

**SPORTS
RECREATION
AQUATICS
FITNESS
NATURE
TEENS**

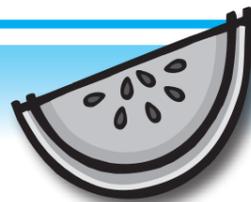
POWAY



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Registration Information

Community Day Celebration

This year's Poway Community Day celebration will be held Saturday, September 13 at the Poway Community Park, located at 13094 Civic Center Drive. The celebration begins with the Poway Heritage parade at 10:00 a.m., starting at Pomerado Road and continuing down Poway Road to Community Park. Community Day festivities will begin at 12:00 p.m. and continue throughout the day.

Vendors are encouraged to register early to ensure a great booth location. Walk in booth registration will begin on June 9, 2008 and continue through September 10. Registration will be taken from 8:00 a.m. to 5:00 p.m. Monday through Friday. Information regarding booth rentals contact Community Services Department at (858) 668-4570.

Old-fashioned Fourth of July

Celebrate July 4th at the annual Old-fashioned Fourth of July event at Old Poway Park! Held on Friday, July 4 from 10:00 a.m. to 4:00 p.m. the event is complete with live music, steam train rides, mock gunfight demonstrations and train robberies, a picnic lunch, a good old-fashioned Ice Cream Social, delicious treats and goodies, Uncle Sam visits and

free children's crafts and activities! See old-fashioned displays of antique clocks, quilts, model trains, crafts and Ford Model-T cars. Visit the Heritage Museum, have your face painted or watch our village's blacksmiths' perform iron working. There's so much old-tyme fun to be had. Information: (858) 668-4576.

Fourth Of July Fireworks!

The annual Fourth of July fireworks show will be held at the Poway High School stadium. The gates will open to the public at 7:00 p.m. for entry into an incredible and spectacular display of fireworks, which will start at 9:00 p.m. Bleacher and blanket seating will be available inside the stadium. There will be a nominal fee

for children's activities in the fun zone from 7:00 p.m. to 9:00 p.m. The fireworks show may also be viewed from the Lake Poway Recreation Area. If you or your company wish to contribute to the Fireworks Trust Fund, please call (858) 668-4582. No donation is too small. The City of Poway thanks the following sponsors:



Walter Andersen Nursery, and Cox Communications. Bring your family and friends to enjoy this traditional celebration of patriotism in your community.

Friday, July 4

7:00-9:30 pm

\$2/person

Children under 11 FREE

Target Summer Concert Series

The Target Summer Concert in the Park Series will continue delighting audiences of all ages this summer. For the seventeenth consecutive year Target Stores, Marrokal Construction, and the City of Poway will team up to offer summer concerts at Lake Poway and Old Poway Park. The concert series emphasizes family recreation and cultural experiences in an outdoor setting and provides an opportunity for families and friends to enjoy a variety of musical styles. Everyone is invited to bring a blanket or chair, picnic dinner or snack, and head out to the park for some great summer fun. **Concerts will be held on Sundays from 5:30 p.m. to 7:00 p.m. at Lake Poway, 14644 Lake Poway Road, and**

Old Poway Park, 14134 Midland Road. Lake Poway concert information: (858) 668-4771. Old Poway Park concert information: (858) 668-4576.



TARGET SUMMER CONCERTS

Date	Location	Performer	Musical Style
June 22	Lake Poway	HELP!	Beatles Tribute Band
June 29	Old Poway Park	Blue Largo	Swing
July 13	Lake Poway	Crossroads	Classic Rock
July 20	Old Poway Park	Virtual Strangers	Bluegrass
July 27	Lake Poway	Left 4 Dead	Upbeat Rock'n Roll
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

Youth Day Ultimate Pool Party

School's out!! The time has come to start the ultimate recess. What better way to start it than a HUGE pool party at the Poway Community Swim Center. Once again, Youth Day is Friday, June 13, and promises to be the most exciting pool party of the year.

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

2923.100 Fri, June 13, 8:00 am-2:00 pm
\$12/child before event date; \$16/child day of event; \$5 aftercare from 2:00-5:00 pm



Great Outdoor Movie Night

presented by **COX**

Find out what the buzz is all about at the Great Outdoor Movie Night at Lake Poway on **Saturday, June 7!** Expect pre-film entertainment and activities with "The Bee Movie" starting at sunset under the warm summer skies. Pack up your family and friends and head on out for excellent outdoor fun.

We expect parking to fill up quickly so get there early or plan to take the shuttle from park-

ing lots. The Lake Poway Concession will offer hot dogs, popcorn, and other movie treats for a nominal fee. The evening is presented in cooperation with "Cox Communications" and CommCinema and is part of the San Diego Movies in the Park Program. The film is a DreamWorks Production and is Rated PG. There is a \$5 non-resident parking fee at the lake. Information: (858) 668-4770.

KIDS CAMPS



Lake Poway Day Camp 6 to 12 years

Experience the summer "Lake Poway Day Camp Style"! From June 16 through August 11, Lake Poway Day Camp will offer nine one-week day camp sessions. Camp hours are from 8:00 a.m. to 5:30 p.m., Monday - Friday. On Monday through Thursday camp will be held at Lake Poway, and on Fridays campers will be at Community Park. Every Wednesday is an action-packed field trip day, departing from and arriving at Lake Poway. Every Friday is a swim day at the Swim Center located at Community Park. Camp activities include fishing, hiking, exploring, sports, swimming, dancing, singing, arts & crafts, games, special presenters and events like the Luau Dance. Proof of age must be provided for all 6-year-old campers at time of registration. There will be no camp on Friday, July 4th. Field trips are subject to change. Camp Counselors supervise the camp at all times, providing outstanding safety and supervision to campers. **A legal parent or guardian must be present to register participants.**

				Res/Nonres
2934.100	M-F	Camper's Choice Choose Your Own Adventure	Jun 16-20	\$120/\$130
2934.101	M-F	Knott's Soak City	Jun 23-27	\$120/\$130
2934.102	M-F	La Jolla Shores Beach	Jun 30-Jul 3	\$96/\$104
2934.103	M-F	Padres Game	Jul 7-11	\$120/\$130
2934.104	M-F	Tidelands Park Coronado	Jul 14-18	\$120/\$130
2934.105	M-F	Skate World Party	Jul 21-25	\$120/\$130
2934.106	M-F	Oceanside Beach	Jul 28-Aug 1	\$120/\$130
2934.107	M-F	Day at Balboa Park	Aug 4-8	\$120/\$130
2934.108	M-F	Knott's Soak City	Aug 11-15	\$120/\$130

Counselor in Training 13 to 17 Years

The CIT program runs from June 16 through August 11, and will offer nine, one week sessions. Monday - Thursday camp will be held at Lake Poway. Fridays will be at Community Park. Wednesdays are field trip days departing from and arriving at Lake Poway. The CIT program is for teen's ages 13 - 17 years old who would like the opportunity to learn professional skills in a fun environment. Teen participants are supervised by City staff and work side by side with their peers assisting in the implementation of the day camp. Participants are able to develop leadership, teamwork and professional skills. This is a unique opportunity to exercise real world work skills and at the same time have a fun summer working with peers, learning from trained staff and teaching children. CIT's are held to high standards of personal conduct while participating in the program. All CIT's may register for a maximum of three camp sessions. There is a limit of twelve CIT's per week. CIT's are interviewed and evaluated to see where they would excel while working at camp. All CIT's must attend a scheduled Mandatory Information Meetings. No camp held on Friday, July 4. Registration fee includes CIT camp shirt and field trip admission.

A legal parent or guardian must be present to register participants.

				Res/Nonres
2935.100	M-F	Camper's Choice Choose Your Own Adventure	Jun 16-20	\$50/\$60
2935.101	M-F	Knott's Soak City	Jun 23-27	\$50/\$60
2935.102	M-F	La Jolla Shores Beach	Jun 30-Jul 3	\$40/\$50
2935.103	M-F	Padres Game	Jul 7-11	\$50/\$60
2935.104	M-F	Tidelands Park Coronado	Jul 14-18	\$50/\$60
2935.105	M-F	Skate World Party	Jul 21-25	\$50/\$60
2935.106	M-F	Oceanside Beach	Jul 28-Aug 1	\$50/\$60
2935.107	M-F	Day at Balboa Park	Aug 4-8	\$50/\$60
2935.108	M-F	Knott's Soak City	Aug 11-15	\$50/\$60

Art Start Art Camp

Enjoy a week packed full of art in the most creative camp ever! Susan Bainbridge's Art Start Camp returns to Poway with different projects every week (as well as lots of drawing, of course). Explore a variety of media from pastel to watercolor in a relaxed and fun atmosphere. Projects will include mask casting from your own face, tie-dying tee shirts, drawing your favorite cartoon characters, shrink art and more! Try your hand at ceramics, jewelry making or mosaic while learning all about art! Snack will be provided. Bring a washed cotton T-shirt to the first class. Sign up for a half or full day camp. All full-day campers should bring a sack lunch each day. Classes will be held at Old Poway Park in the Great Room. Materials fee: \$40/half-day camps, \$60/full-day camps. Instructor: Susan Bainbridge.



Ages 7-14 Years

Half Day					Res/Nonres
6182.100	M-F	9:00 am-12:00 pm	Jul 7-11		\$105/\$115
6182.101	M-F	9:00 am-12:00 pm	Jul 14-18		\$105/\$115
6182.102	M-F	9:00 am-12:00 pm	Jul 21-25		\$105/\$115
6182.103	M-F	9:00 am-12:00 pm	Jul 28-Aug 1		\$105/\$115
6182.104	M-F	9:00 am-12:00 pm	Aug 4-8		\$105/\$115
6182.105	M-F	9:00 am-12:00 pm	Aug 11-15		\$105/\$115

Ages 8-14 Years

Full Day					Res/Nonres
6182.106	M-F	9:00 am-3:30 pm	Jul 7-11		\$175/\$185
6182.107	M-F	9:00 am-3:30 pm	Jul 14-18		\$175/\$185
6182.108	M-F	9:00 am-3:30 pm	Jul 21-25		\$175/\$185
6182.109	M-F	9:00 am-3:30 pm	Jul 28-Aug 1		\$175/\$185
6182.110	M-F	9:00 am-3:30 pm	Aug 4-8		\$175/\$185
6182.111	M-F	9:00 am-3:30 pm	Aug 11-15		\$175/\$185

Backyard Explorers 5 to 10 Years

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

Old Poway Park, Porter House Parlor					Res/Nonres
6182.112	M-F	9:00 am-12:00 pm	Jul 7-11		\$95/\$105
6182.113	M-F	1:00-4:00 pm	Jul 28-Aug 1		\$95/\$105

Jr. Detective Camp 7 to 12 Years

Become a Mad Science Jr. Detective and take a fascinating journey into the world of detection, forensics and classified information. Learn code language to send secret messages as part of your mission. Go undercover and decode messages from other agents using your top secret clearance. Investigate a pretend crime scene and sift through clues to crack the case. Join the Mad Science Bureau of Investigation to gain observational skills that are necessary for the job. Follow Sherlock's footsteps to learn what tracks and trails can teach us. Take home projects include a detective kit, secret decoder, fingerprint kit and more! Materials Fee: \$30 Instructor: Mad Science San Diego.

