

POWAY Community Services



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

FALL 2009

Registration begins **AUGUST 4** for Poway Residents & Nonresidents

History Comes Alive at the **Rendezvous in Poway**

Back by popular demand, the City of Poway, Old Poway Park Action Committee, and Old Poway Park's history reenactment teams are hosting the Rendezvous in Poway Living History Faire **Saturday, September 19 from 10:00 a.m. to 4:00 p.m., and Sunday, September 20 from 10:00 a.m. to 2:00 p.m.** More than 15 living history encampments will be set up spanning the turn-of-the-twentieth-century and civil war eras of California's history. Meet real cowboys, mountain men and women, buckaroos, gunslingers,



and soldiers. Learn how people lived, cooked, worked, crafted, and played. Experience period costumes, crafts, and displays or speak with the pioneers. A campfire will be hosted with the pioneers Friday, September 18 at 7:00 p.m. and a barn dance in Templars Hall Saturday, September 19 at 7:00 p.m. The event is FREE and appropriate for all ages. Information: (858) 668-4576.



Saturday Sept 19, 10am-4pm & Sunday Sept 20, 10am-2pm FREE for ALL AGES!

Annual Train Song Festival

Hear the sweet sounds of train songs and the steam train whistle during the Train Song Festival at Old Poway Park, **Saturday, October 10, 10:00 a.m. to 4:00 p.m.** The Festival features traditional railroad music and storytelling inspired by the history and culture surrounding railroads. The City of Poway, San Diego Folk Heritage, and the Old Poway Park Action Committee cosponsor the Festival. There will be train-related vendors, a model railroad display, a craft market, mock train

robberies, and a free children's craft area. Children should arrive in their best railroad attire to participate in the railroad costume contest. The Poway-Midland Railroad Volunteers will provide rides aboard the restored steam train for a nominal fee. This unique event is FREE, and perfect for families. Information: (858) 668-4576.



Railroad Movie Under the Stars

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

Target Summer Concert Series

Summer concerts continue. The City of Poway, Target Stores, Marrokal Design and Remodeling, and Country Montessori School sponsor the concerts. Bring a blanket or chair, picnic dinner or snack, and head out to the park for some great end-of-summer fun. Concerts are Sundays, 5:30 p.m. to 7:00 p.m. at Lake Poway, 14644 Lake Poway Road, and Old Poway Park, 14134 Midland Road. Lake Poway concert information: (858) 668-4771. Old Poway Park concert information: (858) 668-4576. The last concert is Saturday, September 12 from 5:00 p.m. to 6:30 p.m., at Poway Community Park, 13094 Civic Center Drive.

Date	Location	Performer	Musical Style
July 26	Lake Poway	Help!	Beatles Tribute
August 2	Old Poway Park	Highland Way	Traditional Scottish & Irish Music
August 9	Lake Poway	Upstream	Carribbean
September 12	Poway Community Park * NEW	The Fabulous Ultratones	80s & 90s Rock

Looking Ahead to Poway's Winter Events

Candyland Holiday Festival | Ages 2-10

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, sing karaoke holiday songs, and make wonderful crafts. Parents are encouraged to bring their cameras. **Day-of-event registration only.** Information: (858) 668-4595, Select Option 9. Event held at the Poway Community Park, 13094 Civic Center Drive.

Saturday 12:00pm -4:00 pm December 19 \$5 per child/\$3 per adult

Christmas in the Park | All Ages

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 and includes goodies galore, live music, and a craft boutique. Enjoy visits with Santa and Mrs. Claus, demonstrations, steam train rides, and more. The park is decked with holiday décor. Make lasting memories for your family.

New Classes/Activities ★ Look for the Star

Discovery Time – Number Crunchers ★

Number values, concepts, and counting will be taught to children through the use of games and cooking. **pg. 4**

Welcome Home Baby ★

Get prepared and learn about what to expect in the first 3 months of life with baby.. **pg. 8**



Fitness Training for Kids ★

Improve cardio fitness and increase strength and agility while having fun! **pg. 6**



Zumba for Women ★

Zumba is a fusion of Latin rhythms and fitness dance moves that will keep you inspired and in-shape. **pg. 7**

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



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. **No class November 24.**

			RES/NON
4011.200	Tue 8:30-10:00am	Aug 25-Sep 22	\$58/\$68
4011.201	Tue 8:30-10:00am	Sep 29-Oct 27	\$58/\$68
4011.202	Tue 8:30-10:00am	Nov 3-Dec 8	\$58/\$68
4011.203	Tue 10:00-11:30am	Aug 25-Sep 22	\$58/\$68
4011.204	Tue 10:00-11:30am	Sep 29-Oct 27	\$58/\$68
4011.205	Tue 10:00-11:30am	Nov 3-Dec 8	\$58/\$68

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. **No class September 7, 28, November 11.**

			RES/NON
4011.206	MWF 9:00am-12:00pm	Aug 24-Sep 25	\$250/\$260
4011.207	MWF 9:00am-12:00pm	Sep 30-Oct 30	\$250/\$260
4011.208	MWF 9:00am-12:00pm	Nov 2-Nov 20	\$150/\$160
4011.209	MWF 9:00am-12:00pm	Nov 30-Dec 18	\$150/\$160

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

An hour of pure fun, while socialization and readiness skills are being emphasized in a success-oriented atmosphere. 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. **No class September 7, 28, November 11.**

			RES/NON
4011.210	MWF 12:00-1:00pm	Aug 24-Sep 25	\$69/\$79
4011.211	MWF 12:00-1:00pm	Sep 30-Oct 30	\$69/\$79
4011.212	MWF 12:00-1:00pm	Nov 2-Nov 20	\$50/\$60
4011.213	MWF 12:00-1:00pm	Nov 30-Dec 18	\$50/\$60



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. **No class November 24.**

			RES/NON
4011.214	Tue 11:30am-12:15pm	Aug 25-Oct 6	\$49/\$59
4011.215	Tue 11:30am-12:15pm	Oct 13-Dec 8	\$57/\$67

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. **No class November 26.**

			RES/NON
4011.216	Thu 9:00-10:15am	Aug 27-Sep 24	\$65/\$75
4011.217	Thu 9:00-10:15am	Oct 1-Oct 29	\$65/\$75
4011.218	Thu 9:00-10:15am	Nov 5-Dec 10	\$65/\$75

Discovery Time - Number Crunchers * | Ages 4-6

Readiness math skills taught, in fun positive hands-on approach... that is the Discovery Time style that sets the student up for success. Number values, concepts, and counting will be taught through the use of 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. **No class November 26.**

			RES/NON
4011.219	Thu 10:15-11:30am	Aug 27-Sep 24	\$65/\$75
4011.220	Thu 10:15-11:30am	Oct 1-Oct 29	\$65/\$75
4011.225	Thu 10:15-11:30am	Nov 5-Dec 10	\$65/\$75



