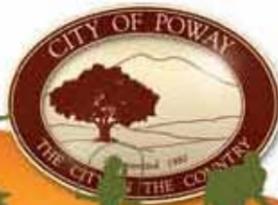


# POWAY Community Services



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

## WINTER 2009

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

### Candyland Holiday Festival

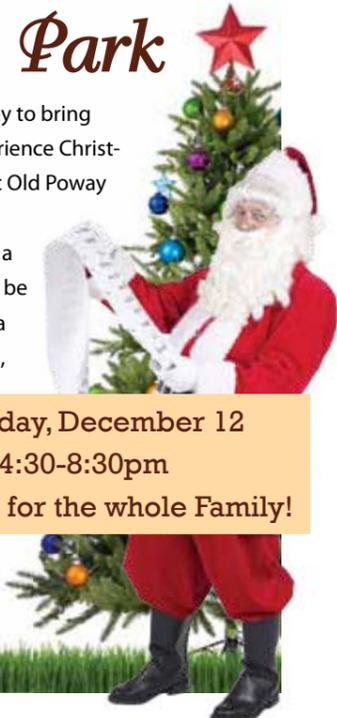
The popular children's board game comes alive at Poway Community Park. Enjoy visiting with King Kandy, Lord Licorice, Princess Lolly, and Queen Frostine in the magical areas of Lollipop Park, Tootsie Roll Forest, and more. Each child has a chance to play in tons of fresh snow and make wonderful crafts. Parents are encouraged to bring their cameras. Information: (858) 668-4595, Select Option 9. Event held at Poway Community Park, 13094 Civic Center Drive.



**CANDY LAND** Saturday, December 19 from 4pm-8pm \$5 Ages 2-11/\$3 Ages 12+

### Christmas in the Park

If you are looking for a one-of-a-kind, magical way to bring holiday delights to your family, you should experience Christmas in the Park, Saturday, December 12, at historic Old Poway Park from 4:30 p.m. to 8:30 p.m. The event is FREE. Enjoy caroling, holiday music, goodies galore, and a craft boutique. The community Christmas tree will be officially lighted at 5:15 p.m. Enjoy visits with Santa and Mrs. Claus, who will arrive by train at 5:30 p.m., demonstrations, steam train rides, and more. The park is decked with holiday décor. Christmas in the Park is cosponsored by the City of Poway and Old Poway Park Action Committee. Make lasting memories for your family. Information: (858) 668-4576.



Saturday, December 12 from 4:30-8:30pm FREE for the whole Family!

### Teen Only Nights



Bring your friends and come hang out at Teen Only Night! Teens can participate in dodge ball tournaments, basketball games, pool parties, Guitar Hero competitions, and more. No need to preregister; the program is designed strictly as a drop-in activity. Held at Poway Community Park, 13094 Civic Center Drive. More information on page 4 or call: (858) 668-4671. Visit [www.poway.org/teen](http://www.poway.org/teen) for a calendar of events.

More Info: Page 4

### FREE "Youth Only" Fishing Derby

Join the City of Poway, Captain Ron Baker of Fish Talk Radio, and several big-name sponsors for a FREE day of fishing fun! Registration for the annual Youth Fishing Derby on Saturday, February 6 begins at 6:00 a.m., fishing continues until noon, and all participating youth are invited to enjoy a barbecue lunch. The awards begin at 1:00 p.m. with an excellent raffle and really cool age-division winner prizes. Winners of the Kids Greatest Fishing Story Contest also take home prizes. We will stock 4,000 pounds of hungry rainbow trout, including trophies. In preparation for the derby, Lake Poway is closed to fishing/boating on Thursday, February 4 at noon and Friday, February 5 all day. Information: (858) 668-4770.



### Folk Concerts in the Park

San Diego Folk Heritage and the City of Poway are pleased to present folk concerts at Old Poway Park. Do not miss these amazing concerts where sounds of the fiddle and other acoustic instruments fill the air with music suitable for all ages. Concerts held in Templars Hall at 7:00 p.m. Admission is \$15 for San Diego Folk Heritage members and \$18 for nonmembers. Information or to purchase advance tickets: San Diego Folk Heritage at (858) 566-4040.

Date	Performer	Musical Style
December 5	Trails & Rails	Western
January 30	Gregory Page	Folk
February 6	Little Windows	Appalachian & Irish music
March 6	Joe Rathburn	Folk

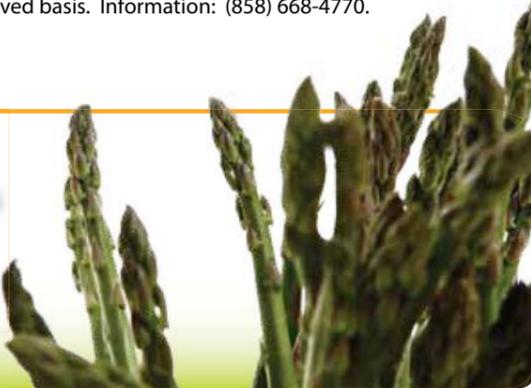
### Open Trout Derby



Grab your poles and head out for the best day of derby fishing at the Open Trout Derby, March 6 and 7, 2010. We will stock 2,500 pounds of rainbow trout, including trophy trout, for this spectacular two-day event. Prizes are awarded for the largest trout caught in three divisions: men's, women's, and youth. The gates open both days at 5:00 a.m., with fishing on Saturday sunrise to sunset and Sunday sunrise to noon. The entry fee is \$10 per adult and \$5 per youth per day. A daily lake use permit for each day of participation must be purchased (\$6 for adults, \$3 for youth). State fishing licenses are required for ages 16 and older. Derby registration is required to fish during derby hours. Fifty motorboats are available for rent on a first-come-first-served basis. Information: (858) 668-4770.

### Farmers Market Every Saturday!

**Old Poway Park | 8-11:30 AM, Rain or Shine**  
You'll find fresh fruits, vegetables, flowers, and food at the Poway Farmers Market. All produce is certified and inspected by the agricultural commission and brought fresh to you directly from the grower. Also available are delicious homemade tamales, kettle corn, and salsas. **More on pg. 10**



**Class Icons:**

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



Heart Healthy



Safety



New Class



Music



Learning



Nature



Performing



Arts & Crafts



Family Activity



Dance



Sports



Just for Fun



Skate Park

**Children's Activities**



Information: [www.poway.org/classes](http://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
4011.310	MWF 12:00-1:00pm	Jan 4-Jan 29	\$45/\$55
4011.311	MWF 12:00-1:00pm	Feb 1-Feb 26	\$45/\$55
4011.312	MWF 12:00-1:00pm	Mar 1-Apr 2	\$63/\$73

**Discovery Time - Number Crunchers | Ages 4-6**

Readiness math skills taught, in fun positive hands-on approach... a Discovery Time style that sets the student up for success. Number values, concepts, and counting will be taught using games and cooking. Children need to bring snacks and be toilet trained. **Materials Fee: \$5.** Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan.

			RES/NON
4011.319	Thu 10:15-11:30am	Jan 7-Jan 28	\$50/\$60
4011.320	Thu 10:15-11:30am	Feb 4-Feb 25	\$50/\$60
4011.321	Thu 10:15-11:30am	Mar 4-Apr 1	\$60/\$70

**Discovery Time Toddlers | Ages 2 1/2-3 1/2**

A fun-filled class designed to emphasize language development and socialization in a positive and nurturing environment. Parent participation in the class is a requirement, and is limited to only once in a five week session. Participants do not need to be toilet trained. **Materials Fee: \$5.** Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan.

			RES/NON
4011.300	Tue 8:30-10:00am	Jan 5-Jan 26	\$45/\$55
4011.301	Tue 8:30-10:00am	Feb 2-Feb 23	\$45/\$55
4011.302	Tue 8:30-10:00am	Mar 2-Mar 30	\$56/\$66
4011.303	Tue 10:00-11:30am	Jan 5-Jan 26	\$45/\$55
4011.304	Tue 10:00-11:30am	Feb 2-Feb 23	\$45/\$55
4011.305	Tue 10:00-11:30am	Mar 2-Mar 30	\$56/\$66

**Kinder Soccer | Ages 3-6**



An introduction to basic soccer skills taught in a fun and positive manner. **This is not a parent participation class.** The activities promote self-confidence and autonomy, while reinforcing social and listening skills. There will be a "parents' watch day" scheduled at the last class. Children need to be toilet trained. Classes held at Poway Community Park Auditorium. Instructor: Debi Supergan.

