

**SPORTS
RECREATION
AQUATICS
FITNESS
NATURE
TEENS**

POWAY



COMMUNITY SERVICES PROGRAMS

SPECIAL EVENTS Winter 2008

Candyland Holiday Festival!

The popular children's board game comes alive at Poway Community Park. Your child will enjoy visiting with King Kandy, Lord Licorice, Princess Lolly and Queen Frostine in the magical areas of Lollipop Park, Tootsie Roll Forest, and more. Each child will have a chance to meet Frosty the Snowman, play in fresh snow and make holiday crafts. Children will remember this for a lifetime! Parents are encouraged to bring their cameras. Information: 668-4570 or visit our website at www.poway.org.

The event will be held at the Poway Community Park, 13094 Civic Center Drive.

Pre-registration is available at City Hall and the Poway Community Swim Center.

Candyland Holiday Festival
Sat 4:00-8:00 pm Dec 20
\$5/per child
\$3/per adult



The Candyland Holiday Festival is one of the sweetest events of the year for Poway's families.

Christmas in the Park

Experience the magic of an old-fashioned holiday tradition during the annual Christmas in the Park event, held on **Saturday, December 13** at historic Old Poway Park from 4:30 pm to 8:30 pm. The event is FREE. Enjoy caroling, live holiday music, model train displays, a holiday craft boutique, steam train rides, blacksmithing demonstrations, ornament making and square dancing performances. The community Christmas tree will be officially lit at 5:15 p.m. and Santa and Mrs. Claus are expected to

arrive by train at 5:30 p.m. Historic, charming buildings such as the Heritage Museum, and Nelson House will be open with docents on hand and full of smells from fresh gingerbread and hot cider. Community vendors will be selling an array of food, such as chili, corn dogs, tamales, baked goods and sweets. The event is co-sponsored by the City of Poway and the volunteer-based organizations of the Old Poway Park Action Committee. Experience Poway's best holiday season tradition! Information: (858) 668-4576.



Walking Your Canine Companion

The City of Poway offers many parks and trails where you are able to take your canine friends to walk and explore. As a reminder however the law requires that your canine companion be on a leash at all times. By obeying the leash law everyone can enjoy the parks and trails safely.

Poway Community Park, located at 13094 Civic Center drive, offers a Dog Park where your canine friend can run loose and enjoy a little freedom. Dog park hours are Monday through Friday 8am-10pm.



Register

SAVE TIME
Register
Online

Avoid mailing delays
and waiting in line
by visiting
www.poway.org/classes

California-Friendly Landscape Classes

Fifty percent of drinking water in Southern California is used for irrigating landscape. Poway's water supply faces serious challenges. Water-efficient landscaping is a key goal of the City's water conservation program.

Classes are FREE, but on-line registration is \$0.50 per registrant. For more information on these classes, please call (858) 668-1215.

Professional Series

The City of Poway Water Conservation Program will offer five classes **in English and Spanish** for those in the landscaping profession, such as groundskeepers, gardeners, or landscape architects. Classes include hands-on demonstrations, practical exercises, and excellent informa-

tion on water-efficient landscaping. The first four classes focus on irrigation systems, and the fifth is on water-wise plants.

Poway homeowners and businesses, if you use a landscape company or groundskeeper to maintain your landscaping, please encourage them to attend. Landscapers, take these classes and market your water-wise landscaping expertise!

Residential Series

A four-part series of classes for homeowners covering landscape design basics; California-friendly and native plants; landscape sprinkler systems; and soils, watering and fertilizers.

Class times and locations are listed at the top of the following page...

Theatre in the Park

The Poway Woman's Club and the City of Poway present children's readers' theatre in Templars Hall at Old Poway Park. The cast of Theatre in the Park has been busy preparing for their upcoming reader performance of Christ-

mas in the Land of OZ, presented during the annual Christmas in the Park event, on **Saturday, December 13**. The public is invited to come out and witness the rise of these talented young stars! Information: (858) 668-4576.

California Friendly Landscape Classes

Professional Series (in English)

WATER EFFICIENT IRRIGATION SYSTEMS

Four classes total – 3.5 hours each. All classes held at Templars Hall in Old Poway Park.

7000.300	Tue	8:00-11:30 am	Jan 20	FREE
7000.301	Tue	8:00-11:30 am	Jan 27	FREE
7000.302	Tue	8:00-11:30 am	Feb 3	FREE
7000.303	Tue	8:00-11:30 am	Feb 10	FREE

WATER-WISE PLANT CLASS FOR PROFESSIONALS

One class for 6 hours; includes lunch. Class held at Templars Hall in Old Poway Park.

7000.304	Tue	8:00 am-2:00 pm	Feb 17	FREE
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Professional Series (in Spanish)

WATER EFFICIENT IRRIGATION SYSTEMS

Four classes total – 3.5 hours each. All classes held at Templars Hall in Old Poway Park.

7000.305	Wed	8:00-11:30 am	Jan 21	FREE
7000.306	Wed	8:00-11:30 am	Jan 28	FREE
7000.307	Wed	8:00-11:30 am	Feb 4	FREE
7000.308	Wed	8:00-11:30 am	Feb 11	FREE

WATER-WISE PLANT CLASS FOR PROFESSIONALS

One class for 6 hours; includes lunch. Class held at Templars Hall in Old Poway Park.

7000.309	Wed	8:00 am-2:00 pm	Feb 18	FREE
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Residential Series

WINTER 2009 – CLASSES START IN FEBRUARY

Four classes total – 4 hours each. All classes held at the City Council Chambers.

7000.310	Tue	8:30 am-12:30 pm	Feb 3	FREE
7000.311	Thu	8:30 am-12:30 pm	Feb 5	FREE
7000.312	Tue	8:30 am-12:30 pm	Feb 10	FREE
7000.313	Thu	8:30 am-12:30 pm	Feb 12	FREE

SPRING 2009 – CLASSES START IN APRIL

Four classes total – 4 hours each. All classes held at the City Council Chambers.

7000.314	Sat	8:30 am-12:30 pm	Apr 25	FREE
7000.315	Sat	8:30 am-12:30 pm	May 2	FREE
7000.316	Sat	8:30 am-12:30 pm	May 9	FREE
7000.317	Sat	8:30 am-12:30 pm	May 16	FREE

CHILDREN'S ACTIVITIES

Discovery Time Toddlers 2 ½ to 3 ½ Years

An action-packed, fun-filled class designed to emphasize language development and socialization with his/her peers in a positive and nurturing environment. Art, songs, fine and gross motor skills are explored in a success-oriented setting. Parent participation in the class is a requirement, and is limited to only once in a four week session. Come join the toddler fun where smiles are abundant. 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. **No class January 20 and February 17.**

				Res/Nonres
4011.300	Tue	8:30-10:00 am	Jan 6-Feb 3	\$45/\$55
4011.301	Tue	8:30-10:00 am	Feb 10-Mar 10	\$45/\$55
4011.302	Tue	8:30-10:00 am	Mar 17-31	\$34/\$44
4011.303	Tue	10:00-11:30 am	Jan 6-Feb 3	\$45/\$55
4011.304	Tue	10:00-11:30 am	Feb 10-Mar 10	\$45/\$55
4011.305	Tue	10:00-11:30 am	Mar 17-31	\$34/\$44



Discovery Time

3 to 5 ½ Years

This is a developmentally enriched program, providing learning in a fun, positive and success oriented environment. The program builds a foundation in a progressive manner that reinforces social skills and promotes school readiness. Fine motor and gross motor skills, imaginary play, language development, music, and art are incorporated in the weekly format. Come join the fun and make lots of new school friends! 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 January 19, February 16, 18, 20, and March 20.**

				Res/Nonres
4011.306	M/W/F	9:00 am-12:00 pm	Jan 5-30	\$200/\$210
4011.307	M/W/F	9:00 am-12:00 pm	Feb 2-Mar 6	\$200/\$210
4011.308	M/W/F	9:00 am-12:00 pm	Mar 9-Apr 3	\$200/\$210

Pre-K Hour

3 ½ to 5 ½ Years

An hour of pure fun, while socialization and readiness skills are being emphasized in a success oriented atmosphere. Skill based activities are taught emphasizing 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. All concepts are taught in a fun manner with rhymes and songs. Children need to be toilet trained. Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan. **No class January 19, February 16, 18, 20, and March 20.**