Old Poway Park, Porter House Parlor					Res/Nonres
6182.114	M-F	1:00-4:00 pm	Jul 14-18		\$95/\$105
Lake Poway, Ball Field Concessions					Res/Nonres
6182.115	M-F	9:00 am-12:00 pm	Jul 21-25		\$95/\$105

Robots & Reactions Camp 8 to 12 Years

Discover the incredible things that robots can do. Learn about balance and center of gravity as you build your very own rolling robot. Experiment with robotic arms and infrared robots. Work with simple machines that can lift objects and launch them into the air. Learn the basics of chemistry and be amazed by radical reactions. Take home projects include a Roly-Poly Robot, super ball, catapult launcher, rocket racer, camera obscura, Mad Science silly putty and more! Materials Fee: \$45 Instructor: Mad Science San Diego.

Old Poway Park, Porter House Parlor					Res/Nonres
6182.116	M-F	1:00-4:00 pm	Jul 21-25		\$95/\$105

Checkmate Chess Camp 7 to 11 Years

Schoolhouse Chess makes chess fun! We bring pieces to life using creative personalities. Our imaginative characters accelerate the learning process and fascinate children. Play with our giant chess set - the biggest you've ever seen. Find out why chess is the most popular game in the world. This camp covers all rules, strategies and tactics. All campers will receive their very own magnetic chess set to take home. Materials Fee: \$30 Instructor: Mad Science San Diego.

Old Poway Park, Porter House Parlor					Res/Nonres
6182.117	M-F	1:00-4:00 pm	Aug 4-8		\$95/\$105

Mad Science All-Stars 5 to 10 Years

You have been selected to participate on the Mad Science All-Star team! Learn about famous scientists and inventors who were all-stars in their field of expertise. Follow in their footsteps as we equip you with the science skills needed to rise to the top. Together with your teammates you will build super structures, create a volcanic eruption and examine rocks formed from volcanic magma. Soar high above as you build a kite and glider and experiment with lift, aerodynamics and air pressure. Discover the secret behind the stars and make a star chart. Take home projects include: magnetic soccer game, rocket racer, star locator, kite, animal track, crystal garden and more! Materials fee: \$30. Instructor: Mad Science, San Diego.

Lake Poway Ball Field Concession					Res/Nonres
6182.118	M-F	9:00 am-12:00 pm	Jul 14-18		\$95/\$105
6182.119	M-F	9:00 am-12:00 pm	Aug 4-8		\$95/\$105

NASA Space Academy 6 to 11 Years

Mad Science and NASA have teamed up to bring you the excitement and wonder of space in the NASA Space Academy camp. This is your chance to be a rocket scientist! Explore the science involved in rocket construction as you build and launch your own rocket. Watch an amazing rocket launch as it soars to the sky. Use teamwork to complete an important space mission and build a model space station. Explore the farthest reaches of our solar system and create a lunar eclipse in our Mad Science planetary tour. This stellar camp is your ticket to the stars as you journey through the galaxy. Take home projects include Skyblazer II Rocket, Shuttle Copter, Lightning Launcher, Shimmering Stars, Catch-a-Comet, Kepler's Cube and more. Materials fee: \$45. Instructor: Mad Science, San Diego.

Lake Poway Ball Field Concession					Res/Nonres
6182.120	M-F	9:00 am-12:00 pm	Jul 28-Aug 1		\$95/\$105



Sign Language Club

3 to 10 Years

Want to learn something new, different and fun this summer! Sign up with a friend and enter the world of signing together. This week of sign language will teach basic vocabulary and finger spelling in a fun-filled positive environment. The students will learn games, rhymes, songs and simple sentences in American Sign Language (ASL). Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan.

				Res/Nonres
6182.121	M-F	11:00-11:50 am	Jun 23-27	\$20/\$30
6182.122	M-F	11:00-11:50 am	Jul 7-11	\$20/\$30
6182.123	M-F	11:00-11:50 am	Jul 14-18	\$20/\$30



Discovery Time

3 to 6 Years

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

				Res/Nonres
4011.100	M-F	8:30-11:00 am	Jun 16-20	\$80/\$90
4011.101	M-F	8:30-11:00 am	Jun 23-27	\$80/\$90
4011.102	M-F	8:30-11:00 am	Jul 7-11	\$80/\$90
4011.103	M-F	8:30-11:00 am	Jul 14-18	\$80/\$90
4011.104	M-F	8:30-11:00 am	Jul 21-25	\$80/\$90
4011.105	M-F	8:30-11:00 am	Aug 4-8	\$80/\$90

My First Lab

4 to 5 Years

Become a Junior Mad Scientist! This new camp is a great introduction to science. Participants will explore their sense of sight, sound, smell, taste and touch. Children use a magnifying glass to discover the world of creepy crawly creatures. Explore the science of the sea and the fascinating creatures that live there. Campers become paleontologists by searching for fossils and participating in a mini dinosaur dig. Finally, take an exciting mission to explore the planets, moons and stars. Take home projects include a rainbow catcher, binoculars, bug box, T-Rex tooth model and more! Materials fee: \$30. Classes held at Poway Community Park, Youth Activity Room. Instructor: Mad Science of San Diego.

				Res/Nonres
4011.106	M-F	1:00-4:00 pm	Jul 7-11	\$95/\$105
4011.107	M-F	9:00 am-12:00 pm	Jul 28-Aug 1	\$95/\$105



Tennis

6 to 13 years

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

				Res/Nonres
2443.100	M-F	9:00-11:00 am	Jun 23-27	\$75/\$85
2443.101	M-F	9:00-11:00 am	Jul 7-11	\$75/\$85
2443.102	M-F	9:00-11:00 am	Jul 14-18	\$75/\$85
2443.103	M-F	9:00-11:00 am	Jul 21-25	\$75/\$85
2443.104	M-F	9:00-11:00 am	Jul 28-Aug 1	\$75/\$85

Middle School Girls Basketball

11 to 14 years

This camp is for the basketball player who is serious about learning intermediate and advanced techniques for their age level. Girls will learn fundamentals and techniques necessary to be on track for successful play at the next level. Beginning players who are inexperienced, but willing to learn are also encouraged to attend. Participants should be entering 6th to 8th grades next year for registration in this program. Classes held at Meadowbrook Gymnasium. Instructor: Jay Trousdale.

				Res/Nonres
2443.105	M-F	12:30-3:00 pm	Jul 7-11	\$125/\$135

Intermediate Girls Basketball

14 to 16 years

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

				Res/Nonres
2443.106	T-F	2:30-4:30 pm	Jun 17-20	\$125/\$135
	M-Th	2:30-4:30 pm	Jun 23-26	
			(Both Weeks)	

Advanced Girls Basketball

15 to 18 years

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

				Res/Nonres
2443.107	T-F	12:30-2:30 pm	Jun 17-20	\$125/\$135
	M-Th	12:30-2:30 pm	Jun 23-26	
			(Both Weeks)	

Volleyball: Hitting

10 to 15 Years

This camp is designed to help ALL spikers be more efficient and still work on higher kill percentages. Hitters will practice situations from free-balls, serve receive, hitting on blockers, back row, out-smarting opponents and mixing up attacks. Campers will be taught the basics of the arm swing, timing, foot-work and be introduced to a higher level of play sets. Coach Reis is an 11-time CIF championship and EPIC travel coach. Classes held at Meadowbrook Gymnasium. Instructor: Lisa Reis.

				Res/Nonres
2443.108	M-F	9:00-11:00 am	Jul 21-25	\$100/\$110



Volleyball: Setters/Opposites/Right Side Hitters

10 to 15 years

This camp is designed to cover all aspects of any volleyball player who sets on the volleyball court. In order to have better set location, height, accuracy, touch and efficiency, players will practice good posture, hand positioning, proper footwork and follow through. The instructor will also discuss game aspects like deceiving opponents, running an offense, characteristics of a great setter and use of these in match play. Coach Reis is an 11-time CIF championship and EPIC travel coach. Classes held at Meadowbrook Gymnasium. Instructor: Lisa Reis.

				Res/Nonres
2443.109	M-F	11:00 am-1:00 pm	Jul 21-25	\$100/\$110

Volleyball: Back-row Position Player

10-15 Years

This camp covers ALL skill aspects of what a "back-row" player would do in a game. Players will practice receiving a variety of serves in various serve receive formations in order to improve. Other high level activities include reading opponents, various emergency positions, aggressive defense mind-set, and dig transition in game situations. Coach Reis is an 11-time CIF championship and EPIC travel coach. Classes held at Meadowbrook Gymnasium. Instructor: Lisa Reis.

				Res/Nonres
2443.110	M-F	1:00-3:00 pm	Jul 21-25	\$100/\$110

Volleyball: Coed 6-on-6 Team Play

13-15 Years

This camp is where players "put it all together" through proper defensive and offensive mechanics. Some of the activities include role playing, sizing up opponents, various strategies, enhancing team strengths, team spirit, and playing to your potential mentally and physically. The camp format will include one hour of team games, one hour of drills, and one hour of tournament format. The camp culminates with a final day tournament and awards (parents welcome). Coach Reis is an 11-time CIF championship and EPIC travel coach. Classes held at Meadowbrook Gymnasium. Instructor: Lisa Reis.

				Res/Nonres
2443.111	M-F	9:00 am-12:00 pm	Jul 28-Aug 1	\$150/\$160

Volleyball: Introduction to Coed 6-on-6 Team Play

10-12 Years

This camp is designed to put the basic fundamentals "together" through proper defensive and offensive mechanics. Some of the activities include role playing, sizing up opponents, various strategies, enhancing team strengths, team spirit, and playing to your potential mentally and physically. The camp format will include one hour of team games, one hour of drills, and one hour of tournament format. The camp culminates with a final day tournament and awards (parents welcome). Coach Reis is an 11-time CIF championship and EPIC travel coach. Classes held at Meadowbrook Gymnasium. Instructor: Lisa Reis.

				Res/Nonres
2443.112	M-F	12:00-3:00 pm	Jul 28-Aug 1	\$150/\$160

Archery Camps

7 and Older

This camp teaches beginning Archery Shooting fundamentals, and includes five shooting sessions in one week. It is designed to allow both the new and experienced Archer to develop a higher level of skills while enjoying a week of fun involving special Archery activities. A certified coach will teach the fundamentals and assist each Archery student to become proficient in the sport. At the end of the week, a fun, mini tournament will be held, with ribbons to all participants. All equipment will be supplied. Students are asked not to bring their own equipment for use in the class. Material fee: \$15. Classes are held at the Lake Poway Archery Range, located at 14644 Lake Poway Road. Instructor: Jim Velazquez.

				Res/Nonres
2443.113	M	9:00-11:00 am	Jul 7	\$75/\$85
	T-F	9:00-10:00 am	Jul 8-11	
2443.114	M	9:00-11:00 am	Jul 21	\$75/\$85
	T-F	9:00-10:00 am	Jul 22-25	
2443.115	M	9:00-11:00 am	Jul 28	\$75/\$85
	T-F	9:00-10:00 am	Jul 29-Aug 1	

Cheer Camp

7 to 18 Years

NEW!

This camp is designed for boys and girls to learn the basic fundamentals of cheerleading skills. They will learn proper stretching, conditioning, arm motion techniques, jumps, stunting and dance, in addition develop 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 clothing and tennis shoes. Classes held at SoCal Elite AllStars Cheer & Dance, 13880 Stowe Drive, Suite B.

