

**SPORTS
RECREATION
AQUATICS
FITNESS
NATURE
TEENS**

POWAY



COMMUNITY SERVICES PROGRAMS

SPECIAL EVENTS SPRING 2009

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Registration Information

INSTRUCTORS WANTED!

Poway Community Services Department is looking for contract instructors to teach dance, fitness, performing arts, and outdoor activities. If you are interested please contact Kelley Clark, Recreation Supervisor at 858-668-4574.



Spring Egg Hunt

3 to 8 Years

Take part in a Poway tradition at the Spring Egg Hunt on **Saturday April 11** at Poway Community Park. Children are invited to hunt for candy and plastic prize eggs hidden in the grass area at the Community Park ball fields. Along with the hunts, there will be balloons, a "Bunny Fun Zone", and a pancake breakfast (for a nominal fee). Benny and Bonnie Bunny will be on hand to lead the hunts and to take pictures. Children are to bring their own baskets and children ages 5 to 8 must hunt without their parent's

help. **Plan on arriving 1/2 hour before your scheduled hunt.** Information: (858) 668-4570.

Egg Hunt Schedule

9:30 am	3 years
10:00 am	4 years
10:30 am	5 and 6 years
11:00 am	7 and 8 years

Merchants: If you are interested in making a donation of cash, candy or prizes, to be used at this event, please contact the Community Services office 858-668-4570. Your generosity will be recognized at the event.

Free Patriotic Music Festival

Concert bands from San Diego County and as far away as Arizona come to the living historic village of Old Poway Park, 14134 Midland Road, to offer a weekend of excellent music. In celebration of the Armed Forces and their families, the City of Poway and the Pomerado Community Band present the Community Band Festival. This unique event will be **Saturday, May 2 and Sunday, May 3, all day**, and includes:

- A FREE line up of live, patriotic music
 - Military bands finish each day's lineup
 - Arts and crafts market
 - Snacks and refreshments available for a nominal fee
- Stop by and enjoy the music,

food, and Poway's own "turn-of-the-20th-century" village. Information: (858) 668-4576.



31st Annual Flower Show

Old Poway Park Action Committee member, Poway Valley Garden Club, will host the Annual Standard Flower Show on **Saturday, April 25, from 9 a.m. to 3 p.m.** at Old Poway Park. The theme of this year's flower show is Grow Green. This event is free and appropriate for all ages. Stop by the park for an informative and fun filled day with demonstrations, gardening ideas, children's activities, plant sales and more.

Enter the Standard Flower Show and see if your flowers or designs could win a prize! Registration deadline for flower arrangements is April 1, and no registration is required for horticulture entries. The Poway Val-



ley Garden Club will be accepting entries at Old Poway Park on Thursday, April 23, from 3 p.m. to 8 p.m. and Friday, April 24, from 7 a.m. to 9 a.m. Information: (858) 748-3128.

Looking Ahead to SUMMER

Registration begins
April 14 on-line at
www.poway.org



Target Summer Concerts in the Park Series – All Ages

Some of the best in entertainment and summer fun returns to Lake Poway and Old Poway Park with the Target Summer Concert in the Park Series. All concerts are held on Sundays from 5:30 p.m. to 7 p.m. and will begin in June and continue through August. Everyone is invited to bring a blanket or chair, picnic dinner or snack, and head on out to our parks for a great time with family and friends. The Target Summer Concert in the Park Series entertainment schedule will be posted in the summer edition of the Poway Today. Information: (858) 668-4771.

Old-fashioned Fourth of July!

Bring your family and friends and celebrate our country's independence "turn-of-the-20th-century-style" at the Old-fashioned Fourth of July event. The event will be held at Old Poway Park, 14134 Midland Road on **Saturday, July 4 from 10 a.m. to 4 p.m.**

The whole family will enjoy live patriotic entertainment, train rides, mock gunfights, pictures with Uncle Sam, face painting, children's arts and crafts, games, and an old fashioned ice cream social with a picnic lunch for a nominal fee. Fireworks will be launched from Poway High in the evening to cap off the day. Information: (858) 668-4576.

Family Camp Outs

Enjoy an evening camping under the stars with the whole family at beautiful Lake Poway. There will be entertainment, night hikes, campfire and s'mores. Families will need to provide camping supplies and food to barbecue on our grills. We recommend that you bring your own grill for convenience. The City will provide snacks around the campfire, a continental breakfast and entertainment. Information: (858) 668-4771.



Lake Poway Day Camp 2009

Each week campers ages 6-12 enjoy a full day of games, crafts and all the activities that Lake Poway has to offer, as well as swimming at the Poway Swim Center and exciting field trips.

Counselor-In-Training

Teens ages 13-17 learning professional skills and develop leadership in a fun day camp environment!

CHILDREN'S ACTIVITIES

Discovery Time Toddlers 2½ to 3½ Years

Art, songs, fine and gross motor skills are explored in a success-oriented setting. Parent participation in the class is a requirement on a one time basis per session. Snacks are provided. Participants do not need to be toilet trained. Materials fee: \$5. Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan.

				Res/Nonres
4011.400	Tue	8:30-10:00 am	Apr 14-Apr 28	\$34/\$44
4011.401	Tue	8:30-10:00 am	May 5-May 19	\$34/\$44
4011.402	Tue	8:30-10:00 am	Jun 2-Jun 23	\$45/\$55
4011.403	Tue	10:00-11:30 am	Apr 14-Apr 28	\$34/\$44
4011.404	Tue	10:00-11:30 am	May 5-May 19	\$34/\$44
4011.405	Tue	10:00-11:30 am	Jun 2-Jun 23	\$45/\$55

Discovery Time 3 to 5½ Years

This program builds a foundation in a progressive manner that reinforces social skills and promotes kindergarten readiness. Fine and gross motor skills, imaginary play, language development, music and art are incorporated in the weekly format. Children need to bring snacks and be toilet trained. Materials fee: \$10. Classes held at Poway Community Park Youth Activity Room. Instructor: Debi Supergan. **No class May 25.**

				Res/Nonres
4011.406	M/W/F	9:00 am-12:00 pm	Apr 13-May 1	\$150/\$160
4011.407	M/W/F	9:00 am-12:00 pm	May 4-May 29	\$200/\$210
4011.408	M/W/F	9:00 am-12:00 pm	Jun 1-Jun 26	\$200/\$210

Pre-K Hour 3½ to 5½ Years

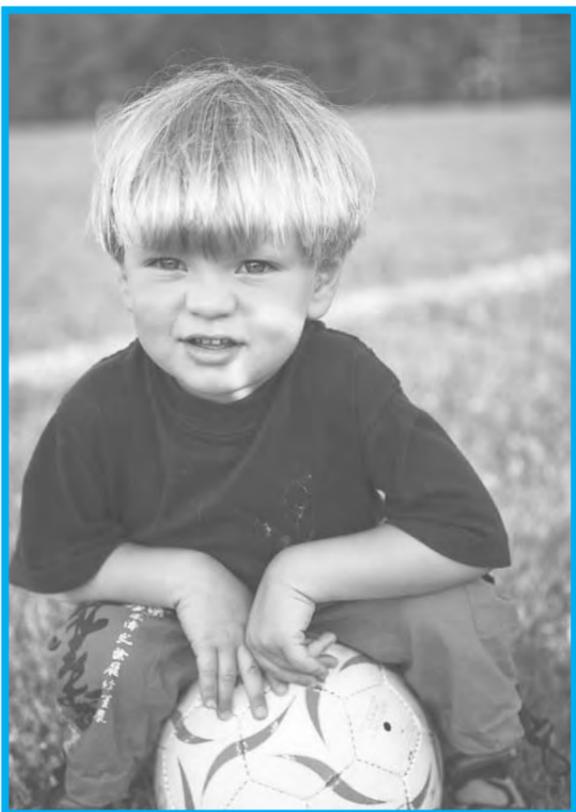
Skill based activities are taught to reinforce phonics, letter recognition, number concepts and values. Cognitive concepts are taught through the use of games utilizing a hands-on approach through different sensory techniques. Children need to be toilet trained. Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan. **No class May 25.**

				Res/Nonres
4011.409	M/W/F	12:00-1:00 pm	Apr 13-May 1	\$38/\$48
4011.410	M/W/F	12:00-1:00 pm	May 4-May 29	\$50/\$60
4011.411	M/W/F	12:00-1:00 pm	Jun 1-Jun 26	\$50/\$60

Kinder Soccer 3 to 5 Years

An introduction to basic soccer skills taught in a fun and positive manner. This is not a parent participation class. The activities promote self-confidence and autonomy, while reinforcing social and listening skills. We play barefoot soccer, to get a better feel for the soccer ball. There will be a "parents' watch day" scheduled at the last class. Children need to be toilet trained. Classes held at Poway Community Park Auditorium. Instructor: Debi Supergan. **No class May 26.**

				Res/Nonres
4011.412	Tue	11:30 am-12:30 pm	Apr 14-Jun 9	\$64/\$74



Super Moverz **NEW!** 2 to 4 Years

Super Moverz is an action packed, hero themed, movement skills and exercise program for kids of all ability levels. Each age group is provided with safe and appropriate games and activities which help to develop real-life powers, such as: ball skills, balance, safety, reaction, willpower, agility, team work, focus, nutrition, and many more. Classes held at the Poway Community Park Auditorium. Instructor: Wyatt Cameron.

