



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

FALL 2010

Registration begins **AUGUST 3** for Poway Residents & Nonresidents



The Great Outdoor Movie

Marrokal Design and Remodeling, Sullivan Solar Power, and the City of Poway proudly present The Great Outdoor Movie, a free movie under the stars! This year's feature film is Planet 51.

American astronaut Captain Charles "Chuck" Baker lands on Planet 51 thinking he's the first person to step foot on it. To his surprise, he finds that the planet is inhabited by little green people whose only fears are that it will be overrun by alien invaders like Chuck! Bring chairs, blankets, and the entire family to enjoy Planet 51 under the stars. **The movie will be shown in Poway Community Park on August 28 at 7:30pm.** Information: (858) 668-4671.

Annual

Train Song Festival



Hear the sweet sounds of train songs and the train whistle during the Train Song Festival at Old Poway Park on Saturday, October 9 from 10:00 am to 4:00 pm. This free event is co-sponsored by the City of Poway, San Diego Folk Heritage, and the Old Poway Park Action Committee. The event will feature traditional railroad music, train rides, and storytelling. There will be train-related vendors, a model railroad display, a craft market, mock train robberies, and a free children's craft area. Children should wear their best railroad attire to participate in the railroad costume contest! This unique **event is free**, and perfect for families. See page 10 for information on the Railroad Movie Under the Stars! Information: (858) 668-4576.



Circle of Harmony Concert

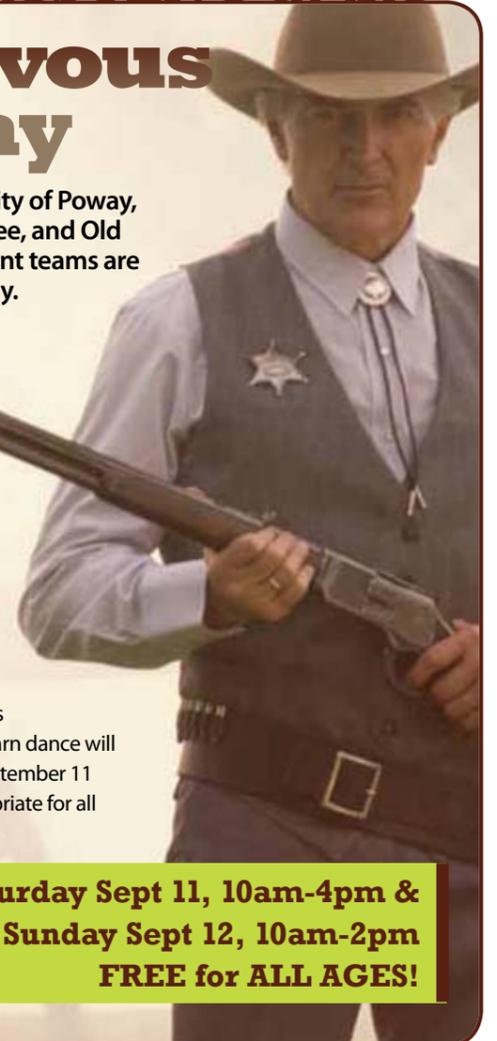
The 7th Annual Circle of the Harmony Benefit Concert will take place on October 16 from 7:00 to 10:00 pm. Come enjoy the musical excitement and swirling regalia of Native Americans as they perform at the Poway Center for the Performing Arts. Doors open at 6:00 pm with performers visiting in the lobby before the show, as well as during intermission. This year's headliners are Grammy winners Robert Mirabal and Gabriel Ayala. Other special guests include Fluteman Danny Bigay & Storyteller Kay LittleJohn, World Champion Hoop Dancer Lowery Begay, Flute & Percussion Mac Lopez, plus 20 world-class Native American Dancers!



History Comes Alive at the Rendezvous in Poway

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

This living history faire will take place on **Saturday, September 11 from 10:00 am to 4:00 pm and Sunday, September 12 from 10:00 am to 2:00 pm.** More than 15 encampments will be set up spanning the turn-of-the-twentieth-century and civil war eras of California's history. Meet real cowboys, mountain men and women, buckaroos, gunslingers, and soldiers. A hobo campfire will be hosted with the pioneers Friday, September 10 at 7:00 pm and a barn dance will be held in Templars Hall on Saturday, September 11 at 7:00 pm. The **event is free** and appropriate for all ages. Information: (858) 668-4576.



Saturday Sept 11, 10am-4pm & Sunday Sept 12, 10am-2pm FREE for ALL AGES!

Arch Health Partners Summer Concert Series

There's still time to enjoy the Summer Concert Series held in some of Poway's most beautiful parks. Bring a blanket or chair, picnic dinner or snack, and have a great time with family and friends. This **event is free** to the public and is proudly sponsored by Arch Health Partners, a collaboration between Palomar Pomerado Health and The Centre for Healthcare. Co-sponsors include Marrokal Design and Remodeling, Sullivan Solar Power, Country Montessori School of Poway, and the City of Poway. The concerts are from **5:30 to 7:00 pm** and feature a variety of musical styles. Information: (858) 668-4771.

Date	Location	Performer	Musical Style
Aug 1	Old Poway Park	Pomerado Community Band	Orchestra
Aug 8	Lake Poway	Three-Chord Justice	Country, Blues, and Rock
Aug 15	Community Park	Samz Jam	Classic Rock

New Classes/Activities ★ Look for the Star



The Five Senses ★
Preschoolers will experiment with sight, sound, smell, taste, and touch to discover the world through their senses. **pg. 4**



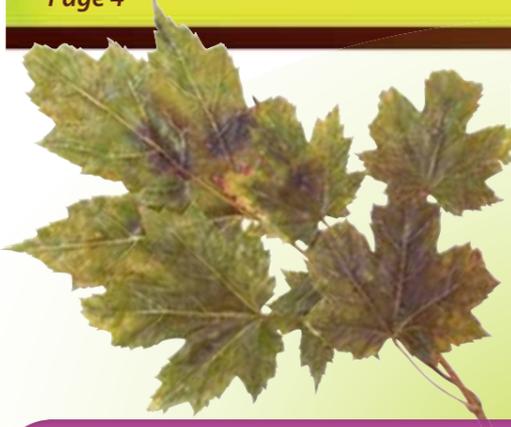
Thrill the World ★
Learn Michael Jackson's Thriller and join the masses as we don zombie outfits and dance with others all around the world. **pg. 5**

Baby & Child Safety ★
Learn how to prevent and treat many common first aid or life-threatening conditions found with babies and young children. **pg. 6**



Healing Qigong ★
Learn how Qigong can reduce stress, improve balance and coordination, prevent illness and nurture a peaceful mind. **pg. 7**





Truth or Dare?

Hopefully you said "dare", because we are daring you! We are daring you to step away from the old and experience the new! We realize that new equals the unknown and that can be scary, but we promise not to disappoint. The City of Poway classes deliver an incredible memory-making experience that you can get right here in your own backyard! Our class instructors bring a variety of long-standing experience that is sure to help you be the best you can be at a cost you can't beat! So, we dare you! Dare you to experience any one of our classes whether it's a classic favorite or a new adventure. We'll see you this fall!

Children's Activities



Register online at : www.poway.org/classes

Pre-K Hour | Ages 3 1/2-6

Socialization and readiness skills are emphasized in a success-oriented atmosphere during an hour of pure fun. Skill-based activities are taught to reinforce phonics, number and letter recognition, and numerical concepts and values. Children need to be toilet trained. Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan.

