

**SPORTS  
RECREATION  
AQUATICS  
FITNESS  
NATURE  
TEENS**

# POWAY



## COMMUNITY SERVICES PROGRAMS

### SPECIAL EVENTS SUMMERTIME



#### Got a Hobby?

The Community Services Department is interested! We are currently looking for new instructors to enhance our existing program(s). Do you have special skills that you would like to pass on to other people? Have you found yourself with extra time on your hands, and would like to give back to the community and earn some extra income? **WE NEED YOU!** Please contact Kelley Clark, Recreation Supervisor (858) 668-4574, at City Hall for more information.

**Earn some extra income!**

#### Old-fashioned Fourth of July

Bring your family and friends and celebrate our country's independence "turn-of-the-20th-century-style" at the annual Old-fashioned Fourth of July. This year's celebration will be held at Old Poway Park on **Saturday, July 4, from 10 a.m. to 4 p.m.** Be sure to come hungry, as the Poway Lions Club will serve its traditional picnic lunch for a nominal fee in the shade of the green park. The Poway Woman's Club will cool down the day with a good old-fashioned Ice Cream Social. There will also be additional food items and treats, such as kettle corn, snow cones, caramel apples and cotton candy. Activities galore are the call of the day at this event. There will be antique clocks, quilts, and cars on display as well as model trains presented by Poway's own

model railroad club, Poway Station. Take a ride with the Poway-Midland Railroad aboard the 1907 Baldwin Steam Engine, but watch out for the villains of the Apache Canyon Gang and the Shadow River Regulators as they attempt to rob the train, and surprise you

with their mock gunfights! The Poway Historical and Memorial Society will have docents on hand to display patriotic, historical displays in the Heritage Museum and Nelson House. Get your picture taken with Uncle Sam, or have your face painted with an

all-American design! Crafters from the Poway Arts and Crafts Guild will host an array of authentic handmade crafts; while children of all ages can watch the village blacksmiths perform iron working. Information: (858) 668-4576.

#### FOURTH OF JULY FIREWORKS

The annual Fourth of July fireworks show will be held at Poway High School stadium. The gates will open to the public at 7 p.m., for entry into an incredible and spectacular display of fireworks, which will start at 9 p.m. Bleacher and blanket seating will be available inside the stadium. A DJ will be spinning tunes before and after the fireworks for all ages to enjoy. The fireworks show may also be viewed from the Lake Poway Recreation Area. If you or your company wish to contribute to the Fireworks Trust Fund, please call (858) 668-4582. No donation is too small. Bring your family and friends to enjoy this traditional celebration of patriotism in your community.

**Saturday July 4, 7:00-10:00pm — \$2/person at the gate, children under 11/ FREE**



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Registration Information



#### The Great Outdoor Movie

On **Saturday, June 13** the Lake Poway ball field will come alive with your favorite New York Zoo characters. The City of Poway and Marrokal Construction present a FREE movie in the park screening of Madagascar: Escape 2 Africa. The adventures of Alex the Lion, Marty the Zebra, Melman the Giraffe and Gloria the Hippo will entertain you on a state-of-the-art giant movie screen in High Definition. Bring your picnic blanket, lawn chairs and barbecues to enjoy the evening with family and friends. The movie will begin 30 minutes after sunset. Movie snacks will be onsite provided by the Lake Poway Concession. Information: (858) 668-4770 or check our website at [www.poway.org/lakepoway](http://www.poway.org/lakepoway). There is a \$5 non-resident parking fee.

#### Youth Day Ultimate Pool Party

School's out!! The time has come to start the ultimate recess. What better way to start it than a HUGE pool party at the Poway Community Swim Center. Once again, Youth Day is Friday, June 12, and promises to be the most exciting pool party of the year.

Pool contests this year will include inner tube races, fish hunts, the always exciting water balloon toss. A DJ will be present all day playing your favorite songs, and what pool party would be complete without one of the most exciting spectacles, the annual BIG SPLASH contest. A hot dog picnic lunch, drinks, and snacks will be provided throughout the day. Youth Day is for children ages 6 through 12. Six-year olds require a parent and **all parents attending are required to pay the registration fee.**

**2923.100 Fri, June 12, 8:00 am-2:00 pm**

\$13/child before event date  
\$17/child day of event  
\$5 aftercare from 2:00-5:00 pm



#### Target Summer Concert Series

The Target Summer Concert in the Park Series will continue delighting audiences of all ages this summer. For the eighteenth consecutive year Target Stores, Marrokal Construction, Montessori School, and the City of Poway will team up to offer summer concerts at Lake Poway, Old Poway Park, and Community Park. The concert series emphasizes family recreation and cultural experiences in an outdoor setting and provides an opportunity for families and friends to enjoy a variety of musical styles. Everyone is invited to bring a blanket or chair, picnic dinner or snack, and head out to the park for some great summer fun. Concerts will be held on **Sundays from 5:30 p.m. to 7 p.m.** at Lake Poway, 14644 Lake Poway Road; Old Poway Park, 14134 Midland Road; and Community Park, 13202 Civic Center Dr. Lake Poway concert information: (858) 668-4771. Old Poway Park concert information: (858) 668-4576.

DATE	LOCATION	PERFORMER	MUSICAL STYLE
June 28	Lake Poway	The Danielle Tucker Band	Country Rock
July 12	Lake Poway	The Stiletto's	Rockabilly/Swing
July 19	Old Poway Park	Robin Henkel	Traditional and Delta Blues
July 26	Lake Poway	HELP!	Beatles Tribute
August 2	Old Poway Park	Highland Way	Traditional Scottish and Irish Music
August 9	Lake Poway	Upstream	Caribbean
September 12	Community Park	TBA	TBA

**Información en Español:** El Departamento de Servicios Comunitarios de la ciudad de Poway ofrece una variedad de programas, clases y eventos especiales para toda la familia. Para obtener información adicional acerca de estos programas, llame a la línea de información en español al 858-668-4675. También se puede comunicar con la línea de información y dejar sus datos de contacto. Un empleado que habla español le regresará la llamada y lo ayudará con la inscripción en cursos, con la reserva de un establecimiento o le dará información general acerca de un evento especial. En el municipio, ubicado en 13325 Civic Center Drive, también encontrará información traducida sobre eventos especiales.

# ★ ★ ★ SUMMER CAMPS ★ ★ ★



## Lake Poway Day Camp 6 to 12 Years

Lake Poway Day Camp is the perfect place for summer fun for children ages 6 to 12! Each week campers have the opportunity to go swimming, hiking, boating, fishing, create arts and crafts projects, play creative group games, participate in exciting field trips, and explore the outdoors! The camps, offered in eight, one-week sessions, give campers the chance to make new friends, learn valuable skills, and create lifelong memories. Lake Poway Day Camp is held at Poway Community Park on Mondays and Tuesdays and at Lake Poway on Wednesdays, Thursdays, and Fridays. Camp hours are from 8 a.m. to 4 p.m. Extended care is available from 4 p.m. to 5:30 p.m.

				Res/Nonres
2934.100	M-F	June 22-26	Knott's Soak City	\$125/\$135
2934.101	M-F	June 29-July 3	Padres Baseball Game	\$125/\$135
2934.102	M-F	July 6-10	La Jolla Shores Beach	\$125/\$135
2934.103	M-F	July 13-17	Julian Mining Company Adventure	\$125/\$135
2934.104	M-F	July 20-24	Birch Aquarium and Beach Exploration	\$125/\$135
2934.105	M-F	July 27-31	Rueben H. Fleet Science Center and IMAX	\$125/\$135
2934.106	M-F	August 3-7	La Jolla Shores Beach	\$125/\$135
2934.107	M-F	August 10-14	Knott's Soak City	\$125/\$135

*\*Field trips are subject to change without notice.*

For more information about the day camp, please contact the Community Park recreation office at (858) 668-4679.

## Counselor-in-Training 13 to 17 Years

Lake Poway Day Camp offers a Counselor-in-Training program for teens ages 13 to 17 from June 22 through August 14, in eight, one-week sessions. Each week counselor in training participants assist day camp groups as they go swimming, hiking, boating, fishing, create arts and crafts projects, play creative group games, participate in exciting field trips, and explore the outdoors! The counselor-in-training program provides teens with the opportunity to make new friends, develop leadership and communication skills, participate in outdoor adventures, and have fun! Lake Poway Day Camp is held at Poway Community Park on Mondays and Tuesdays and at Lake Poway on Wednesdays, Thursdays, and Fridays. Camp hours are from 8 a.m. to 4 p.m. Extended care is available from 4 p.m. to 5:30 p.m. \$5 material fee for each class.

				Res/Nonres
2935.100	M-F	June 22-26	Knott's Soak City	\$52/\$62
2935.101	M-F	June 29-July 3	Padres Baseball Game	\$52/\$62
2935.102	M-F	July 6-10	La Jolla Shores Beach	\$52/\$62
2935.103	M-F	July 13-17	Julian Mining Company Adventure	\$52/\$62
2935.104	M-F	July 20-24	Birch Aquarium and Beach Exploration	\$52/\$62
2935.105	M-F	July 27-31	Rueben H. Fleet Science Center and IMAX	\$52/\$62
2935.106	M-F	August 3-7	La Jolla Shores Beach	\$52/\$62
2935.107	M-F	August 10-14	Knott's Soak City	\$52/\$62

*\*Field trips are subject to change without notice.*

For more information, please contact the Community Park recreation office at (858) 668-4679.

## TINY TYKES CAMPS

### Discovery Time 3 to 6 Years

Explore a variety of fun summer activities accomplished in a positive and success-oriented environment. Creative crafts and cooperative games revolve around a different theme each week. Come join the fun and make new friends. Please bring a snack each day. Must be potty trained. Materials fee: \$15. Camps held at Poway Community Park Youth Activity Room. Instructor: Debi Supergran.

				Res/Nonres
4011.100	M-F	8:30-11:00am	Jul 6-Jul 10	\$80/\$90
4011.101	M-F	8:30-11:00am	Jul 13-Jul 17	\$80/\$90
4011.102	M-F	8:30-11:00am	Jul 20-Jul 24	\$80/\$90
4011.103	M-F	8:30-11:00am	Aug 3-Aug 7	\$80/\$90
4011.104	M-F	8:30-11:00am	Aug 10-Aug 14	\$80/\$90

### In The Garden 4 to 5 Years

Explore the different parts of a garden and learn about seeds, soil, and sprouts. Learn about insects' fabulous flying ability. Examine fruits, vegetables, plants and leaves using a microscope designed for preschoolers. Take home projects including seed badges, sun visors, bean bracelets, veggie placemat, and a bug necklace! Materials fee: \$30. Camps held at Poway Community Park Youth Activity Room. Instructor: Mad Science of San Diego.

				Res/Nonres
4011.105	M-F	1:00-4:00pm	Jul 13-17	\$105/\$115
4011.106	M-F	9:00am-12:00pm	Jul 27-Jul 31	\$105/\$115

### Dreams and Fairytales 3 to 5 Years

Celebrate all things colorful as we decorate, design, and delight! In this camp we'll make jewelry boxes and the jewels to go in them, create fairytale sculptures, paint crowns and wands, collage castles, and design sparkly, shiny, art creations! We'll learn about princesses and fairytales from around the world and create artwork based on these stories. Materials fee: \$30. Camps held at Poway Community Park Youth Activity Room. Children must be potty trained. Instructor: Abrakadoodle.

