

**SPORTS
RECREATION
AQUATICS
FITNESS
NATURE
TEENS**

POWAY



COMMUNITY SERVICES PROGRAMS

SPECIAL EVENTS FALL 2008

Target Summer Concert in the Park Series

Summer concerts at Lake Poway and Old Poway Park continue! This year's line-up is sponsored by the City of Poway, Target Stores, and Marrokal Construction. Everyone is invited to bring a blanket or chair, picnic dinner or snack, and head out to the park for some great summer fun. Concerts are on **Sundays from 5:30 p.m. to 7:00 p.m.** alternating between Lake Poway, 14644 Lake Poway Road, and Old Poway Park, 14134 Midland Road. Lake Poway concert information: (858) 668-4771. Old Poway Park concert information: (858) 668-4576.

TARGET SUMMER CONCERTS

Date	Location	Performer	Musical Style
August 3	Old Poway Park	Nannette & Her Hotsy Totsy Boys	Jazz
August 10	Lake Poway	Upstream	Caribbean Music
August 17	Old Poway Park	Billy Watson	Blues

Save These Dates!

Poway's Annual Community Day Celebration Saturday, September 13th	12:00pm	All Ages
Christmas in the Park Saturday, December 13	4:30-8:30pm	All Ages Free
Candyland Holiday Festival Saturday, December 20	4:00-8:00pm	2 to 10 Years \$5/Child, \$1/Adult

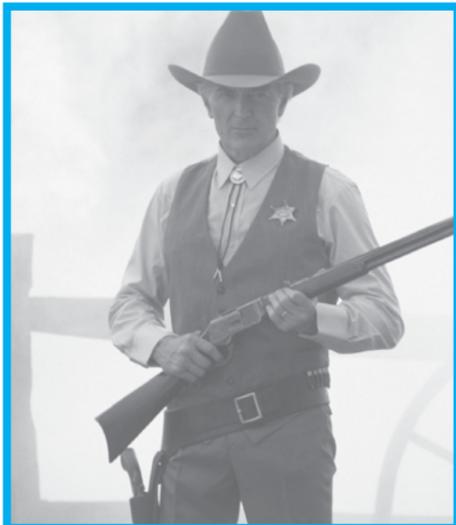
For more information about these events please visit our website www.poway.org or call 858-668-4570.

History Comes Alive at the Rendezvous in Poway!

Back by popular demand the City of Poway, Old Poway Park Action Committee, and Old Poway Park's history re-enactment teams are hosting the Rendezvous in Poway Living History Faire on **Saturday, September 20 from 10:00 a.m. to 4:00 p.m. and Sunday, September 21 from 10:00 a.m. to 2:00 p.m.**

More than 15 living history encampments will be set up spanning the turn of the 19th Century and Civil War eras of California's history. Meet real cowboys, mountain men and women, buckaroos, gunslingers, and soldiers. Learn about how these people lived, cooked, worked, crafted and played.

The Nelson House and Museum will be open. The historical faire will bring these eras to life with the smell of campfires, and the sounds of



the Old West. Experience period costumes, crafts, and displays or speak with the pioneers. A campfire will be hosted with the pioneers on the evening of Friday, September 19 at 7:00 p.m. and a barn dance will be held in Templars Hall on Saturday, September 20 at 7:00 p.m., both open to the community for free! Information: (858) 668-4576.

Old Poway Park Action Committee sponsors Hallowe'en event!

The Old Poway Park Action Committee is pleased to announce its newest event, tentatively titled Hallowe'en Haunts, which will take place from **5:00 p.m. to 8:00 p.m. on Friday, October 31**, at Old Poway Park. This event is **free** to the public and suitable for all ages. Meet folks from the past, play games your grandparents might remember, join in a costume parade and ride the train in Hallowe'en style! You're sure to have a good old time rubbing elbows with the men and women who settled these here parts.

To add to the night's gaiety, San Diego Folk Heritage will present a program of spooky tales suitable for an older audience from 7:00 p.m. to 9:00 p.m. in Templars Hall. Admission is \$15 for San Diego Folk Heritage



members and \$18 for non-members. For more information about this portion of the activities, please contact San Diego Folk Heritage at (858) 566-4040 or visit their website at www.sdfolkheritage.org

So put on your best bib and tucker (that's your favorite Hallowe'en costume, for those of you who are unsure) and hurry on down to Hallowe'en Haunts at Old Poway Park. For further information, please contact the park office at (858) 668-4576.



Enjoy an evening of music and dance celebrating the cultural heritage of Native Americans. The Fifth Annual Native American Music and Dance Concert will be held **October 25 at 7 p.m.** at the Poway Center for the Performing Arts. Tickets and information are available at the box office (858) 748-0505, Tuesday thru Friday 12 p.m. to 6 p.m. and Saturday 10 a.m. to 4 p.m.

Train Song Festival Returns

Hear the sweet sounds of train songs and the steam train whistling during the Train Song Festival at Old Poway Park on Saturday, **October 4 from 10:00 a.m. to 4:00 p.m.** This award-winning event is co-sponsored by the City of Poway and San Diego Folk Heritage. The event will

feature traditional railroad music and storytelling inspired by the history and culture surrounding railroads. There will be train-related vendors, a model railroad display, a craft market, mock train robberies, and a free children's craft area. Children should arrive in their best railroad attire

Railroad Movie Under the Stars

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



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THESE JUST ADDED...

Youth Basketball Training 8 to 15 Years

This coed program spends half the class on skills, techniques, and fundamentals necessary to improve your understanding and enjoyment of the game of basketball. Classes held at Twin Peaks Multipurpose Center. Instructor: Jim Bennet.

8 to 10 Years		Res/Nonres	
2091.218	Wed 5:30-7:00pm	Sep 24-Nov 5	\$100/\$110
11 to 15 Years		Res/Nonres	
2091.219	Wed 7:00-8:30pm	Sep 24-Nov 5	\$100/\$110

Creating Online Video: Join the YouTube Generation 18 and Older

This seminar will teach you how to establish a YouTube account; view videos and submit reviews on YouTube; plan, create, and edit videos for the Web; upload videos to YouTube. No computer needed for the class. Materials fee: \$25. Classes held at the Community Meeting Room at the Poway Library. For additional information, please call (760) 747-5526. Instructor: Michael Johnston.

Res/Nonres	
7617.204	Wed 6:00-9:00pm Oct 8 \$28/\$38

Googling for Fun and Profit 18 and Older

Materials fee: \$25. For additional information, please call (760) 747-5526. Classes held at the Community Meeting Room at the Poway Library. Instructor: Michael Johnston.

Res/Nonres	
7617.205	Wed 6:00-9:00pm Oct 22 \$28/\$38

Balloon Twisting 9 to 14 Years

Participants will learn five types of balloon twists and, in the process, make balloon sculptures using one, two, or more balloons. Materials fee: \$20. Classes held at Poway Community Park, Auditorium. Instructor: Jennifer Reaney.