				Res/Nonres
4011.309	M/W/F	12:00-1:00 pm	Jan 5-30	\$50/\$60
4011.310	M/W/F	12:00-1:00 pm	Feb 2-Mar 6	\$50/\$60
4011.311	M/W/F	12:00-1:00 pm	Mar 9-Apr 3	\$50/\$60



Kinder Soccer

3 to 5 Years

An introduction to basic soccer skills taught in a fun and positive manner. Kinder Soccer teaches soccer skills and related activities in a non-competitive atmosphere which facilitates confidence. This is not a parent participation class. The activities promote self-confidence and autonomy, while reinforcing social and listening skills. This class will also help develop cooperation and good sportsmanship. 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 January 20.**

				Res/Nonres
4011.312	Tue	11:30 am-12:30 pm	Jan 6-Feb 10	\$40/\$50
4011.313	Tue	11:30 am-12:30 pm	Feb 24-Mar 31	\$48/\$58

Super Moverz

2 to 4 Years

Super Moverz is an action packed, hero themed, movement skills and exercise program for kids of all ability levels. This program uses high-energy music and an incredible selection of original games and equipment to provide a dynamic exercise experience for today's little heroes. 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				
4011.314	Thu	9:00-10:00 am	Jan 8-Feb 12	\$42/\$52
4011.315	Thu	9:00-10:00 am	Feb 19-Mar 26	\$42/\$52
Mini Moverz - 3 Years				
4011.316	Thu	10:00-11:00 am	Jan 8-Feb 12	\$42/\$52
4011.317	Thu	10:00-11:00 am	Feb 19-Mar 26	\$42/\$52
Mighty Moverz - 4 Years				
4011.318	Thu	11:00 am-12:00 pm	Jan 8-Feb 12	\$42/\$52
4011.319	Thu	11:00 am-12:00 pm	Feb 19-Mar 26	\$42/\$52

CREATIVE ARTS

Art Start I: It's All About Color!

5 to 7 years

Perk up your dull winter days creating art with dramatic color! Young artists will explore color theory and apply it to supercharged projects in a variety of media: water color, markers, clay, and chalk pastels. Artist Susan Bainbridge will set each student off to a brilliant start using directed drawing techniques. Class size will be small to allow individual attention for each student. Materials fee: \$30. Classes held at Old Poway Park, Porter House Great Room. Instructor: Susan Bainbridge. **No class held on Monday, February 16.**

				Res/Nonres
6182.300	Mon	2:45-3:45 pm	Feb 9-Mar 23	\$75/\$85

Art Start II: It's All About Color!

7 to 13 years

Perk up your dull winter days creating art with dramatic color! Young artists will explore color theory and apply it to supercharged projects in a variety of media: water color, markers, clay, and chalk pastels. Artist Susan Bainbridge will set each student off to a brilliant start using directed drawing techniques. Class size will be small to allow individual attention for each student. Materials fee: \$30. Classes held at the Old Poway Park, Porter House Great Room. Instructor: Susan Bainbridge. **No class held on Monday, February 16.**

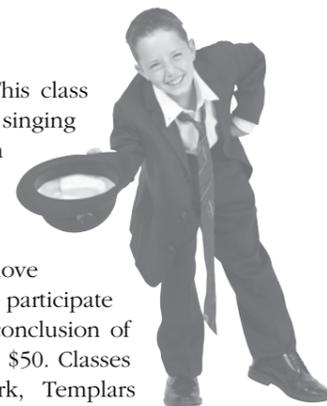
				Res/Nonres
6182.301	Mon	4:00-5:15 pm	Feb 9-Mar 23	\$80/\$90

THEATRE CLASSES

Broadway Babies

4-6 Years

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



				Res/Nonres
8246.300	Thu	3:00-3:45 pm	Jan 15-Mar 19	\$75/\$85

Vocal Motion

7-12 Years

Do your kids love to sing and dance? We will introduce students to basic musicianship skills through song. These classes will focus on basic ear training while enjoying singing as a group. Beginning music theory and terminology are included in the classes, along with fun "show choir movement". All groups will participate in a performance at the conclusion of the session. Materials Fee: \$50. Classes held at Old Poway Park, Templars Hall. Instructor: Jennifer Winspear and Company.



				Res/Nonres
8246.301	Thu	4:00-5:30 pm	Jan 15-Mar 19	\$100/\$110

CHILDREN'S DANCE

Dance/Tap & Ballet: Held at Poway Community Park Auditorium. Instructor: Debbora Childress. For information on classes only, call (760) 747-9777. No class February 16 and 20. Recital dates: June 22, 23, 24, 2009 – Poway Center for the Performing Arts.

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**. This ongoing program is designed to increase in difficulty with continued enrollment. Come join the fun! Wear comfortable clothing, or dance attire and quality leather ballet slippers, or bare feet. Continuing students will perform in our June 2009 dance recital at the Performing Arts Center (PCPA). Costumes are ordered in January.

				Res/Nonres
5111.300	Mon	10:00-10:45 am	Jan 5-Mar 23	\$98/\$108

Tap and Ballet 3 to 17 Years

This fun-filled, action-packed, dynamic program will teach your child rhythm and coordination as well as a love of dance. The winter session provides students with skill/technique building, songs and dances, and just plain fun! Continuing students who enroll in fall, winter and spring sessions may participate in our June 2009 dance recital. Full-year program begins in September and culminates in a full-scale recital in June for continuing students. Recital costumes are ordered in January and are paid for by enrollees. **Students NOT wishing to participate in the June recital should not enroll in this session – but should enroll in the Summer 2009 session.** Tap shoes with elastic closures, quality leather ballet shoes, and dance attire required.

				Res/Nonres
Tiny Tot Beginner - 3 to 4 Years				
5111.301	Mon	11:00-12:00 pm	Jan 5-Mar 23	\$98/\$108
5111.302	Mon	2:00-3:00 pm	Jan 5-Mar 23	\$98/\$108
5111.303	Thu	1:00-2:00 pm	Jan 8-Mar 26	\$98/\$108
Children's Beginner - 5 to 6 Years				
5111.304	Mon	3:00-4:00 pm	Jan 5-Mar 23	\$98/\$108
5111.305	Thu	2:00-3:00 pm	Jan 8-Mar 26	\$98/\$108
Beginner/Intermediate - 6 to 8 Years (Previous experience suggested)				
5111.306	Mon	4:00-5:00 pm	Jan 5-Mar 23	\$98/\$108
5111.307	Thu	3:00-4:00 pm	Jan 8-Mar 26	\$98/\$108
Intermediate - 9 to 12 Years (Previous experience suggested)				
5111.308	Mon	5:15-6:15 pm	Jan 5-Mar 23	\$98/\$108
5111.309	Thu	4:00-5:00 pm	Jan 8-Mar 26	\$98/\$108
Intermediate/Advanced - 10 to 14 Years (Instructor Referral Only)				
5111.310	Thu	5:00-6:00 pm	Jan 8-Mar 26	\$98/\$108
Advanced Teen - 13 to 17 Years (Instructor Referral Only)				
5111.311	Mon	6:15-7:15 pm	Jan 5-Mar 23	\$98/\$108

Dance Production 6 to 17 Years

(Concurrent Enrollment in Tap & Ballet program is REQUIRED)

This special class will allow students to participate in a danced "play" incorporating many levels and forms of dance, and some acting too. Our "production" will be performed at our June recital, in addition to our regular class dances. Special costumes will be required and are paid for by enrollees. Continuous and concurrent enrollment in Tap & Ballet program and this "production" class through June is required. Instructor: Debbora Childress. Class held in Bill Bond Hall I. (There will be some rehearsals scheduled on Mondays, 7:15-8:30pm – TBA)

				Res/Nonres
5111.312	Thu	6:15-7:30 pm	Jan 8-Jun 18	\$98/\$108



Jazz Dance for Kids! 7 to 17 Years

Come learn basic through intermediate classical jazz dance technique in a positive, fun-filled, musical environment! Classes provide students with skill/technique building, new dances to great music...and lots of fun! Continuing students will perform in our annual June recital at the Poway Center for the Performing Arts. Special costumes will be required and are paid for by enrollees. **Recital dates: June 22, 23, 24, 2009.** Students should wear dance attire and black jazz shoes during class. Classes held at Poway Community Park Auditorium. Instructor: Kelli Childress. **No class February 17.**