				Res/Nonres
Ages 7-12 Years				
2443.116	M-F	10:00 am-12:00 pm	Jul 7-11	\$80/\$90
2443.117	M-F	10:00 am-12:00 pm	Jul 14-18	\$80/\$90
Ages 13-18 Years				
2443.118	M-F	12:00-2:00 pm	Jul 7-11	\$80/\$90
2443.119	M-F	12:00-2:00 pm	Jul 14-18	\$80/\$90

CHILDREN'S DANCE

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

Dance for Children **3 to 5 Years**

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

				Res/Nonres
5111.100	Mon	10:00-10:45 am	Jul 21-Aug 18	\$60/\$70

Tap & Dance Workshop **3 to 12 Years**

This fun-filled, action-packed, dynamic summer tap workshop will offer a new dance experience each week! Combination classes will include tap with: ballet, tumbling, jazz, creative dance, and much more. Come join the fun! The summer session is a great time for new students to begin and for continuing students to enjoy a variety of dance activities. Tap and ballet shoes and dance attire required. Continuing students can participate in our full-scale dance recital at the PCPA in June 2009!

3 to 5 Years				Res/Nonres
5111.101	Mon	11:00 am-12:00 pm	Jul 21-Aug 18	\$60/\$70
6 to 8 Years				
5111.102	Mon	2:00-3:00 pm	Jul 21-Aug 18	\$60/\$70
9 to 12 Years				
5111.103	Mon	3:00-4:00 pm	Jul 21-Aug 18	\$60/\$70



Jazz Dance for Kids **7 to 17 Years**

Come learn basic through intermediate classical jazz dance technique in a positive, fun-filled, musical environment! Students should wear dance attire and black jazz shoes to class. Classes held at Old Poway Park, Templar Hall. Instructor: Kelli Childress. For more information, please call (760) 747-9777.

Beginner 7 to 11 Years				Res/Nonres
5121.100	Tue	3:45-4:30 pm	Jul 8-Aug 5	\$50/\$60
Beginner/Intermediate 12 to 17 Years				
5121.101	Tue	4:30-5:15 pm	Jul 8-Aug 5	\$50/\$60

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. Tuesday classes held at Old Poway Park, Templar Hall, and Saturday classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress.

Old Poway Park Templar Hall				Res/Nonres
5121.102	Tue	9:30-10:15 am	Jul 8-Aug 5	\$50/\$60
Twin Peaks Multipurpose Room				
5121.103	Sat	10:00-10:45 am	Jul 12-Aug 9	\$50/\$60

Beginning Ballet **5 to 9 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. Dance attire and ballet shoes required. Classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress.

5121.104	Sat	11:00-11:45 am	Jul 12-Aug 9	Res/Nonres
				\$50/\$60

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. Dance attire and ballet shoes required. Classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress.

5121.105	Sat	12:00-12:45 pm	Jul 12-Aug 9	Res/Nonres
				\$50/\$60

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
5131.100	Wed	5:30-6:30 pm	Jul 9-Aug 13	\$45/\$55
10 to 14 Years				
5131.101	Wed	6:30-7:30 pm	Jul 9-Aug 13	\$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. We have so much fun dancing like ballerinas. This class is for the beginning student who wants to try this beautiful dance form, as well as exercise to wonderful music. Classes held at Twin Peaks Recreation Center. Instructor: Kellie Childress.

5317.100	Sat	9:00-10:00 am	Jul 12-Aug 9	Res/Nonres
				\$50/\$60

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. **No class July 8.**

5317.101	Tue	6:00-7:00 pm	Jun 24-Aug 5	Res/Nonres
				\$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.

5317.102	Wed	7:30-8:30 pm	Jul 9-Aug 13	Res/Nonres
				\$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 July 4.

Mom & Tot **Walking to 3 Years**

This class is designed for toddlers and their parents to participate together in basic gymnastics while interacting with other children and an instructor. 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
2312.100	Thu	10:45-11:15 am	Jun 26-Aug 28	\$135/\$145
2312.101	Sat	8:45-9:15 am	Jun 28-Aug 30	\$135/\$145

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
2312.102	Thu	10:00-10:45 am	Jun 26-Aug 28	\$154/\$164
2312.103	Sat	9:30-10:15 am	Jun 28-Aug 30	\$154/\$164

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
2312.104	Tue	3:40-4:40 pm	Jun 24-Aug 26	\$173/\$183

Advanced Beginning Gymnastics **8 to 12 Years**

This class is designed for girls who have mastered the beginner level skills or are at least 8 years old. They will learn a combination of the skills learned in the beginner level and a set of progressively harder skills.

				Res/Nonres
2312.105	Fri	5:30-6:30 pm	Jun 27-Aug 29	\$173/\$183

Beginning Tumbling & Trampoline **5 to 7 Years**

This class consists of basic tumbling skills, basic skills on a double mini trampoline, and basic skills on a regular trampoline.

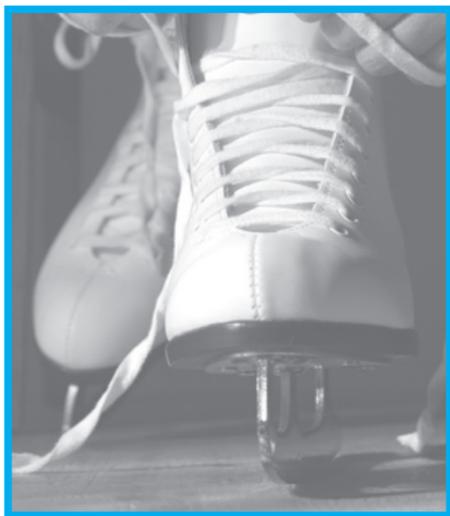
				Res/Nonres
2312.106	Thu	6:00-7:00 pm	Jun 26-Aug 28	\$173/\$183

YOUTH SPORTS

Beginning Ice Skating 3 to 12 Years

Could your child be an undiscovered skating star? Let your child experience the thrill and excitement of learning this beautiful sport. Fundamental skills will be taught in class and students can practice during open skate time from 3:00 to 5:00 p.m. Skate rental is included in the fee. Classes held at San Diego Ice Arena, 11048 Ice Skate Place. Instructor: Ann Daniels.

3 to 5 Years				Res/Nonres
2091.100	Wed	4:00-4:30 pm	Jul 2-23	\$40/\$50
2091.101	Wed	4:00-4:30 pm	Aug 6-27	\$40/\$50
6 to 12 Years				Res/Nonres
2091.102	Wed	4:30-5:00 pm	Jul 2-23	\$40/\$50
2091.103	Wed	4:30-5:00 pm	Aug 6-27	\$40/\$50



Karate is for Kids 4 to 16 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 class is safe, fun, and they will get better at all the things listed above. Uniform optional, but available. Information: (858) 486-1003. Classes held at Poway Kenpo Karate, 13246 Poway Road (in the Lively Center). Instructor: Barry Barker. **No class July 2, 4, and 5.**

4 to 5 Years				Res/Nonres
2091.104	Fri	3:00-3:45 pm	Jun 27-Aug 1	\$45/\$55
6 to 7 Years				Res/Nonres
2091.105	Sat	10:00-10:45 am	Jun 28-Aug 2	\$45/\$55
8 to 12 Years				Res/Nonres
2091.106	Wed	4:00-4:45 pm	Jun 25-Jul 30	\$45/\$55
13 to 16 Years				Res/Nonres
2091.107	Wed	6:00-6:45 pm	Jun 25-Jul 30	\$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, they will develop respect, self-discipline, self-control, concentration, and confidence. Our internationally certified instructor has been teaching Tae Kwon Do through the City of Poway since 1987. The classes are open to both beginners and experienced students. Students may participate in an examination at the end of the session to advance to a higher belt level (for an additional cost). **A martial arts uniform is required and may be purchased from the instructor for \$25.** Classes held at Poway Community Park, Bill Bond Hall I. Instructor: Master Joe Wolpert. **No class July 4.**

5 to 13 Years				Res/Nonres
2091.108	M/W/F	6:00-7:00 pm	Jun 23-Aug 29	\$70/\$80
14 to 17 Years				Res/Nonres
2091.109	M/W/F	7:00-8:00 pm	Jun 23-Aug 29	\$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 any sparring (fighting). You will need box-

ing gloves and handwraps to full participate in this class. The Poway Boxing club has available the approved gear. Classes held at The Boxing Club, 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker. **No class July 5.**



2091.110	Sat	9:30-10:30 am	Jun 28-Aug 2	Res/Nonres
				\$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
2091.111	Mon	5:30-6:30 pm	Jul 7-Aug 18	\$20/\$30
12 to 14 Years				Res/Nonres
2091.112	Mon	6:45-7:45 pm	Jul 7-Aug 18	\$20/\$30

Beginning Baton Twirling 9 to 12 Years **NEW!**

Introduce your child to the art and fun of baton twirling! In this active and creative class, students will develop their confidence and coordination as we combine basic twirling techniques with some fun and challenging tricks. They will be taught a simple and exciting routine to showcase all the many new skills learned in class. Students may purchase a baton from the instructor. 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. Instructor: Krista Murphy.

2091.113	T/Th	6:30-7:30 pm	Jul 8-Aug 14	Res/Nonres
				\$75/\$85

ADULT SPORTS

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

Coed Volleyball 18 and Older

This is an instructional league. When you sign up, you will be assigned to a four-person team based on the instructor's assessment of your skill level. Each evening will consist of league play and instruction. NOTE: Prerequisite for advanced play is strong command of basic skills and experience in competitive play. League placement determined by instructor. Classes held at Twin Peaks Recreation Center, 14640 Tierra Bonita Road. Instructor: Dick Leatherman. **Classes on August 26 and 28 begin at 6 p.m. No class July 1 and 3.**

Intermediate (Male)				Res/Nonres
2091.100	Thu	6:30-9:30 pm	Jun 26-Aug 28	\$57/\$67
Intermediate (Female)				Res/Nonres
2091.101	Thu	6:30-9:30 pm	Jun 26-Aug 28	\$57/\$67
Advanced (Male)				Res/Nonres
2091.102	Tue	6:30-9:30 pm	Jun 24-Aug 26	\$57/\$67
Advanced (Female)				Res/Nonres
2091.103	Tue	6:30-9:30 pm	Jun 24-Aug 26	\$57/\$67

Tae Kwon Do 18 and Older

This is a complete martial arts program for men and women. If you are interested in self-defense or just want to get into shape, you will benefit from the workout. It is de-

signed 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. The difference it can make in your life is tremendous. Students may participate in an examination at the end of the session to advance to a higher belt level (for an additional cost). A martial arts uniform is required and may be purchased from the instructor for \$25. Our internationally certified instructor has been teaching Tae Kwon Do through the City of Poway since 1987. Classes held at Poway Community Park Bill Bond Hall I. Instructor: Master Joseph Wolpert. Information: (858) 748-1333. **No class July 4.**



1247.104	M/W/F	7:00-8:00 pm	Jun 23-Aug 29	Res/Nonres
				\$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.

1247.105	Wed	6:30-9:30 pm	Jul 2-Sep 24	Res/Nonres
				\$40/Team

MMA Grappling 18 and Older **NEW!**

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. **No class July 1 and 3.**

1247.106	T/Th	7:00-8:00 pm	Jun 24-Jul 31	Res/Nonres
				\$85/\$95

TENNIS

See Court Hours Below

PUBLIC TENNIS COURTS

Hilleary Park at 13500 Community Road
Hours: Sunrise to sunset

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 June 30, July 1, 2, 3, 4, 5, August 30, and September 1.

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 will improve hand/eye coordination. Additionally, groundwork drills and court etiquette will be taught. Junior tennis racquets are available from the instructor.