			RES/NON
4011.210	MWF 12:00-1:00pm	Sep 13-Sep 29	\$50/\$60
4011.211	MWF 12:00-1:00pm	Oct 4-Oct 29	\$65/\$75
4011.212	MWF 12:00-1:00pm	Nov 3-Nov 19	\$50/\$60
4011.213	MWF 12:00-1:00pm	Nov 29-Dec 10	\$35/\$45

Discovery Time | Ages 3 1/2-5 1/2

This is a developmentally-enriched program, providing learning in a fun, positive and success-oriented environment. The program builds a foundation in a progressive manner



that reinforces positive social skills and promotes kindergarten readiness. Fine- and gross-motor skills, imaginary play, language development, music, and art are incorporated in the weekly format. Children need to bring snacks and be toilet trained. **Materials fee: \$10.** Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan.

			RES/NON
4011.200	MWF 9:00-12:00pm	Sep 13-Sep 29	\$150/\$160
4011.201	MWF 9:00-12:00pm	Oct 4-Oct 29	\$200/\$210
4011.202	MWF 9:00-12:00pm	Nov 3-Nov 19	\$150/\$160
4011.203	MWF 9:00-12:00pm	Nov 29-Dec 10	\$100/\$110



The World Around Us * | Ages 3 1/2-5

Take an exciting mission with Mad Science to explore the planets, moon, and stars. Dive into the science of the sea to learn about the fascinating creatures that live in the ocean. Experiment with air pressure, measurement, and motion. Preschoolers will use magnifying glasses, telescopes, binoculars, and other scientific equipment to see the world in different ways. **Children take home a science project after each class. Materials fee: \$35.** Classes held at Poway Community Park, Youth Activity Room. Instructor: Mad Science of San Diego.

			RES/NON
4011.231	Fri 1:15pm-2:00pm	Oct 8-Nov 19	\$75/\$85

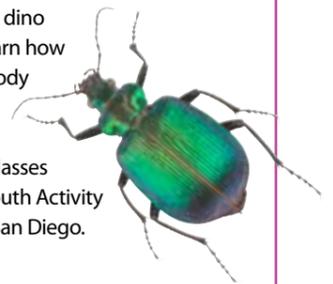
The Five Senses * | Ages 3 1/2-5

Preschoolers will experiment with sight, sound, smell, taste, and touch to discover the world through their senses. Use telescopes, mirrors, microscopes, and other scientific instruments to learn about eyes and sight. Discover how sound travels and conduct experiments to find out how music is made. Take a journey to explore your taste buds and sense of smell. Discover how sensitive your fingertips are as we conduct experiments that thrill your senses! **Children take home a science project after each class. Materials fee: \$35.** Classes held at Poway Community Park, Youth Activity Room. Instructor: Mad Science of San Diego.

			RES/NON
4011.230	Tue 9:30am-10:15pm	Sep 14-Oct 19	\$60/\$70

Living Creatures * | Ages 3 1/2-5

Take a walk on the wild side and explore the animal kingdom! Learn about butterflies, birds, and creepy, crawly creatures. Find out how scales, feathers, and fur help animals thrive in their natural habitats. Use magnifying glasses to investigate the fascinating world of worms. Discover dinosaurs and participate in a mini dino dig. Finally, meet Mr. Bones and learn how the different parts of the human body work together. **Children take home a science project after each class. Materials fee: \$35.** Classes held at Poway Community Park, Youth Activity Room. Instructor: Mad Science of San Diego.



			RES/NON
4011.232	Thu 10:15-11:00am	Oct 28-Dec 9	\$60/\$70

Dance | Youth/Teen



Tap and Ballet | Ages 3-18

Come dance and sing with us! This fun-filled, action-packed, dynamic program will teach your child rhythm and coordination, as well as a love of dance. Classes provide students with skill/technique building, songs and dances, and just plain fun! Full-year program begins in September. Dance attire, tap shoes and leather ballet shoes required. Continuing students will perform in our June 2011 recital at the PCPA. Costumes ordered in January to be paid for by students. **Parent watching days are the last class of each month.** Classes held at Poway Community Park Auditorium. Instructor: Debbora Childress. Information: (760) 747-9777; debbora@cox.net. **No classes held Nov 22 and 25.**

			RES/NON
Tiny Tot Beginner Ages 3-5			
5111.201	Mon 11:00am-12:00pm	Sep 13-Dec 6	\$98/\$108
5111.202	Mon 2:00-3:00pm	Sep 13-Dec 6	\$98/\$108
5111.203	Thu 1:00-2:00pm	Sep 16-Dec 9	\$98/\$108
Children's Beginner Ages 5-7			
5111.204	Mon 3:00-4:00pm	Sep 13-Dec 6	\$98/\$108
5111.205	Thu 2:00-3:00pm	Sep 16-Dec 9	\$98/\$108
Beginner/Intermediate Ages 6-9			
5111.206	Mon 4:00-5:00pm	Sep 13-Dec 6	\$98/\$108
5111.207	Thu 3:00-4:00pm	Sep 16-Dec 9	\$98/\$108
Intermediate Ages 8-10			
5111.208	Mon 5:15-6:15pm	Sep 13-Dec 6	\$98/\$108
5111.209	Thu 4:00-5:00pm	Sep 16-Dec 9	\$98/\$108
Intermediate/Advanced Ages 10-13 (Instructor Referral Required)			
5111.210	Thu 5:00-6:00pm	Sep 16-Dec 9	\$98/\$108
Advanced Teen Ages 12-18 (Instructor Referral Required)			
5111.211	Mon 6:15-7:15pm	Sep 13-Dec 6	\$98/\$108

Ballet for Kids! | Ages 3-15

Children will learn basic ballet technique, rhythm, and coordination, taught in an exciting and creative environment. Students will love learning the grace and beauty of ballet dancing, while having fun! Dance attire and leather ballet shoes required. Continuing students will perform in our June 2011 recital at the PCPA. Costumes to be paid for by students. **Parent watching days are the last class of each month.** Tuesday classes held at Poway Community Park Auditorium, Saturday classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress-Nichols. **No class held Oct 26 and 30, and Nov 23 and 27.**

			RES/NON
Ages 3-5			
5121.200	Tue 3:00-3:45pm	Sep 14-Dec 7	\$88/\$98
5121.201	Sat 9:00-9:45am	Sep 18-Dec 11	\$88/\$98
5121.202	Sat 10:00-10:45am	Sep 18-Dec 11	\$88/\$98
Ages 5-9			
5121.203	Sat 11:00-11:45am	Sep 18-Dec 11	\$88/\$98

Dance for Children | Ages 3-5

Creative Movement and Tumbling for boys and girls.

A A PERFECT first experience in dance for young children! Dance... Sing... Tumble... Balance... Imagine... Express... Gain self-confidence, coordination, and flexibility during this fun-filled introduction to dance/tumbling. Boys and girls will experience the joys of movement and creative expression, and come away equipped with skills valued for a lifetime. Classes increase in difficulty with continued enrollment. Join the fun! Wear comfortable clothing and leather ballet shoes or bare feet. Continuing students will perform in our June 2011 recital at the PCPA. Costumes ordered in January to be paid for by students. **Parent watching days are the last class of each month.** Classes held at Poway Community Park Auditorium. Instructor: Debbora Childress. Information: (760) 747-9777; debbora@cox.net. **No class held Nov 22.**

			RES/NON
5111.200	Mon 10:00-10:45am	Sep 13-Dec 6	\$98/\$108

Fun 'n Funky Jazz Dance for Kids! | Ages 7-17

Come learn basic through intermediate jazz dance technique in a positive, fun-filled, musical environment! Learn fun 'n funky dance moves to the latest music! Dance attire and black jazz shoes required. Continuing students will perform in our June 2011 recital at the PCPA. Costumes to be paid for by students.