			RES/NON
4011.314	Thu 11:45am-12:30pm	Jan 7-Feb 11	\$45/\$55
4011.315	Thu 11:45am-12:30pm	Feb 18-Apr 1	\$50/\$60



**My First Art Class | Ages 20 months-3 years**

This is a special art class for toddlers and parents (or their helpers). Little fingers experiment with painting, gluing, sticking, printing, and creating while developing fine motor, language, and self-help skills. This is a fun and creative "I can do it!" class. Classes held at Poway Community Park, Auditorium. Instructor: Abakadoodle. **No class March 18.**

			RES/NON
4011.322	Thu 10:00-10:45am	Jan 7-28	\$52/\$62
4011.323	Thu 10:00-10:45am	Feb 4-Feb 25	\$52/\$62
4011.324	Thu 10:00-10:45am	Mar 4-Mar 25	\$39/\$49

**Discovery Time | Ages 3-6**

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
4011.306	MWF 9:00am-12:00pm	Jan 4-Jan 29	\$200/\$210
4011.307	MWF 9:00am-12:00pm	Feb 1-Feb 26	\$200/\$210
4011.308	MWF 9:00am-12:00pm	March 1-Apr 2	\$250/\$260

**Discovery Time - Fun Phonics | Ages 4-6**

Phonics is and always will be the foundation for learning to read. This crucial skill will be taught in a fun, hands-on approach with the use of games, songs, and felt/white boards providing a success-oriented approach to reading readiness. Children need to be toilet trained. Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan.

			RES/NON
4011.316	Thu 9:00-10:15am	Jan 7-Jan 28	\$50/\$60
4011.317	Thu 9:00-10:15am	Feb 4-Feb 25	\$50/\$60
4011.318	Thu 9:00-10:15am	Mar 4-Apr 1	\$60/\$70

**Creative Arts**



**Art Start I: It's All About Color | Ages 5-7**

Young artists will explore color theory and apply it to supercharged projects in a variety of media: watercolor, markers, clay, and chalk pastels. Artist Susan Bainbridge will set each student off to a brilliant start using directed drawing techniques. Class size will be small to allow each student individual attention. **Materials Fee: \$30.** Classes held at Old Poway Park, Porter House Great Room. Instructor: Susan Bainbridge.

			RES/NON
6182.300	Mon 2:45-3:45pm	Feb 22-Mar 29	\$75/\$85

**Art Start II: It's All About Color | Ages 7-13**

Young artists will explore color theory and apply it to supercharged projects in a variety of media: watercolor, markers, clay, and chalk pastels. Artist Susan Bainbridge will set each student off to a brilliant start using directed drawing techniques. Class size will be small to allow each student individual attention. **Materials Fee: \$30.** Classes held at Old Poway Park, Porter House Great Room. Instructor: Susan Bainbridge.

			RES/NON
6182.301	Mon 4:00-5:15pm	Feb 22-Mar 29	\$80/\$90

**Paint, Paint, and More Paint Ages 10-16 \***



Are you tired of painting inside the box? If so, abstract painting is what you are seeking. This class will guide each individual through basic techniques of acrylic paint and find a voice for each aspiring artist.

Classes held at Old Poway Park, Porter House Great Room. **Class sizes are limited to 10 participants. Materials Fee: \$35.** Instructor: Shanna Stanton.

			RES/NON
6182.302	Wed 4:30-6:00pm	Jan 6-Feb 17	\$60/\$70
6182.303	Wed 4:30-6:00pm	Feb 24-Mar 31	\$60/\$70

**Teen Only Nights**



**Teen Only Nights | Middle-High School**

Bring your friends and come participate in dodgeball tournaments, basketball games, and more on the first Friday night of each month from 6:30 p.m. to 9:00 p.m. No need to pre-register, the program is designed as a drop-in activity. Held at Poway Community Park, 13094 Civic Center Drive. Information: (858) 668-4671 or visit the teen page at [www.poway.org/teen](http://www.poway.org/teen) for a calendar of events.

Fridays 6:30-9:00pm	
January 8	February 5
March 5	April 2



**Dance | Teens & Adults**



**Hip-Hop Hustle | Ages 16+**

This class takes the fun factor of the hustle up a notch by adding popular hip-hop moves that will leave everyone wanting more! It is a low-impact, high-energy cardio dance party that burns fat. Anyone can do the moves and make them their own. Wear comfortable clothes and athletic shoes. Bring water and a towel to class. Classes held at Poway Community Park, Auditorium. Instructor: Emma Sarmiento.

			RES/NON
5317.300	Tue 7:15-8:00pm	Feb 23-Mar 23	\$40/\$50

**Dance | Children**



**Dance/Tap & Ballet Classes:**

**Held at Poway Community Park, Auditorium. For class information, call (760) 747-9777. Instructor: Debbora Childress. No classes Feb 15 or Feb 18. Recital dates: June 22, 23, 24, 2010 – Poway Center for the Performing Arts**



**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**. This ongoing program is designed to increase in difficulty with continued enrollment. Students who enroll in the fall, winter, and spring sessions will perform in June 2010 recital. Come join the fun! Wear comfortable clothing and leather ballet shoes or bare feet. Costumes are ordered in January.

			<b>RES/NON</b>
<b>5111.300</b>	<b>Mon 10:00-10:45am</b>	<b>Jan 4-Mar 29</b>	<b>\$98/\$108</b>



**Tap and Ballet | Ages 3-17**

This fun-filled, action-packed, dynamic program will teach your child rhythm and coordination as well as a love of dance. The fall session provides students with skill/technique building, and songs and dances. Dance attire, tap, and leather ballet shoes required. Students who enroll in the fall, winter, and spring sessions will perform in June 2010 recital. Costumes ordered in January. **Students NOT wishing to participate in the recital should enroll in the summer 2010 session.**

<b>Tiny Tot Beginner   Ages 3-4</b>				<b>RES/NON</b>
<b>5111.301</b>	<b>Mon 11:00am-12:00pm</b>	<b>Jan 4-Mar 29</b>		<b>\$98/\$108</b>
<b>5111.302</b>	<b>Mon 2:00-3:00pm</b>	<b>Jan 4-Mar 29</b>		<b>\$98/\$108</b>
<b>5111.303</b>	<b>Thu 1:00-2:00pm</b>	<b>Jan 7-Apr 1</b>		<b>\$98/\$108</b>
<b>Children's Beginner   Ages 5-6</b>				
<b>5111.304</b>	<b>Mon 3:00-4:00pm</b>	<b>Jan 4-Mar 29</b>		<b>\$98/\$108</b>
<b>5111.305</b>	<b>Thu 2:00-3:00pm</b>	<b>Jan 7-Apr 1</b>		<b>\$98/\$108</b>
<b>Beginner/Intermediate   Ages 6-9 (Previous experience suggested)</b>				
<b>5111.306</b>	<b>Mon 4:00-5:00pm</b>	<b>Jan 4-Mar 29</b>		<b>\$98/\$108</b>
<b>5111.307</b>	<b>Thu 3:00-4:00pm</b>	<b>Jan 7-Apr 1</b>		<b>\$98/\$108</b>
<b>Intermediate   8 to 10 Years (Previous experience suggested)</b>				
<b>5111.308</b>	<b>Mon 5:15-6:15pm</b>	<b>Jan 4-Mar 29</b>		<b>\$98/\$108</b>
<b>5111.309</b>	<b>Thu 4:00-5:00pm</b>	<b>Jan 7-Apr 1</b>		<b>\$98/\$108</b>
<b>Intermediate/Advanced   10 to 13 Years (Instructor Referral Only)</b>				
<b>5111.310</b>	<b>Thu 5:00-6:00pm</b>	<b>Jan 7-Apr 1</b>		<b>\$98/\$108</b>
<b>Advanced Teen   12 to 18 Years (Instructor Referral Only)</b>				
<b>5111.311</b>	<b>Mon 6:15-7:15pm</b>	<b>Jan 4-Mar 29</b>		<b>\$98/\$108</b>

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

**Dance Production Class | Ages 6-18**

This special class will allow students to participate in a danced "play" incorporating many levels and forms of dance – and some acting too! Our production will be performed at our June recital. Special costumes will be required and paid for by enrollees. Continuous and concurrent enrollment in Tap and Ballet program and this production class through June 2010 is required. **(Some rehearsals held on Mondays, 7:15-8:30 p.m. Dates to be announced.)** Classes held at Poway Community Park, Bill Bond Hall.