My First Art Class * | Ages 1 1/2-3

For the truly beginner artist! 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 an "I can do it!" class that is fun and creative. **Materials fee: \$25.** Classes held at Poway Community Park, Youth Activity Room. Instructor: Abakadoodle. **No class November 24.**

			RES/NON
4011.222	Tue 1:00-1:45pm	Sep 15-Oct 20	\$50/\$60
4011.223	Tue 1:00-1:45pm	Oct 27-Dec 8	\$50/\$60

Creative Arts



Art Start: Art Safari! | Ages 7-13

Get ready for an Art Safari! Young artists will create art based on the exotic animals, designs, and landscapes of Africa. Artist Susan Bainbridge will be their guide as they explore a variety of media, including oil pastels, markers, watercolor, and clay. Class size will be small to allow individual attention for each student. Classes held at Old Poway Park, Porter House Great Room. **Materials fee: \$30.** Instructor: Susan Bainbridge.

			RES/NON
6182.200	Mon 4:00-5:15pm	Oct 5-Nov 9	\$80/\$90

Broadway Babies | Ages 4-6

Calling all little singers! This class will have your children singing and swinging to fun holiday songs. Students will develop self-confidence, teamwork, and most importantly a love for music! All groups will participate in a performance during the "Christmas in the Park" festival. Classes held at Old Poway Park, Templars Hall. **Materials Fee: \$50.** Instructor: Jennifer Winspear and Company. **No class November 26.**

			RES/NON
6182.201	Thu 3:00-3:45pm	Oct 1-Dec 10	\$75/\$85



Vocal Motion | Ages 7-12

Do your kids love to sing and dance? These classes will focus on basic ear training while enjoying singing as a group. Beginning music theory and terminology are included in the classes, along with fun "show choir movement." Groups will participate in a performance during the "Christmas in the Park" festival. Classes held at Old Poway Park. **Materials Fee: \$50.** Instructor: Jennifer Winspear. **No class November 26.**

			RES/NON
6182.202	Thu 4:00pm-5:30pm	Oct 1-Dec 10	\$100/\$110

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 Meadowbrook Gymnasium, 12320 Meadowbrook Lane. Information: (858) 668-4671 or visit the teen page at www.poway.org/teen.

September 4	November 6
October 2	December 4



Dance | Teens & Adults



Hip-Hop Hustle | Ages 16+

This class takes the fun factor of the hustle up a notch by adding super 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
5317.200	Tue 6:15-7:15pm	Sep 22-Oct 20	\$40/\$50
5317.201	Tue 6:15-7:15pm	Oct 27-Nov 24	\$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 Nov. 23, 26.



Dance for Children | Ages 3-5

A PERFECT first experience in dance for boys and girls! 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. Come join the fun! Wear comfortable clothing and leather ballet shoes or bare feet. Continuing students will perform in our June 2010 dance recital at the PCPA. Costumes are ordered in January.

			RES/NON
5111.200	Mon 10:00-10:45am	Sep 14-Dec 7	\$98/\$108



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, songs and dances, and just plain fun! Full-year program begins in September. Continuing students may participate in our June 2010 dance recital at the PCPA. Costumes ordered in January. Dance attire, tap, and leather ballet shoes required.

			RES/NON
Tiny Tot Beginner Ages 3-4			
5111.201	Mon 11:00am-12:00pm	Sep 14-Dec 7	\$98/\$108
5111.202	Mon 2:00-3:00pm	Sep 14-Dec 7	\$98/\$108
5111.203	Thu 1:00-2:00pm	Sep 17-Dec 10	\$98/\$108
Children's Beginner Ages 5-6			
5111.204	Mon 3:00-4:00pm	Sep 14-Dec 7	\$98/\$108
5111.205	Thu 2:00-3:00pm	Sep 17-Dec 10	\$98/\$108
Beginner/Intermediate Ages 6-8 (Previous experience suggested)			
5111.206	Mon 4:00-5:00pm	Sep 14-Dec 7	\$98/\$108
5111.207	Thu 3:00-4:00pm	Sep 17-Dec 10	\$98/\$108
Intermediate 9 to 12 Years (Previous experience suggested)			
5111.208	Mon 5:15-6:15pm	Sep 14-Dec 7	\$98/\$108
5111.209	Thu 4:00-5:00pm	Sep 17-Dec 10	\$98/\$108
Intermediate/Advanced 10 to 14 Years (Instructor Referral Only)			
5111.210	Thu 5:00-6:00pm	Sep 17-Dec 10	\$98/\$108
Advanced Teen 13 to 18 Years (Instructor Referral Only)			
5111.211	Mon 6:15-7:15pm	Sep 14-Dec 7	\$98/\$108

Information: www.poway.org

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 November 24, 28.

			RES/NON
Ages 3-4			
5121.200	Tue 3:00-3:45pm	Sep 15-Dec 8	\$88/\$98
5121.201	Sat 10:00-10:45am	Sep 19-Dec 12	\$88/\$98
Ages 5-6			
5121.202	Sat 11:00-11:45am	Sep 19-Dec 12	\$88/\$98
Ages 7-9			
5121.203	Sat 9:00-9:45am	Sep 19-Dec 12	\$88/\$98
Ages 9-15			
5121.204	Tue 5:15-6:00pm	Sep 15-Dec 8	\$88/\$98

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 November 24.

			Res/Nonres
Beginner Ages 7-11			
5121.205	Tue 3:45-4:30pm	Sep 15-Dec 8	\$88/\$98
Beginner/Intermediate Ages 12-17			
5121.206	Tue 4:30-5:15pm	Sep 15-Dec 8	\$88/\$98

Gymnastics



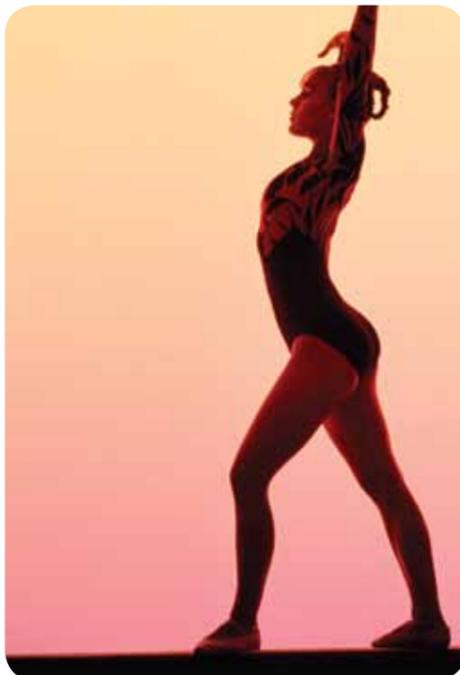
Gymnastics Classes:

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. No class November 26, 28.

