

**SPORTS
RECREATION
AQUATICS
FITNESS
NATURE
TEENS**

POWAY



COMMUNITY SERVICES PROGRAMS



SPECIAL EVENTS **SPRING 2008**



Online Services

www.poway.org

**Online Registration
for residents begins
Friday, February 29.
See Page 14.**

NEW!

**Check Facility availability
online! Book your next special
event with us!**

Spring Egg Hunt

3 to 8 Years

This free event has been a tradition in Poway for over 20 years, and with its popularity, it looks to be around for another 20. Children are invited to hunt for candy and plastic prize eggs hidden in the grass area at the Community Park Ballfields. Along with the hunts, there will be balloons, huge fun jumps, a "Bunny Fun Zone", and a pancake breakfast (for a nominal fee). Benny and Bonnie Bunny will be on hand to lead the hunts and to take pictures. Children are to bring their own baskets and

children ages 5 to 8 must hunt without their parent's help. Plan on arriving ½ hour before your scheduled hunt. Information: (858) 668-4570.

Saturday, March 22

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

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



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Registration Information

Teen Only Nights Expand

Calling all teens! The Community Services Department wants to give you more time to recreate at our facilities. Teen Only Nights have expanded and will be held **every Friday night** (instead of just once a month) at Meadowbrook Gymnasium.

Besides scheduled events like dodgeball and basketball skills contests, a broader focus will be on open play time, enabling teens to "drop by" during the evening. Pick-up basketball games, half- and full court, will be on the agenda starting in February, and continue through the spring quarter. All middle- and high school students are welcome. Contact Meadowbrook Gymnasium at (858) 668-4598 with ideas for future activities.



30th Annual Flower Show

Old Poway Park Action Committee member, Poway Valley Garden Club, will host the 30th Annual Small Standard Flower Show on **Saturday, April 19, from 9 a.m. to 2 p.m.** at Old Poway Park. The theme of this year's flower show is Garden Passport of the World. This event is free and appropriate for all ages. Stop by the park for an informative and fun filled day with demonstrations, gardening ideas, children's activities, plant sales and more.

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

ley Garden Club will be accepting entries at Old Poway Park on Thursday, April 17, from 3 p.m. to 8 p.m. and Friday, April 18, from 7 a.m. to 9 a.m. Information: (858) 748-3128.



2-day Trout Derby Open



Be the first on your block to catch a trophy trout at Lake Poway's Annual Open Trout Derby! Bring your lucky lures and favorite pole to the two-day Open Trout Derby, **April 12 and 13**. The lake will be stocked with 4,000 pounds of hungry trout, 25% will be trophy sized, just prior to the event. Anglers of all ages are invited to try their

skill and others to try their luck. Cool prizes will be awarded for the largest trout by weight for men, women, and youth divisions. There will be lots of raffle prizes!

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

Free Music Festival in the Park

The weekend of May 3 and 4 will bring concert bands from southern California and Arizona to the living historic village of Old Poway Park, 14134 Midland Road. In celebration of the Armed Forces and their families, the City of Poway and the Pomerado Community Band will present a FREE line up of live, patriotic music all day each day.

This unique event will be **Saturday, May 3 from 9:30 a.m. to 8:30 p.m. and Sunday, May 4, from 11:00 a.m. to 7:30 p.m.** The event will also feature train rides for a nominal fee, children's crafts, a craft fair, and food for sale. Stop by to enjoy the music and Poway's own "turn-of-the-century" village. Information: (858) 668-4576.

Youth Skate Park Programs **NEW!**

Want to learn how to skate, grind the rail, and do a kick-flip? Well, "Kickn' It Wednesdays" and "Freestyle Fridays" are here just for you! Community Park staff will host and supervise skate time for youth 14 years and under, at Poway Skate Park. The Mobile Recreation crew will also provide games, crafts, and more!

"Kickn' It Wednesdays"
Every Wednesday from 12:00 p.m. to 4:00 p.m.

"Freestyle Fridays"
Every Friday 4:00 p.m. to 8:00 p.m.

A parent or legal guardian must be present to register participants. Registration is valid for 6 months. Information: 858-668-4671



Lake Poway Day Camp (9 Weeks)

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 5:00 p.m.** Go fishing, hiking and exploring at Lake Poway. Play sports, swim and attend events like the Luau Dance at Community Park. Every Wednesday the children will go on an excursion to places like Knott's Soak City, Petco Park for a Padres game and all the coolest beaches. Every week guests like the Junior STOMP group and animal keepers come out and do awesome presentations. Not only is day camp an amazing experience it's a great place to meet friends, get exercise and learn new talents. **A legal parent or guardian must be present to register participants.**

Counselor in Training (9 Weeks)

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 gain real world work skills and at the same time have a fun summer working with peers, learning from trained staff and teaching children. **A legal parent or guardian must be present to register participants.**

Target Summer Concerts in the Park Series All Ages

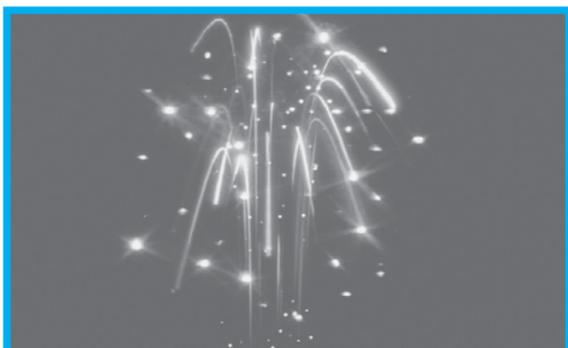
The Target Summer Concert in the Park Series will be returning this summer to delight audiences of all ages. For the sixteenth consecutive year local Target Stores, co-sponsored by the City of Poway, will offer summer concerts at Lake Poway and Old Poway Park. The first concert is **Sunday, June 22 at 5:30-7:30 p.m. at Lake Poway.**

Splash into Summer at Youth Day

Before you know it, school's Out!! No more home work. No more tests. No more watching the clock to wait for the time when you can get out of class and start playing. What better way to start summer than a HUGE pool party at the Poway Community Swim Center. Once again, Youth Day, on **Friday June 12 from 8:00 a.m. to 2:00 p.m.,** promises to be the most exciting pool party of the year.

Old-fashioned Fourth of July

Bring your family and friends and celebrate our country's independence "turn-of-the-century-style" at the 14th annual Old-fashioned Fourth of July event. The event will be held at Old Poway Park, 14134 Midland Road Friday, **July 4 from 10 a.m. to 4 p.m.** Live patriotic entertainment, arts and crafts displays, mock gunfight demonstrations, food, Uncle Sam visits and Poway's own 1907 No.3 Baldwin Steam Locomotive will create a one-of-a-kind, special day. Fireworks will be launched from Poway High in the evening to cap off the day.



Family Camp Outs (All Ages)

Enjoy an evening camping under the stars with the whole family at beautiful Lake Poway on **Saturday June 28, and Saturday August 2.** There will be entertainment, night hikes, campfire and smore's, and children's crafts. Families will need to provide camping supplies and food to barbecue on our grills. We recommend that you bring your own grill for convenience. The City will provide snacks around the campfire, a continental breakfast, crafts and entertainment: Information (858) 668-4771.