Parent watching days are the last class of each month. Classes held at Poway Community Park Auditorium. Instructor: Kellie Childress-Nichols. **No class held Oct 26 and Nov 23.**

			RES/NON
Beginner Ages 7-11			
5121.205	Tue 3:45-4:30pm	Sep 14-Dec 7	\$88/\$98
Beginner/Intermediate Ages 12-17			
5121.206	Tue 4:30-5:15pm	Sep 14-Dec 7	\$88/\$98



Dance Team Technique | Ages 12-18

Thinking about trying out for Dance Team? This class will help give you the tools for audition success! Learn great technique, awesome turns, and fantastic leaps, all while having fun! This no-stress class is taught by Kellie Childress-Nichols, who has coached competitive High School Dance Team for over four years, and has 24 years of dance experience. Come learn all you need to succeed! Dance clothes and jazz shoes required. **Parent watching days are the last class of each month.** Classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress-Nichols. **No class held Oct 30 and Nov 27.**

			RES/NON
5121.207	Sat 12:00-12:45pm	Sep 18-Dec 11	\$88/\$98

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



Dance continued...

Teen Lyrical Ballet * | Ages 12-17

Students will learn the technique and grace of ballet, incorporated with the modern style of Jazz. Dance to the popular music of today, while learning a beautiful dance form. Lyrical is a great class and fun for beginners as well as experienced dancers who want to try a new style. Dance attire and pink ballet shoes or tan jazz shoes required. Continuing students will perform in our June 2011 recital at the PCPA. Costumes to be paid for by students. **Parent watching days are the last class of each month.** Classes held at Poway Community Park Auditorium, Instructor: Kellie Childress-Nichols. **No class held Oct 26 and Nov 23.**



Beginner | Ages 7-11 **RES/NON**
5121.204 Tue 5:15-6:00pm Sep 14-Dec 7 \$88/\$98

Thrill the World 2010 * | Ages 14+ or Ages 8-13 w/ Adult

This fun class will prepare you for Thrill the World 2010, a national event inviting the world to dance to Thriller at the same time. Thrill the World 2010 will be held on October 23; however **participation in the national event is not required** for this class. Learn Michael Jackson's Thriller and join the masses as we don zombie outfits and dance with others all around the world. No dance experience necessary. Join the fun and thrill your crowd with your zombie moves for Halloween. Class held at Poway Community Park Auditorium. Instructor: Emma Sarmiento.



5417.210 Tue 6:15-7:00pm Sep 14-Oct 19 \$45/\$55

Sports | Youth/Teen



Tae Kwon Do | Ages 6-17

This is a complete martial arts program for boys and girls. In addition to learning important self-defense skills, your child will develop respect, self-discipline, self-control, concentration, and confidence. Students may participate 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.** Classes held at Poway Community Park, Bill Bond Hall I. Instructor: Mr. J. Wolpert. **No class held October 11 and November 26.**

Ages 6-13 **RES/NON**
2091.209 MWF 6:00-7:00pm Sep 13-Dec 10 \$75/\$85
 Ages 14-17
2091.210 MWF 7:00-8:00pm Sep 13-Dec 10 \$75/\$85

Youth Basketball Training | Ages 8-14

The coed program spends half of the class on the skills, techniques, and fundamentals (shot technique, passing, team and individual defense, rebounding, movement without the ball, footwork, etc.) necessary to improve your understanding of the game. The other half of the class is spent playing a competitive game. The final class of the session will be a championship game. Classes held at Twin Peaks Multipurpose Center. Instructor: Coach Brooks Barnhard.

2091.211 Wed 6:00-7:30pm Sep 15-Oct 20 \$100/\$110

Youth Volleyball League | 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. Classes held at Twin Peaks Multipurpose Center.

Ages 9-11 **RES/NON**
2091.212 Mon 5:30-6:30pm Sep 13-Nov 1 \$25/\$35
 Ages 12-14
2091.213 Mon 6:30-7:30pm Sep 13-Nov 1 \$25/\$35

Mom & Tot Gymnastics | Walking to 3 Years

This class is designed for toddlers and their parents to participate together in basic gymnastics while interacting with other children and an instructor. They will develop their basic motor skills, confidence, balance, coordination, and social interaction in a fun-filled, positive atmosphere. Wear comfortable clothes or leotards with no snaps, zippers, or buttons on the clothes. **Materials fee: \$10.** Classes held at Poway Gymnastics, 12850 Brookprinter Place. Instructor: Tony Salmeri. Information: (858) 748-1716. **No class held Oct 30, Nov 25 and 27.**



2312.200 Thu 10:45-11:15am Sep 16-Dec 9 \$161/\$171
2312.201 Sat 8:45-9:15am Sep 18-Dec 18 \$161/\$171

Tennis



Tennis Classes:

All tennis classes held at Poway Community Park. If needed, racquets are available from the instructor. Instructor: Art Christophiades.

Tiny Tot | Ages 4-6

The Tiny Totters will have fun learning basic forehand and backhand groundstrokes, along with a forehand and backhand volley. The class is designed to improve hand/eye coordination. Additionally, groundstroke drills and court etiquette will be taught. **Materials fee: \$5.**

3013.200 Sat 9:00-10:00am Sep 18-Oct 16 \$40/\$50
3013.201 Sat 9:00-10:00am Oct 23-Nov 20 \$40/\$50



Beginner | Ages 6-14

Beginning tennis skills are taught in this class. Forehand and backhand groundstrokes, volleys, and a good first serve. Group instruction will encompass drills, court positioning, footwork drills, doubles play and strategy, scoring system, and court etiquette. **Materials fee: \$5.**

3013.202 T/Th 4:00-5:00pm Sep 14-Oct 14 \$65/\$70
3013.203 Sat 10:00-11:00am Sep 18-Oct 16 \$45/\$55
3013.204 T/Th 4:00-5:00pm Oct 19-Nov 18 \$65/\$70
3013.205 Sat 10:00-11:00am Oct 23-Nov 20 \$45/\$55

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 groundstrokes, 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. **Materials fee: \$5.**

3013.206 T/Th 5:00-6:00pm Sep 14-Oct 14 \$65/\$75
3013.207 Sat 11:00am-12:00pm Sep 18-Oct 16 \$40/\$50
3013.208 T/Th 5:00-6:00pm Oct 19-Nov 18 \$65/\$75
3013.209 Sat 11:00am-12:00pm Oct 23-Nov 20 \$40/\$50



Advanced Juniors | Ages 8-17

At this hotshot level, tennis enthusiasts will enhance their ability level by focusing on forehand and backhand groundstroke 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. **Materials fee: \$5.**

3013.210 MW 4:00-5:30pm Sep 13-Oct 13 \$80/\$90
3013.211 MW 4:00-5:30pm Oct 18-Nov 17 \$80/\$90



Sports | Adults



Register online at : www.poway.org/classes

Open Play Sports | All Ages

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



During the months of September, October, November, and December the free open gym times are as follows:

Twin Peaks Multipurpose Center

Mon	Open Badminton	6:00pm-9:00pm
Fri	Open Badminton	6:00pm-9:00pm
Sat	Open Badminton	6:00pm-9:00pm
Sun	Open Volleyball	6:00pm-9:00pm

Meadowbrook Gymnasium

Tue	Open Basketball	6:00pm-9:00pm
Thu	Open Basketball	6:00pm-9:00pm
Sat	Open Basketball	6:00pm-9:00pm
Sun	Open Basketball	8:30am-12:00pm

Twin Peaks Multipurpose Center - 14640 Tierra Bonita Rd.
Meadowbrook Gymnasium - 12320 Meadowbrook Ln.