				Res/Nonres
Beginner 7 to 11 Years				
5121.300	Tue	3:45-4:30 pm	Jan 6-Mar 24	\$78/\$88
Beginner/Intermediate - 12 to 17 Years				
5121.301	Tue	4:30-5:15 pm	Jan 6-Mar 24	\$78/\$88

Pre-ballet 3 to 5 Years

Introduce your child to the art of classical ballet! Children will learn basic ballet technique, rhythm and coordination – taught in an exciting and creative environment. Dance attire and ballet shoes required for class. Students who enroll in the winter and spring sessions will perform in our annual June recital at the Poway Center for the Performing Arts. Special costumes will be required. They are ordered in January and are paid for by enrollees. **Recital dates: June 22, 23, 24, 2009.** Classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress. **No class February 21.**

				Res/Nonres
Twin Peaks Multipurpose Room				
5121.302	Sat	10:00-10:45 am	Jan 10-Mar 28	\$75/85

Beginning Ballet 5 to 9 Years

The fundamentals of ballet will be taught in a manner that combines art, discipline, stretching, rhythm, and fun. A simple, fun dance will be taught to help students feel proud of their accomplishment.



Continuing students will perform in our annual June recital at the Poway Center for the Performing Arts. Special costumes will be required. They are ordered in January and are paid for by enrollees. **Recital dates: June 22, 23, 24, 2009.** Dance attire and ballet shoes required for class. Classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress. **No class February 21.**

				Res/Nonres
5121.303	Sat	11:00-11:45 am	Jan 10-Mar 28	\$78/\$88

Intermediate Ballet 10 to 13 Years

Ballet technique, grace, and ability are the emphasis of this level. Existing skills are strengthened as the ballet vocabulary of movement is increased. Student must have successfully completed Beginning Ballet. Continuing students will perform in our annual June recital at the Poway Center for the Performing Arts. Special costumes will be required. They are ordered in January and are paid for by enrollees. **Recital dates: June 22, 23, 24, 2009.** Dance attire and ballet shoes required for class. Classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress. **No class February 21.**

				Res/Nonres
5121.304	Sat	12:00-12:45 pm	Jan 10-Mar 28	\$78/\$88

TEEN/ADULT DANCE

Beginning Ballet 13 and Older

Do you want to feel graceful and get exercise at the same time? Then come and dance with us in this well-paced, fun ballet class. This class is for the beginning student who wants to try this beautiful dance form, as well as exercise to wonderful music. Ballet is also a great way to tone your muscles. Continuing students will perform in our annual June recital at the Poway Center for the Performing Arts. Special costumes will be required. They are ordered in January and are

paid for by enrollees. Recital dates: June 22, 23, 24, 2009. Classes held at Twin Peaks Recreation Center. Instructor: Kellie Childress. **No class February 21.**

				Res/Nonres
5317.300	Sat	9:00-9:45 am	Jan 10-Mar 28	\$75/\$85

Hip Hop Hustle 16 to Adult

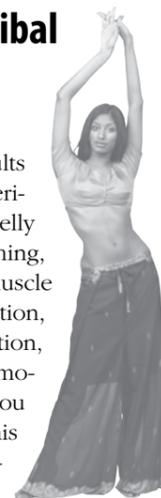
For decades, everyone has loved "the Hustle." This class takes the fun factor of the hustle up a notch by adding super popular hip hop moves that will leave everyone wanting more! It is a low impact, high energy cardio dance party that burns fat. No experience required! Anyone can do the moves and make them their own. 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. **No class January 20.**

				Res/Nonres
5317.301	Tue	6:00-7:00 pm	Jan 6-Feb 10	\$40/\$50
5317.302	Tue	6:00-7:00 pm	Feb 24-Mar 24	\$40/\$50

American Tribal Style & Tribal Fusion Belly Dancing

10 and Older

This class is designed for teens and adults to learn the basic fundamentals of American Tribal style and Tribal Fusion belly dancing. You will learn proper stretching, arm motion techniques, isolations, muscle control, and choreography. In addition, you will develop confidence, coordination, and social interaction in a positive atmosphere. The skills learned will enable you to progress onto the next level of this popular style. Come join the fun! Classes held at Poway Community Park, Auditorium. Instructor: Tish Rylov.



				Res/Nonres
5317.303	Wed	6:00-7:00 pm	Jan 7-Feb 11	\$45/\$55
5317.304	Wed	6:00-7:00 pm	Feb 18-Mar 25	\$45/\$55

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.

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. At this level the students learn educational gymnastics. They will develop their basic motor skills, confidence, balance, coordination, and social interaction in a fun-filled positive atmosphere.

				Res/Nonres
2312.300	Thu	10:45-11:15 am	Jan 8-Mar 26	\$161/\$171
2312.301	Sat	8:45-9:15 am	Jan 10-Mar 28	\$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. They will develop their gross/fine motor skills, confidence, balance, coordination, and social interaction in a fun-filled positive atmosphere.

				Res/Nonres
2312.302	Thu	10:00-10:45 am	Jan 8-Mar 26	\$180/\$190
2312.303	Sat	9:30-10:15 am	Jan 10-Mar 28	\$180/\$190

Beg. 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.

				Res/Nonres
2312.304	Tue	3:40-4:40 pm	Jan 6-Mar 24	\$202/\$212

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.

3 to 5 Years	Res/Nonres
2091.300 Wed 4:00-4:30 pm Jan 7-Jan 28 \$40/\$50	
2091.301 Wed 4:00-4:30 pm Feb 4-Feb 25 \$40/\$50	
2091.302 Wed 4:00-4:30 pm Mar 4-Mar 25 \$40/\$50	
6 to 12 Years	Res/Nonres
2091.303 Wed 4:30-5:00 pm Jan 7-Jan 28 \$40/\$50	
2091.304 Wed 4:30-5:00 pm Feb 4-Feb 25 \$40/\$50	
2091.305 Wed 4:30-5:00 pm Mar 4-Mar 25 \$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. Your child will be taught by experienced professionals who like children and can bring the most out of them. This is a safe, fun, and educational class for young people. Uniforms optional, but available from the instructor. Classes held at Poway Kenpo Karate (www.powaymartialarts.com), 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.

4 to 5 Years	Res/Nonres
2091.306 Fri 3:00-3:45 pm Jan 9-Feb 6 \$45/\$55	
6 to 7 Years	Res/Nonres
2091.307 Sat 10:00-10:45 am Jan 10-Feb 7 \$45/\$55	
8 to 12 Years	Res/Nonres
2091.308 Wed 4:00-4:45 pm Jan 7-Feb 4 \$45/\$55	

Tae Kwon Do 5 to 17 Years

This is a complete martial arts program for boys and girls. Your child is sure to find the class fun and exciting. In addition to learning important self-defense skills, your child 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 January 19 and February 16.**

5 to 13 Years	Res/Nonres
2091.309 M/W/F 6:00-7:00 pm Jan 5-Mar 20 \$70/\$80	
14 to 17 Years	Res/Nonres
2091.310 M/W/F 7:00-8:00 pm Jan 5-Mar 20 \$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 insure an exciting and educational volleyball experience. Classes held at Meadowbrook Gymnasium, 12320 Meadowbrook Lane. **No class February 16.**

9 to 11 Years	Res/Nonres
2091.311 Mon 5:30-6:30 pm Jan 26-Mar 16 \$25/\$35	
12 to 14 Years	Res/Nonres
2091.312 Mon 6:45-7:45 pm Jan 26-Mar 16 \$25/\$35	

Beginning Baton Twirling 6 to 12 Years



Introduce your child to the art and fun of baton twirling! In this active and creative class, students will develop their confidence and coordination as we combine basic twirling techniques with some fun and challenging tricks. They will be taught a simple and exciting routine to showcase all the many new skills learned in class. Students may purchase a baton from the instructor. The instructor will measure each student to determine the appropriate size and length during the first class. Attire: tennis shoes, comfortable clothes (not too loose), and hair tied back. Please bring a water bottle to class. Materials fee: \$20. Classes held at Twin Peaks Multipurpose Center, 14640 Tierra Bonita Road. Instructors: Krista Murphy and Sarah Gibson.