Summer TEEN Happenings

Magic Mountain Trip

Get ready to SCREAM! In July, the Community Services staff will charter a bus full of teenagers to Six Flags Magic Mountain. The bus leaves Poway at 6:00 a.m. and returns to Community Park at 12:00 midnight. Transportation, supervision, and admission are included in the price. Look for more information and details on registration in the summer issue of Poway Today or on the City's web site.



Pool Overnight Bash

Bring a friend and come enjoy a night of swimming, games, prizes, movies, competitions, and all night fun. A barbecue dinner and continental breakfast will be provided. Participants must bring a swimsuit, sleeping apparel and a tent. Information: (858) 668-4674.

CHILDREN'S ACTIVITIES

Discovery Time Toddlers 2 1/2 to 4 Years

An action-packed, fun-filled class designed to emphasize language development and socialization with peers in a positive and nurturing environment. Art, songs, fine and gross motor skills are explored in a success-oriented setting. Parent participation in the class is a requirement, with a minimum of one "volunteer day" per session. Come join the toddler fun where smiles are abundant. Snacks are provided. Participants do not need to be toilet trained. Materials fee: \$5. Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan.

			Res/Nonres
4011.400	Tue 9:00-11:00 am	Apr 15-May 6	\$55/\$65
4011.401	Tue 9:00-11:00 am	May 13-Jun 3	\$55/\$65
4011.402	Thu 9:00-11:00 am	Apr 17-May 8	\$55/\$65
4011.403	Thu 9:00-11:00 am	May 15-Jun 5	\$55/\$65

Discovery Time 3 to 5 1/2 Years

This is a developmentally enriched program, providing learning in a fun, positive and success oriented environment. The program builds a foundation in a progressive manner that reinforces social skills and promotes school readiness. Fine motor and gross motor skills, imaginary play, language development, music, and art are incor-

porated in the weekly format. Come join the fun and make lots of new friends! Children need to bring snacks and be toilet trained. Materials fee: \$10. Classes held at Poway Community Park Youth Activity Room. Instructor: Debi Supergan. **No class May 26.**

			Res/Nonres
4011.404	M/W/F 9:30 am-12:30 pm	Apr 14-May 9	\$190/\$200
4011.405	M/W/F 9:30 am-12:30 pm	May 12-Jun 13	\$235/\$245

Pre-K Hour 3 1/2 to 5 1/2 Years

An hour of pure fun, with skill based activities emphasizing phonics, letter recognition, number concepts and values being emphasized in a success-oriented atmosphere. Cognitive concepts are taught through the use of games utilizing a hands-on approach through different sensory techniques. All concepts are taught in a fun manner with rhymes and songs. Children need to be toilet trained. Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan. **No class May 26.**

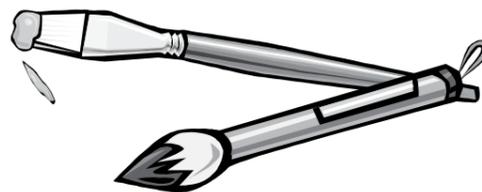
			Res/Nonres
4011.406	M/W/F 12:30-1:30 pm	Apr 14-May 9	\$50/\$60
4011.407	M/W/F 12:30-1:30 pm	May 12-Jun 13	\$63/\$73

CREATIVE ARTS

Art Start I 5 to 7 years

Anyone can learn to draw! Susan Bainbridge's beginning drawing class will be geared towards the attention and coordination skills of a 5 to 7 year old. Learn to recognize shapes that comprise an object and then work step by step to create many wonderful masterpieces. Clay and origami will also be explored to develop spatial thinking and dexterity. Materials fee: \$15. Classes held at Old Poway Park, Porter House Great Room. Instructor: Susan Bainbridge.

			Res/Nonres
6182.400	Mon 2:30-3:30 pm	Apr 21-May 19	\$65/\$75



Art Start II 8 to 12 years

Anyone can learn to draw! Susan Bainbridge will lead this class with a "draw with me" approach starting you on your way to many wonderful masterpieces, using notable artists for inspiration. Learn art terms and basic design principles as you become skilled in representational drawing. Clay and origami will be explored to develop special thinking and dexterity. Materials fee: \$15. Classes held at the Old Poway Park, Porter House Great Room. Instructor: Susan Bainbridge.

			Res/Nonres
6182.401	Mon 3:45-5:00 pm	Apr 21-May 19	\$70/\$80

THEATRE CLASSES

Lion King 5-12 Years

Come be a part of *The Lion King* during spring break! This story is about a feisty lion cub named Simba who "just can't wait to be king." But his envious Uncle Scar has plans for his own ascent to the throne, and he forces Simba's exile from the kingdom. Alone and adrift, Simba soon joins the escapades of a hilarious meerkat named Timon and his warmhearted warthog pal, Pumbaa. Adopting their carefree lifestyle of "Hakuna Matata," Simba ignores his real responsibilities until he realizes his destiny and returns to the Pride Lands to claim his place in the "Circle of Life." This fun musical will be an unforgettable experience! Students will have the opportunity to perform the play for family and friends. Campers should bring a water bottle and snack. Classes held at Old Poway Park. Materials Fee: \$25, Instructor: Jennifer Winspear and Company.

			Res/Nonres
8246.400	Mon-Fri 9:00 am-12:30 pm	Apr 7-Apr 11	\$130/\$140

CHILDREN'S DANCE

Dance/Tap & Ballet: Held at Poway Community Park Auditorium. Instructor: Debbora Childress. For information on class content only, call (760) 747-9777. No class April 7, 10, May 26, 29.

Dance for Children 3 to 5 Years

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

Tap and Ballet/Dance Production 3 to 17 Years

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

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 Great Room, and Saturday classes held at Twin Peaks Multipurpose Center. Instructor: Kellie Childress. **No class April 8, 12, May 24 and 27.**

				Res/Nonres
5121.400	Tue	9:30-10:15 am	Apr 15-Jun 17	\$75/85
5121.401	Sat	10:00-10:45 am	Apr 19-Jun 21	\$75/85

Jazz Dance for Kids! 7 to 17 Years

Due to preparations for our annual Dance Recital on June 24/25 at the Poway Center for the Performing Arts, no new students will be accepted during the spring session. Continuing students must obtain an "Instructor Referral Form" from Kellie Childress in order to reenroll for the spring session. Interested new Jazz Dance students should watch for the summer class schedule - it's a great time to enroll! **No class April 8 and May 27.** Any questions, call Kellie Childress: (760) 747-9777.