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.

			RES/NON
2312.200	Thu 10:45-11:15am	Sep 17-Dec 10	\$161/\$171
2312.201	Sat 8:45-9:15am	Sep 19-Dec 12	\$161/\$171



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.

			RES/NON
2312.202	Thu 10:00-10:45am	Sep 17-Dec 10	\$180/\$190
2312.203	Sat 9:30-10:15am	Sep 19-Dec 12	\$180/\$190

Beginning Gymnastics | 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.

			RES/NON
2312.204	Tue 3:40-4:40pm	Sep 15-Dec 8	\$202/\$212

Sports | Youth



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. No class November 25.

			RES/NON
Ages 3-5			
2091.200	Wed 4:00-4:30pm	Sep 9-Sep 30	\$40/\$50
2091.201	Wed 4:00-4:30pm	Oct 7-Oct 28	\$40/\$50
2091.202	Wed 4:00-4:30pm	Nov 4-Dec 2	\$40/\$50
Ages 6-12			
2091.203	Wed 4:30-5:00pm	Sep 9-Sep 30	\$40/\$50
2091.204	Wed 4:30-5:00pm	Oct 7-Oct 28	\$40/\$50
2091.205	Wed 4:30-5:00pm	Nov 4-Dec 2	\$40/\$50

Karate is for Kids | Ages 4-12

Respect, courtesy, manners, mental focus, physical fitness, and coordination. If your child needs improvement in any of these areas, this is the class you want. Your child will be taught by experienced professionals. Uniforms optional, but available from the instructor. Classes held at Poway Kenpo Karate (www.powaymartialarts.com), 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.



			RES/NON
Ages 4-5			
2091.206	Fri 3:00-3:45pm	Sep 25-Oct 23	\$45/\$55
Ages 6-7			
2091.207	Sat 10:00-10:45am	Sep 26-Oct 24	\$45/\$55
Ages 8-12			
2091.208	Wed 5:00-5:45pm	Sep 23-Oct 21	\$45/\$55

Tae Kwon Do | Ages 5-17

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. No class November 11, 25, 27.

			RES/NON
Ages 5-13			
2091.209	MWF 6:00-7:00pm	Sep 14-Dec 11	\$70/\$80
Ages 14-17			
2091.210	MWF 7:00-8:00pm	Sep 14-Dec 11	\$70/\$80



Sports | Youth 

Youth Volleyball League | 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
2091.211	Mon 5:30-6:30pm	Sep 21-Nov 2	\$26/\$36
Ages 12-14			
2091.212	Mon 6:45-7:45pm	Sep 21-Nov 2	\$26/\$36



Youth Basketball Training | Ages 8-15

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

			RES/NON
2091.213	Wed 6:00-7:30pm	Sep 23-Oct 28	\$100/\$110

Fitness Training for Kids * | Ages 8-12

Learn jump rope skills, along with proper stretching techniques. Improve cardio fitness and increase strength and agility. Classes held at Poway Boxing Club (www.powaymartialarts.com), 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.

			RES/NON
2091.214	Sat 10:00-11:00am	Sep 26-Oct 24	\$45/\$55

Sports | Teens & Adults 

Coed Volleyball | Ages 18+

This is an instructional league. You will be assigned to a four-person team based on the instructor's assessment of your 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. **Classes on November 17 and 19 begin at 6 p.m.**

Intermediate Men's			RES/NON
1247.200	Thu 6:30 9:30pm	Sep 24-Nov 19	\$57/\$67
Intermediate Women's			
1247.201	Thu 6:30 9:30pm	Sep 24-Nov 19	\$57/\$67
Advanced Men's			
1247.202	Tue 6:30 9:30pm	Sep 22-Nov 17	\$57/\$67
Advanced Women's			
1247.203	Tue 6:30 9:30pm	Sep 22-Nov 17	\$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 November 11, 25, and 27.**

			RES/NON
1247.204	MWF 7:00-8:00pm	Sep 14-Dec 11	\$70/\$80



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.

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. **No league November 25.**

			RES/NON
1247.205	Wed 6:30-9:30pm	Sep 16-Dec 16	\$68/Team

Tennis 

Tennis Classes:

All tennis classes held at Poway Community Park. If needed, racquets are available from the instructor. Instructor: Art Christophiades. No class October 31, November 23-26 & 28.



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
3013.200	Sat 9:00-10:00am	Sep 19-Oct 17	\$40/\$50
3013.201	Sat 9:00-10:00am	Oct 24-Dec 5	\$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
3013.202	T/Th 4:00-5:00pm	Sep 15-Oct 15	\$70/\$80
3013.203	Sat 10:00-11:00am	Sep 19-Oct 17	\$45/\$55
3013.204	T/Th 4:00-5:00pm	Oct 27-Dec 3	\$70/\$80
3013.205	Sat 10:00-11:00am	Oct 24-Dec 5	\$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
3013.206	T/Th 5:00-6:00pm	Sep 15-Oct 15	\$70/\$80
3013.207	Sat 11:00am-12:00pm	Sep 19-Oct 17	\$45/\$55
3013.208	T/Th 5:00-6:00pm	Oct 27-Dec 3	\$70/\$80
3013.209	Sat 11:00am-12:00pm	Oct 24-Dec 5	\$45/\$55

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
3013.210	MW 4:00-6:00pm	Sep 14-Oct 14	\$90/\$100
3013.211	MW 4:00-6:00pm	Oct 26-Dec 2	\$90/\$100

Adult Beginner/Intermediate | Ages 15+

This class will encompass a variety of basic 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
3013.212	Sat 12:00-1:00pm	Sep 19-Oct 17	\$45/\$55



Outdoor Activities



Information: www.poway.org



Hiking for Fun & Fitness | Ages 5+

Enjoy easy to moderate hikes on Poway's trails in October, and sidewalks with streetlights in November and December. The hikes are about 3 miles and 1-½ hours. Lug-sole shoes (grip pattern) are recommended. Bring water and hiking stick. Family price is for two or more. All children under 18 must be accompanied by an adult. First hike meets at Lake Poway Concession. Information: (858) 748-5166. Instructor: Mike Fry, mnfry@cox.net. **No class November 25.**

3439.200 Wed 6:00-7:30pm Oct 7-Dec 23

RES/NON
\$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 for all participants. **Materials fee: \$35.** Information: (619) 977-2829.

3439.201 Mon 3:30pm-5pm Nov 30-Dec 21 \$40/\$50

RES/NON

Lake Poway Family Campout | All Ages

This campout is perfect for the first-time campers. Enjoy entertainment around the campfire, pedal boating, and hikes. Families need to bring their own camping supplies and food to barbecue. Grills are available, but you are encouraged to bring your own. Snacks around the campfire and a continental breakfast provided. Campsites can be set up at 11:00 a.m. No alcohol permitted. Up to 5 persons per family; \$10 each additional person.

