

POWAY Community Services



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

SUMMER 2010

Registration begins **MAY 25**
for Poway Residents & Nonresidents

Old Fashioned Fourth of July

Bring your family and friends to Old Poway Park to celebrate our country's independence "turn-of-the-20th-century-style." This FREE event will take place from 10:00 am to 4:00 pm and will feature patriotic entertainment and displays, mock gunfights and train robbery reenactments, face painting, old-fashioned games, an authentic arts and crafts market, model railroad displays, antique automobiles, and iron working demonstrations. Train rides, pictures with Uncle Sam, picnic lunch, sweet treats, and ice cream will be available at a reasonable price.

Information:
(858) 668-4576.

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



Poway Fireworks Show

The Annual Fourth of July Fireworks Show will be held at the Poway High School stadium. The gates will open to the public at 7:00 pm for entry into an incredible and spectacular display of fireworks, which will start at 9:00 pm. Bleacher and blanket seating will be available inside the stadium. A DeeJay will be spinning tunes before and after the fireworks for all ages to enjoy. The fireworks show may also be viewed from the Lake Poway Recreation Area. If you or your company wish to contribute to the Fireworks Trust Fund, please call (858) 668-4582. No donation is too small. Thank you to our corporate sponsors: Aldila Golf Corp., Benchmark Landscape, Inc., Walter Andersen Nursery, and West Coast General Corp. Bring your family and friends to enjoy this traditional celebration of patriotism in your community.

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

Sam Hinton Folk Festival

Old Poway Park Action Committee member, San Diego Folk Heritage, hosts the Annual Sam Hinton Folk Festival at Old Poway Park, 14134 Midland Road, **Saturday, June 5, from 10:30 a.m. to 5:00 p.m.** This FREE event includes musical performances, storytelling, music workshops, a family country dance, and an open-mic stage. A variety of music styles can be heard including Bluegrass, Olde Time, Irish music, and much more! Schedule of events and Information: (858) 566-4040.

Folk Concerts in the Park

San Diego Folk Heritage is pleased to present two great 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 purchases: (858) 566-4040.



Upcoming Performances:

Sunday, May 23 | Bill Staines
Saturday, July 10 | Joe Rathburn

Youth Day at the Pool!

School's out! Time to start the ultimate recess! What better way to kick-off summer than with a HUGE pool party at the Poway Community Swim Center? Once again, Youth Day promises to be the most exciting pool party of the year. **Come join us on Thursday, June 10.** Pool contests this year will include inner tube races, fish hunts, and the ever-exciting water balloon toss. A DJ will be present all day playing your favorite songs, and what pool party would be complete without the annual BIG SPLASH contest? A hot dog picnic lunch, drinks, and snacks will be provided throughout the day. Youth Day is for children ages 6 through 12. **Six-year olds require a parent to be present. Parents attending are required to pay the daily Pool admission fee, which does not include lunch.**

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

Arch Health Partners
Summer Concert in the Park Series
Information: (858) 668-4771

Some of the best in entertainment and summer fun returns to Lake Poway, Old Poway Park, and Community Park with the Summer Concert in the Park Series. Bring your blanket, chairs, picnic dinner, and have a great time with family and friends. This event is proudly sponsored by Arch Health Partners, a collaboration between Palomar Pomerado Health and

The Centre for Healthcare. The event is co-sponsored by Marrokal Design and Remodeling, Country Montessori School of Poway, and the City of Poway. The concerts are every Sunday, June 20 through August 15, with the exception of the July 4 weekend, from 5:30 to 7:00 pm. Information: (858) 668-4771.

Date	Location	Performer	Musical Style
June 20	Lake Poway	HELP!	Beatles Tribute Band
June 27	Old Poway Park	The Mark Jackson Band	Country Western
July 11	Lake Poway	Swamp Critters	Cajun/Zydeco & New Orleans Jazz
July 18	Old Poway Park	Hill & Safier	Folk Rock
July 25	Lake Poway	The Corvettes	Doo Wop & Motown
August 1	Old Poway Park	Pomerado Community Band	Orchestra
August 8	Lake Poway	Three-Chord Justice	Country, Blues & Rock
August 15	Community Park	Samz Jam	Classic Rock

What are your kids going to do this summer?

They can just lie around and hang out with old friends, or they can go to camp and make memories that could last a lifetime! Summer camps provide an amazing opportunity to help your child grow! Camp promotes your child's development by providing fun, friendship, and leadership in a supportive place away from home.

Camp is a healthy escape from the pressures of school and everyday life. It's a fun change of pace! Camp can help kids become the person they want to be by having new experiences, increasing social skills, and developing confidence!

What memory will you help your child create this summer??



Class Icons:

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



Heart Healthy



Safety



New Class



Music



Learning



Nature



Performing Arts



Arts & Crafts



Family Activity



Dance



Sports



Just for Fun



Skate Park

Summer Camps

Lake Poway Day Camp

Ages 6-12

(Children who are under the age of 6 but who have completed kindergarten can enroll in camp)

Lake Poway Day Camp is the perfect place for summer fun for children ages 6 to 12, and those under age six who have completed kindergarten. Each week campers have the opportunity to go swimming, hiking, boating, fishing, create arts and crafts projects, play creative group games, participate in the exciting field trips listed below,* and explore the outdoors! The camps, offered in eight, one-week sessions, give campers the chance to make new friends, learn valuable skills, and create lifelong memories. Lake Poway Day Camp is held at Poway Community Park on Mondays and Tuesdays and at Lake Poway on Wednesdays, Thursdays, and Fridays. Extended care is available free of charge from 4:00pm to 5:30pm

				RES/NON
2934.100	M-F 8:00am-4:00pm	Jun 21-Jun 25	La Jolla Shores Beach	\$125/\$135
2934.101	M-F 8:00am-4:00pm	Jun 28-Jul 2	Padres Baseball Game	\$125/\$135
2934.102	T-F 8:00am-4:00pm	Jul 6-Jul 9	La Jolla Shores Beach	\$100/\$110
2934.103	M-F 8:00am-4:00pm	Jul 12-Jul 16	Escondido Children's Museum	\$125/\$135
2934.104	M-F 8:00am-4:00pm	Jul 19-Jul 23	Julian Mining Company	\$125/\$135
2934.105	M-F 8:00am-4:00pm	Jul 26-Jul 30	Wave Water Park	\$125/\$135
2934.106	M-F 8:00am-4:00pm	Aug 2-Aug 6	Reuben H. Fleet Science Center	\$125/\$135
2934.107	M-F 8:00am-4:00pm	Aug 9-Aug 13	La Jolla Shores Beach	\$125/\$135

*Field trips are subject to change without notice.



Counselor in Training (CIT) Program

Ages 13-17

Lake Poway Day Camp offers a Counselor-in-Training program for teens ages 13 to 17 from June 21 through August 13, in eight, one-week sessions. Each week counselor-in-training participants assist day camp groups as they go swimming, hiking, boating, fishing, create arts and crafts projects, play creative group games, participate in exciting field trips, and explore the outdoors! The counselor-in-training program provides teens with the opportunity to make new friends, develop leadership and communication skills, participate in outdoor adventures, and have fun! Lake Poway Day Camp is held at Poway Community Park on Mondays and Tuesdays, and at Lake Poway on Wednesdays, Thursdays, and Fridays. Extended care is available free of charge from 4:00pm to 5:30pm.



				RES/NON
2935.100	M-F 8:00am-4:00pm	Jun 21-Jun 25	La Jolla Shores Beach	\$52/\$62
2935.101	M-F 8:00am-4:00pm	Jun 28-Jul 2	Padres Baseball Game	\$52/\$62
2935.102	T-F 8:00am-4:00pm	Jul 6-Jul 9	La Jolla Shores Beach	\$42/\$52
2935.103	M-F 8:00am-4:00pm	Jul 12-Jul 16	Escondido Children's Museum	\$52/\$62
2935.104	M-F 8:00am-4:00pm	Jul 19-Jul 23	Julian Mining Company	\$52/\$62
2935.105	M-F 8:00am-4:00pm	Jul 26-Jul 30	Wave Water Park	\$52/\$62
2935.106	M-F 8:00am-4:00pm	Aug 2-Aug 6	Reuben H. Fleet Science Center	\$52/\$62
2935.107	M-F 8:00am-4:00pm	Aug 9-Aug 13	La Jolla Shores Beach	\$52/\$62

Creative Arts Camps

Mad Science All Stars | Ages 5-10

Learn about famous scientists and inventors and follow in their footsteps as we equip you with the science skills needed to rise to the top. Together with your teammates, you will build super structures, create a volcanic eruption, and examine rocks formed from volcanic magma. Soar high above as you build a kite and glider and experiment with lift, aerodynamics, and air pressure. Discover the secret behind the stars and make a star chart. **Materials fee: \$30.** Instructor: Mad Science of San Diego.