				Res/Nonres
4011.107	M-F	1:00am-3:30pm	Jun 22-Jun 26	\$110/\$120
4011.108	M-F	1:00am-3:30pm	Jul 20-Jul 24	\$110/\$120

### Pirate Adventure 3 to 5 Years

Ahoy Mateys! Come aboard as we travel to Pirate Island where we'll find treasure chests, sandy beaches, colorful parrots and lots of fun and adventure! Create treasure maps, golden doubloons, sea monsters, ships, and more. Come play games, sing songs, read pirate stories, and hunt for treasure! Arrrgh! Materials fee: \$30. Camps held at Poway Community Park Youth Activity Room. Children must be potty trained. Instructor: Abrakadoodle.

				Res/Nonres
4011.109	M-F	1:00am-3:30pm	Jul 6-Jul 10	\$110/\$120
4011.110	M-F	1:00am-3:30pm	Jul 27-Jul 31	\$110/\$120

### Super Moverz Camp 3 to 6 Years

Super Moverz camps get kids powered up, with action-packed, all-around sports activities that help improve real-life powers, like: throwing, catching, reaction, nutrition, teamwork, safety, agility, and many more. Experienced, enthusiastic trainers provide exciting lessons that inspire imagination and full participation, with: choreographed music, original games, and super-cool equipment. Camps held at Meadowbrook Gymnasium. Children must be potty trained. Instructor: Wyatt Cameron.

				Res/Nonres
4011.111	M-F	9:00am-12:00pm	Jul 6-Jul 10	\$139/\$149
4011.112	M-F	12:00-3:00pm	Jul 27-Jul 31	\$139/\$149

## CREATIVE ARTS CAMPS

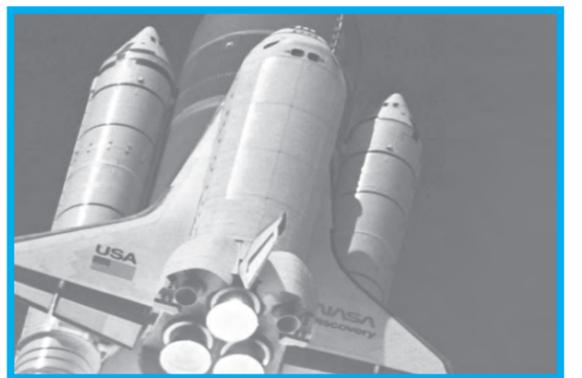


## Mad Science All-Stars 5 to 10 Years

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

				Res/Nonres
6182.112	M-F	1:00 pm-4:00 pm	Jul 13-17	\$105/\$115

				Res/Nonres
6182.113	M-F	9:00 am-12:00 pm	Jul 20-24	\$105/\$115



## NASA Space Academy 6 to 11 Years

Mad Science and NASA have teamed up to bring you the excitement and wonder of space in the NASA Space Academy camp. This is your chance to be a rocket scientist! Explore the science involved in rocket construction as you build and launch your own rocket. Watch an amazing rocket launch as it soars to the sky. Use teamwork to complete an important space mission and build a model space station. Explore the farthest reaches of our solar system and create a lunar eclipse in our Mad Science planetary tour. This stellar camp is your ticket to the stars as you journey through the galaxy. Materials fee: \$45. Camps held at Lake Poway Park Pavilion Shaded Area. Instructor: Mad Science of San Diego.

				Res/Nonres
6182.114	M-F	9:00 am-12:00 pm	Jul 6-Jul 10	\$105/\$115
6182.115	M-F	9:00 am-12:00 pm	Jul 27-Jul 31	\$105/\$115

## Backyard Explorers 5 to 10 Years

Put on your safari hat and join Mad Science as we take a walk on the wild side and discover the amazing ways animals adapt to their environments. You will get up close with creepy, crawling creatures and build a bug-house to continue exploring the world of insects in your own backyard. Role up your sleeves and prepare to get your hands dirty as we discover how to track down an animal and use its "footprints" to learn more about how it lives. Learn about birds of prey and how they survive in the treetops above. Materials Fee: \$30 Instructor: Mad Science San Diego. Camps held at Old Poway Park Porter House Parlour.

				Res/Nonres
6182.116	M-F	9:00am-12:00pm	Jun 15-Jun 19	\$105/\$115
6182.117	M-F	1:00pm-4:00pm	Jul 27-Jul 31	\$105/\$115

## Jr. Detective Camp 7 to 12 Years

Become a Mad Science Jr. Detective and take a fascinating journey into the world of detection, forensics and classified information. Learn code language to send secret messages as part of your mission. Go undercover and decode messages from other agents using your top secret clearance. Investigate a pretend crime scene and sift through clues to crack the case. Materials Fee: \$30 Instructor: Mad Science San Diego. Camps held at Old Poway Park Porter House Parlour.

	<b>Res/Nonres</b>
<b>6182.118</b> M-F 1:00pm-4:00pm Jun 15-Jun 19	\$105/\$115

## Robots & Reactions Camp 8 to 12 Years

Discover the incredible things that robots can do. Learn about balance and center of gravity as you build your very own rolling robot. Experiment with robotic arms and infrared robots. Work with simple machines that can lift objects and launch them into the air. Materials Fee: \$45 Instructor: Mad Science San Diego.

	<b>Res/Nonres</b>
<b>6182.119</b> M-F 9:00am-12:00pm Jul 13-Jul 17	\$105/\$115

	<b>Res/Nonres</b>
<b>6182.120</b> M-F 1:00pm-4:00pm Jul 20-Jul 24	\$105/\$115



## Art Start Art Camp

Enjoy a week packed full of art in the most creative camp ever! Susan Bainbridge's Art Start Camp returns to Poway with different projects every week. You will load up your sketchbook (provided) with fabulous drawings, create a mask cast from your own face, tie dye a t-shirt and explore a variety of media in a fun, relaxed atmosphere. Learn to draw and paint under the gentle guidance of a professional artist. Snack will be provided. Bring a washed cotton t-shirt to the first class. Sign up for a half-day or full-day camp. All full-day campers should bring a sack lunch each day. Classes held at Old Poway Park in the Great Room. Materials fee: \$40/half-day camps, \$60/full-day camps. Instructor: Susan Bainbridge.

<b>7 to 14 Years</b>	<b>Res/Nonres</b>
<b>Half-Day</b>	
<b>6182.100</b> M-F 9:00am-12:00pm Jul 6-Jul 10	\$105/\$115
<b>6182.101</b> M-F 9:00am-12:00pm Jul 13-Jul 17	\$105/\$115
<b>6182.102</b> M-F 9:00am-12:00pm Jul 20-Jul 24	\$105/\$115
<b>6182.103</b> M-F 9:00am-12:00pm Jul 27-Jul 31	\$105/\$115
<b>6182.104</b> M-F 9:00am-12:00pm Aug 3-Aug 7	\$105/\$115
<b>6182.105</b> M-F 9:00am-12:00pm Aug 10-Aug 14	\$105/\$115

<b>8 to 14 Years</b>	<b>Res/Nonres</b>
<b>Full-Day</b>	
<b>6182.106</b> M-F 9:00am-3:30pm Jul 6-Jul 10	\$175/\$185
<b>6182.107</b> M-F 9:00am-3:30pm Jul 13-Jul 17	\$175/\$185
<b>6182.108</b> M-F 9:00am-3:30pm Jul 20-Jul 24	\$175/\$185
<b>6182.109</b> M-F 9:00am-3:30pm Jul 27-Jul 31	\$175/\$185
<b>6182.110</b> M-F 9:00am-3:30pm Aug 3-Aug 7	\$175/\$185
<b>6182.111</b> M-F 9:00am-3:30pm Aug 10-Aug 14	\$175/\$185

## SPORTS CAMPS

### Tennis 6 to 13 Years

This camp will consist of forehand and backhand ground stroke drills, volley drills, serving drills, return of serve, games, singles and doubles strategy, court positioning, and conditioning. These techniques are designed to enhance a player's skills and form a more well-rounded tennis enthusiast. Snacks and drinks provided each day. Racquets will be provided, if necessary. Materials fee: \$5. Camps held at Poway Community Park Tennis Courts. Instructor: Art Christophiades.

	<b>Res/Nonres</b>
<b>2443.100</b> M-F 9:00-11:30 am Jun 22-26	\$90/\$100
<b>2443.101</b> M-F 9:00-11:30 am Jul 6-10	\$90/\$100
<b>2443.102</b> M-F 9:00-11:30 am Jul 13-17	\$90/\$100
<b>2443.103</b> M-F 9:00-11:30 am Jul 20-24	\$90/\$100
<b>2443.104</b> M-F 9:00-11:30 am Jul 27-31	\$90/\$100

## BASKETBALL

### Middle School Girls Basketball 11 to 14 Years

Girls will learn fundamentals and techniques necessary to be on track for successful play at the next level. Beginning players who are inexperienced but willing to learn are also encouraged to attend. Participants should be entering 6th to 8th grades next year for registration in this program. Classes held at Meadowbrook Gymnasium. Instructor: Jay Trousdale.

	<b>Res/Nonres</b>
<b>2443.105</b> M-F 12:30-3:00 pm Jul 6-10	\$125/\$135

### Intermediate Girls Basketball 14 to 16 Years

This intermediate camp is for the high school girl's freshman and junior varsity caliber player. Emphasis will be placed on offensive and defensive fundamentals needed for participation at the high school level. Four-on-four and five-on-five team concepts will be stressed. Perimeter and post play will be emphasized through group work. Participants need to be entering 9th and 10th grades next year for registration in this program. Classes held at Meadowbrook Gymnasium. Instructor: Jay Trousdale.

	<b>Res/Nonres</b>
<b>2443.106</b> M-Th 2:30-4:30 pm Jun 15-25	\$125/\$135

### Advanced Girls Basketball 15 to 18 Years

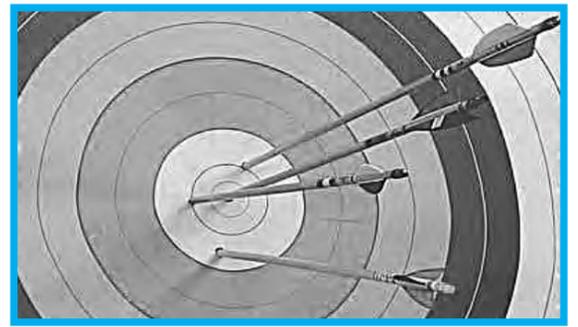
This advanced camp is for the high school girl varsity caliber player. Offensive and defensive fundamentals will be emphasized. Four-on-four and five-on-five team concepts will also be stressed. Perimeter play and post play will be emphasized at both ends of the floor. Participants need to be entering 10th to 12th grades next year for registration in this program. Classes held at Meadowbrook Gymnasium. Instructor: Jay Trousdale.

	<b>Res/Nonres</b>
<b>2443.107</b> M-Th 12:30-2:30 pm Jun 15-25	\$125/\$135

### Team Challengerz Camp 7 to 11 Years

Team Challengerz camps provide a fresh outlet for kids to improve their overall sports skills with full-action team games they've only dreamed of playing in real life, like: Troopers and Jedi's, Crystal Capture, Spell Ball, and many more. Experienced, enthusiastic trainers push FUN to the limit, with high-energy music and super-cool gear: Low-obstacle courses, soft-coated balls, foam Zabers, and inflatable barriers. Each day provides a new theme with cool crafts to match. Camps held at Meadowbrook Gymnasium. Instructor: Wyatt Cameron.