Coed Volleyball | Ages 16+

This is an instructional league. Players are assigned to a four-person team based on the instructor's assessment of skill level during the first night (attendance is mandatory for new players). Each evening consists of league play and instruction. **NOTE:** Prerequisite for advanced play is strong command of basic skills and experience in competitive play. **Materials fee: \$2.** Classes held at Twin Peaks Multipurpose Center. Instructor: Dick Leatherman.

			RES/NON
Intermediate Men's	1247.200	Thu 6:30-9:30pm	Sep 23-Nov 18 \$57/\$67
Intermediate Women's	1247.201	Thu 6:30-9:30pm	Sep 23-Nov 18 \$57/\$67
Advanced Men's	1247.202	Tue 6:30-9:30pm	Sep 21-Nov 16 \$57/\$67
Advanced Women's	1247.203	Tue 6:30-9:30pm	Sep 21-Nov 16 \$57/\$67



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 with winning team receiving bragging rights on the perpetual plaque posted at the gym. All players must sign roster before the team's first game. Games are played at Meadowbrook Gymnasium. **No games held on November 24.**

			RES/NON
1247.205	Wed 6:30-9:30pm	Sep 15-Dec 8	\$68/Team

Tae Kwon Do | Ages 18+

This is a complete martial arts program for men and women. This class is designed to help you develop more strength, coordination, speed, endurance, and confidence. Students can participate 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.** Classes held at Poway Community Park, Bill Bond Hall I. Instructor: Mr. J. Wolpert. **No class held October 11 and November 26.**

			RES/NON
1247.204	MWF 7:00-8:00pm	Sep 13-Dec 10	\$75/\$85

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 is easier than you think to learn basic self-defense moves and simple steps that you can take to avoid dangerous encounters. The instructor is a sixth-degree black belt who has taught self-defense in Poway since 1987. Class held at Poway Community Park Bill Bond Hall II. Instructor: Mr. J. Wolpert.

			RES/NON
1247.206	Thu 6:30-7:30pm	Sep 16	\$10/\$20



Safety Training



www.poway.org/classes

Please Note:

If registering for both the First Aid class and a CPR class, the First Aid class start time changes to 7:00 pm, with a one-time materials fee of \$25.



American Red Cross First Aid | Ages 11+

The American Red Cross class will prepare you to handle any situation with loved ones, friends, and co-workers. This course includes caring for burns, bleeding, broken bones, poisoning, bites and stings, and sudden illness. **Materials fee: \$17.** Participants receive a book and an American Red Cross certification card valid for three years. Class held at Poway Community Park, Activity Rooms I & II. Instructor: Blythe Paley.

			RES/NON
5418.200	Wed 6:00-9:00pm	Sep 15	\$20/\$30

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. **Materials fee: \$25.** Participants receive a book and an American Red Cross certification card valid for one year. Class held at Poway Community Park, Activity Rooms I & II. Instructor: Blythe Paley.

			RES/NON
5418.201	Tue/Wed 6:30-9:00pm	Sep 21-22	\$30/\$40

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. **Materials fee: \$17.** Participants receive a book and an American Red Cross certification card valid for one year. Class held at Poway Community Park, Activity Rooms I & II. Instructor: Blythe Paley.

			RES/NON
5418.202	Tue 6:00-9:00pm	Sep 14	\$20/\$30

Baby and Child Safety * | Ages 11+

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. Identifying the frequent injuries and how to prevent them and discussion of 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. **This class does not certify students in first aid or CPR.** Class held at Poway Community Park, Activity Rooms I & II. Instructor: Blythe Paley.

			RES/NON
5418.203	Wed 6:30-9:00pm	Oct 6	\$30/\$40



Special Needs



Bowling | All Ages

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, include a description of the situation. Depending on the circumstances, an aide may be required to accompany the student. **An \$8/per class fee is collected at the bowling alley each week.** Classes held at Poway Fun Bowl. Instructor: Sarah D'Agostino.



			RES/NON
9397.200	Fri 1:30-3:30pm	Sep 17-Dec 10	\$40/\$50



Exceptional Art | All Ages

This fun class will not only teach students the basic techniques of drawing and painting, but more importantly, cultivate ways of creative and artistic thinking. Ultimately, the aim of the art class is to provide students opportunities to find their potential and teach them to use art as an outlet to help them cope with their environment and challenges in the future. During the last class, participants will hold a "gallery opening" to showcase their work for parents and caregivers. Participants should be dressed appropriately or bring a smock to class. **Materials fee: \$25.** Class held at Poway Community Park, Auditorium. Instructor: Sarah D'Agostino.

			RES/NON
9397.201	Wed 4:00-6:00pm	Sep 15-Dec 8	\$45/\$55

Health & Wellness



Register online at: www.poway.org/classes



Hatha Yoga | Ages 18+

This popular class is for the beginner and continuing yoga student. Experience stress release with gentle movement (vinyasa) and precise instruction in the poses (asana). Proper yoga breathing in the warm-up stretches, asana practice, and relaxation is emphasized. Please bring a yoga mat, large towel, and blanket, and wear comfortable clothes to class. Classes held at Poway Community Park, Auditorium. Instructor: Jon Brock. **No class held on November 11 or 25.**

5417.201 Thu 6:30-8:00pm Sep 16-Dec 9 RES/NON \$75/\$85

Pilates | Ages 16+

Develop a strong "core" where a strong back and a flatter abdomen come naturally with minimal effort. Wear comfortable clothes and soft-soled shoes that allow for flexibility. Bring a sticky mat, towel, and water. With the use of a resistance band, the strength component is enhanced and exercises can simulate Pilates apparatus movement. **Materials fee: \$7.** Classes held at Poway Community Park, Auditorium. Instructor: Emma Sarmiento. **No class held November 23.**

On the Mat RES/NON
5417.202 Tue 7:00-8:00pm Sep 14-Sep 28 \$27/\$37
5417.203 Tue 7:00-8:00pm Oct 5-Nov 2 \$45/\$55

On the Ball
Note: Not required, but bring your stability ball if you have one!
5417.204 Tue 7:00-8:00pm Nov 9-Dec 7 \$36/\$46

Zumba | Ages 16+

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away. It is different...you probably never thought you would be exercising to this type of music. Wear comfortable clothing, shoes with support and bring a workout towel. Classes held at Poway Community Park, Auditorium. Instructor: Emma Sarmiento. Information: (858) 204-7461. **No class held November 23.**

5417.206 Tue 6:15-7:00pm Nov 2-Dec 7 RES/NON \$45/\$55

Healing Qigong * | Ages 17+

Learn and practice a self-healing art that combines gentle flowing movements, relaxed breathing, visualization, and self-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. **Materials fee: \$5.** Classes held at Poway Community Park, Auditorium. Instructor: Cheri Hotalen. **No class held November 3.**

5417.231 Wed 6:30-7:45pm Sep 15-Dec 8 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. **Materials fee: \$5.** Classes held at Old Poway Park, Templars Hall. Instructor: Cheri Hotalen. **No class held November 1.**

5417.232 Mon 10:00-11:15am Sep 20-Dec 6 RES/NON \$75/\$85

Special Interest



Junior Cotillion * | Ages 11-13

The Complete Etiquette Experience from Dining to Dancing

This etiquette and social skills program teaches children all the important skills for everyday life and beyond. They will learn to shake hands, make correct introductions, write thank you letters, respond to RSVP's, be a host, be a guest, dress for the occasion, set the table, dine with manners, and learn what it means to have nice social skills. Children will enjoy putting what they learned to practice at the Sock Hop on October 24 and the Holiday Ball on December 12. **Materials fee: \$30 for a DVD and picture memory package.** Classes held at Poway Community Park, Auditorium. Instructor: Ms. Kent, California Junior Cotillion, www.californiajuniorcotillion.com. **No class held on October 31 and November 28.**