			RES/NON
6182.112	M-F 1:00-4:00pm	Jun 14-18	\$105/\$115
6182.113	M-F 9:00am-12:00pm	Jul 12-16	\$105/\$115

Mad Science NASA Space Academy | Ages 6-11

This is your chance to be a rocket scientist! Explore the science involved in rocket construction as you build and launch your own rocket. Use teamwork to complete an important space mission and build a model space station. Explore the farthest reaches of our solar system and create a lunar eclipse in our Mad Science planetary tour. This stellar camp is your ticket to the stars as you journey through the galaxy. **Materials fee: \$45.** Instructor: Mad Science of San Diego.

			RES/NON
6182.114	M-F 9:00am-12:00pm	Jul 5-9	\$105/\$115
6182.115	M-F 9:00am-12:00pm	Jul 19-23	\$105/\$115

Mad Science Robots and Reactions | Ages 8-12

Discover the incredible things that robots can do. Learn about infrared sensors as you build your very own Infrared Stingray Robot that glides across surfaces and reacts to objects in its path. Experiment with robotic arms and infrared robots. Work with simple machines that can lift objects and launch them into the air. Learn the basics of chemistry and be amazed by radical reactions. **Materials fee: \$45.** Instructor: Mad Science of San Diego.

			RES/NON
6182.119	M-F 1:00-4:00pm	Jul 19-23	\$105/\$115

Mad Science Jr. Detective Camp | Ages 7-12

Become a Mad Science Jr. Detective and take a fascinating journey into the world of detection, forensics, and classified information. Learn code language, go undercover and decode messages from other agents using your top-secret clearance. Use special spyglasses to help learn about surveillance and the important role it plays in security. Investigate a pretend crime scene and sift through clues to crack the case. **Materials fee: \$30.** Instructor: Mad Science of San Diego.

			RES/NON
6182.117	M-F 1:00-4:00pm	Jun 21-25	\$105/\$115
6182.118	M-F 9:00am-12:00pm	Jul 26-30	\$105/\$115



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

Shake up a flask of fun in the lab and become a junior chemist! Learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results. Check out the colors of chemistry with the power of pH paper and create a stopper-popping reaction. Probe the properties of light and discover some unusual applications of glow-in-the-dark technology. **Materials fee: \$30.** Instructor: Mad Science of San Diego.

			RES/NON
6182.121	M-F 1:00-4:00pm	Jul 12-16	\$105/\$115
6182.122	M-F 1:00-4:00pm	Jul 26-30	\$105/\$115



Art Start 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 with different projects every week. You will load up your sketchbook (provided) with fabulous drawings, create a mask cast from your own face, tie dye a tee 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. Snack will be provided. Bring a washed cotton T-shirt to the first class. Sign up for a half- or full-day camp. All full-day campers should bring a sack lunch each day. **Materials fee: \$40/half-day camps, \$60/full-day camps.** Classes held at Old Poway Park, Porter House Great Room. Instructor: Susan Bainbridge.

Ages 7-14 Years – Half-Day			RES/NON
6182.100	M-F 9:00am-12:00pm	Jul 12-Jul 16	\$105/\$115
6182.101	M-F 9:00am-12:00pm	Jul 19-Jul 23	\$105/\$115
6182.102	M-F 9:00am-12:00pm	Jul 26-Jul 30	\$105/\$115
6182.103	M-F 9:00am-12:00pm	Aug 2-Aug 6	\$105/\$115
6182.104	M-F 9:00am-12:00pm	Aug 9-Aug 13	\$105/\$115
6182.105	M-F 9:00am-12:00pm	Aug 16-Aug 20	\$105/\$115
Ages 8-14 Years – Full Day			RES/NON
6182.106	M-F 9:00am-3:30pm	Jul 12-Jul 16	\$175/\$185
6182.107	M-F 9:00am-3:30pm	Jul 19-Jul 23	\$175/\$185
6182.108	M-F 9:00am-3:30pm	Jul 26-Jul 30	\$175/\$185
6182.109	M-F 9:00am-3:30pm	Aug 2-Aug 6	\$175/\$185
6182.110	M-F 9:00am-3:30pm	Aug 9-Aug 13	\$175/\$185
6182.111	M-F 9:00am-3:30pm	Aug 16-Aug 20	\$175/\$185

Children's Camps



Discovery Time Summer Camps | Ages 3 1/2-6

Join the fun this summer at Discovery Time Summer Camps! Arts, crafts, story time, imaginary play, and learning games are all incorporated into these fun-filled weeks that revolve around a central theme. Children need to bring a lunch daily and be toilet trained. **Materials fee: \$10.** Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan.

4011.125	M-F 9:00am-12:00pm	Jun 14-Jun 18	By The Sea	RES/NON
4011.126	M-F 9:00am-12:00pm	Jun 21-Jun 25	Dinosaurs Roar	\$70/\$80
4011.127	M-F 9:00am-12:00pm	Jun 28-Jul 2	Red, White, & Blue	\$70/\$80
4011.128	M-F 9:00am-12:00pm	Jul 12-Jul 16	Critters that Swim	\$70/\$80
4011.129	M-F 9:00am-12:00pm	Jul 19-Jul 23	Garden Fun	\$70/\$80
4011.130	M-F 9:00am-12:00pm	Jul 26-Jul 30	Bugs & Bees	\$70/\$80
4011.131	M-F 9:00am-12:00pm	Aug 2-Aug 6	Cooks in the Kitchen	\$70/\$80
4011.132	M-F 9:00am-12:00pm	Aug 9-Aug 13	A is for Apples	\$70/\$80
4011.133	M-F 9:00am-12:00pm	Aug 16-Aug 20	Critters that Fly	\$70/\$80



RES/NON	
\$70/\$80	By The Sea
\$70/\$80	Dinosaurs Roar
\$70/\$80	Red, White, & Blue
\$70/\$80	Critters that Swim
\$70/\$80	Garden Fun
\$70/\$80	Bugs & Bees
\$70/\$80	Cooks in the Kitchen
\$70/\$80	A is for Apples
\$70/\$80	Critters that Fly

Sports Camps

Tennis Camp | Ages 13-16

This camp will consist of court etiquette, scoring system, footwork drills, forehand and backhand groundstroke drills, volley drills, serving drills, games, singles and doubles strategy, court positioning, and conditioning. These techniques are designed to form a well-rounded tennis enthusiast with enhanced abilities. Snacks will be provided each day. **Materials fee \$5.** Instructor: Art Christophiades.

2443.100	M-F 9:00am-11:30am	Jun 21-Jun 25	RES/NON
2443.101	M-F 9:00am-11:30am	Jun 28-Jul 2	\$70/\$80
2443.102	M-F 9:00am-11:30am	Jul 12-Jul 16	\$70/\$80
2443.103	M-F 9:00am-11:30am	Jul 19-Jul 23	\$70/\$80
2443.104	M-F 9:00am-11:30am	Jul 26-Jul 30	\$70/\$80



Middle School Girls Basketball | Ages 11-14

Girls will learn fundamentals and techniques necessary to be on track for successful play at the next level. Beginning players who are inexperienced, but willing to learn are also encouraged to attend. Participants need to be entering 6th through 8th grade in order to enroll. Classes held at Twin Peaks Multipurpose Center. Instructor: Jay Trousdale.

2443.105	M-F 12:30-3:00pm	Jun 28-Jul 2	RES/NON
			\$125/\$135

Intermediate Girls Basketball | Ages 13-16

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

2443.106	M-Th 2:30-4:30pm	Jun 14-Jun 24	RES/NON
			\$125/\$135

Advanced Girls Basketball | Ages 15-18

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

2443.107	M-Th 12:30-2:30pm	Jun 14-Jun 24	RES/NON
			\$125/\$135

Archery Camps | Ages 7+

An exciting first step into Archery that teaches beginning Archery Shooting fundamentals. The class includes five shooting sessions in one week. This course is designed to allow both the new and experienced Archer to develop a higher level of skills, while enjoying a week of fun including special Archery activities. A certified coach will teach the fundamentals and assist each Archery student to become proficient in the sport. At the end of the week, a fun, mini-tournament will be held, with ribbons to all participants. All equipment will be supplied. Students are asked not to bring their own equipment for use in the class. **Parents who wish to register with their children must call (858) 668-4774 for enrollment. Material fee: \$15.** Classes held at Lake Poway Archery Range, 14644 Lake Poway Road. Instructor: Jim Velazquez.

2443.110	Mon 9:00-11:00am	Jul 5	RES/NON
	T-F 9:00-10:00am	Jul 6-Jul 9	\$75/\$85
2443.111	Mon 9:00-11:00am	Jul 19	\$75/\$85
	T-F 9:00-10:00am	Jul 20-Jul 23	
2443.112	Mon 9:00-11:00am	Jul 26	\$75/\$85
	T-F 9:00-10:00am	Jul 27-Jul 30	
2443.113	Mon 9:00-11:00am	Aug 2	\$75/\$85
	T-F 9:00-10:00am	Aug 3- Aug 6	



Dance | Children



Dance for Children | 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 experience the joys of movement and creative expression, and come away equipped with skills valued for a lifetime. This ongoing program is designed to increase in difficulty with continued enrollment, and is a great "pre-class" to Tap & Ballet for young children. Come join the fun! **Wear**



dance attire/comfortable clothing and ballet slippers or bare feet. Participants who continue classes through the school year can participate in our full-scale dance recital at the Poway Performing Arts Center in June 2011! Classes held at Poway Community Park, Auditorium. Instructor: Debbora Childress.