				Res/Nonres
Micro Moverz (2 years)				
4011.413	Thu	9:00-10:00 am	Apr 9-May 14	\$42/\$52
4011.414	Thu	9:00-10:00 am	May 21-Jun 25	\$42/\$52
Mini Moverz (3 years)				
4011.415	Thu	10:00-11:00 am	Apr 9-May 14	\$42/\$52
4011.416	Thu	10:00-11:00 am	May 21-Jun 25	\$42/\$52
Mighty Moverz (4 years)				
4011.417	Thu	11:00 am-12:00 pm	Apr 9-May 14	\$42/\$52
4011.418	Thu	11:00 am-12:00 pm	May 21-Jun 25	\$42/\$52

CREATIVE ARTS



Mad Science All-Stars Camp 5 to 10 years

Follow in famous scientists' and inventors' 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 experiment with lift, aerodynamics and air pressure. Discover the secret behind the stars and make a star chart. Take home projects include: magnetic soccer game, rocket racer, star locator, kite, animal track, crystal garden, and more! Materials Fee: \$30 Classes will be held at Old Poway Park in Templars Hall. Instructor: Mad Science San Diego.

				Res/Nonres
6182.400	M-F	9:00 am-12:00 pm	Apr 6-10	\$105/\$115

Art Start Art Camp 7 to 14 years

You will load up your sketchbook (provided) with fabulous drawings, create a mask cast from your own face, tie-dye a tee shirt, and explore a variety of media in a fun, relaxed atmosphere! Learn to draw and paint under the gentle guidance of a professional artist. Snacks and quality art supplies will be provided. Bring a washed cotton T-shirt to the first class. Sign up for a half or a full day camp. All full-day campers should bring a sack lunch each day. Materials fee: \$40/half-day camp, \$60/full-day camp. Classes will be held at Old Poway Park in the Great Room. Instructor: Susan Bainbridge.

				Res/Nonres
Ages 7-14 years				
Half Day Camp				
6182.401	M-F	9:00 am-12:00 pm	Apr 6-10	\$105/\$115
Ages 8-14 years				
Full Day Camp				
6182.402	M-F	9:00 am-3:30 pm	Apr 6-10	\$175/\$185

THEATRE CLASSES

Broadway Babies 4-6 Years

Calling all little singers! This class will have your children singing and swinging to patriotic songs. Students will develop self-confidence, teamwork, and most importantly a love for music! All groups will participate in a performance at the Old Fashioned Fourth of July. Materials Fee: \$50. Class will be held at Old Poway Park in Templars Hall. Instructor: Jennifer Winspear and Company.

				Res/Nonres
8246.400	Thu	3:00-3:45 pm	May 7-Jun 18	\$75/\$85
	Tue	3:00-3:45 pm	Jun 16	

Vocal Motion 7-12 Years

Do your kids love to sing and dance? This class will focus on basic ear training while enjoying singing as a group. Beginning music theory and terminology are included in the class, along with fun "show choir movement". All groups will participate in a performance at the Old Fashioned Fourth of July. Materials Fee: \$50. Class will be held at Old Poway Park in Templars Hall. Instructor: Jennifer Winspear and Company.

				Res/Nonres
8246.401	Thu	4:00-5:30 pm	May 7-Jun 18	\$100/\$110
	Tue	4:00-5:30 pm	Jun 16	



CHILDREN'S DANCE

Dance for Children 3 to 5 Years

Tap and Ballet/Dance Production 5 to 17 Years

Due to preparations for our annual Dance Recital on June 23/24 at the Poway Center for the Performing Arts, no new students will be accepted during the spring session. Only continuing students may register for the spring quarter, and must obtain an "Instructor Referral Form" from Debbora Childress in order to enroll. Interested new Dance for Children and Tap & Ballet students should watch for the summer class schedule - it's a great time to enroll! Any questions, call Debbora Childress: (760) 747-9777. **No class April 6, 9, May 25, 28 (Photo Day).**

Pre-ballet 3 to 5 Years

Beginning Ballet 5 to 7 Years

Jazz Dance for Kids! 7 to 17 Years

Due to preparations for our annual Dance Recital on June 23/24 at the Poway Center for the Performing Arts, no new students will be accepted during the spring session. Only continuing students may register for the spring quarter, and must obtain an "Instructor Referral Form" from Kellie Childress in order to enroll. Interested new Pre-Ballet, Beginning Ballet, and Jazz Dance students should watch for the summer class schedule - it's a great time to enroll! Any questions, call Kellie Childress: (760) 747-9777. **No class May 26, 30.**

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 the Poway Community Park, Auditorium. Instructor: Emma Sarmiento.

				Res/Nonres
5317.400	Tue	6:00-7:00 pm	Apr 14-May 12	\$40/\$50
5317.401	Tue	6:00-7:00 pm	May 19-Jun 16	\$40/\$50

GYMNASTICS

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 May 23.

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
2312.400	Thu	10:45-11:15 am	Apr 9-Jun 18		\$161/\$171
2312.401	Sat	8:45-9:15 am	Apr 11-Jun 20		\$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
2312.402	Thu	10:00-10:45 am	Apr 9-Jun 18		\$180/\$190
2312.403	Sat	9:30-10:15 am	Apr 11-Jun 20		\$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 onto the next level.

Girls					Res/Nonres
2312.404	Tue	3:40-4:40 pm	Apr 7-Jun 16		\$202/\$212
Boys					Res/Nonres
2312.405	Tue	3:40-4:40 pm	Apr 7-Jun 16		\$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
2091.400	Wed	4:00-4:30 pm	Apr 8-Apr 29		\$40/\$50
2091.401	Wed	4:00-4:30 pm	May 6-May 27		\$40/\$50
2091.402	Wed	4:00-4:30 pm	Jun 3-Jun 24		\$40/\$50
6 to 12 Years					Res/Nonres
2091.403	Wed	4:30-5:00 pm	Apr 8-Apr 29		\$40/\$50
2091.404	Wed	4:30-5:00 pm	May 6-May 27		\$40/\$50
2091.405	Wed	4:30-5:00 pm	Jun 3-Jun 24		\$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.

					Res/Nonres
4 to 5 Years					
2091.406	Fri	3:00-3:45 pm	Apr 10-May 8		\$45/\$55
6 to 7 Years					
2091.407	Sat	10:00-10:45 am	Apr 11-May 9		\$45/\$55
8 to 12 Years					
2091.408	Wed	5:00-5:45 pm	Apr 8-May 6		\$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. Our internationally certified instructor has been teaching Tae Kwon Do through the City of Poway since 1987. 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. **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 May 25.**

					Res/Nonres
5 to 13 Years					
2091.409	M/W/F	6:00-7:00 pm	Mar 30-Jun 12		\$70/\$80
14 to 17 Years					
2091.410	M/W/F	7:00-8:00 pm	Mar 30-Jun 12		\$70/\$80

Youth Basketball Training 8 to 15 Years

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

					Res/Nonres
8 to 10 Years					
2091.411	Wed	5:30-7:00 pm	Apr 15-May 20		\$100/\$110
11 to 15 Years					
2091.412	Wed	7:00-8:30 pm	Apr 15-May 20		\$100/\$110

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 insure an exciting and educational volleyball experience. Classes held at Meadowbrook Gymnasium, 12320 Meadowbrook Lane. **No class May 25.**

					Res/Nonres
9 to 11 Years					
2091.413	Mon	5:30-6:30 pm	Apr 20-Jun 8		\$25/\$35
12 to 14 Years					
2091.414	Mon	6:45-7:45 pm	Apr 20-Jun 8		\$25/\$35



Cheer Introduction 5 to 14 Years

This class is designed for boys and girls to learn the basic fundamentals of cheerleading skills. They will learn proper stretching, arm motion techniques, jumps, and dance, in addition to developing their confidence, coordination, and social interaction in a positive atmosphere. The skills learned will enable them to progress onto the next level of cheerleading. Attire: Comfortable loose clothes and tennis shoes. Classes held at SoCal Elite AllStars Cheer & Dance, 13880 Stowe Drive, Suite B.

Ages 5 to 9					Res/Nonres
2091.415	Tue	5:00-6:00 pm	Apr 14-Jun 2		\$84/\$94
Ages 10 to 14					Res/Nonres
2091.416	Tue	6:00-7:00 pm	Apr 14-Jun 2		\$84/\$94

ADULT SPORTS

Open Play Sports All Ages

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

Coed Volleyball 18 and Older

This is an instructional league. Four person teams are assigned 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 Multipurpose Center. Instructor: Dick Leatherman.



The classes on June 2 and 4 begin at 6 pm. All participants must attend the first class.