Ballet I 5 to 8 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 and comfort. A simple, fun dance will be taught to help students feel proud of their accomplishment. Classes held at Twin Peaks Multipurpose Center. Instructor: Linda Kincaid. Assistant: Kellie Childress. **No class May 24.**

				Res/Nonres
5141.400	Sat	11:00-11:50 am	Apr 12-Jun 21	\$60/\$70

Ballet II/III 8 to 14 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 Ballet I or have been tested by the instructor. All pointe students must be tested by the instructor prior to purchasing pointe shoes. Instructor referral only. Classes held at Twin Peaks Multipurpose Center. Instructor: Linda Kincaid. Assistant: Kellie Childress. **No class May 24.**

				Res/Nonres
5141.401	Sat	12:00-12:50 am	Apr 12-Jun 21	\$60/\$70

TEEN/ADULT DANCE

Beginning Ballet 13 to Adult

Ever wish you had taken ballet classes when you were younger? Well, here's your chance to turn the clock back. 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: Linda Kincaid. Assistant: Kellie Childress. **No class May 24.**

				Res/Nonres
5317.400	Sat	9:00-9:50 am	Apr 12-Jun 21	\$60/\$70

Hip Hop Hustle 16 to Adult

For decades, everyone has loved "the Hustle." This class takes the fun factor of the hustle up a notch by adding super popular hip hop moves that will leave everyone wanting more! It is a low impact, high energy cardio dance party that burns fat. No experience required! Please wear comfortable clothes and athletic shoes. Bring water and a towel to class. Classes held at the Poway Community Park, Auditorium. Instructor: Emma Sarmiento.

				Res/Nonres
5317.401	Tue	6:00-7:00 pm	Apr 15-May 20	\$48/\$58

TEEN PROGRAMS

Poway Teen Recreation Club Middle-High School

The Poway Teen Recreation Club (PTRC) is a community service club that contributes to the community by "combining recreation and imagination to create inspiration and organization for teens." The club focuses on recreation opportunities for teens in Poway, holds fundraisers and also participates in community service projects throughout the year. The PTRC meets **every Wednesday night from 6:30 to 9:00 p.m.** at the Poway Community Park's Intergenerational Lounge, located at 13094 Civic Center Drive. A different recreation activity is offered every week such as dodgeball, kickball, and flag football. Members must attend two meetings a month. Information: (858) 668-4674.



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
2312.400	Thu	10:45-11:15 am	Apr 10-Jun 19	\$135/\$145
2312.401	Sat	8:45-9:15 am	Apr 12-Jun 21	\$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
2312.402	Thu	10:00-10:45 am	Apr 10-Jun 19	\$154/\$164
2312.403	Sat	9:30-10:15 am	Apr 12-Jun 21	\$154/\$164

Teen Only Nights - Every Friday



We are pleased to announce the expanded Teen Only Nights program. Now teens can participate in friendly, recreational sports **every Friday night from 5:30-9:30 pm.** No need to preregister, 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) 668-4598. The scheduled dates for the spring quarter are:

April 4	May 2	June 6
April 11	May 16	June 13
April 18	May 23	June 20
April 25	May 30	

Please Note: A scheduled Teen Only Night may need to be cancelled due to an unanticipated school function. Changes will be posted in advance at the facility and on the City of Poway's website at www.poway.org.

Job Coaching Workshop 15 to 19 Years

Teens, if you're serious about getting that summer job, you need to be competitive. Come out to the job coaching class where our guest speakers will teach you how to present yourself as the best candidate. They will also discuss proper dress, interview strategies and the application process. Workshop will be held at the Poway Library Meeting Room. Information: (858) 668-4674.

Tue	6:00-8:00 pm	Mar 25	FREE
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Teen Job Fair 15 to 19 Years

What does it take to find and maintain employment in today's growing job market? The answer can be found at the Teen Job Fair. This year's Job Fair is gearing up to be the biggest yet, with many local recruiters looking for great applicants to fill open part-time, full-time, and seasonal summer positions within their companies. What does it take to be a good applicant? Check out the Job Coaching Workshop. The Teen Job Fair is scheduled for **Saturday, March 29th** at the Twin Peaks Gymnasium, located at 14640 Tierra Bonita Road. Admission is free. Some interviews may take place on site. Dress for success! Information: (858) 668-4674.

Sat	11:00 am-2:00 pm	Mar 29	FREE
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Gymnastics: All classes held at Poway Gymnastics, 12850 Brook-printer Place. No snaps, zippers or buttons on clothes. Please wear comfortable clothes or leotards. Instructor: Tony Salmeri. Information: (858) 748-1716. Materials fee: \$10. No Class May 24.

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
2312.404	Tue	3:40-4:40 pm	Apr 15-Jun 24	\$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
2312.405	Fri	5:30-6:30 pm	Apr 12-Jun 21	\$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
2312.406	Thu	6:00-7:00 pm	Apr 10-Jun 19	\$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
2091.400	Wed	4:00-4:30 pm	Apr 2-Apr 23	\$40/\$50
2091.401	Wed	4:00-4:30 pm	May 7-May 28	\$40/\$50
2091.402	Wed	4:00-4:30 pm	Jun 4-Jun 25	\$40/\$50

6 to 12 Years				Res/Nonres
2091.403	Wed	4:30-5:00 pm	Apr 2-Apr 23	\$40/\$50
2091.404	Wed	4:30-5:00 pm	May 7-May 28	\$40/\$50
2091.405	Wed	4:30-5:00 pm	Jun 4-Jun 25	\$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 is a safe, fun, and educational class that will encourage them to get better at all the things listed above. Uniforms optional, but available from the instructor. Classes held at Poway Kenpo Karate (www.powaymartialarts.com), 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.

4 to 5 Years				Res/Nonres
2091.406	Fri	3:00-3:45 pm	Apr 11-May 9	\$45/\$55

6 to 7 Years				Res/Nonres
2091.407	Sat	10:00-10:45 am	Apr 12-May 10	\$45/\$55

8 to 12 Years				Res/Nonres
2091.408	Wed	4:00-4:45 pm	Apr 9-May 7	\$45/\$55

13 to 16 Years				Res/Nonres
2091.409	Wed	6:00-7:00 pm	Apr 9-May 7	\$45/\$55



Intro to Tae Kwon Do 5 to 17 Years

This two-week course meets three times a week and will introduce the students to the philosophy and basic self-defense techniques of Tae Kwon Do. It is a wonderful opportunity to try the class before enrolling in the regular class. An official Tae Kwon Do uniform will be provided free to each student. Classes held at Poway Community Park, Bill Bond Hall I. Instructor: Master Joe Wolpert.

5 to 13 Years				Res/Nonres
2091.410	M/W/F	6:00-7:00 pm	Mar 31-Apr 11	\$25/\$35

14 to 17 Years				Res/Nonres
2091.411	M/W/F	7:00-8:00 pm	Mar 31-Apr 11	\$25/\$35

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. **A martial arts uniform is required and may be purchased from the instructor for \$25.** Classes held at Poway Community Park, Bill Bond Hall I. Instructor: Master Joe Wolpert. **No class May 26.**

5 to 13 Years				Res/Nonres
2091.412	M/W/F	6:00-7:00 pm	Mar 31-Jun 13	\$70/\$80

14 to 17 Years				Res/Nonres
2091.413	M/W/F	7:00-8:00 pm	Mar 31-Jun 13	\$70/\$80

Boxing for Kids 8 to 12 Years

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

				Res/Nonres
2091.414	Sat	9:30-10:30 am	Apr 12-May 10	\$45/\$55



Youth Basketball Training 8 to 15 Years

Do you want to learn basketball and have fun playing team games? This unique program provides just what you are looking for to become the best basketball player. The coed program spends half the class on the skills, techniques, and fundamentals (shot technique, passing, team and individual defense, rebounding, movement without the ball, footwork, etc.) necessary to improve your understanding of the game. The other half is spent playing a competitive game. The final class of the session will be a championship game. If you enjoy basketball and have a strong desire to improve your skills, this is the class for you. Classes held at Twin Peaks Multipurpose Center. Instructor: Brooks Barnhard.