5111.100	Thu 10:00-10:45am	Jul 22-Aug 19	RES/NON
			\$60/\$70

Tap & Dance Summer Workshop Series | Ages 3-12

This fun-filled, action-packed, dynamic tap workshop will offer a new dance experience each week! Combination classes will include Tap & Ballet; Tap & Tumbling; Tap & Jazz; Tap & Creative Dance; and more! Come join the fun! The summer session is a great time for new students to begin and for continuing students to enjoy a variety of dance activities. **Tap and Ballet shoes, and dance attire are required.** Students who continue Tap & Ballet classes through the school year can participate in our full-scale dance recital at the Poway Performing Arts Center in June 2011! Classes held at Poway Community Park, Auditorium. Instructor: Debbora Childress.

Ages 3-5			RES/NON
5111.101	Thu 11:00am-12:00pm	Jul 22-Aug 19	\$60/\$70
Ages 6-8			
5111.102	Thu 2:00-3:00pm	Jul 22-Aug 19	\$60/\$70
Ages 9-12			
5111.103	Thu 3:00-4:00pm	Jul 22-Aug 19	\$60/\$70



Information: www.poway.org/classes

Jazz Dance for Kids | Ages 7-17

Come learn basic through intermediate jazz dance technique in a positive, fun-filled, musical environment! Participants who continue classes through the school year can participate in our full-scale dance recital at the Poway Performing Arts Center in June 2011! **Wear dance attire and black jazz shoes.** Classes held at Poway Community Park, Auditorium. Instructor: Kellie Childress-Nichols.

Ages 7-11 Beginner			RES/NON
5121.100	Tue 2:00-2:45pm	Jul 20-Aug 17	\$60/\$70
Ages 12-17 Beginner/Intermediate			
5121.101	Tue 2:45-3:30pm	Jul 20-Aug 17	\$60/\$70

Ballet Adventure "Camp" | Ages 3-8

Introduce your child to the art of classical ballet in this fun and creative way! Children will learn basic ballet technique, rhythm, and coordination while using their imaginations! This program is designed to increase in difficulty with continued enrollment, and is a great stepping stone to the Pre-Ballet and Beginning Ballet classes. **Wear dance attire (feel free to dress up!) and ballet shoes.** Classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress-Nichols.

Ages 3-4 Pre-Ballet			RES/NON
5121.102	Sat 9:00-9:45am	Jul 24-Aug 21	\$60/\$70
5121.103	Sat 10:00-10:45am	Jul 24-Aug 21	\$60/\$70
Ages 5-8 Beginning Ballet			
5121.104	Sat 11:00-11:45am	Jul 24-Aug 21	\$60/\$70

Sports | Teens & Adults

Open Play Sports | All Ages

Twin Peaks Multipurpose Center will have free open gym times during the months of **June, July, and August**. Twin Peaks Multipurpose Center is located at 14640 Tierra Bonita Road, adjacent to the Twin Peaks Middle School. Staff can be reached at Twin Peaks during open play times by calling (858) 668-4599.

FRIDAYS



Open Badminton
6:00-9:00pm

SATURDAYS



Open Basketball
8:30am-12:00pm

Open Badminton
6:00-9:00pm

SUNDAYS



Open Basketball
8:30am-12:00pm

Open Volleyball
6:00-9:00pm

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. Each evening consists of league play and instruction. NOTE: Prerequisite for advanced play is strong command of basic skills and experience in competitive play. League placement determined by instructor. **Materials fee: \$2**. Classes held at Twin Peaks Multipurpose Center. Instructor: Dick Leatherman.

			RES/NON
Intermediate Men's			
1247.100	Thu 6:30-9:30pm	Jul 8-Sep 2	\$57/\$67
Intermediate Women's			
1247.101	Thu 6:30-9:30pm	Jul 8-Sep 2	\$57/\$67
Advanced Men's			
1247.102	Tue 6:30-9:30pm	Jul 6-Aug 31	\$57/\$67
Advanced Women's			
1247.103	Tue 6:30-9:30pm	Jul 6-Aug 31	\$57/\$67



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. No class July 3.**

			RES/NON
3013.100	Sat 9:00-10:00am	Jun 26-Jul 24	\$40/\$50
3013.101	Sat 9:00-10:00am	Jul 31-Aug 28	\$40/\$50

Tae Kwon Do | Ages 18+

This class is designed to help you develop more strength, coordination, speed, endurance, 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: Master Joe Wolpert.

			RES/NON
1247.104	MWF 7:00-8:00pm	Jun 21-Sep 3	\$70/\$80

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: Master Joe Wolpert.



			RES/NON
1247.106	Thu 6:00-7:30pm	Jun 24	\$10/\$20

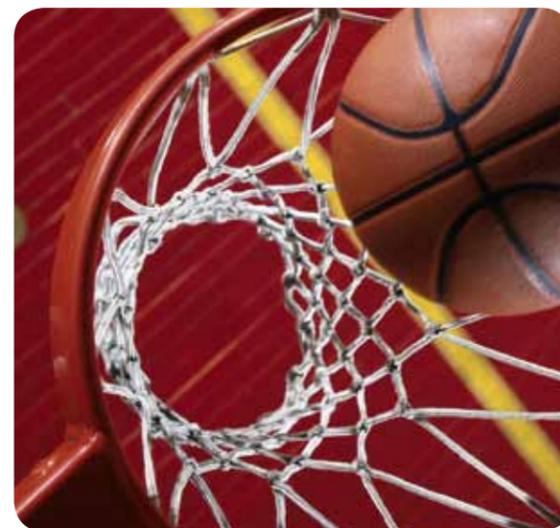
Children's Activities

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. 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
4011.106	MWF 9:00am-12:00pm	Aug 23-Sep 10	\$150/\$160



3-on-3 Basketball League | Ages 18+

Teams can have up to four persons on their roster and there is free substitution during games. The teams play half-court, best two out-of-three games to 21 points. Season ends with a tournament with winners receiving championship shirts. Captains must register team by completing a registration form. All players must sign roster before the team's first game. Games are played at Meadowbrook Gymnasium.

			RES/NON
1247.105	Wed 6:30-9:30pm	Jun 23-Sep 8	\$68/Team

Information: www.poway.org/classes

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, singles and doubles strategy, scoring system, and court etiquette. **Materials fee: \$5. No class July 3.**

			RES/NON
3013.102	T/Th 4:00-5:00pm	Jun 22-Jul 22	\$65/\$75
3013.103	Sat 10:00-11:00am	Jun 26-Jul 24	\$45/\$55
3013.104	T/Th 4:00-5:00pm	Jul 27-Aug 26	\$65/\$75
3013.105	Sat 10:00-11:00am	Jul 31-Aug 28	\$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, angle volleys and conventional volleys, topspin and slice serves, and a good overhead smash. The class will include a good first serve, slice, and topspin second serve. Group instruction will include singles and doubles play, scoring system, footwork drills, light competitive games and court etiquette. **Materials fee: \$5. No class July 3.**

			RES/NON
3013.106	T/Th 5:00-6:00pm	Jun 22-Jul 22	\$65/\$75
3013.107	Sat 11:00am-12:00pm	Jun 26-Jul 24	\$40/\$50
3013.108	T/Th 5:00-6:00pm	Jul 27-Aug 26	\$65/\$75
3013.109	Sat 11:00am-12:00pm	Jul 31-Aug 28	\$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 tournament play and high school teams. Advanced class placement determined by instructor. **Materials fee: \$5.**

			RES/NON
3013.110	MW 4:00-6:00pm	Jun 21-Jul 21	\$80/\$90
3013.111	MW 4:00-6:00pm	Jul 26-Aug 25	\$80/\$90

Advanced Beginner/Intermediate Adult | Ages 18+

This class will encompass a variety of fundamentals of forehand and backhand groundstrokes, volleys, approach shots, and serves (flat, slice, topspin). Approach shots, return of serve, and a good overhead smash will be covered. Footwork drills, scoring system, court strategy, stroke production consistency, singles and doubles strategy, and court etiquette will be covered. Fun and enjoyment will be emphasized. **Materials fee: \$5. No class July 3.**

			RES/NON
3013.112	T/Th 6:00-7:00pm	Jun 29-Aug 5	\$50/\$60
3013.113	Sat 12:00-1:00pm	Jun 26-Aug 7	\$40/\$50



Sports | Youth



Information: www.poway.org/classes

Tae Kwon Do | Ages 6-17

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: Master Joe Wolpert. Information: www.powayoms.com.



Ages 6-13			RES/NON
2091.110	MWF 6:00-7:00pm	Jun 21-Sep 3	\$70/\$80
Ages 14-17			
2091.111	MWF 7:00-8:00pm	Jun 21-Sep 3	\$70/\$80

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. Classes held at Twin Peaks Multipurpose Center. **No class July 5.**

Ages 9-11			RES/NON
2091.112	Mon 5:30-6:30pm	Jun 21-Aug 16	\$25/\$35
Ages 12-14			
2091.113	Mon 6:30-7:30pm	Jun 21-Aug 16	\$25/\$35

Health & Wellness



Information: 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.