Intermediate (Male)					Res/Nonres
1247.400	Thu	6:30-9:30 pm	Apr 9-Jun 4		\$57/\$67
Intermediate (Female)					Res/Nonres
1247.401	Thu	6:30-9:30 pm	Apr 9-Jun 4		\$57/\$67
Advanced (Male)					Res/Nonres
1247.402	Tue	6:30-9:30 pm	Apr 7-Jun 2		\$57/\$67
Advanced (Female)					Res/Nonres
1247.403	Tue	6:30-9:30 pm	Apr 7-Jun 2		\$57/\$67

Tae Kwon Do 18 and Older

This is a complete martial arts program for men and women. It is designed to help you develop more strength, coordination, speed, endurance and confidence. In addition to learning practical kicking and punching skills, you will learn grappling techniques. Our internationally certified instructor has been teaching Tae Kwon Do through the City of Poway since 1987. Students may participate in an examination at the end of the session to advance to a higher belt level. **A martial arts uniform is required and may be purchased from the instructor for \$25.** Classes held at Poway Community Park Bill Bond Hall I. Instructor: Master Joe Wolpert. **No class May 25.**

					Res/Nonres
1247.404	M/W/F	7:00-8:00 pm	Mar 30-Jun 12		\$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

1247.405 Wed 6:30-9:30 pm Apr 29-Jul 15 \$80/Team



Karate for Teens

13 to 16 Years

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

Res/Nonres

1247.406 Fri 4:00-5:00 pm Apr 10-May 8 \$45/\$55



Brazilian Jiu Jitsu (No Gi) 15 and Older

Learn the Brazilian Jiu Jitsu martial arts submission grappling style, but with "No Gi" (formal uniform). Takedowns, ground control and submissions will be taught. This is a beginning level class. Attire should be board shorts and rash guard t-shirts. Classes held at Poway Mixed Martial Arts, 13240 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.

Res/Nonres

1247.407 T/Th 6:30-7:30 pm Apr 7-May 7 \$85/\$95

TENNIS

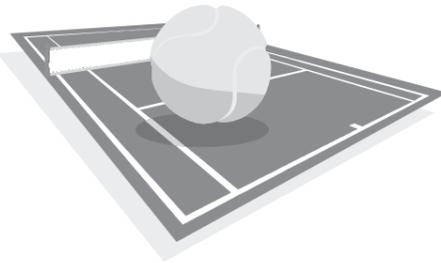
PUBLIC TENNIS COURTS

Hilleary Park at 13500 Community Road

Hours: Sunrise to sunset (unlit)

Community Park at 13094 Civic Center Drive

Hours: 8:00 a.m. to 10:00 p.m.



All tennis classes held at Poway Community Park. Instructor will make arrangements if tennis racket is needed. Instructor: Art Christophiades. No classes on May 23.

Tiny Tot Tennis

4 to 6 Years

Have fun learning basic forehand and backhand groundstrokes, along with a forehand and backhand volley. The class is designed to improve hand/eye coordination. Additionally, groundwork drills and court etiquette will be taught. Junior tennis racquets are available from the instructor. No class May 23.



Res/Nonres

3013.400 Sat 9:00-10:00 am Apr 18-May 9 \$32/\$42
3013.401 Sat 9:00-10:00 am May 16-Jun 13 \$32/\$42

Tennis - Youth Beginner 6 to 14 Years

Beginning tennis skills are taught in this class: forehand and backhand groundstrokes, volleys, and a good first serve. Group instruction will encompass drills, court positioning, doubles strategy, scoring system, and court etiquette. Racquets (if needed) are available from the instructor.

Res/Nonres

3013.402 T/Th 4:00-5:00 pm Apr 7-May 7 \$70/\$80
3013.403 Sat 10:00-11:00 am Apr 18-May 16 \$45/\$55
3013.404 T/Th 4:00-5:00 pm May 19-Jun 18 \$70/\$80
3013.405 Sat 10:00-11:00 am May 30-Jun 20 \$36/\$46

Tennis - Youth Advanced Beginner/Intermediate 8 to 14 Years

At this level, these tennis enthusiasts incorporate advanced techniques, along with fine-tuning their beginning strokes. Participants will refine topspin forehand and backhand groundstrokes, angle volleys and conventional volleys, topspin and slice serves, and a good overhead smash. The class will include singles and doubles play, groundstroke drills, volley drills, and court etiquette. Racquets (if needed) are available from the instructor.

Res/Nonres

3013.406 T/Th 5:00-6:00 pm Apr 7-May 7 \$70/\$80
3013.407 Sat 11:00-12:00 pm Apr 18-May 16 \$45/\$55
3013.408 T/Th 5:00-6:00 pm May 19-Jun 18 \$70/\$80
3013.409 Sat 11:00-12:00 pm May 30-Jun 20 \$36/\$46

Tennis – Youth Advanced 8 to 17 Years

At this hot-shot level, tennis enthusiasts will enhance their ability level by conducting forehand and backhand groundstroke drills, approach shots and volley drills, serving drills, and overhead smash drills. The class will include singles and doubles play strategy. This class will prepare students to play singles and doubles league, tournaments, and high school tennis. Advanced class placement determined by instructor. No class May 25.

Res/Nonres

3013.410 M/W 4:00-6:00 pm Apr 6-May 6 \$90/\$100
3013.411 M/W 4:00-6:00 pm May 18-Jun 17 \$90/\$100

Tennis – Adult Advanced Beginner/Intermediate 18 and Older

This class will encompass a variety of basic fundamentals of forehand and backhand groundstrokes, volleys, approach shots, and serves (flat, slice, topspin). Return of serve and a good overhead smash will also be covered. Scoring system, court strategy, singles and doubles strategy, and court etiquette will be covered. Fun and enjoyment will be emphasized. Racquets (if needed) are available from the instructor. No class May 23.

Res/Nonres

3013.412 T/Th 6:00-7:00pm Apr 7-May 7 \$80/\$90
3013.413 Sat 12:00-1:30pm Apr 18-May 16 \$55/\$65
3013.414 T/Th 6:00-7:00pm May 19-Jun 18 \$80/\$90
3013.415 Sat 12:00-1:30pm May 30-Jun 20 \$46/\$56

OUTDOOR ACTIVITIES

Hiking for Fun & Fitness 5 and Older

Enjoy easy to moderate hikes on Poway's excellent trails. Learn about 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 18 must be accompanied by an adult. First hike will meet at the Lake Poway Concession. Instructor: Mike Fry.

Res/Nonres

3439.400 Wed 6:00-7:30 pm Apr 1-Jun 24 \$5/person \$10/family

Spring Break Archery Camp 7 to 14 Years

This class is an exciting first step into Archery that teaches beginning Archery Shooting fundamentals. The class includes five shooting sessions in one week. This course is designed to allow both the new and experienced Archer to develop a higher level of skills while enjoying a week of fun involving special Archery activities. All equipment will be supplied. Students are asked not to bring their own equipment for use in the class. Material fee: \$15. Classes are held at the Lake Poway Archery Range, located at 14644 Lake Poway Road. Instructor: Jim Velazquez. Parents and guardians are welcome to share in the learning experience and participate in this class.

Youth

Res/Nonres

2443.413 Mon 9:00-11:00 am Apr 6 \$75/\$85
Tue-Fri 9:00-10:15 am Apr 7-10

Parent/Guardian

2443.414 Mon 9:00-11:00 am Apr 6 \$75/\$85
Tue-Fri 9:00-10:15 am Apr 7-10



Trout Fishing Classes 6 to 12 Years

This four week elementary program will provide kids with the basic skills on how to catch trout. Classes will be taught on the water with fishing daily. One class date will be designated on boats. The class will meet at the Pavilion Shaded Area at Lake Poway. Rods will be provided for use during the class by Okuma Fishing Tackle Corporation. Fishing is fun, catching is priceless. There is a \$35 materials fee. Information: (858) 668-4771 or (619) 977-2829 or visit us at www.poway.org/lakepoway.

Res/Nonres

9039.401 Mon 3:30-5:00 pm Mar 23-Apr 13 \$40/\$50

SPECIAL NEEDS

Bowling 16 and Older

This bowling class provides unlimited fun, where everyone has a chance to win with companions of all skill levels. Classes are 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.

9397.400 Fri 1:30-3:30 pm Apr 10-Jun 12 \$40/\$50



HEALTH & WELLNESS

Tai Chi 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.

5417.400 Sat 9:15-10:00 am Apr 11-May 9 \$45/\$55

Hatha Yoga 18 and Older

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

5417.401 Thu 6:30-8:00 pm Apr 9-Jun 11 \$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.

5417.402 Wed 6:00-9:30 pm May 13 \$25/\$35



Pilates 14 and Older

Develop a strong back and a flat abdomen with minimal effort. Pilates transforms the way your body looks, feels and performs. It builds strength without excess bulk and

creates a sleek, toned body. Classes held at Poway Community Park Auditorium. Instructor: Emma Sarmiento.