9039.102 Sat/Sun 5pm-9:00am Aug 15-16 \$52/\$62

RES/NON

Health & Wellness



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.

5417.200 Sat 9:15-10:00am Sep 26-Oct 24 \$45/\$55

RES/NON



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.

5417.201 Thu 6:30-8:00pm Sep 17-Nov 19 \$75/\$85

RES/NON

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 optional. Classes held at Poway Community Park, Auditorium. Instructor: Emma Sarmiento.

On the Mat 5417.202 Tue 7:15-8:00pm Sep 22-Oct 20 \$45/\$55

RES/NON

On the Ball 5417.203 Tue 7:15-8:00pm Oct 27-Nov 24 \$45/\$55

RES/NON

Turbo Kick 101 * | Ages 16+

No fitness experience required! A combination of shadow boxing, kickboxing, sports drills, and dance moves performed to high-energy music matched with minimal choreography. Wear comfortable clothes and athletic shoes, and bring a towel and water to class. Classes held at Poway Community Park, Auditorium. Instructor: Emma Sarmiento.

5417.204 Wed 6:00-6:45pm Sep 23-Oct 21 \$40/\$50

RES/NON

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.

5417.205 Thu 6:00-7:00pm Sep 17-Oct 15 \$52/\$62

RES/NON

5417.206 Thu 6:00-7:00pm Oct 22-Nov 19 \$52/\$62

Price Per Couple

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. **No class November 27.**



9397.200 Fri 1:30-3:30pm Sep 25-Dec 4 \$40/\$50

RES/NON

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.

5417.207 Thu 8:15-9:00am Sep 17-Oct 15 \$40/\$50

RES/NON

5417.208 Thu 7:15-8:00pm Sep 17-Oct 15 \$40/\$50

RES/NON



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.

5418.200 Thu 5:30-8:30pm Oct 1 \$20/\$30

RES/NON

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.

5418.201 Sat 8:30am-1:30pm Sep 26 \$30/\$40

RES/NON

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.

5418.202 Wed 5:30-8:30pm Sep 30 \$20/\$30

RES/NON



Special Interest



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
7617.200	Sat 9:00am-12:30pm	Oct 3-10	\$45/\$55
CPR Certification (Must be registered in Babysitter's Training)			
7617.201	Sat 12:30-3:00pm	Oct 10	\$20/\$30

Holiday Blue Ribbon Cookie Baking | Ages 18+

The instructor will demonstrate three of her award-winning cookie recipes, including her recipe with which she appeared on the Food Network's Emeril Live show. Participants will learn tips and shortcuts for successful cookie baking and cookie presentation, and will get to take home recipes and cookies. Classes held at Poway Community Park, Nutrition Room. **Materials fee: \$10.** Instructor: Lynn Diamond Scully.

			RES/NON
7617.202	Wed 6:00-8:30pm	Oct 21	\$38/\$48
7617.203	Sat 9:00-11:30am	Nov 21	\$38/\$48

Welcome Home, Baby! * | Ages 18+

Class prepares participants for the first 3 months of life with baby. Learn tips on care of the newborn, breastfeeding vs. formula, bottle feeding, nursery set up, the first bath, and taking care of multiples. Changes in the postpartum family, healing of the mother, coping techniques, and helping participants develop parenting styles will be covered. Classes held at Poway Community Park, Activity Room I & II. **Materials fee: \$8.** Instructor: Linda Crawford.

			RES/NON	Price Per Couple
7617.204	TuTh 6:30-8:30pm	Oct 13-Oct 15	\$39/\$49	
7617.205	MW 6:30-8:30pm	Nov 2-Nov 4	\$39/\$49	



Dog/Puppy Obedience | Ages 18+

No metal choke chains, pinch collars, or gentle-lead collars allowed. Your dog learns to walk without pulling. Behavior problems can be solved. Updated shots required. Do not feed your dog four hours prior to the start of class. Tuesday classes: Old Poway Park Gazebo. Wednesday classes: Poway Dog Park. Saturday classes: Garden Road Park. Classes held rain or shine. Arrive 20 minutes before first class. **Materials fee: \$20.** Instructor: Good Dog Training School.

Introductory—Twelve Weeks to Adult			RES/NON
9019.200	Tue 6:30-7:30pm	Sep 8-Oct 13	\$90/\$100
9019.201	Sat 9:30-10:30am	Sep 12-Oct 17	\$90/\$100
9019.202	Tue 6:30-7:30pm	Oct 27-Dec 1	\$90/\$100
9019.203	Sat 9:30-10:30am	Oct 31-Dec 5	\$90/\$100
Intermediate – Six Months to Adult (Must have taken Introductory course or have knowledge of basic commands)			
9019.204	Sat 10:00-11:00am	Sep 12-Oct 17	\$90/\$100
9019.205	Sat 10:00-11:00am	Oct 31-Dec 5	\$90/\$100
Advanced – Six Months to Adult (Must have knowledge of all basic commands)			
9019.206	Wed 6:30-7:30pm	Sep 9-Oct 14	\$90/\$100
9019.207	Wed 6:30-7:30pm	Oct 28-Dec 2	\$90/\$100

Poway Swim Center



Information: www.poway.org

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. A one-foot baby pool is available during spring, summer, and fall. 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

Hours:

Fall (Sep 8-Oct 25)	
Monday/Wednesday/Friday	10:30am-7:30pm
Tuesday/Thursday	8:00am-7:30pm
Saturday/Sunday	10:30am-5:00pm

Pool Closed

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

Winter (Oct 26, 2009-April 5, 2010)

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

Lap Swimming Hours

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

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

Swim Lessons



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.

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. Orientation to 4 feet of water is also introduced.