			RES/NON
5417.101	Thu 6:30-8:00pm	Jun 17-Sep 9	\$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 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.

			RES/NON
5417.102	Tue 7:00-8:00pm	Jun 15-Jun 29	\$27/\$37
5417.103	Tue 7:00-8:00pm	Jul 13-Jul 27	\$27/\$37

Zumba for Women | Ages 16+

It is Ladies Time Out! 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 Breathe Fitness for Women, 13864 Poway Road. Information: (858) 204-7461. Instructor: Emma Sarmiento.

			RES/NON
5417.107	Thu 8:15-9:00am	Jul 1-Jul 29	\$45/\$55
5417.108	Thu 7:15-8:00pm	Jul 1-Jul 29	\$45/\$55



Island Rhythms | Ages 16+

This fitness class is a fun core workout set to the rhythm of the islands guaranteed to bring a smile to your face. The drumbeats and music will take you to the islands afar as you burn calories while flattening your abs and strengthening your back, arms, and legs. Shoes are okay but to get the island feel and stay true to form, barefoot is better. Bring a sarong (aka lava-lava, pareo, or if you do not have one, they can be purchased the first day of class). Bring water and a workout towel. Class held at Poway Community Park Auditorium. Instructor: Emma Sarmiento.

			RES/NON
5417.110	Tue 6:15-7:00pm	Jun 15-Jun 29	\$27/\$37
5417.111	Tue 6:15-7:00pm	Jul 13-Jul 27	\$27/\$37

Latin Social Dance * | Ages 16+

This exciting class will allow students to learn the basics of Salsa, Merengue, Bachata, Cumbia, and Cha Cha. Come prepared to have fun, exercise, and dance the Latin music out of you! Wear comfortable clothing, shoes with support and bring a workout towel. Classes held at Poway Community Park, Auditorium. Instructor: Marcos Sotelo.

			RES/NON
5417.115	Wed 6:15-7:15pm	Jun 16-Jul 14	\$45/\$55
5417.116	Wed 6:15-7:15pm	Jul 21-Aug 18	\$45/\$55

Special Interest



Information: www.poway.org/classes

Digital Photography: From Snapshot to Creativity * | Ages 16+

This class will demystify digital photography and the camera modes so you can get more predictable results and work more creatively and expressively. Class participants will discuss and practice composition, leading lines, shallow-focus, fill-flash, and more. In Old Poway Park we'll work on portraits, landscapes, small group photos and architectural abstractions. Classes held at Old Poway Park in the Porter House. Instructor: Kurt Lightfoot, Déjà vu Photo Services.



			RES/NON
6182.125	Thu 6:00-8:00pm	Jun 17-Jul 15	\$70/\$80

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

Basic Class			RES/NON
7617.100	Sat 9:00am-12:30pm	Jun 19-Jun 26	\$45/\$55
CPR Certification (Must be registered in Babysitter's Training)			
7617.101	Sat 12:30-3:00pm	Jun 26	\$20/\$30

Dog/Puppy Obedience | Ages 18+

Puppy Kindergarten lays the groundwork for a well-behaved adult dog and provides an opportunity for appropriate socialization with other puppies. **Basic Obedience** teaches your dog to walk without pulling, come, sit, down, heel, and stay. **Intermediate** earns your dog an AKC Canine Good Citizen certification. **Advanced** 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 the first class. Classes held rain or shine. Tuesday classes: Old Poway Park. Wednesday classes: Poway Dog Park (Pen 2). Saturday classes: Garden Road Park. Puppy Kindergarten location: call (858) 735-8318. **Materials fee: \$20.** Instructor: Good Dog Training School.

			RES/NON
Puppy Kindergarten – 8 to 12 weeks			
9019.108	Sat 12:00-1:00pm	Jun 19-Jul 10	\$75/\$85
9019.109	Sat 12:00-1:00pm	Aug 7-Aug 28	\$75/\$85
Basic Obedience – 12 weeks to Adult			
9019.100	Tue 6:30-7:30pm	Jun 15-Jul 20	\$90/\$100
9019.101	Sat 9:30-10:30am	Jun 19-Jul 24	\$90/\$100
9019.102	Tue 6:30-7:30pm	Aug 3-Sep 7	\$90/\$100
9019.103	Sat 9:30-10:30am	Aug 7-Sep 11	\$90/\$100
Intermediate – 6 months to Adult (Must have taken Introductory course or have knowledge of basic commands)			
9019.104	Sat 10:30-11:30am	Jun 19-Jul 24	\$90/\$100
9019.105	Sat 10:30-11:30am	Aug 7-Sep 11	\$90/\$100
Advanced – 12 months to Adult (Must have knowledge of all basic commands)			
9019.106	Wed 6:30-7:30pm	Jun 16-Jul 21	\$90/\$100
9019.107	Wed 6:30-7:30pm	Aug 4-Sep 8	\$90/\$100

Special Needs



Bowling | Ages 16+

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 collected at the bowling alley each week.** Classes held at Poway Fun Bowl. Instructor: Sarah D'Agostino.



			RES/NON
9397.100	Fri 1:30-3:30pm	Jun 18-Sep 10	\$40/\$50

Exceptional Art | Ages 13+

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. Participants should be dressed appropriately or bring a smock to class. **Materials fee: \$25.** Classes will be held at Poway Community Park Auditorium. Instructor: Sarah D'Agostino

			RES/NON
9397.101	Wed 4:00-6:00pm	Jun 16-Sep 8	\$45/\$55

Poway Swim Center



Information: 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 year-round swimming. 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 residents rate.



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 <17)	\$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 (Ages <17)	\$73/\$105
Seniors (Ages 60+)	\$73/\$105
Family	\$157/\$256

Yearly Pass Rates	RES/NON
Adults (Ages 18+)	\$225/\$355
Youth (Ages <17)	\$183/\$261
Seniors (Ages 60+)	\$183/\$261
Family	\$392/\$643



Hours:

Spring (Apr 5-June 11, 2010)	Hours
Monday/Wednesday/Friday	10:30am-7:30pm
Tuesday/Thursday	8:00am-7:30pm
Saturday/Sunday	10:30am-5:00pm

Summer (June 12- Aug 31, 2010)	Hours
Monday/Wednesday/Friday	1:00-5:45pm
Tuesday/Thursday	1:00-8:00pm
Saturday/Sunday	1:00-7:00pm

Long Course (offered through May 27, 2010)	Hours
Tuesday/Thursday	8:00am-1:30pm

Pool Closed	Hours
June 10	All day, Youth Day
July 31	5:00-7:00pm, Movie Night

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. Pull buoys and kick boards are available for use.

Monday/Wednesday	9:15am-8:00pm (25-yard short course)
Tuesday/Thursday	9:15am-7:00pm (25-yard short course)
Friday	11:00am-8:00pm (25-yard short course)
Saturday/Sunday	10:30am-7:00pm (25-yard short course)

Family Swim
Family swim is a time that has been set-aside for families to come to the pool and take advantage of the extra fun things that make a pool enjoyable. Toys, rafts, fins, masks, snorkels, and inner tubes are allowed, but not provided by the pool. Parents must accompany children while at the pool during family swim time.

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

Swim Lessons



Swim Lesson Assessment | All Ages

Thinking of enrolling yourself or members of your family in swim lessons? Make an appointment to have a swim lesson assessment with one of our instructors. This service is free of charge and highly recommended for determining the appropriate placement level for participants. Information/Availability: (858) 668-4680.

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 or survive in the water. Parents must accompany their children in the pool.

Class	Days	Time	Dates	RES/NON
0020.100	M-Th	12:00-12:30pm	Jun 14-Jun 17	\$26/\$36
0020.101	M-Th	12:00-12:30pm	Jun 28-Jul 1	\$26/\$36
0020.102	M-Th	12:00-12:30pm	Jul 12-Jul 15	\$26/\$36
0020.103	M-Th	12:00-12:30pm	Jul 26-Jul 29	\$26/\$36

Class	Days	Time	Dates	RES/NON
0020.120	MWF	5:45-6:15pm	Jun 14-Jun 25	\$39/\$49
0020.121	MWF	5:45-6:15pm	Jul 5-Jul 16	\$39/\$49
0020.122	MWF	5:45-6:15pm	Jul 26-Aug 6	\$39/\$49

Pre-Grunion | Ages 2-3

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

Class	Days	Time	Dates	RES/NON
0030.110	M-F/M-Th	10:10-10:50am	Jun 14-Jun 24	\$59/\$69
0030.111	M-F/M-Th	10:10-10:50am	Jun 28-Jul 8	\$59/\$69
0030.112	M-F/M-Th	10:10-10:50am	Jul 12-Jul 22	\$59/\$69
0030.113	M-F/M-Th	10:10-10:50am	Jul 26-Aug 5	\$59/\$69

Class	Days	Time	Dates	RES/NON
0030.120	MWF	6:30-7:10pm	Jun 14-Jul 2	\$59/\$69
0030.121	MWF	6:30-7:10pm	Jul 5-Jul 23	\$59/\$69
0030.122	MWF	6:30-7:10pm	Jul 26-Aug 13	\$59/\$69

Grunion 1 | Ages 3-5

An introduction to American Red Cross Level 1, this class is designed for children with limited or no swimming experience. Skills include submergence underwater, front and back floats, kicking on front and back, and beginning swim stroke.