On the Mat
5417.403 Tue 7:15-8:00 pm Apr 14-May 12 \$45/\$55
5417.404 Tue 7:15-8:00 pm May 19-Jun 16 \$45/\$55

Adult/Child/Infant CPR 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 and signals 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 Room I & II. Instructor: Blythe Paley.

5417.405 Sat 8:00 am-1:00 pm May 16 \$32/\$42

Adult CPR 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 Room I & II. Instructor: Blythe Paley.

5417.406 Wed 6:00-9:00 pm May 6 \$25/\$35



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. Books and blood typing kits available for purchase. 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 the Poway Community Park, Activity Room I. Instructor: Debbie Eaton.

5417.407 Wed 6:30-8:00 pm Apr 8-29 \$51/\$61

Turbo Kick 16 and Older

Turbo Kick is an addictive workout that combines shadow boxing, kickboxing, sports drills, yoga, and simple dance moves in a high energy atmosphere. Turbo Kick allows individuals at any fitness level to adjust their work-out to meet their own needs. Please bring: athletic shoes, towel, and water. Classes held at The Boxing Club (www.powaymartialarts.com), 13246 Poway Road. Information: (858) 486-1003. Instructor: Emma Sarmiento.

5417.408 Wed 6:00-7:00 pm Apr 15-May 13 \$45/\$55

SPECIAL INTERESTS

Babysitter's Training 11 and Older

The American Red Cross recently updated this course to prepare babysitters for this important job. 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. Participants will receive a book and certification card. Materials fee: \$20. Please bring a lunch and a large doll or stuffed animal to class. Classes held at Poway Community Park, Activity Room I & II. Instructor: Blythe Paley.

Basic Class
7617.400 Sat 9:00 am-12:30 pm May 2-9 \$45/\$55
Infant/Child CPR Certification (must be registered in Basic Class)
7617.401 Sat 12:30-3:00 pm May 9 \$20/\$30

Home Buyer Seminar 18 and Older

Understand the different loan options and choices. See if you qualify for any grant programs. Learn the requirements for qualifying for a loan. Understand the tax advantages of homeownership and learn the steps involved in choosing a property. Find out about foreclosures and short sales. Understand the escrow process and the needed inspections and who pays for each. Materials fee: \$10. Classes held at Poway Community Park, Activity Room II. Instructors: Jeri Winberg and Mark Holland.

7617.402 Wed 6:30-9:30 pm Apr 29 \$25/\$35
7617.403 Sat 9:00 am-12:00 pm Jun 6 \$25/\$35

Blue Ribbon Cookie Baking **NEW!**

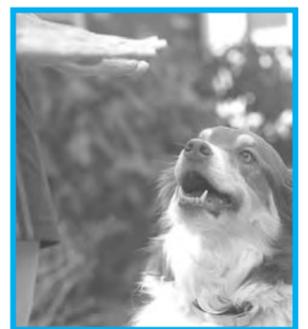
18 and Older

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 that she appeared with on the Food Network's Emeril Live show. Materials fee: \$10. Classes held at the Poway Community Park, Nutrition Room. Instructor: Lynn Diamond Scully.

7617.404 Wed 6:00-8:30 pm Apr 29 \$38/\$48

Dog/Puppy Obedience 18 and Older

Introductory and advanced obedience classes for puppies and adult dogs. No metal choke chains, pinch collars, or gentle-lead collars allowed. Your dog learns to walk without pulling, plus Come, Sit, Down, Stand, Heel, and Stay in the introductory class. 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 Class: 12 weeks to Adult
9019.400 Tue 6:30-7:30 pm Apr 14-May 19 \$90/\$100
9019.401 Sat 9:30-10:30 am Apr 18-May 23 \$90/\$100
9019.402 Tue 6:30-7:30 pm Jun 2-Jul 7 \$90/\$100
9019.403 Sat 9:30-10:30 am Jun 6-Jul 11 \$90/\$100
Intermediate Class: 6 months to Adult
9019.404 Sat 9:30-10:30 am Apr 18-May 23 \$90/\$100
9019.405 Sat 9:30-10:30 am Jun 6-Jul 11 \$90/\$100
Advanced Class: 6 months to Adult
9019.406 Wed 6:30-7:30 pm Apr 15-May 20 \$90/\$100
9019.407 Wed 6:30-7:30 pm Jun 3-Jul 8 \$90/\$100

SWIM CENTER



The Poway Community Swim Center is located at 13094 Civic Center Drive, within the 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 non-residents of Poway can enjoy the 1 and 3-meter diving boards, open swimming areas, and lap swimming lanes. A 1-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 80-84 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 resident rates.

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

A responsible adult who has paid the admission fee and is dressed in swim attire must accompany children under 7 in the water.

SPRING SEASON AND YEARLY PASS RATES

Season and yearly passes may be purchased at the pool during business hours. Family passes include two adults (18 and over) and immediate family members 17 and under residing in the same household. Season passes are valid for 3 months from the 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

WINTER POOL HOURS (Through April 5)

Mon-Fri	11:00 am - 1:30 pm and 3:00 pm - 7:00 pm
Sat/Sun	CLOSED

SPRING POOL HOURS (April 6-June 12)

	Long Course Offered:
Mon/Wed/Fri	10:30 am-7:30 pm Tue/Thu 8:00 am-1:30 pm
Tue/Thu	8:00 am-7:30 pm
Sat/Sun	10:30 am - 5:00 pm

POOL CLOSED

March 28, 29	Swim Meet
Friday, Jun 12	Youth Day

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 swim lessons and swim clubs. Some portions of the pool may not be available for use by the public during these times. Kick boards and pull buoys are available for lap swimmers use.

FAMILY SWIM (Begins April 11)

Family swim is a time reserved for families to come to take advantage of the additional fun activities that can make a pool enjoyable. Families are encouraged to bring toys, rafts, fins, masks, snorkels, and inner tubes are permitted, but not provided by the center.

	Price per Family Res/Nonres
Saturday/Sunday	10:30 am-1:00 pm \$8.00/\$11.00



SWIM LESSONS

Spring Swim Lesson Assessment Days

All Ages

Thinking of enrolling you or members of your family for swim lessons? Join our instructors for a swim lesson assessment. This service is free of charge and highly recommended for determining the appropriate placement level for participants.

Sat	11:00 am-3:00 pm	Feb 28	FREE
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Parent/Child 6 to 24 months

This class, equivalent to the American Red Cross "Preschool" level, develops a comfort for the water and introduces basic water skills. This class does not teach children to be accomplished swimmers nor to survive in the water. **Parents must accompany their children in the water.**

Class #				Res/Nonres
0020.400	MWF	9:30-10:00 am	Apr 13-24	\$39/\$49
0020.401	MWF	9:30-10:00 am	Apr 27-May 8	\$39/\$49

Pre-Grunion 2 to 3 Years

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

Class #				Res/Nonres
0030.400	MWF	10:10-10:40 am	Apr 13-23	\$39/\$49
0030.401	MWF	10:10-10:40 am	Apr 27-May 8	\$39/\$49
0030.402	MWF	10:10-10:40 am	May 11-22	\$39/\$49
0030.403	T-F/M-Th	3:50-4:30 pm	May 26-Jun 4	\$52/\$62

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

Class #				Res/Nonres
0121.400	MTWTh	3:00-3:40 pm	Apr 13-23	\$52/\$62
0121.401	MTWTh	3:50-4:30 pm	Apr 13-23	\$52/\$62
0121.402	MTWTh	3:00-3:40 pm	Apr 27-May 7	\$52/\$62
0121.403	MTWTh	3:50-4:30 pm	Apr 27-May 7	\$52/\$62
0121.404	MWF	9:30-10:10 am	May 11-22	\$39/\$49
0121.405	MTWTh	3:00-3:40 pm	May 11-21	\$52/\$62
0121.406	MTWTh	3:50-4:30 pm	May 11-21	\$52/\$62
0121.407	T-F/M-Th	3:00-3:40 pm	May 26-Jun 4	\$52/\$62
0121.408	T-F/M-Th	4:40-5:20 pm	May 26-Jun 4	\$52/\$62

Grunion 2 3 to 6 Years

A continuation of American Red Cross Level 1, this is an introductory class for children who have 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 efficiency.

Class #				Res/Nonres
0122.400	MTWTh	3:00-3:40 pm	Apr 13-23	\$52/\$62
0122.401	MTWTh	3:50-4:30 pm	Apr 13-23	\$52/\$62
0122.402	MTWTh	3:00-3:40 pm	Apr 27-May 7	\$52/\$62
0122.403	MTWTh	3:50-4:30 pm	Apr 27-May 7	\$52/\$62
0122.404	MTWTh	3:00-3:40 pm	May 11-21	\$52/\$62
0122.405	MTWTh	3:50-4:30 pm	May 11-21	\$52/\$62
0122.406	T-F/M-Th	3:00-3:40 pm	May 26-Jun 4	\$52/\$62
0122.407	T-F/M-Th	3:50-4:30 pm	May 26-Jun 4	\$52/\$62

Grunion 3 3 to 6 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 front crawl strokes on their own. Skills emphasized include the front and back crawl. **Students should feel comfortable in at least 4 feet of water.**

Class #				Res/Nonres
0123.400	MTWTh	3:00-3:40 pm	Apr 13-23	\$52/\$62
0123.401	MTWTh	3:00-3:40 pm	Apr 27-May 7	\$52/\$62
0123.402	MTWTh	3:00-3:40 pm	May 11-21	\$52/\$62
0123.403	T-F/M-Th	3:00-3:40 pm	May 26-Jun 4	\$52/\$62

Starfish 6 to 10 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, flotation, and locomotion (including both front and back crawl) in the pool. Orientation to 4 feet of water is also introduced.