Res/Nonres	
7617.206	Wed 3:30-4:30pm Sep 24-Oct 29 \$39/\$49



Discovery Time Toddlers 2½ to 3½ 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 November 25 and 27.**

Res/Nonres	
4011.200	Tue 9:00-11:00am Aug 19-Sep 9 \$60/\$70
4011.201	Tue 9:00-11:00am Sep 16-Oct 7 \$60/\$70
4011.202	Tue 9:00-11:00am Oct 14-Nov 4 \$60/\$70
4011.203	Tue 9:00-11:00am Nov 18-Dec 16 \$60/\$70
4011.204	Thu 9:00-11:00am Aug 21-Sep 11 \$60/\$70
4011.205	Thu 9:00-11:00am Sep 18-Oct 9 \$60/\$70
4011.206	Thu 9:00-11:00am Oct 16-Nov 6 \$60/\$70
4011.207	Thu 9:00-11:00am Nov 20-Dec 18 \$60/\$70

Discovery Time 3 to 5½ 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 September 1.**

Res/Nonres	
4011.208	M/W/F 9:00am-12:00pm Aug 25-Sep 19 \$200/\$210
4011.209	M/W/F 9:00am-12:00pm Sep 22-Oct 17 \$200/\$210
4011.210	M/W/F 9:00am-12:00pm Oct 20-Nov 21 \$200/\$210
4011.211	M/W/F 9:00am-12:00pm Dec 1-Dec 19 \$150/\$160

Pre-K Hour 3½ to 5½ 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 September 1.**

Res/Nonres	
4011.212	M/W/F 12:30pm-1:30pm Aug 24-Sep 21 \$50/\$60
4011.213	M/W/F 12:30pm-1:30pm Sep 24-Oct 19 \$50/\$60
4011.214	M/W/F 12:30pm-1:30pm Oct 22-Nov 16 \$50/\$60
4011.215	M/W/F 12:30pm-1:30pm Nov 26-Dec 21 \$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 November 11 and 25.**

Res/Nonres	
4011.216	Tue 11:00am-12:00pm Aug 19-Oct 7 \$65/\$75
4011.217	Tue 11:00am-12:00pm Oct 14-Dec 16 \$65/\$75



Art Start: Art Safari! 7 to 12 Years

Get ready for an Art Safari! Young artists will create art based on the exotic animals, designs, and landscapes of Africa. Artist Susan Bainbridge will be their guide as they explore a variety of media, including oil pastels, markers, watercolor and clay. The class will use a step-by-step method to start them off on a successful art making experience. Class size will be small to allow individual attention for each student. Materials fee: \$20. Classes held at the Old Poway Park, Porter House Great Room. Instructor: Susan Bainbridge.



Res/Nonres	
6182.201	Mon 3:45-5:00pm Oct 6-Nov 10 \$70/\$80

Broadway Babies 4 to 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 during the "Christmas in the Park" festival. No class held on Thursday, November 27. Classes held at Old Poway Park. Materials Fee: \$50, Instructor: Jennifer Winspear and Company.

Res/Nonres	
8246.200	Thu 3:00-3:45pm Oct 2-Dec 11 \$75/\$85

Vocal Motion 7 to 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 during the "Christmas in the Park" festival. No class held on Thursday, November 27. Classes held at Old Poway Park. Materials Fee: \$50, Instructor: Jennifer Winspear and Company.

Res/Nonres	
8246.201	Thu 4:00-5:30pm Oct 2-Dec 11 \$100/\$110

NOTE: How to read class information...

Class#	Days	Times	Dates	Fees
0000.000	Tue	9:00-11:00am	Aug 28-Sep 18	\$55/\$65



Dance/Tap & Ballet: Held at Poway Community Park Auditorium. Instructor: Debbora Childress. For information on classes only, call (760) 747-9777. No class November 24 and 27

Dance for Children 3 to 5 Years

Dance...Sing...Tumble...Balance...Imagine...Express... Gain self-confidence and flexibility during this fun-filled introduction to dance/tumbling. Boys and girls will experience the joys of movement and creative expression and come away equipped with skills valued for a lifetime. This ongoing program is designed to increase in difficulty with continued enrollment. Come join the fun! Wear comfortable clothing and ballet slippers or bare feet. Continuing students will perform in our June 2009 dance recital at the Poway Center for The Performing Arts (PCPA). Costumes are ordered in January.

Res/Nonres	
5111.200	Mon 10:00-10:45am Sep 15-Dec 8 \$98/\$108



Tap and Ballet 3 to 17 Years

Come dance and sing with us! This fun-filled, action-packed, dynamic program will teach your child rhythm and coordination as well as a love of dance. The fall session provides students with skill/technique building, songs and dances, and just plain fun! 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. Tap and ballet shoes required.

Res/Nonres	
5111.201	Mon 11:00am-12:00pm Sep 15-Dec 8 \$98/\$108
5111.202	Mon 2:00-3:00pm Sep 15-Dec 8 \$98/\$108
5111.203	Thu 1:00-2:00pm Sep 18-Dec 11 \$98/\$108

Res/Nonres	
5111.204	Mon 3:00-4:00pm Sep 15-Dec 8 \$98/\$108
5111.205	Thu 2:00-3:00pm Sep 18-Dec 11 \$98/\$108

Res/Nonres	
5111.206	Mon 4:00-5:00pm Sep 15-Dec 8 \$98/\$108
5111.207	Thu 3:00-4:00pm Sep 18-Dec 11 \$98/\$108

Res/Nonres	
5111.208	Mon 5:15-6:15pm Sep 15-Dec 8 \$98/\$108
5111.209	Thu 4:00-5:00pm Sep 18-Dec 11 \$98/\$108

Res/Nonres	
5111.210	Thu 5:00-6:00pm Sep 18-Dec 11 \$88/\$98

Res/Nonres	
5111.211	Mon 6:15-7:15pm Sep 15-Dec 8 \$88/\$98

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 PCPA. Costumes to be paid for by students. Students should wear dance attire and black jazz shoes to class. Classes held at Poway Community Park Auditorium. Instructor: Kelli Childress. **No class November 25.**

Res/Nonres	
5121.200	Tue 3:45-4:30pm Sep 16-Dec 9 \$88/\$98

Res/Nonres	
5121.201	Tue 4:30-5:15pm Sep 16-Dec 9 \$88/\$98

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. This fun-filled, active class will prepare beginning dancers for continuation in ballet. Dance attire and ballet shoes required. Continuing students will perform in our Annual June recital at the PCPA. Costumes to be paid for by students. Tuesday classes held at Poway Community Park, Auditorium, and Saturday classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress. **No class November 25 and 29.**

Poway Community Park Auditorium		Res/Nonres
5121.202	Tue 9:30-10:15am	Sep 16-Dec 9 \$88/\$98
Twin Peaks Multipurpose Room		
5121.203	Sat 10:00-10:45am	Sep 20-Dec 13 \$88/\$98

Beginning Ballet

4 to 12 Years

The fundamentals of ballet will be taught in a manner that combines art, discipline, stretching, rhythm, and fun. Instruction is designed to allow each individual to progress at his or her own pace. 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 PCPA. Costumes to be paid for by students. Dance attire and ballet shoes required. Classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress. **No class November 29.**

	Res/Nonres
5121.204	Sat 11:00-11:45am
	Sep 20-Dec 13 \$88/\$98



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. Must have successfully completed Beginning Ballet. Continuing students will perform in our annual June recital at the PCPA. Costumes to be paid for by students. Dance attire and ballet shoes required. Classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress. **No class November 29.**

	Res/Nonres
5121.205	Sat 12:00-12:45pm
	Sep 20-Dec 13 \$88/\$98

American Tribal Style & Tribal Fusion Belly Dancing

5 to 14 Years

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

5 to 9 Years	Res/Nonres
5131.200	Wed 5:30-6:30pm
	Sep 17-Oct 22 \$45/\$55
10 to 14 Years	
5131.201	Wed 6:30-7:30pm
	Sep 17-Oct 22 \$45/\$55

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. Classes held at Twin Peaks Recreation Center. Instructor: Kellie Childress. **No class November 29.**

	Res/Nonres
5317.200	Sat 9:00-9:45am
	Sep 20-Dec 13 \$88/\$98



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. Impossible you say? So, you think you can't dance? This class will prove otherwise and your kids and significant others will be blown away by your new talent. 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
5317.201	Tue 6:00-7:00pm
	Sep 23-Oct 28 \$48/\$58

American Tribal Style & Tribal Fusion Belly Dancing

15 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
5317.202	Wed 7:30-8:30pm
	Sep 17-Oct 22 \$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. No class November 27, 28, and 29.