7616.230 Sun 6:00pm-7:15pm Sep 26-Dec 12 RES/NON \$170/\$180

Dog/Puppy Obedience | Ages 17+ or Ages 12-16/w Adult

Puppy Kindergarten lays the groundwork for basic obedience and provides an opportunity for appropriate socialization with other puppies. **Beginning Obedience** teaches your dog to walk without pulling, come, sit, down, heel, and stay. **Intermediate Obedience** teaches more distraction training and may earn your dog an AKC Canine Good Citizen certification. **Advanced Obedience** teaches your dog to work off lead and continue to build an even stronger bond with you. No metal choke chains or pinch collars allowed. Do not feed four hours prior to class. **Proof of current vaccinations must be shown at first class.**

Arrive 20 minutes before first class. Classes held rain or shine. Class held at: Old Poway Park (Tuesdays), Poway Dog Park Pen 2 (Wednesdays), Garden Road Park (Saturdays). Puppy Kindergarten location: call (858) 735-8318. **Materials fee: \$20 for the Beginning Obedience class only.** Instructor: Good Dog Training School: Lynne Moore and Lani Butcher-Smith.



Babysitters 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. **Bring a lunch and a large doll or stuffed animal to class.** You can also choose to receive a certification in Infant and Child CPR for an additional cost. **Materials fee: \$23.** Participants receive a book and an American Red Cross certification card. Class held at Poway Community Park, Activity Room I & II. Instructor: Blythe Paley.



Basic Class RES/NON
7617.200 Sat 9:00am-3:00pm Oct 23 \$45/\$55
CPR Certification (**Must be registered in Babysitter's Training**)
7617.201 Mon 6:00-8:00pm Oct 25 \$20/\$30

RES/NON
Puppy Kindergarten – Eight to twelve weeks
9019.208 Sat 12:30-1:30pm Sep 18-Oct 9 \$75/\$85
9019.209 Sat 12:30-1:30pm Nov 6-Nov 27 \$75/\$85
Beginning Obedience – Twelve Weeks to Adult
9019.200 Tue 6:30-7:30pm Sep 14-Oct 19 \$95/\$105
9019.201 Sat 9:30-10:30am Sep 18-Oct 23 \$95/\$105
9019.202 Tue 6:30-7:30pm Nov 2-Dec 7 \$95/\$105
9019.203 Sat 9:30-10:30am Nov 6-Dec 11 \$95/\$105
Intermediate – Six Months to Adult (Must have taken Introductory course or have knowledge of basic commands)
9019.204 Sat 10:30-11:30am Sep 18-Oct 23 \$95/\$105
9019.205 Sat 10:30-11:30am Nov 6-Dec 11 \$95/\$105
Advanced – Six Months to Adult (Must have knowledge of all basic commands)
9019.206 Wed 6:30-7:30pm Sep 15-Oct 20 \$95/\$105
9019.207 Wed 6:30-7:30pm Nov 3-Dec 8 \$95/\$105

Outdoor Activities



Register online at: www.poway.org/classes

Family Campouts | All Ages

Bring the entire family out for a magical night under the stars at one of Lake Poway's Family Campouts. The campouts are perfect for the first-time camper with easy round-the-clock vehicle access and planned activities.



Activities include entertainment around the campfire, pedal boating, and night hikes. Families will need to bring their own camping supplies and food to barbecue. There will be grills available, but you are encouraged to bring your own. The City will provide snacks around the campfire and a continental breakfast. Families may start setting up their campsites at 7:00 am Saturday morning. No alcohol is permitted. **Up to five persons per family. \$10 for each additional family member.** Information: (858) 668-4781.

There will be grills available, but you are encouraged to bring your own. The City will provide snacks around the campfire and a continental breakfast. Families may start setting up their campsites at 7:00 am Saturday morning. No alcohol is permitted. **Up to five persons per family. \$10 for each additional family member.** Information: (858) 668-4781.

RES/NON
9039.402 Sat/Sun 5:00pm-9:00am Aug 14-Aug 15 \$52/\$62

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 90 minutes. Lug-sole shoes are recommended. Bring water and a hiking stick, if you wish. All children under 18 must be accompanied by an adult. **First hike meets at Lake Poway concession. Contact the instructor for the hike schedule if you cannot attend the first hike.** Instructor: Mike Fry Information: (858) 748-5166; mnfry@cox.net.

RES/NON
3439.200 Wed 6:00-7:30pm Sep 15-Dec 8 \$5/person
(Family is 2+ persons) \$10/family

Wild About California | All Ages

Join us for a tour of California's wild side as we explore our State's symbols and meet our State reptile, "William". Enjoy cookies, lemonade, and a sing-along in a woodland setting. Meet at the south end of the Blue Sky parking lot for the docent-led hike (an easy 1.25-mile each way) to the Wilderness Day Picnic Area. Information: (858) 668-4781. **Registration required.**

RES/NON
8169.201 Sat 6:00-9:00pm Aug 28 \$2/person



Halloween Hoot, Howl and Prowl | All Ages

Blue Sky comes alive after dark! Meet the canyon's "wildlife" up close! Groups will leave at 15-minute intervals and tours last approximately 75 minutes. The evening will end with a warm cup of hot chocolate! Children are encouraged to wear animal costumes. Parking is available at Lake Poway with shuttle service provided to the Reserve. For information and to make a reservation, call (858) 668-4781.

RES/NON
8169.202 Sat 5:30-8:30pm Oct 23 \$5/person

Poway Swim Center



www.poway.org/swim



The Poway Community Swim Center

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

Hours:

Fall (Sep 7-Oct 31)

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

Pool Closed

December 11-January 1, 2011

Pool Maintenance

Winter (Nov 1, 2010-April 4, 2011)

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

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.

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

Costs:

Daily Admission

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

Season and Yearly Passes

Season and yearly passes may be purchased at the pool during business hours. Family passes include two adults (18 and over) and 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 (Ages <18) \$73/\$105
Seniors (Ages 60+) \$73/\$105
Family \$157/\$256

Yearly Pass Rates

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

Swim Lessons



Register online at: www.poway.org/swim



Swim Lesson Assessments

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 for all ages, free of charge, and highly recommended for determining the appropriate placement level for participants. Call (858) 668-4680 for availability.

Parent/Child | Ages 6-24 months

This class, 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 nor to survive in the water. **Parents must accompany their children in the water.**

RES/NON
0020.200 MWF 9:30-10:00am Aug 30-Sep 10 \$39/\$49
0021.201 MWF 9:30-10:00am Sep 13-Sep 24 \$39/\$49

Pre-Grunion | Ages 2-3

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

Parents must accompany their children in the water.

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 range from submerging underwater, front and back floats, front and back kicking, and beginning swim stroke.

RES/NON
0121.200 M/W 3:00-3:40pm Aug 30-Sep 22 \$52/\$62
0121.201 M/W 3:50-4:30pm Aug 30-Sep 22 \$52/\$62
0121.202 T/Th 3:00-3:40pm Aug 31-Sep 23 \$52/\$62
0121.203 T/Th 3:50-4:30pm Aug 31-Sep 23 \$52/\$62
0121.204 MWF 9:20-10:00am Sep 27-Oct 8 \$39/\$49
0121.205 M/W 3:00-3:40pm Sep 27-Oct 20 \$52/\$62
0121.206 M/W 3:50-4:30pm Sep 27-Oct 20 \$52/\$62
0121.207 T/Th 3:00-3:40pm Sep 28-Oct 21 \$52/\$62

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 front crawl strokes on their own. Skills emphasized include the front and back crawl. Students should feel comfortable in at least 4 feet of water.