	<b>Res/Nonres</b>
<b>2443.108</b> M-F 9:00am-12:00pm Jul 6-Jul 10	\$139/\$149
<b>2443.109</b> M-F 12:00-3:00pm Jul 27-Jul 31	\$139/\$149



### Archery Camps 7 to 14 Years

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

	<b>Res/Nonres</b>
<b>2443.110</b> Mon 9:00-11:00am July 6	\$75/\$85
Tue-Fri 9:00-10:00am July 7-10	
<b>2443.111</b> Mon 9:00-11:00am July 20	\$75/\$85
Tue-Fri 9:00-10:00am July 21-24	
<b>2443.112</b> Mon 9:00-11:00am July 27	\$75/\$85
Tue-Fri 9:00-10:00am July 28- July 31	
<b>2443.113</b> Mon 9:00-11:00am Aug 3	\$75/\$85
Tue-Fri 9:00-10:00am Aug 4- Aug 7	

## CHILDREN'S DANCE

### Dance/Tap Workshop

Held at Poway Community Park Auditorium  
Instructor: Debbora Childress. For information on **these classes only**, call (760) 747-9777.

### Dance for Children 3 to 5 Years

Dance...Sing...Tumble...Balance...Imagine...Express... Gain self-confidence and flexibility during this fun-filled introduction to dance/tumbling. Boys and girls will experience the joys of movement and creative expression and come away equipped with skills valued for a lifetime. This ongoing program is designed to increase in difficulty with continued enrollment. Come join the fun! Wear dance attire/comfortable clothing and ballet slippers or bare feet.

	<b>Res/Nonres</b>
<b>5111.100</b> Mon 1:00-1:45pm Jul 20-Aug 17	\$60/\$70

### Tap & Dance Workshop 3 to 10 Years

This fun-filled, action-packed, dynamic summer tap workshop will offer a new dance experience each week! Combination classes will include tap with: ballet, tumbling, jazz, creative dance, and much more. Come join the fun! The summer session is a great time for new students to begin and for continuing students to enjoy a variety of dance activities. Tap and ballet shoes and dance attire required.

	<b>Res/Nonres</b>
<b>3 to 7 Years</b>	
<b>5111.101</b> Mon 2:00-3:00pm Jul 20-Aug 17	\$60/\$70
<b>8 to 10 Years</b>	
<b>5111.102</b> Mon 3:00-4:00pm Jul 20-Aug 17	\$60/\$70

### Jazz Dance for Kids 7 to 17 Years

Come learn basic through intermediate classical jazz dance technique in a positive, fun-filled, musical environment! Students should wear dance attire and black jazz shoes to class. Classes held at Poway Community Park Auditorium. Instructor: Kelli Childress. Information: (760) 747-9777.

	<b>Res/Nonres</b>
<b>Beginner 7 to 11 Years</b>	
<b>5121.100</b> Tue 3:45-4:30 pm Jul 21-Aug 18	\$60/\$70
<b>Beginner/Intermediate 12 to 17 Years</b>	
<b>5121.101</b> Tue 4:30-5:15 pm Jul 21-Aug 18	\$60/\$70

## Ballet Summer Adventure 3 to 6 Years

Introduce your child to the art of classical ballet in this fun and creative way! Children will learn basic ballet technique, rhythm and coordination, while using their imaginations! This special summer program is a great stepping stone to the school year Pre-Ballet and Beginning Ballet classes. Dance attire and ballet shoes required. Classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress.

3 to 4 Years		Res/Nonres	
5121.102	Sat 10:00-10:45am	Jul 25-Aug 22	\$60/\$70
5 to 6 Years		Res/Nonres	
5121.103	Sat 11:00-11:45am	Jul 25-Aug 22	\$60/\$70

## Beginning/Intermediate Ballet 7 to 9 Years

Come learn basic ballet technique in a positive, fun-filled, musical environment! This class is designed to increase in difficulty with continued enrollment. Students continuing through the school year can participate in our annual Dance Recital in June 2010. Dance attire and ballet shoes required. Classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress.

		Res/Nonres	
5121.104	Sat 9:00-9:45am	Jul 25-Aug 22	\$60/\$70

## TEEN/ADULT DANCE

## Hip Hop Hustle 16 to Adult

For decades, everyone has loved "the Hustle." 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. No experience required! Please wear comfortable clothes and athletic shoes. Bring water and a towel to class. Classes held at Poway Community Park Auditorium. Instructor: Emma Sarmiento.

		Res/Nonres	
5317.100	Tue 6:00-7:00pm	Jun 23-Jul 21	\$40/\$50

## GYMNASTICS

All classes held at Poway Gymnastics, 12850 Brookprinter Place. No snaps, zippers or buttons on clothes. Please wear comfortable clothes or leotards. Instructor: Tony Salmeri. Information: (858) 748-1716. Materials fee: \$10. No Class July 4.

### Mom & Tot Walking to 3 Years

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

		Res/Nonres	
2312.100	Thu 10:45-11:15 am	Jun 25-Aug 27	\$161/\$171
2312.101	Sat 8:45-9:15 am	Jun 27-Aug 29	\$161/\$171

### Super Tot 3 to 5 Years

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.

		Res/Nonres	
2312.102	Thu 10:00-10:45 am	Jun 25-Aug 27	\$180/\$190
2312.103	Sat 9:30-10:15 am	Jun 27-Aug 29	\$180/\$190

### Beginning Gymnastics 5 to 7 Years

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 on to the next level.

		Res/Nonres	
2312.104	Tue 3:40-4:40 pm	Jun 23-Aug 25	\$202/\$212

## YOUTH SPORTS

### Beginning Ice Skating 3 to 12 Years

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. Instructor: Ann Daniels.

3 to 5 Years		Res/Nonres	
2091.100	Wed 4:00-4:30pm	Jul 8-Jul 29	\$40/\$50
2091.101	Wed 4:00-4:30pm	Aug 5-Aug 26	\$40/\$50
6 to 12 Years		Res/Nonres	
2091.102	Wed 4:30-5:00pm	Jul 8-Jul 29	\$40/\$50
2091.103	Wed 4:30-5:00pm	Aug 5-Aug 26	\$40/\$50

### Karate is for Kids 4 to 12 Years

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. Uniforms optional, but available. Classes held at Poway Kenpo Karate (www.powaymartialarts.com), 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker. No class July 1, 3, and 4.

4 to 5 Years		Res/Nonres	
2091.104	Fri 3:00-3:45pm	Jun 26-Jul 31	\$45/\$55
6 to 7 Years		Res/Nonres	
2091.105	Sat 10:00-10:45am	Jun 27-Aug 1	\$45/\$55
8 to 12 Years		Res/Nonres	
2091.106	Wed 5:00-5:45pm	Jun 24-Jul 29	\$45/\$55

### Tae Kwon Do 5 to 17 Years

This is a complete martial arts program for boys and girls. In addition to learning important self-defense skills, they will develop respect, self-discipline, self-control, concentration, and confidence. The classes are open to both beginners and experienced students. Students may participate in an examination at the end of the session to advance to a higher belt level (for an additional cost). 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 Joseph Wolpert. No class July 3.

5 to 13 Years		Res/Nonres	
2091.108	M/W/F 6:00-7:00pm	Jun 22-Sep 4	\$70/\$80
14 to 17 Years		Res/Nonres	
2091.109	M/W/F 7:00-8:00pm	Jun 22-Sep 4	\$70/\$80

### Youth Volleyball League 9 to 14 Years

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.

9 to 11 Years		Res/Nonres	
2091.110	Mon 5:30-6:30pm	Jul 6-Aug 17	\$26/\$36
12 to 14 Years		Res/Nonres	
2091.111	Mon 6:45-7:45pm	Jul 6-Aug 17	\$26/\$36

## ADULT SPORTS

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 Center is at 14640 Tierra Bonita Road and Meadowbrook Center is at 12320 Meadowbrook Lane. Call Twin Peaks at (858) 668-4599 and Meadowbrook at (858) 668-4598 for current open play schedules, or check online at www.poway.org.

### Coed Volleyball 18 and Older

This is an instructional league. When you sign up, you will be assigned to a four-person team based on the

instructor's assessment of your skill level. Each evening will consist 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 Recreation Center, 14640 Tierra Bonita Road. Instructor: Dick Leatherman. **Classes on August 25 and 27 begin at 6 p.m. No class June 30 and July 2.**

Intermediate (Male)		Res/Nonres	
1247.100	Thu 6:30-9:30 pm	Jun 25-Aug 27	\$57/\$67
Intermediate (Female)		Res/Nonres	
1247.101	Thu 6:30-9:30 pm	Jun 25-Aug 27	\$57/\$67
Advanced (Male)		Res/Nonres	
1247.102	Tue 6:30-9:30 pm	Jun 23-Aug 25	\$57/\$67
Advanced (Female)		Res/Nonres	
1247.103	Tue 6:30-9:30 pm	Jun 23-Aug 25	\$57/\$67

### Tae Kwon Do 18 and Older

This class is a complete martial arts program for men and women. The class is designed to help you develop more strength, coordination, endurance, and confidence. Students may participate in an examination at the end of the session to advance to a higher belt level (for an additional cost). 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 Joseph Wolpert. Information: (858) 748-1333. **No class July 3.**

		Res/Nonres	
1247.104	M/W/F 7:00-8:00 pm	Jun 22-Sep 23	\$70/\$80

### 3-on-3 Basketball League 18 and Older

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

		Res/Nonres	
1247.105	Wed 6:30-9:30 pm	Jul 22-Sep 23	\$68/Team



## TENNIS

All tennis classes held at Poway Community Park.

Instructor will make arrangements if tennis racket is needed. Instructor: Art Christophiades. **No class June 29, 30, 31, July 1, 2, 4.**

### PUBLIC TENNIS COURT HOURS

Hilleary Park at 13500 Community Road  
Hours: Sunrise to sunset  
Community Park at 13094 Civic Center Drive  
Hours: 7:00 a.m. to 10:00 p.m.

### Tiny Tot Tennis 4 to 6 Years

Have fun learning the basic ground strokes; forehand and backhand, along with forehand and backhand volleys. The class will improve hand/eye coordination. The students will also learn groundwork drills and, of course, court etiquette. Materials fee: \$5.

		Res/Nonres	
3013.100	Sat 9:00-10:00 am	Jun 27-Jul 25	\$40/\$50
3013.101	Sat 9:00-10:00 am	Aug 1-Aug 29	\$45/\$55

### Tennis - Beginner 6 to 14 Years

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

				Res/Nonres
3013.102	T/Th	4:00-5:00 pm	Jun 23-Jul 30	\$70/\$80
3013.103	Sat	10:00-11:00 am	Jun 27-Jul 25	\$40/\$50
3013.104	T/Th	4:00-5:00 pm	Aug 4-Aug 27	\$65/\$75
3013.105	Sat	10:00-11:00 am	Aug 1-Aug 29	\$45/\$55

### Tennis - Advanced Beginner/Intermediate 8 to 14 Years

At this level, you will be incorporating advanced techniques and fine-tuning the skills learned in beginning tennis classes. Participants will work on topspin forehand and backhand groundstrokes, drop volleys, angle volleys, and conventional volleys. The class will include topspin, flat and slice serves. Group instruction will include doubles strategy, scoring system, light competitive games and court etiquette. Materials fee: \$5.

				Res/Nonres
3013.106	T/Th	5:00-6:00 pm	Jun 23-Jul 30	\$70/\$80
3013.107	Sat	11:00-12:00 pm	Jun 20-Jul 25	\$40/\$50
3013.108	T/Th	5:00-6:00 pm	Aug 4-Aug 27	\$65/\$75
3013.109	Sat	11:00-12:00 pm	Aug 1-Aug 29	\$45/\$55

### Tennis - Advanced Juniors 8 to 17 Years

At this hot-shot level tennis enthusiasts will enhance their skill level by focusing on the following drills: forehand and backhand groundstroke, volleys, serving, ground-stroke approach shot and volleys combined. The class will conclude with singles and doubles league format. Advanced class placement determined by instructor. Class is preparing students for tournament play and high school teams. Materials fee: \$5.