			RES/NON
0122.200	T-F/M-Th 3:00-3:40pm	Sep 8-Sep 17	\$52/\$62
0122.201	M-Th 3:00-3:40pm	Sep 21-Oct 1	\$52/\$62
0122.202	M-Th 3:50-4:30pm	Sep 21-Oct 1	\$52/\$62
0122.203	M-Th 3:00-3:40pm	Oct 5-Oct 15	\$52/\$62
0122.204	M-Th 3:50-4:30pm	Oct 5-Oct 15	\$52/\$62
0122.205	M-Th 3:00-3:40pm	Oct 19-Oct 29	\$52/\$62
0122.206	M-Th 3:50-4:30pm	Oct 19-Oct 29	\$52/\$62

			RES/NON
0121.200	T-F/M-Th 3:00-3:40pm	Sep 8-Sep 17	\$52/\$62
0121.201	M-Th 3:00-3:40pm	Sep 21-Oct 1	\$52/\$62
0121.202	M-Th 3:00-3:40pm	Oct 5-Oct 15	\$52/\$62
0121.203	M-Th 3:00-3:40pm	Oct 19-Oct 29	\$52/\$62

Grunion 3 | Ages 3-6

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

			RES/NON
0123.201	T-F/M-Th 3:00-3:40pm	Sep 8-Sep 17	\$52/\$62
0123.202	T-F/M-Th 3:50-4:30pm	Sep 8-Sep 17	\$52/\$62
0123.203	M-Th 3:00-3:40pm	Sep 21-Oct 1	\$52/\$62
0123.204	M-Th 3:50-4:30pm	Sep 21-Oct 1	\$52/\$62
0123.205	M-Th 3:00-3:40pm	Oct 5-Oct 15	\$52/\$62
0123.206	M-Th 3:50-4:30pm	Oct 5-Oct 15	\$52/\$62
0123.207	M-Th 3:00-3:40pm	Oct 19-Oct 29	\$52/\$62
0123.208	M-Th 3:50-4:30pm	Oct 19-Oct 29	\$52/\$62

Swim Lessons continued...

Starfish | Ages 6-12

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

		RES/NON
0221.200	T-F/M-Th 3:50-4:30pm Sep 8-Sep 17	\$52/\$62
0221.201	M-Th 3:50-4:30pm Sep 21-Oct 1	\$52/\$62
0221.202	M-Th 3:50-4:30pm Oct 5-Oct 15	\$52/\$62
0221.203	M-Th 3:50-4:30pm Oct 19-Oct 29	\$52/\$62

Seahorse | Ages 6-12

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

		RES/NON
0222.200	T-F/M-Th 3:50-4:30pm Sep 8-Sep 17	\$52/\$62
0222.201	T-F/M-Th 4:40-5:20pm Sep 8-Sep 17	\$52/\$62
0222.202	M-Th 3:50-4:30pm Sep 21-Oct 1	\$52/\$62
0222.203	M-Th 4:40-5:20pm Sep 21-Oct 1	\$52/\$62
0222.204	M-Th 3:50-4:30pm Oct 5-Oct 15	\$52/\$62
0222.205	M-Th 4:40-5:20pm Oct 5-Oct 15	\$52/\$62
0222.206	M-Th 3:50-4:30pm Oct 19-Oct 29	\$52/\$62
0222.207	M-Th 4:40-5:20pm Oct 19-Oct 29	\$52/\$62

Otter | Ages 6-16

A completion of those skills pertaining to American Red Cross Level 2, this class is designed to improve technique, promote self-proficiency, and increase endurance of front crawl, back crawl, and elementary backstroke. An orientation to water greater than 5 feet, the diving boards, and treading water is also included. Completion of this class signifies the ability to pass the "Open Swim" swim test.

		RES/NON
0223.200	T-F/M-Th 3:50-4:30pm Sep 8-Sep 17	\$52/\$62
0223.201	T-F/M-Th 4:40-5:20pm Sep 8-Sep 17	\$52/\$62
0223.202	M-Th 4:40-5:20pm Sep 21-Oct 1	\$52/\$62
0223.203	M-Th 4:40-5:20pm Oct 5-Oct 15	\$52/\$62
0223.204	M-Th 4:40-5:20pm Oct 19-Oct 29	\$52/\$62



Seal | Ages 6-16

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

		RES/NON
0321.200	T-F/M-Th 4:40-5:20pm Sep 8-Sep 17	\$52/\$62
0321.201	M-Th 4:40-5:20pm Sep 21-Oct 1	\$52/\$62
0321.202	M-Th 4:40-5:20pm Oct 5-Oct 15	\$52/\$62
0321.203	M-Th 4:40-5:20pm Oct 19-Oct 29	\$52/\$62

Sting Ray | Ages 6-16

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

		RES/NON
0322.200	T-F/M-Th 4:40-5:20pm Sep 8-Sep 17	\$52/\$62
0322.201	T-F/M-Th 5:30-6:10pm Sep 8-Sep 17	\$52/\$62
0322.202	M-Th 4:40-5:20pm Sep 21-Oct 1	\$52/\$62
0322.203	M-Th 5:30-6:10pm Sep 21-Oct 1	\$52/\$62
0322.204	M-Th 4:40-5:20pm Oct 5-Oct 15	\$52/\$62
0322.205	M-Th 5:30-6:10pm Oct 5-Oct 15	\$52/\$62
0322.206	M-Th 4:40-5:20pm Oct 19-Oct 29	\$52/\$62
0322.207	M-Th 5:30-6:10pm Oct 19-Oct 29	\$52/\$62

Dolphin | Ages 6-16

The Dolphin 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 freestyle and backstroke flip turns.

		RES/NON
0323.200	T-F/M-Th 5:30-6:10pm Sep 8-Sep 17	\$52/\$62
0323.201	M-Th 5:30-6:10pm Sep 21-Oct 1	\$52/\$62
0323.202	M-Th 5:30-6:10pm Oct 5-Oct 15	\$52/\$62
0323.203	M-Th 5:30-6:10pm Oct 19-Oct 29	\$52/\$62

Adult/Teen | Ages 16+

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

		RES/NON
0521.200	T-F/M-Th 5:30-6:10pm Sep 8-Sep 17	\$52/\$62
0521.201	M-Th 5:30-6:10pm Sep 21-Oct 1	\$52/\$62
0521.202	M-Th 5:30-6:10pm Oct 5-Oct 15	\$52/\$62
0521.203	M-Th 5:30-6:10pm Oct 19-Oct 29	\$52/\$62

Red Cross Lifeguard Training | Ages 16+

Course includes certification in CPR for the Professional Rescuer, first aid training (includes infant, youth and adult CPR, use of the CPR mask and 2-person CPR), and skills to become a professional lifeguard. Skills test the first day: swim 300 yards continuously (front crawl and breaststroke), enter the water feet-first, swim 20 yards, retrieve 10 pound brick from 7-10 feet of water, return 20 yards and climb out of the pool in under one minute and twenty seconds. Failure to complete will result in dismissal from course. **Class fee does not include books and a \$6 card fee from the Red Cross.** Students must purchase the Lifeguard Training 2000, CPR for the Professional Rescuer books, and a pocket resuscitation mask through the American Red Cross prior to the start of class. Must attend all classes.

		RES/NON
0700.201	Sat/Sun 9:00am-5:00pm Sep 26, 27 Oct 3, 4	\$100/\$110

Water Exercise | Ages 16+

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

M/W/F	11:00am-12pm	FREE with admission
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Private Lessons | All Ages

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

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

Aquatic Safety

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

Birthday Party Package:

Have staff book a pool party for your next birthday. Included 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.