RES/NON
0030.200 MWF 10:10-10:50am Aug 30-Sep 10 \$39/\$49
0030.201 MWF 10:10-10:50am Sep 13-Sep 24 \$39/\$49
0030.202 MWF 10:10-10:50am Sep 27-Oct 8 \$39/\$49
0030.203 T/Th 3:50-4:30pm Sep 28-Oct 21 \$52/\$62

Grunion 2 | Ages 3-6

A continuation of American Red Cross Level 1 class, this is an introductory class for children who have successfully completed the Grunion 1 class or who are very comfortable in the water. This class reinforces skills learned in Grunion 1, with a greater emphasis on efficiency.

RES/NON
0122.200 M/W 3:00-3:40pm Aug 30-Sep 22 \$52/\$62
0122.201 M/W 3:50-4:30pm Aug 30-Sep 22 \$52/\$62
0122.202 T/Th 3:00-3:40pm Aug 31-Sep 23 \$52/\$62
0122.203 T/Th 3:50-4:30pm Aug 31-Sep 23 \$52/\$62
0122.204 M/W 3:00-3:40pm Sep 27-Oct 20 \$52/\$62
0122.205 M/W 3:50-4:30pm Sep 27-Oct 20 \$52/\$62
0122.206 T/Th 3:00-3:40pm Sep 28-Oct 21 \$52/\$62
0122.207 T/Th 3:50-4:30pm Sep 28-Oct 21 \$52/\$62

RES/NON
0123.200 M/W 3:00-3:40pm Aug 30-Sep 22 \$52/\$62
0123.201 T/Th 3:00-3:40pm Aug 31-Sep 23 \$52/\$62
0123.202 M/W 3:00-3:40pm Sep 27-Oct 20 \$52/\$62
0123.203 T/Th 3:00-3:40pm Sep 28-Oct 21 \$52/\$62

Swim Lessons continued...

Register online at: www.poway.org/swim



Starfish | Ages 6-10

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

			RES/NON
0221.200	M/W 3:50-4:30pm	Aug 30-Sep 22	\$52/\$62
0221.201	T/TH 3:50-4:30pm	Aug 31-Sep 23	\$52/\$62
0221.202	M/W 3:50-4:30pm	Sep 27-Oct 20	\$52/\$62
0221.203	M/W 4:40-5:20pm	Sep 27-Oct 20	\$52/\$62
0221.204	T/Th 3:50-4:30pm	Sep 28-Oct 21	\$52/\$62
0221.205	T/Th 4:40-5:20pm	Sep 28-Oct 21	\$52/\$62

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
0222.201	M/W 3:50-4:30pm	Aug 30-Sep 22	\$52/\$62
0222.202	M/W 4:40-5:20pm	Aug 30-Sep 22	\$52/\$62
0222.203	T/Th 3:50-4:30pm	Aug 31-Sep 23	\$52/\$62
0222.204	T/Th 4:40-5:20pm	Aug 31-Sep 23	\$52/\$62
0222.205	M/W 3:50-4:30pm	Sep 27-Oct 20	\$52/\$62
0222.206	M/W 4:40-5:20pm	Sep 27-Oct 20	\$52/\$62
0222.207	T/Th 4:40-5:20pm	Sep 28-Oct 21	\$52/\$62

Otter | Ages 6-14

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, as well effective side-breathing in front crawl.

			RES/NON
0223.200	M/W 4:40-5:20pm	Aug 30-Sep 22	\$52/\$62
0223.201	T/Th 4:40-5:20pm	Aug 31-Sep 23	\$52/\$62
0223.202	M/W 4:40-5:20pm	Sep 27-Oct 20	\$52/\$62
0223.203	M/W 5:30-6:10pm	Sep 27-Oct 20	\$52/\$62
0223.204	T/Th 3:50-4:30pm	Sep 28-Oct 21	\$52/\$62
0223.205	T/Th 5:30-6:10pm	Sep 28-Oct 21	\$52/\$62

Seal | Ages 6-16

Equivalent to Level 3 of the American Red Cross series, this course takes place in 11-12 feet of water. Prerequisite for this class include: the ability to swim 15 yards of front crawl, back crawl, and elementary backstroke. Skills introduced are butterfly and breaststroke kick, and diving.

			RES/NON
0321.200	M/W 4:40-5:20pm	Aug 30-Sep 22	\$52/\$62
0321.201	M/W 5:30-6:10pm	Aug 30-Sep 22	\$52/\$62
0321.202	T/Th 4:40-5:20pm	Aug 31-Sep 23	\$52/\$62
0321.203	T/Th 5:30-6:10pm	Aug 31-Sep 23	\$52/\$62
0321.204	M/W 4:40-5:20pm	Sep 27-Oct 20	\$52/\$62
0321.205	M/W 5:30-6:10pm	Sep 27-Oct 20	\$52/\$62
0321.206	T/Th 4:40-5:20pm	Sep 28-Oct 21	\$52/\$62
0321.207	T/Th 5:30-6:10pm	Sep 28-Oct 21	\$52/\$62

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
0322.200	M/W 4:40-5:20pm	Aug 30-Sep 22	\$52/\$62
0322.201	M/W 5:30-6:10pm	Aug 30-Sep 22	\$52/\$62
0322.202	T/Th 4:40-5:20pm	Aug 31-Sep 23	\$52/\$62
0322.203	T/Th 5:30-6:10pm	Aug 31-Sep 23	\$52/\$62
0322.204	M/W 5:30-6:10pm	Sep 27-Oct 20	\$52/\$62
0322.205	T/Th 4:40-5:20pm	Sep 28-Oct 21	\$52/\$62
0322.206	T/Th 5:30-6:10pm	Sep 28-Oct 21	\$52/\$62
0322.207	T/Th 6:20-7:00pm	Sep 28-Oct 21	\$52/\$62

Dolphin | Ages 6-16

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

			RES/NON
0323.200	M/W 5:30-6:10pm	Aug 30-Sep 22	\$52/\$62
0323.201	M/W 6:20-7:00pm	Aug 30-Sep 22	\$52/\$62
0323.202	T/Th 5:30-6:10pm	Aug 31-Sep 23	\$52/\$62
0323.203	T/Th 6:20-7:00pm	Aug 31-Sep 23	\$52/\$62
0323.204	M/W 6:20-7:00pm	Sep 27-Oct 20	\$52/\$62
0323.205	T/Th 5:30-6:10pm	Sep 28-Oct 21	\$52/\$62

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
0324.200	M/W 5:30-6:10pm	Aug 30-Sep 22	\$52/\$62
0324.201	M/W 6:20-7:00pm	Aug 30-Sep 22	\$52/\$62
0324.202	T/Th 5:30-6:10pm	Aug 31-Sep 23	\$52/\$62
0324.203	T/Th 6:20-7:00pm	Aug 31-Sep 23	\$52/\$62
0324.204	M/W 5:30-6:10pm	Sep 27-Oct 20	\$52/\$62
0324.205	M/W 6:20-7:00pm	Sep 27-Oct 20	\$52/\$62
0324.206	T/Th 6:20-7:00pm	Sep 28-Oct 21	\$52/\$62



Adult | Ages 16+

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

			RES/NON
0521.200	M/W 6:20-7:00pm	Aug 30-Sep 22	\$52/\$62
0521.201	T/Th 6:20-7:00pm	Aug 31-Sep 23	\$52/\$62
0521.202	M/W 6:20-7:00pm	Sep 27-Oct 20	\$52/\$62
0521.203	T/Th 6:20-7:00pm	Sep 28-Oct 21	\$52/\$62

Red Cross Lifeguard Training | Ages 15+

This lifeguard training course includes certification in CPR/AED for the Professional Rescuer, first aid training (includes infant, youth, and adult CPR; use of the CPR mask; 2-person CPR; and how to use an AED), and the necessary skills to become a professional lifeguard. The following skills will be tested on the first day. Failure to complete will result in dismissal from course: swim 300 yards continuously using front crawl and breaststroke, enter the water feet-first, swim 20 yards and retrieve a 10 pound brick from 7-10 feet of water, return 20 yards and climb out of the pool in under one minute and twenty seconds. 100% attendance is required. **Class fee does not include books and a \$6 card fee** from the Red Cross. Students must purchase the **Lifeguarding Manual**, and a **pocket resuscitation mask** through the American Red Cross prior to the start of class.