8 to 10 Years				Res/Nonres
2091.415	Wed	5:30-7:00 pm	Apr 9-May 14	\$100/\$110

11 to 15 Years				Res/Nonres
2091.416	Wed	7:00-8:30 pm	Apr 9-May 14	\$100/\$110

Youth Volleyball 9 to 14 Years

Are you ready for Monday night volleyball? Boys and girls, ages 9 to 14, are invited to participate in this fun recreational activity. Fundamental volleyball skills will be taught and team tournament games will insure an exciting and educational volleyball experience. Classes held at Meadowbrook Gymnasium, 12320 Meadowbrook Lane. **No class May 26.** CommunityServices Staff.

9 to 11 Years				Res/Nonres
2091.417	Mon	5:30-6:30 pm	Apr 14-Jun 2	\$20/\$30

12 to 14 Years				Res/Nonres
2091.418	Mon	6:45-7:45 pm	Apr 14-Jun 2	\$20/\$30



Cheer Introduction 5 to 14 Years

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

Ages 5 to 9				Res/Nonres
2091.419	Tue	5:00-6:00 pm	Apr 8-Jun 17	\$100/\$110

Ages 10 to 14				Res/Nonres
2091.420	Tue	6:00-7:00 pm	Apr 8-Jun 17	\$100/\$110

ADULT SPORTS

Open Play Sports All Ages

The City of Poway operates two gymnasiums that offer a variety of activities for youth and adults. Basketball, volleyball, and badminton are just a few of the activities available for your recreation needs. Twin Peaks Multipurpose Center is at 14640 Tierra Bonita Road and Meadowbrook Gymnasium is at 12320 Meadowbrook Lane. Call Twin Peaks at (858) 668-4599 and Meadowbrook at (858) 668-4598 for current open play schedules, or check the City's web site 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 Multipurpose Center. Instructor: Dick Leatherman. **The classes on June 3 and 5 begin at 6 p.m.**

Intermediate (Male)				Res/Nonres
1247.400	Thu	6:30-9:30 pm	Apr 10-Jun 5	\$57/\$67

Intermediate (Female)				Res/Nonres
1247.401	Thu	6:30-9:30 pm	Apr 10-Jun 5	\$57/\$67

Advanced (Male)				Res/Nonres
1247.402	Tue	6:30-9:30 pm	Apr 8-Jun 3	\$57/\$67

Advanced (Female)				Res/Nonres
1247.403	Tue	6:30-9:30 pm	Apr 8-Jun 3	\$57/\$67

Tae Kwon Do 18 and Older

This is a complete martial arts program for men and women. If you are interested in self-defense or just want to get into shape, you will benefit from the workout. It is designed to help you develop more strength, coordination, speed, endurance and confidence. In addition to learning practical kicking and punching skills, you will learn grappling techniques. Hundreds of people just like you have benefited from our Tae Kwon Do program. Our internationally certified instructor has been teaching Tae Kwon Do through the City of Poway since 1987. Students may participate in an examination at the end of the session to advance to a higher belt level. A martial arts uniform is required and may be purchased from the instructor for \$25. Classes held at Poway Community Park Bill Bond Hall I. Instructor: Master Joe Wolpert. **No class May 26.**

				Res/Nonres
1247.404	M/W/F	7:00-8:00 pm	Mar 31-Jun 13	\$70/\$80

3-on-3 Basketball League 18 and Older

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

				Res/Nonres
1247.405	Wed	6:30-9:30 pm	Apr 2-Jun 25	\$40/Team

TENNIS

See Court Hours Below

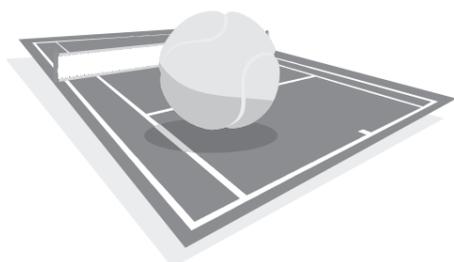
PUBLIC TENNIS COURTS

Hilleary Park at 13500 Community Road

Hours: Sunrise to sunset (unlit)

Community Park at 13094 Civic Center Drive

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



All tennis classes held at Poway Community Park. Instructor will make arrangements if tennis racket is needed. Instructor: Art Christophiades. No classes on May 26.

Tiny Tot Tennis 4 to 6 Years

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

				Res/Nonres
3013.400	Sat	9:00-10:00 am	Apr 12-May 10	\$40/\$50
3013.401	Sat	9:00-10:00 am	May 24-Jun 21	\$40/\$50

Tennis - Youth Beginner 6 to 14 Years

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

				Res/Nonres
3013.402	T/Th	4:00-5:00 pm	Apr 8-May 8	\$70/\$80
3013.403	Sat	10:00-11:00 am	Apr 12-May 10	\$45/\$55
3013.404	T/Th	4:00-5:00 pm	May 20-Jun 19	\$70/\$80
3013.405	Sat	10:00-11:00 am	May 24-Jun 21	\$45/\$55

Tennis - Youth Advanced Beginner/Intermediate 8 to 14 Years

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

				Res/Nonres
3013.406	T/Th	5:00-6:00 pm	Apr 8-May 8	\$70/\$80
3013.407	Sat	11:00-12:00 pm	Apr 12-May 10	\$45/\$55
3013.408	T/Th	5:00-6:00 pm	May 20-Jun 19	\$70/\$80
3013.409	Sat	11:00-12:00 pm	May 24-Jun 21	\$45/\$55



Tennis – Youth Advanced 8 to 17 Years

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

				Res/Nonres
3013.410	M/W	4:00-6:00 pm	Apr 7-May 7	\$90/\$100
3013.411	M/W	4:00-6:00 pm	May 19-Jun 18	\$90/\$100

Tennis – Adult Advanced Beginner/Intermediate 18 and Older

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

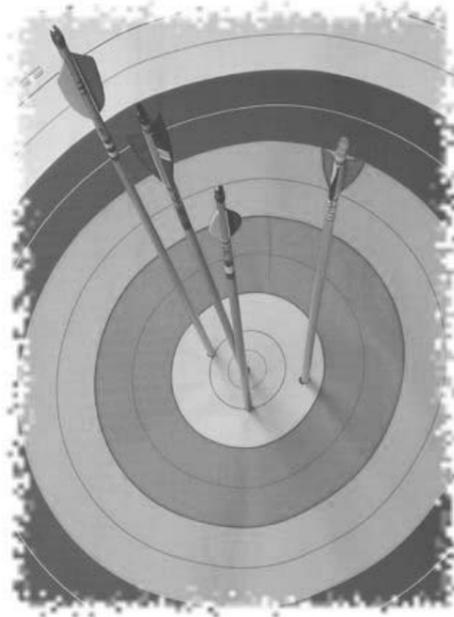
				Res/Nonres
3013.412	T/Th	6:00-7:00pm	Apr 8-May 8	\$75/\$85
3013.413	Sat	12:00-1:30pm	Apr 12-May 10	\$45/\$55
3013.414	T/Th	6:00-7:00pm	May 20-Jun 19	\$75/\$85
3013.415	Sat	12:00-1:30pm	May 24-Jun 21	\$45/\$55