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

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	6:30-8:30pm	Sep 3-Nov 19	FREE
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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	6:00-8:30pm	Sep 1-Nov 17	FREE
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Community Park & Poway Skate Park



Location: 13090 Civic Center Drive

Community Park Hours:

Recreation Office	M-Th 8am-9pm F-Sa 8am-10pm Su Noon-9pm
Skate Park	Sat-Thu 8am-8pm Fri 8am-5:30pm
Tennis Courts	Daily, 7am-10pm
Bocce Courts	same hours as Rec Office
Dog Park/Ball Fields/Basketball Courts	Daily, 8am-10pm

Information: (858) 668-4671

Supervised Skate Park Program | Ages <14

Ride the snake run, work the bowl, or practice your technique at one of our Youth 14 and Younger Supervised Skate Park sessions, hosted by Recreation staff. Family members over the age of 14 are welcome to participate with a registered program participant. A legal parent or guardian must accompany youth signing up for skate park programs. Information: (858) 668-4671 or visit the skate park page at www.poway.org.

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

*The Skate Park is subject to closures due to rainy or inclement weather, maintenance, holidays, special events, and violations of Skate Park rules.

**State law requires that helmets, elbow pads, and knee pads be worn at all times while at the skate park. Skates, roller blades, and skateboards are the only items allowed in the skate park. A guardian must supervise children under the age of 14.

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



Park Hours:

Daily, 7:00am-Sunset

Beginning Wed, November 25

Daily, Sunrise to Sunset

Lake Fishing & Boating Hours:

Wednesday-Sunday, 7:00am-Sunset

Beginning October 1

Beginning November 5

Beginning November 25

Sat/Sun Only, 7:00am to Sunset

Wed-Sun, 7:00am to Sunset

Wed-Sun, Sunrise to Sunset

Information:

(858) 668-4470

Area Reservations

Concession

(858) 668-4595

(858) 486-1234

Catfish Season

Catfish season continues through August 15 with regular stocks of catfish. Stocks will include 80% up to 4 lbs., 20% up to 6 lbs., and special stocks of trophies up to 10 lbs. Night fishing continues at Lake Poway every Friday and Saturday night from 4 p.m. to 11:30 p.m. Motorboats and rowboats are rented on a first-come-first-served-basis. Friday night is also Family Night at the Lake Poway Grill and Tackle with specially priced meal deals. Ask our friendly dock and park ranger staff for fishing tips. Information: (858) 668-4770.

Midnight Catfish Craze

Come to Lake Poway for the Annual Midnight Catfish Craze, **Friday, July 31, from 4:00 p.m. to 12:00 a.m.** 1,500 pounds of live catfish will be stocked. An adult must accompany participants under the age of 16. Daily derby entry fee: \$10 for adults, \$5 for youth. All anglers must purchase a derby ticket to fish during derby hours. A daily Lake Poway fishing permit and California State Fishing License are required for all participants 16 and older. Motorboats available on a first-come-first-served basis at 3:00 p.m. Prizes awarded for the largest catfish by weight. Raffle prizes available. Lake Poway closed Friday, July 31 during the day to prepare for the Craze. Information or to become a sponsor: (858) 668-4771.

Discount Fishing Day

Celebrate the State of California Department of Fish and Game free fishing day at Lake Poway **Saturday, September 7.** The state offers anglers the opportunity to fish free with no state fishing license required. Lake Poway will offer reduced pricing on fishing permits, \$4 for adults and \$1 for youth age 15 and under. Boats will be rented at half-day rates all day. Pedal and pleasure boats are not included in the promotion. Information: (858) 668-4770.

Information: www.poway.org/lakepoway



Trout Season Returns to Lake Poway!

Check out the City's website at www.poway.org/lakepoway for up-to-date information and announcements about Opening Day. Information: (858) 668-4770 or the concession (858) 486-1234.



Lake Poway Maintenance Closure

Lake Poway will be closed to boating and fishing Monday through Friday, October 1 through November 6. Fishing and boating will be available on Saturdays and Sundays only. The park areas will remain open seven days a week from 7 a.m. to sunset. Every year during October, Lake Poway closes during the week to complete maintenance projects and prepare for trout season.

Old Poway Park



Please Note:

All events programs and activities are subject to construction project-related interruptions. Your patience while we make improvements is appreciated.

Folk Concerts in the Park

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

Upcoming Concerts:

Saturday	August 8	Phil Boroff	Folk & Blues
Saturday	October 17	Kathy & Carol	Folk
Saturday	December 5	Trails & Rails	Western

Rendezvous in Poway Educational Tours

Thursday and Friday, September 17 and 18, from 9:00 a.m. to 3:00 p.m. Groups of 20 or more can participate in a one-of-a-kind, interactive, hands-on learning experience. Rendezvous in Poway will have 15 living history encampments, spanning the turn-of-the-twentieth-century and civil war eras of California's history. Tours coincide with the Poway School District's curriculum and bring history to life. Advanced registration is required. Space is limited and bookings are made on a first-come-first-served basis. Information or to schedule a tour: (858) 668-4576.

Theatre in the Park's Rising Stars

Children in grades 4 and up are invited to sign up for Theatre in the Park, Monday, October 5 at 7 p.m. in the Porter House at Old Poway Park and Thursday, October 8 at 7:00 p.m. in Templars Hall at Old Poway Park. Cost: \$25. Rehearsals lead to performances of a holiday play during Christmas in the Park. Information: (858) 748-4492.

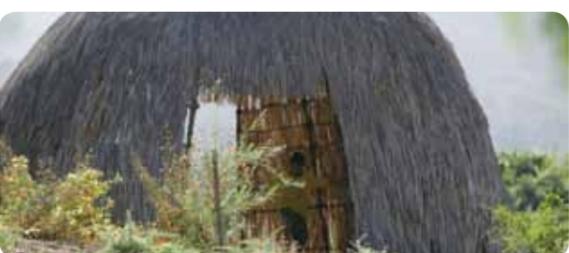
Farmers Market

The City of Poway's Certified Farmers Market is a perfect autumn adventure! Walk through the aisles and find fresh melons, grapefruits, oranges, apples, sweet potatoes, kiwis, cauliflower, broccoli, beets, carrots, squash, pumpkins, artichokes, and fall flowers. All produce is certified and inspected by the agricultural commission and brought fresh to you directly from the grower.



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

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 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.

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.

Information: www.poway.org/kiic

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



photo: Brad Petersen

Location:

Espola Road, 1 mile north of Lake Poway Road

Park 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. The Reserve has now reopened after the Witch Creek fire. 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, call the Blue Sky office at (858) 668-4781 or pick up our latest activities schedule at Poway City Hall, Poway Library, or Lake Poway. Please wear comfortable shoes, a hat, and carry your own water. Binoculars are recommended. Scout and group tours are available by reservation. Walks are FREE.