			<b>RES/NON</b>
<b>5111.312</b>	<b>Thu 6:15-7:30pm</b>	<b>Jan 7-Jun 17</b>	<b>\$98/\$108</b>
			<b>(One-time fee through June 2010)</b>

**Ballet for Kids! | Ages 3-15**

Children will learn basic ballet technique, rhythm, and coordination, taught in an exciting and creative environment. **Dance attire and leather ballet shoes required.** Tuesday classes held at Poway Community Park Auditorium, Saturday classes held at Twin Peaks Multipurpose Center. Continuing students will perform in our June 2010 recital at the PCPA. Costumes to be paid for by students. Instructor: Kellie Childress. **No class February 16, 20; March 20, 23, 27, 30.**

<b>Ages 3-4</b>				<b>RES/NON</b>
<b>5121.300</b>	<b>Tue 3:00-3:45pm</b>	<b>Jan 5-Apr 6</b>		<b>\$78/\$88</b>
<b>5121.301</b>	<b>Sat 10:00-10:45am</b>	<b>Jan 9-Apr 10</b>		<b>\$78/\$88</b>
<b>Ages 5-8</b>				
<b>5121.302</b>	<b>Sat 11:00-11:45am</b>	<b>Jan 9-Apr 10</b>		<b>\$78/\$88</b>
<b>Ages 9-15</b>				
<b>5121.303</b>	<b>Tue 5:15-6:00pm</b>	<b>Jan 5-Apr 6</b>		<b>\$78/\$88</b>

**Jazz Dance for Kids! | Ages 7-17**

Come learn basic through intermediate classical jazz dance technique in a positive, fun-filled, musical environment! Continuing students will perform in our June 2010 recital at the PCPA. Costumes to be paid for by students. **Students should wear dance attire and black jazz shoes to class.** Classes held at Poway Community Park Auditorium. Instructor: Kelli Childress. **No class February 16, March 23, 30.**

<b>Beginner   Ages 7-11</b>				<b>RES/NON</b>
<b>5121.304</b>	<b>Tue 3:45-4:30pm</b>	<b>Jan 5-Apr 6</b>		<b>\$78/\$88</b>
<b>Beginner/Intermediate   Ages 12-17</b>				
<b>5121.305</b>	<b>Tue 4:30-5:15pm</b>	<b>Jan 5-Apr 6</b>		<b>\$78/\$88</b>

**Gymnastics**



**Gymnastics Classes:**

**All classes held at Poway Gymnastics, 12850 Brookprinter Place. No snaps, zippers, or buttons on clothes. Please wear comfortable clothes or leotards. Materials fee: \$10. Instructor: Tony Salmeri. Information: (858) 748-1716.**

**Mom & Tot | Walking-3 Years**

This class is designed for toddlers and their parents to participate together in basic gymnastics while interacting with other children and an instructor. At this level, the students learn educational gymnastics. They will develop their basic motor skills, confidence, balance, coordination, and social interaction in a fun-filled positive atmosphere.

			<b>RES/NON</b>
<b>2312.300</b>	<b>Thu 10:45-11:15am</b>	<b>Jan 7-Mar 25</b>	<b>\$161/\$171</b>
<b>2312.301</b>	<b>Sat 8:45-9:15am</b>	<b>Jan 9-Mar 27</b>	<b>\$161/\$171</b>



**Super Tot | Ages 3-5**

This class is designed for toddlers to participate in basic gymnastics without their parents, while interacting with other children and an instructor. At this level, the students learn educational gymnastics, structure, and discipline. They will develop their gross- and fine-motor skills, confidence, balance, coordination, and social interaction in a fun-filled positive atmosphere.

			<b>RES/NON</b>
<b>2312.302</b>	<b>Thu 10:00-10:45am</b>	<b>Jan 7-Mar 25</b>	<b>\$180/\$190</b>
<b>2312.303</b>	<b>Sat 9:30-10:15am</b>	<b>Jan 9-Mar 27</b>	<b>\$180/\$190</b>

**Beginning | Ages 5-7**

This class is designed for boys and girls to learn the basic gymnastics elements. The girls will learn skills on the vault, bars, beam, and floor. The boys will learn basic skills on the six Olympic men's events. The skills learned will enable them to move onto the next level.

			<b>RES/NON</b>
<b>2312.304</b>	<b>Tue 3:40-4:40pm</b>	<b>Jan 5-Mar 23</b>	<b>\$202/\$212</b>

Sports | Youth



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

**Beginning Ice Skating | Ages 3-12**

Could your child be an undiscovered skating star? Let your child experience the thrill and excitement of learning this beautiful sport. Fundamental skills will be taught in class and students can practice during open skate time from 3:00 to 5:00 p.m. Skate rental is included in the fee. Classes held at San Diego Ice Arena, 11048 Ice Skate Place.

Ages 3-5			RES/NON
2091.300	Wed 4:00-4:30pm	Jan 6-Jan 27	\$40/\$50
2091.301	Wed 4:00-4:30pm	Feb 3-Feb 24	\$40/\$50
2091.302	Wed 4:00-4:30pm	Mar 3-Mar 24	\$40/\$50
Ages 6-12			
2091.303	Wed 4:30-5:00pm	Jan 6-Jan 27	\$40/\$50
2091.304	Wed 4:30-5:00pm	Feb 3-Feb 24	\$40/\$50
2091.305	Wed 4:30-5:00pm	Mar 3-Mar 24	\$40/\$50



**Karate is for Kids | Ages 4-12**

If your child needs to learn respect, courtesy, manners, mental focus, physical fitness, and coordination, you want this class. Experienced professionals will teach your child. Uniforms are optional, but available from the instructor. Classes held at Poway Kenpo Karate ([www.powaymartialarts.com](http://www.powaymartialarts.com)), 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.



Ages 4-5			RES/NON
2091.306	Fri 3:00-3:45pm	Jan 8-Feb 12	\$45/\$55
Ages 6-7			
2091.307	Sat 10:00-10:45am	Jan 9-Feb 13	\$45/\$55
Ages 8-12			
2091.308	Wed 5:00-5:45pm	Jan 6-Feb 10	\$45/\$55
Ages 13-16			
2091.309	Fri 4:00-5:00pm	Jan 8-Feb 12	\$45/\$55

**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](http://www.powayoms.com). **No class January 18, February 15.**

Ages 6-13			RES/NON
2091.310	MWF 6:00-7:00pm	Jan 4-Mar 26	\$70/\$80
Ages 14-17			
2091.311	MWF 7:00-8:00pm	Jan 4-Mar 26	\$70/\$80

**Youth Volleyball | Ages 9-14**

Are you ready for Monday night volleyball? Boys and girls, ages 9 to 14, 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 Meadowbrook Gymnasium, 12320 Meadowbrook Lane.

Ages 9-11			RES/NON
2091.312	Mon 5:30-6:30pm	Jan 25-Mar 15	\$25/\$35
Ages 12-14			
2091.313	Mon 6:45-7:45pm	Jan 25-Mar 15	\$25/\$35



**Boxing for Kids \* | Ages 8-12**

Have your child learn the skills of boxing, get a great workout, and have fun. This beginner class will not include any sparring (fighting). You will need boxing gloves and hand wraps to participate fully in the class. Approved gear is available through The Poway Boxing Club. Classes held at The Poway Boxing Club, 13246 Poway Road (in the Lively Center). Information: (858) 486-1003 or [www.powaymartialarts.com](http://www.powaymartialarts.com). Instructor: Barry Barker.