OUTDOOR ACTIVITIES

Hiking for Fun & Fitness 5 and Older

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

				Res/Nonres
3439.400	Wed	6:00-7:30 pm	Apr 2-Jun 25	\$5/person \$10/family



Spring Break Archery Camp 7 and Older

An exciting first step into Archery that teaches beginning Archery Shooting fundamentals. The class includes five shooting sessions in one week. This course is designed to allow both the new and experienced Archer to develop a higher level of skills while enjoying a week of fun involving special Archery activities. 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
3439.401	Mon	9:00-11:30 am	Apr 7	\$75/\$85
3439.402	Tue-Fri	9:00-10:15 am	Apr 8-11	\$75/\$85

California-friendly FREE Landscaping Classes

Learn about California-friendly water-wise gardening. Water-wise gardening is not limited to rocks and cacti. Many colorful, fire-resistant plants, trees, and groundcovers thrive in Southern California's arid climate with little water. Homeowners can choose between a 4-hour introductory class or a four class series where Landscape Design Basics, California-friendly & Native Plants, Landscape Sprinkler Systems, and Soils, Watering & Fertilizers will be discussed. Landscaping Professionals also can attend a four class series covering Irrigation Principle, System Adjustments & Repairs, Controller Programming, and Watering Schedules will be covered. Information: (858) 668-4415 or visit www.poway.org to enroll.

Homeowners: 4-hour Introductory Class			
Sat	8:30 am-12:30 pm	Apr 26	FREE
Homeowners: 4-Class Series			
Tues/Thurs	8:30 am-12:30 pm	May 6,8,13,15	FREE
Landscape Professionals: 4-Class Series (English)			
Tues	8:00-11:30 am	Mar 25, Apr 1,8,15	FREE
Landscape Professionals: 4-Class Series (Spanish)			
Wed	8:00-11:30 am	Mar 26, Apr 2,9,16	FREE

SPECIAL NEEDS

Bowling 16 and Older

Bowling is for everyone, 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. There is a \$8/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. Classes held at Poway Fun Bowl. Instructor: Poway Fun Bowl staff.

				Res/Nonres
9397.400	Fri	1:30-3:30 pm	Apr 11-Jun 13	\$40/\$50



PALOMAR COLLEGE CLASSES

Register at the first class. NEW!

So You Want to Write 18 and Older

This course gives a practical approach to becoming a writer. The course will employ the read/critique format combined with lecture. Written self expression will be enhanced through exploration and appraisal of a variety of genre, elements of style, and introduction to the basic concepts of writing fiction and nonfiction. Classes held at the Community Meeting Room at the Poway Library. Instructor: Palomar Staff.

Thursday	6:30-8:30 pm	Apr 3-Jun 19	FREE
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Solve Problems with Your Children 18 and Older

This class will provide parents with necessary elements that will allow them a better understanding of parent-child interaction. The class will also include tools for applying the concepts, principles and methods to the solutions of family problems. Classes held at the Community Meeting Room at the Poway Library. Instructor: Palomar Staff.

Tuesday	6:30-8:30 pm	Apr 1-Jun 17	FREE
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HEALTH & WELLNESS

Tai Chi 18 and Older

Enjoy the grace, beauty and health benefits of this timeless exercise. Combine the energy work of Chi Gung with the stretching of Yoga, and you end up with a very enjoyable exercise that promotes overall health through movement. Attire should be casual and loose fitting. Classes held at Poway Kenpo Karate, 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.

5417.400 Sat 9:15-10:00 am Apr 12-May 10 **Res/Nonres** \$45/\$55

Hatha Yoga 18 and Older

This popular yoga class is for the beginner and continuing yoga student. Experience stress release with gentle movement (vinyasa) and precise instruction in the poses (asanas). We emphasize proper yoga breathing in the warm-up stretches, asana practice, and relaxation. 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 sticky mat, large towel and blanket to class. Wear comfortable clothes. Classes held at Poway Community Park Auditorium. Instructor: Jon Brock

5417.401 Thu 6:30-8:00 pm Apr 10-Jun 12 **Res/Nonres** \$75/\$85



American Red Cross First Aid 11 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.

5417.402 Wed 6:00-9:30 pm Apr 23 **Res/Nonres** \$28/\$38

Pilates on the Mat 14 and Older

Develop a strong back and a flat abdomen with minimal effort. Pilates transforms the way your body looks, feels and performs. It builds strength without excess bulk and creates a sleek, toned body. It teaches body awareness, good posture, and easy, graceful movement. Pilates improves flexibility and agility. It can help alleviate back pain. Bring a sticky mat or beach towel to class. Classes held at Kenpo Karate, 13246 Poway Road. Information: (858) 486-1003. Instructor: Barry Barker.

5417.403 Wed 7:15-8:00 pm Apr 9-May 7 **Res/Nonres** \$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.

5417.404 Sat 8:00 am-1:00 pm Jun 14 **Res/Nonres** \$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.

5417.405 Sat 2:00-5:00 pm Jun 14 **Res/Nonres** \$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.

5417.406 Mon 6:30-8:00 pm Apr 21-May 12 **Res/Nonres** \$51/\$61

SPECIAL INTERESTS

Babysitter's Training 11 and Older

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. Participants will 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! Materials fee: \$16. Please bring lunch and a large doll or stuffed animal to class. Classes held at the Community Meeting Room at the Poway Library. Instructor: Blythe Paley.



7617.400 Sat 9:00-3:30 pm Apr 19 **Res/Nonres** \$45/\$55

Financial Literacy for Students 16 and Older

This class is geared toward high school students and their parents to introduce the fundamentals of budgeting, banking, credit and financial planning as students prepare to manage their own money for college. Topics that will be covered include: money management, budgeting, obtaining credit, credit scoring, and managing debt. Families should attend together. Class held at the Community Meeting Room at the Poway Library. Instructor: Mark Goldman.

7617.401 Sat 10:00-12:30 pm May 3 **Res/Nonres** \$37/\$47 (per family)



Understand Your Credit Score NEW!

How is your credit score calculated? How much can you save with a higher credit score? Get an overview of the factors that are considered in determining your credit score. Now that home loans, car loans and credit cards will become more expensive to borrowers with lower credit scores, it is more important to understand the factors that affect your score and your cost to borrow money. This is also a great class for anyone that works with customers who need a credit report (i.e. real estate, auto finance, financial planning for debt reduction, etc.). Class held at the Community Meeting Room at the Poway Library. Instructor: Mark Goldman.