Class #				Res/Nonres
0221.400	MTWTh	3:50-4:30 pm	Apr 13-23	\$52/\$62
0221.401	MTWTh	3:50-4:30 pm	Apr 27-May 7	\$52/\$62
0221.402	MTWTh	3:50-4:30 pm	May 11-21	\$52/\$62
0221.403	MTWTh	4:40-5:20 pm	May 11-21	\$52/\$62
0221.404	T-F/M-Th	3:50-4:30 pm	May 26-Jun 4	\$52/\$62
0221.405	T-F/M-Th	4:40-5:20 pm	May 26-Jun 4	\$52/\$62

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.

Class #				Res/Nonres
0222.401	MTWTh	3:50-4:30 pm	Apr 13-23	\$52/\$62
0222.402	MTWTh	4:40-5:20 pm	Apr 13-23	\$52/\$62
0222.403	MTWTh	3:50-4:30 pm	Apr 27-May 7	\$52/\$62
0222.404	MTWTh	4:40-5:20 pm	Apr 27-May 7	\$52/\$62
0222.405	MTWTh	3:50-4:30 pm	May 11-21	\$52/\$62
0222.406	MTWTh	4:40-5:20 pm	May 11-21	\$52/\$62
0222.407	T-F/M-Th	4:40-5:20 pm	May 26-Jun 4	\$52/\$62

Otter 6 to 14 years

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

Class #				Res/Nonres
0223.400	MTWTh	4:40-5:20 pm	Apr 13-23	\$52/\$62
0223.401	MTWTh	4:40-5:20 pm	Apr 27-May 7	\$52/\$62
0223.402	MTWTh	4:40-5:20 pm	May 11-21	\$52/\$62
0223.403	MTWTh	5:30-6:10 pm	May 11-21	\$52/\$62
0223.404	T-F/M-Th	4:40-5:20 pm	May 26-Jun 4	\$52/\$62
0223.405	T-F/M-Th	5:30-6:10 pm	May 26-Jun 4	\$52/\$62

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.

Class #				Res/Nonres
0321.400	MTWTh	4:40-5:20 pm	Apr 13-23	\$52/\$62
0321.401	MTWTh	5:30-6:10 pm	Apr 13-23	\$52/\$62
0321.402	MTWTh	4:40-5:20 pm	Apr 27-May 7	\$52/\$62
0321.403	MTWTh	5:30-6:10 pm	Apr 27-May 7	\$52/\$62
0321.404	MTWTh	4:40-5:20 pm	May 11-21	\$52/\$62
0321.405	MTWTh	5:30-6:10 pm	May 11-21	\$52/\$62
0321.406	T-F/M-Th	3:50-4:30 pm	May 26-Jun 4	\$52/\$62
0321.407	T-F/M-Th	5:30-6:10 pm	May 26-Jun 4	\$52/\$62

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..

Class #				Res/Nonres
0322.400	MTWTh	4:40-5:20 pm	Apr 13-23	\$52/\$62
0322.401	MTWTh	5:30-6:10 pm	Apr 13-23	\$52/\$62
0322.402	MTWTh	4:40-5:20 pm	Apr 27-May 7	\$52/\$62
0322.403	MTWTh	5:30-6:10 pm	Apr 27-May 7	\$52/\$62
0322.404	MTWTh	5:30-6:10 pm	May 11-21	\$52/\$62
0322.405	T-F/M-Th	5:30-6:10 pm	May 26-Jun 4	\$52/\$62
0322.406	T-F/M-Th	6:20-7:00 pm	May 26-Jun 4	\$52/\$62

Dolphin 6 to 16 years

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

Session / Class #				Res/Nonres
0323.400	MTWTh	5:30-6:10pm	Apr 13-23	\$52/\$62
0323.401	MTWTh	6:20-7:00pm	Apr 13-23	\$52/\$62
0323.402	MTWTh	5:30-6:10pm	Apr 27-May 7	\$52/\$62
0323.403	MTWTh	6:20-7:00pm	Apr 27-May 7	\$52/\$62
0323.404	MTWTh	6:20-7:00pm	May 11-21	\$52/\$62
0323.405	T-F/M-Th	5:30-6:10pm	May 26-Jun 4	\$52/\$62

Swordfish 6 to 16 Years

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

Class #				Res/Nonres
0324.400	MTWTh	5:30-6:10 pm	Apr 13-23	\$52/\$62
0324.401	MTWTh	6:20-7:00 pm	Apr 13-23	\$52/\$62
0324.402	MTWTh	5:30-6:10 pm	Apr 27-May 7	\$52/\$62
0324.403	MTWTh	6:20-7:00 pm	Apr 27-May 7	\$52/\$62
0324.404	MTWTh	5:30-6:10 pm	May 11-21	\$52/\$62
0324.405	MTWTh	6:20-7:00 pm	May 11-21	\$52/\$62
0324.406	T-F/M-Th	6:20-7:00 pm	May 26-Jun 4	\$52/\$62

Adult 16 and Older

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

Class #				Res/Nonres
0521.400	MTWTh	6:20-7:00 pm	Apr 13-23	\$52/\$62
0521.401	MTWTh	6:20-7:00 pm	Apr 27-May 7	\$52/\$62
0521.402	MTWTh	6:20-7:00 pm	May 11-21	\$52/\$62
0521.403	T-F/M-Th	6:20-7:00 pm	May 26-Jun 4	\$52/\$62



American Red Cross Lifeguard Training

15 and Older

This lifeguard training course includes certification in CPR for the Professional Rescuer with AED, first aid training (includes infant, youth and adult CPR, use of the CPR mask and 2-person CPR), and the necessary skills to become a professional lifeguard. You will be disqualified from the course if you cannot perform the following on the first day of class:

- Swim 300 yards continuously, using these strokes in the following order: 100 yards of front crawl using rhythmic breathing and stabilization, propellant kick. Rhythmic breathing can be performed either by breathing to the side or front. 100 yards of breaststroke, using a pull, breathe, kick, glide sequence. 100 yards of either front crawl using rhythmic breathing or breaststroke, or a combination of the two.
- Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point with object and exit the water without using a ladder or steps, within 1 minute, 40 seconds. **100% attendance is required.** Class fee does not include books. Students must purchase the Lifeguard Training ECC 2006 book and a resuscitation mask through the American Red Cross prior to the start of class. Support fees are included in the course fee. **Prerequisite: Must be 15 years of age by the first day of class.**

Class #		Res/Nonres
0700.400	Tue 5:00 pm-8:00 pm Mar 17	\$100/\$110
	Thu 5:00 pm-8:00 pm Mar 19	
	Sat 8:00 am-5:00 pm Mar 21	
	Tue 5:00 pm-8:00 pm Mar 24	
	Thu 5:00 pm-8:00 pm Mar 26	
	Sat 8:00 am-5:00 pm Mar 28	
	Tue 5:00 pm-8:00 pm Mar 31 (if necessary)	
0700.401	Thu 5:00 pm-8:00 pm Apr 2 (if necessary)	\$100/\$110
	Mon 9:00 am-5:00 pm Apr 6	
	Tue 9:00 am-5:00 pm Apr 7	
	Thu 9:00 am-5:00 pm Apr 8	
	Sat 9:00 am-5:00 pm Apr 9	
	Tue 5:00 pm-8:00 pm Apr 28	
	Thu 5:00 pm-8:00 pm Apr 30	
0700.402	Sat 8:00 am-5:00 pm May 2	\$100/\$110
	Tue 5:00 pm-8:00 pm May 5	
	Thu 5:00 pm-8:00 pm May 7	
	Sat 8:00 am-5:00 pm May 9	
	Tue 5:00 pm-8:00 pm May 12 (if necessary)	
	Thu 6:00 pm-8:00 pm May 14 (if necessary)	

Lifeguard Preseason Draft 15 and Older

This is your first chance to fill out applications and show your stuff as a lifeguard for the Summer 2009. You must have current Lifeguard Training and CPR for the Professional Rescuer certifications. Please bring your resuscitation mask, as all participants will demonstrate first aid, water rescue skills, and complete a written exam. Lifeguard hopefuls who score highly will be called for interviews.