				Res/Nonres
3013.110	M/W	4:00-6:00 pm	Jun 22-Jul 29	\$90/\$100
3013.111	M/W	4:00-6:00 pm	Aug 3-Aug 26	\$80/\$90

### Tennis - Adult Adv. Beg./Int. 15 and Older

Participants will improve their basic fundamental strokes. Students will focus on forehand and backhand groundstrokes and volleys, approach shots, and overhead drills. The class will conclude with doubles play and strategy. Fun and enjoyment will be emphasized! Materials fee: \$5.

				Res/Nonres
3013.112	M/W	6:00-7:00 pm	Jun 22-Jul 29	\$75/\$85
3013.113	T/Th	6:00-7:00 pm	Jun 23-Jul 30	\$75/\$85
3013.114	Sat	12:00-1:00 pm	Jun 27-Jul 25	\$40/\$50

## OUTDOOR ACTIVITIES

### Hiking for Fun & Fitness 5 and Older

Reconnect with nature while enjoying easy to moderate hikes on some of Poway's excellent trails. Learn about Poway's flora, fauna, local history, and how to find the trails. The hikes are about 3 miles and 1 1/2 hours. Lug sole shoes (grip pattern) are recommended. Bring water and hiking stick (if you wish). Family price is for two or more. All children under the age of 18 must be accompanied by an adult. The first hike will meet at Lake Poway Concession. Instructor: Mike Fry.

				Res/Nonres
3439.100	Wed	6:00-7:30 pm	Jul 1-Sep 30	\$5/person \$10/family

## SPECIAL NEEDS

### Bowling Class 16 and Older

This bowling class provides unlimited fun, where everyone has a chance to win with companions of all skill levels. Classes held at Poway Fun Bowl. There is an \$8.00/per class charge, collected at the bowling alley each

week. If the participant needs one-to-one attention or has special needs, please include a description of the situation. Depending on the circumstances, an aide may be required to accompany the student. Instructor: Poway Fun Bowl staff. **No class July 3.**

				Res/Nonres
9397.100	Fri	1:30-3:30 pm	Jun 19-Aug 28	\$40/\$50

## HEALTH & WELLNESS

### Tai Chi for Beginners 18 and Older

Combine the energy work of Chi Gung with the stretching of Yoga, and you end up with a very enjoyable exercise that promotes overall health through movement. Attire should be casual and loose fitting. Classes held at Poway Kenpo Karate (www.powaykenpo.com), 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker. **No class July 4.**

				Res/Nonres
5417.100	Sat	9:15-10:00 am	Jun 27-Aug 1	\$45/\$55

### Hatha Yoga 18 and Older

Experience stress release with gentle movement (vinyasa) and precise instruction in the poses (asanas). Proper yoga breathing in the warm-up stretches, asana practice, and relaxation is emphasized. Yoga exercises can be adapted to suit the needs of everyone, regardless of age or state of health. Please bring a yoga mat, large towel and blanket to class, and wear comfortable clothes. Classes held at Poway Community Park Auditorium. Instructor: Jon Brock.

				Res/Nonres
5417.101	Thu	6:30-8:00 pm	Jun 25-Aug 27	\$75/\$85



### American Red Cross First Aid 14 and Older

This course includes responding to emergency situations, recognition and care in life-threatening situations such as 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: \$16. Classes held at Poway Community Park Activity Room I & II. Instructor: Blythe Paley.

				Res/Nonres
5417.102	Thu	5:45-8:45 pm	Aug 6	\$20/\$30

### Pilates on the Ball 16 and Older

Develop a strong "core" where a strong back and a flatter abdomen come naturally with minimal effort. Pilates builds strength without excess bulk. In addition to creating a sleek toned body, because you are standing and sitting tall for this workout, your balance will be enhanced along with improved flexibility, agility, and increased body awareness. Please wear comfortable clothes and soft-soled shoes that allow flexibility. Please bring your own stability ball, water and a towel to class. A pair of one or two pound weights are optional. Classes held at the Poway Community Park Auditorium. Instructor: Emma Sarmiento.

				Res/Nonres
5417.103	Tue	7:15-8:00 pm	Jun 23-Jul 21	\$45/\$55

### CPR for the Adult/Child/Infant 11 and Older

You will learn the skills necessary in responding to a breathing or cardiac emergency. This includes learning the emergency action steps, checking a conscious or unconscious victim, rescue breathing, choking, the signs of a heart attack, and CPR. You will 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.

				Res/Nonres
5417.104	Sat	8:30 am-1:30 pm	Aug 15	\$30/\$40

### CPR for Adults 11 and Older

Be prepared and confident in an emergency by getting certified in American Red Cross CPR for the Adult. You will learn the skills necessary in responding to a breathing or cardiac emergency. This includes learning the emergency action steps, checking a conscious or unconscious victim, rescue breathing, choking, the signs and signals of a heart attack, and CPR. You will receive an American Red Cross certification card valid for one year. Materials fee: \$16. Class held at Poway Community Park Activity Rooms I & II. Instructor: Blythe Paley.

				Res/Nonres
5417.105	Wed	5:45-8:45 pm	Aug 5	\$20/\$30

### Therapeutic Diets - Old and New 18 and Older

Discover why intestinal health is key to whole body health. Students receive a pack of research and recipe cards. The class topics include: Your blood type and your health; Traditional food pathways; Five therapeutic diets and mental health; Practical how-to's. Discover which diets are reversing Celiac, IBS, Candidiasis, Crohn's, Autism, depression and other neurological disorders. Learn why our digestive tract, our second brain, is vital to mental health, and how to enjoy history's secret to food and fun, even when choices are limited. Classes held at Poway Community Park Activity Room I. Instructor: Debbie Eaton.

				Res/Nonres
5417.106	Wed	6:30-8:00 pm	Jun 24-Jul 15	\$51/\$61

## SPECIAL INTEREST

### Babysitter's Training 11 and Older

Participants will learn about child development, encouraging positive behavior, and discipline techniques. Know how to handle all the essentials of basic child care, and if an emergency occurs, be ready with basic first aid training, including how to deal with breathing emergencies. You can also choose to receive a certification in Infant and Child CPR. Materials fee: \$23. Participants will receive a book and certification card. Please bring a lunch and a large baby doll or stuffed animal to class. Classes held at Poway Community Park Activity Rooms I & II. Instructor: Blythe Paley.

				Res/Nonres
<b>Basic Class</b>				
7617.100	Sat	9:00am-12:30pm	Jul 11 & July 18	\$45/\$55
<b>Infant/Child CPR Certification</b>				
7617.101	Sat	12:30-3:00pm	Jul 18	\$20/\$30 (must be registered in Basic Class)

### Blue Ribbon Cookie Baking

**18 and Older**

Everyone wants to share delicious cookies that will WOW family members and friends, and this class will show you how. 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. Materials fee: \$10. Classes held at Poway Community Park Nutrition Room. Instructor: Lynn Diamond Scully.

				Res/Nonres
7617.102	Wed	6:00-8:30pm	Jul 8	\$38/\$48
7617.103	Sat	9:00-11:30am	Aug 1	\$38/\$48



## DOG OBEDIENCE



### Dog/Puppy Obedience 18 and Older

Introductory and advanced obedience classes for puppies and adult dogs. Your dog learns to walk without pulling, plus Come, Sit, Down, Stand, Heel, and Stay. In the intermediate class, your dog will work to obtain a Canine Good Citizen Certification (AKC program) and experience more distraction training. In the advanced class, your dog will learn to work off-lead and continue to build an even stronger bond to you, even when not under leash control. Dogs must have updated shots. Do not feed your dog four hours prior to the start of class. Materials fee: \$20. Tuesday classes held at Old Poway Park Gazebo. Saturday classes held at Garden Road Park. Wednesday classes held at Poway Community Park, Dog Park Area #2. All classes held rain or shine. Please arrive 20 minutes before the first class. Instructor: Good Dog Training School.

Introductory: 12 weeks to adult		Res/Nonres	
9019.100	Tue 6:30-7:30pm	Jul 21-Aug 25	\$90/\$100
9019.101	Sat 9:30-10:30am	Jul 25-Aug 29	\$90/\$100
Intermediate: 6 months to adult (must have already taken the introductory class)		Res/Nonres	
9019.102	Sat 9:30-10:30am	Jul 25-Aug 29	\$90/\$100
Advanced: 12 months to adult (must have already taken the introductory and intermediate classes)		Res/Nonres	
9019.103	Wed 6:30-7:30pm	Jul 22-Aug 26	\$90/\$100

## POWAY SKATE PARK

### Youth 14 and Younger Supervised Skate Park Program

Friday 5:30 p.m. - 7:30 p.m.

Ride the snake run, work the bowl or practice your technique at one of our youth 14 and younger Supervised Skate Park sessions! Community Park staff will host supervised skate time on Fridays from 5:30 p.m. - 7:30 p.m. Family members over the age of 14 are welcome to participate as long as they are accompanied with a registered program participant. A legal parent or guardian must accompany youth signing up for skate park programs. Information: (858) 668-4671 or visit the skate park page at www.poway.org.

### Poway Skate Park: Unsupervised Skate Park Hours

Monday	8:00 a.m. - 8:00 p.m.
Tuesday	8:00 a.m. - 8:00 p.m.
Wednesday	8:00 a.m. - 8:00 p.m.
Thursday	8:00 a.m. - 8:00 p.m.
Friday	8:00 a.m. - 5:30 p.m.
Saturday	8:00 a.m. - 8:00 p.m.
Sunday	8:00 a.m. - 8:00 p.m.

\*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, rollerblades, and skateboards are the only items allowed in the skate park. A guardian must supervise children under the age of fourteen.

## SWIM CENTER



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

DAILY ADMISSION FEE	Res/Nonres
Adults (18 and older)	\$2.50/\$5.00
Youth (17 and under)	\$2.00/\$4.00
Seniors (60 and older)	\$2.00/\$4.00

### SEASON AND YEARLY PASSES

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

	Season Res/Nonres	Year Res/Nonres
Adults	\$94/\$125	\$225/\$355
Youth	\$73/\$105	\$183/\$261
Senior	\$73/\$105	\$183/\$261
Family	\$157/\$256	\$392/\$643

SPRING POOL HOURS (April 6 - June 12)		SUMMER POOL HOURS (June 13-August 31)	
Mon/Wed/Fri	10:30 am-7:30 pm	Mon/Wed/Fri	1:00-5:45 pm
Tue/Thu	8:00 am-7:30 pm	Tue/Thu	1:00-8:00 pm
(Long Course 8:00 am-1:30 pm on T/Th)		Sat/Sun	1:00-7:00 pm
Sat/Sun	10:30 am - 5:00 pm	(No long course hours on June 2, 4, 9 & 11)	

### ADULT LAP SWIM

Lanes for lap swimming will always be available during open swim hours. During open recreational swim times, lanes will be set-aside for those interested in swimming laps. Some open recreational swim times will be shared with swimming lessons and swim clubs. Portions of the pool may not be available for use by the public during these times. Pull buoys and kick boards are available for use.

Mon/Wed	9:15 am-8:00 pm (25-yard short course)
Tue/Thu	9:15 am-7:00 pm (25-yard short course)
Fri	11:00 am-8:00 pm (25-yard short course)
Sat/Sun	10:30 am - 7:00 pm (25-yard short course)

### FAMILY SWIM

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

### FAMILY SWIM HOURS

Sat/Sun	10:30 a.m. - 1:00 p.m.
	\$7.50 per resident family, \$10.50 per nonresident family

NOTE: Proof of residency will be required for the reduced family swim rate.