Class	Days	Time	Dates	RES/NON
0121.100	M-F/M-Th	8:30-9:10am	Jun 14-Jun 24	\$59/\$69
0121.101	M-F/M-Th	9:20-10:00am	Jun 14-Jun 24	\$59/\$69
0121.102	M-F/M-Th	11:00-11:40am	Jun 14-Jun 24	\$59/\$69
0121.103	M-F/M-Th	8:30-9:10am	Jun 28-Jul 8	\$59/\$69
0121.104	M-F/M-Th	9:20-10:00am	Jun 28-Jul 8	\$59/\$69
0121.105	M-F/M-Th	11:00-11:40am	Jun 28-Jul 8	\$59/\$69
0121.106	M-F/M-Th	8:30-9:10am	Jul 12-Jul 22	\$59/\$69
0121.107	M-F/M-Th	9:20-10:00am	Jul 12-Jul 22	\$59/\$69
0121.108	M-F/M-Th	11:00-11:40am	Jul 12-Jul 22	\$59/\$69
0121.109	M-F/M-Th	8:30-9:10am	Jul 26-Aug 5	\$59/\$69
0121.110	M-F/M-Th	9:20-10:00am	Jul 26-Aug 5	\$59/\$69
0121.111	M-F/M-Th	11:00-11:40am	Jul 26-Aug 5	\$59/\$69

Class	Days	Time	Dates	RES/NON
0121.120	MWF	5:45-6:25pm	Jun 14-Jul 2	\$59/\$69
0121.121	MWF	6:30-7:10pm	Jun 14-Jul 2	\$59/\$69
0121.122	MWF	5:45-6:25pm	Jul 5-Jul 23	\$59/\$69
0121.123	MWF	6:30-7:10pm	Jul 5-Jul 23	\$59/\$69
0121.124	MWF	5:45-6:25pm	Jul 26-Aug 13	\$59/\$69
0121.125	MWF	6:30-7:10pm	Jul 26-Aug 13	\$59/\$69

Grunion 2 | Ages 3-6

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

Class	Days	Time	Dates	RES/NON
0122.100	M-F/M-Th	8:30-9:10am	Jun 14-Jun 24	\$59/\$69
0122.101	M-F/M-Th	9:20-10:00am	Jun 14-Jun 24	\$59/\$69
0122.102	M-F/M-Th	11:00-11:40am	Jun 14-Jun 24	\$59/\$69
0122.103	M-F/M-Th	8:30-9:10am	Jun 28-Jul 8	\$59/\$69
0122.104	M-F/M-Th	9:20-10:00am	Jun 28-Jul 8	\$59/\$69
0122.105	M-F/M-Th	11:00-11:40am	Jun 28-Jul 8	\$59/\$69
0122.106	M-F/M-Th	8:30-9:10am	Jul 12-Jul 22	\$59/\$69
0122.107	M-F/M-Th	9:20-10:00am	Jul 12-Jul 22	\$59/\$69
0122.108	M-F/M-Th	11:00-11:40am	Jul 12-Jul 22	\$59/\$69
0122.109	M-F/M-Th	8:30-9:10am	Jul 26-Aug 5	\$59/\$69
0122.110	M-F/M-Th	9:20-10:00am	Jul 26-Aug 5	\$59/\$69
0122.111	M-F/M-Th	11:00-11:40am	Jul 26-Aug 5	\$59/\$69

Class	Days	Time	Dates	RES/NON
0122.120	MWF	5:45-6:25pm	Jun 14-Jul 2	\$59/\$69
0122.121	MWF	5:45-6:25pm	Jul 5-Jul 23	\$59/\$69
0122.122	MWF	5:45-6:25pm	Jul 26-Aug 13	\$59/\$69

Grunion 3 | Ages 3-6

An introduction to American Red Cross Level 2, this class is designed for swimmers who are able to float, kick, and swim a few strokes of front crawl on their own. Emphasis is placed on reinforcing front crawl, creating self-proficiency of back crawl, and introducing elementary backstroke. Students should feel comfortable in at least 4 feet of water.

Class	Days	Time	Dates	RES/NON
0123.100	M-F/M-Th	8:30-9:10am	Jun 14-24	\$59/\$69
0123.101	M-F/M-Th	10:10-10:50am	Jun 14-24	\$59/\$69
0123.102	M-F/M-Th	8:30-9:10am	Jun 28-Jul 8	\$59/\$69
0123.103	M-F/M-Th	10:10-10:50am	Jun 28-Jul 8	\$59/\$69
0123.104	M-F/M-Th	8:30-9:10am	Jul 12-22	\$59/\$69
0123.105	M-F/M-Th	10:10-10:50am	Jul 12-22	\$59/\$69
0123.106	M-F/M-Th	8:30-9:10am	Jul 26-Aug 5	\$59/\$69
0123.107	M-F/M-Th	10:10-10:50am	Jul 26-Aug 5	\$59/\$69

Class	Days	Time	Dates	RES/NON
0123.120	MWF	6:30-7:10pm	Jun 14-Jul 2	\$59/\$69
0123.121	MWF	7:15-7:55pm	Jun 14-Jul 2	\$59/\$69
0123.122	MWF	6:30-7:10pm	Jul 5-23	\$59/\$69
0123.123	MWF	7:15-7:55pm	Jul 5-23	\$59/\$69
0123.124	MWF	6:30-7:10pm	Jul 26-Aug 13	\$59/\$69
0123.125	MWF	7:15-7:55pm	Jul 26-Aug 13	\$59/\$69

Starfish | Ages 6-10

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

Class	Days	Time	Dates	RES/NON
0221.100	M-F/M-Th	8:30-9:10am	Jun 14-24	\$59/\$69
0221.101	M-F/M-Th	10:10-10:50am	Jun 14-24	\$59/\$69
0221.102	M-F/M-Th	8:30-9:10am	Jun 28-Jul 8	\$59/\$69
0221.103	M-F/M-Th	11:00-11:40am	Jun 28-Jul 8	\$59/\$69
0221.104	M-F/M-Th	8:30-9:10am	Jul 12-22	\$59/\$69
0221.105	M-F/M-Th	11:00-11:40am	Jul 12-22	\$59/\$69
0221.106	M-F/M-Th	8:30-9:10am	Jul 26-Aug 5	\$59/\$69
0221.107	M-F/M-Th	11:00-11:40am	Jul 26-Aug 5	\$59/\$69

Class	Days	Time	Dates	RES/NON
0221.120	MWF	5:45-6:25pm	Jun 14-Jul 2	\$59/\$69
0221.121	MWF	5:45-6:25pm	Jul 5-23	\$59/\$69
0221.122	MWF	5:45-6:25pm	Jul 26-Aug 13	\$59/\$69

Swim Lessons cont'd



Information: www.poway.org/swim



Seahorse | Ages 6-12

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

			RES/NON
0222.100	M-F/M-Th 8:30-9:10am	Jun 14-Jun 24	\$59/\$69
0222.101	M-F/M-Th 9:20-10:00am	Jun 14-Jun 24	\$59/\$69
0222.102	M-F/M-Th 8:30-9:10am	Jun 28-Jul 8	\$59/\$69
0222.103	M-F/M-Th 10:10-10:50am	Jun 28-Jul 8	\$59/\$69
0222.104	M-F/M-Th 8:30-9:10am	Jul 12-Jul 22	\$59/\$69
0222.105	M-F/M-Th 10:10-10:50am	Jul 12-Jul 22	\$59/\$69
0222.106	M-F/M-Th 8:30-9:10am	Jul 26-Aug 5	\$59/\$69
0222.107	M-F/M-Th 10:00-10:50am	Jul 26-Aug 5	\$59/\$69
Evening classes			
0222.120	MWF 6:30-7:10pm	Jun 14-Jul 2	\$59/\$69
0222.121	MWF 7:15-7:55pm	Jun 14-Jul 2	\$59/\$69
0222.122	MWF 6:30-7:10pm	Jul 5-Jul 23	\$59/\$69
0222.123	MWF 7:15-7:55pm	Jul 5-Jul 23	\$59/\$69
0222.124	MWF 6:30-7:10pm	Jul 26-Aug 13	\$59/\$69
0222.125	MWF 7:15-7:55pm	Jul 26-Aug 13	\$59/\$69