3013.100	Sat	9:00-10:00 am	Jun 21-Jul 26	Res/Nonres
3013.101	Sat	9:00-10:00 am	Aug 2-Sep 6	\$45/\$55

Tennis - Youth Beginner 6 to 14 Years

Beginning tennis skills are taught in this class. Students will learn forehand and backhand groundstrokes, volleys, and a good first serve. Group instruction will include scoring system, court positioning, footwork drills, doubles play, strategy and court etiquette. If needed racquets will be available from the instructor.

				Res/Nonres
3013.102	T/Th	4:00-5:00 pm	Jun 24-Jul 31	\$70/\$80
3013.103	Sat	10:00-11:00 am	Jun 21-Jul 26	\$45/\$55
3013.104	T/Th	4:00-5:00 pm	Aug 5-Sep 4	\$70/\$80
3013.105	Sat	10:00-11:00 am	Aug 2-Sep 6	\$45/\$55

Tennis - Youth Advanced Beginner/Intermediate 8 to 14 Years

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

				Res/Nonres
3013.106	T/Th	5:00-6:00 pm	Jun 24-Jul 31	\$70/\$80
3013.107	Sat	11:00-12:00 pm	Jun 21-Jul 26	\$45/\$55

Tennis - Youth Advanced 8 to 16 Years

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

				Res/Nonres
3013.108	M/W	4:00-6:00 pm	Jun 23-Jul 30	\$90/\$100
3013.109	M/W	4:00-6:00 pm	Aug 4-Sep 3	\$90/\$100

Tennis - Adult Advanced Beginner/Intermediate 15 and Older

During this session, participants will improve their basic fundamental strokes. Students will focus on forehand and backhand groundstrokes and volleys, approach shots, and overhead drills. The class will conclude with doubles play and strategy. If needed racquets will be available from the instructor. Fun and enjoyment will be emphasized!

				Res/Nonres
3013.110	M/W	6:00-7:00 pm	Jun 23-Jul 30	\$75/\$85
3013.111	T/Th	6:00-7:00 pm	Jun 24-Jul 31	\$75/\$85
3013.112	Sat	12:00-1:00 pm	Jun 21-Jul 26	\$48/\$58

OUTDOOR ACTIVITIES



Mobile Recreation Program All Ages

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 Poinsettia Mobile Home Estates, Oak Knoll Community, Pomerado Elementary 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 con-

fidence and have fun! For more information about our Mobile Recreation program and where it will be this summer call: (858) 668-4674. A schedule of where the Mobile Recreation program will be can be attained by calling (858) 668-4674, or at www.poway.org.

Hiking for Fun & Fitness 5 and Older

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

				Res/Nonres
3439.100	Wed	6:00-7:30 pm	Jul 9-Sep 24	\$5/person \$10/family

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

HEALTH & WELLNESS

Tai Chi for Beginners 18 and Older

Enjoy the grace, beauty and health benefits of this timeless exercise. Attire should be casual and loose fitting. Classes held at Poway Kenpo Karate, 13246 Poway Road (in the Lively Center). For additional information, please call (858) 486-1003. Instructor: Barry Barker. **No class July 5.**

				Res/Nonres
5417.100	Sat	9:15-10:00 am	Jun 28-Aug 2	\$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. **No class July 3.**

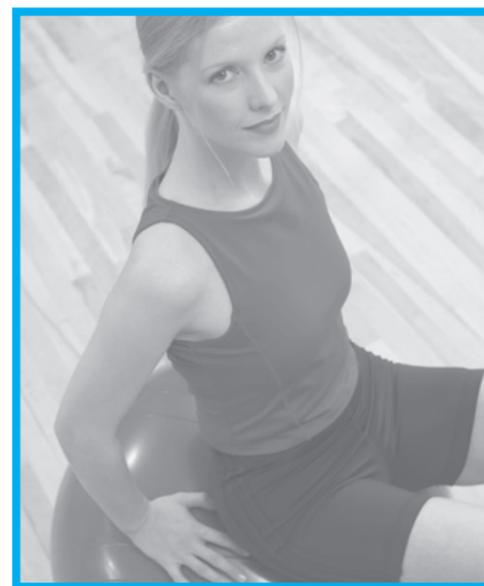
				Res/Nonres
5417.101	Thu	6:30-8:00 pm	Jun 26-Sep 4	\$75/\$85

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. Classes held

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

				Res/Nonres
5417.102	Sat	8:30 am-12:00 pm	Aug 2	\$28/\$38



Pilates on the Ball 16 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. Bring an appropriate sized stability ball to class. Classes held at Kenpo Karate, 13246 Poway Road. Information: (858) 486-1003. Instructor: Emma Sarmiento. **No class July 7.**

				Res/Nonres
5417.103	Mon	7:15-8:00 pm	Jun 23-Jul 28	\$45/\$55

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: \$28. Class held at the Community Meeting Room at the Poway Library. Instructor: Blythe Paley.

				Res/Nonres
5417.104	Sat	8:00 am-1:00 pm	Jul 26	\$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 fee: \$15. Class held at the Community Meeting Room at the Poway Library. Instructor: Blythe Paley.

				Res/Nonres
5417.105	Sat	2:00-5:00 pm	Jul 26	\$20/\$30

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 microflora. Participants will find a nutritional approach that is a combination of a 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. **No class July 14.**

				Res/Nonres
5417.106	Mon	6:30-8:00 pm	Jun 23-Jul 21	\$51/\$61

Turbo Kick

16 and Older



Turbo Kick is an addictive workout that combines shadow boxing, kickboxing, sports drills, yoga, and simple dance moves in a high energy atmosphere. Turbo Kick allows individuals at any fitness level to adjust their work-out to meet their own needs. Participants will feel stronger, more athletic, more powerful, more hip, and even sexier about themselves! If you are looking to shape up in a fun party setting by burning calories, this class is for you. Please bring: athletic shoes, towel, and water. Classes held at Poway Community Park, Auditorium. Instructor: Emma Sarmiento. **No class July 8.**

Res/Nonres

5417.107 Tue 7:00-8:00 pm Jun 24-Aug 5 \$48/\$58



Bowling

16 and Older

Bowling is for everybody, even for those with special needs. 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 July 4.**

Res/Nonres

9397.100 Fri 1:30-3:30 pm Jun 20-Aug 29 \$40/\$50



Babysitter's Training

11 and Older

A great summer job! Parents will be eager to hire babysitters this summer with this certification! This American Red Cross Course will provide you with the information and skills necessary to provide safe and responsible care for children in the absence of the parent or guardian. This training will help participants develop skills in leadership and professionalism, basic care, safety and safe play and first aid. Take this class with your friends, or parents...send your babysitters! Please bring a large doll or stuffed animal to class. Materials fee: \$16. Classes held at the Community Meeting Room at the Poway Library. Instructor: Blythe Paley.

Res/Nonres

7617.100 Sat 9:00-3:30 pm Jun 28 \$45/\$55

Creating Online Video:



Join the YouTube Generation

16 and Older

Join the generation of people having fun watching and uploading millions of videos a day on YouTube.com. People are using online videos to be educated, entertain, to make a statement, and money. This seminar will help you become the next Steven Spielberg by teaching 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. Instructor: Michael Johnston. Information: (760) 747-5526.

Res/Nonres

7617.101 Tue 6:00-9:00 pm Jul 15 \$28/\$38



Googling for Fun and Profit

18 and Older



Google is the #1 search engine, but did you know that Google offers programs to generate income for individuals and businesses? Google applications can help grow your small business and increase profits. This workshop will show you how to use Google as a business and research tool. Topics include: generating revenue from Google ads on your website; improve your search techniques and save time; using Google maps; setting up free G-mail accounts; and creating a Google calendar to manage your schedule. No computer needed for the class. Materials fee: \$25. Classes held at the Community Meeting Room at the Poway Library. Instructor: Michael Johnston. Information: (760) 747-5526.

Res/Nonres

7617.102 Tue 6:00-9:00 pm Aug 5 \$28/\$38

Dog/Puppy Obedience

18 and Older

Introductory obedience class for puppies and adult dogs. No metal choke chains, pinch collars, or gentle-lead collars allowed. We don't need them. Your dog will learn to walk without pulling, plus the following commands: Come, Sit, Down, Stand, Heel, and Stay. Your dog's behavior problems, including jumping, nipping, digging, and chewing, can be solved in class with our help. Dogs must have updated shots. Do not feed your dog for four hours prior to the start of class. Materials fee: \$20. Tuesday classes held at Old Poway Park Gazebo. Saturday classes held at Garden Road Park. All classes held rain or shine. Please arrive 20 minutes before the first class. Instructor: Bob Burkhardt. Mr. Burkhardt has been a professional trainer for over 25 years. For more information, please call (858) 748-7943.

Twelve Weeks to Six Months (Puppy Class)

Res/Nonres

9019.100 Tue 6:30-7:30 pm Jul 8-Aug 12 \$90/\$100

9019.101 Sat 9:30-10:30 am Jul 12-Aug 16 \$90/\$100

Six Months and Older (Adult Class)

9019.102 Tue 6:30-7:30 pm Jul 8-Aug 12 \$90/\$100

9019.103 Sat 9:30-10:30 am Jul 12-Aug 16 \$90/\$100



The Poway Skate Park is 12,000 square feet of pool style concrete bowls and street elements. The park is open seven days a week from 8 a.m. to 9:30 p.m. The park is equipped with lights and bathrooms. Helmet, elbow, and kneepads are required at all times at this non-supervised park. An adult must supervise children under the age of 14 at all times. The park is subject to one-hour closures for violations of the park rules. The park is located at 13090 Civic Center Drive. For a complete list of rules or information call (858) 668-4674.

Kick'n It Wednesdays

Youth 14 and Under Program

The Poway Skate Park will be open Wednesdays, 5:00 p.m. – 8:00 p.m., June 18 through August 13, for the Kick'n It Wednesdays recreation program! Community Park staff will host supervised skate time and fun recreational activities for youth ages 14 years 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 years and under skate park program! Community Park staff will host supervised skate time every Friday from 5:00 p.m. – 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. Information: (858) 668-4674 or visit the skate park page at www.poway.org



Teen Only Nights – Every Friday

Middle-High School

We are pleased to announce the expanded Teen Only Nights program. Now every Friday night from 6:30pm to 9:30pm teens can participate in recreational sports, games, dodge ball, Guitar Hero tournaments, karaoke and more! No need to pre-register, the program is designed strictly as a drop-in activity. Teen Only Nights are held at Meadowbrook Gymnasium, 12320 Meadowbrook Lane. For more information, please call (858) 668-4674 or visit the teen page at www.poway.org for a calendar of events. The scheduled dates for the summer quarter are:

June 20	July 11	August 1
June 27	July 18	August 8
	July 25	August 15
		August 22

Poway Teen Recreation Club

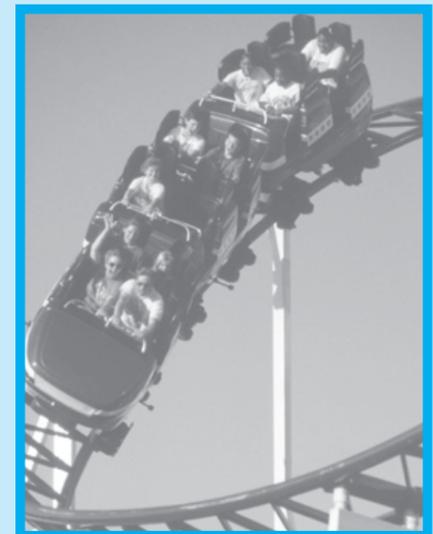
Middle-High School

The Poway Teen Recreation Club (PTRC) is a community service club that focuses on recreation opportunities for teens in Poway. This summer the PTRC will hold club meetings Friday, June 27, July 11, and August 8 from 5:30 p.m. – 6:30 p.m. at Meadowbrook Middle School Gymnasium before Teen Only Night. 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 summer the PTRC will offer opportunities to volunteer at special events and participate in community service projects as well as host fun recreational activities! Information: (858) 668-4674 or visit www.poway.org for a calendar of events.