6 to 8 Years	Res/Nonres
2091.313 Tue 6:30-7:30 pm Jan 6-Mar 24 \$75/\$85	
9 to 12 Years	Res/Nonres
2091.314 Thu 6:30-7:30 pm Jan 8-Mar 26 \$75/\$85	

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. Come join the fun! 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
2091.315 Tue 5:00-6:00 pm Jan 13-Mar 3 \$84/\$94	
Ages 10 to 14	Res/Nonres
2091.316 Tue 6:00-7:00 pm Jan 13-Mar 3 \$84/\$94	

Open Play Sports All Ages

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

Coed Volleyball 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 Multipurpose Center. Instructor: Dick Leatherman. The classes on March 3 and 5 begin at 6 p.m. All participants must attend the first class.

Intermediate (Male)	Res/Nonres
1247.300 Thu 6:30 9:30 pm Jan 22-Mar 19 \$57/\$67	
Intermediate (Female)	Res/Nonres
1247.301 Thu 6:30 9:30 pm Jan 22-Mar 19 \$57/\$67	
Advanced (Male)	Res/Nonres
1247.302 Tue 6:30 9:30 pm Jan 20-Mar 17 \$57/\$67	
Advanced (Female)	Res/Nonres
1247.303 Tue 6:30 9:30 pm Jan 20-Mar 17 \$57/\$67	



Tae Kwon Do 18 and Older

This is a complete martial arts program for men and women. If you are interested in self-defense or just want to get into shape, you will benefit from the workout. 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. Hundreds of people just like you have benefited from our Tae Kwon Do program. 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 Joseph Wolpert. **No class January 19 and February 16.**

Res/Nonres
1247.304 M/W/F 7:00-8:00 pm Jan 5-Mar 20 \$70/\$80



3-on-3 Basketball League 18 and Older

Hoop it up for exercise and fun in this recreational league. 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
1247.305 Wed 6:30-9:30 pm Jan 7-Mar 25 \$65/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. Your teen will be taught by experienced professionals who can bring the most out of them. This is a safe, fun, and educational class for young people. 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
1247.306 Wed 6:00-7:00 pm Jan 7-Feb 4 \$45/\$55

Brazilian Jiu Jitsu (No Gi) 15 and Older

Learn the popular art of Brazilian Jiu Jitsu but with "No Gi" (formal uniform). This method of grappling is used in MMA (Mixed Martial Art) competition. This is a beginning level class that teaches submission grappling. Classes held at The Poway Boxing Club, 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.

Res/Nonres
1247.307 Tu/Th 7:00-8:00 pm Jan 6-Feb 5 \$85/\$95

TENNIS

See Court Hours & Reservation Information

Tennis: All tennis classes held at Poway Community Park. Instructor will make arrangements if tennis racket is needed. Instructor: Art Christophiades.



Tiny Tot Tennis

4 to 6 Years

Children will be introduced to the game of tennis. Have fun learning basic forehand and backhand groundstrokes, along with a forehand and backhand volley. The class is designed to improve hand/eye coordination. Additionally, groundstroke drills and court etiquette will be taught. Junior tennis racquets (if needed) are available from the instructor.

				Res/Nonres
3013.300	Sat	9:00-10:00 am	Jan 10-Feb 7	\$40/\$50
3013.301	Sat	9:00-10:00 am	Feb 28-Mar 28	\$40/\$50

Tennis - Beg.

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, footwork drills, singles and doubles strategy, scoring system, and court etiquette. Racquets (if needed) are available from the instructor.

				Res/Nonres
3013.302	T/Th	4:00-5:00 pm	Jan 6-Feb 5	\$70/\$80
3013.303	Sat	10:00-11:00 am	Jan 10-Feb 7	\$40/\$50
3013.304	T/Th	4:00-5:00 pm	Feb 24-Mar 26	\$70/\$80
3013.305	Sat	10:00-11:00 am	Feb 28-Mar 28	\$40/\$50

Tennis - Adv. Beg./Inter.

8 to 14 Years

At this level, these hotshot 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 a good first serve, slice, and topspin second serve. Group instruction will include singles and doubles play, scoring system, footwork drills and court etiquette. Racquets (if needed) are available from the instructor.

				Res/Nonres
3013.306	T/Th	5:00-6:00 pm	Jan 6-Feb 5	\$70/\$80
3013.307	Sat	11:00-12:00 pm	Jan 10-Feb 7	\$40/\$50
3013.308	T/Th	5:00-6:00 pm	Feb 24-Mar 26	\$70/\$80
3013.309	Sat	11:00-12:00 pm	Feb 28-Mar 28	\$40/\$50

Tennis – Advanced Juniors

6 to 17 Years

At this hot-shot level tennis enthusiasts will enhance their ability level by conducting forehand and backhand groundstroke drills, volley drills, serving drills, and overhead smash drills. The class will include singles and doubles play and strategy. Advanced class placement determined by instructor.

				Res/Nonres
3013.310	M/W	4:00-6:00 pm	Jan 5-Feb 4	\$90/\$100

Tennis – Adult Beg./Inter.

15 and Older

This class will encompass a variety of basic fundamentals of forehand and backhand groundstrokes, volleys, approach shots, and serves (flat, slice, topspin). Approach shots, return of serve, and a good overhead smash will be covered. Footwork drills, scoring system, court strategy, stroke production consistency, singles and doubles strategy, and court etiquette will be covered. Fun and enjoyment will be emphasized. Racquets (if needed) are available from the instructor.

				Res/Nonres
3013.311	Sat	12:00-1:30 pm	Jan 10-Feb 7	\$45/\$55
3013.312	Sat	12:00-1:30 pm	Feb 28-Mar 28	\$45/\$55

OUTDOOR ACTIVITIES

Hiking for Fun & Fitness

5 and Older

Enjoy easy to moderate 2 to 3 mile hikes on Poway's sidewalks with street lights or trails when moonlight or Daylight Saving Time allows. Lug-sole shoes (grip pattern) are recommended. Bring a flashlight, water, hiking stick (if you wish). Please wear light-colored clothing. Family price is for two or more. All children under 18 must be accompanied by an adult. First hike will meet at the Poway Community Park tennis courts. For more information, (858) 748-5166. Instructor: Mike Fry.

				Res/Nonres
3439.300	Wed	6:00-7:30 pm	Jan 7-Mar 25	\$5/person \$10/family

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. Challenging gutter balls are no problem, since every lane has air filled bumpers. At the end of the session, awards and a party conclude our last meeting. 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.

				Res/Nonres
9397.300	Fri	1:30-3:30 pm	Jan 9-Mar 13	\$40/\$50

HEALTH & WELLNESS

Tai Chi for Beginners

18 and Older

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

				Res/Nonres
5417.300	Sat	9:15-10:00 am	Jan 10-Feb 7	\$45/\$55

Hatha Yoga

18 and Older

This popular class is for the beginner and continuing yoga student. 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. Gently progress at a self inspired pace. 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
5417.301	Thu	6:30-8:00 pm	Jan 8-Mar 12	\$75/\$85

American Red Cross First Aid

14 and Older

A newly updated class by the American Red Cross, this class will prepare you to handle any situation with loved ones, friends and co-workers. Learning these skills will give you the confidence to respond quickly! 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. Materials fee: \$15. Class held at Poway Community Park, Activity Room I & II. Instructor: Blythe Paley.

				Res/Nonres
5417.302	Wed	6:00-9:30 pm	Jan 21	\$28/\$38

Pilates

15 and Older

Pilates transforms the way your body looks, feels and performs. It builds strength without excess bulk and creates a sleek, toned body. It teaches body awareness, good posture, and easy, graceful movement. Pilates improves flexibility and agility. Develop a strong back and a flatter abdomen through this method of intelligent exercise. NOTE: Please bring your own stability ball if attending the Ball class. Classes held at Kenpo Karate (www.powaymartialarts.com), 13246 Poway Road. Information: (858) 486-1003. Instructor: Emma Sarmiento. **No class January 19 and 21.**

				Res/Nonres
On the Ball				
5417.303	Mon	7:15-8:00 pm	Jan 5-Feb 9	\$45/\$55
On the Mat				
5417.304	Wed	7:15-8:00 pm	Jan 7-Feb 11	\$45/\$55

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 includes these topics: 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 we can make it all work today. Classes held at the Poway Community Park, Nutrition Room. Instructor: Debbie Eaton.