Otter | Ages 6-16

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

			RES/NON
0223.100	M-F/M-Th 9:20-10:00am	Jun 14-Jun 24	\$59/\$69
0223.101	M-F/M-Th 10:10-10:50am	Jun 14-Jun 24	\$59/\$69
0223.102	M-F/M-Th 11:50a-12:30p	Jun 14-Jun 24	\$59/\$69
0223.103	M-F/M-Th 9:20-10:00am	Jun 28-Jul 8	\$59/\$69
0223.104	M-F/M-Th 10:10-10:50am	Jun 28-Jul 8	\$59/\$69
0223.105	M-F/M-Th 11:50a-12:30p	Jun 28-Jul 8	\$59/\$69
0223.106	M-F/M-Th 9:20-10:00am	Jul 12-Jul 22	\$59/\$69
0223.107	M-F/M-Th 10:10-10:50am	Jul 12-Jul 22	\$59/\$69
0223.108	M-F/M-Th 11:50a-12:30p	Jul 12-Jul 22	\$59/\$69
0223.109	M-F/M-Th 9:20-10:00am	Jul 26-Aug 5	\$59/\$69
0223.110	M-F/M-Th 10:10-10:50am	Jul 26-Aug 5	\$59/\$69
0223.111	M-F/M-Th 11:50a-12:30p	Jul 26-Aug 5	\$59/\$69
Evening classes			
0223.120	MWF 6:30-7:10pm	Jun 14-Jul 2	\$59/\$69
0223.121	MWF 7:15-7:55pm	Jun 14-Jul 2	\$59/\$69
0223.122	MWF 6:30-7:10pm	Jul 5-Jul 23	\$59/\$69
0223.123	MWF 7:15-7:55pm	Jul 5-Jul 23	\$59/\$69
0223.124	MWF 6:30-7:10pm	Jul 26-Aug 13	\$59/\$69
0223.125	MWF 7:15-7:55pm	Jul 26-Aug 13	\$59/\$69

Seal | Ages 6-16

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

			RES/NON
0321.100	M-F/M-Th 9:20-10:00am	Jun 14-Jun 24	\$59/\$69
0321.101	M-F/M-Th 10:10-10:50am	Jun 14-Jun 24	\$59/\$69
0321.102	M-F/M-Th 11:50a-12:30p	Jun 14-Jun 24	\$59/\$69
0321.103	M-F/M-Th 9:20-10:00am	Jun 28-Jul 8	\$59/\$69
0321.104	M-F/M-Th 10:10-10:50am	Jun 28-Jul 8	\$59/\$69
0321.105	M-F/M-Th 11:50a-12:30p	Jun 28-Jul 8	\$59/\$69
0321.106	M-F/M-Th 9:20-10:00am	Jul 12-Jul 22	\$59/\$69
0321.107	M-F/M-Th 10:10-10:50am	Jul 12-Jul 22	\$59/\$69
0321.108	M-F/M-Th 11:50a-12:30p	Jul 12-Jul 22	\$59/\$69
0321.109	M-F/M-Th 9:20-10:00am	Jul 26-Aug 5	\$59/\$69
0321.110	M-F/M-Th 10:10-10:50am	Jul 26-Aug 5	\$59/\$69
0321.111	M-F/M-Th 11:50a-12:30p	Jul 26-Aug 5	\$59/\$69
Evening classes			
0321.120	MWF 7:15-7:55pm	Jun 14-Jul 2	\$59/\$69
0321.121	MWF 7:15-7:55pm	Jul 5-Jul 23	\$59/\$69
0321.122	MWF 7:15-7:55pm	Jul 26-Aug 13	\$59/\$69

Sting Ray | Ages 6-16

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

			RES/NON
0322.100	M-F/M-Th 8:30-9:10am	Jun 14-24	\$59/\$69
0322.101	M-F/M-Th 9:20-10:00am	Jun 14-24	\$59/\$69
0322.102	M-F/M-Th 11:00-11:40am	Jun 14-24	\$59/\$69
0322.103	M-F/M-Th 8:30-9:10am	Jun 28-Jul 8	\$59/\$69
0322.104	M-F/M-Th 9:20-10:00am	Jun 28-Jul 8	\$59/\$69
0322.105	M-F/M-Th 11:00-11:40am	Jun 28-Jul 8	\$59/\$69
0322.106	M-F/M-Th 8:30-9:10am	Jul 12-22	\$59/\$69
0322.107	M-F/M-Th 9:20-10:00am	Jul 12-22	\$59/\$69
0322.108	M-F/M-Th 11:00-11:40am	Jul 12-22	\$59/\$69
0322.109	M-F/M-Th 8:30-9:10am	Jul 26-Aug 5	\$59/\$69
0322.110	M-F/M-Th 9:20-10:00am	Jul 26-Aug 5	\$59/\$69
0322.111	M-F/M-Th 11:00-11:40am	Jul 26-Aug 5	\$59/\$69
Evening classes			
0322.120	MWF 8:00-8:40pm	Jun 14-Jul 2	\$59/\$69
0322.121	MWF 8:00-8:40pm	Jul 5-23	\$59/\$69
0322.122	MWF 8:00-8:40pm	Jul 26-Aug 13	\$59/\$69

Dolphin | Ages 6-16

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

			RES/NON
0323.100	M-F/M-Th 11:00-11:40am	Jun 14-Jun 24	\$59/\$69
0323.101	M-F/M-Th 11:50a-12:30p	Jun 14-Jun 24	\$59/\$69
0323.102	M-F/M-Th 11:00-11:40am	Jun 28-Jul 8	\$59/\$69
0323.103	M-F/M-Th 11:50a-12:30p	Jun 28-Jul 8	\$59/\$69
0323.104	M-F/M-Th 11:00-11:40am	Jul 12-Jul 22	\$59/\$69
0323.105	M-F/M-Th 11:50a-12:30p	Jul 12-Jul 22	\$59/\$69
0323.106	M-F/M-Th 11:00-11:40am	Jul 26-Aug 5	\$59/\$69
0323.107	M-F/M-Th 11:50a-12:30p	Jul 26-Aug 5	\$59/\$69
Evening classes			
0323.120	MWF 8:00-8:40pm	Jun 14-Jul 2	\$59/\$69
0323.121	MWF 8:00-8:40pm	Jul 5-Jul 23	\$59/\$69
0323.122	MWF 8:00-8:40pm	Jul 26-Aug 13	\$59/\$69

Swordfish | Ages 6-16

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

			RES/NON
0324.100	M-F/M-Th 11:00-11:40am	Jun 14-Jun 24	\$59/\$69
0324.101	M-F/M-Th 11:50a-12:30pm	Jun 14-Jun 24	\$59/\$69
0324.102	M-F/M-Th 11:50a-12:30pm	Jun 28-Jul 8	\$59/\$69
0324.103	M-F/M-Th 11:50a-12:30pm	Jul 12-Jul 22	\$59/\$69
0324.104	M-F/M-Th 11:50a-12:30pm	Jul 26-Aug 5	\$59/\$69
Evening classes			
0324.120	MWF 8:00-8:40pm	Jun 14-Jul 2	\$59/\$69
0324.121	MWF 8:00-8:40pm	Jul 5-Jul 23	\$59/\$69
0324.122	MWF 8:00-8:40pm	Jul 26-Aug 13	\$59/\$69



Advanced Technique Swimming (ATS) | Ages 6-16

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

			RES/NON
0325.100	M-F/M-Th 11:50a-12:30p	Jun 14-Jun 24	\$59/\$69
0325.101	M-F/M-Th 11:50a-12:30p	Jun 28-Jul 8	\$59/\$69
0325.102	M-F/M-Th 11:50a-12:30p	Jul 12-Jul 22	\$59/\$69
0325.103	M-F/M-Th 11:50a-12:30p	Jul 26-Aug 5	\$59/\$69
Evening classes			
0325.120	MWF 8:00-8:40pm	Jun 14-Jul 2	\$59/\$69
0325.121	MWF 8:00-8:40pm	Jul 5-Jul 23	\$59/\$69
0325.122	MWF 8:00-8:40pm	Jul 26-Aug 13	\$59/\$69

Adult/Teen | Ages 16+

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

			RES/NON
0521.100	MWF 8:00-8:40pm	Jun 14-Jul 2	\$59/\$69
0521.101	MWF 8:00-8:40pm	Jul 5-Jul 23	\$59/\$69
0521.102	MWF 8:00-8:40pm	Jul 26-Aug 13	\$59/\$69



Beginning Water Polo | Ages 10-16

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

			RES/NON
0522.100	M-F/M-Th 9:20-10:00am	Jun 28-Jul 8	\$59/\$69
0522.101	M-F/M-Th 9:20-10:00am	Jul 26-Aug 5	\$59/\$69
0522.102	MWF 5:45-6:25pm	Jun 14-Jul 2	\$59/\$69

Intermediate Water Polo | Ages 10-17

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

			RES/NON
0523.100	M-F/M-Th 9:20-10:00am	Jul 12-Jul 22	\$59/\$69
0523.101	MWF 5:45-6:25pm	Jul 5-Jul 23	\$59/\$69
0523.102	MWF 5:45-6:25pm	Jul 26-Aug 13	\$59/\$69

Beginning Diving | Ages 6-16

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

			RES/NON
0624.100	M-F/M-Th 10:00-10:40am	Jun 14-24	\$59/\$69
0624.101	M-F/M-Th 10:00-10:40am	Jun 28-Jul 8	\$59/\$69
0624.102	M-F/M-Th 10:00-10:40am	Jul 12-Jul 22	\$59/\$69
0624.103	M-F/M-Th 10:00-10:40am	Jul 26-Aug 5	\$59/\$69
Evening classes			
0624.120	MWF 7:15-7:55pm	Jun 14-Jul 2	\$59/\$69

Intermediate Diving | Ages 6-16

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

			RES/NON
0625.100	M-F/M-Th 10:50-11:30am	Jun 14-24	\$59/\$69
0625.101	M-F/M-Th 10:50-11:30am	Jun 28-Jul 8	\$59/\$69
0625.102	M-F/M-Th 10:50-11:30am	Jul 12-Jul 22	\$59/\$69
0625.103	M-F/M-Th 10:50-11:30am	Jul 26-Aug 5	\$59/\$69
Evening classes			
0625.121	MWF 7:15-7:55pm	Jul 5-Jul 23	\$59/\$69
0625.122	MWF 7:15-7:55pm	Jul 26-Aug 13	\$59/\$69

Private Lessons | All Ages

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

		RES/NON
Mon-Fri	8:00-8:30am	\$29/\$39 per student
Sat	8:00-8:30am/8:40-9:10am/9:20-9:50am	per lesson



Other Aquatic Activities



Birthday Party Package!