School Tours

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

Discovery Tables

Discovery Tables will be 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 will be available between 8:30 a.m. and 11:00 a.m. to answer questions about the plants and animals found in Blue Sky.



Evening Wildlife Presentation

Enjoy an evening of wildlife, cookies and a sing-along in a woodland setting. Bring a jacket and flashlight, plus a blanket to spread on the grass. 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 Lake Poway campground. Information: (858) 668-4781. **Registration required.**

Rappin' About Reptiles

Do you have a passion for reptiles? Then this evening is for you! Enter the wonderful world of these incredible cold-blooded creatures and enjoy a close-up encounter with these modern day dinosaurs.

8169.201 Sat 6:00-9:00pm Aug 22 \$2



Halloween Hoot, Howl and Prowl

Blue Sky comes alive after dark! Meet the canyon's "wildlife" up close! Groups will leave at 15-minute intervals and tours last approximately 75 minutes. End the evening with a warming cup of hot chocolate! Children are encouraged to wear animal costumes. Parking at Lake Poway with shuttle service to the Reserve provided. **Reservations Required: (858) 668-4781.**

Saturday, October 24 5:30-8:30pm \$5

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

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.

Goodan staging area accessed from Poway Road east on Garden Road, then south on Sycamore Canyon Road, which ends at 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.

Scavenger Hunt

Join park staff for a self-guided, fun scavenger hunt designed specifically for children. Kids have a chance to follow clues and find various points in search of the final treasure. The hunt illustrates several interesting points near the visitor center and participants receive a small token for finishing. Parent participation is encouraged. Space is limited to 50. Reservations: (858) 513-4737. **Program held at the Goodan Staging area. Rain or muddy conditions cancel.**

Saturday, September 26 9:30-11:30am

Geocaching Event

Geocaching is a treasure hunt where participants use a handheld GPS device to find a hidden container, usually containing a log book and small trinkets. This is your chance to experience this sport in the only County of San Diego location where it is allowed. Guests must bring their own portable GPS devices and be familiar with them. This is a self-guided tour. **Program meets at Goodan staging area. Rain or muddy conditions cancel.**

Saturday, October 10 All Day

Star Party

Join SDAA volunteer astronomers and County Parks for a night with the stars. Come experience the chance to view Jupiter, the Andromeda Galaxy, the Ring Nebula, the Dumbbell Nebula, the Double Cluster, and many more. These events are informative and fun for the whole family. We promise you will be wowed by this star experience! **Program held at Highway 67 Staging area accessed Highway 67 southbound only. Rain or clouds cancel.**

Friday, October 16 7:00-10:00pm



Owl Program

Learn everything about these amazing nighttime raptors and their incredible adaptations. We will have several local native species for guests to see as well as owl pellets to dissect. This is sure to be a fun program for all ages so make a day of it and come out. Space is limited to 50. Reservations: (858) 513-4737. **Park at Goodan Staging area and walk approximately one mile to visitor center.**

Saturday, October 24 11:00am-12:00pm

Wildlife Bingo

This Bingo game, designed specifically for children, gives them a chance to look for species of plants and furry, scaly, and feathered friends. Participants receive a picture bingo card to find and cross off to get Bingo! Each child receives a small token. Parent participation is encouraged. Space is limited to 50. Reservations: (858) 513-4737. **Park at Goodan Staging area and walk approximately 1 mile to visitor center. Rain or muddy conditions cancel.**

Saturday, November 7 9:00am-12:00pm

Ecology Walk

New season brings new batches of plants and animals. 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

Poway Library



Information: www.sdcl.org



photo: T. Piranteau

Location:
13137 Poway Road, Poway, CA 92064

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

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



August:

August 31 – Toddler Storytime resumes
 Mondays & Tuesdays at 10:30-10:50am with playtime until 11:30am
August 31 – Baby Storytime resumes
 Mondays at 1:30-1:50pm with playtime until 2:30pm
August 31 – After-school Storytime resumes
 Mondays at 3:30-4:00pm

September:

September 2 – Preschool Storytime resumes
 Wednesdays & Thursdays at 10:30-11:00am with playtime until 11:30am
September 2 – Video Games | Ages 6-12
 First Tuesday of the Month at 4:00-5:00pm
September 10 – Movie
 Thursday at 4:00-5:00pm
September 15 – Craft
 Tuesday at 4:00-5:00pm
September 24 – Book Club (1 & 2 grades)
 Last Thursday of the month at 3:00-3:30pm
September 24 – Book Club (3, 4 & 5 grades)
 Last Thursday of the month at 4:00-5:00pm

October:

Toddler Storytime
 Mondays & Tuesdays at 10:30-10:50am with playtime until 11:30am
Preschool Storytime
 Wednesdays & Thursdays at 10:30-11:00am with playtime until 11:30am
Baby Storytime
 Mondays at 1:30-1:50pm with playtime until 2:30pm
After-school Storytime
 Mondays at 3:30-4:00pm
October 6 – Video Games | Ages 6-12
 First Tuesday of the Month at 4:00-5:00pm
October 8 – Movie
 Thursday at 4:00-5:00pm
October 20 – Craft
 Tuesday at 4:00-5:00pm
October 29 – Book Club (1 & 2 grades)
 Last Thursday of the month at 3:00-3:30pm (October 29)
October 29 – Book Club (3, 4 & 5 grades)
 Last Thursday of the month at 4:00-5:00pm

November:

Toddler Storytime
 Mondays & Tuesdays at 10:30-10:50am with playtime until 11:30am
Preschool Storytime
 Wednesdays & Thursdays at 10:30-11:00am with playtime until 11:30am
Baby Storytime
 Mondays at 1:30-1:50pm with playtime until 2:30pm
After-school Storytime
 Mondays at 3:30-4:00pm
November 3 – Video Games | Ages 6-12
 First Tuesday of the Month at 4:00-5:00pm
November 12 – Movie
 Thursday at 4:00-5:00pm
November 17 – Craft
 Tuesday at 4:00-5:00pm
November 19 – Book Club (1 & 2 grades)
 Third Thursday of the month at 3:00-3:30pm (October 29)
November 19 – Book Club (3, 4 & 5 grades)
 Third Thursday of the month at 4:00-5:00pm

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 POWPAC.



Save the Date – Grandparents Day!

Sunday, September 13, 2009 is Annual Grandparents Day. Join us at PCPA, and laugh with "Brad Zinn: Celebrity Impersonator" at the second annual fundraiser supporting three senior centers. Call us for more information.

Bingo!