Magic Mountain Excursion

Middle-High School

GET READY TO SCREAM!! We're headed to



Magic Mountain for a day of fun, roller coasters and cotton candy! On June 26, the bus will depart from Community Park at 8 a.m. and return at 10 p.m. This is one of our most popular trips, so make sure to register early. The registration fee includes transportation, supervision and a ticket into the park. For more details, call (858) 668-4674.

Res/Nonres

9905.100 Thurs 8:00 am-10:00 pm Jun 26 \$55/\$65

Volunteer Program

High School

The City of Poway has many teen volunteer opportunities including special events and community service projects. If you are interested in getting involved in our community, volunteering or accumulating community service hours please contact (858) 668-4674.

SWIM CENTER



The Poway Community Swim Center is located at 13094 Civic Center Drive, within the Poway Community Park. The Swim Center includes a 50-meter by 25-yard pool with an attached diving well and shallow children's area. During open pool hours residents and non-residents of Poway can enjoy the 1 and 3-meter diving boards, open swimming areas, and lap swimming lanes. A 1-foot baby pool is available for play during the spring, summer, and fall months. The swim center offers a complete shower and dressing area. Water temperature in the pool is maintained between 80-84 degrees, providing for comfortable swimming year round. For general information regarding pool hours and fees, call (858) 668-4680. For program information call (858) 668-4570. Swimmers may be required to show proof of residency in order to be eligible for resident rates.

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

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

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 immediate family members 17 and under residing in the same household. Season passes are valid for 90 days from the date of purchase.

	Season Res/Nonres	Year Res/Nonres
Adults	\$90/\$120	\$215/\$340
Youth	\$70/\$100	\$175/\$250
Senior	\$70/\$100	\$175/\$250
Family	\$150/\$245	\$375/\$615

SPRING POOL HOURS (May 5-June 16)

Mon/Wed/Fri	10:30 am-7:30 pm
Tue/Thu	8:00 am-7:30 pm
(Long Course 8:00 am-1:30 pm on T/Th)	
Sat/Sun	10:30 am - 5:00 pm

SUMMER POOL HOURS (June 16-August 31)

Mon/Wed/Fri	1:00-5:45 pm
Tue/Thu	1:00-8:00 pm
Sat/Sun	1:00-7:00 pm

NOTE: No long course on June 3, 5, 10 & 12.

POOL CLOSED

Friday, June 13	All Day for Youth Day
Saturday, June 28	5:00-7:00 pm for Movie Night
Saturday, July 26	5:00-7:00 pm for Movie Night
Saturday, September 13	All Day for Community Day

ADULT LAP SWIM

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

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

FAMILY SWIM

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

Price per Family Res/Nonres

Saturday/Sunday	10:30 am-1:00 pm	\$7.50/\$10.50
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SWIM LESSONS

Swim Lesson Assessment

All Ages

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

Parent/Child

6 to 24 months

This class, equivalent to the American Red Cross "Preschool" level, develops a comfort for the water and introduces basic water skills. This class does not teach children to be accomplished swimmers nor to survive in the water. **Parents must accompany their children in the water. (No class July 4th).**

Class #	M-F	12:00-12:30 pm	Jun 16-20	Res/Nonres
0020.100	M-F	12:00-12:30 pm	Jun 16-20	\$31/\$41
0020.101	M-TH	12:00-12:30 pm	Jun 30-Jul 3	\$25/\$35
0020.102	M-F	12:00-12:30 pm	Jul 14-18	\$31/\$41
0020.103	M-F	12:00-12:30 pm	Jul 28-Aug 1	\$31/\$41

Evening Classes	MWF	5:45-6:15 pm	Jun 16-27	Res/Nonres
0020.120	MWF	5:45-6:15 pm	Jun 16-27	\$37/\$47
0020.121	MWF	5:45-6:15 pm	Jul 7-18	\$37/\$47
0020.122	MWF	5:45-6:15 pm	Jul 28-Aug 8	\$37/\$47

Pre-Grunion

2 to 3 Years

This class is for young children who are ready to begin learning swimming skills, but who are not ready to participate in a class without their parents. Skills introduced will include water entry, breath control, bobbing, and beginning swim stroke. **Parents must accompany their children in the water. (No class July 4th).**

Class #	M-F/M-Th	10:10-10:50 am	Jun 16-26	Res/Nonres
0030.100	M-F/M-Th	10:10-10:50 am	Jun 16-26	\$56/\$66
0030.101	M-Th/M-F	10:10-10:50 am	Jun 30-Jul 11	\$56/\$66
0030.102	M-F/M-Th	10:10-10:50 am	Jul 14-24	\$56/\$66
0030.103	M-F/M-Th	3:50-4:30 pm	Jul 28-Aug 7	\$56/\$66

Evening Classes	MWF	6:30-7:10 pm	Jun 16-Jul 2	Res/Nonres
0030.120	MWF	6:30-7:10 pm	Jun 16-Jul 2	\$50/\$60
0030.121	MWF	6:30-7:10 pm	Jul 7-25	\$56/\$66
0030.122	MWF	6:30-7:10 pm	Jul 28-Aug 15	\$56/\$66

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 submersion, front and back floats, kicking on front and back, and beginning swim stroke. **(No class July 4th).**

Class #	M-F/M-Th	8:30-9:10 am	Jun 16-26	Res/Nonres
0121.100	M-F/M-Th	8:30-9:10 am	Jun 16-26	\$56/\$66
0121.101	M-F/M-Th	9:20-10:00 am	Jun 16-26	\$56/\$66
0121.102	M-F/M-Th	11:00-11:40 am	Jun 16-26	\$56/\$66
0121.103	M-Th/M-F	8:30-9:10 am	Jun 30-Jul 11	\$56/\$66
0121.104	M-Th/M-F	9:20-10:00 am	Jun 30-Jul 11	\$56/\$66
0121.105	M-Th/M-F	11:00-11:40 am	Jun 30-Jul 11	\$56/\$66
0121.106	M-F/M-Th	8:30-9:10 am	Jul 14-24	\$56/\$66
0121.107	M-F/M-Th	9:20-10:00 am	Jul 14-24	\$56/\$66
0121.108	M-F/M-Th	11:00-11:40 am	Jul 14-24	\$56/\$66
0121.109	M-F/M-Th	8:30-9:10 am	Jul 28-Aug 7	\$56/\$66
0121.110	M-F/M-Th	9:20-10:00 am	Jul 28-Aug 7	\$56/\$66
0121.111	M-F/M-Th	11:00-11:40 am	Jul 28-Aug 7	\$56/\$66

Evening Classes	MWF	5:45-6:25 pm	Jun 16-Jul 2	Res/Nonres
0121.120	MWF	5:45-6:25 pm	Jun 16-Jul 2	\$50/\$60
0121.121	MWF	6:30-7:10 pm	Jun 16-Jul 2	\$50/\$60
0121.122	MWF	5:45-6:25 pm	Jul 7-25	\$56/\$66
0121.123	MWF	6:30-7:10 pm	Jul 7-25	\$56/\$66
0121.124	MWF	5:45-6:25 pm	Jul 28-Aug 15	\$56/\$66
0121.125	MWF	6:30-7:10 pm	Jul 28-Aug 15	\$56/\$66

Grunion 2

3 to 6 Years

A continuation of American Red Cross Level 1, this is an introductory class for children who have successfully completed the Grunion 1 class or are very comfortable in the water. This course reinforces those skills learned in Grunion 1 with a greater emphasis on self-proficiency. **(No class July 4th).**

Class #	M-F/M-Th	8:30-9:10 am	Jun 16-26	Res/Nonres
0122.100	M-F/M-Th	8:30-9:10 am	Jun 16-26	\$56/\$66
0122.101	M-F/M-Th	9:20-10:00 am	Jun 16-26	\$56/\$66
0122.102	M-F/M-Th	11:00-11:40 am	Jun 16-26	\$56/\$66
0122.103	M-Th/M-F	8:30-9:10 am	Jun 30-Jul 11	\$56/\$66
0122.104	M-Th/M-F	9:20-10:00 am	Jun 30-Jul 11	\$56/\$66
0122.105	M-Th/M-F	11:50-12:30 pm	Jun 30-Jul 11	\$56/\$66
0122.106	M-F/M-Th	8:30-9:10 am	Jul 14-24	\$56/\$66
0122.107	M-F/M-Th	9:20-10:00 am	Jul 14-24	\$56/\$66
0122.108	M-F/M-Th	11:50-12:30 pm	Jul 14-24	\$56/\$66
0122.109	M-F/M-Th	8:30-9:10 am	Jul 28-Aug 7	\$56/\$66
0122.110	M-F/M-Th	9:20-10:00 am	Jul 28-Aug 7	\$56/\$66
0122.111	M-F/M-Th	11:50-12:30 pm	Jul 28-Aug 7	\$56/\$66

Evening Classes	MWF	5:45-6:25 pm	Jun 16-Jul 2	Res/Nonres
0122.120	MWF	5:45-6:25 pm	Jun 16-Jul 2	\$50/\$60
0122.121	MWF	5:45-6:25 pm	Jul 7-25	\$50/\$60
0122.122	MWF	5:45-6:25 pm	Jul 28-Aug 15	\$56/\$66

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 introduction of elementary backstroke. **Students should feel comfortable in at least 4 feet of water. (No class July 4th).**

Class #	M-F/M-Th	8:30-9:10 am	Jun 16-25	Res/Nonres
0123.100	M-F/M-Th	8:30-9:10 am	Jun 16-25	\$56/\$66
0123.101	M-F/M-Th	10:10-10:50 am	Jun 16-25	\$56/\$66
0123.102	M-Th/M-F	8:30-9:10 am	Jun 30-Jul 11	\$56/\$66
0123.103	M-Th/M-F	10:10-10:50 am	Jun 30-Jul 11	\$56/\$66
0123.104	M-F/M-Th	8:30-9:10 am	Jul 14-24	\$56/\$66
0123.105	M-F/M-Th	10:10-10:50 am	Jul 14-24	\$56/\$66
0123.106	M-F/M-Th	8:30-9:10 am	Jul 28-Aug 7	\$56/\$66
0123.107	M-F/M-Th	10:10-10:50 am	Jul 28-Aug 7	\$56/\$66

Evening Classes	MWF	6:30-7:10 pm	Jun 16-Jul 2	Res/Nonres
0123.120	MWF	6:30-7:10 pm	Jun 16-Jul 2	\$50/\$60
0123.121	MWF	7:15-7:55 pm	Jun 16-Jul 2	\$50/\$60
0123.122	MWF	6:30-7:10 pm	Jul 7-25	\$56/\$66
0123.123	MWF	7:15-7:55 pm	Jul 7-25	\$56/\$66
0123.124	MWF	6:30-7:10 pm	Jul 28-Aug 15	\$56/\$66
0123.125	MWF	7:15-7:55 pm	Jul 28-Aug 15	\$56/\$66