Sat	11:00 am-3:00 pm	Apr 18
Sat	11:00 am-3:00 pm	May 16

Private Lessons

All Ages

These classes are available for any age or ability. Instruction is geared to the student's ability. Participants must register for a minimum of four classes. Lessons are 30 minutes in length. Register for lessons should be done at the pool. Children under the age of 3 may be required to have adult assist in the water. For more information, please call (858) 679-4394. **Begins March 3 depending upon instructor availability.**

	Res/Nonres
Tue/Thu 11:00-11:30 am	\$26/\$36 per class
11:40 am-12:10 pm	
12:20-12:50 pm	
Friday 1:00-1:30 pm	\$26/\$36 per class
3:00-3:30 pm	
3:40-4:10 pm	
4:20-4:50 pm	
5:00-5:30 pm	

Water Exercise

All Ages

Water exercise is a low-impact exercise for any age or ability. Classes are held in 4-foot water depth. Advanced swimming skills are not required. Classes are held Monday, Wednesday, and Friday, 11:00 a.m. to 12:00 p.m. Daily admission fee is required. **Ongoing depending upon Instructor availability.**



Aquatic Safety

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

THIS YEAR, HAVE A POOLSIDE BIRTHDAY PARTY!

Who at one time has not wanted to have their birthday party at the pool? 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. Please call (858) 679-4394 for more information.



TEEN PROGRAMS

Teen Only Nights

Bring your friends and come participate in dodgeball tournaments, basketball games, and guitar hero competitions at Teen Only Night! The first Friday night of each month from 6:30 p.m. to 9:00 p.m. teens can participate in recreational sports and games at Teen Only Night. No need to pre-register, the program is designed strictly as a drop-in activity. Teen Only Nights are held at the Meadowbrook Middle School Gymnasium, 12320 Meadowbrook Lane. For more information, please call (858) 668-4671 or visit the teen page at www.poway.org/teens for a calendar of events.

Upcoming Teen Only Nights:	March 6
	April 3
	May 1



Mobile Recreation

The City of Poway is rolling out the fun with its Mobile Recreation truck! Packed with sports equipment, arts and crafts, board games, and more, this program provides activities for youth, teens and families. Each week our Mobile Recreation truck travels around Poway visiting neighborhoods, schools and parks such as the Oak Knoll Community and Community Park.

Trained City Staff provide a safe, enriching and supervised environment where youth can participate in activities of their choice. These activities enhance physical fitness while allowing youth to interact with their peers, gain self confidence and have fun! For more information about our Mobile Recreation program call: (858) 668-4671.



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 I & II. Instructor: Palomar Staff.

Thursday	6:30-8:30 pm	Apr 7-Jun 18	FRFE
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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 I & II. Instructor: Palomar Staff.

Tuesday	6:00-8:30 pm	Mar 31-May 19	FREE
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Beginning Stitchery

18 and Older

This course will introduce the design and production of a variety of handicrafts, folk arts, and needle arts. Attention will focus on intergrating various materials, patterns, and techniques into creating unique artifacts. Classes held at Poway Community Park, Activity Room I & II. Instructor: Palomar Staff.

Monday	6:00-8:30 pm	Mar 30-May 18	FREE
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POWAY SKATE PARK

Supervised Skate Park Program

Youth 14 and Younger Only

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. For more information call (858) 668-4671 or visit the skate park page at www.poway.org.

Friday	5:30-7:30 pm
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Unsupervised Skate Park Hours

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

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

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

OLD POWAY PARK

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



Historical Tours

If you're looking for an educational field trip that is easy, inexpensive and will exceed the needs of your curriculum, then look no further than Old Poway Park. Tours can be presented for groups of 20 or more, and are appropriate for any age or grade level.

The history of Poway and early California will be covered, meeting the learning needs of 3rd through 5th and 8th grades. The tour includes presentations in the Nelson House; an 1800's Poway farmhouse, the Heritage Museum; which will focus on the pioneer time of Poway and the Kumeyaay Indians. Additionally, your students will enjoy an Operation Lifesaver Train Safety presentation, and a train-ride aboard the Poway Midland Railroad!

Tours are offered Tuesday through Thursday for just \$4.00 per participant and teachers are admitted for free. Old Poway Park tours are great for school or ESS groups, as well as adult care field trips. Tours can be tailored to meet the educational needs of any age group. Advance booking is required. For more information, or to book your tour, please contact Old Poway Park at (858) 668-4576.

Sam Hinton Folk Festival

San Diego Folk Heritage, along with the City of Poway, celebrates Sam Hinton with the annual Sam Hinton Folk Festival. Come join the celebration at Old Poway Park, 14134 Midland Road, on **Saturday, May 9 from 10:30 a.m. to 5:00 p.m.** This free event includes musical performances in the gazebo, storytelling, music workshops, a family country dance, and an open mike stage. A variety of music styles can be heard including bluegrass, old timey, Irish music, and much more!

Following the festival, the City of Poway and San Diego Folk Heritage will present 2008 western songwriter of the year, Juni Fisher in concert at 7:00 p.m. The concert will be held in Templars Hall, located at Old Poway Park. Tickets will be on sale at the door for a nominal fee of \$15 for San Diego Folk Heritage members, and \$18 for general admission. All ages are invited. For a schedule of events or more information, please contact San Diego Folk Heritage at (858) 566-4040.

Flowers! Fresh Food! Fun!

It's spring, so leap outdoors and enjoy Poway's Certified Farmers Market! The Farmers Market is every Saturday from 8:00 a.m. to 11:30 a.m. at Old Poway Park. Garden-fresh peaches, plums, apricots, watermelons, tomatoes, cucumbers, figs and more can be found. All produce is certified and inspected by the agricultural commission and brought fresh to you directly from the grower.

Spring also brings the most beautiful, newly picked flower bouquets to brighten your home, or you can enjoy homemade tamales, kettle corn and salsas. If you're looking for some of the finest produce, food, and a great "city in the country" atmosphere, then the farmers market is the place to be! Information: (858)668-4576.



LAKE POWAY

14644 Lake Poway Road • Poway, CA 92064

LAKE HOURS

Wednesday-Sunday Sunrise to Sunset

PARK HOURS

Daily Sunrise to Sunset
Information (858) 668-4770
Area reservations (858) 668-4580
Concession (858) 486-1234



Trout Season Continues

Patrons along the shoreline and aboard the boats are experiencing excellent fishing conditions as they reel in larger, more colorful and vigorous rainbow trout at Lake Poway this season. The Lake is buzzing with the term "tail walking", an above water spectacle seen when the fish seemingly walk on water as you reel them in. Lake Poway is a great place for anglers of all ages to try their luck at some of these exciting fish. Trout stocks will continue regularly through March. Bring the whole family out for a day of boating and fishing fun at Lake Poway. For the most up-to-date fishing conditions and trout stock schedule visit our web site at www.poway.org/lakepoway. Make Lake Poway your BIG TROUT DESTINATION this year.

Senior Thursdays at Lake Poway

Seniors are invited to experience the best that Lake Poway has to offer Wednesday through Sunday, but especially on Thursdays. Lake fishing permits are reduced from \$6 to \$3 and all day motorboat rentals are reduced from \$24 to \$16. Save a little more money by purchasing a senior 10-day fishing permit, valid on Thursdays only, for only \$28.

Lake Poway's full-service concessions offer fishing licenses, boat rentals, cold and hot beverages, and a variety of food items. Lake Poway offers some of the best fishing in San Diego County, just minutes from home. Our friendly and experienced staff are more than willing to share fishing tips and assist you with a great fishing trip, especially if you're a senior on Thursday.



Two-Day Open Trout Derby

Be the first on your block to catch a trophy trout at Lake Poway's Annual Open Trout Derby! Bring your lucky lures and favorite pole to the two-day Open Trout Derby, **March 14 and 15.**

The lake will be stocked with 2,500 pounds of hungry trout, 25% will be trophy sized, just prior to the event. Anglers of all ages are invited to try their skill and others to try their luck. Cool prizes will be awarded for the largest trout by weight for men, women, and youth divisions. There will be lots of raffle prizes!

Derby hours are Saturday, 6 a.m. to sunset, and Sunday from 6 a.m. to 12:00 p.m. All anglers will be required to participate in the derby and must purchase a derby ticket, daily fishing permit, and a State fishing license to fish during derby hours. The daily derby fee is \$10 for adults and \$5 for youth. Lake daily fishing permits cost \$6 for adults and \$3 for youths. State fishing licenses are required for anglers who are 16 and older. All boats will be reserved for derby participants only. Information: (858) 668-4770 or www.poway.org/lakepoway.