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
2312.200	Thu 10:45-11:15am
	Sep 18-Dec 11 \$161/\$171
2312.201	Sat 8:45-9:15am
	Sep 20-Dec 13 \$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
2312.202	Thu 10:00-10:45am
	Sep 18-Dec 22 \$180/\$190
2312.203	Sat 9:30-10:15am
	Sep 20-Dec 13 \$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.

	Res/Nonres
2312.204	Tue 3:40-4:40pm
	Sep 16-Dec 9 \$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 p.m. to 5:00 p.m. Skate rental is included in the fee. Classes held at San Diego Ice Arena, 11048 Ice Skate Place. **No class November 26.**

3 to 5 Years				Res/Nonres
2091.200	Wed	4:00-4:30pm	Sep 3-Sep 24	\$40/\$50
2091.201	Wed	4:00-4:30pm	Oct 8-Oct 29	\$40/\$50
2091.202	Wed	4:00-4:30pm	Nov 5-Dec 3	\$40/\$50
6 to 12 Years				Res/Nonres
2091.203	Wed	4:30-5:00pm	Sep 3-Sep 24	\$40/\$50
2091.204	Wed	4:30-5:00pm	Oct 8-Oct 29	\$40/\$50
2091.205	Wed	4:30-5:00pm	Nov 5-Dec 3	\$40/\$50

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 routines to showcase all the many new skills learned in class. Students may purchase a baton from the instructor. 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 Meadowbrook Gymnasium, 12320 Meadowbrook Lane. Instructors: Krista Murphy and Sarah Gibson. **No class November 11, 25, and 27.**

6 to 8 years				Res/Nonres
2091.213	Tue	6:30-7:30pm	Sep 9-Dec 9	\$75/\$85
9 to 12 years				Res/Nonres
2091.214	Thu	6:30-7:30pm	Sep 11-Dec 4	\$75/\$85



TEEN/ADULT SPORTS

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.

Co-ed 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 December 2 and 4 begin at 6:00 p.m. **No class on November 25 and 27.**

Intermediate (Male)				Res/Nonres
1247.200	Thu	6:30-9:30pm	Oct 2-Dec 4	\$57/\$67
Intermediate (Female)				Res/Nonres
1247.201	Thu	6:30-9:30pm	Oct 2-Dec 4	\$57/\$67
Advanced (Male)				Res/Nonres
1247.202	Tue	6:30-9:30pm	Sep 30-Dec 2	\$57/\$67
Advanced (Female)				Res/Nonres
1247.203	Tue	6:30-9:30pm	Sep 30-Dec 2	\$57/\$67

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.

5 to 9 years				Res/Nonres
2091.217	Tue	5:00-6:00pm	Sep 16-Dec 9	\$100/\$110
10 to 14 years				Res/Nonres
2091.218	Tue	6:00-7:00pm	Sep 16-Dec 9	\$100/\$110

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
2091.206	Fri	3:00-3:45pm	Sep 26-Oct 24	\$45/\$55
6 to 7 Years				Res/Nonres
2091.207	Sat	10:00-10:45am	Sep 27-Oct 25	\$45/\$55
8 to 12 Years				Res/Nonres
2091.208	Wed	4:00-4:45pm	Sep 24-Oct 22	\$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

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 Joe Wolpert. **No class October 31, November 26 and 28.**

				Res/Nonres
1247.204	M/W/F	7:00-8:00pm	Sep 8-Dec 19	\$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. **No league on November 26.**



				Res/Nonres
1247.205	Wed	6:30-9:30pm	Oct 1-Dec 17	\$40/team

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 October 31, November 26 and 28.**

5 to 13 Years				Res/Nonres
2091.210	M/W/F	6:00-7:00pm	Sep 8-Dec 19	\$70/\$80
14 to 17 Years				Res/Nonres
2091.211	M/W/F	7:00-8:00pm	Sep 8-Dec 19	\$70/\$80



Boxing for Kids 8 to 12 Years

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

				Res/Nonres
2091.212	Sat	9:30-10:30am	Sep 27-Oct 25	\$45/\$55

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.

9 to 11 years				Res/Nonres
2091.215	Mon	5:30-6:30pm	Sep 22-Nov 3	\$20/\$30
12 to 14 years				Res/Nonres
2091.216	Mon	6:45-7:45pm	Sep 22-Nov 3	\$20/\$30

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
1247.206	Wed	6:00-7:00pm	Sep 24-Oct 22	\$45/\$55



MMA Grappling 18 and Older

Learn the popular MMA (Mixed Martial Arts) art of "no gi" grappling. Takedowns, ground control and submissions will be taught. This is a beginning level MMA Brazilian Jiu Jitsu class. No formal uniform is required. Classes held at The Boxing Club, 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.

				Res/Nonres
1247.207	T/Th	4:30-5:30pm	Sep 23-Oct 23	\$85/\$95

TENNIS

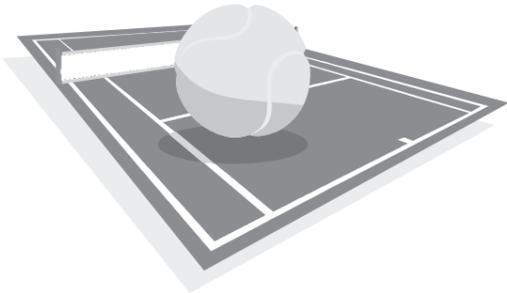
PUBLIC TENNIS COURT HOURS

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 class November 24, 25, 26, 27, 28, and 29.

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
3013.200	Sat	9:00-10:00am	Sep 20-Oct 18	\$40/\$50
3013.201	Sat	9:00-10:00am	Nov 1-Dec 6	\$40/\$50

Tennis - Beginning 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
3013.203	Tu/Th	4:00-5:00pm	Sep 16-Oct 16	\$70/\$80
3013.204	Sat	10:00-11:00am	Sep 20-Oct 18	\$45/\$55
3013.206	Tu/Th	4:00-5:00pm	Oct 28-Dec 4	\$70/\$80
3013.207	Sat	10:00-11:00am	Nov 1-Dec 6	\$45/\$55

Tennis - Advanced Beginner/Intermediate 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 ground strokes, 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
3013.208	Tu/Th	5:00-6:00pm	Sep 16-Oct 16	\$70/\$80
3013.209	Sat	11:00am-12:00pm	Sep 20-Oct 18	\$45/\$55
3013.210	Tu/Th	5:00-6:00pm	Oct 28-Dec 4	\$70/\$80
3013.211	Sat	11:00am-12:00pm	Nov 1-Dec 6	\$45/\$58

Tennis - Advanced 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
3013.212	M/W	4:00-6:00pm	Sep 15-Oct 15	\$90/\$100
3013.213	M/W	4:00-6:00pm	Oct 27-Dec 3	\$90/\$100



Tennis – Adult Beginner/Intermediate 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
3013.214	Tu/Th	6:00-7:00pm	Sep 16-Oct 16	\$75/\$85
3013.215	Sat	12:00-1:00pm	Sep 20-Oct 18	\$40/\$50
3013.216	Tu/Th	6:00-7:00pm	Oct 28-Dec 3	\$75/\$85
3013.217	Sat	12:00-1:00pm	Nov 1-Dec 6	\$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. 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. **No class November 28.**

				Res/Nonres
9397.200	Fri	1:30-3:30pm	Sep 26-Dec 5	\$40/\$50

HEALTH & WELLNESS PROGRAMS

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). Information: (858) 486-1003. Instructor: Barry Barker.

				Res/Nonres
5417.200	Sat	9:15-10:00am	Sep 27-Oct 25	\$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
5417.201	Thu	6:30-8:00pm	Sep 18-Nov 20	\$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 the Community Meeting Room at the Poway Library. Instructor: Blythe Paley.