7617.402 Sat 10:00 am-12:00 pm Jun 7 **Res/Nonres** \$25/\$35



Dog/Puppy Obedience 18 and Older

This is an 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 learns to walk without pulling, plus 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
9019.400	Tue	6:30-7:30 pm	Apr 8-May 13 \$90/\$100
9019.401	Sat	9:30-10:30 am	Apr 12-May 17 \$90/\$100
9019.402	Tue	6:30-7:30 pm	May 20-Jun 24 \$90/\$100
9019.403	Sat	9:30-10:30 am	May 24-Jun 28 \$90/\$100
Six Months and Older (Adult Class)			Res/Nonres
9019.404	Tue	6:30-7:30 pm	Apr 8-May 13 \$90/\$100
9019.405	Sat	9:30-10:30 am	Apr 12-May 17 \$90/\$100
9019.406	Tue	6:30-7:30 pm	May 20-Jun 24 \$90/\$100
9019.407	Sat	9:30-10:30 am	May 24-Jun 28 \$90/\$100

BLUE SKY RESERVE

The devastation to Blue Sky is a great loss to the community; however, nature is resilient. To give it a chance to recover, and to allow wildlife to adjust to their changed surroundings, we have suspended all activities at Blue Sky, and are working diligently to re-open the area as soon as possible. Please visit www.poway.org for on-going updates and to view recent photos inside the Reserve.

Monetary donations are welcomed to offset the cost of restoration projects. Please make your check payable to "City of Poway Blue Sky Trust Fund". Your donation is tax deductible within the extent of the law and 100 percent will go directly to restoration efforts at Blue Sky Reserve.

Mail Donations to:
 City of Poway
 Community Services Department
 Blue Sky Trust Fund
 PO Box 789
 Poway, CA 92074-0789

SYCAMORE CANYON GOODAN RANCH

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



For those seeking solitude and recreation in a scenic natural setting, Goodan Ranch and Sycamore Canyon Open Space Preserves have much to offer. Visitors can hike, mountain bike, or ride horses along miles of trails, where they will enjoy extensive views and abundant wildlife.

The Sycamore Canyon/Goodan Ranch staging area is located at the end of Sycamore Canyon Road. The ranch compound, which is located at the bottom of the canyon, can be reached by walking one mile down from the staging area. Please dress accordingly for the weather, wear sturdy shoes, and bring adequate water (there is no potable water). Hours of Operation are: 8:00 a.m.–7:00 p.m. (April–September), and 8:00 a.m.–5:00 p.m. (October–March). Information: (858) 513-4737.

Introduce Yourself to the Preserve

Saturday March 8, 10 am Meet at the Sycamore Canyon Road staging area

Join Friends Karen Larsen Gordon and introduce yourself to Sycamore Canyon/Goodan Ranch Preserve on a 3+ mile hike through an oak lined canyon to the ranch compound. There you can tour the newly opened visitor center and rest a spell before walking back to the staging area. Please bring water and wear sturdy shoes

Recreation Celebration

Saturday May 10, 10 am–nighttime Additional parking access from Hwy 67 South Just south of Scripps Poway Parkway

Activities include an equestrian ride, a mountain bike event, a wildflower hike, search and rescue demonstrations, archeology exhibits, a geo-caching demonstration, and possibly a star party. Of course we will also highlight our new “green” Visitors Center. Many of our partners will join us in this event including the Cities of Poway and Santee, the California Park and Rec Society, and the San Pasqual Academy. Call Preserve office for details.

Wildlife Walk

Saturday May 10, 9 am–10:30 am Meet at the Goodan Visitor Center

Led by Friends Phoenix Von Hendy looking for primarily bird species, signs of critters and flora. Participants should wear sturdy shoes and bring along water and binoculars.

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 to 11:30am. The low hill has a trail to the boulders that contain milling stations used by the ancient Kumeyaay people to grind acorns and pinion seeds. Volunteers have built shade structures and planted hundreds of native plants. The City of Poway manages the park with support from the volunteers of the Friends of the Kumeyaay. Information: (858) 646-9616. From the volunteers of the Friends of the Kumeyaay. For more information and docent volunteer opportunities: (858) 668-1292.

OLD POWAY PARK

14134 Midland Road • Poway, CA 92064 • (858) 668-4576
All events, programs, and activities are subject to Midland Road area construction related interruptions. Your patience while we make improvements is appreciated.

Historical Tours

If you're looking for an educational field trip that is easy, inexpensive and will exceed the needs of your curriculum, then look no farther than Old Poway Park. Our tour program is now accepting tour reservations for the spring and summer. Tours can be presented for groups of 20 or more,

and are appropriate for any age or grade level.

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

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



Flowers! Fresh Food! Fun!

It's spring, so leap outdoors and enjoy Poway's Certified Farmers Market! The Farmers Market is every Saturday from 8:00 a.m. to 11:30 a.m. at Old Poway Park. Garden-fresh peaches, plums, apricots, watermelons, tomatoes, cucumbers, figs and more can be found. All produce is certified and inspected by the agricultural commission and brought fresh to you directly from the grower. Spring also brings the most beautiful, newly picked flower bouquets to brighten your home, or you can enjoy homemade tamales, kettle corn and salsas. If you're looking for some of the finest produce, food, and a great “city in the country”



LAKE POWAY



14644 Lake Poway Road • Poway, CA 92064

LAKE HOURS

Wednesday–Sunday Sunrise to Sunset

PARK HOURS

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

Trout Season Continues

Patrons along the shoreline and aboard the boats are experiencing excellent fishing conditions as they reel in larger, more colorful and vigorous rainbow trout at Lake Poway this season. The Lake is buzzing with the term “tail walking”, an above water spectacle seen when the fish seemingly walk on water as you reel them in.

Lake Poway is a great place for anglers of all ages to try their luck at some of these exciting fish. Trout stocks will continue regularly through April. For the most up-to-date fishing conditions and trout stock schedule visit our web site at www.poway.org.

Senior Thursdays at Lake Poway

Seniors are invited to experience the best that Lake Poway has to offer Thursdays. Lake fishing permits are reduced from \$6 to \$3 and all day motorboat rentals are reduced from \$23 to \$15. Save a little more money by purchasing a senior 10-day fishing permit, valid on Thursdays only, for only \$27.

Lake Poway's full-service concessions offer fishing licenses, boat rentals, cold and hot beverages, and a variety of food items. Our friendly and experienced staff are more than willing to share fishing tips and assist you with a great fishing trip, especially if you're a senior on Thursday.