				Res/Nonres
5417.305	Wed	6:30-8:00 pm	Jan 14-Feb 4	\$51/\$61

CPR for the Adult/Child/Infant

11 and Older

Be prepared and confident in an emergency by getting certified in American Red Cross CPR for the Adult, Child, and Infant. 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.

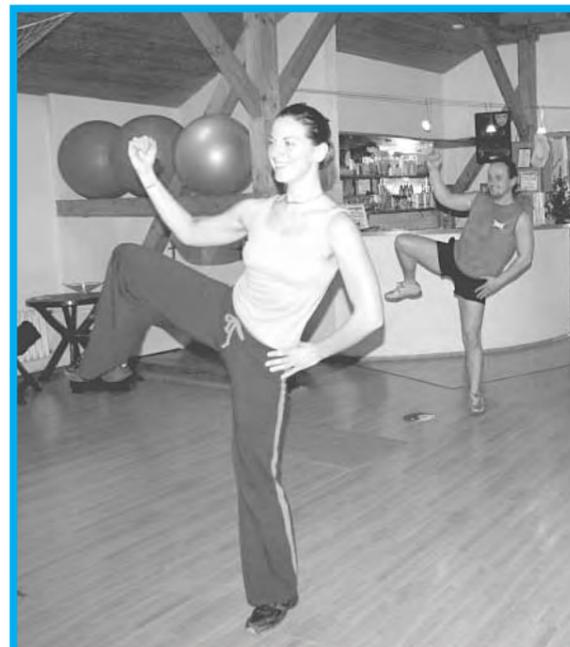
				Res/Nonres
5417.306	Sat	8:30 am-1:30 pm	Feb 7	\$36/\$46

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 workout to meet their own needs. Participants will feel stronger, more athletic, more powerful, more hip, and even sexier about themselves! If you are looking to shape up in a fun party setting by burning calories, this class is for you. 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.

				Res/Nonres
5417.307	Wed	6:00-7:00 pm	Jan 7-Feb 4	\$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. New components include a guide to leadership, the business aspect of babysitting, and how to keep yourself and the children safe while on the 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. Materials fee: \$20. Participants will receive a book and certification card. Please bring a lunch and a large doll or stuffed animal to class. Class held at Poway Community Park, Activity Room I & II. Instructor: Blythe Paley.y.

Basic Class	Res/Nonres
7617.300 Sat 9:00 am-12:30 pm Jan 10-Jan 17	\$45/\$55
Infant/Child CPR Certification (must be registered in Basic Class)	
7617.301 Sat 12:30-3:00 pm Jan 17	\$20/\$30

Home Buyer Seminar *18 and Older*

Tired of rent payments? Think you can't afford to be a homeowner? Come to our First Time Home Buyer Seminar and find out and discover the advantages of buying vs. renting. 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. 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 I. Instructors: Jeri Winberg and Mark Holland.

7617.302 Wed 6:30-9:30 pm Feb 4	Res/Nonres \$25/\$35
7617.303 Sat 9:00 am-12:00 pm Mar 14	\$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 with which she appeared on the Food Network's Emeril Live show. Participants will learn tips and shortcuts for successful cookie baking and cookie presentation, and will get to take home recipes and cookies. Materials fee: \$10. Classes held at the Poway Community Park, Nutrition Room. Instructor: Lynn Diamond Scully.

7617.304 Wed 6:00-8:30 pm Jan 28	Res/Nonres \$38/\$48
7617.305 Sat 9:00-11:30 am Feb 28	\$38/\$48

Instant Piano for Busy People NEW! *18 and Older*

Music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of enjoyment at the piano! The difference is regular piano teachers teach note reading and piano professionals use chords. In this fun-filled workshop, you can learn all the chords you'll ever need to play any song. It's easy, fun, and musically correct! Note: If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll. If you don't, send a self-addressed stamped envelope to Innovative Keyboard Instruction, 2841 S. Southwind Drive, Gilbert, AZ 85296 for a free pamphlet. This class is designed for piano, organ or portable keyboard. Materials fee: \$28. Class held at Poway Community Park, Activity Room I & II. Instructor: Craig Coffman..

7617.306 Wed 6:30-9:30 pm Mar 18	Res/Nonres \$25/\$35
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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. We don't need them. 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: 12 weeks to adult	Res/Nonres
9019.300 Tue 6:30-7:30 pm Jan 6-Feb 10	\$90/\$100
9019.301 Sat 9:30-10:30 am Jan 10-Feb 14	\$90/\$100
9019.302 Tue 6:30-7:30 pm Feb 24-Mar 31	\$90/\$100
9019.303 Sat 9:30-10:30 am Feb 28-Apr 4	\$90/\$100
Intermediate: 6 months to adult (Completion of Introductory Class Required)	
9019.304 Sat 9:30-10:30 am Jan 10-Feb 14	\$90/\$100
9019.305 Sat 9:30-10:30 am Feb 28-Apr 4	\$90/\$100
Advanced: 12 months to adult (Completion of Introductory & Intermediate Classes Required)	
9019.306 Wed 6:30-7:30 pm Jan 7-Feb 11	\$90/\$100
9019.307 Wed 6:30-7:30 pm Feb 25-Apr 1	\$90/\$100

TEEN ACTIVITIES

Mobile Recreation *Youth/Teens/Families*

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, Poway Skate Park, 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) 668-4674.



Teen Only Nights

Middle-High School

The first Friday night of each month from 6:30 p.m. to 9:00 p.m. teens can participate in

recreational sports, games, and more 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 Meadowbrook Gymnasium, 12320 Meadowbrook Lane. For more information, please call (858) 668-4674 or visit the teen page at www.poway.org/teens for a calendar of events.

- December 5th
- January 9th (*2nd Friday of the Month)
- February 6th
- March 6th

Teen Volunteer Opportunities

Middle-High School

Throughout the winter the Community Services Department will offer opportunities for teens to volunteer at special events and participate in community service projects. For more information contact (858) 668-4674 or visit the teen page at www.poway.org/teens for a calendar of events.

POWAY SKATE PARK

Supervised Skate Park Program

Youth 14 and Under Only

Ride the snake run, work the bowl or practice your technique at one of our youth 14 and under Supervised Skate Park sessions! Community Park staff will host supervised skate time on Wednesdays and 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.

Wednesday/Friday 5:30-7:30 pm

Unsupervised Skate Park Hours

Monday	8:00 am-8:00 pm
Tuesday	8:00 am-8:00 pm
Wednesday	8:00 am-5:30 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, special events and violations of Skate Park rules.**

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 Jan 8-Mar 26 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 I & II. Instructor: Palomar Staff.

Tuesday 6:00-8:30 pm Jan 6-Mar 24 FREE

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 Jan 5-Mar 23 FREE

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.