### POOL CLOSED

June 12	All Day for Youth Day
June 25	5:00 p.m. - 7:00 p.m. Movie Night
September 12	All Day for Community Day

## SWIM LESSONS

### Swim Lesson Assessment All Ages

Thinking of enrolling yourself or members of your family in swim lessons? Have one of our instructors give your child a swim lesson assessment. This service takes only a few minutes, is free of charge, and highly recommended for determining the appropriate placement level for participants. Drop by during open swim time or schedule a specific time, call the pool at (858) 668-4680.

### Parent/Child 6 to 24 months

This class, equivalent to the American Red Cross "Pre-school" level, develops a comfort for the water and introduces the most basic water skills. This course does not teach children to be accomplished swimmers or survive in the water. Parents must accompany their children in the pool.

	Res/Nonres
0020.100 M-F 12:00-12:30pm June 15-June 19	\$33/\$43
0020.101 M-F 12:00-12:30pm June 29-July 3	\$33/\$43
0020.102 M-F 12:00-12:30pm July 13-July 17	\$33/\$43
0020.103 M-F 12:00-12:30pm July 27-July 31	\$33/\$43
Evening Classes	
0020.120 M/W/F 5:45-6:15pm June 15-June 26	\$39/\$49
0020.121 M/W/F 5:45-6:15pm July 6-July 17	\$39/\$49
0020.122 M/W/F 5:45-6:15pm July 27-Aug 7	\$39/\$49

### Pre-Grunion 2 to 3 Years

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

	Res/Nonres
Session 1 0030.110 M-F/M-Th 10:10-10:50am June 15-June 25	\$59/\$69
Session 2 0030.111 M-F/M-Th 10:10-10:50am June 29-July 9	\$59/\$69
Session 3 0030.112 M-F/M-Th 10:10-10:50am July 13-July 23	\$59/\$69
Session 4 0030.113 M-F/M-Th 10:10-10:50am July 27-Aug 6	\$59/\$69
Evening Classes	
Session 1 0030.120 M/W/F 6:30-7:10pm June 15-July 3	\$59/\$69
Session 2 0030.121 M/W/F 6:30-7:10pm July 6-July 24	\$59/\$69
Session 3 0030.122 M/W/F 6:30-7:10pm July 27-Aug 14	\$59/\$69

### Grunion 1 3 to 5 Years

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.

	Res/Nonres
Session 1 0121.100 M-F/M-Th 8:30am-9:10am June 15-June 25	\$59/\$69
0121.101 M-F/M-Th 9:20am-10:00am June 15-June 25	\$59/\$69
0121.102 M-F/M-Th 11:00-11:40am June 15-June 25	\$59/\$69
Session 2 0121.103 M-Th/M-F 8:30am-9:10am June 29-July 9	\$59/\$69
0121.104 M-Th/M-F 9:20am-10:00am June 29-July 9	\$59/\$69
0121.105 M-Th/M-F 11:00-11:40am June 29-July 9	\$59/\$69
Session 3 0121.106 M-F/M-Th 8:30am-9:10am July 13-July 23	\$59/\$69
0121.107 M-F/M-Th 9:20am-10:00am July 13-July 23	\$59/\$69
0121.108 M-F/M-Th 11:00-11:40am July 13-July 23	\$59/\$69
Session 4 0121.109 M-F/M-Th 8:30am-9:10am July 27-Aug 6	\$59/\$69
0121.110 M-F/M-Th 9:20am-10:00am July 27-Aug 6	\$59/\$69
0121.111 M-F/M-Th 11:00-11:40am July 27-Aug 6	\$59/\$69

### Evening Classes

Session 1 0121.120 M/W/F 5:45-6:25pm June 15-July 3	\$59/\$69
0121.121 M/W/F 6:30-7:10pm June 15-July 3	\$59/\$69
Session 2 0121.122 M/W/F 5:45-6:25pm July 6-July 24	\$59/\$69
0121.123 M/W/F 6:30-7:10pm July 6-July 24	\$59/\$69
Session 3 0121.124 M/W/F 5:45-6:25pm July 27-Aug 14	\$59/\$69
0121.125 M/W/F 6:30-7:10pm July 27-Aug 14	\$59/\$69

## Grunion 2

3 to 5 Years

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.

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b>				
<b>0122.100</b>	M-F/M-Th	8:30-9:10am	June 15-June 25	\$59/\$69
<b>0122.101</b>	M-F/M-Th	9:20-10:00am	June 15-June 25	\$59/\$69
<b>0122.102</b>	M-F/M-Th	11:00-11:40am	June 15-June 25	\$59/\$69
<b>Session 2</b>				
<b>0122.103</b>	M-F/M-Th	8:30-9:10am	June 29-July 9	\$59/\$69
<b>0122.104</b>	M-F/M-Th	9:20-10:00am	June 29-July 9	\$59/\$69
<b>0122.105</b>	M-F/M-Th	11:00-11:40am	June 29-July 9	\$59/\$69
<b>Session 3</b>				
<b>0122.106</b>	M-F/M-Th	8:30-9:10am	July 13-July 23	\$59/\$69
<b>0122.107</b>	M-F/M-Th	9:20-10:00am	July 13-July 23	\$59/\$69
<b>0122.108</b>	M-F/M-Th	11:00-11:40am	July 13-July 23	\$59/\$69
<b>Session 4</b>				
<b>0122.109</b>	M-F/M-Th	8:30-9:10am	July 27-Aug 6	\$59/\$69
<b>0122.110</b>	M-F/M-Th	9:20-10:00am	July 27-Aug 6	\$59/\$69
<b>0122.111</b>	M-F/M-Th	11:00-11:40am	July 27-Aug 6	\$59/\$69
<b>Evening Classes</b>				
<b>Session 1</b>				
<b>0122.120</b>	M/W/F	5:45-6:25pm	June 15-July 3	\$59/\$69
<b>Session 2</b>				
<b>0122.121</b>	M/W/F	5:45-6:25pm	July 6-July 24	\$59/\$69
<b>Session 3</b>				
<b>0122.122</b>	M/W/F	5:45-6:25pm	July 27-Aug 14	\$59/\$69

## Grunion 3

3 to 5 Years

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.**

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b>				
<b>0123.100</b>	M-F/M-Th	8:30-9:10am	June 15-June 25	\$59/\$69
<b>0123.101</b>	M-F/M-Th	10:10-10:50am	June 15-June 25	\$59/\$69
<b>Session 2</b>				
<b>0123.102</b>	M-F/M-Th	8:30-9:10am	June 29-July 9	\$59/\$69
<b>0123.103</b>	M-F/M-Th	10:10-10:50am	June 29-July 9	\$59/\$69
<b>Session 3</b>				
<b>0123.104</b>	M-F/M-Th	8:30-9:20am	July 13-July 23	\$59/\$69
<b>0123.105</b>	M-F/M-Th	10:10-10:50am	July 13-July 23	\$59/\$69
<b>Session 4</b>				
<b>0123.106</b>	M-F/M-Th	8:30-9:20am	July 27-Aug 6	\$59/\$69
<b>0123.107</b>	M-F/M-Th	10:10-10:50am	July 27-Aug 6	\$59/\$69
<b>Evening Classes</b>				
<b>Session 1</b>				
<b>0123.120</b>	M/W/F	6:30-7:10pm	June 15-July 3	\$59/\$69
<b>0123.121</b>	M/W/F	7:15-7:55pm	June 15-July 3	\$59/\$69
<b>Session 2</b>				
<b>0123.122</b>	M/W/F	6:30-7:10pm	July 6-July 24	\$59/\$69
<b>0123.123</b>	M/W/F	7:15-7:55pm	July 6-July 24	\$59/\$69
<b>Session 3</b>				
<b>0123.124</b>	M/W/F	6:30-7:10pm	July 27-Aug 14	\$59/\$69
<b>0123.125</b>	M/W/F	7:15-7:55pm	July 27-Aug 14	\$59/\$69

## Starfish

6 to 12 Years

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.

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b>				
<b>0221.100</b>	M-F/M-Th	8:30-9:10am	June 15-June 25	\$59/\$69
<b>0221.101</b>	M-F/M-Th	10:10-10:50am	June 15-June 25	\$59/\$69
<b>Session 2</b>				
<b>0221.102</b>	M-F/M-Th	8:30-9:10am	June 29-July 9	\$59/\$69
<b>0221.103</b>	M-F/M-Th	11:00-11:40am	June 29-July 9	\$59/\$69
<b>Session 3</b>				
<b>0221.104</b>	M-F/M-Th	8:30-9:10am	July 13-July 23	\$59/\$69
<b>0221.105</b>	M-F/M-Th	11:00-11:40am	July 13-July 23	\$59/\$69
<b>Session 4</b>				
<b>0221.106</b>	M-F/M-Th	8:30-9:10am	July 27-Aug 6	\$59/\$69
<b>0221.107</b>	M-F/M-Th	11:00-11:40am	July 27-Aug 6	\$59/\$69

## Evening Classes

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b>				
<b>0221.120</b>	M/W/F	5:45-6:25pm	June 15-July 3	\$59/\$69
<b>Session 2</b>				
<b>0221.121</b>	M/W/F	5:45-6:25pm	July 6-July 24	\$59/\$69
<b>Session 3</b>				
<b>0221.122</b>	M/W/F	5:45-6:25pm	July 27-Aug 14	\$59/\$69

## Seahorse

6 to 12 Years

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.

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b>				
<b>0222.100</b>	M-F/M-Th	8:30-9:10am	June 15-June 25	\$59/\$69
<b>0222.101</b>	M-F/M-Th	9:20-10:00am	June 15-June 25	\$59/\$69
<b>Session 2</b>				
<b>0222.102</b>	M-F/M-Th	8:30-9:10am	June 29-July 9	\$59/\$69
<b>0222.103</b>	M-F/M-Th	10:10-10:50am	June 29-July 9	\$59/\$69
<b>Session 3</b>				
<b>0222.104</b>	M-F/M-Th	8:30-9:10am	July 13-July 23	\$59/\$69
<b>0222.105</b>	M-F/M-Th	10:10-10:50am	July 13-July 23	\$59/\$69
<b>Session 4</b>				
<b>0222.106</b>	M-F/M-Th	10:10-10:50am	July 27-Aug 6	\$59/\$69
<b>0222.107</b>	M-F/M-Th	11:00-11:40am	July 27-Aug 6	\$59/\$69
<b>Evening Classes</b>				
<b>Session 1</b>				
<b>0222.120</b>	M/W/F	6:30-7:10pm	June 15-July 3	\$59/\$69
<b>0222.121</b>	M/W/F	7:15-7:55pm	June 15-July 3	\$59/\$69
<b>Session 2</b>				
<b>0222.122</b>	M/W/F	6:30-7:10pm	July 6-July 24	\$59/\$69
<b>0222.123</b>	M/W/F	7:15-7:55pm	July 6-July 24	\$59/\$69
<b>Session 3</b>				
<b>0222.124</b>	M/W/F	6:30-7:10pm	July 27-Aug 14	\$59/\$69
<b>0222.125</b>	M/W/F	7:15-7:55pm	July 27-Aug 14	\$59/\$69

## Otter

6 to 16 years

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.