BLUE SKY RESERVE

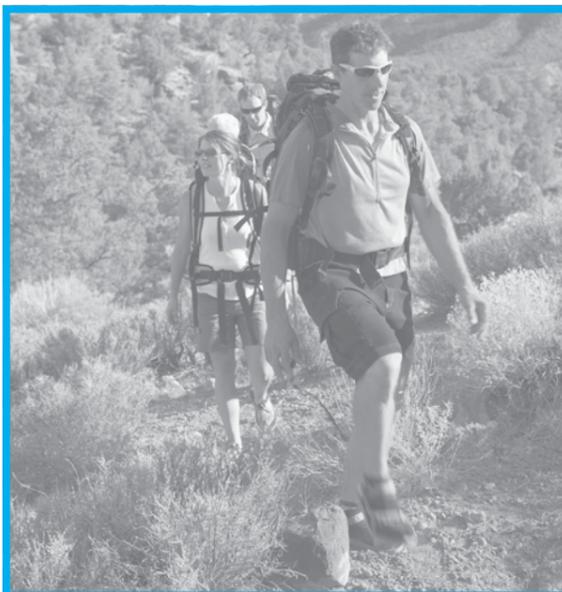


Blue Sky is a 700-acre ecological reserve in Poway on Espola Road, less than one mile north of Lake Poway Rd. Trails are open to the public during daylight hours. The City of Poway, California Department of Fish and Game, and the County of San Diego Department of Parks and Recreation manage the Reserve,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

**Call the Blue Sky office at
(858) 668-4781 to find out about
exciting additional programs.**

Nature Walks

For up-to-date information on dates and times of docent-led nature walks please visit the City of Poway's website at www.poway.org/bluesky to download our latest Activities Schedule, or pick up a copy at Blue Sky's onsite kiosk, 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. \$4 per student.

Discovery Tables

Discovery Tables will be set up in the Reserve on the 1st Saturday and 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.

Recruiting Docents/Naturalists

Do you love nature and being outdoors? Do you have an enthusiastic attitude towards people? The City of Poway is looking for a few good naturalists to join an active group of wildlife enthusiasts at Blue Sky Ecological Reserve! Docent

naturalists work with the general public, school and scout groups to promote a greater understanding of our natural resources, and may perform a variety of tasks including leading guided nature walks, restoring damaged habitat, minor trail maintenance, assisting at interpretive programs, foot patrols, or maintain kiosk displays.

Some prior knowledge of natural history is desirable but a willingness to learn is more important. Training begins on Wednesday, February 25, 2009. This fun, educational eight-week training course consists of Wednesday evening class sessions at Lake Poway from 7:00 p.m. to 9:00 p.m., followed by Saturday morning field visits to the Reserve from 8:00 a.m. to 11:00 a.m. There is no training Easter week. For more information or to request an application, visit the City of Poway's website at www.poway.org/bluesky or call (858) 668-4781.



Earth Day 2009

Celebrate Earth Day 2009 on Saturday, April 18 from 9:00 a.m. – 1:00 p.m. in Blue Sky Ecological Reserve. Highlights of the day will include docent-guided nature and tracking hikes, a live wildlife display, nature-related craft activities, geology and watershed demonstrations, and much more...



16281 Sycamore Canyon Road
Poway, 92064 • (858) 513-4737
www.sdparcs.org



Over ten miles of trails and service roads open to hiking, mountain biking and equestrian use. Preserve visitors are welcome to visit our new visitor center. Live animals and exhibits on Goodan History, Cedar Fire, Kumeyaay and the MSCP are on display.

Events, hikes and programs start at various Preserve locations. 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 Rd. east on Garden Rd, then south on Sycamore Canyon Rd. Sycamore Canyon Rd. 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

Horse Program

Sunday March 15, 10 am – 1 pm
Sunday June 14, 10 am – 1 pm

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. 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.**

Native American Storytelling

Sunday March 29, 11 am-12 pm

Meet Cathleen Chilcote Wallace and her furry friends and hear all about coyote and his adventures through Native American Storytelling. Guests will experience life as the coyote does through these entertaining and enjoyable

stories told by Cathleen and her team. **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.**

Nature Walk

Saturday April 4, 10 am-12 pm

Come and learn all there is to learn about the nature that lives within Sycamore Canyon. This program will teach you about the history of the preserve as well as invite you on a walk to point out wildlife tracks and signs along with plants, insects, reptiles and birds encountered along the way. 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. Rain or muddy conditions cancel.**

Mountain Biking Program

Sunday April 19, 9 am-12 pm



Join us for a fun and informative introduction to the world of mountain biking. Our program will introduce you to the sport, teach you all about riding etiquette and give you a chance to ask questions from those who enjoy the sport on a regular basis. Seasoned riders are welcome too as the program will be followed with a ride through the preserve for those with experience. After the ride, enjoy a barbecue. **Program will be held at**

Highway 67 staging area. Rain or muddy conditions cancel.

Ecology Walk

Sunday April 26, 8:30 am-11:30 am

Come learn all about how nature and the animals and plants within it interact with each other. This walk, led by Ranger Maureen, will teach you all about the different, unique and amazing creatures we have throughout our park and how they all interact with each other. **Program will meet at Highway 67 staging area. Rain or muddy conditions cancel.**

Geocaching Hunt

Saturday May 9, All Day
Saturday August 8th, All Day

Geocaching is a sort of treasure hunt, where users use a handheld GPS device to find a hidden container, usually containing a log book and small trinkets. Guests must bring their own portable GPS devices and be familiar with them. This is a self guided tour with a brief introduction from Ranger Justin. **Program will meet at Goodan staging area. Rain or muddy conditions cancel.**

"Drawing the Line"

Saturday May 16, 11 am-12:30 pm

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. **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, 10 am-12 pm

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. **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.**

Canyoneer Nature Walk

Saturday May 10, 9 am-10:30 am

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. **Program will meet at Goodan Staging area. Rain or muddy conditions cancel.**

Live Raptors Experience

Sunday June 28, 10 am-12 pm

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. Feathers, skull reproductions, and pellets will also be on display for your examination. **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 May 10, 10 am-12 pm

Come learn all there is to know about our local edible plants from author and college professor Lisa Chaddock. 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. 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

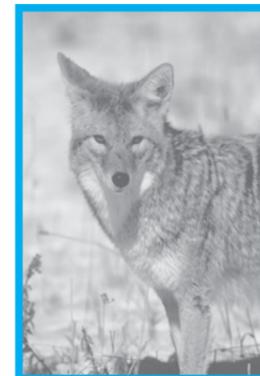
Friday July 17, 8:30 pm-10:30 pm

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. **Program will be held at Highway 67 Staging area accessed Highway 67 southbound only. Rain or clouds cancel program.**

Coyote Conservation

Sunday August 16, 11 am-12 pm

Join Animal Advocate Jane Cartmilla for an informative program on peaceful coexistence with coyotes as we urban interface into their habitat. She will educate us on ways to keep pets, property and coyotes safe. Learn about the coyote's habits and their beneficial niche in our environment. **Guests will park at Goodan Staging area and must walk approximately 1 mile down to the visitor center. Program will be held at Preserve Visitor Center.**



PEAK Program

Saturday August 22, 4:00 pm-5:30 pm

The PEAK program was developed as the result of a unique partnership between REI and the Leave No Trace Center for Outdoor Ethics. PEAK is based on the seven principles of Leave No Trace: Know Before You Go, Choose the Right Path, Pack Your Trash, Leave What You Find, Be Careful with Fire, Respect Wildlife, and Be Kind to Other Visitors. The PEAK program, which consists of an REI backpack stuffed with essential gear for outdoor adventure, as well as games, activities and lessons, is presented as a convenient and fun way to teach young people ethics. Through this hands-on, interactive program children are taught to have fun outside while practicing responsible outdoor recreation. Program is designed for children ages 7 to 12. Join us and your child will have a chance to learn safe camping and hiking techniques in a fun environment. Space is limited to 30 so please call (858) 513-4737 for reservations. **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. Rain will cancel.**



The Kumeyaay-Ipai Interpretive Center is a 5-acre archeological reserve located 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 which proliferate on the hill.

Comfortable shoes are recommended and pets are not permitted as the site. A donation is suggested: \$2 for individuals; \$5 for a family. School tours are available for 3rd grade students on Wednesday, Thursday and Friday mornings throughout the school year. Reservation forms can be found on the City of Poway's website at www.poway.org/kiic.

The City of Poway manages the park with support from the volunteers of the Friends of the Kumeyaay. For more information and docent volunteer opportunities, call (858) 668-1292, or check out the website at www.poway.org/kiic.

Become a KIIC Docent

You too can 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/First Aid certification.

For more information, stop by the Interpretive Center Saturdays from 9:00-11:30 am to receive your training packet and talk with one of our dedicated docents about what they do.



POWAY BRANCH LIBRARY

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

Hours:
Monday – Thursday: 10:00 a.m.-8:00 p.m.
Friday & Saturday: 10:00 a.m.-5:00 p.m.
Sunday: 1:00 p.m.-5:00 p.m.