Children's Programs

January

Storytime (Begins Jan 12) **3-5 years**
 Monday - Thursday, 10:30-11:00 am Children's Room

Bilingual Storytime (English and Spanish) **3-5 years**
 Friday January 16, 10:30-11:00 am and
 Friday January 30, 10:30-11 am Children's Room

Afternoon Film **All Ages**
 Thursday January 15, 3:00-4:00 pm Children's Room

Afternoon Craft **All Ages**
 Tuesday January 20, 3:00-4:00 pm Children's Room

"Spring Into Books" Club **Grades 4 through 6**
 Join us for discussions, refreshments and activities! Please sign up at the Children's Reference Desk or call (858) 513-2900.
 Thursday January 29, 3:00-4:00 pm Children's Room

February

Storytime (Begins Feb 2) **3-5 years**
 Monday - Thursday, 10:30-11:00 am Children's Room

Bilingual Storytime (English and Spanish) **3-5 years**
 Friday February 13, 10:30-11:00 am and
 Friday February 27, 10:30-11 am Children's Room

Afternoon Film **All Ages**
 Thursday February 12, 3:00-4:00 pm Children's Room

Afternoon Craft **All Ages**
 Tuesday February 17, 3:00-4:00 pm Children's Room

"Spring Into Books" Club **Grades 4 through 6**
 Thursday February 26, 3:00-4:00 pm Children's Room

March

Storytime (Begins Mar 2) **3-5 years**
 Monday - Thursday, 10:30-11:00 am and
 Monday & Tuesday, March 30-31, 10:30 - 11:00 am Children's Room

Bilingual Storytime (English and Spanish) **3-5 years**
 Friday March 13, 10:30-11:00 am and
 Friday March 27, 10:30-11 am Children's Room

Afternoon Film **All Ages**
 Thursday March 12, 3:00-4:00 pm Children's Room

Afternoon Craft **All Ages**
 Tuesday March 17, 3:00-4:00 pm Children's Room

"Spring Into Books" Club **Grades 4 through 6**
 Thursday March 26, 3:00-4:00 pm Children's Room

April

Storytime (Begins Apr 1) **3-5 years**
 Wednesday & Thursday, April 1-2, 10:30 - 11:00 am
 All other weeks, Monday - Thursday, 10:30-11:00 am Children's Room

Bilingual Storytime (English and Spanish) **3-5 years**
 Friday April 10, 10:30-11:00 am and
 Friday April 24, 10:30-11 am Children's Room

Afternoon Film **All Ages**
 Thursday April 14, 3:00-4:00 pm Children's Room

Afternoon Craft **All Ages**
 Tuesday April 19, 3:00-4:00 pm Children's Room

"Spring Into Books" Club Grades 4 through 6

Thursday April 30, 3:00-4:00 pm Children's Room

May

Storytime (Begins May 4) **3-5 years**
 Monday - Thursday, 10:30-11:00 am Children's Room

Bilingual Storytime (English and Spanish) **3-5 years**
 Friday May 8, 10:30-11:00 am and
 Friday May 22, 10:30-11 am Children's Room

Afternoon Film **All Ages**
 Thursday May 14, 3:00-4:00 pm Children's Room

Afternoon Craft **All Ages**
 Tuesday May 19, 3:00-4:00 pm Children's Room

"Spring Into Books" Club **Grades 4 through 6**
 Thursday May 28, 3:00-4:00 pm Children's Room

Other additional events may be scheduled, please consult County of San Diego Library website @ www.sdcl.org. All events subject to change without notice.



Teen Programs

January

Teen Video Game Day
 Come to the library to play video games with other teens. Snacks will be served.
 Tuesday 4:00 pm January 13

Book Club
 We will discuss the book of the month and choose the book for the next meeting. Pick up a copy of the book at the reference desk.
 Thursday 4:00 pm January 15

Teen and Family Movie Night
 Come to the library to watch a movie. Title TBA. Snacks will be served.
 Tuesday 4:00 pm January 20

Mystery Game
 Solve a mystery at the Poway library. All supplies and snacks provided.
 Thursday 4:00 pm January 22

February

T-MAD Meeting (Teens-Making A Difference)
 We will decide what books, music, and movies are purchased for the teen section of the library. Also, share ideas about programs and events held for teens at the library. This meeting counts as community service. Refreshments provided.
 Thursday 4:00 pm February 5

Teen Video Game Day
 Come to the library to play video games with other teens. Snacks will be served.
 Tuesday 4:00 pm February 10

Teen DIY
 Make a valentine themed craft. All supplies and snacks provided.
 Thursday 4:00 pm February 12

Teen and Family Movie Night
 Come to the library to watch a movie. Title TBA. Snacks will be served.
 Tuesday 4:00 pm February 17

Book Club
 We will discuss the book of the month and choose the book for the next meeting. Pick up a copy of the book at the reference desk.
 Thursday 4:00 pm February 15

Forensics Demonstration
 A forensics expert will be here to give a "hands on" demonstration of fingerprinting. Participants will have the chance to "dust" and lift a fingerprint.
 Thursday 4:00 pm February 26

March

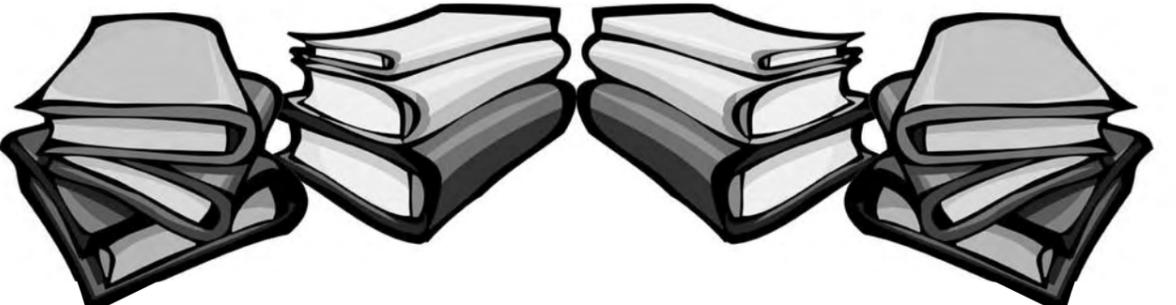
T-MAD Meeting (Teens-Making A Difference)
 We will decide what books, music, and movies are purchased for the teen section of the library. Also, share ideas about programs and events held for teens at the library. This meeting counts as community service. Refreshments provided.
 Thursday 4:00 pm March 5

Teen Video Game Day
 Come to the library to play video games with other teens. Snacks will be served.
 Tuesday 4:00 pm March 10

Teen DIY
 Make a craft. All supplies and snacks provided.
 Thursday 4:00 pm March 12

Teen and Family Movie Night
 Come to the library to watch a movie. Title TBA. Snacks will be served.
 Tuesday 4:00 pm March 17

Book Club
 We will discuss the book of the month and choose the book for the next meeting. Pick up a copy of the book at the reference desk.
 Thursday 4:00 pm March 19





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 patrons may enjoy the one- and three-meter diving boards, open swimming areas, and lap swimming lanes. The Swim Center offers a complete shower and dressing area with lockers available for rent. Water temperature in the pool is maintained between 80 and 83 degrees, providing for comfortable swimming year-round. For general information regarding hours of operation and admission 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 (16 and older)	\$2.50/\$5.00
Youth (15 and under)	\$2.00/\$4.00
Seniors (60 and older)	\$2.00/\$4.00

Children seven and under must be **accompanied in the water** by a responsible adult. (The adult must pay the admission fee and be in swim attire)

SEASON AND YEARLY PASSES

Passes may be purchased at the pool during regular business hours. Family passes include two adults (18 and older) and all immediate family members 17 and under living at the same residence. Season passes are valid for 90 days from date of purchase.

	Season Res/Nonres	Year Res/Nonres
Adults	\$90.00/\$120.00	\$215.00/\$340.00
Youth	\$70.00/\$100.00	\$175.00/\$250.00
Senior	\$70.00/\$100.00	\$175.00/\$250.00
Family	\$150.00/\$245.00	\$374.00/\$615.00

Pass holders must show their pass and have them scanned prior to entering the facility.

WINTER POOL HOURS (Oct. 29, 2007-May 4, 2008)

Mon-Fri	11:00 am-1:30 pm, 3:00 pm-7:00 pm
Tue/Thu	11:00 am-1:30pm Long Course
Sat/Sun	CLOSED

POOL CLOSED

Nov. 23-24, 2007	Thanksgiving
Dec. 24-25, 2007	Christmas Eve/Christmas Day
Jan. 1, 2008	New Year's Day

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

Did You Know?

"The best way to escape from your problem is to solve it." - Robert Anthony



BINGO!

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

The best entertainment in Poway! Come try your luck! Open to all adults 18 and older.

Tuesdays at 12:30pm | Saturdays at 6:30pm

La Bella Bistro

Antii is back; call to find out when he's cooking! Our delicious lunch program offers you a place to join your friends, or make new ones.

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.

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.

Buick PGA Torrey Pines Golf Tour
February 3-8, 2009

Buy your discount tickets at the Poway Senior Center and watch the greatest players at Torrey Pines. PSC is part of the Chip-In-For-Charity campaign and all proceeds from ticket sales will be donated to PSC.