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b>				
<b>0223.100</b>	M-F/M-Th	9:20-10:00am	June 15-June 25	\$59/\$69
<b>0223.101</b>	M-F/M-Th	10:10-10:50am	June 15-June 25	\$59/\$69
<b>0223.102</b>	M-F/M-Th	11:50-12:30pm	June 15-June 25	\$59/\$69
<b>Session 2</b>				
<b>0223.103</b>	M-F/M-Th	9:20-10:00am	June 29-July 9	\$59/\$69
<b>0223.104</b>	M-F/M-Th	10:10-10:50am	June 29-July 9	\$59/\$69
<b>0223.105</b>	M-F/M-Th	11:50-12:30pm	June 29-July 9	\$59/\$69
<b>Session 3</b>				
<b>0223.106</b>	M-F/M-Th	9:20-10:00am	July 13-July 23	\$59/\$69
<b>0223.107</b>	M-F/M-Th	10:10-10:50am	July 13-July 23	\$59/\$69
<b>0223.108</b>	M-F/M-Th	11:50-12:30pm	July 13-July 23	\$59/\$69
<b>Session 4</b>				
<b>0223.109</b>	M-F/M-Th	9:20-10:00am	July 27-Aug 6	\$59/\$69
<b>0223.110</b>	M-F/M-Th	10:10-10:50am	July 27-Aug 6	\$59/\$69
<b>0223.111</b>	M-F/M-Th	11:50-12:30pm	July 27-Aug 6	\$59/\$69
<b>Evening Classes</b>				
<b>Session 1</b>				
<b>0223.120</b>	M/W/F	6:30-7:10pm	June 15-July 3	\$59/\$69
<b>0223.121</b>	M/W/F	7:15-7:55pm	June 15-July 3	\$59/\$69
<b>Session 2</b>				
<b>0223.122</b>	M/W/F	6:30-7:10pm	July 6-July 24	\$59/\$69
<b>0223.123</b>	M/W/F	7:15-7:55pm	July 6-July 24	\$59/\$69
<b>Session 3</b>				
<b>0223.124</b>	M/W/F	6:30-7:10pm	July 27-Aug 14	\$59/\$69
<b>0223.125</b>	M/W/F	7:15-7:55pm	July 27-Aug 14	\$59/\$69

## Seal

6 to 16 Years

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.

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b>				
<b>0321.100</b>	M-F/M-Th	9:20-10:00am	June 15-June 25	\$59/\$69
<b>0321.101</b>	M-F/M-Th	10:10-10:50am	June 15-June 25	\$59/\$69
<b>0321.102</b>	M-F/M-Th	11:50-12:30pm	June 15-June 25	\$59/\$69
<b>Session 2</b>				
<b>0321.103</b>	M-F/M-Th	9:20-10:00am	June 29-July 9	\$59/\$69
<b>0321.104</b>	M-F/M-Th	10:10-10:50am	June 29-July 9	\$59/\$69
<b>0321.105</b>	M-F/M-Th	11:50-12:30pm	June 29-July 9	\$59/\$69
<b>Session 3</b>				
<b>0321.106</b>	M-F/M-Th	9:20-10:00am	July 13-July 23	\$59/\$69
<b>0321.107</b>	M-F/M-Th	10:10-10:50am	July 13-July 23	\$59/\$69
<b>0321.108</b>	M-F/M-Th	11:50-12:30pm	July 13-July 23	\$59/\$69
<b>Session 4</b>				
<b>0321.109</b>	M-F/M-Th	9:20-10:00am	July 27-Aug 6	\$59/\$69
<b>0321.110</b>	M-F/M-Th	10:10-10:50am	July 27-Aug 6	\$59/\$69
<b>0321.111</b>	M-F/M-Th	11:50-12:30pm	July 27-Aug 6	\$59/\$69
<b>Evening Classes</b>				
<b>Session 1</b>				
<b>0321.120</b>	M/W/F	7:15-7:55pm	June 15-July 3	\$59/\$69
<b>Session 2</b>				
<b>0321.121</b>	M/W/F	7:15-7:55pm	July 6-July 24	\$59/\$69
<b>Session 3</b>				
<b>0321.122</b>	M/W/F	7:15-7:55pm	July 27-Aug 14	\$59/\$69

## Sting Ray

6 to 16 Years

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. **(Evening Session #3 is a Two-week session)**

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b>				
<b>0322.100</b>	M-F/M-Th	8:30-9:10am	June 15-June 25	\$59/\$69
<b>0322.101</b>	M-F/M-Th	9:20-10:00am	June 15-June 25	\$59/\$69
<b>0322.102</b>	M-F/M-Th	11:00-11:40am	June 15-June 25	\$59/\$69
<b>Session 2</b>				
<b>0322.103</b>	M-F/M-Th	8:30-9:10am	June 29-July 9	\$59/\$69
<b>0322.104</b>	M-F/M-Th	9:20-10:00am	June 29-July 9	\$59/\$69
<b>0322.105</b>	M-F/M-Th	11:00-11:40am	June 29-July 9	\$59/\$69
<b>Session 3</b>				
<b>0322.106</b>	M-F/M-Th	8:30-9:10am	July 13-July 23	\$59/\$69
<b>0322.107</b>	M-F/M-Th	9:20-10:00am	July 13-July 23	\$59/\$69
<b>0322.108</b>	M-F/M-Th	11:00-11:40am	July 13-July 23	\$59/\$69
<b>Session 4</b>				
<b>0322.109</b>	M-F/M-Th	8:30-9:10am	July 27-Aug 6	\$59/\$69
<b>0322.110</b>	M-F/M-Th	9:20-10:00am	July 27-Aug 6	\$59/\$69
<b>0322.111</b>	M-F/M-Th	11:00-11:40am	July 27-Aug 6	\$59/\$69
<b>Evening Classes</b>				
<b>Session 1</b>				
<b>0322.120</b>	M/W/F	8:00-8:40pm	June 15-July 3	\$59/\$69
<b>Session 2</b>				
<b>0322.121</b>	M/W/F	8:00-8:40pm	July 6-July 24	\$59/\$69
<b>Session 3</b>				
<b>0322.122</b>	M/W/F	8:00-8:40pm	July 27-Aug 14	\$59/\$69

## Dolphin

6 to 16 years

**Swordfish****6 to 16 Years**

The equivalent to the core skills of American Red Cross Level 6, Swordfish students develop skill proficiency and continue to progress toward greater distance in all strokes. Those new skills presented are butterfly, breast-stroke and butterfly turns, and diving board techniques.

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b> 0324.100	M-F/M-Th	11:00-11:40am	June 15-June 25	\$59/\$69
<b>0324.101</b>	M-F/M-Th	11:50-12:30pm	June 15-June 25	\$59/\$69
<b>Session 2</b> 0324.102	M-F/M-Th	11:00-11:40am	June 29-July 9	\$59/\$69
<b>Session 3</b> 0324.103	M-F/M-Th	11:00-11:40am	July 13-July 23	\$59/\$69
<b>Session 4</b> 0324.104	M-F/M-Th	11:00-11:40am	July 27-Aug 6	\$59/\$69
<b>Evening Classes</b>				
<b>Session 1</b> 0324.120	M/W/F	8:00-8:40pm	June 15-July 3	\$59/\$69
<b>Session 2</b> 0324.121	M/W/F	8:00-8:40pm	July 7-July 25	\$59/\$69
<b>Session</b> 0324.122	M/W/F	8:00-8:40pm	July 28-Aug 15	\$59/\$69

**Advanced Technique Swimming (ATS)****6 to 16 Years**

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

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b> 0325.100	M-F/M-Th	11:50-12:30pm	June 15-June 25	\$59/\$69
<b>Session 2</b> 0325.101	M-F/M-Th	11:50-12:30pm	June 29-July 9	\$59/\$69
<b>Session 3</b> 0325.102	M-F/M-Th	11:50-12:30pm	July 13-July 23	\$59/\$69
<b>Session 4</b> 0325.103	M-F/M-Th	11:50-12:30pm	July 27-Aug 6	\$59/\$69
<b>Evening Classes</b>				
<b>Session 1</b> 0325.120	M/W/F	8:00-8:40pm	June 15-July 3	\$59/\$69
<b>Session 2</b> 0325.121	M/W/F	8:00-8:40pm	July 6-July 24	\$59/\$69
<b>Session 3</b> 0325.122	M/W/F	8:00-8:40pm	July 27-Aug 14	\$59/\$69

**Adult/Teen****18 and Older**

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

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b> 0521.100	M/W/F	7:15-7:55pm	June 15-July 3	\$59/\$69
<b>Session 2</b> 0521.101	M/W/F	7:15-7:55pm	July 6-July 24	\$59/\$69
<b>Session 3</b> 0521.102	M/W/F	7:15-7:55pm	July 27-Aug 14	\$59/\$69

**Beginning Water Polo****10 to 16 Years**

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

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b> 0522.100	M/W/F	5:45-6:25pm	June 15-July 3	\$59/\$69
<b>Session 2</b> 0522.101	M-F/M-Th	9:20-10:00am	June 29-July 9	\$59/\$69
<b>Session 4</b> 0522.102	M-F/M-Th	9:20-10:00am	July 27-Aug 6	\$59/\$69

**Intermediate Water Polo****10 to 17 Years**

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

Session	Days	Time	Dates	Res/Nonres
<b>Session 2</b> 0523.100	M/W/F	5:45-6:25pm	July 6-July 24	\$59/\$69
<b>Session 3</b> 0523.101	M-F/M-Th	9:20-10:00am	July 13-July 23	\$59/\$69

**Pre-Diving****6 to 10 Years**

This class is designed for young children to enter into diving that are not ready for the beginner level. Participants will be introduced to entries, hurdle approach, sitting dive, tuck dive and basic dives. **Students must pass at least the Otter swim class to enroll in this course.**

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b> 0623.100	M-F/M-Th	11:40-12:20pm	June 15-June 25	\$59/\$69
<b>Session 2</b> 0623.101	M-F/M-Th	11:40-12:20pm	June 29-July 9	\$59/\$69

**Beginning Diving****6 to 16 Years**

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

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b> 0624.100	M-F/M-Th	10:00-10:40am	June 15-June 25	\$59/\$69
<b>Session 2</b> 0624.101	M-F/M-Th	10:00-10:40am	June 29-July 9	\$59/\$69
<b>Session 3</b> 0624.102	M-F/M-Th	10:00-10:40am	July 13-July 23	\$59/\$69
<b>Session 4</b> 0624.103	M-F/M-Th	10:00-10:40am	July 27-Aug 6	\$59/\$69

**Intermediate Diving****6 to 16 Years**

This is a great opportunity to learn proper diving techniques on the 1- and 3-meter diving boards. Students will develop skills in proper approach, hurdle, and entry into the pool. Students must already have basic dive skills before enrolling in this class.

Session	Days	Time	Dates	Res/Nonres
<b>Session 1</b> 0625.100	M-F/M-Th	10:50-11:30am	June 15-June 25	\$59/\$69
<b>Session 2</b> 0625.101	M-F/M-Th	10:50-11:30am	June 29-July 9	\$59/\$69
<b>Session 3</b> 0625.102	M-F/M-Th	10:50-11:30am	July 13-July 23	\$59/\$69
<b>Session 4</b> 0625.103	M-F/M-Th	10:50-11:30am	July 27-Aug 6	\$59/\$69

**Water Exercise****16 and Older**

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

**Private Lessons****All Ages**

These classes are for any age and ability. Instruction is geared toward the individual's ability. Participants must register for a minimum of **four** classes. Private lessons are on a first-come-first-serve basis and class offerings are limited. Lessons are 30 minutes. To register for private lessons, call (858) 679-4394.

Days	Time	Res/Nonres
Mon-Fri	8:00-8:30 am	\$25/\$35 per student
Sat	8:00-8:30 am; 8:40-9:10 am; 9:20-9:50 am	per class meeting

**Pool Special Events**  
**Summer 2009****Swim-in Movie Night** **All Ages**

Enjoy a fun-filled evening of swimming and a movie. The movie will be shown on a 12' x 12' movie screen. Bring the entire family along with rafts, inner tubes, or boogie boards to view the movie while in the pool. Bleacher seating will also be available. Popcorn and refreshments will be available for a small fee. The pool closes to the public at 5:00 p.m., reopens at 7:30 p.m., and the movie starts at sundown. Tickets may be purchased in advance at the swim center. Information: (858) 668-4680.