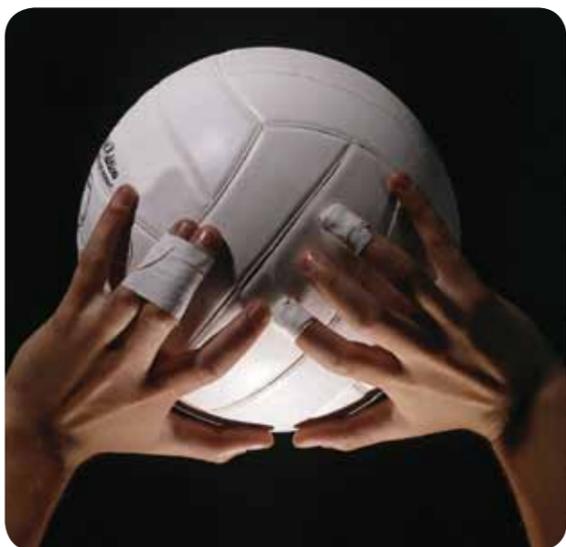
			RES/NON
2091.314	Sat 10:00-11:00am	Jan 9-Feb 13	\$45/\$55

Sports | Teens & Adults



**Open Play Sports | All Ages**

The City of Poway operates two recreation centers that offer a variety of activities for youth and adults. Basketball, volleyball, and badminton are just a few of the activities available for your recreation needs. Twin Peaks Multipurpose Center is at 14640 Tierra Bonita Road and Meadowbrook Gymnasium is at 12320 Meadowbrook Lane. Call Twin Peaks at (858) 668-4599 and Meadowbrook at (858) 668-4598 for current open play schedules.



**Coed Volleyball | Ages 18+**

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. Classes held at Twin Peaks Multipurpose Center. Instructor: Dick Leatherman. **No class March 16.**

Intermediate Men's			RES/NON
1247.300	Thu 6:30 9:30pm	Jan 21 -Mar 18	\$57/\$67
Intermediate Women's			
1247.301	Thu 6:30 9:30pm	Jan 21 -Mar 18	\$57/\$67
Advanced Men's			
1247.302	Tue 6:30 9:30pm	Jan 19 -Mar 23	\$57/\$67
Advanced Women's			
1247.303	Tue 6:30 9:30pm	Jan 19 -Mar 23	\$57/\$67

**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. **No class January 18, February 15.**

			RES/NON
1247.304	MWF 7:00-8:00pm	Jan 4-Mar 26	\$70/\$80

**Women's Self-Defense Workshop \* | Ages 18+**

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
1247.306	Thu 6:30-8:00pm	Jan 7	\$10/\$20

**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.

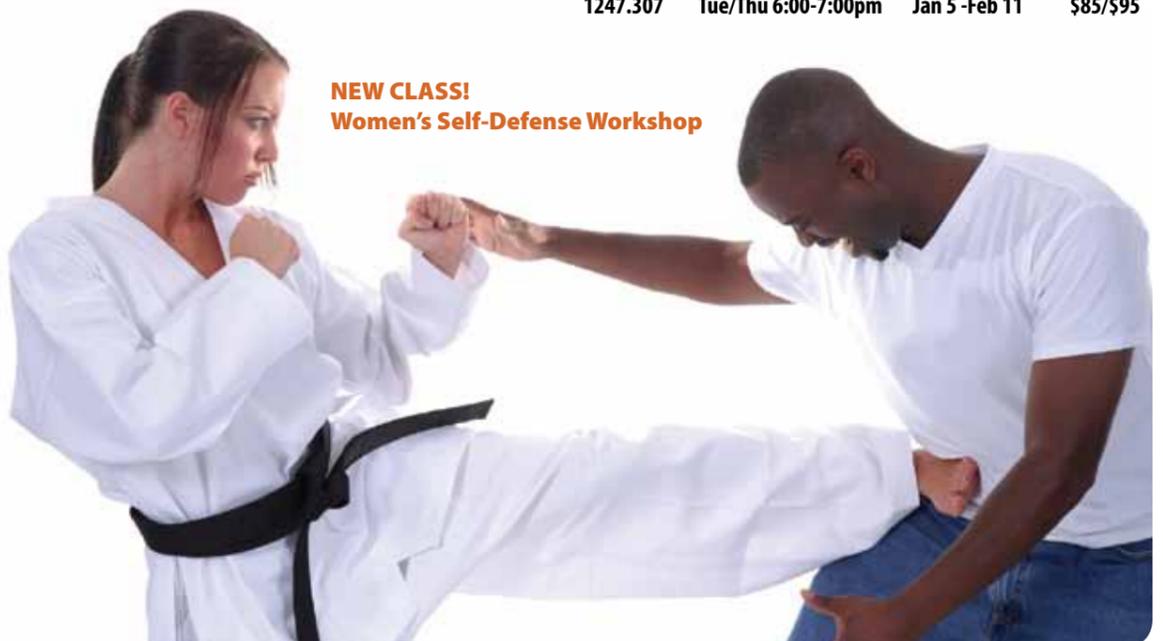
			RES/NON
1247.305	Wed 6:30-9:30pm	Jan 6-Mar 24	\$68/Team

**Brazilian Jiu Jitsu - No Gi (Uniform) \* | Ages 15+**

Learn the Brazilian Jiu Jitsu (BJJ) martial arts submission grappling style with "no Gi/uniform." This is currently the most popular form of BJJ and common training for Mixed Martial Arts. Takedowns, ground control, and submissions will be taught. This is a beginning level BJJ class. Attire should be board shorts and rash guard tee shirts. Classes held at Poway Mixed Martial Arts, 13240 Poway Road (Lively Center). Information: 858-486-1003 or [www.powaymartialarts.com](http://www.powaymartialarts.com). Instructor: Steve Gable.

Intermediate Men's			RES/NON
1247.307	Tue/Thu 6:00-7:00pm	Jan 5 -Feb 11	\$85/\$95

**NEW CLASS!  
Women's Self-Defense Workshop**



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.**

			RES/NON
3013.300	Sat 9:00-10:00am	Jan 9-Feb 6	\$40/\$50
3013.301	Sat 9:00-10:00am	Feb 20-Mar 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, singles and doubles strategy, scoring system, and court etiquette. **Materials fee: \$5.**

			RES/NON
3013.302	T/Th 4:00-5:00pm	Jan 5-Feb 4	\$70/\$80
3013.303	Sat 10:00-11:00am	Jan 9-Feb 6	\$45/\$55
3013.304	T/Th 4:00-5:00pm	Feb 16-Mar 18	\$70/\$80
3013.305	Sat 10:00-11:00am	Feb 20-Mar 20	\$45/\$55

Advanced Beginner/Intermediate | Ages 8-14

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.**

			RES/NON
3013.306	T/Th 5:00-6:00pm	Jan 5-Feb 4	\$70/\$80
3013.307	Sat 11:00am-12:00pm	Jan 9-Feb 6	\$45/\$55
3013.308	T/Th 5:00-6:00pm	Feb 16-Mar 18	\$70/\$80
3013.309	Sat 11:00am-12:00pm	Feb 20-Mar 20	\$45/\$55

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

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
3013.310	MW 4:00-6:00pm	Jan 4-Feb 3	\$90/\$100
3013.311	MW 4:00-6:00pm	Feb 15-Mar 17	\$90/\$100

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.**

			RES/NON
3013.312	T/Th 6:00-7:00pm	Jan 5-Feb 4	\$80/\$90
3013.313	Sat 12:00-1:00pm	Jan 9-Feb 6	\$55/\$65
3013.314	T/Th 6:00-7:00pm	Feb 16-Mar 18	\$80/\$90
3013.315	Sat 12:00-1:00pm	Feb 20-Mar 2	\$55/\$65



Outdoor Activities



Hiking for Fun & Fitness | Ages 5+

Enjoy easy to moderate 2- to 3-mile hikes on sidewalks with streetlights. We will have two moonlight hikes on trails, and three more trail hikes in March when Daylight Saving Time begins. Bring a flashlight and wear light-color clothing. Family price is for two or more. An adult must accompany all children under 18. First hike meets at Poway Community Park tennis courts. Instructor: Mike Fry, 748-5166, email: mnfry@cox.net