Calendar of Events for the Children’s Room

APRIL

Baby Storytime: Mondays at 1:30-1:50 pm, playtime to follow
Toddler Storytime: Mondays & Tuesdays at 10:30-10:50 am, playtime to follow
Preschool Storytime: Wednesday & Thursdays at 10:30-11:00 am, playtime to follow
After-school Storytime: Mondays at 3:30 pm
Bilingual Storytime: Fridays at 10:30-11:00 am (Apr 10 & 24)

Special Program: Saturday the 4th, Archie Merwin musician: Kids Rock 1:00 pm
Puppet Show: Monday through Thursday 13th -16th, "Spring Green" 10:30-11:00 am
Afternoon Film: Thursday the 16th, 3:00-4:30 pm
Craft: Tuesday the 21st, 3:00-4:00 pm
Book Club: Thursday the 30th, 4:00-5:00 pm

MAY

Baby Storytime: Mondays at 1:30-1:50 pm, playtime to follow
Toddler Storytime: Mondays & Tuesdays at 10:30-10:50 am, playtime to follow
Preschool Storytime: Wednesday & Thursdays at 10:30-11:00 am, playtime to follow
After-school Storytime: Mondays at 3:30 pm
Bilingual Storytime: Fridays at 10:30-11:00 am (May 8 & 22)

Special Program: Saturday the 2nd, Parrot show (live birds) at 1:00 pm
Afternoon Film: Thursday the 14th, 3:00-4:30 pm
Craft: Tuesday the 19th, 3:00-4:00 pm
Book Club: Thursday the 28th, 4:00-5:00 pm

JUNE

Baby Storytime: Mondays at 1:30-1:50 pm, playtime to follow
Toddler Storytime: Mondays & Tuesdays at 10:30-10:50 am, playtime to follow
Preschool Storytime: Wednesday & Thursdays at 10:30-11:00 am, playtime to follow
After-school Storytime: Mondays at 3:30 pm
Bilingual Storytime: Fridays at 10:30-11:00 am (Jun 5 & 19)
Last storytime program is June 19. Storytime will begin again first week of September

Special Program: Saturday the 20th, Summer Reading Program Launched @ 10:30 am with Sparkles the Clown
Summer Reading Program Craft: Tuesday the 23rd and Tuesday the 30th, 1:00-2:00 pm
Summer Reading Program Performer: Thursday the 25th, at 10:30 am with Wild Wonders

All programs are subject to change without notice.

Did You Know?

"You must live in the present, launch yourself on every wave, find your eternity in each moment."

- Henry David Thoreau

BINGO!
Win **BIG** with the Poway Ball, worth **\$1199.00!**

Poway's best local entertainment! Come try your luck Saturdays, 6:30 p.m. and Tuesday afternoons, 12:30 p.m. Open to all adults 18 and older.

La Bella Bistro

Lunch is served 11:30 a.m. to 12:30 p.m. Monday through Friday. Advance notice is required, so 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.

Sandy De Vito Trio plays your favorite tunes the last Friday each month and we celebrate birthdays, too!

Need a ride to Poway Senior Center?

We offer door-to-door transportation service to and from the Center for lunch for a suggested donation of \$2.00. Call us and find out if your zip code qualifies you for pick up.



Poway Senior Center

13094 Civic Center Drive • Poway, CA 92064
(858) 748-6094 • www.powayseniorcenter.org



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

We are located in the Weingart Center Building at Poway Community Park. Stop by for coffee and conversation, 8:00 am to 4:30 pm Monday through Friday.

Poway Senior Center is a 501 (c)(3) non-profit 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 the Poway Community Park. Poway Senior Center Members (50 and older), receive discounts at restaurants, services, and the Poway Center for the Performing Arts.

PSC members (50 and older) receive discounts at restaurants and services in the Poway area, as well as a discount at the Poway Center for the Performing Arts.

Thanks to an Anonymous Donor, PSC has a Wii program!

Come and play our new Nintendo Wii and enjoy getting fit with golf, bowling, tennis, baseball, fitness, yoga and other exercise fun at the Poway Senior Center.

Also of Interest:

Free tax services from AARP: Call now to schedule your tax appointment! It fills up fast!

Join Our Singing Group: Every Thursday, after lunch we sing a variety of tunes lead by a professional instructor.

Wii bowling: Teams being formed. Join us the 3rd Wednesday each month at 2:00 p.m.

PSC Gift Shop has beautiful, handcrafted items that are well-priced and make very charming gifts – Come browse through jewelry, quilts, and baby items and support the Poway Senior Center.

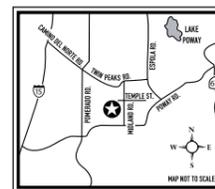
OLD POWAY FARMERS MARKET
CERTIFIED

OPEN EVERY SATURDAY
In Historic Old Poway 8 A.M. to 11:30 A.M.
(Near the corner of Midland Road and Temple Street)

Spring is in the air and along with it ripe strawberries, fresh asparagus, healthy greens, artichokes, beets, carrots and more. All produce is certified and inspected by the agricultural commission and brought fresh to you from the garden.

INFORMATION:
(858) 668-4576

SPONSORED BY:



MANAGED BY:
Outback Farm

WHERE FRESHNESS AND FLAVOR ARE AT THEIR PEAK



15498 Espola Rd, Poway, CA 92064

(858) 668-4693 • www.PowayCenter.com

POWAY CENTER *for the* PERFORMING ARTS

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

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



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

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.

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.

POWAY CENTER FOR THE PERFORMING ARTS FOUNDATION PRESENTS

2008/2009 PROFESSIONAL PERFORMANCE SEASON



BURNING IN CHINA
STARRING JEFF LEBEAU
WRITTEN BY GARY MOORE
DIRECTED BY CALEB DESCHANEL

Adults: \$39
Sat, February 21, 2009, 8 pm
Sat, February 28, 2009, 8 pm
Sun, March 1, 2009, 2 pm

Made possible by the McCarthy-Goldsmith Theater Fund

The Missoula Children's Theatre PRESENTS
THE PRINCESS AND THE PEA
A FULL-LENGTH PRODUCTION FEATURING 50 LOCAL YOUNGSTERS!



Made possible by the Betsy Dam Fund for Arts Education and the Theodore & Elizabeth Schmidt Foundation

Auditions: Monday, March 16 at 4 pm SHARP!
Adults: \$17
Sat, March 21, 3 & 7 pm

Youth Tix only \$5! (with purchase of an adult ticket)
Call 858.748.0505 or visit POWAYARTS.org



RAGAMALA MUSIC AND DANCE THEATER IN "SVA"

With special Japanese Taiko drum accompaniment by the Wadaiko Ensemble

Adults: \$45
Sat, April 4, 8 pm

Funded in part by the National Dance Project of the New England Foundation for the Arts, with lead funding from Doris Duke Charitable Foundation. Additional funding provided by the Ford Foundation, the Andrew W. Mellon Foundation, JP Morgan Chase Foundation and the MetLife Foundation.

ALL SHOWS ON SALE NOW!



THE KENNEDY CENTER'S THEATRE FOR YOUNG AUDIENCES ON TOUR PRESENTS
THE PHANTOM TOLLBOOTH

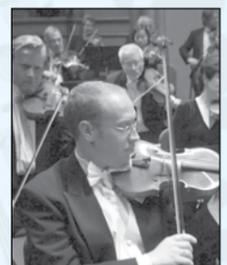
Adults: \$39
Sat, March 28, 7 pm

Made possible by the Duffy Family Foundation

A POPS PERFORMANCE BY
THE SAN DIEGO SYMPHONY
UNDER THE DIRECTION OF MATTHEW GARBUTT

Adults: \$39
Fri, April 17, 8 pm

Made possible by the Carol & Bill Stensrud Foundation and Harold & Penny Dokmo



ON THE DIVIDE
STARRING EVA MARIE SAINT & JEFFREY HAYDEN

Adults: \$39
Sat, May 16, 8 pm

Made possible by the McCarthy-Goldsmith Theater Fund



Thanks to our generous Season Sponsors



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) 668-4570
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.

PLEASE NOTE:

Admission and Use fees are subject to change effective 1-1-09. See www.poway.org for more information.

RESIDENT REGISTRATION BEGINS: March 3, 2009
NON-RESIDENT REGISTRATION BEGINS: March 10, 2009
REGISTER ON-LINE: Avoid mailing delays and waiting in line by visiting www.poway.org/classes
No early or 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.



ON-LINE REGISTRATION is now available from the convenience of your computer by visiting the City of Poway web site at www.poway.org/classes. Payment must be made by credit card only (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. If you prefer to receive a receipt confirming registration, please provide a self-addressed stamped envelope or e-mail address with your registration.

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 written verification of an emergency/extended illness is included with the refund request. If approved, the 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.

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.

FINANCIAL ASSISTANCE

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? The amount could total \$160 worth of classes each year per child! Come to the Community Services Department and fill out an application. Eligibility: 17 years old or younger, or developmentally disabled (any age), household income meets guidelines provided by the U.S. Department of Housing and Urban Development, and must be a Poway resident. The City of Poway also accepts donations to support this program. Information: (858) 668-4570.

Applications are available at:
 Community Services Department
 13325 Civic Center Drive
 or Online at www.poway.org



CITY OF POWAY
 P.O. Box 789
 Poway, CA 92074-0789
 COMMUNITY SERVICES DEPARTMENT
 (858) 668-4570

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: _____