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 3 months 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

WINTER POOL HOURS (Through May 4)

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

SPRING POOL HOURS (May 5–June 16)

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

POOL CLOSED

Friday, Jun 13 Youth Day

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

FAMILY SWIM (Begins May 4)

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

	Price per Family Res/Nonres
Saturday/Sunday 10:30 am–1:00 pm	\$7.50/\$10.50





Spring Swim Lesson Assessment Days

All Ages

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

M-Th 11:00 am-1:30 pm/3:00-7:00 pm Feb 25-28 FREE

Parent/Child 6 to 24 months

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

Class #	Days	Time	Dates	Res/Nonres
0020.400	MWF	9:30-10:00 am	Apr 14-25	\$37.50/\$47.50
0020.401	MWF	9:30-10:00 am	Apr 28-May 9	\$37.50/\$47.50

Pre-Grunion 2 to 3 Years

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

Class #	Days	Time	Dates	Res/Nonres
0030.400	MWF	10:10-10:40 am	Apr 14-25	\$37.50/\$47.50
0030.401	MWF	10:10-10:40 am	Apr 28-May 9	\$37.50/\$47.50
0030.402	MWF	10:10-10:40 am	May 12-23	\$37.50/\$47.50
0030.403	TWThF	3:50-4:30 pm	May 27-Jun 6	\$50/\$60

Grunion 1 3 to 5 Years

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

Class #	Days	Time	Dates	Res/Nonres
0121.404	MWF	9:30-10:10 am	May 12-23	\$37.50/\$47.50
0121.400	MTWTh	3:00-3:40 pm	Apr 14-24	\$50/\$60
0121.401	MTWTh	3:50-4:30 pm	Apr 14-24	\$50/\$60
0121.402	MTWTh	3:00-3:40 pm	Apr 28-May 8	\$50/\$60
0121.403	MTWTh	3:50-4:30 pm	Apr 28-May 8	\$50/\$60
0121.405	MTWTh	3:00-3:40 pm	May 12-22	\$50/\$60
0121.406	MTWTh	3:50-4:30 pm	May 12-22	\$50/\$60
0121.407	TWThF	3:00-3:40 pm	May 27-Jun 6	\$50/\$60

Grunion 2 3 to 5 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.

Class #	Days	Time	Dates	Res/Nonres
0122.400	MTWTh	3:00-3:40 pm	Apr 14-24	\$50/\$60
0122.401	MTWTh	3:50-4:30 pm	Apr 14-24	\$50/\$60
0122.402	MTWTh	3:00-3:40 pm	Apr 28-May 8	\$50/\$60
0122.403	MTWTh	3:50-4:30 pm	Apr 28-May 8	\$50/\$60
0122.404	MTWTh	3:00-3:40 pm	May 12-22	\$50/\$60
0122.405	MTWTh	3:50-4:30 pm	May 12-22	\$50/\$60
0122.406	TWThF	3:00-3:40 pm	May 27-Jun 6	\$50/\$60
0122.407	TWThF	3:50-4:30 pm	May 27-Jun 6	\$50/\$60

Grunion 3 3 to 6 Years

An introduction to American Red Cross Level 2, this class is designed for swimmers who are able to float, kick, and swim a few strokes of front crawl on their own. Emphasis is placed on reinforcing front crawl, creating self-proficiency of back crawl, and introduction of elementary backstroke. **Students should feel comfortable in at least 4 feet of water.**

Class #	Days	Time	Dates	Res/Nonres
0123.400	MTWTh	3:00-3:40 pm	Apr 14-24	\$50/\$60
0123.401	MTWTh	3:00-3:40 pm	Apr 28-May 8	\$50/\$60
0123.402	MTWTh	3:00-3:40 pm	May 12-22	\$50/\$60
0123.403	TWThF	3:00-3:40 pm	May 27-Jun 6	\$50/\$60

Starfish 6 to 10 Years

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

Class #	Days	Time	Dates	Res/Nonres
0221.400	MTWTh	3:50-4:30 pm	Apr 14-24	\$50/\$60
0221.401	MTWTh	3:50-4:30 pm	Apr 28-May 8	\$50/\$60
0221.402	MTWTh	3:50-4:30 pm	May 12-22	\$50/\$60
0221.403	MTWTh	4:40-5:20 pm	May 12-22	\$50/\$60
0221.404	TWThF	3:50-4:30 pm	May 27-Jun 6	\$50/\$60
0221.405	TWThF	4:40-5:20 pm	May 27-Jun 6	\$50/\$60

Seahorse 6 to 12 Years

An introduction to American Red Cross Level 2, this class is a

continuation of the Starfish course and is designed for swimmers who are able to float, kick, and swim a few strokes of front crawl on their own. Emphasis is placed on reinforcing front crawl, creating self-proficiency of back crawl, and introducing elementary backstroke. Students should feel comfortable in at least 4 feet of water.

Class #	Days	Time	Dates	Res/Nonres
0222.400	MTWTh	3:50-4:30 pm	Apr 14-24	\$50/\$60
0222.401	MTWTh	4:40-5:20 pm	Apr 14-24	\$50/\$60
0222.402	MTWTh	3:50-4:30 pm	Apr 28-May 8	\$50/\$60
0222.403	MTWTh	4:40-5:20 pm	Apr 28-May 8	\$50/\$60
0222.404	MTWTh	3:50-4:30 pm	May 12-22	\$50/\$60
0222.405	MTWTh	4:40-5:20 pm	May 12-22	\$50/\$60
0222.406	TWThF	4:40-5:20 pm	May 27-Jun 6	\$50/\$60

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.

Class #	Days	Time	Dates	Res/Nonres
0223.400	MTWTh	4:40-5:20 pm	Apr 14-24	\$50/\$60
0223.401	MTWTh	4:40-5:20 pm	Apr 28-May 8	\$50/\$60
0223.402	MTWTh	4:40-5:20 pm	May 12-22	\$50/\$60
0223.403	MTWTh	5:30-6:10 pm	May 12-22	\$50/\$60
0223.404	TWThF	3:50-4:30 pm	May 27-Jun 6	\$50/\$60
0223.405	TWThF	5:30-6:10 pm	May 27-Jun 6	\$50/\$60

Seal 6 to 16 Years

Equivalent to Level 3 of the American Red Cross series, this course takes place in 11-12 feet of water. The ability to swim 15 yards of front crawl and back crawl is a prerequisite of this class. Those skills introduced are butterfly and breaststroke kick, front crawl alternate breathing, diving and treading water.

Class #	Days	Time	Dates	Res/Nonres
0321.400	MTWTh	4:40-5:20 pm	Apr 14-24	\$50/\$60
0321.401	MTWTh	5:30-6:10 pm	Apr 14-24	\$50/\$60
0321.402	MTWTh	4:40-5:20 pm	Apr 28-May 8	\$50/\$60
0321.403	MTWTh	5:30-6:10 pm	Apr 28-May 8	\$50/\$60
0321.404	MTWTh	4:40-5:20 pm	May 12-22	\$50/\$60
0321.405	MTWTh	5:30-6:10 pm	May 12-22	\$50/\$60
0321.406	TWThF	3:50-4:30 pm	May 27-Jun 6	\$50/\$60
0321.407	TWThF	5:30-6:10 pm	May 27-Jun 6	\$50/\$60

Sting Ray 6 to 16 Years

This class, comparable to American Red Cross Level 4, further develops technique and endurance of front crawl, back crawl, and elementary backstroke in 11-12 feet of water. Breaststroke, sidestroke, front crawl alternate breathing, and diving from the diving boards are introduced.