			RES/NON
0700.201	T/Th 5:00-8:00pm	Sep 28, 30	\$100/\$110
	Sat 9:00am-5:00pm	Oct 2, 5, 7, 9	

Water Exercise | Ages 16+

Water exercise is a low-impact exercise for any age or ability. Classes are held in a water depth of four (4) feet. Advanced swimming skills are not required. **Daily admission is required. Class is dependent on instructor availability.**

			RES/NON
M/W/F	11:00am-12pm		FREE with admission

Private Lessons | All Ages

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

			RES/NON
T/Th	11:00-11:30am		\$26/\$36
	11:40-12:10pm		/student per class
	12:20-12:50pm		
	1:00-1:30pm		
Fri	3:00-3:30pm		
	3:40-4:10pm		
	4:20-4:50pm		
	5:00-5:30pm		

Aquatic Safety

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

Birthday Party Package:

Have pool staff arrange a pool party for your next Birthday Party celebration. Included in the party package is a reserved poolside picnic area for two hours, public pool use for a maximum of 25 persons, and a half hour of games with a certified lifeguard.

Birthday Party Packages are available on weekends only during open pool hours. Sign up for a Birthday Party at the pool during business hours. Information: (858) 668-4680.



COST RES/NON: \$52/\$62

Community Park & Poway Skate Park



Location: 13094 Civic Center Drive

Community Park Hours:

Daily, Sunrise-Sunset
 Recreation Office M-Sat 8am-9pm | Sun Noon-9pm
 Skate Park Sat-Thu 8am-8pm | Fri 8am-5:30pm
 Tennis Courts Daily, 7am-10pm
 Bocce Courts same hours as Rec Office
 Dog Park/Ball Fields/Basketball Courts Daily, 8am-10pm
 Note: Recreation Office hours may change without notice.

Information: (858) 668-4671 | www.poway.org

Unsupervised Skate Park Hours | Ages 14+

Enrollment in the Poway Skate Park registration system is now required. For more information, contact the Community Park recreation office located at 13094 Civic Center Drive or call (858) 668-4671.

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 under the age of 14.

Sat-Thu 8:00am-8:00pm Friday 8:00am-5:30pm

Supervised Skate Park Program | Ages <14

Community Park staff will host 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. A legal parent or guardian must accompany youth signing up for Skate Park programs. 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



Park Hours:
Daily, 7:00am-Sunset

Lake Fishing & Boating Hours:
Wednesday-Sunday, 7:00am-Sunset
Beginning October 2 Sat/Sun Only, 7:00am to Sunset

Park operation and fishing and boating hours for November are to be determined. Check www.poway.org/lakepoway for the most up-to-date information.

Information:

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

Lake Poway Maintenance Closure

Lake Poway will be closed to boating and fishing Monday through Friday, September 29 through early November. Fishing and boating will be available on Saturdays and Sundays only. The park areas will remain open seven days a week from 7 am to sunset.

Gone Fishing!



Catfish Season

Catfish season continues through early August with regular stocks. In addition to the stocks, Lake Poway is full of huge resident catfish just waiting to be caught. **Night fishing** is the perfect opportunity to experience the excitement of fishing, and Lake Poway is open every Friday and Saturday night from 4 pm to 11:30 pm. Motorboats and rowboats are rented on a first-come, first-serve-basis, and there is always plenty of shoreline to fish from. Remember to ask our friendly dock and park ranger staff for fishing tips.

Midnight Catfish Craze

Can't sleep? Want to see if you can catch the big one? Come and join us for the annual Midnight Catfish Craze at Lake Poway on **Friday, July 23, from 4 pm to 12 am**. Final weigh-in will be at 12:15 am followed shortly by an award ceremony and a raffle with plenty of great prizes. Our nighttime catfish tournament promises to be filled with lots of big fish, fun, and great prizes. A daily Lake Poway fishing permit is required and the derby entry fee is \$10.00. Motorboat rentals will be offered at 3:00 pm and are available on a first-come, first-serve basis. To become a sponsor, call (858) 668-4774.

Trout Season Returns to Lake Poway!

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



Old Poway Park



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 grade, and eighth grade. 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.

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 fall 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 for you! Information: (858) 668-4576.



Every Saturday, RAIN or SHINE!
8:00-11:30am at Old Poway Park.
Information: (858) 668-4576.

Rendezvous Educational Tours

On Thursday, September 9 and Friday, September 10 from 9:00 am to 3:00 pm, groups of 20 or more are invited to participate in a one-of-a-kind, interactive, hands-on learning experience. For two special days, the Rendezvous in Poway will host tours designed to coincide with the Poway School District's curriculum and will bring history to life in a fun and educational manner. Advanced registration is required. **Space is limited and bookings are made on a first-come, first-serve basis.** For more information, or to schedule your tour, call (858) 668-4576.



Railroad Movie Under the Stars

Following the Train Song Festival on **Saturday, October 9**, the Annual Railroad Movie Under the Stars will be shown from the beautiful Old Poway Park gazebo. The movie begins at **7:00 pm** and is appropriate for all ages. Popcorn, candy, and hot beverages will be provided for a nominal fee. The feature movie will be announced in September. Bring a blanket or chair, and enjoy a unique experience that only Old Poway Park can offer! Information: (858) 668-4576.



Folk Concerts in the Park

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

Schedule:

Aug 7	Folding Mr. Lincoln	Folk & Americana
Sep 4	Heloise Love	Celtic Music
Oct 23	Brooke Mackintosh	Acoustic Folk
Dec 4	Robin Henkel & Allen Singer	Bi-Coastal Blues



Once Upon A Hallowe'en

The Old Poway Park Action Committee proudly presents Once Upon A Hallowe'en. This **FREE** turn-of-the-twentieth-century, family-friendly event will be hosted on **Sunday, October 31, from 5:00 to 8:00 pm** at Old Poway Park. Enjoy a ride aboard the "haunted" train, the Park's historic steam locomotive; play old-fashioned games in the Nelson House and around the Carriage Turn; and take home a Halloween craft project. Don your best costume and bring your flashlight for the costume parade. Don't forget to bring a noisemaker to scare off any "haunts" remaining in the Park. Information: (858) 668-4576.