				Res/Nonres
5417.202	Wed	6:00-9:30pm	Sep 24	\$28/\$38



Pilates on the Mat 15 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. It teaches body awareness, good posture, and easy, graceful movement. Pilates improves flexibility and agility. It can help alleviate back pain. Classes held at Kenpo Karate (www.powaymartialarts.com), 13246 Poway Road. Information: (858) 486-1003. Instructor: Emma Sarmiento.

				Res/Nonres
5417.203	Wed	7:15-8:00pm	Sep 24-Oct 22	\$45/\$55

Blood Type Diet 18 and Older

Our blood type, history and our health...come discover how they are related. Learn how your blood type affects digestion, immune systems, and choice of exercise. Discover how nervous system health is related to digestion, the importance of probiotic foods, and micro flora. Participants will find a nutritional approach that is a combination of genetic fit and traditional foods. These and many other topics will be covered in the class. Classes held at the Community Meeting Room at the Poway Library. Instructor: Debbie Eaton.

				Res/Nonres
5417.204	Wed	6:30-8:00pm	Sep 10-Oct 1	\$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 the Community Meeting Room at the Poway Library. Instructor: Blythe Paley.



				Res/Nonres
5417.205	Sat	8:00am-1:00pm	Sep 20	\$36/\$46

CPR Adult/Child/Infant (Non-Certification Class) 11 and Older

Keep your family safe by learning the skills necessary to save a loved one in the event of a life threatening emergency. You will practice all the lifesaving skills on mannequins, which will prepare you in the event that you have to perform them in a real life emergency. This non-certification course is for those who want to learn how to administer rescue breathing, CPR and to aid a choking victim, but without the time commitment or cost of a certifying class. Materials

				Res/Nonres
5417.206	Sat	2:00-5:00pm	Sep 20	\$20/\$30

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. Participants will feel stronger, more athletic, more powerful, more hip and even better 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 Poway Community Park, Auditorium. Instructor: Emma Sarmiento.

				Res/Nonres
5417.207	Tue	7:00-8:00pm	Sep 23-Oct 28	\$48/\$58

TEEN PROGRAMS

Poway Teen Recreation Club

Middle - High School

The Poway Teen Recreation Club (PTRC) is a community service club that focuses on recreation and leadership opportunities for teens in Poway. This fall the PTRC will hold club meetings on Wednesdays beginning September 10 from 5:30 p.m. to 9:00 p.m. at the Community Park Senior Center, 13094 Civic Center Drive. No need to pre-register, meetings are open to Poway teens interested in learning more about the PTRC and getting involved in their community. Throughout the fall the PTRC will offer opportunities to volunteer at special events and participate in community service projects as well as host fun recreational activities! For more information call (858) 668-4674 or visit the teen page at www.poway.org/teens for a calendar of events.

Teen Only Nights – Every Friday

Middle - High School

Every Friday night from 6:30 p.m. to 9:30 p.m. teens can participate in recreational sports, games, dodge ball, Guitar Hero tournaments, karaoke 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 call (858) 668-4674 or visit the teen page at www.poway.org/teens for a calendar of events.

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, a mobile skate park 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, Pomerado Elementary, 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 call (858) 668-4674 or visit the Mobile Recreation page at www.poway.org/mobilerecreation.

POWAY SKATE PARK

Kick'n It Wednesdays

Youth 14 and Under Program

The Poway Skate Park will be open Wednesdays 1:00 p.m. to 4:00 p.m. beginning August 20, for the Kick'n It Wednesdays recreation program! Community Park staff will host supervised skate time and fun recreational activities for youth ages 14 and under. **A legal parent or guardian must accompany youth signing up for skate park programs.**

Freestyle Fridays *Family Skate Night*

Ride the snake run, work the bowl or participate in cool recreation activities at the Freestyle Fridays 14 and under Skate Park program! Community Park staff will host supervised skate time every Friday from 5:00 p.m. to 8:00 p.m. Family members over the age of 14 are welcome to participate as long as they are accompanied with a registered Freestyle Friday participant who is under 14 years old. **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/communitypark

POWAY BRANCH LIBRARY

Children's Programs (Sep-Dec 2008)

All classes held at the Poway Library Children's Room

Bi-Lingual Storytime	3-5 Years
Fridays 10:30-11:00am	Sept 12 & 26, Oct 10 & 24, Nov 14, Dec 12
Fall Into Books	Grade 4
Thursdays 3:00-4:00pm	Sept 25, Oct 23, Nov 20, Dec 18
John Taibe Radical Reptiles & Friends	To 12 Years
Saturday 1:00-2:00pm	September 13
San Diego History Museum Miss Frizzle Magic School Bus	Topic: Dinosaurs
Saturday 1:00-2:00pm	September 27
Storytime: Scripps Performing Arts	
Mon-Thu 10:00-11:00am	September 8-11
W 4:00-5:00pm	September 10
Storytime: Fire Safety with Capt. Garry MacPherson	
Wed-Thu 10:30-11:00am	September 17-18
Craft	
Tuesday 3:00-4:00pm	September 23
Birch Aquarium: 2 programs, 1/2-hour each	
Saturday 1:00-2:00pm	October 11
Mad Science: Hands-on Science Program	
Saturday 1:00-2:00pm	October 25
Storytime: Dental Health with ABC Dentistry	
Mon-Tue 10:30-11:00am	October 1-2
Storytime: Poway Midland Railroad	
Mon-Thu 10:30-11:00am	October 20-23
Craft	
Tuesday 3:00-4:00pm	October 21
Halloween Party: Face painting, cookie decorating and fun activities for kids	
Friday Time TBD	October 31
Wild Animal Park	
Saturday 1:00-2:00pm	November 8
Monart School of Art	Registration Req'd
Poway Library Community Room	
Saturday 1:00-2:00pm	November 22
Storytime: Child Safety with Ms. Duncan Crime Prevention Specialist	
Wed-Thu 10:30-11:00am	November 5-6
Storytime: Healthy Eating with Pia Puertollano Registered Dietitian	
Wed-Thu 10:30-11:00am	November 19-20
Craft	
Tuesday 3:00-4:00pm	November 18
San Diego Children's Choir	
Saturday 1:00-2:00pm	December 13
Storytime: Pet health with a Veterinarian	
Wed-Thu 10:30-11:00am	December 3-4
Craft	
Tuesday 3:00-4:00pm	December 16

No Storytime from December 22-January 1

Teen Programs (Sep-Dec 2008)

T-MAD Meeting	
For the first meeting of the new school year we will decide on a new name for the group. We will also decide what books, music, and movies are purchased for the teen section of the library, and share ideas about programs and events for teens. This meeting counts as community service. Refreshments provided.	
Thursday 4:00pm	September 4
Teen Craft Program	
We will be making Caribbean foot jewelry while it is still warm enough for bare feet! All supplies provided.	
Thursday 4:00pm	September 11
Talk like a Pirate Day	
Pirate games, pirate food, and learn the lingo.	
Thursday 4:00pm	September 18
Candy Making Class	
Learn how to make chocolate candies and have a ½ pound to take home. Room is very limited; sign up at the reference desk.	
Thursday 4:00pm	September 25
T-MAD meeting	
We will make Halloween decorations for the teen area and plan the Halloween party. This meeting counts as community service. Refreshments provided.	
Thursday 4:00pm	October 2
Teen Tie-Dye program	
Bring your own white items of clothing to transform or we will have t-shirts and bandanas to tie-dye.	
Thursday 4:00pm	October 9

Teen Programs (cont'd)

Author Visit	
Celebrate Teen Read Week! Come to the library to meet Mary Pearson author of The Adoration of Jenna Fox.	
Thursday 4:00pm	October 16
Teen Movie	
Get into the Halloween spirit with a scary movie. Snacks will be served.	
Thursday 4:00pm	October 23
Halloween Party	
Come in costume to the library for face painting, cake decorating and lots of fun and games. Refreshments provided.	
Thursday 4:00pm	October 30
T-MAD meeting	
Help decide what books, music, and movies are purchased for the teen section of the library, and share ideas about teen programs and events. This meeting counts as community service. Refreshments provided.	
Thursday 4:00pm	November 6
Teen Craft	
We will make autumn candle holders with local flora. All supplies provided.	
Thursday 4:00pm	November 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 4:00pm	November 20
T-MAD meeting	
We will be making winter decorations for the young adult section of the library.	
Thursday 4:00pm	December 4
Teen Program	
Refreshments provided.	
Thursday 4:00pm	December 11
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 4:00pm	December 18