Starfish

6 to 12 Years

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

Class #	M-F/M-Th	8:30-9:10 am	Jun 16-26	Res/Nonres
0221.100	M-F/M-Th	8:30-9:10 am	Jun 16-26	\$56/\$66
0221.101	M-F/M-Th	10:10-10:50 am	Jun 16-26	\$56/\$66
0221.102	M-Th/M-F	8:30-9:10 am	Jun 30-Jul 11	\$56/\$66
0221.103	M-Th/M-F	11:00-11:40 am	Jun 30-Jul 11	\$56/\$66
0221.104	M-F/M-Th	8:30-9:10 am	Jul 14-24	\$56/\$66
0221.105	M-F/M-Th	11:00-11:40 am	Jul 14-24	\$56/\$66
0221.106	M-F/M-Th	8:30-9:10 am	Jul 28-Aug 7	\$56/\$66
0221.107	M-F/M-Th	11:00-11:40 am	Jul 28-Aug 7	\$56/\$66

Evening Classes	MWF	5:45-6:25 pm	Jun 16-Jul 2	Res/Nonres
0221.120	MWF	5:45-6:25 pm	Jun 16-Jul 2	\$50/\$60
0221.121	MWF	5:45-6:25 pm	Jul 7-25	\$56/\$66
0221.122	MWF	5:45-6:25 pm	Jul 28-Aug 15	\$56/\$66

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. **(No class July 4th).**

Class #	M-F/M-Th	8:30-9:10 am	Jun 16-26	Res/Nonres
0222.100	M-F/M-Th	8:30-9:10 am	Jun 16-26	\$56/\$66
0222.101	M-F/M-Th	9:20-10:00 am	Jun 16-26	\$56/\$66
0222.102	M-Th/M-F	8:30-9:10 am	Jun 30-Jul 11	\$56/\$66
0222.103	M-Th/M-F	10:10-10:50 am	Jun 30-Jul 11	\$56/\$66
0222.104	M-F/M-Th	8:30-9:10 am	Jul 14-24	\$56/\$66
0222.105	M-F/M-Th	10:10-10:50 am	Jul 14-24	\$56/\$66
0222.106	M-F/M-Th	10:10-10:50 am	Jul 28-Aug 7	\$56/\$66
0222.107	M-F/M-Th	11:00-11:40 am	Jul 28-Aug 7	\$56/\$66

Evening Classes	MWF	6:30-7:10 pm	Jun 16-Jul 2	Res/Nonres
0222.120	MWF	6:30-7:10 pm	Jun 16-Jul 2	\$50/\$60
0222.121	MWF	7:15-7:55 pm	Jun 16-Jul 2	\$50/\$60
0222.122	MWF	6:30-7:10 pm	Jul 7-25	\$56/\$66
0222.123	MWF	7:15-7:55 pm	Jul 7-25	\$56/\$66
0222.124	MWF	6:30-7:10 pm	Jul 28-Aug 15	\$56/\$66
0222.125	MWF	7:15-7:55 pm	Jul 28-Aug 15	\$56/\$66

Otter

6 to 14 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. **(No class July 4th).**

Class #	M-F/M-Th	9:20-10:00 am	Jun 16-26	Res/Nonres
0223.100	M-F/M-Th	9:20-10:00 am	Jun 16-26	\$56/\$66
0223.101	M-F/M-Th	10:10-10:50 am	Jun 16-26	\$56/\$66
0223.102	M-F/M-Th	11:50-12:30 pm	Jun 16-26	\$56/\$66
0223.103	M-Th/M-F	9:20-10:00 am	Jun 30	

0223.111	M-F/M-Th	11:50-12:30 pm	Jul 28-Aug 7	\$56/\$66
Evening Classes				
0223.120	MWF	6:30-7:10 pm	Jun 16-Jul 2	\$50/\$60
0223.121	MWF	7:15-7:55 pm	Jun 16-Jul 2	\$50/\$60
0223.122	MWF	6:30-7:10 pm	Jul 7-25	\$56/\$66
0223.123	MWF	7:15-7:55 pm	Jul 7-25	\$56/\$66
0223.124	MWF	6:30-7:10 pm	Jul 28-Aug 15	\$56/\$66
0223.125	MWF	7:15-7:55 pm	Jul 28-Aug 15	\$56/\$66

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. (No class July 4th).

Class #				Res/Nonres
0321.100	M-F/M-Th	9:20-10:00 am	Jun 16-26	\$56/\$66
0321.101	M-F/M-Th	10:10-10:50 am	Jun 16-26	\$56/\$66
0321.102	M-F/M-Th	11:50-12:30 pm	Jun 16-26	\$56/\$66
0321.103	M-Th/M-F	9:20-10:00 am	Jun 30-Jul 11	\$56/\$66
0321.104	M-Th/M-F	10:10-10:50 am	Jun 30-Jul 11	\$56/\$66
0321.105	M-Th/M-F	11:50-12:30 pm	Jun 30-Jul 11	\$56/\$66
0321.106	M-F/M-Th	9:20-10:00 am	Jul 14-24	\$56/\$66
0321.107	M-F/M-Th	10:10-10:50 am	Jul 14-24	\$56/\$66
0321.108	M-F/M-Th	11:50-12:30 pm	Jul 14-24	\$56/\$66
0321.109	M-F/M-Th	9:20-10:00 am	Jul 28-Aug 7	\$56/\$66
0321.110	M-F/M-Th	10:10-10:50 am	Jul 28-Aug 7	\$56/\$66
0321.111	M-F/M-Th	11:50-12:30 pm	Jul 28-Aug 7	\$56/\$66
Evening Classes				
0321.120	MWF	7:15-7:55 pm	Jun 16-Jul 2	\$50/\$60
0321.121	MWF	7:15-7:55 pm	Jul 7-25	\$56/\$66
0321.122	MWF	7:15-7:55 pm	Jul 28-Aug 15	\$56/\$66

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. (No class July 4th. Evening Class 0322.122 is a 2-week session).

Class #				Res/Nonres
0322.100	M-F/M-Th	8:30-9:10 am	Jun 16-26	\$56/\$66
0322.101	M-F/M-Th	9:20-10:00 am	Jun 16-26	\$56/\$66
0322.102	M-F/M-Th	11:00-11:40 am	Jun 16-26	\$56/\$66
0322.103	M-Th/M-F	8:30-9:10 am	Jun 30-Jul 11	\$56/\$66
0322.104	M-Th/M-F	9:20-10:00 am	Jun 30-Jul 11	\$56/\$66
0322.105	M-Th/M-F	11:00-11:40 am	Jun 30-Jul 11	\$56/\$66
0322.106	M-F/M-Th	8:30-9:10 am	Jul 14-24	\$56/\$66
0322.107	M-F/M-Th	9:20-10:00 am	Jul 14-24	\$56/\$66
0322.108	M-F/M-Th	11:00-11:40 am	Jul 14-24	\$56/\$66
0322.109	M-F/M-Th	8:30-9:10 am	Jul 28-Aug 7	\$56/\$66
0322.110	M-F/M-Th	9:20-10:00 am	Jul 28-Aug 7	\$56/\$66
0322.111	M-F/M-Th	11:00-11:40 am	Jul 28-Aug 7	\$56/\$66
Evening Classes				
0322.120	MWF	8:00-8:40 pm	Jun 16-Jul 2	\$50/\$60
0322.121	MWF	8:00-8:40 pm	Jul 7-25	\$56/\$66
0322.122	MWF	8:00-8:40 pm	Jul 28-Aug 15	\$56/\$66

Dolphin 6 to 16 years

The Dolphin class, or American Red Cross Level 5, focuses on stroke refinement and increasing swimming distance. Knowledge of front crawl (alternate breathing), back crawl, elementary backstroke, sidestroke, and breaststroke are expected. Skills introduced include freestyle and backstroke flip turns. (No class July 4th).

Session / Class #				Res/Nonres
0323.100	M-F/M-Th	11:00-11:40 am	Jun 16-26	\$56/\$66
0323.101	M-F/M-Th	11:50-12:30 pm	Jun 16-26	\$56/\$66
0323.102	M-Th/M-F	11:00-11:40 am	Jun 30-Jul 11	\$56/\$66
0323.103	M-Th/M-F	11:50-12:30 pm	Jun 30-Jul 11	\$56/\$66
0323.104	M-F/M-Th	11:00-11:40 am	Jul 14-24	\$56/\$66
0323.105	M-F/M-Th	11:50-12:30 pm	Jul 14-24	\$56/\$66
0323.106	M-F/M-Th	11:00-11:40 am	Jul 28-Aug 7	\$56/\$66
0323.107	M-F/M-Th	11:50-12:30 pm	Jul 28-Aug 7	\$56/\$66
Evening Classes				
0323.120	MWF	8:00-8:40 pm	Jun 16-Jul 2	\$50/\$60
0323.121	MWF	8:00-8:40 pm	Jul 7-25	\$56/\$66
0323.122	MWF	8:00-8:40 pm	Jul 28-Aug 15	\$56/\$66

Swordfish 6 to 16 Years

This class focuses on American Red Cross Level 6 core requirements. Swordfish students develop skill proficiency and continue to progress towards greater distance in all strokes. (No class July 4th).

Class #				Res/Nonres
0324.100	M-F/M-Th	11:00-11:40 am	Jun 16-26	\$56/\$66
0324.101	M-F/M-Th	11:50-12:30 pm	Jun 16-26	\$56/\$66
0324.102	M-Th/M-F	11:00-11:40 am	Jun 30-Jul 11	\$56/\$66
0324.103	M-F/M-Th	11:00-11:40 am	Jul 14-24	\$56/\$66
0324.104	M-F/M-Th	11:00-11:40 am	Jul 28-Aug 7	\$56/\$66
Evening Classes				
0324.120	MWF	8:00-8:40 pm	Jun 16-Jul 2	\$50/\$60
0324.121	MWF	8:00-8:40 pm	Jul 7-25	\$56/\$66
0324.122	MWF	8:00-8:40 pm	Jul 28-Aug 15	\$56/\$66

Advanced Technique Swimming (ATS) 6 to 16 Years

This level, corresponding to American Red Cross Level 6 Fitness Swimmer skills, is the last of the Learn-To-Swim program. This course focuses on preparing the swimmer for participation in a novice swim team, as technique and endurance is further developed. Skills introduced include competitive turns for all strokes, diving from the starting blocks, and use of training equipment. (No class July 4th).

Class #				Res/Nonres
0325.100	M-F/M-Th	11:50-12:30 pm	Jun 16-26	\$56/\$66
0325.101	M-Th/M-F	11:50-12:30 pm	Jun 30-Jul 11	\$56/\$66
0325.102	M-F/M-Th	11:50-12:30 pm	Jul 14-24	\$56/\$66
0325.103	M-F/M-Th	11:50-12:30 pm	Jul 28-Aug 7	\$56/\$66
Evening Classes				
0325.120	MWF	8:00-8:40 pm	Jun 16-Jul 2	\$50/\$60
0325.121	MWF	8:00-8:40 pm	Jul 7-25	\$56/\$66
0325.122	MWF	8:00-8:40 pm	Jul 28-Aug 15	\$56/\$66

Adult 16 and Older

Adults will be taught at their own pace. Skills will be developed around each individual's needs. Skills range from beginner to moderate swimmer level. (No class July 4th).