Tickets are available at PSC during regular business hours, 8:30 a.m. – 4:30 p.m. Monday through Friday

Help us raise money to support the programs at Poway Senior Center.

One of our goals is to purchase a Nintendo Wii Sports program so you can play golf, bowling, tennis, baseball, and other sports, and other exercise at the PSC.

Also of Interest:

Flu Shots: November 14, 9:00 a.m. – 1:00 p.m.

Meditation classes: Thursday mornings

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

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)

Fall's cool days bring garden-fresh sweet corn, pumpkins, pears, sweet potatoes, melons, macadamia nuts 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: COMMUNITY SERVICES DEPARTMENT

MANAGED BY: Outback Farm

WHERE FRESHNESS AND FLAVOR ARE AT THEIR PEAK



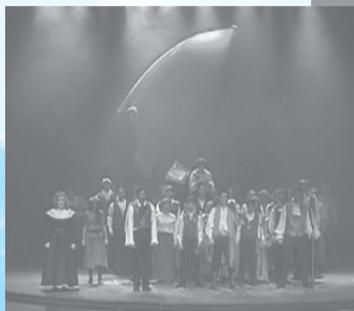
15498 Espola Rd, Poway, CA 92064

(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
Tuesday - Friday: 12:00 p.m. to 6:00 p.m.
Saturday: 10:00 a.m. to 4:00 p.m.
Closed Sundays, Mondays, 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.

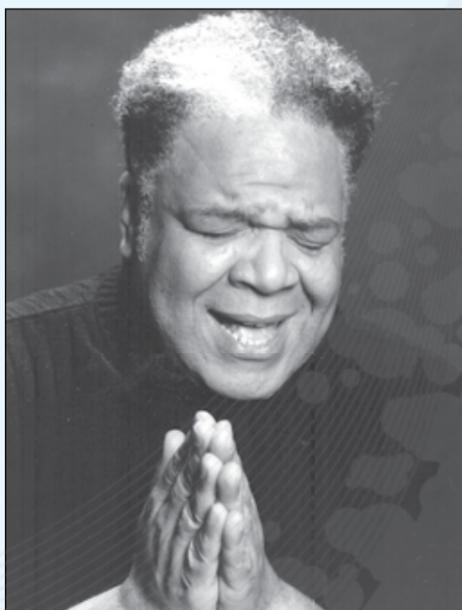
POWAY CENTER FOR THE PERFORMING ARTS FOUNDATION PRESENTS

2008/2009 PROFESSIONAL PERFORMANCE SEASON

Folk rock legends
ROGER MCGUINN
(THE BYRDS)
JOHN SEBASTIAN
(THE LOVIN' SPOONFUL)
Adults: \$42
Sat, December 6, 8 pm



DAVID HIDALGO
AND **LOUIS PEREZ**
(OF LOS LOBOS)
Tickets: \$42
Sat, January 10, 2009, 8 pm



ENCORE PERFORMANCE
The musical autobiography of a Broadway Legend...
PAGE BY PAGE STARRING KEN PAGE
FEATURING *Memories*, *Ease on Down the Road* and 23 more Broadway hits!
Adults: \$42
Sat, November 22, 8 pm



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

The Missoula Children's Theatre RETURNS TO THE POWAY STAGE WITH A FULL-LENGTH PRODUCTION FEATURING 50 LOCAL YOUNGSTERS!

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



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

For a complete season listing visit POWAYARTS.org

Thanks to our generous Season Sponsors



OLD POWAY PARK

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

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



Free Music Festival at Old Poway Park

The weekend of **May 2 and 3** will bring concert bands from southern California and Arizona to the living historic village of Old Poway Park for the annual Community Band Festival. In celebration of the Armed Forces and their families, the City of Poway and the Pomerado Community Band will present a FREE line up of live, patriotic music all day each day. The event will also feature train rides for a nominal fee, children's crafts, and a booth fair complete with crafters and food. Stop by and enjoy the music, food and Poway's own "turn-of-the-century" village. Information: (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 Trails & Rails in concert on **December 6 in Templars Hall at 7:00 p.m.** Trails & Rails has appeared at many Western Music Events over the last couple of years, carrying on the grand tradition of Western music. 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.

Farmers Market Offers Winter-Season Goods

For a year-round adventure, the City of Poway Certified Farmer's Market is the perfect idea! Walk through the aisles and find fresh fruits, vegetables, flowers and food. The Farmer's Market is every **Saturday from 8:00 a.m. to 11:30 a.m.** at Old Poway Park, rain or shine. The cooler months bring garden-fresh avocados, tangerines, grapefruits, strawberries, broccoli, apples, navel oranges, asparagus, artichokes, carrots, beets, snow peas and much more. All produce is certified and inspected by the agricultural commission and brought fresh to you directly from the grower. Find delicious homemade tamales, kettle corn and salsas too. Don't let the cooler days keep you away! Come and enjoy a great "city in the country" atmosphere. Information: (858) 668-4576.

KUMEYAAY-IPAI INTERPRETIVE CENTER

The Kumeyaay-Ipai Interpretive Center is a 5-acre archaeological reserve located south of Poway Road at 13104 Silver Lake Drive. It is open to the public for free docent-led tours every Saturday from 9:00 a.m. to 11:30 a.m. The low hill has a trail to the boulders that contain milling stations used by the ancient Kumeyaay people to grind acorns and pinion seeds. Volunteers have built shade structures and planted hundreds of native plants. Several third-grade classes from Poway Unified School District visit each year as part of their social studies program. 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: (858) 668-1292.

LAKE POWAY



Regular hours of operation and access to the park and trails may be limited and are subject to Witch Creek Fire recovery interruption. Please check the City of Poway website for information at www.poway.org or call (858) 668-4770.

14644 Lake Poway Road • Poway, CA 92064

LAKE HOURS

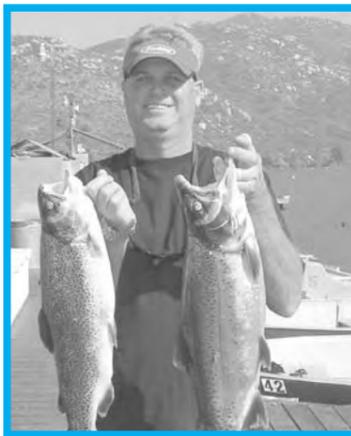
November: Wednesday-Sunday	5:30 am to Sunset
December-March: Wednesday-Sunday	6:00 am to Sunset
April-May: Wednesday-Sunday	5:30 am to Sunset

PARK HOURS

Daily	Sunrise to Sunset
Information	(858) 668-4770
Area reservations	(858) 668-4580
Lake Poway Grill & Tackle	(858) 486-1234

Trout Season Continues at Lake Poway

Another exciting trout season is underway at Lake Poway. From November through April, Lake Poway offers some of the best big trout fishing in the county. The lake will be stocked all season with 1,500 pounds of rainbow beauties with special stocks of up to 3,000 pounds and trophies weighing 7 to 12 pounds. Bring your family, friends, and neighbors out to discover the excitement of fishing at Lake Poway. The full-service Lake Poway Grill & Tackle offers bait and tackle, State Fishing Licenses and daily permits, boat rentals, cold or hot beverages, and delicious grilled items. Motorboats and rowboats are available for rent on a first-come-first-served basis. Ask our Park Rangers and they're sure to provide you with great trout fishing advice and secrets about where the "hot spots" are. Catch the fun at Lake Poway by spending a day trolling in our rental boats or spend a couple hours relaxing along the shoreline! For Information: (858) 668-4770 or Lake Poway Grill & Tackle (858) 486-1234.



Free Youth Only Fishing Derby 15 & Under



Search for Gold under the Rainbow! Trout will be adding color to Lake Poway at Poway's annual Youth Fishing Derby at Lake Poway on Saturday, February 7. Join the City of Poway, Captain Ron Baker of Fish Talk Radio, and several big-name sponsors for a great day of fun and prizes. Registration for the event will begin at 6:00 a.m., fishing continues until noon, and then all participating youth are invited to enjoy a tasty barbecue lunch. The awards ceremony will begin at 1:00 p.m. and great raffles and really cool prizes will be awarded for age division winners. Prizes will also be awarded for the Kids Greatest Fishing Story Contest, so bring your best tale of the one that got away! 2,500 pounds of hungry rainbow trout, including 625 pounds of trophies, will be stocked for the event. In preparation for the event, Lake Poway will be closed on Thursday, February 5 at noon and Friday, February 6 all day. Information: (858) 668-4770.