Adult Programs (Aug-Dec 2008)

San Diego County Office of Emergency Services	
Speaker discusses preparing for fire season.	
Sunday 1:00pm	August 10
Bird Program	
Come view many live exotic bird species.	
Sunday 1:00pm	August 17
Summer of Sprague Jazz	
Peter Sprague performs live jazz in the courtyard. Free.	
Sunday 6:00pm	August 31
Handwriting analysis	
Learn to analyze handwriting samples in this class taught by Paula Sassi.	
Sunday 1:00pm	September 28
Adult Candy Making Class	
Tami Jones will teach you how to make several types of candies just in time for the holidays. Sign up required. Class limited to 15 people.	
Sunday 1:00pm	October 12

Adult Computer Classes

Adult Computer Classes are now scheduled for twice a week as follows:

Internet for the Absolute Beginner

Tues-Thurs 8:15-9:30am	July 1 & 3, 15 & 17, 29 & 31 August 12 & 14, 26 & 28 September 9 & 11, 23 & 25 October 7 & 9, 21 & 23 November 4 & 6, 18 & 20 December 2 & 4, 16 & 18, 30
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E-mail for the Absolute Beginner

Tues-Thurs 8:15-9:30am	July 8 (no class July 10), 22 & 24 August 5 & 7, 19 & 21 September 2 & 4, 16 & 18, 30 & Oct 2 October 14 & 16, 28 & 30 November 11 & 13, 25 (no class Nov 27) December 9 & 11, 23 (no class Dec 25)
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All programs are subject to change. Please call the library for more information at (858) 513-2900.



SWIM CENTER

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

visit www.poway.org/swim. For lesson information, call (858) 668-4580. Swimmers may be required to show proof of residency in order to be eligible for resident's rate.

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

SEASON AND YEARLY PASSES

Season and yearly passes may be purchased at the pool during business hours. Family passes include two adults (18 and over) and all immediate family members 17 and under residing in the same household. Season passes are valid for 90 days from date of purchase. **NOTE: PASS HOLDERS MUST STOP AND HAVE THEIR CARDS SCANNED PRIOR TO ENTERING THE FACILITY.**

	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

FALL POOL HOURS (Sept. 2-Oct. 26, 2008)

Mon/Wed/Fri	10:30 am-7:30 pm
Tue/Thu	8:00am-7:30 pm
Sat/Sun	10:30 a.m. - 5:00 p.m.

WINTER POOL HOURS (Oct. 27, 2008-Apr. 7, 2009)

Mon-Fri	11:00 a.m. - 1:30 p.m. / 3:00 p.m. - 7:00 p.m.
Sat/Sun	CLOSED

POOL CLOSED

Saturday, September 13, 2008	Community Day
Saturday, October 4, 2008	Swim Meet
Thursday, Nov. 27 & Friday, Nov. 28, 2008	Thanksgiving
Dec. 15, 2008-Jan. 2, 2009	Annual Pool Maintenance

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

Birthday Party Package

Have pool staff arrange a pool party for your next birthday party celebration. 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 at the pool during open business hours. Information: (858) 668-4680.

Res/Nonres
\$50/\$60



Grunion 1

3 to 5 Years

An introduction to American Red Cross Level 1, this class is designed for children with limited or no swimming experience. Skills include submergence underwater, front and back floats, kicking on front and back, and beginning swim stroke.

	Res/Nonres
0121.200 T-F 3:00-3:40pm Sep 2-Sep 12	\$50/\$60
0121.201 M-Th 3:00-3:40pm Sep 15-Sep 25	\$50/\$60
0121.202 M-Th 3:00-3:40pm Sep 29-Oct 9	\$50/\$60
0121.203 M-Th 3:00-3:40pm Oct 13-Oct 23	\$50/\$60

Grunion 2

3 to 5 Years

A continuation of American Red Cross Level 1, this is an introductory class for children who successfully completed the Grunion 1 class or are very comfortable in the water. This course reinforces those skills learned in Grunion 1 with a greater emphasis on self-proficiency. Orientation to 4 feet of water is also introduced.

	Res/Nonres
0122.200 T-F 3:00-3:40pm Sep 2-Sep 12	\$50/\$60
0122.201 M-Th 3:00-3:40pm Sep 15-Sep 25	\$50/\$60
0122.202 M-Th 3:50-4:30pm Sep 15-Sep 25	\$50/\$60
0122.203 M-Th 3:00-3:40pm Sep 29-Oct 9	\$50/\$60
0122.204 M-Th 3:50-4:30pm Sep 29-Oct 9	\$50/\$60
0122.205 M-Th 3:00-3:40pm Oct 13-Oct 23	\$50/\$60
0122.206 M-Th 3:50-4:30pm Oct 13-Oct 23	\$50/\$60

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 strokes of front crawl on their own. Emphasis is placed on reinforcing front crawl, creating self-proficiency of back crawl, and introducing elementary backstroke. Students should feel comfortable in at least 4 feet of water.

	Res/Nonres
0123.201 T-F 3:00-3:40pm Sep 2-Sep 12	\$50/\$60
0123.202 T-F 3:50-4:30pm Sep 2-Sep 12	\$50/\$60
0123.203 M-Th 3:00-3:40pm Sep 15-Sep 25	\$50/\$60
0123.204 M-Th 3:50-4:30pm Sep 15-Sep 25	\$50/\$60
0123.205 M-Th 3:00-3:40pm Sep 29-Oct 9	\$50/\$60
0123.206 M-Th 3:50-4:30pm Sep 29-Oct 9	\$50/\$60
0123.207 M-Th 3:00-3:40pm Oct 13-Oct 23	\$50/\$60
0123.208 M-Th 3:50-4:30pm Oct 13-Oct 23	\$50/\$60

Starfish

6 to 12 Years

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

	Res/Nonres
0221.200 T-F 3:50-4:30pm Sep 2-Sep 12	\$50/\$60
0221.201 M-Th 3:50-4:30pm Sep 15-Sep 25	\$50/\$60
0221.202 M-Th 3:50-4:30pm Sep 29-Oct 9	\$50/\$60
0221.203 M-Th 3:50-4:30pm Oct 13-Oct 23	\$50/\$60

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.

	Res/Nonres
0222.200 T-F 3:50-4:30pm Sep 2-Sep 12	\$50/\$60
0222.201 T-F 4:40-5:20pm Sep 2-Sep 12	\$50/\$60
0222.202 M-Th 3:50-4:30pm Sep 15-Sep 25	\$50/\$60
0222.203 M-Th 4:40-5:20pm Sep 15-Sep 25	\$50/\$60
0222.204 M-Th 3:50-4:30pm Sep 29-Oct 9	\$50/\$60
0222.205 M-Th 4:40-5:20pm Sep 29-Oct 9	\$50/\$60
0222.206 M-Th 3:50-4:30pm Oct 13-Oct 23	\$50/\$60
0222.207 M-Th 4:40-5:20pm Oct 13-Oct 23	\$50/\$60

Otter

6 to 16 Years

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

	Res/Nonres
0223.200 T-F 3:50-4:30pm Sep 2-Sep 12	\$50/\$60
0223.201 T-F 4:40-5:20pm Sep 2-Sep 12	\$50/\$60
0223.202 M-Th 4:40-5:20pm Sep 15-Sep 25	\$50/\$60
0223.203 M-Th 4:40-5:20pm Sep 29-Oct 9	\$50/\$60
0223.204 M-Th 4:40-5:20pm Oct 13-Oct 23	\$50/\$60

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.