Class #				Res/Nonres
0521.100	MWF	7:15-7:55 pm	Jun 16-Jul 2	\$50/\$60
0521.101	MWF	7:15-7:55 pm	Jul 7-25	\$56/\$66
0521.102	MWF	7:15-7:55 pm	Jul 28-Aug 15	\$56/\$66

Beginning Water Polo 10 to 16 Years

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

Class #				Res/Nonres
0522.100	MWF	5:45-6:25 pm	Jun 16-Jul 2	\$50/\$60
0522.101	M-Th/M-F	9:20-10:00 am	Jun 30-Jul 11	\$56/\$66
0522.102	M-F/M-Th	9:20-10:00 am	Jul 28-Aug 15	\$56/\$66

Intermediate Water Polo 10 to 17 Years

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

Class #				Res/Nonres
0523.100	MWF	5:45-6:25 pm	Jul 7-25	\$56/\$66
0523.101	M-F/M-Th	9:20-10:00 am	Jul 14-24	\$56/\$66

Pre Diving 6 to 10 Years

This class is designed for young children to enter into diving that are not ready for the beginner level. Participants will be introduced to entries, hurdle approach, sitting dive, tuck dive and basic dives. **(Students must pass at least the Otter swim class to enroll in this course. No class July 4th).**

Class #				Res/Nonres
0623.100	M-F/M-Th	11:40-12:20 pm	Jun 16-26	\$56/\$66
0623.101	M-Th/M-F	11:40-12:20 pm	Jun 30-Jul 11	\$56/\$66

Beginning Diving 6 to 16 Years

Students must possess Beginner level swim skills (Otter and above) to enroll in this course. Participants will learn entries, acrobatic maneuvers, and basic dives. (No class July 4th).

Class #				Res/Nonres
0624.100	M-F/M-Th	10:00-10:40 am	Jun 16-26	\$56/\$66
0624.101	M-Th/M-F	10:00-10:40 am	Jun 30-Jul 11	\$56/\$66
0624.102	M-F/M-Th	10:00-10:40 am	Jul 14-24	\$56/\$66
0624.103	M-F/M-Th	10:00-10:40 am	Jul 28-Aug 7	\$56/\$66

Intermediate Diving 6 to 16 Years

This is a great opportunity to learn proper diving techniques on the 1 and 3 meter diving boards. Students will develop skills in proper approach, hurdle, and entry into the pool. Students must already have basic dive skills before enrolling in this class. (No class July 4th).

Class #				Res/Nonres
0625.100	M-F/M-Th	10:50-11:30 am	Jun 16-26	\$56/\$66
0625.101	M-Th/M-F	10:50-11:30 am	Jun 30-Jul 11	\$56/\$66
0625.102	M-F/M-Th	10:50-11:30 am	Jul 14-24	\$56/\$66
0625.103	M-F/M-Th	10:50-11:30 am	Jul 28-Aug 7	\$56/\$66

Water Exercise 16 and Older

Water exercise is a low-impact exercise for any age or ability. Classes are held in 4-foot water depth. Advanced swimming skills are not required. Classes held Monday-Friday, 11:00 a.m. to 12:00 noon. Daily admission fee is required. (No class July 4th).

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. Private lessons are on a first-come-first-serve basis and class offerings are limited. Lessons are 30 minutes. To register for private lessons, call (858) 679-4394. **Begins March 3 depending upon instructor availability.**

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

Guard-in-Training 12 to 15 Years

The guard-in-training program is designed to prepare life-guard/swimmer aide hopefuls for future employment at an aquatic facility. The program goals are to guide teens by building a foundation of knowledge, attitudes, and skills for future lifeguards. Topics covered will include fitness, response, leadership, professionalism, swimming skills, rescue skills, first aid, CPR, and fun. Once the training has been completed, responsible participants will be asked to volunteer by assisting the pool staff with life guarding, swim lessons, pool maintenance, and special events. You must be able to perform the following on the first day of class: swim 250 yards continuously using crawl, breaststroke, and sidestroke and tread water for 2 minutes without using your hands. Information: (858) 668-4683. (No class July 4th).

Class #				Res/Nonres
0926.100	M-F/M-Th	9:00-11:00 am	Jun 16-26	\$56/\$66
0926.101	M-Th/M-F	9:00-11:00 am	Jun 30-Jul 11	\$56/\$66

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.

Birthday Party Package All Ages

Are you lucky enough to have a birthday during the warm summer months? What better place is there, than the pool to celebrate? The Poway Community Swim Center would love to be part of your special day. Included in the party package is a reserved poolside picnic area for two hours, public pool use for a maximum of 25 persons, and a half hour of games with a certified lifeguard. Birthday Party Packages are available on weekends only during open pool hours. Sign up for a birthday party at the pool during open business hours. Information: (858) 668-4680. **Res/Nonres \$50/\$60**

Pool Special Events

Summer 2008

Youth Pool Campout 7 to 12 Years

Enjoy mid summer with an overnight campout at Poway Community Swim Center, 13094 Civic Center Drive. Children ages 7 to 12 will enjoy a barbecue dinner, continental breakfast, movies, swimming, fun pool games, treats, and more. This event will begin on Saturday, July 24 at 6 pm and end on Sunday, July 25 at 8 am. All areas of the pool will be open to participants. Campers must provide their own sleeping bags, and may bring tents. Campers must be picked up by 8:00am. City of Poway Recreation Staff and pool lifeguards will supervise the campout. Registration fee is \$20, and must be paid by July 20. Space is limited to the first 30 children. Register at the Community Services office, 13325 Civic Center Dr., or online by visiting www.poway.org. For more information, please call (858) 668-4580.

2923.103	Sat/Sun 6:00 pm-8:00 am	Aug 11-12	Cost \$20
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Swim-in Movie Night All Ages

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

Surf's Up	Sat, June 28	7:30 pm	\$4/Adults
Shark Tale	Sat, July 26	7:30 pm	\$3/Youth & Seniors \$12/Family (Up to 5 persons)



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. School, Scout and group tours are available by reservation. 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.

2008 Evening Wildlife Programs

Come and enjoy our evening wildlife programs, followed by cookies and a sing-along. Bring a jacket and flashlight for all programs. For further information about any of the following programs, and to make reservations, please call the Blue Sky office at (858) 668-4781.

Rappin' About Reptiles

Saturday May 24, 7:00-8:30 pm

Do you have a passion for reptiles? Then this evening is for you! Enter the wonderful world of these incredible cold-blooded creatures and enjoy a close-up encounter with these modern day dinosaurs. Bring a blanket or chair to sit on. We will meet in the Blue Sky parking lot for the short walk to the rear of the parking lot.

Hootin' With The Owls

Saturday June 28, 7:00-9:00 pm (time may change)

Owls – whoo are they? Magnificent birds of prey, that's who! Join Project Wildlife to explore the fascinating and mysterious world of these silent night hunters. Venue still to be decided. Please call the Blue Sky office for details.

K9 Search and Rescue

Saturday July 26, 7:00-9:00 pm (time may change)

Bring the family and learn how to stay safe on the trails, and what to do should you get lost. Carlsbad Sheriff's Canine Search and Rescue Division will introduce us to some of their special dogs that are trained to locate missing people! Venue still to be decided. Please call the Blue Sky office for details.

Insects at Night

Saturday July 12, 8:30 pm

While you are asleep, Blue Sky comes alive! Join entomologist Mike Klein in the Reserve after dark. We'll catch, identify and release back into the wild many of Blue Sky's night-time inhabitants. This event is limited to 50 people. Information and reservations: (858) 668-4781.

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. The City of Poway manages the park with support from the volunteers of the Friends of the Kumeyaay. Information and Docent volunteer opportunities: (858) 646-9616



OLD POWAY PARK



Folk Concerts in the Park

All Ages

San Diego Folk Heritage, along with the City of Poway, is pleased to present folk concerts at Old Poway Park. Many bands are set to perform, ranging from traditional folk to bluegrass. All concerts are held in Templars Hall and begin at 7:00 p.m. For information or to purchase tickets please contact San Diego Folk Heritage at (760) 746-8061.

Date	Performer	Musical Style
June 14	The Sam Hinton Folk Heritage Celebration	Various musicians and styles
July 12	Bluegrass Ramblers	Bluegrass
July 26	John Stewart	Tribute to a wonderful folk musician and songwriter
August 16	High Hills	Energetic bluegrass

Join the Cast of Theatre in the Park!

This summer, the Poway Woman's Club and the City of Poway is offering a great opportunity for families to participate together in children's theater. Children rehearse and perform, while parents may choose to act or help with set design and stage set up.

This summer Theatre in the Park will be performing "The Hobbit," the famous story filled with magic and mythical creatures. Fourth graders and older are invited to join the cast. The cast will rehearse every Monday and Thursday evening and some Saturday mornings. Auditions and registration for "The Hobbit" will be located at Old Poway Park in Templars Hall on Monday, June 2, at 7 p.m. or Thursday, June 5, at 7 p.m. Rehearsals begin Monday, June 16. To join the cast or for more information, please call (858) 748-3383.

SYCAMORE CANYON GOODAN RANCH

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

The Sycamore Canyon Open Space Preserve and Goodan Ranch offers visitors over 20 miles of hiking, biking and horseback riding trails, as well as extensive views and abundant wildlife. This area can be reached via the staging area off Sycamore Canyon Road, seven days a week 8:00 a.m. to 7:00 p.m. or through the Highway 67 staging area, Saturdays and Sundays only, from 8:00 a.m. to 5:00 p.m. The Goodan Ranch Center is located at the bottom of the canyon and can be reached by walking one mile down from the staging area. Please dress accordingly for the weather and wear sturdy shoes. Information: (858) 513-4737.

DRIVING DIRECTIONS:

Sycamore Canyon Staging Area: Take Garden Road off of the east end of Poway Road. Turn right on Sycamore Canyon Road just past Garden Road Elementary School and drive to the end of the paved road and park. Highway 67 Staging area: ½ mile south of Scripps Poway Parkway (access from southbound Hwy 67 only).

Recreation Celebration Reminder

Saturday May 10, 10 am-11:00 pm Additional parking access from Hwy 67 South Just south of Scripps Poway Parkway

Bring the family! Begin the day with a 9:00 a.m. bird hike or equestrian ride (bring your horse or mule from Hwy 67 staging area). Activities available from noon-4:00 pm. include petting zoo and pony rides, rock climbing wall, crafts table, historic games, and live music, as well as a self-guided scavenger hunt throughout the day (all located at the Goodan Ranch Center). At 2:00 p.m. there will be a guided mountain bike ride (bring your own mountain bike) that will begin at the Hwy 67 staging area. End the day with an Owl Prowl at dusk (RSVP at 858-668-4781). Free admission and parking. Call Preserve office for details.

Star Party at Sycamore Canyon Preserve

Friday July 25, 9:00-11:00 pm Hwy 67 Staging Area South Access from Hwy 67 Southbound ONLY

The San Diego Astronomy Association will be hosting another enlightening star part, viewing galaxies, nebulae and planets! Clouds will cancel the event. For reservations please call the Rangers office at 858-513-4737.