Are you lucky enough to have a Birthday during the warm summer months? What better place to celebrate than the pool? The Poway Community Swim Center would love to be part of your special day. Included in the party package is a reserved poolside picnic area for two hours, public pool use for a maximum of 25 persons, and a half hour of games with a certified lifeguard. Birthday Party Packages are available on weekends only during open pool hours. Sign up for a Birthday party at the pool during open business hours. Information: (858) 668-4680.

MAKE A SPLASH ON YOUR B-DAY!

RES/NON: \$52/\$62

Water Exercise | All Ages

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

Guard-in-Training | Ages 12-15

The guard-in-training program is designed to prepare lifeguard/swimmer aide hopefuls for future employment at an aquatic facility. The program goals are to guide teens by building a foundation of knowledge, attitudes, and skills for future lifeguards. Topics covered will include fitness, response, leadership, professionalism, swimming skills, rescue skills, first aid, CPR, and fun. Once the training has been completed, responsible participants may be asked to volunteer by assisting the pool staff with life guarding, swim lessons, pool maintenance, and special events. You must be able to perform the following on the first day of class: swim 250 yards continuously using crawl, breast-stroke, and sidestroke and tread water for 2 minutes without using your hands. Information: (858) 668-4683.

0926.100	M-F/M-Th 9:00-11:00am	Jun 14-24	RES/NON
			\$59/\$69
0926.101	M-F/M-Th 9:00-11:00am	Jun 28-Jul 8	RES/NON
			\$59/\$69

Aquatic Safety

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

Swim-in Movie Night | All Ages

Enjoy a fun-filled evening of swimming and a screening of *Cloudy with a Chance of Meatballs*. Based on the children's book, this animated adventure follows a scientist who tries to solve world hunger only to see things go awry as food falls from the sky in abundance. This is the most delicious event since macaroni met cheese. The movie will be shown on a 12' x 12' movie screen. Bring the entire family along with rafts, inner tubes, or boogie boards to view the movie while in the pool. Bleacher seating will also be available. The pool closes to the public at 5:00 pm, reopens at 7:00 pm, and the movie starts at sundown. Tickets may be purchased in advance at the Swim Center. For more information, please call: (858) 668-4680.

Saturday, July 31 \$4/Adult
7:00pm/Movie starts at sundown \$3/Youth or Senior
\$12/Family (up to 5 persons)

Safety Training



Please Note:

If registering for both the First Aid class and a CPR class, the First Aid class start time changes to 7:00pm, 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. You will receive an American Red Cross certification valid for three years. **Materials fee: \$17.** Class held at Poway Community Park, Activity Rooms I & II. Instructor: Blythe Paley.

5418.100	Wed 6:00-9:00pm	Jun 30	RES/NON
			\$20/\$30

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

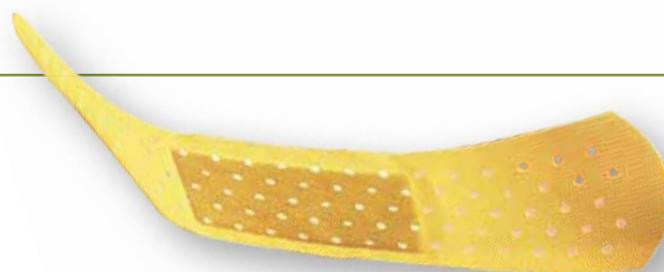
Become certified in American Red Cross CPR. Learn skills necessary to respond to breathing or cardiac emergencies. Includes learning emergency action steps, checking a conscious or unconscious victim, rescue breathing, choking, the signs and signals of a heart attack, and CPR. Participants receive an American Red Cross certification card valid for one year. **Materials fee: \$25.** Class held at Poway Community Park, Activity Rooms I & II. Instructor: Blythe Paley.

5418.101	Tue/Wed 6:30-9:00pm	Jun 22-Jun 23	RES/NON
			\$30/\$40

CPR for Adults | Ages 11+

Become certified in American Red Cross CPR. Learn skills necessary to respond to breathing or cardiac emergencies. Includes learning 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. **Materials fee: \$17.** Class held at Poway Community Park, Activity Rooms I & II. Instructor: Blythe Paley.

5418.102	Tue 6:00-9:00pm	Jun 29	RES/NON
			\$20/\$30



Outdoor Activities



Hiking for Fun & Fitness | Ages 8+

Enjoy easy to moderate hikes on Poway's excellent trails. Learn about flora, fauna, local history, and how to find the trails. Each hike is about 3 miles and 90 minutes. Lug-sole shoes are recommended. Bring water and a hiking stick, if you wish. Family price is for two or more. All children under 18 must be accompanied by an adult. **First hike meets at Lake Poway concession.** Instructor: Mike Fry, 748-5166, mnfry@cox.net

3439.100	Wed 6:00-7:30pm	Jun 16-Sep 8	RES/NON
			\$5/person \$10/family



Insects at Night | All Ages

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

8169.101	Sat 8:30-10:00pm	Jul 10	RES/NON
			\$3



Family Campouts | All Ages

Bring out the entire family 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 7:00am Saturday morning. No alcohol is permitted. **Up to five persons per family. \$10 for each additional family member.** Information: (858) 668-4771.

9039.400	Sat/Sun 5:00pm-9:00am	Jun 12-13	RES/NON
9039.401	Sat/Sun 5:00pm-9:00am	Jul 17-18	\$52/\$62
9039.402	Sat/Sun 5:00pm-9:00am	Aug 14-15	\$52/\$62

Information: www.poway.org/classes

Evening Wildlife Presentation | All Ages

A Walk on California's Wild Side. Enjoy an evening of wildlife, cookies, and lemonade followed by a fun sing-along in a woodland setting. Bring a jacket and flashlight plus a blanket to sit on. 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.

8169.102	Sat 6:00-9:00pm	Aug 28	RES/NON
			\$2

Outdoor Dutch Oven Cooking | Ages 18+ (11+ w/ Adult)

Are you tired of hamburgers and hotdogs for your campout meals? Learn to cook delicious, impressive meals that will make the food the talk of the trip. Discover how to make bread, stews, breakfast, and desserts using charcoal and wood fires. Find out which oven to choose and how to care for it. This is a beginner's course. **\$10 for each additional family member (max. 2). Materials fee: \$10 per person.** Classes Old Poway Park Gazebo (Saturdays), Lake Poway Pavilion (Mondays). Instructor: Jeff Beers.

3439.101	Sat 9:30-11:30am	Jun 26-Jul 10	RES/NON
3439.102	Mon 6:30-8:30pm	Jul 19-Aug 9	\$25/\$35



Poway Community Park



Location: 13094 Civic Center Drive

Park Hours:

Daily, Sunrise-Sunset

Recreation Office

Tennis Courts

Bocce Courts

Dog Park/Ball Fields/Basketball Courts

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

Daily, 7am-10pm

Same hours as Rec Office

Daily, 8am-10pm

Information: (858) 668-4671 or visit the Community Park page at www.poway.org

Poway Skate Park



Location: 13090 Civic Center Drive

Skate Park Hours

Unsupervised Skate Park Hours | Ages 15+
Daily, 8:00am-8:00pm except Friday, 8:00am-5:30pm

Information: (858) 668-4671

www.poway.org/skatepark

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 skateboards are the only items allowed in the Skate Park. A parent or legal guardian must supervise children under the age of 14.

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 parent or legal guardian must accompany youth signing up for Skate Park programs. Information: (858) 668-4671, or visit www.poway.org/skatepark.

Friday 6:00-8:00pm

FREE

Lake Poway



Location:

14644 Lake Poway Road

Park Hours:

June-October

Daily, 7:00am to Sunset

Lake Fishing & Boating Hours:

June - October

Wed-Sun, 7:00am to Sunset

June 11- August 14

Fri-Sat, open until 11:30pm

Information:

(858) 668-4770

Area Reservations

Lake Poway Grill & Tackle

(858) 668-4595

(858) 486-1234

Night Fishing

Night fishing season is here! Whether you are fishing for bass or catfish, Lake Poway is the perfect destination to try out the night bite. Try to break the current 34.5 pounds catfish record when night fishing returns to Lake Poway on **Friday, June 11**. The Lake will be stocked regularly with catfish. In addition to the stocks, Lake Poway is full of huge resident catfish and a thriving bass population just waiting to be caught. Night fishing is offered through August 14, on Friday and Saturday nights from 4 pm to 11:30 pm. Motorboats and rowboats are offered for rental on a first-come, first-served basis, and there is always plenty of shoreline to fish from. Don't forget to stop by and ask our friendly dock and park ranger staff for fishing tips. Information: (858) 668-4770.