	Res/Nonres
0321.200 T-F 4:40-5:20pm Sep 2-Sep 12	\$50/\$60
0321.201 M-Th 4:40-5:20pm Sep 15-Sep 25	\$50/\$60
0321.202 M-Th 4:40-5:20pm Sep 29-Oct 9	\$50/\$60
0321.203 M-Th 4:40-5:20pm Oct 13-Oct 23	\$50/\$60

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.

	Res/Nonres
0322.200 T-F 4:40-5:20pm Sep 2-Sep 12	\$50/\$60
0322.201 T-F 5:30-6:10pm Sep 2-Sep 12	\$50/\$60
0322.202 M-Th 4:40-5:20pm Sep 15-Sep 25	\$50/\$60
0322.203 M-Th 5:30-6:10pm Sep 15-Sep 25	\$50/\$60
0322.204 M-Th 4:40-5:20pm Sep 29-Oct 9	\$50/\$60
0322.205 M-Th 5:30-6:10pm Sep 29-Oct 9	\$50/\$60
0322.206 M-Th 4:40-5:20pm Oct 13-Oct 23	\$50/\$60
0322.207 M-Th 5:30-6:10pm Oct 13-Oct 23	\$50/\$60

Dolphin

6 to 16 Years

The Dolphins class, or American Red Cross Level 5, focuses on stroke refinement and increasing swimming distance. Knowl-

edge of front crawl (alternate breathing), back crawl, elementary backstroke, sidestroke, and breaststroke are expected. Skills introduced include freestyle and backstroke flip turns.

	Res/Nonres
0323.200 T-F 5:30-6:10pm Sep 2-Sep 12	\$50/\$60
0323.201 M-Th 5:30-6:10pm Sep 15-Sep 25	\$50/\$60
0323.202 M-Th 5:30-6:10pm Sep 29-Oct 9	\$50/\$60
0323.203 M-Th 5:30-6:10pm Oct 13-Oct 23	\$50/\$60

Adult/Teen

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.

	Res/Nonres
0521.200 T-F 5:30-6:10pm Sep 2-Sep 12	\$50/\$60
0521.201 M-Th 5:30-6:10pm Sep 15-Sep 25	\$50/\$60
0521.202 M-Th 5:30-6:10pm Sep 29-Oct 9	\$50/\$60
0521.203 M-Th 5:30-6:10pm Oct 13-Oct 23	\$50/\$60

Red Cross Lifeguard Training

16 and Older

This lifeguard training course includes certification in CPR for the Professional Rescuer, first aid training (includes infant, youth and adult CPR, use of the CPR mask and 2-person CPR), and the necessary skills to become a professional lifeguard. The following skills will be tested on the first day. Failure to complete will result in dismissal from course: swim 300 yards continuously using front crawl and breaststroke, enter the water feet-first, swim 20 yards and retrieve a 10 pound brick from 7-10 feet of water, return 20 yards and climb out of the pool in under one minute and 40 seconds. 100% attendance is required.

Class fee does not include books from the Red Cross. Students must purchase the Lifeguard Training ECC 2006, CPR for the Professional Rescuer books and a pocket resuscitation mask through the American Red Cross prior to the start of class.

	Res/Nonres
0700.201 Sat 8:00am-5:00pm Oct 4	\$85/\$95
T/Th 5:00 - 8:00pm Oct 7/9	
Sat 8:00am-5:00pm Oct 11	
T/Th 5:00 - 8:00pm Oct 14/16	

Water Exercise

16 and Older

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

M/W/F 11:00am-12pm	FREE with admission
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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.

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. Registration for private lessons should be done at the pool. Children under the age of 3 may be required to have an adult assist in the water. Information: (858) 668-4680.

Res/Nonres
\$20/\$30



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.

YOUR Poway Senior Center is located in the Weingart Center Building, situated in Poway's beautiful Community Park. Everyone is welcome, so 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. Your annual membership of \$25.00 helps support programs and services, and you enjoy year 'round benefits. We add new discounts monthly. Come join us, have fun and save money shopping in Poway!



Have You Heard?

"One must ask children and birds how strawberries and cherries taste." – Goethe



BINGO!

We have two Poway Ball Pots worth \$1199 each!!

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

Dine at La Bella Bistro

Our delightfully delicious lunch program offers you a place to join your friends or make new ones every Monday through Friday. Lunch is served between 11:30 a.m. and 12:30 p.m. Advance notice is required, so call us at (858)748-6094 x304 two days in advance to make your reservation, and join us for lunch.

Need a ride to Poway Senior Center?

We offer door-to-door transportation service to and from the Center for lunch. Call us and find out if your zip code qualifies you for pick up.

Special Doll-Making Class

Cathe Lambert, award-winning doll-maker, has offered to teach a 5 week class starting mid-September. \$45, to members, includes greenware. Call for more information.

Interested in Making a Difference in our Community?

We are seeking **Quality Volunteers** who might want to share their skills, expertise and energy to volunteer for projects, programs, or activities at the PSC. You can be any age to participate.

We are looking for: Receptionists, Bingo volunteers, Home Delivered Meals drivers, shoppers, meal servers, kitchen assistants, and Bingo snack bar assistants.

You could deliver hot, and/or frozen meals to those who are homebound in the greater Poway area, including Rancho Penasquitos, Scripps Ranch, Carmel Mountain, Rancho Bernardo and Sabre Springs. Visiting gives them an opportunity to socialize and share their stories and wisdom with another person.

You can volunteer **as little as 4 hours a month** and still be a great help to our aging seniors.

If you don't have time to volunteer, your cash donation helps keep the elderly independent and self-sufficient by supporting our Lunch program.

\$25.00 a week feeds one senior, and \$250 feeds 50 seniors a good, hot lunch.

SPECIAL INTERESTS

Home Buyer Seminar

NEW!

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 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 the Community Meeting Room at the Poway Library. Instructors: Jeri Winberg and Mark Holland.

				Res/Nonres
7617.202	Wed	6:30-9:30pm	Oct 15	\$25/\$35
7617.203	Sat	9:00am-12:00pm	Nov 8	\$25/\$35

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 the Community Meeting Room at the Poway Library. Instructor: Blythe Paley.

Babysitter's Training (Cont'd)

Basic Class (Must take both class dates)				Res/Nonres
7617.200	Sat	9:00am-12:30pm	Oct 4	\$45/\$55
	Sat	9:00am-12:30pm	Oct 11	
CPR Certification (Must be registered in Babysitter Training)				Res/Nonres
7617.201	Sat	12:30-3:00pm	Oct 11	\$20/\$30

Dog/Puppy Obedience 18 and Older

Introductory obedience class for puppies and adult dogs. Your dog learns to walk without pulling, plus Come, Sit, Down, Stand, Heel, and Stay. No metal choke chains, pinch collars, or gentle-lead collars allowed. We will solve behavior problems, including jumping, nipping, digging, and chewing. Dogs must have updated shots. Don't feed your dog four hours prior to the start of class. Materials fee: \$20. Tuesday classes: Old Poway Park Gazebo. Saturday classes: Garden Road Park. Classes held rain or shine. Arrive 20 minutes before first class. Instructor: Good Dog Training School. **No class November 25 and 29.**

Twelve Weeks to Six Months (Puppy Class)				Res/Nonres
9019.200	Tue	6:30-7:30pm	Sep 16-Oct 21	\$90/\$100
9019.201	Sat	9:30-10:30am	Sep 20-Oct 25	\$90/\$100
9019.202	Tue	6:30-7:30pm	Oct 28-Dec 9	\$90/\$100
9019.203	Sat	9:30-10:30am	Nov 1-Dec 13	\$90/\$100
Six Months and Older (Adult Class)				
9019.204	Tue	6:30-7:30pm	Sep 16-Oct 21	\$90/\$100
9019.205	Sat	9:30-10:30am	Sep 20-Oct 25	\$90/\$100
9019.206	Tue	6:30-7:30pm	Oct 28-Dec 9	\$90/\$100
9019.207	Sat	9:30-10:30am	Nov 1-Dec 13	\$90/\$100
Advanced Obedience Training (Canine Good Citizen Certificate)				
9019.208	Sat	9:45-10:45am	Sep 20-Oct 25	\$90/\$100
9019.209	Sat	9:45-10:45am	Nov 1-Dec 13	\$90/\$100



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



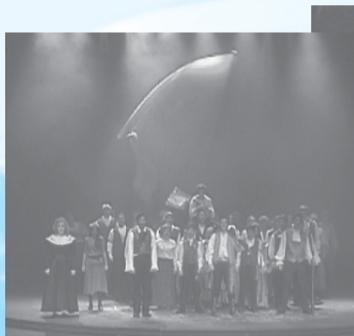
15498 Espola Rd, Poway, CA 92064

(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.

