mari Gutschow Family Foundation

BARRIO GRRRR!

SATURDAY | FEBRUARY 19 | 7 pm
Adults: \$25 Youth (18 & under): \$5
(with purchase of an adult ticket)

The Royal Family of the Guitar
THE ROMEROS
SATURDAY | APRIL 2 | 8 pm
Adults: \$42
Youth (18 & under): \$5
(with purchase of an adult ticket)

Underwritten in part by
Carol Stensrud



Arts in Education Initiative

Missoula Children's Theatre

The Wizard of Oz

Youth Auditions Monday | March 7 | 4 pm
SATURDAY | MARCH 12 | 3 & 7 PM
Adults: \$17 Youth (18 & under): \$5
(with purchase of an adult ticket)

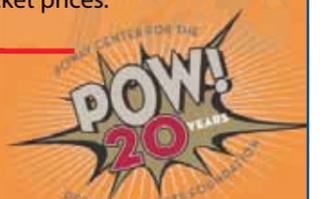


Underwritten by the Betsy Dam Fund for Arts Education and the Theodore & Elizabeth Schmidt Foundation

Buy tickets online at
www.powayarts.org
Join the eClub for special ticket offers!
Youth Tix to all shows **only \$5!**
(with purchase of an adult ticket)

Subscribe and Save!
Purchase 4 or more shows and
save up to \$5 off single ticket prices.

Thanks to our generous Season Sponsors





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

REGISTRATION

Registration begins **NOVEMBER 30** for Poway Residents & Nonresidents

There are 3 convenient ways to register for classes:

1. Mail-In

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

Mail to: P.O. Box 789, Poway, CA 92074-0789

2. Walk-In

Walk-in registration is available at the Community Services Department during business hours.

Location:
13325 Civic Center Drive

Extended Hours:
Mon-Thurs 7:30am-5:30pm
Fri 8:00am-5:00pm (Closed every other Friday)

3. Online

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

Website:
www.poway.org/classes

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

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

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

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

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

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

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

FINANCIAL ASSISTANCE – P.L.A.Y. (Poway Leisure Assistance for Youth) Did you know that your child might be eligible to receive up to \$40 worth of City-sponsored recreation classes each season at no cost to you? Come to the Community Services Department and fill out an application once a year. Eligibility: 17 years old or younger, or developmentally disabled (any age), household income meets guidelines provided by the U.S. Department of Housing and Urban Development, and must be a Poway resident. The City of Poway also accepts donations to support this program. Information: (858) 668-4595. Applications are available at the Community Services Department or online at www.poway.org/play. Online registration will be available upon application approval.

Registration Form

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

Parent/Guardian Name (please print) _____

Home Phone _____

Address _____

Work Phone _____

City/State/Zip _____

E-mail _____

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

FORM OF PAYMENT:

Cash | amount \$ _____

Charge | MC/Visa # _____ Exp. _____

Check | # _____

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

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

Signature _____ Date _____

FOR STAFF ONLY: Entered by: _____ Date: _____