			RES/NON
3439.300	Wed 6:00-7:30pm	Jan 6-Mar 31	\$5/person \$10/family

Trout Fishing Classes | Ages 6-12

Learn to fish with Captain Ron Baker. Captain Ron will teach children how to become successful trout anglers and good sportsmen. This program will provide kids with the basic skills on how to catch trout. Classes taught on the shoreline, with one class designated in boats. Class meets at the pavilion-shaded area. Rods provided by Okuma Fishing Tackle Corporation. **Materials fee: \$35.** Information: (619) 977-2829. **No class January 18, February 15.**

			RES/NON
3439.301	Mon 3:30pm-5pm	Jan 4-Feb 1	\$42/\$52
3439.302	Mon 3:30pm-5pm	Feb 8-Mar 8	\$42/\$52
3439.303	Mon 3:30pm-5pm	Mar 15-Apr 5	\$42/\$52



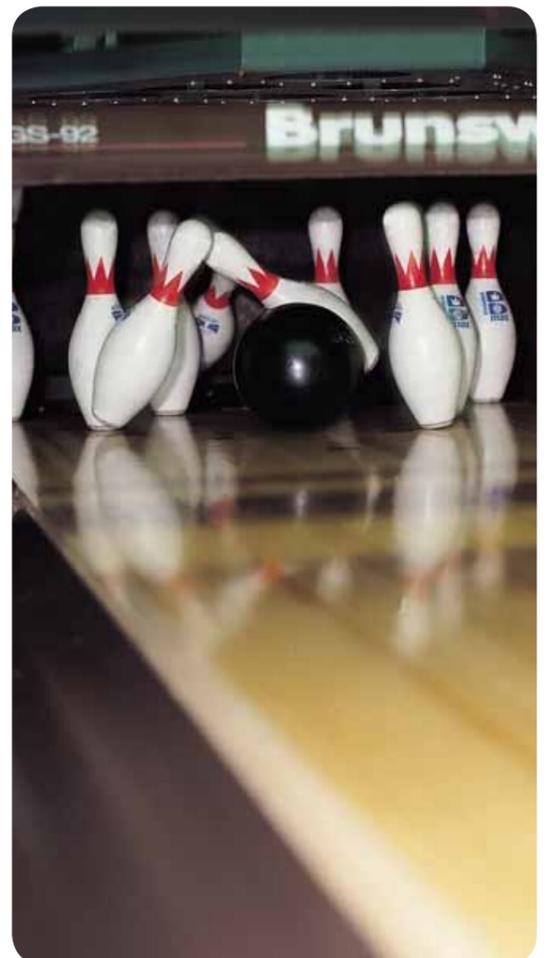
Special Needs



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: Poway Fun Bowl staff.

			RES/NON
9397.300	Fri 1:30-3:30pm	Jan 8-Mar 12	\$40/\$50



**Health & Wellness**



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

**Tai Chi for Beginners | Ages 18+**

Enjoy the grace, beauty, and health benefits of this timeless exercise. Attire should be casual and loose fitting. Classes held at Poway Kenpo Karate, 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.

5417.300 Sat 9:15-10:00am Jan 9-Feb 13 RES/NON \$45/\$55

**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.

5417.301 Thu 6:30-8:00pm Jan 4-Mar 27 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 flexibility. Bring sticky mat, towel, and water for the Mat class, or your own stability ball, water, and towel for the Ball class. A pair of one or two pound weights is optional. Classes held at Poway Community Park, Auditorium. Instructor: Emma Sarmiento.

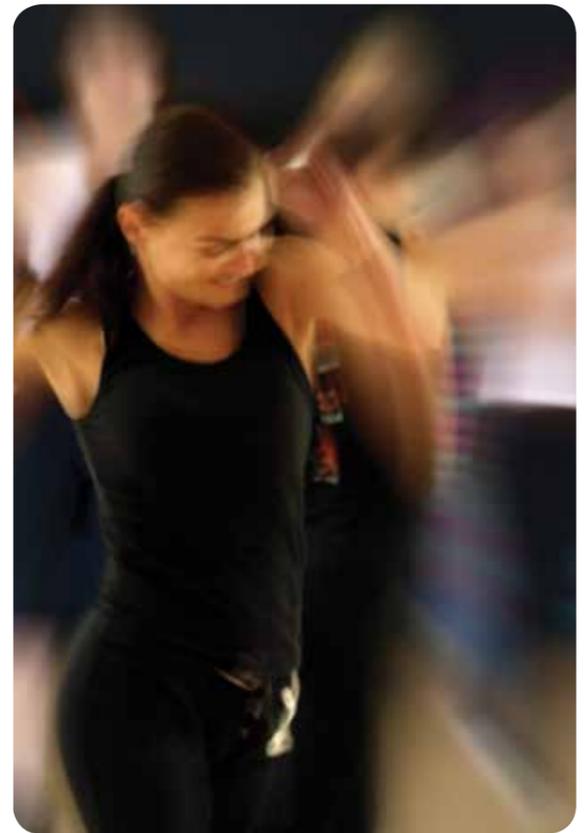
On the Mat 5417.302 Tue 6:15-7:15pm Jan 12-Feb 9 RES/NON \$45/\$55  
On the Ball 5417.303 Tue 6:15-7:15pm Feb 23-Mar 23 \$45/\$55



**Infant Massage | Ages 18+**

Infant Massage promotes an infant's physiological and neurological development and function, helps soothe common discomforts, promotes restful sleep and increases healthy attachment and bonding. We understand that as a loving parent, you are striving to enhance the health, happiness, and well-being of your family. Please bring a blanket to class. Classes held at Poway Community Park, Bill Bond Hall II & III. **Materials fee: \$10.** Instructor: Rachel Rainbolt.

RES/NON Price Per Couple  
5417.305 Thu 6:00-7:00pm Jan 7-Feb 11 \$52/\$62  
5417.306 Thu 6:00-7:00pm Feb 18-Mar 25 \$52/\$62



**Zumba for Women | Ages 18+**

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  
5417.307 Thu 8:15-9:00am Jan 14-Feb 11 \$40/\$50  
5417.308 Thu 7:15-8:00pm Jan 14-Feb 11 \$40/\$50

**Safety Training**



Please Note:

**If registering for both the First Aid class and a CPR class, the time for the First Aid class changes to 6:30-8:30pm, with a reduced materials fee.**

**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.

5418.300 Thu 5:30-8:30pm Jan 28 RES/NON \$20/\$30

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

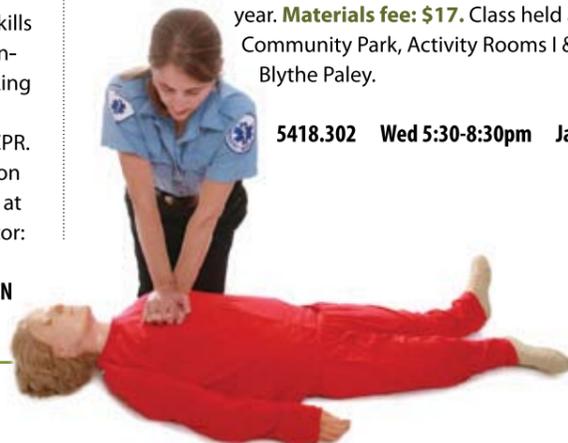
Become certified in American Red Cross CPR. Learn skills necessary to respond to breathing or cardiac emergencies. Includes learning emergency action steps, checking a conscious or unconscious victim, rescue breathing, choking, the signs and signals of a heart attack, and CPR. Participants receive an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

5418.301 Sat 8:30am-1:30pm Feb 6 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.

5418.302 Wed 5:30-8:30pm Jan 27 RES/NON \$20/\$30



**Palomar College**



**Registration: Held on site the first night for these classes.**

**So You Want to Write | Ages 18+**

This course gives a practical approach to becoming a writer. The course will employ the read/critique format combined with lecture. Written self-expression will be enhanced through exploration and appraisal of a variety of genre, elements of style, and introduction to the basic concepts of writing fiction and nonfiction. Classes held at Poway Community Park, Activity Room II. Instructor: Palomar staff.