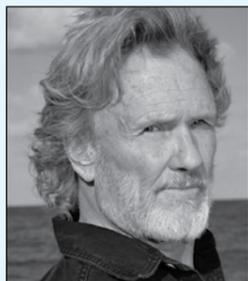
PCPA ART GALLERY
Monday - Friday: 9:00 a.m. to 4:00 p.m.
Saturday: 11:00 a.m. to 3:00 p.m.
A new exhibit opens monthly, ensuring a wide variety of styles and media from local and regional artists.

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

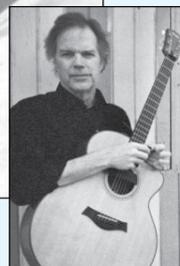


An evening of songs & stories with
KRIS KRISTOFFERSON
Adults: \$45
Saturday, October 18
8 pm



JUDY COLLINS
WITH **LEO KOTKE**

Tickets: \$65 & \$45 (sorry, no youth pricing for this show)
Monday, September 15, 8 pm



Celtic fiddle sensation
NATALIE MACMASTER
Adults: \$45
Friday, October 24
8 pm

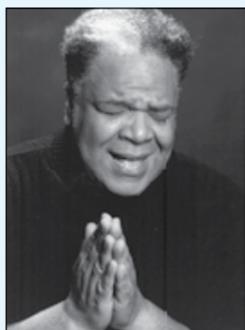


ENCORE PERFORMANCE
The musical autobiography of a Broadway Legend...

PAGE BY PAGE
STARRING **KEN PAGE**

FEATURING *Memories, Ease on Down the Road* and more!

Adults: \$42
Saturday, November 22
8 pm



Folk rock legends
ROGER MCGUINN
(THE BYRDS)
JOHN SEBASTIAN
(THE LOVIN' SPOONFUL)

Adults: \$42
Saturday, December 6
8 pm

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

For a complete season listing visit POWAYARTS.org

Thanks to our generous Season Sponsors



OUTDOOR ACTIVITIES

Hiking for Fun & Fitness 5 and Older

Enjoy easy to moderate hikes on Poway's excellent trails in October, and then on sidewalks with street lights when we return to Standard Time in November. We will walk in neighborhoods with Holiday Lights in December. 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 Grill and Tackle. Information: (858) 748-5166. Instructor: Mike Fry. **No class November 26.**

3439.200 Wed 6:00-7:30pm Oct 1-Dec 17 \$5/person \$10/family

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, www.poway.org/KIIC.

SYCAMORE CANYON GOODAN RANCH

The Sycamore Canyon/Goodan Ranch area is located at the end of Sycamore Canyon Road. Please dress accordingly for the weather, wear sturdy shoes and bring adequate water (there is no potable water). Hours of operation are 8:00 a.m. to 7:00 p.m. (April-September), and 8:00 a.m. to 5:00 p.m. (October-March). Information: (858)513-4737.

Joins us for Raptors Alive on **Sept. 28, Oct. 26, and Nov. 30, at 10:00 a.m.** Rangers will have live raptors on exhibit for public enjoyment and education. One mile hike to the center from Sycamore Canyon Road. Parking is accessed through Poway.



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.



Nature Walks

For up-to-date information on dates and times of docent-led nature walks, please call the Blue Sky office at (858) 668-4781 or pick up our latest Activities Schedule at Community Services, Poway Library or Lake Poway. Please wear comfortable shoes, a hat, and carry your own water. Binoculars are recommended. Scout and group tours are available by reservation. Docent-led walks are **FREE**.

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.

Racoons Rock!

Join us for an up close encounter with one of Project Wildlife's backyard mammals, the strong and agile raccoon. Hear about the raccoon's great hearing and sense of smell, and their remarkable adaptability, and learn what it takes to rehabilitate injured raccoons for return to the wild. **(Reservations Required.** Call the Blue Sky Office at 858-668-4781).

Sat 6:45-8:15pm Aug 23 FREE

Coyotes – The New Kids on the Block

Meet "Kaynine the Coyote"! Does she hold the secret for coyotes and humans to co-exist together? Together let's look for simple solutions to encourage coyotes to remain in the wild. **(Reservations Required.** Call the Blue Sky Office at 858-668-4781).

Sat 6:00-7:30pm Sep 27 FREE

2008 Evening Wildlife Presentations

Come and enjoy our evening wildlife programs, followed by cookies and a sing-along. Bring a chair or jacket to sit on. **Registration Required.**



New Fees and Registration Procedures for Blue Sky Programs

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 certain programs. The Poway City Council recently approved implementing the fees and they will go into effect in Fall 2008. The fees partially off-set the cost of programs and activities. For more information on how to register for programs with fees see the Registration Instructions page at the back of Poway Today.

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. To sign up for school tours visit www.poway.org/bluesky. \$4 per student.

Bats: Bestly or Beneficial

Have you heard all the tall tales about how frightening bats are? Guaranteed you'll change your mind when you learn about their behaviors and find out why bats are incredibly beneficial creatures. See live bats up close and watch as they feed. Project Wildlife will host the program at the Lake Poway Pavilion. **Limited to 50 people. (Registration Required).**

8169.202 Sat 6:00pm Oct 11 \$3/person

Halloween Hoot, Howl and Prowl

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



Sat 5:30pm Oct 18 \$5/person

To find out about exciting additional programs visit www.poway.org/bluesky.

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

OLD POWAY PARK

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

OFFICE HOURS

Tuesday-Saturday 8:00 a.m. to 5:00 p.m.
 Sunday 10:00 a.m. to 2:00 p.m.

RAIL OPERATIONS • (858) 486-4063

Saturday 10:00 a.m. to 4:00 p.m.
 Sunday (Closed 2nd Sunday of every month) 11:00 a.m. to 2:00 p.m.

MUSEUM & NELSON HOUSE HOURS • (858) 679-8587

Saturday 9:30 a.m. to 12:30 p.m.
 Sunday 11:00 a.m. to 2:00 p.m.
 (Closed 2nd Sunday of every month)

BLACKSMITH SHOP

3rd & 4th Saturday 11:00 a.m. to 4:00 p.m.

FARMERS MARKET

Saturday (Rain or shine) 8:00 a.m. to 11:30 a.m.

BOARDWALK CRAFT MARKET

1st Saturday 8:00 a.m. to 2:00 p.m.
 (Every Saturday, Labor Day through Christmas)

TOURS AND SPEAKING ENGAGEMENTS OF THE PARK

Call the Old Poway Park office during business hours.

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



Folk Concerts in the Park

San Diego Folk Heritage and the City of Poway are pleased to present folk concerts at Old Poway Park. Don't miss these amazing concerts where sounds of the fiddle and other acoustic instruments fill the air with music suitable for all ages. All concerts are held in Templars Hall at 7:00 p.m. Admission is \$12 for San Diego Folk Heritage members and \$15 for non-members. For information or to purchase advance tickets please contact San Diego Folk Heritage at (858) 566-4040.