The best affordable entertainment in Poway! \$50,000 a month in prizes! For ALL adults over 18 years of age. Also looking for Bingo Volunteers to help run the games. Come have fun with us!



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

La Bella Bistro

Menus published in the newsletter "The Senior Voice." Call and get your copy mailed to you. Our delicious lunch program offers you a place to join your friends, or make new ones. Lunch is served 11:30am to 12:30pm, 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.

Special Events at Poway Senior Center

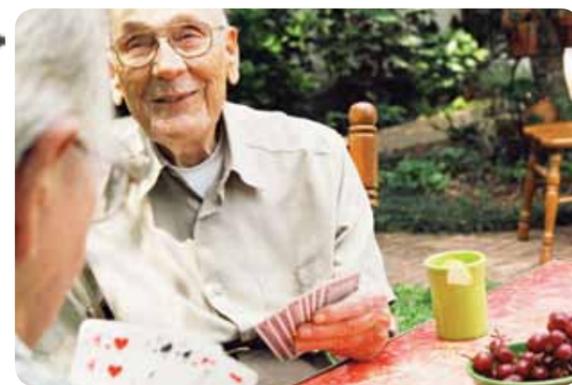
Outings: A Private Bus with your friends makes this a great time!
Call Mary at ext. 305 to answer your questions and make your reservation.

July 25	Saturday	Valley View Casino
August 25	Tuesday afternoon	Seaport Village
September 26	Saturday afternoon	Carlsbad Art Splash

Activities – Join in the Fun!

Wii sports	Silver Age Yoga
Karaoke	Feeling Fit aerobics
Watercolor, painting	Friday afternoon Game Room
Tuesday Walking group	Coming Soon!
Poker	Learn to Play Bridge
Needlecrafts/Quilting	Dancing

Call Mary at ext. 305 to answer your questions and make your reservation.



Services Available

Legal consultation
 HICAP assistance
 Blood pressure check
 Eyeglass, hearing aid adjustments
 and More!

Poway Center for the Performing Arts



Information: www.PowayCenter.com



POWAY CENTER *for the* PERFORMING ARTS

Location:

15498 Espola Rd, Poway, CA 92064

Hours:

Administration: Tue-Fri 9:00am-4:00pm
Closed Saturday-Monday, and major holidays.

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 Mon-Fri 9:00am-4:00pm
Sat 11:00am-3:00pm

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

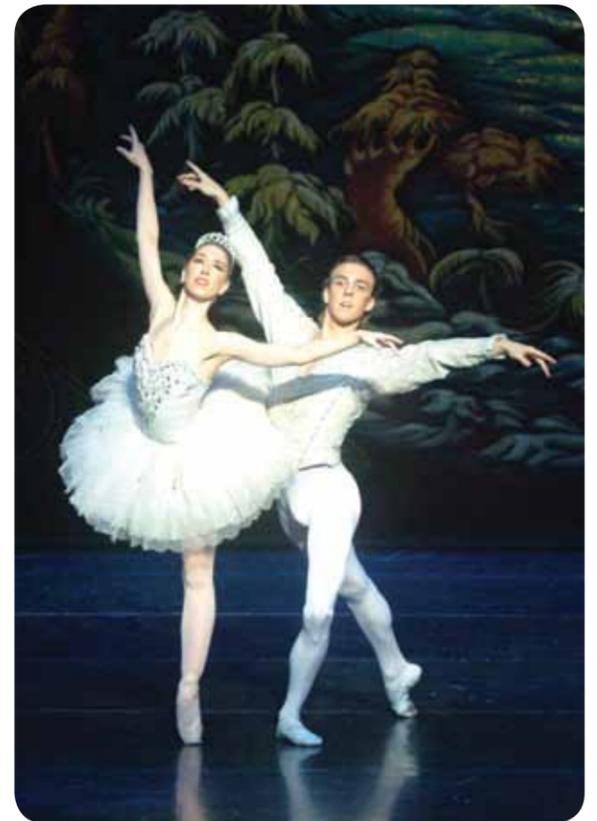
The Poway Center for the Performing Arts (PCPA)

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 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 Community Service Department, the PCPA staff will do everything possible to ensure your event runs smoothly and successfully..

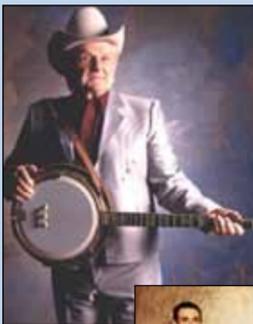
Volunteer Opportunities

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.



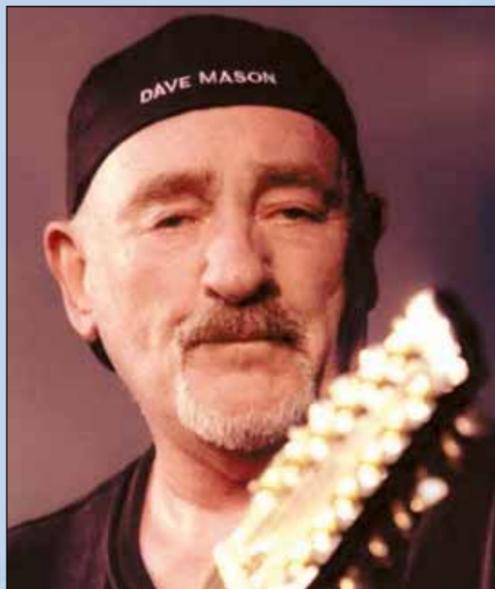
POWAY CENTER FOR THE PERFORMING ARTS FOUNDATION PRESENTS

2009/2010 PROFESSIONAL PERFORMANCE SEASON



RALPH STANLEY & THE CLINCH MOUNTAIN BOYS WITH CHERRYHOLMES

Adults: \$45
Saturday, October 24
8 pm



DAVE MASON

Tickets: \$45
Saturday, October 3, 8 pm

THE EDGAR WINTER BAND

Adults: \$45
Saturday, November 14
8 pm



PAULA COLE

Adults: \$42
Saturday, December 5
8 pm



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

See the Entire 2009/2010 season at
www.PowayArts.org

Thanks to our generous Season Sponsors





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

REGISTRATION

Registration begins **AUGUST 4** for Poway Residents & Nonresidents

There are 3 convenient ways to register for classes. No faxed registrations will be accepted.

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 now available from the convenience of your computer by visiting the City of Poway web site. Payment must be made by credit card (MasterCard or VISA).

Website:
www.Poway.org

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.

SWIM LESSON REGISTRATION Follow regular online, mail-in, walk-in registration procedures using the registration form and class numbers. Remember, these classes fill quickly.

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 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/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/my child's participation in these events/classes.

Signature _____

Date _____

FOR STAFF ONLY: Entered by: _____

Date: _____