Open Trout Derby

Grab your poles, get your gear, and head on down to the best of derby fishing at the Lake Poway Open Trout Derby on March 14 and 15. The lake will be stocked with 2,500 pounds of hungry rainbow trout, including 625 pounds of trophies, for this spectacular two-day event. Anglers of all ages are invited to try their luck. Great prizes will be awarded for the largest trout caught in three divisions: men's, women's, and youth. The gates of the lake will open at 5:30 a.m. Saturday morning and fishing will begin at 6:00 a.m. and continue until sunset. The gates open again on Sunday at 5:30 a.m. and fishing will begin at 6:00 a.m. and continue until 12:00 p.m. The derby entry fee for event is \$10 per adult and \$5 per youth per day. A daily lake use permit for each day of participation must be purchased (\$6 for adults and \$3 for youth). State fishing licenses are required for ages 16 and older. Derby registration is required to fish on during derby hours. There will be 50 motorboats available for rent on a first-come-first served basis. Information: (858) 668-4770.

Trout Fishing Classes 6 to 12 Years

Are you yearning to learn how to fish? Then this class is for you! Come learn how to fish with Youth Fishing Derby organizer and host, Captain Ron Baker. Captain Ron has over 40 years of fishing experience and will teach your kids how to become successful trout anglers and good sportsmen. Captain Ron will share his wealth of knowledge with class participants. 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 every Monday from 3:30 p.m. to 5 p.m. at the Pavilion Shaded Area at Lake Poway. Rods will be provided for use during the class. Fishing is fun, catching is priceless. There is a \$35 materials fee. Information: (858) 668-4771 or (619) 977-2829. **(No class on Martin Luther King Jr's Day, January 19).**

				Res/Nonres
9039.301	Mon	3:30-5:00 pm	Jan 5-Feb 2	\$40/\$50
9039.302	Mon	3:30-5:00 pm	Feb 23-Mar 16	\$40/\$50



Experience the Great Outdoors Year-round at Lake Poway

Nestled in the hills of Poway with characteristic Southern California chaparral, Lake Poway Recreation Area offers not only fishing and boating, but also offers mountain biking, hiking, picnicking, volleyball, softball, and reservable areas. The park is an excellent place to spend time hiking the 3.2-mile trail, which offers great views of the lake and access into Blue Sky Reserve and Mount Woodson. Specific areas of the park may also be reserved for groups and/or individual use. They include a 900-square-foot-pavilion, which includes a kitchen and electricity, two gazebos, park areas, a lighted softball field, and the archery range. Additional areas in the park include two sand volleyball courts with nets; two horse-shoe pits, two playgrounds, and a horse staging area. Stop by the Lake Poway Recreation Area and enjoy a



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. The Reserve has now re-opened after the Witch Creek fire. Trails are open to the public during daylight hours. The City of Poway, California Department of Fish and Game, and the County of San Diego Department of Parks and Recreation manage the Reserve, with support from the non-profit Friends of Blue Sky Canyon.

The City of Poway has recently undergone an extensive and comprehensive study of the cost of City services in relation to the fees charged for programs, services, and facilities. The study showed that in order to continue to offer quality programs in the Blue Sky Ecological Reserve we will need to begin charging fees for programs. The Poway City Council recently approved implementing the fees and they will go into effect in Fall 2008. These fees will go directly to Blue Sky Ecological Reserve and will cover partial costs of programs and activities.

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.

Docent/Naturalist Training

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.

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

SYCAMORE CANYON GOODAN RANCH



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.

DIRECTIONS

Take Poway Road to Garden Road. East on Garden to Sycamore Canyon Road. Right on Sycamore, approx. 2 miles to the Goodan Ranch staging area.

AUDIENCE

All ages, especially Families

COST

All events are FREE

CONTACT

(858) 513-4737 for reservations or information, or visit our web site at www.sdparks.org

Additional Information: 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 can be arranged for those with disabilities by calling the ranger at (858) 513-4737.

Bat Program

Do not miss this informative and intriguing live bat presentation given by Project Wildlife's Bat rehabilitation expert, Dick Wilkins. Are you wondering who these mammals are, where they come from, and why they are here. Rare viewing opportunity of bats eating and drinking! Program held at the Preserve Visitor Center. Reservations required. Limited to 50. Information & reservations: (858) 513-4737.

Saturday, November 8 2:00-4:00 pm FREE

History Walk

Friends of Goodan Ranch / Sycamore Canyon Preserve Carol Crafts will lead you through pre history, Stowe period and the Goodan family ranch period. View homesteader's sites, Stowe landmark sites and the 1938 Goodan Ranch house remains. Enjoy Ms. Crafts vivid anecdotes of this sleepy Canyon's rich history. Artifacts on display. Walk starts at the Goodan Ranch staging, end of Sycamore Canyon Road. Moderate 3 mile walk round trip.

Saturday, November 15 10:00 am-12:00 pm FREE

Raptors

Live raptors will be exhibited by Park Rangers. Bring lots of curiosity and your questions. Hands on feathers, bone clone skulls, and pellets on display. Exhibit located at the Preserve Visitor Center.

Sunday, November 30 10:00 am-12:00 pm FREE

Winter Walk

Join Friends of Goodan Ranch & Sycamore Canyon Preserve Carol Crafts and Terry Callan for a winter walk to see what is out and about during this peaceful season in Goodan Ranch. Meet at the Goodan Ranch Staging ending at the Preserve Visitor Center.

Sunday, December 28 1:30-3:30 pm FREE



Bird Walk

Biologist and birding expert Claude Edwards will lead a thoroughly enjoyable and informative bird & plant walk in the Goodan Ranch. Bring binoculars. Walk starts at the Preserve Visitor Center, a one mile walk from the Goodan Ranch staging. **Reservations Required.** Limited to 20. Reservations & information: (858) 513-4737.

Saturday, January 10 2:00-4:00 pm FREE

Night Hike

The stars have influenced mankind in many ways for centuries. Join Ranger Peggy Hurley for a night hike to learn how constellations have become a part of humanity's history through mythology, observation and navigation. Dress warmly and bring a flashlight to look for animals along the way. Meet at the Goodan Ranch staging at 6pm for the ranger led hike to the visitor center. **Reservations required.** Limit 30. (858) 513-4737 **Clouds or rain cancels. No dogs allowed.**

Friday, January 23 6:00-8:00 pm FREE

Scavenger Hunt

Self-guided Goodan Ranch easy to moderate informative course. Test your knowledge and increase your fitness on this fun hunt. Take a break at the new Preserve Visitor Center and view our outstanding exhibits. Starts at the Goodan Ranch staging, Open 8am-5pm.

Saturday, February 7 All Day FREE

Star Party

Join SDAA volunteer astronomers and County Parks staff for viewing highlights of a Crescent Moon, Venus, Great Orion Nebula, Cigar and Bodes' Galaxies, Open Star Clusters and the Double Cluster. These events are fun and informative for the whole family. **Star Parties are held in the Hwy 67 staging, accessed ONLY from SOUTHBOUND Hwy 67, half mile south of the Scripps Poway Parkway intersection. Clouds or rain cancels.** For event information call (858) 513-4737 or email: maureen.abare@sdcounty.ca.gov.

Friday, February 27 6:00-9:00 pm FREE

Animal Resource Directory

Animal Emergencies
Stray animals or bites to a human or pet
Abandoned or abused animals
Escondido Humane Society **760-888-2275**

Wildlife Regulations, Laws, and Permits
California Department of Fish & Game Commission
1-800-952-5400

Injured or Abandoned Wild Animals or Birds
Project Wildlife (except raccoons & skunks)
619-225-WILD
Wildlife Rescue **619-291-4587**

Fund For Animals/Wildlife Rehabilitation
760-789-2324

Dead Animal Removal
Within Poway city limits **858-279-8242**
State Highways (CalTrans) **619-220-5370**

Low Cost Spay & Neutering
760-745-7986