LAKE POWAY



14644 Lake Poway Road • Poway, CA 92064

LAKE HOURS	November-May	Wed-Sun	Sunrise to Sunset
	June-September	Wed-Sun	7:00 am to Sunset
Night Fishing	July 5-August 31	Fri & Sat	Open until 11:00 pm
PARK HOURS	November-May	Daily	Sunrise to Sunset
	June-September	Daily	7:00 am to Sunset
Information			(858) 668-4770
Area reservations			(858) 668-4580
Concession			(858) 486-1234

Night Fishing

"Cash Fish" Season is here! The Lake Poway Concession will award \$100 to the largest catfish caught every weekend during night fishing. Try to break the current 28 pounds catfish record when night fishing returns to Lake Poway Friday, July 11. The Lake will be stocked with 1,000 lbs. of catfish for opening day and 2,000 lbs. for the Midnight Catfish Craze in August. In addition, Lake Poway is full of huge resident catfish just waiting to be caught. Night fishing is offered through September 7, on Friday and Saturday nights from 4:00 to 11:30 pm. Motorboats and rowboats are offered for rental on a first-come, first-served basis, and there is always plenty of shoreline to fish from. Don't forget to ask our friendly dock and park ranger staff for fishing tips. Information: (858) 668-4770.

Family Campouts

All Ages

Bring the entire family out for a magical night under the stars at one of Lake Poway's Family Campouts. The campouts are perfect for the first-time camper with easy round the clock vehicle access and planned activities, such as entertainment around the campfire, pedal boating, night hikes, and children's crafts. Families will need to bring their own camping supplies and food. There will be grills available, but you are encouraged to bring your own. The City will provide snacks around the campfire and a continental breakfast with fresh Starbucks coffee. Families may start setting up their campsites at 5:00 p.m. No alcohol is permitted. Up to 5 persons per family. \$10 for each additional family member. Information: (858) 668-4771.

	Res/Nonres
9039.101 Sat/Sun 5:00 pm-9:00 am Jun 28-29	\$50/\$60
9039.102 Sat/Sun 5:00 pm-9:00 am Aug 2-3	\$50/\$60

Discount Fishing Day

All Ages

Celebrate the State of California Department of Fish and Game free fishing day at Lake Poway on Saturday, June 7 and Saturday, September 27. Each year the State offers the opportunity to fish for free with no state fishing license required. In addition, Lake Poway will offer specially priced fishing permits (\$4 to all adults and \$1 for youth's ages 8-15). 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

Midnight Catfish Craze

All Ages



Can't sleep? Come and join us for the annual Midnight Catfish Craze at Lake Poway, on Friday August 15, from 4 p.m. to 12 a.m. Final weigh-in will be at 12:15 a.m. followed shortly after by an award ceremony and a raffle with plenty of great prizes. The lake will be stocked with 2,000 pounds of channel catfish for this year's "Craze." The derby entry fee is \$10 for adults and \$5 for youths. A daily Lake Poway fishing permit is required, as well as a California State fishing license for all participants 16 and older. Prizes will be awarded for top catches. 50 Motorboat rentals will be offered at 3:00 p.m. and are available on a first-come, first-served basis. Lake Poway is located at 14644 Lake Poway Road. Information: (858) 668-4770. To become a sponsor, call (858) 668-4774.

POWAY BRANCH LIBRARY

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

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

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

Children's Programs (Jun-Aug 2008)

- Amazing Dana Magic Show**
Saturday, Jun 21 11:00 am Library Courtyard
- Bugs and More! Art Classes for Kids**
Thursday, Jun 26 1:00 pm Community Room
- Kruisin Kritters**
Tuesday, Jul 1 11:00 am Library Courtyard
- "Insect Inspector" from the Reuben H. Fleet**
Thursday, Jul 3 1:00 pm Library Courtyard
- Wildwonders**
Thursday, Jul 17 1:00 pm Library Courtyard
- John Abrams' Animal Magic!**
Saturday, Jul 26 1:00 pm Library Courtyard
- Sparkles the Clown**
Thursday, Jul 31 1:00 pm Library Courtyard
- Raggie Taggle's "Love Bug Band"**
Saturday, Aug 2 11:00 am Library Courtyard

Teen Programs (Jun-Aug 2008)

- Teen Event (TBA)**
Thursday, Jun 26 4:00 pm Community Room
- Make CD Clocks**
Thursday, Jul 10 4:00 pm Community Room
- Wildwonders**
Thursday, Jul 17 2:30 pm Community Room
- Special Effects Theatrical Make-up**
Thursday, Jul 24 4:00 pm Community Room
- Potion Creation**
Thursday, Jul 31 4:00 pm Community Room
- Summer Reading Club Finale Party**
Saturday, Aug 2 Time TBA Community Room
- T-Mad Meeting (Teens Making a Difference)**
Thursday, Aug 7 Time TBA Community Room
- End of Summer Bash**
Thursday, Aug 14 4:00 pm Community Room

Special Programs (Jun-Aug 2008)

- Eco-friendly Gardening with the SD Audubon Society**
Learn how to make your garden beautiful with minimal maintenance and water use.
Monday, Jun 2 6:30 pm Community Room
- How to Prepare for Fire Season**
Presented by the San Diego Fire Recovery Network (Jun 7), and the County Office of Emergency Services (Aug 10), discussions will include tips for protecting your home and pets, preparing for wildfires, and Q&A.
Sat, Jun 7 & Sun, Aug 10 1:00 pm Community Room
- Benefits of Recycling with I Love A Clean San Diego**
Learn about identifying recyclables, purchasing recycled products and proper disposal of hazardous waste.
Sunday, Jun 8 1:00 pm Community Room

Please Note: All times and performances are subject to change and/or cancellation. Tickets for events listed in **BOLD** are sold at the PCPA Box Office.

For more show information, or to purchase tickets, please visit our new website: www.PowayPerformingArts.com, or call (858) 748-0505.

Tickets to performances with an * are sold at their respective schools or at the door. Call (858) 748-0245.

POWAY CENTER FOR THE PERFORMING ARTS CALENDAR OF EVENTS

JUNE 2008

PCPA Lobby Gallery Area: San Diego Contemporary Art (May 28-June 28)

Event	Presented By	Date	Time
Scholarship Pageant	Miss Poway Pageants	June 1	5:00 pm
Choir Concert	Country Montessori School	June 2	6:00 pm
Orchestra Spring Concert	Poway High School*	June 4	7:00 pm
Band Spring Concert	Poway High School*	June 5	7:00 pm
Band Awards Night	Poway High School*	June 6	6:30 pm
Ballet	San Diego Academy of Ballet	June 7	7:00 pm
Ballet	San Diego Academy of Ballet	June 8	1:00 pm
Children's Choral Concert	Children's Chorus	June 9	7:00 pm
Art Reception	Contemporary Artists Group of Southern California	June 13	7:30 pm
Dance Recital	Step by Step Dance	June 14	2:00 pm and 7:00 pm
Ballet	San Elijo Ballet	June 21	2:00 pm
Gold Awards Night	Girl Scout Council of San Diego	June 22	3:00 pm
Dance Recital	Community Services Dance	June 24 & 25	7:00 pm both nights
Dance Recital	Ramona/Julian Dance	June 28	2:00 pm & 7:00 pm

JULY & AUGUST 2008

The PCPA building will be closed to events for annual repair & maintenance

Have You Heard!

Poway Senior Center Members receive discounts at restaurants, services, and the arts. Your annual membership of \$25.00 supports programs and services, and you enjoy year 'round benefits. Come join us and save!

"It's what you learn after you know it all that counts." – Chinese proverb

Visit Our Gift Shop Today!

Purchase your chance to win "Cross and Double Cross," our latest hand-crafted quilt. Tickets are \$1, or 6 for \$5.00. Competition will be fierce for this beautiful work of art so stop in soon. The Gift Shop is open 10:00 a.m. to 2:00 p.m. Purchases help support the Poway Senior Center.

Look forward to our 5 week specialty Porcelain doll-making class with Cathe Lambert in September!

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. Ask about our door-to-door transportation service to and from the Center for lunch.

The *Sandy De Vito Trio* plays to our lunch crowd on the last Friday of every month.



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 8:00 a.m. to 4:30 p.m. Monday through Friday.

Gran'mas & Girls Mother's Day Tea Luncheon

Saturday, May 10, 2008 11:30 am-1:30 pm. Poway Senior Center is located in the Weingart Center Building, situated in Poway's beautiful Community Park. Everyone is welcome, so stop by 8:00 a.m. to 4:30 p.m. Monday through Friday.

Papas and Boys Fathers Day Sports Exhibition and Lunch

Saturday, June 14, 2008 11:30 am-2:00 pm. Dads, granddads and sons come see a display of superior sportsmanship. Enjoy subs and chips with the guys. Call the Poway Senior Center for information and ticket prices at (858) 748-6094.



BINGO!

We had a winner of the \$1199 pot last month!!

Come try your luck Saturday evening and Tuesday afternoon. Open to all adults 18 and older. Come meet our Bingo players, make new friends!

Tuesday afternoons at 12:30 PM
Saturday evenings at 6:00 PM

Support Our Lunch Program

Did you know you can help 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.

We serve nutritious meals Monday through Friday at the Bella Bistro in the Poway Senior Center. We also offer a home-delivered meal program for home-bound seniors and disabled adults. Volunteers deliver hot meals, and frozen meals, to those who reside in the greater Poway area, including Rancho Penasquitos, Scripps Ranch, Carmel Mountain, Rancho Bernardo and Sabre Springs. If you know a senior who would benefit from this service, please call us to make arrangements by contacting Sheila Sirkin, Nutrition Manager at the Poway Senior Center at (858) 748-6094 x 304.



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.

ONLINE, MAIL-IN, WALK IN REGISTRATION:

Begins May 13 for Poway Residents
 Non-resident Registration begins May 20

REGISTER ON-LINE: Avoid mailing delays and waiting in line by visiting www.poway.org

No faxed registrations will be accepted

POWAY RESIDENTS are defined as those persons who live within the city limits of Poway. All programs are audited for compliance with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration

ENROLLMENT PRIORITY is determined on a first-come-first-served basis. Online and walk-in registrations are posted with the date and time of the transaction. Registrations received by mail will be posted in order of the date received by the City of Poway.

ON-LINE REGISTRATION is now available from the convenience of your computer by visiting the City of Poway web site at www.poway.org. Payment must be made by credit card (MasterCard or VISA).



MAIL-IN REGISTRATION may be paid by check or credit card (MasterCard or VISA). Checks should be made payable to the City of Poway. **CASH WILL NOT BE ACCEPTED.** Please submit a separate check for each class requested. If space is not available in a class, that specific check will be returned to you without delaying your registration for any other classes.

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



REFUND INFORMATION. Full refunds will be provided for any class canceled or overbooked by the City of Poway. **A service charge of \$15.00 will be deducted for all cancelled classes.** No refund will be issued



after the start of the second class unless approved. Any refund will be prorated and a service charge of \$15.00 applied. Requests may be mailed or submitted in person to the Community Services Department. All refunds will come in the form of a check, and mailed within three to four weeks from the date of approval. **Credit card accounts can be credited.**



FACILITY ACCESS for all participants is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4581.

CLASS INSTRUCTION for most classes is taught by independent instructors contracted by the City of Poway. Class content, scheduling issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact Community Services at (858) 668-4570.

SWIM LESSON REGISTRATION

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

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

FINANCIAL ASSISTANCE – P.L.A.Y. (Poway Leisure Assistance for Youth)

Did you know that your child might be eligible to receive up to \$40 worth of City-sponsored recreation classes each season at no cost to you? Come to the Community Services Department and fill out an application. Eligibility: 17 years old or younger, or developmentally disabled (any age), household income meets guidelines provided by the U.S. Department of Housing and Urban Development, and must be a Poway resident. The City of Poway also accepts donations to support this program. Information: (858) 668-4570.

Applications are available at:
 Community Services Department
 13325 Civic Center Drive



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: _____