Thursday 6:30-8:20pm Jan 21-May20 FREE



**Beginning Drawing | Ages 18+**

Learn the key and basic elements necessary to draw with pencil, colored pencil, pen and ink, charcoal, pastels, and/or mixed media. Classes held at Poway Community Park, Activity Room II. Instructor: Palomar Staff.

Tuesday 6:00-8:50pm Jan 19-May18 FREE



**Special Interest**



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

**Babysitter's Training | Ages 11+**

Participants learn child development, positive behavior, and discipline techniques. Know how to handle basic childcare, basic first aid training, including breathing emergencies. Certification in Infant and Child CPR is optional. **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
7617.300	Sat 9:00am-12:30pm Jan 16-23	\$45/\$55
7617.301	Sat 12:30-3:00pm Jan 23	\$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 a 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.** Tuesday classes: Old Poway Park. Wednesday classes: Poway Dog Park (Pen 2). Saturday classes: Garden Road Park. Arrive 20 minutes before first class. Classes held rain or shine. **Materials fee: \$20.** Instructor: Good Dog Training School. Puppy Kindergarten location: call (858) 735-8312.

			RES/NON
* Puppy Kindergarten – 8 to 12 weeks			
9019.308	Sat 12:00-1:00pm Jan 9-Jan 30		\$75/\$85
9019.309	Sat 12:00-1:00pm Feb 20-Mar 13		\$75/\$85
Basic Obedience – 12 weeks to Adult			
9019.300	Tue 6:30-7:30pm Jan 5-Feb 9		\$90/\$100
9019.301	Sat 9:30-10:30am Jan 9-Feb 13		\$90/\$100
9019.302	Tue 6:30-7:30pm Feb 23-Mar 30		\$90/\$100
9019.303	Sat 9:30-10:30am Feb 27-Apr 3		\$90/\$100
Intermediate – 6 months to Adult			
(Must have taken Introductory course or have knowledge of basic commands)			
9019.304	Sat 10:30-11:30am Jan 9-Feb 13		\$90/\$100
9019.305	Sat 10:30-11:30am Feb 27-Apr 3		\$90/\$100
Advanced – 6 months to Adult			
(Must have knowledge of all basic commands)			
9019.306	Wed 6:30-7:30pm Jan 6-Feb 10		\$90/\$100
9019.307	Wed 6:30-7:30pm Feb 24-Mar 31		\$90/\$100



**Poway Swim Center**



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

**The Poway Community Swim Center**

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



**Costs:**

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

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

**Hours:**

Winter (Oct 26, 2009-Apr 4, 2010)	
Monday-Friday	11:00am-1:30pm / 3:00-7:00pm
Saturday/Sunday	CLOSED

**Pool Closed**

November 26-27, 2009	Thanksgiving
December 14, 2009-January 3, 2010	Pool Maintenance

**Lap Swimming Hours**

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

**Red Cross Lifeguard Training | Ages 15+**

Course includes certification in CPR for the Professional Rescuer, first aid training, and skills to become a professional lifeguard. Skills test the first day – failure to complete will result in dismissal from course. 100% attendance is required. Class fee does not include books. **Students must purchase the Lifeguard Training book and a pocket resuscitation mask through the American Red Cross prior to the start of class.**

	RES/NON
0700.301 Tue/Thu 5:00-8:00pm Mar 16,18,23,25	\$100/\$110
Sat/Sun 8:00am-5:00pm Mar 20,27	

**Poway Community Park**



**Location: 13094 Civic Center Drive**

**Community Park Hours:**

Daily, Sunrise-Sunset	
Recreation Office	Mon-Sat 8am-9pm   Sun Noon-9pm
Tennis Courts	Daily, 7am-10pm
Bocce Courts	Same hours as Rec Office
Dog Park/Ball Fields/Basketball Courts	Daily, 8am-10pm

**Information: (858) 668-4671 or [www.poway.org/communitypark](http://www.poway.org/communitypark)**

**Poway Skate Park**



[www.poway.org/skatepark](http://www.poway.org/skatepark)



**Location: 13090 Civic Center Drive**

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

Friday	5:30-7:30pm	FREE
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**Unsupervised Skate Park Hours | Ages 15+**

Daily, 8:00am-8:00pm except Friday, 8:00am-5:30pm

### Lake Poway



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



**Park Hours:**  
Daily, Sunrise to Sunset

**Lake Fishing & Boating Hours:**  
Wednesday-Sunday, Sunrise to Sunset

**Information:**

(858) 668-4470

Area Reservations  
Concession

(858) 668-4595  
(858) 486-1234

**Recreate, Relax, and Experience the Great Outdoors**  
The Lake Poway Recreation Area is the place for outdoor experiences. We offer for rent a renovated 900 square foot pavilion with a kitchen and electricity for your next gathering, beautiful park areas, and gazebos for low fees, and activities for everyone. The 3.2-mile trail for mountain biking, hiking, and horseback riding offers beautiful views. If you are interested in sports, try volleyball, softball, archery, or horseshoes. We have two playgrounds for the little ones. Enjoy a fantastic day recreating, relaxing, or just enjoying nature in the City. Information: (858) 668-4595.



**Trout Season**

Get ready to reel in some of the finest Chalk Mound "Tail Walking Trout" in San Diego County! The season kicks-off in mid-November, with regular stocks of 1,500 pounds of rainbow beauties; and special stocks of up to 3,000 pounds, and trophies weighing 7-12 pounds. The Lake Poway Grill and Tackle sells bait and tackle, state fishing licenses, daily permits, cold/hot drinks, and grilled items. We have great fishing advice, "hot spot" secrets, and low-priced rental boats available on a first-come-first-served basis. Check our website at [www.poway.org/lakepoway](http://www.poway.org/lakepoway) for the most up to date fishing conditions and stocking dates. Opening day is subject to water temperatures. Information: (858) 668-4770 or concession (858) 486-1234.

### Old Poway Park



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



**Location:**  
14134 Midland Road

**Information:**  
(858) 668-4576

**Historical Tours**

The Old Poway Park tour program is now accepting tour reservations for December 2009 through June 2010. Tours can be presented for groups of 20 or more, and are appropriate for any age or grade level. The history of Poway and early California will be covered, including presentations in the Nelson House, a 1800s Poway farmhouse, and the Heritage Museum. Tours focus on the pioneer times of Poway. Additionally, your students will enjoy an Operation Lifesaver Train Safety presentation and a train ride aboard the Poway-Midland Railroad. Tours are offered Tuesday through Thursday for \$4 per participant; teachers are admitted for free. Tours can be tailored to meet the educational needs of any age group. Advance booking is required. Information or to book a tour: (858) 668-4576.



**Theatre in the Park**

The Poway Woman's Club and the City of Poway will present the children's readers theatre in Templars Hall at Old Poway Park during Christmas in the Park. Saturday, December 12. The public is invited to come out and witness the rise of these talented young stars! Information: (858) 668-4576.

**Farmers Market**

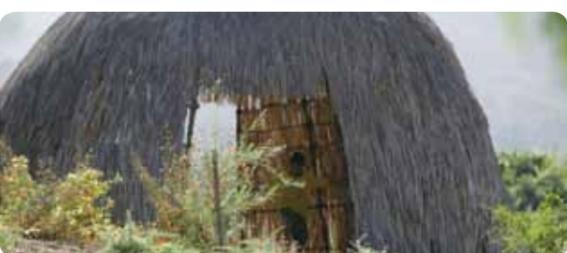
For a year-round adventure, the City of Poway Certified Farmers Market is the perfect idea. Every Saturday from 8:00 a.m. to 11:30 a.m., walk through the aisles and find fresh fruits, vegetables, flowers, and food. The cooler months bring garden-fresh avocados, tangerines, grapefruits, strawberries, broccoli, apples, navel oranges, asparagus, artichokes, carrots, beets, snow peas, and much more. All produce is certified and inspected by the agricultural commission and brought fresh to you directly from the grower. Also available are delicious homemade tamales, kettle corn, and salsas. Do not let the cooler days keep you away! Come and enjoy a great "City in the Country" atmosphere. Market is open rain or shine. Information: (858) 668-4576.