Fri/Sat June 11 - Aug 14

4:00pm-11:30pm



Midnight Catfish Craze | All Ages

Can't sleep? Come and join us for the annual Midnight Catfish Craze at Lake Poway, on Friday July 30, from 4:00 pm to 12:00 am. Final weigh-in will be at 12:15 am followed by an award ceremony and a raffle with plenty of great prizes. San Diego County's only nighttime catfish tournament promises to be filled with lots of big fish, fun, and great prizes. The derby entry fee is \$10.00 for adults and \$5.00 for youth. A daily Lake Poway fishing permit is also required. Motorboat rentals will be offered at 3:00 pm and are available on a first-come, first-served basis. Lake Poway is located at 14644 Lake Poway Road. Information: (858) 668-4770. To become a sponsor, call (858) 668-4774.

Information: www.poway.org/lakepoway

Old Poway Park



Location:

14134 Midland Road

Information:

(858) 668-4576

Farmers Market | Flowers! Fresh Food! Fun!

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



Historical Tours

We offer easy, inexpensive, educational field trips that will exceed the needs of your curriculum. Reservations are accepted for Tuesday through Thursday for just \$4 per participant. We can present to groups of 20 or more and tailor presentations to meet any need. Our tours are appropriate for any age or grade level, and meet the learning needs of third through fifth grades, 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 or (858) 668-4576.

Information: www.poway.org/oldpowaypark

Kumeyaay-Ipai Interpretive Center



Location:

13104 Ipai Waaypuk Trail (formerly, Silver Lake Rd)

Information:

(858) 668-1292

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.

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

Become a KIIC Docent

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



Information: www.poway.org/kiic

Blue Sky Ecological Reserve



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 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 nonprofit Friends of Blue Sky Canyon.



Docent-led Nature Walks

For up-to-date information on dates and times of docent-led nature walks please call the Blue Sky office at (858) 668-4781 or pick up our latest Activities Schedule at Community Services, Poway Library or Lake Poway, and which can also be viewed online at www.poway.org/bluesky. 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 Wednesday and Friday mornings, for up to 30 students per visit. Reservations: (858) 668-4781. Please provide at least four weeks advance notice. Information: www.poway.org/bluesky. **Fee: \$4 per student.**

Discovery Tables

Discovery Tables are set up in the Reserve on the third Sunday of each month. Skins, skulls, mammal tracks, and other artifacts are among the many things you can see and touch. Staff and docents are available between 8:30 a.m. and 11:00 a.m. to answer questions about the plants and animals found in Blue Sky.

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

Sycamore Canyon Goodan Ranch



Location:

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

Information:

(858) 513-4737

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

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



Summer Teen Programs

Teen Only Summer Reading Kick-off Party

Friday, June 18 from 6:30-10:00pm

This party takes place after the library closes. Parental permission is required; pick up a permission slip at the reference desk.

Teen Only Water Balloon Volleyball

Tuesday, July 6 at 4:00pm

This program will be in the amphitheater. Snacks will be served

Teen Only Harry Potter Party

Thursday, July 29 at 4:00pm

Have cake, play Quidditch, and win prizes.

Teen Only Beach Party

Tuesday, August 10 at 4:00pm

We will end the Summer Reading Program with a big, beach-themed party!



Information: www.sdcl.org

SUMMER READING PROGRAM

June Events

Sparkles the Clown performs in the courtyard

June 19 at 10:30am

Tie Dye in the amphitheatre

June 22 at 10:30am

Storytime, whole family in the children's room

June 23 at 10:30am

Wild Wonders in the courtyard

June 24 at 10:30am

Ocean Creatures Refrigerator Magnets in the courtyard

June 29 at 10:30am

Storytime, whole family in the children's room

June 30 at 10:30am

August Events

Decorate a Treasure chest, in the courtyard

August 3 at 10:30am

Storytime, whole family in the children's room

August 4 at 10:30am

Film in the children's room w/ popcorn

August 5 at 10:30am

End of the Summer Reading Program!

August 7 at 10:30am. Ice cream social, face painting, balloon sculpter, Ms. Smarty-Plants & the "Magic of Water".

July Events

John Abrams' Animal Magic in the courtyard

July 1 at 10:30am

Ink block print cards in the courtyard

July 6 at 10:30am

Storytime, whole family in the children's room

July 7 at 10:30am

Birch Aquarium performs in the courtyard

July 8 at 10:30am

Rad Hatter craft in the courtyard

July 13 at 10:30am

Storytime, whole family in the children's room

July 14 at 10:30am

Mad Science performs in the courtyard

July 15 at 10:30am

Ocean creatures puppet collage in the courtyard

July 20 at 10:30am

Storytime, whole family in the children's room

July 21 at 10:30am

Krusin Kritter in the courtyard

July 22 at 10:30am

Chalk drawing w/ artist Cynthia Roach, in the courtyard

July 27 at 10:30am

Storytime, whole family in the children's room

July 28 at 10:30am

Hullabaloo concert in the courtyard

July 29 at 10:30am

Poway Center for the Performing Arts



Information: www.powaycenter.com



Location:
15498 Espola Rd, Poway, CA 92064

Hours:
Box Office: Wed-Fri 12:00pm-5:00pm
 Sat 10:00am-3:00pm
New Hours effective July 1, 2010: 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
 View a list of upcoming shows or purchase tickets online at: www.powaycenter.com

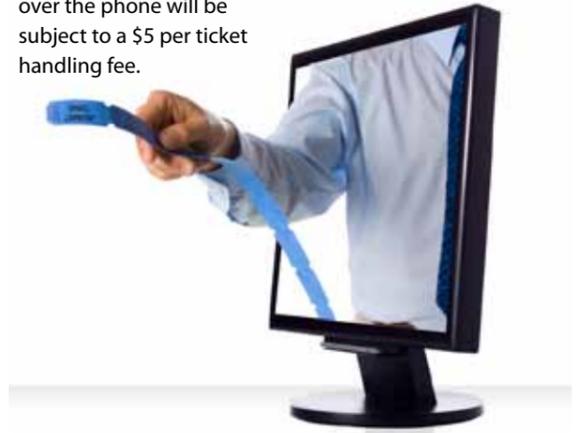


POWAY CENTER *for the* PERFORMING ARTS

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 feature a packed performance line-up in the spring and complete repair and maintenance projects in July/August. 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.



Volunteer Opportunities – 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 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

Poway Senior Center is a 501 (c)(3) nonprofit operated by the Poway Valley Senior Citizen's Corporation. Our funding and financial support for programs comes through donations, fundraising, and grants, while the City of Poway generously allows us to use the property at Poway Community Park.
 PSC members (50 and older) receive discounts at restaurants and businesses in the Poway area, as well as a 20% ticket discount at the Poway Center for the Performing Arts.



A "Senior Moment" never sounded so good!
 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 Peñasquitos, Sabre Springs, and Poway seniors. Enjoy the many programs and activities scheduled daily in our multi-generational community center.

Special Events at Poway Senior Center

Afternoon Dance – "Come cut a rug!" The last Friday of the month, 1:00-3:00pm. Next scheduled dates are: May 28, June 25, and July 30. Dance to the music of the Sandy De Vito Quartet. \$5.00 per person includes refreshments.

BOOMERfest! – June 19 from 9:00am-1:00pm
 Free! Healthy Aging Fair for entire family. Games, food, and more! Held at Belmont Senior Living, 13075 Evening Creek Drive, Sabre Springs.

Day trips – leave the driving to us! Call Peggy at ext. 309 to answer your questions and make your reservation.
 May 22 Saturday Valley View Casino

Events of Interest at PSC...

- Wii sports every 3rd Wed, each month**
- Scrabble – Friday afternoon**
- Quilting, Needlecrafts**
- Silver Age Yoga – Friday Mornings**

\$60,000 a month in Winnings!
 The best affordable entertainment in Poway! Open to all adults 18 and older. Come have fun with us!

Saturdays, 5:00pm
Tuesdays, 12:15pm
Don't miss out on the upcoming Bingo Tournament!
 Sunday, August 15



La Bella Bistro
Serving up a Delicious Lunch!
 Call to see what's for lunch! Lunch is served 11:30am to 12:30pm. Monday through Friday. Suggested donation for seniors (60+), is \$4.00. Cost to anyone under 60 is \$6.00. 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 suggested donation of \$2.00. Call us and find out if your zip code qualifies you for pick up: **(858) 748-6094**.

- Feeling Fit aerobics – Mon and Thur Mornings**
- Defensive Driving program**
- Volunteer Opportunities**



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

REGISTRATION

Registration begins **MAY 25** 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

Hours:
Mon-Fri 8:00am-5:00pm

3. Online

Online registration is available by visiting the City of Poway web site below. A \$1.50 convenience fee will be charged for each 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.

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. 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.

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: _____