Date	Performer	Music Style
Sat, Aug 16	High Hills	Bluegrass
Sat, Nov 8	Joel Rafael	A Tribute to Woodie Guthrie

Theatre in the Park's Rising Stars

The Poway Woman's Club and the City of Poway are proud to present children's theatre performances in Templar's Hall at Old Poway Park. This Fall, Theatre in the Park will perform The Hobbit. The Hobbit is an award-winning children's fantasy written by J. R. R. Tolkien in the tradition of the fairy tale. In this play, Bilbo Baggins, a Hobbit, journeys to the Lonely Mountain accompanied by a group of dwarves to reclaim a treasure taken from them by the dragon, Smaug. The public is invited to catch the next performance of these "rising

Motorboats and rowboats are rented on a first-come-first-served-basis, and there is always plenty of shoreline to fish from. Friday night is also Family Night at the Lake Poway Grill and Tackle with specially priced meal deals. Bring out the whole family! Night fishing is the perfect opportunity to experience the excitement of fishing. Don't forget to stop by and ask our friendly dock and park ranger staff for fishing tips. Information: (858) 668-4770.

Midnight Catfish Craze

Can't sleep? Then come on out to Lake Poway for the annual Midnight Catfish Craze on Friday, August 15, from 4:00 p.m. to 12:00 a.m. and hook yourself a monster of a catfish! 2,000 pounds of live catfish will be stocked for this year's event. Anglers of all ages are invited to test their skill and luck and bring in the largest catfish of the night. An adult must accompany participants under the age of 16. The daily derby entry fee is \$10.00 for adults, and \$5.00 for youth. A daily Lake Poway fishing permit is required, and a California State Fishing License is required for all participants 16 and older. All anglers must purchase a derby ticket to fish during derby hours. Fifty motorboats are available on a first-come-first served basis starting at 3:00 p.m. Prizes will be awarded for the largest catfish by weight. There will also be a raffle. Lake Poway will be closed during the day on Friday, August 15 in preparation for the event. For information or to become a sponsor: (858) 668-4771.



LAKE POWAY

14644 Lake Poway Rd • Poway, CA 92064

PARK HOURS

Daily 7:00 a.m. to Sunset

Beginning November 1

Daily Sunrise to Sunset

LAKE POWAY FISHING & BOATING HOURS

Wednesday-Sunday 7:00 a.m. to Sunset

Beginning October 1

Saturday & Sunday Only 7:00 a.m. to Sunset

Beginning November 5

Wednesday-Sunday Sunrise to Sunset

INFORMATION (858) 668-4770

Area reservations: (858) 668-4580

Lake Poway Grill & Tackle: (858) 486-1234 • www.poway.org/lakepoway



Night Fishing & Cash Fishing

"Cash Fish Season" is making a huge splash this summer during catfish season at Lake Poway! Every Saturday through catfish season, the Lake Poway Grill and Tackle will award a \$100 cash award for the largest catfish caught during the previous fishing week (Wednesday through Sunday). The prize will be awarded at 7 p.m. on the Lake Poway Concession patio. Catfish season continues through September 6 with bi-weekly stocks of catfish. Stocks will include 80% up to 4 lbs., 20% up to 6 lbs., and special stocks of trophies up to 10 lbs. In addition to the stocks, Lake Poway is full of huge resident catfish just waiting to be caught. **Night fishing** continues at Lake Poway every Friday and Saturday night from 4 p.m. to 11:30 p.m. through September 6.



stars!" Performance dates and times are **Friday, September 12 at 7:30 p.m., Saturday, September 13 at 2:00 p.m. and 7:30 p.m., and Sunday, September 14 at 2:00 p.m.** For more information, please call (858) 748-3383.

Rendezvous in Poway Educational History Tours

On **Friday, September 19 from 9:00 a.m. to 3:00 p.m.**, groups of 20 or more are invited to participate in one-of-a-kind, interactive, hands on learning experience. For one special day, the Rendezvous in Poway will have more than 15 living history encampments set up spanning the turn of the 19th century and civil war eras of California's history. These educational tours are designed to coincide with the Poway School District's curriculum and will bring history to life in a fun and educational manner. Advanced registration is required. Space is limited and bookings are made on a first-come first-served basis, so call today! Information or to schedule your tour: (858) 668-4576.

Flowers! Fresh Food! Fun!



The City of Poway's Certified Farmers Market is a perfect autumn adventure! Walk through the aisles and find the finest in fresh fruits, vegetables, flowers and food. The Farmers Market is every Saturday, RAIN or SHINE, from 8:00 a.m. to 11:30 a.m. at Old Poway Park. The cooler months bring fresh melons, grapefruits, oranges, apples, sweet potatoes, kiwis, cauliflower, broccoli, beets, carrots, squash, pumpkins, artichokes and more. All produce is certified and inspected by the agricultural commission and brought fresh to you directly from the grower. Find delicious lunch items and many plants, herbs, decorative wreaths, and flowers too. The Farmers Market is the place to be! Information: (858) 668-4576.

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 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.

				Res/Nonres
9039.201	Mon	3:30-5:00pm	Nov 3-24	\$40/\$50
9039.202	Mon	3:30-5:00pm	Dec 1-22	\$40/\$50

Discount Fishing Day

All Ages

Celebrate the State of California Department of Fish and Game discount fishing day at Lake Poway **Saturday, September 27**. Each year the State offers all levels of anglers the opportunity to fish with no state fishing license. It is the perfect opportunity to try your hand at the sport and not invest in a one-year license. In addition, Lake Poway will offer reduced pricing on fishing permits, \$4.00 for adults and \$1.00 for youths ages 15 and under. Additionally, boats will be rented at half-day rates all day. **Pedal boats and pleasure boats are not included in the promotion.** Information: (858) 668-4770.

Trout Season Returns to Lake Poway!

On Wednesday, November 5, Lake Poway will once again kick off trout season with our legendary huge rainbow trout. Lake Poway currently holds the county record for rainbow trout at 17.85 pounds! The full-service Lake Poway Grill and Tackle will open at sunrise offering fishing permits, fishing licenses, bait, boat rentals, and refreshments. Permits are \$6.00 for adults (16 and older) and \$3.00 for youth (8 to 15). Seniors 55 and older receive reduced rates on Thursdays and Fridays. Information: (858) 668-4770 or the Lake Poway Grill and Tackle at (858) 486-1234.



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 sportsman. 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 camp will meet every Monday

Lake Poway Maintenance Closure

Lake Poway will be closed to boating and fishing Monday through Friday, October 1, through November 4. Fishing and boating will be available on Saturdays and Sundays only. The park areas will remain open seven days a week from 7:00 a.m. to sunset. Every year during October Lake Poway closes during the week to complete maintenance projects and prepare for trout season.

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.

RESIDENT REGISTRATION BEGINS: August 5, 2008
NON-RESIDENT REGISTRATION BEGINS: August 12, 2008
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.



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.

SWIM LESSON REGISTRATION

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

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

PALOMAR COLLEGE CLASSES

These classes are not affiliated with the City of Poway Community Services Department but are offered through Palomar College as general interest courses. Registration is held on-site, at the first class.

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 the Community Meeting Room at the Poway Library. Instructor: Palomar Staff.

Thursday 6:30-8:30 pm Sep 4-Nov 20 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 the Community Meeting Room at the Poway Library. Instructor: Palomar Staff.

Tuesday 6:00-8:30 pm Sep 2-Nov 18 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 integrating various materials, patterns, and techniques into creating unique artifacts. Classes held at the Community Meeting Room at the Poway Library. Instructor: Palomar Staff. **No class November 10 and 24.**

Monday 6:00-8:30 pm Sep 8-Dec 1 FREE

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: _____