Sat	Jul 25	\$4/Adult-\$3/Youth & Senior \$12/Family
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**Guard-in-Training****12 to 15 Years**

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

Class #	Days	Time	Dates	Res/Nonres
<b>0926.100</b>	M-F/M-Th	9:00-11:00 am	June 15-June 25	\$59/\$69
<b>0926.101</b>	M-Th/M-F	9:00-11:00 am	June 29-July 9	\$59/\$69

**Aquatic Safety**

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

**Birthday Party Package****All Ages**

Are you lucky enough to have a birthday during the warm summer months? What better place is there, than the pool to celebrate? The Poway Community Swim Center would love to be part of your special day. Included in the party package is a reserved poolside picnic area for two hours, public pool use for a maximum of 25 persons, and a half hour of games with a certified lifeguard. Birthday Party Packages are available on weekends only during open pool hours. Sign up for a birthday party at the pool during open business hours. Information: (858) 668-4680. **Res/Nonres \$52/\$62**





# OLD POWAY PARK

14134 Midland Road • Poway, CA 92064  
(858) 668-4576



## Folk Concerts in the Park

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

Date	Performer	MustaStyle
May 23	Ken Graydon and Stan Kruml	Cowboy poetry, stories, and songs
June 6	Phil Christie	Folk Music
June 20	Terri Hendrix with Lloyd Maines	Folk Music
July 11	Robin Henkel	Traditional and Delta Blues

## Come Join the Cast of Theatre in the Park!

This summer, Theatre in the Park is looking for families with multiple talents. Offered by the Poway Woman's Club and the City of Poway; this program is a great opportunity for families to participate together in children's theater. The program works to bring families together artistically while having fun. Children participate in rehearsals and performances, while parents may choose to act or help with set design and stage set up. Parents can decide to be involved every step of the way or provide assistance at needed times. This summer, Theatre in the Park will be performing the fantasy "Alice in Wonderland" in which Alice meets the Cheshire Cat, the Mad Hatter, the Queen of Hearts, and other interesting characters. Theatre in the Park is always looking for new actors and actresses; children in fourth grade and older are invited to join the cast. The cast will rehearse every Monday and Thursday evening with some Saturday morning rehearsals. Auditions and registration for "Alice in Wonderland" will be at Old Poway Park in the Porter House Great Room on Monday, June 1, at 7 p.m. or Thursday, June 4, at 7 p.m. Rehearsals begin Monday, June 15. Information: (858) 748-3383.



# SYCAMORE CANYON GOODAN RANCH



16281 Sycamore Canyon Road  
Poway, 92064 • 858-513-4737

For a complete schedule of activities at Goodan Ranch please 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.

Goodan staging area accessed from Poway Road east on Garden Road, then south on Sycamore Canyon Road. Sycamore Canyon Road 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. For information or to make event reservations, call (858) 513-4737 or email [Justin.Gibbons@sdcounty.ca.gov](mailto:Justin.Gibbons@sdcounty.ca.gov).

## Spring/Summer 2009 Program Schedule

### Drawing the Line

Saturday, May 16, 2009 11:00am – 12:30pm

Join Jim Peugh and Mike Matherly from our San Diego Audubon Society for what they describe as a "sobering look at the effects of urban development on one of the world's most diverse ecosystems and how it still might be saved." This talk will cover conservation issues, endangered species, and how we and our growing population here in San Diego are affecting it all. This is the first time this program will be presented for the public to hear, so don't miss the opportunity to be one of the few. **Guests will park at Goodan Staging area and must walk approximately 1 mile down to visitor center.** Program will be held at Preserve Visitor Center.

### Snakes Encounter

Sunday, May 24, 2009 10:00am – 12:00pm

Join park staff and learn all there is to know about our local species of snakes found right here in San Diego. You will learn all about these wonderful reptiles including what they eat, how they survive in the wild, and even get a chance to see them up close. Kids and adults are welcome so bring the family out for a chance to understand a commonly misunderstood animal. **Guests will park at Goodan Staging area and must walk approximately 1 mile down to visitor center.** Program will be held at Preserve Visitor Center.

### Horse Program

Sunday, June 14, 2009 10:00am – 1:00pm

Join Paul Kucharczyk and friends and learn all about equestrian riding. Program will include riding etiquette for horse riders, hikers and bikers, as well as the lifestyle of equestrian riding and health benefits associated. There will also be a chance for guests to view and interact with horses in a fun and educational environment. Guests are encouraged to bring their own horses if possible to make the experience more enjoyable. The program will be followed with a ride through the Preserve. **Program will be held at Highway 67 staging area. Rain or muddy conditions cancel.**

### Canyoneer Nature Walk

Sunday, June 21, 2009 9:00am – 11:00am

The San Diego Natural History Museum presents one of its many nature walks hosted by the Canyoneers group. This naturalist-guide program encourages participants to stop, look, listen, smell and examine everything around them. The Canyoneers, who have been leading hikes in San Diego for 29 years, are educated to teach appreciation for everything around them and how everything coexists. This leisurely walk is sure to teach you about the natural world while providing a fun and healthy experience. **Program will meet at Goodan Staging area. Rain or muddy conditions cancel.**

### Live Raptors Experience

Sunday, June 28, 2009 10:00am – 12:00pm

Join Ranger Maureen and her live raptors to learn all there is know about these magnificent birds. Eating habits, nesting, and survival will all be discussed along side the chance to view these large raptors up close. Bring your questions and curiosity. Feathers, skull reproductions, and pellets will also be on display for your examination. Don't miss this opportunity to see your local large birds of prey. **Guests will park at Goodan Staging area and must walk approximately 1 mile down to visitor center.** Program will be held at Preserve Visitor Center.

## Edible Plants

Saturday, July 4, 2009 9:00am – 11:00am

Come learn all there is to know about our local edible plants from author and college professor Lisa Chad-dock. Several Native American tribes have survived in this very region in the past, so see, touch, and taste what they used on a daily basis for nourishment and medicine. This program can help you learn what is safe and not safe to eat when hiking or camping in the local region. Learn what is safe to cook with and what sorts of dishes those who use to live in this area cooked and prepared. Program will be followed with a walk through the preserve. **Guests will park at Goodan Staging area and must walk approximately 1 mile down to visitor center.** Program will be held at Preserve Visitor Center.

## Star Party

Friday, July 17, 2009 8:30pm – 10:30pm

Join SDAA volunteer astronomers and County Parks for a night with the stars. Come experience the chance to view Saturn, the Great Hercules Cluster, the Ring Nebula, and the Dumbbell Nebula as well as many more. These events are 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.**



## Search and Rescue Program

Saturday, July 25, 2009 9:00am – 11:00am

Join John Wehbring and the San Diego Mountain Rescue Team for an exciting program where participants can learn all about search and rescue and learn how to stay safe when visiting the outdoors. Learn how the search and rescue teams work and what you can do to help them help you. If you love hiking or biking outdoors, don't miss this chance to learn first hand how a very important and exciting organization works to keep you safe. **Guests will park at Goodan Staging area and must walk approximately 1 mile down to visitor center.** Program will be held at Preserve Visitor Center.



# PALOMAR COLLEGE

Registration for these classes is held on site on the first night.

## So You Want to Write

18 and Older

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 6:00-8:45 pm Jun 25-Aug 13 FREE

## Beginning Drawing

18 and Older

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 6:00-8:45 pm Jun 16-Aug 4 FREE



## BLUE SKY RESERVE

Blue Sky is a 700-acre ecological reserve in Poway on Espola Road, less than one mile north of Lake Poway Rd. Trails are open to the public during daylight hours. The City of Poway, California Department of Fish and Game, and the 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 call the Blue Sky office at (858) 668-4781 or pick up our latest Activities Schedule at Community Services, Poway Library or Lake Poway. Please wear comfortable shoes, a hat, and carry your own water. Binoculars are recommended. Scout and group tours are available by reservation. Walks are **FREE**.

### School Tours

The outdoor nature program at Blue Sky Ecological Reserve emphasizes observational skills, resource protection, and identification of our plants and animals. Tours are led by fully-trained naturalists. Tours are available on Wednesday and Friday mornings for up to 30 students per visit. For reservations, call the Blue Sky office at (858) 668-4781. Please provide at least four weeks advance notice. Additional information is available at [www.poway.org/bluesky](http://www.poway.org/bluesky). \$4 per student.

### Discovery Tables

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

### 2009 Evening Wildlife Presentations

Enjoy an evening of wildlife, cookies and a sing-along in a woodland setting. Bring a jacket and flashlight plus a blanket to sit on or cozy up with. 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. For further information about the following programs, call the Blue Sky office at (858) 668-4781. **Registration required for all three programs. Programs open to all ages.**

#### 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.

<b>8169.101</b>	Sat	Jul 25	6:00 pm – 9:00 pm	<b>Fee</b> \$2
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#### Insects at Night

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

<b>8169.102</b>	Sat	Jul 11	8:30 pm – 10:00 pm	<b>Fee</b> \$3
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Call the Blue Sky office at (858) 668-4781 to find out about exciting additional programs coming in the Summer.



## KUMEYAAY-IPAII INTERPRETIVE CENTER

The Kumeyaay-Ipai Interpretive Center is a 5-acre archeological reserve at 13104 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 may request a tour to emphasize botany, history or culture.

Enjoy a short hike on the hill where Kumeyaay families lived, and see the milling stations etched into the boulders where the Kumeyaay ground acorns and other plants to make food and medicine. Replica artifacts may be viewed in the Education Center with the current exhibit First People: Art and Culture, featuring a photographic survey of pictographs in North County. Volunteers have built a replica 'ewaa or house and shade structures, and actively nurture native plants that proliferate on the hill.

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. For more information and docent volunteer opportunities, call (858) 668-1292, or check out the website at [www.poway.org/kiic](http://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.

### NEW CLASSES THIS YEAR!

Kumeyaay docents are pleased to offer classes in basket making, flintknapping, local rock art study, and foods used by the Kumeyaay. For more information about these classes, visit our website at [www.poway.org/kiic](http://www.poway.org/kiic).



## LAKE POWAY



14644 Lake Poway Road • Poway, CA 92064

<b>LAKE HOURS</b>	June-September	Wed-Sun	7:00 am to Sunset
Night Fishing	June 12-Aug 15	Fri & Sat	Open until 11:30 pm
	Oct-Nov 20	Sat-Sun	7:00 am to Sunset
<b>PARK HOURS</b>	June-Nov 17	Daily	7:00 am to Sunset
Information			(858) 668-4770
Area reservations			(858) 668-4580
Concession			(858) 486-1234
Web site			<a href="http://www.poway.org/lakepoway">www.poway.org/lakepoway</a>
<b>ENTRY STATION HOURS</b>	Apr-Oct	Sat-Sun & Holidays	7:00 am to Sunset

### Family Campouts

All Ages

Bring the entire family out for a magical night under the stars at one of Lake Poway's Family Campouts. The campouts are perfect for the first-time camper with easy round-the-clock vehicle access and planned activities. Activities include entertainment around the campfire, pedal boating, and night hikes. Families will need to bring their own camping supplies and food to barbecue. There will be grills available, but you are encouraged to

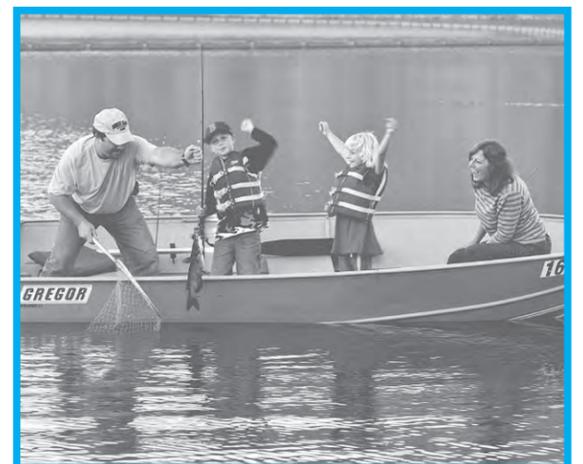
bring your own. The City will provide snacks around the campfire and a continental breakfast with fresh coffee. Families may start setting up their campsites at 5:00 p.m. No alcohol is permitted. Up to 5 persons per family. \$10 for each additional family member. Information: (858) 668-4771.