### Kumeyaay-Ipai Interpretive Center



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



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

**Information:**  
(858) 668-1292

**The Kumeyaay-Ipai Interpretive Center** is a 5-acre archeological 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. A donation is suggested: \$2 for individuals; \$5 for a family. School tours are available for 3rd grade students on Wednesday, Thursday, and Friday mornings throughout the school year. Reservation forms can be found on the City of Poway's website at [www.poway.org/kiic](http://www.poway.org/kiic).

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**

You too can quickly 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.



## Blue Sky Ecological Reserve



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

**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.

### Nature Walks

For up-to-date information on dates and times of docent-led nature walks, please visit the City of Poway website: [www.poway.org/bluesky](http://www.poway.org/bluesky) to download our latest activities schedule, or pick up a copy at the Blue Sky kiosk, Lake Poway, City Hall or Poway Library. 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](http://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 look at 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.



## 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.sdparks.org](http://www.sdparks.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 a mile south of Scripps Poway Parkway. All events are free. Information / Reservations: (858) 513-4737 or email [Justin.Gibbons@sdcounty.ca.gov](mailto:Justin.Gibbons@sdcounty.ca.gov).

### Ecology Walk

Enjoy the cool weather and learn how nature and the animals and plants interact with each other. Staff will show you the abundant plant life in the Preserve and explain why the plants are important for the survival of everything else. This hike is moderate to strenuous. **Program meets at Highway 67 staging area. Rain or muddy conditions cancel.**

**Sunday, November 22 8:30-11:30am**

### Edible Plants

Learn about our local edible plants from author and college professor Lisa Chaddock. Learn what is safe and not safe to eat and cook with when hiking or camping in the local region. Program will be followed with a walk through the Preserve. Space limited to 30. Reservations: (858) 513-4737. Guests park at Goodan Staging area and must walk approximately 1 mile to visitor center. **Program held at Preserve Visitor Center. Rain or muddy conditions cancel.**

**Saturday, December 12 9:00-11:00am**

### SDMBA Trail Work

Volunteer with the San Diego Mountain Biking Association to improve our existing trail system. If you enjoy our trails, this is your chance to give back. All tools and training, and water will be provided. Wear sturdy shoes and bring a light snack, sunscreen, eye protection, and work gloves. May involve moderate to heavy tread work and all participants must sign a waiver. Minors must be accompanied by a parent and a waiver signed. **Program starts at Goodan Staging Area. Rain or muddy conditions cancel.**

**Saturday, December 12 9:00-11:00am**

### Star Hike

Join George Varga for a unique and enlightening star gazing hike. View the Andromeda Galaxy, the Pleiades, the Orion Nebula, the Double Cluster, along with others visible with the naked eye. Guests are encouraged to bring binoculars, and wear sturdy shoes and warm clothes. Program starts at Goodan Staging Area. Space is limited to 30. Call (858) 513-4737 for reservations. **Rain or Cloudy conditions cancel.**

**Saturday, January 9 5:30pm-7:00pm**

### Birding Walk

Join Claude Edwards of the San Diego Audubon Society, as he gives a fun and informational birding walk through the Preserve. Winter brings a completely new flock of birds. Do not miss this opportunity to learn from the best. This hike is mild to moderate: wear comfortable shoes and bring water. **Program will meet at Goodan staging area. Rain or muddy conditions cancel.**

**Saturday, January 16 8:30-10:30am**

### Coyote Conservation

Animal Advocate Jane Cartmill presents an informative program on peaceful coexistence with coyotes as we urban interface into their habitat. Learn ways to keep pets, property, and coyotes



safe. Learn about the coyote's habits and their beneficial niche in our environment. Space limited to 50. Reservations: (858) 513-4737. Guests park at Goodan Staging area and must walk approximately 1 mile to visitor center. **Program held at Preserve Visitor Center. Rain or muddy conditions cancel.**

**Saturday, January 23 11:00am-12:00pm**

### Star Party

Join SDAA volunteer astronomers and County Parks staff for a night with the stars. Come experience the chance to view the Great Orion Nebula, the Andromeda Galaxy, Bode's Galaxy, various open star clusters including the "Double Cluster." This program is informative and fun for the whole family. We promise you will be wowed by this star experience! **Program will be held at Highway 67 Staging area accessed Highway 67 southbound only. Rain or clouds cancel.**

**Friday, February 5 6:00-8:00pm**

### Nature Walk

Learn about the nature that lives within Sycamore Canyon and the history of the Preserve. See wildlife tracks and signs, plants, insects, reptiles, and birds. Winter may be in full force but there will still be plenty to see. Space limited to 30. Reservations: (858) 513-4737. Guests park at Goodan Staging area and must walk approximately 1 mile to visitor center. **Program held at Preserve Visitor Center. Rain or muddy conditions cancel.**

**Saturday, February 13 10:00-11:30am**

### Gardening with Native Plants

Join park staff and Jeremy Sison to learn about planting and gardening using native plants that are indigenous to our area and grow easily and with less water. Learn the best ways to use natives and see examples of local gardens and landscape. Program held at Preserve Visitor Center. Space limited to 30. Reservations: (858) 513-4737. **Guests park at Goodan Staging area. Rain or muddy conditions cancel.**

**Saturday, February 20 10:00am-11:00am**

## Poway Library



Information: [www.sdcl.org](http://www.sdcl.org)

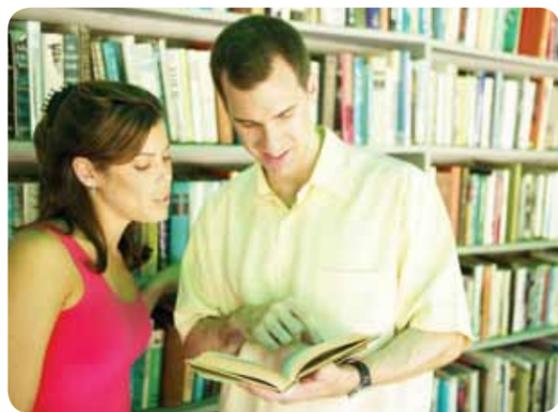


photo: T. Piranteau

**Location:**  
13137 Poway Road, Poway, CA 92064

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

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



**December:** The last week of Storytime is December 14

**Toddler Storytime**  
Mondays & Tuesdays at 10:30-10:50am

**PreSchool Storytime**  
Mondays & Tuesdays at 10:30-11:00am

**Baby Storytime**  
Mondays at 1:30-1:50pm

**After-school Storytime**  
Mondays at 3:30-4:00pm

**December 1 – Video Game Day** | 4:00-5:00pm

**December 5 – Special Program** | Meet the Fiddler at 1:00pm

**December 7-10 – Puppet Show** | 10:30am

**December 10 – Afternoon Film** | 4:00-5:30pm

**December 12 – Special Program**  
 Meet, greet, & photo with Santa at 10:00am  
 Raggle Taggle Band Holiday Music 1:00-2:00pm  
 Cookie decorating w/ National Charity League at 3:00-4:00pm

**December 15 – Afternoon Craft** | 4:00-5:00pm

**December 31 – Fall into Books book club**  
 Grades 1 & 2 at 3:00-3:30pm  
 Grades 3, 4 & 5 at 4:00-5:00pm

January: January 11, 2010, Storytime begins again.