Blue Sky Ecological Reserve



Information: www.poway.org/bluesky



photo: Brad Petersen

Location:

Espola Road, 1 mile north of Lake Poway Road

Reserve Hours:

Daily, Sunrise-Sunset

Information:

(858) 668-4781

www.poway.org/bluesky

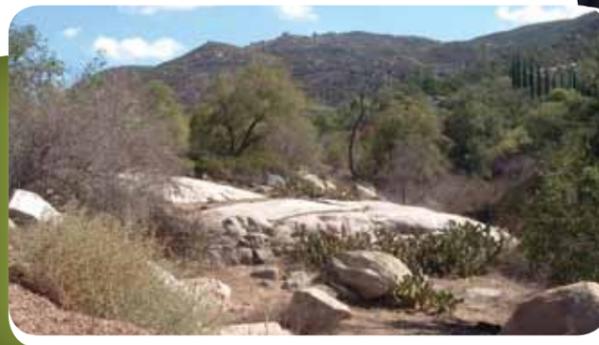
Blue Sky is a 700-acre ecological reserve located on Espola Road, less than one mile north of Lake Poway Rd. Trails are open to the public during daylight hours. The City of Poway manages the Reserve, with support from the non-profit Friends of Blue Sky Canyon and the California Department of Fish and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

Nature Walks

For up-to-date information on dates and times of docent-led nature walks, please visit us online at www.poway.org/bluesky or call the Blue Sky office at (858) 668-4781. A list of our latest Activities Schedule can be obtained in the Community Services Department at City Hall, the 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 naturalists. 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. **\$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. Staff and docents will be available between 8:30 am and 11:00 am to answer questions about the plants and animals found in Blue Sky.

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 SOUTHBOUND HIGHWAY 67 ONLY, half-mile south of Scripps Poway Parkway. All events are free. Information & Reservations: (858) 513-4737 or email Justin.Gibbons@sdcounty.ca.gov.



Kumeyaay-Ipai Interpretive Center



Location:

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

Information:

(858) 668-1292

www.poway.org/kiic

The Kumeyaay-Ipai Interpretive Center is a 5-acre archaeological reserve located off the Ipai Waaypuk Trail (formerly, Silver Lake Road). Free docent-led tours of this unique 1,000-year-old American Indian village are available on **Saturday mornings from 9:00 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.

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.**



Goodan Ranch Fall Activities

Introduction to Geocaching

Sat., September 18 9:00am – 11:00am

Hike and A Story

Saturday, September 25 9:00am – 11:00am

Bike Race with Racer and Chasers

Saturday, October 30 8:00am – 5:00pm

Edible Plants

Saturday, October 23 9:00am – 11:00am

Star Hike

Saturday, November 6 5:00pm – 7:00pm

Scavenger Hunt

Saturday, November 27 9:30am – 11:30am

Poway Library



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

Fall 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

After School Storytime	Mondays, 3:30pm
Video Game Day	1st Tuesday of the month
Drop-In Afternoon Film	3rd Thursday of the month (except November)
Drop-In Afternoon Craft	2nd Tuesday of the month

Fall Into Books Book Clubs

Last Thursday of the month
(except November)

Book discussion
and a snack!

1-2 grades
3:00-3:30pm
3-5 grades
4:00-5:00pm



Info: www.sdcl.org



Fall Teen Programs (6th-12th grade)

September

Date	Time	Event
Tue, Sep 7	4:00 pm	Teen Activity
Tue, Sep 14	4:00 pm	Teen Activity
Thu, Sep 16	4:00 pm	Teen Book Club
Tue, Sep 21	4:00 pm	Teen Activity
Tue, Sep 28	4:00 pm	All Ages Knitting Club

October

Date	Time	Event
Tue, Oct 5,	4:00 pm	Teen Activity
Tue, Oct 12,	4:00 pm	Teen Activity
Tue, Oct 19,	4:00 pm	Teen Read Week Activity
Thu, Oct 21,	4:00 pm	Teen Read Book Club
Tue, Oct 26,	4:00 pm	All Ages Knitting Club
Thu, Oct 28,	4:00 pm	Teen Halloween Party

November

Date	Time	Event
Tue, Nov 2,	4:00 pm	Teen Activity
Tue, Nov 16,	4:00 pm	Teen Activity
Thu, Nov 18,	4:00 pm	Teen Book Club
Tue, Nov 30,	4:00 pm	All Ages Knitting Club

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

Poway Senior Center



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

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

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

At Poway Senior Center we focus on the positive aspects of growing older. You can improve your physical, social, mental, and financial health with our program of classes & services.

We welcome Rancho Bernardo, Carmel Mountain Ranch, Rancho Penasquitos, Sabre Springs, and Poway seniors. Enjoy the many programs and activities scheduled daily in our multi-generational community center.



Special Events at PSC

Afternoon Dances to resume in September! "Come cut a rug!" The last Friday of the month: 1:00pm - 3:00pm. Dance to the music of the Sandy De Vito Quartet. **\$5.00 per person** includes refreshments.

Day Trips
 Leave the driving to us!
 Call Peggy at ext. 309 for more information.

Casino Outings
Holiday Shopping



Events of Interest at PSC...

Wii Sports every 3rd Wed, each month
Ranch, Scrabble - Friday afternoon
Quilting, Needlecrafts, Ceramics
Feeling Fit Aerobics - Mon and Thur Mornings
Defensive Driving program

Information: www.powayseniorcenter.org

Bingo! The best affordable entertainment in Poway! \$60,000 a month in Cash Prizes!

\$500 First Place BINGO TOURNAMENT!

Sunday, August 8, 1:00-5:00pm
 Open to all adults 18 and older. Come have fun and win! All proceeds support the programs and services for seniors in Poway Valley.

Regular Bingo Sessions:
Every Saturday 5:00pm
Every Tuesday 12:30pm



La Bella Bistro

Call to see what's for lunch!
Lunch is served 11:30am-12:30pm Mon-Fri. 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.

We also offer door-to-door transportation to and from the Center for lunch for a requested donation of \$3.00. Call us and find out if your zip code qualifies you for pick up.

Volunteer

We're always looking for volunteers to share a few hours each month. Drivers for Home Delivered meals, Receptionists, Gift shop, Snack bar, and Bingo. Call Mary at ext. 305 to share your time with us.

Poway Center for the Performing Arts



Information: www.PowayCenter.com



POWAY CENTER *for the* PERFORMING ARTS

Get Involved!

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



Location:

15498 Espola Rd, Poway, CA 92064

Hours:

Box Office (New 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. We complete repair and maintenance projects in July/August and our doors reopen for an exciting and entertaining 2010-2011 season in September.

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. Starting July 1, 2010, we'll reduce 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.



2010/2011 PROFESSIONAL PERFORMANCE SEASON

CELEBRATING **TWENTY** YEARS!



Celtic Fiddle Sensations Encore Performance!
Natalie MacMaster & Donnell Leahy
MASTERS OF THE FIDDLE
SATURDAY | NOVEMBER 6 | 8 pm
Adults: \$45

POWAY MUSIC FEST

Chris Hillman & Herb Pedersen
with special guest The Eve Selis Band
SATURDAY | OCTOBER 2 | 8 pm
Adults: \$35

Kennedy Center Theatre
for Young Audiences on Tour



SATURDAY | FEBRUARY 19 | 7 pm
Adults: \$25



SATURDAY | FEBRUARY 26 | 8 pm
Adults: \$42



The Royal Family of the Guitar
THE ROMEROS
SATURDAY | APRIL 2 | 8 pm
Adults: \$42



Underwritten in part by Carol Stensrud



ALFRED HITCHCOCK'S
THE 39 STEPS
Tony® Award Winner for Best New Comedy
SATURDAY | APRIL 16 | 8 pm
Adults: \$55

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

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

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



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)

Thanks to our generous Season Sponsors





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

REGISTRATION

Registration begins **AUG 3** 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 child's participation in the above events/classes 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 from any and all claims, demands, actions or suits arising out of the connection with my child's participation in these events/classes.

Signature _____ Date _____

FOR STAFF ONLY: Entered by: _____

Date: _____