			Res/Nonres
<b>9039.100</b>	Sat/Sun	5pm-9:00am	June 20-21 \$50/\$60
<b>9039.101</b>	Sat/Sun	5pm-9:00am	July 18-19 \$50/\$60
<b>9039.102</b>	Sat/Sun	5pm-9:00am	Aug 15-16 \$50/\$60

### Night Fishing

All Ages

Night fishing season is here! Whether you are fishing for bass or catfish, Lake Poway is the perfect destination to try out the night bite. Try to break the current 34.5 pound catfish record when night fishing returns to Lake Poway **Friday and Saturday nights, June 12 through August 15 from 4 p.m. to 11:30 p.m.** The Lake will be stocked regularly with catfish. In addition to the stocks, Lake Poway is full of huge resident catfish and a thriving bass population just waiting to be caught. Motorboat and rowboat rentals are offered on a first-come-first-served basis. Don't forget to stop by and ask our friendly dock and park ranger staff for fishing tips. Information: (858) 668-4770.



### Discount Fishing Days

All Ages

Celebrate the State of California Department of Fish and Game free fishing day at Lake Poway on **Saturday, July 4** and on Labor Day **Monday, September 7**. Each year the State offers all levels of fisherman the opportunity to fish for free with no state fishing license required. It is the perfect opportunity to try your hand at the sport and not invest in a one-year license. Information: (858) 668-4770

### Midnight Catfish Craze

All Ages

Can't sleep? Come and join us for the annual Midnight Catfish Craze at Lake Poway, **Friday, July 31, from 4 p.m. to 12 a.m.** Final weigh-in will be at 12:15 a.m. followed shortly after by an award ceremony and a raffle with plenty of great prizes. The lake will be stocked with 2,000 pounds of channel catfish for this year's "Craze." San Diego County's only nighttime catfish tournament promises to be filled with lots of big fish, fun, and great prizes. The derby entry fee is \$10.00 for adults and \$5.00 for youth. A daily Lake Poway fishing permit is required, and a California State Fishing License is required for all participants 16 and older. Motorboat rentals will be offered at 3:00 p.m. and are available on a first-come-first-served basis. Lake Poway is located at 14644 Lake Poway Road. Information: (858) 668-4770. To become a sponsor, call (858) 668-4774.



# POWAY BRANCH LIBRARY

13137 Poway Road, Poway, CA 92064 • (858) 513-2900 • www.sdcl.org

Hours: Mon-Thu: 10:00 a.m.-8:00 p.m.  
 Fri-Sat: 10:00 a.m.-5:00 p.m.  
 Sun: 1:00 p.m.-5:00 p.m.

For additional information about any of the programs listed below, please contact the Library directly. All programs and times are subject to change.

June 20 - Summer Reading Program launched w/ Performer Sparkles the Clown @ 10:30 a.m.

June 23 - Craft @ 1:00 p.m.

June 20 - Performer Wild Wonders @ 10:30 a.m.

June 30 - Craft @ 1:00 p.m.

July 2 - Performer Mad Science @ 10:30 a.m.

July 7 - Craft @ 1:00 p.m.

July 9 - Performer John Abrams @ 10:30 a.m.

July 14 - Craft @ 1:00 p.m.

July 16 - Performer Sparkle Fairy Co. @ 10:30 a.m.

July 21 - Craft @ 1:00 p.m.

July 23 - Performer Kruisen Kritters @ 10:30 a.m.

July 28 - Craft @ 1:00 p.m.

July 30 - Performer Amazing Dana @ 10:30 a.m.

August 4 - Craft @ 1:00 p.m.

August 6 - Film @ 1:00 p.m.

August 8 - Summer Reading Program Finale @ 10:30 a.m. Puppet Show & Ice cream Social

Storytime for Babies, Toddlers, Preschoolers and After-school children ends the week of June 8, and will resume in September. All programs are subject to change. Information: (858) 513-2900.

June 19 - After-Hours Teen Only Party @ 6-10 pm  
 Join us to kick off the summer reading program.

July 9 - Teen Only Song Writing Class @ 4:00 pm  
 Local Artist Mary Dolan will teach teens the how-to of song writing.

July 30 - Teen Only Harry Potter Birthday Bash @ 4:00 pm  
 Teens will celebrate Harry Potter's birthday with cake, crafts, games, and prizes.

August 6 - Teen Only Finale Party @ 4:00 pm  
 It is the end of the summer reading program; help us finish with a bang.



15498 Espola Rd, Poway, CA 92064



(858) 668-4693 • www.PowayCenter.com



## POWAY CENTER *for the* PERFORMING ARTS

**The PCPA building will be closed to events for annual repair & maintenance in July and August.**

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

**BOX OFFICE :** (858) 748-0505  
 Wednesday - Friday: 12:00 p.m. to 5:00 p.m.  
 Saturday: 10:00 a.m. to 3:00 p.m.  
 Closed Sunday - Tuesday, and major holidays.

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

**ADMINISTRATION :** (858) 668-4693  
 Monday - Friday: 8:00 a.m. to 5:00 p.m.  
 Closed Saturdays, Sundays, and major holidays.

**PCPA ART GALLERY**  
 Monday - Friday: 9:00 a.m. to 4:00 p.m.  
 Saturday: 11:00 a.m. to 3:00 p.m.

A new exhibit opens monthly, ensuring a wide variety of styles and media from local and regional artists.

### 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.

## Did You Know?

*"Surely joy is the condition of life."*  
 -HENRY DAVID THOREAU



## BINGO!

**\$50,000 a Month in Prizes!**  
**The best affordable entertainment in Poway!**

Come try your luck **Saturdays, 5:00 p.m.**  
 and **Tuesday afternoons, 12:30 p.m.**  
 Open to all adults 18 and older. Also looking for Bingo Volunteers to help run the games.

## Dine at La Bella Bistro

**BBQ at PSC.** Call the Nutrition Department for scheduled dates. Lunch is served 11:30 a.m. to 12:30 p.m. Monday through Friday. Advance notice is required, please call (858)748-6094 x304 **two days** in advance to make your reservation, and join us for lunch. Cost is \$6.00 for anyone under 60 years of age. Suggested donation for seniors (60+), is \$4.00. Our delicious lunch program offers you a place to join your friends, or make new ones. We also offer door-to-door transportation to and from the Center for lunch for a suggested donation of \$3.00. Call us and find out if your zip code qualifies you for pick up.



13094 Civic Center Drive • Poway, CA 92064  
 (858) 748-6094 • [www.powayseniorcenter.org](http://www.powayseniorcenter.org)

*It's not what we do...  
 it's the difference we make*

We are located in Poway Community Park Weingart Center Building.  
 Open 8:30 a.m. to 4:00 p.m. Monday through Friday.  
 Stop in for coffee and conversation.

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 come through donations, fundraising, and grants. 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.

### Feel the need to Volunteer?

Make a difference in the lives of the homebound elderly. Deliver hot, and/or frozen meals to those in the greater Poway area. Call the Volunteer Department for more information.

## Special Events at PSC

**Free Tax service provided by AARP.**  
 Call PSC to schedule your appointment.  
**BoomerFest: Fun-Food-Facts-Family!**  
 May 30, 2009 10:00-2:00. Belmont Senior Living, Sabre Springs. Resources, games, live music, and fun for the whole family.  
**AARP: "Meet the Pharmacist"**  
 April 29, 2009, 10:00 a.m. to 2 p.m.  
 Bring your meds for review.

## Events of Interest at PSC

- Wii sports
- Karaoke
- Scrabble
- Watercolor painting
- Quilting, Needlecrafts
- Ceramics, Porcelain doll-making
- Silver Age Yoga
- Feeling Fit aerobics
- Defensive Driving program

## Services Available

- Legal consult
- HICAP assistance
- S.H.A.R.E (Self Help And Resource Exchange)
- Tax preparation
- Blood pressure check
- Eyeglass adjustment
- Hearing aid check ups



# REGISTRATION INSTRUCTIONS

## CITY OF POWAY COMMUNITY SERVICES DEPARTMENT

**Location:** 13325 Civic Center Drive  
**Mailing Address:** P.O. Box 789, Poway, CA 92074-0789  
**Phone Number:** (858) 668-4595  
**Business Hours:** Monday 8:00 a.m. to 5:00 p.m.  
 Tuesday 8:00 a.m. to 7:00 p.m.  
 Wed-Fri 8:00 a.m. to 5:00 p.m.

### ONLINE, MAIL-IN, WALK-IN REGISTRATION:

Begins May 12 for Poway Residents  
 Nonresident Registration begins May 19

**REGISTER ONLINE:** Avoid mailing delays and waiting in line by visiting [www.poway.org](http://www.poway.org)

**No faxed registrations will be accepted**

**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.

**ONLINE REGISTRATION** is now available from the convenience of your computer by visiting the City of Poway web site at [www.poway.org](http://www.poway.org). Payment must be made by credit card (MasterCard or VISA).



**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.



**WALK-IN REGISTRATION** is available at the Community Services Department during business hours.



**REFUND INFORMATION.** Full refunds will be provided for any class canceled or overbooked by the City of Poway. **A service charge of \$15.00 will be deducted for all cancelled classes.** No refund will be issued after the start of the second class unless approved. Any refund will be prorated and a service charge of \$15.00 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 can 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) 668-4570.

### SWIM LESSON REGISTRATION

*Please follow these instructions to ensure your child's placement in the appropriate class.*

1. Follow regular mail-in and walk-in registration procedures using the registration form and class numbers.
2. Please use the designated Swim Lesson registration form.
3. Please adhere to age requirements for different class levels.
4. Please note skill requirements for the different level classes. Testing is available at the pool during open swim hours.
5. Students who are enrolled for a class either above or below their ability level will be dropped from the class if no other class is available.
6. Requesting alternate classes will increase the probability of being registered at a specific class level.
7. Please **KEEP YOUR RECEIPT and bring it to the first class session.**
8. If you cannot make the class on the first day, please call Mike Varga at (858) 668-4683 to make sure that you are not dropped from the class.
9. Remember, these classes fill quickly. Take advantage of the mail-in and walk-in registration process.
10. Participants are responsible for knowing the dates and times of their classes.

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



#### Applications are available at:

Community Services Department  
 13325 Civic Center Drive or Online at [www.poway.org](http://www.poway.org)

**CITY OF POWAY**  
**P.O. Box 789**  
**Poway, CA 92074-0789**  
**COMMUNITY SERVICES DEPARTMENT**  
**(858) 668-4595**

# 2009 REGISTRATION FORM

Parent/Guardian Name: (Please print): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

FIRST & LAST NAME OF PARTICIPANT	BIRTHDATE (If under 18)	AGE	SEX	CLASS TITLE	CLASS REGISTRATION NUMBER		FEE
					FIRST CHOICE	ALTERNATE CHOICES	

#### 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 \_\_\_\_\_

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

**FORM OF PAYMENT:**  Cash Amount \_\_\_\_\_  Check/Check # \_\_\_\_\_  
 Charge MC/ VISA # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

**FOR STAFF ONLY:** Entered by: \_\_\_\_\_ Date: \_\_\_\_\_