**Toddler Storytime**  
Mondays & Tuesdays at 10:30-10:50am

**Preschool Storytime**  
Mondays & Tuesdays at 10:30-11:00am

**Baby Storytime**  
Mondays at 1:30-1:50pm

**Afterschool Storytime**  
Mondays 3:30-4:00 pm

**January 5 – Video Game Day** | 4:00-5:00pm

**January 14 – Afternoon Film** | 4:00-5:30pm

**January 19 – Afternoon Craft** | 4:00-5:00pm

**January 28 – Fall into Books book club**  
 Grades 1 & 2 at 3:00-3:30pm  
 Grades 3, 4, & 5 at 4:00-5:00pm

February:

**Toddler Storytime**  
Mondays & Tuesdays at 10:30-10:50am

**Preschool Storytime**  
Mondays & Tuesdays at 10:30-11:00am

**Baby Storytime**  
Mondays at 1:30-1:50pm

**Afterschool Storytime**  
Mondays 3:30-4:00 pm

**February 2 – Video Game Day** | 4:00-5:00pm

**February 12 – Afternoon Film** | 4:00-5:30pm

**February 16 – Afternoon Craft** | 4:00-5:00pm

**February 27 – Special program**  
Cat-in-the-Hat at 1:00pm

**February 25 – Fall into Books book club**  
 Grades 1 & 2 at 3:00-3:30pm  
 Grades 3, 4, & 5 at 4:00-5:00pm

## Poway Senior Center



Information: [www.powayseniorcenter.org](http://www.powayseniorcenter.org)



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

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

**Information:**  
 (858) 748-6094  
[www.powayseniorcenter.org](http://www.powayseniorcenter.org)

**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.



### Coming Soon – Afternoon Dance

“Come cut a rug!” The last Friday of the month, 1:00pm - 3:00pm. Watch our newsletter for the next date. Dance to the music of the Sandy De Vito Quartet. \$4.00 per person includes refreshments.

### Fundraising Campaign

Look for our “101 Donations” campaign in December. Your donations support the programs and activities at PSC that the community enjoys for free or very little cost.

### La Bella Bistro Has a New Chef!

Mitch Rubin has joined the staff at Poway Senior Center to bring us healthy, tasty meals. His background includes 5 star retirement residences; and he’s filmed an episode with “Sam, the Cooking Guy.” Mitch brings fun energy to PSC and we hope you’ll join us for special dishes like his “Drunken Chicken.”

Lunch is served 11:30 a.m. to 12:30 p.m. Monday through Friday. Advance notice is required, so call (858)748-6094 ext. 304, two days in advance to make your reservation. Suggested donation for seniors (60+), is \$4.00. Cost is \$6.00 for anyone under 60 years of age.

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.



**\$50,000 a Month in Winnings!**

**Bingo!**

Bring your friends. The best affordable entertainment in Poway! Open to all adults 18 and older. Come have fun with us!

**Saturdays, 5:00pm**  
**Tuesdays, 12:30pm**



### Special Events at Poway Senior Center

Day trips - leave the driving to us! Call Peggy at ext. 309 to answer your questions and make your reservation.

<b>November 21</b>	<b>Saturday</b>	<b>Shopping at North County Fair</b>
<b>December 12</b>	<b>Saturday</b>	<b>Theater at Mt. Carmel High School</b>
<b>January 16, 2010</b>	<b>Saturday</b>	<b>Barona Casino</b>

### Activities – Join in the Fun!

Wii sports	Scrabble
Karaoke	Needlecrafts/Quilting
Watercolor, painting	Silver Age Yoga
Tuesday Walking group	Feeling Fit aerobics
Poker	Bridge

Call Mary at ext. 305 for more information.

### AARP Free Tax Service begins in January

Open to the public. Sign up now before it's too late. Appointments go quickly.

**Poway Center for the Performing Arts**



Information: [www.powaycenter.com](http://www.powaycenter.com)



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

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

Closed Sunday-Tuesday, and major holidays.  
The Box Office opens one hour before scheduled performance times and remains open 30 minutes after performances begin.

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

Closed Sunday-Monday, and major holidays.  
A new exhibit opens monthly, ensuring a wide variety of styles and media from local and regional artists.

**Information:**  
**Administration (858) 668-4693**  
**Box Office (858) 748-0505**  
[www.powaycenter.com](http://www.powaycenter.com)



**The Poway Center for the Performing Arts (PCPA)** hosts professional performances ranging from major plays and concerts to appearances by individual artists of national acclaim. The PCPA also encourages performing arts in the area by providing first class performance space for Poway Unified School District students and community-based productions. Visit [www.PowayCenter.com](http://www.PowayCenter.com) to see a list of all of our upcoming shows.

Consider the Poway Center for the Performing Arts for your upcoming event. This state-of-the-art 809-seat theatre was designed for professional performances and community-based productions. Owned and operated by the City of Poway, the PCPA staff will do everything possible to ensure your event runs smoothly and successfully.

**Volunteer Opportunities**  
Become a part of the theatre world without ever stepping on stage! Our team of volunteers assists the PCPA with nightly operations such as taking tickets, assisting patrons to their seats, distributing programs, and providing high quality customer service. Earn free tickets to our productions throughout the year while mingling with theatergoers from all over San Diego County. Sign-ups occur throughout the year. Information: (858) 668-4694.



POWAY CENTER for the PERFORMING ARTS



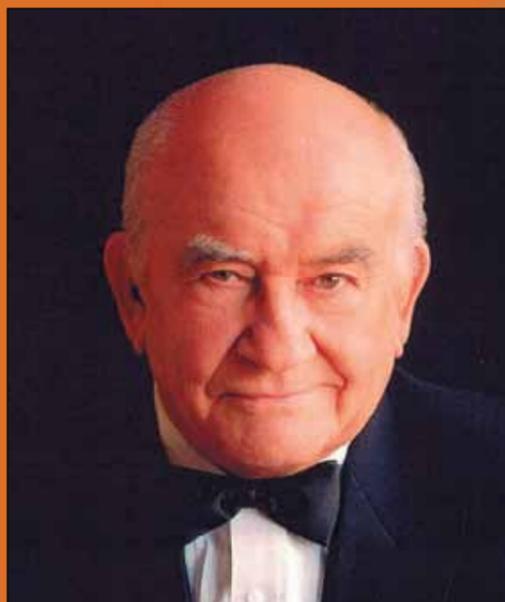
**Poway Center for the Performing Arts Foundation Presents**

**2009/2010 PROFESSIONAL PERFORMANCE SEASON**



**PAULA COLE**  
Adults: \$42  
Saturday, December 5  
8 pm

**BOOKER T.**  
(OF BOOKER T. & THE MGs)  
Adults: \$42  
Saturday, January 16  
8 pm

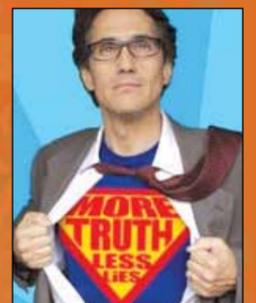


**FDR STARRING ED ASNER**  
Tickets: \$39  
Saturday, February 20, 8 pm

Made possible by the McCarthy-Goldsmith Theater Fund and the National Endowment for the Arts

**THE MALE INTELLECT:  
THE 2ND COMING**

Adults: \$39  
Saturday, March 27  
8 pm



**LEON REDBONE**  
Adults: \$42  
Saturday, April 24  
8 pm

Made possible by the Gutschow Family Foundation



THE KENNEDY CENTER'S  
THEATRE FOR YOUNG  
AUDIENCES ON TOUR

**NOBODY'S  
PERFECT**

Adults: \$25  
Saturday, February 27  
7 pm

Youth Tix only \$5!  
(with purchase of an adult ticket)

Thanks to our generous Season Sponsors

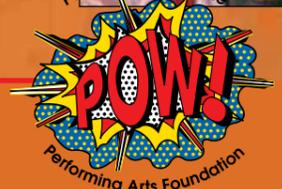
Buy tickets online at  
[www.powayarts.org](http://www.powayarts.org)

MISSOULA CHILDREN'S THEATRE  
**KING ARTHUR'S QUEST**

Auditions: 4 pm, Mon, March 1

Adults: \$17  
Performances:  
Saturday, March 6, 3 & 7 pm

Made possible by the San Diego Foundation's Betsy Dam Fund for Arts Education and the Theodore and Elizabeth Schmidt Foundation





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

# REGISTRATION

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

*There are 3 convenient ways to register for classes:*

## 1. Mail-In

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

## 2. Walk-In

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

Location:  
**13325 Civic Center Drive**

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

## 3. Online

Online registration is available by visiting the City of Poway website 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** will be provided for any class canceled or overbooked by the City of Poway. No refund will be issued after the start of the second class unless approved. Any refund will be prorated and a service charge of \$15 applied. Requests may be mailed or submitted in person to the Community Services Department. All refunds will come in the form of a check, and mailed within three to four weeks from the date of approval. Credit card accounts will be credited.

**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: \_\_\_\_\_