Class #	Days	Time	Dates	Res/Nonres
0322.400	MTWTh	4:40-5:20 pm	Apr 14-24	\$50/\$60
0322.401	MTWTh	5:30-6:10 pm	Apr 14-24	\$50/\$60
0322.402	MTWTh	4:40-5:20 pm	Apr 28-May 8	\$50/\$60
0322.403	MTWTh	5:30-6:10 pm	Apr 28-May 8	\$50/\$60
0322.404	MTWTh	4:40-5:20 pm	May 12-22	\$50/\$60
0322.405	TWThF	3:50-4:30 pm	May 27-Jun 6	\$50/\$60
0322.406	TWThF	5:30-6:10 pm	May 27-Jun 6	\$50/\$60
0322.407	TWThF	6:20-7:00 pm	May 27-Jun 6	\$50/\$60

Dolphin 6 to 16 years

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

Session / Class #	Days	Time	Dates	Res/Nonres
0323.400	MTWTh	5:30-6:10pm	Apr 14-Apr 24	\$50/\$60
0323.401	MTWTh	6:20-7:00pm	Apr 14-Apr 24	\$50/\$60
0323.402	MTWTh	5:30-6:10pm	Apr 28-May 8	\$50/\$60
0323.403	MTWTh	6:20-7:00pm	Apr 28-May 8	\$50/\$60
0323.404	MTWTh	6:20-7:00pm	May 12-May 22	\$50/\$60
0323.405	TWThF	5:30-6:10pm	May 27-Jun 6	\$50/\$60

Swordfish 6 to 16 Years

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

Class #	Days	Time	Dates	Res/Nonres
0324.400	MTWTh	5:30-6:10 pm	Apr 14-24	\$50/\$60
0324.401	MTWTh	6:20-7:00 pm	Apr 14-24	\$50/\$60
0324.402	MTWTh	5:30-6:10 pm	Apr 28-May 8	\$50/\$60
0324.403	MTWTh	6:20-7:00 pm	Apr 28-May 8	\$50/\$60
0324.404	MTWTh	5:30-6:10 pm	May 12-22	\$50/\$60
0324.405	MTWTh	6:20-7:00 pm	May 12-22	\$50/\$60
0324.406	TWThF	6:20-7:00 pm	May 27-Jun 6	\$50/\$60

Adult 16 and Older

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

Class #	Days	Time	Dates	Res/Nonres
0521.400	MTWTh	6:20-7:00 pm	Apr 14-24	\$50/\$60
0521.401	MTWTh	6:20-7:00 pm	Apr 28-May 8	\$50/\$60
0521.402	MTWTh	6:20-7:00 pm	May 12-22	\$50/\$60
0521.403	TWThF	6:20-7:00 pm	May 27-Jun 6	\$50/\$60

Birthday Party Package

Who at one time has not wanted to have their birthday party at the pool? Included in the party package is a reserved poolside picnic area for two hours, public pool use for a maximum of 25 persons, and a half hour of games with a certified lifeguard. Birthday Party Packages are available on weekends only during open pool hours. Sign up for a birthday party at the pool during open business hours. Please call (858) 679-4394 for more information.

Res/Nonres \$50/\$60

American Red Cross Lifeguard Training 15 and Older

This lifeguard training course includes certification in CPR for the Professional Rescuer with AED (includes infant, youth and adult CPR, use of the CPR mask and 2-person CPR), first aid training, and the necessary skills to become a professional lifeguard. 100% attendance is required. Class fee does not include books. Students must purchase the Lifeguard Training ECC 2006 book and a resuscitation mask through the American Red Cross prior to the start of class. Support fees are included in the course fee. **Prerequisite: Must be 15 years of age by the first day of class.** You will be disqualified from the course if you cannot perform the following on the first day of class:

- Swim 300 yards continuously, using these strokes in the following order: 100 yards of front crawl using rhythmic breathing (either to the side or front) and stabilization, propellant kick. 100 yards of breaststroke, using a pull, breathe, kick, glide sequence. 100 yards of either front crawl using rhythmic breathing or breaststroke, or a combination.
- Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point with object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

Class #	Days	Time	Dates	Res/Nonres
0700.400	Sat	11:00 am-7:00 pm	Mar 15	\$100/\$110
	Sun	8:00 am-5:00 pm	Mar 16	
	Tue	5:00 pm-8:00 pm	Mar 18	
	Thu	5:00 pm-8:00 pm	Mar 20	
0700.401	Sat	8:00 am-5:00 pm	Mar 22	\$100/\$110
	Mon	9:00 am-5:00 pm	Apr 7	
	Tue	9:00 am-5:00 pm	Apr 8	
	Wed	9:00 am-5:00 pm	Apr 9	
0700.402	Thu	9:00 am-5:00 pm	Apr 10	\$100/\$110
	Sat	11:00 am-7:00 pm	May 10	
	Sun	8:00 am-5:00 pm	May 11	
	Tue	5:00 pm-8:00 pm	May 13	
	Thu	5:00 pm-8:00 pm	May 15	
	Sat	9:00 am-5:00 pm	May 17	

Lifeguard Preseason Draft

This is your first chance to fill out applications and show your stuff as a lifeguard for the Summer 2008. You must have current Lifeguard Training and CPR for the Professional Rescuer certifications. Please bring your resuscitation mask, as all participants will demonstrate first aid, water rescue skills, and complete a written exam. Lifeguard hopefuls who score highly will be called for interviews.

Sat	11:00 am-3:00 pm	Apr 19
Sat	11:00 am-3:00 pm	May 24

Private Lessons All Ages

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

Days	Time	Res/Nonres
Tue/Thu	11:00-11:30 am	\$25/\$35 per student per class
	11:40 am-12:10 pm	
	12:20-12:50 pm	
	12:20-12:50 pm	
Friday	3:00-3:30 pm	\$25/\$35 per student per class
	3:40-4:10 pm	
	4:20-4:50 pm	
	5:00-5:30 pm	

Water Exercise All Ages

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

Aquatic Safety

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

POWAY BRANCH LIBRARY



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

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

Children's Programs (Ongoing)

Toddler Storytime *Up to 3 Years*

Join us for stories, music, fingerplays, and more!
 Mondays and Tuesdays, 10:30-10:50 am Children's Room

Preschool Storytime *3-5 years*

Join us for stories, music, fingerplays, and more!
 Wednesdays and Thursdays, 10:30-11:00 am Children's Room

Grandparents and Books *All Ages*

Share a book with a Poway Library Grandparent. Your child will enjoy individualized attention in a small group setting.
 Tuesdays with Grandpa Bob, 10:00 a.m.-noon Children's Room
 Thursdays with Grandpa Marty, 11:00 a.m.-noon Children's Room

Read to a Real, Furry Friend *All Ages*

Caper, a certified therapy dog and adorable black lab from the Love on a Leash organization, visits the library to provide unconditional, positive emotional support for new and developing readers.
 Saturdays, 10:30-11:30 a.m. Children's Room

"Spring Into Books" Club *Grades 4 through 6*

Join us this spring for discussions, refreshments and activities! Please sign up at the Children's Reference Desk or call (858) 513-2900.

Tuesday	4:00-5:00pm	Apr 29	Reading Room
Tuesday	4:00-5:00pm	May 27	Reading Room
Tuesday	4:00-5:00pm	Jun 24	Reading Room

There will be additional adult & teen programs held this year; programs below have been confirmed, however, times and dates are subject to change. We will keep everyone notified as programs are added or changed.

Teen Programs (Apr-Jun 2008)

Teen Advisory Council Meeting

Make the teen space your own! Help decide what books, music, and movies are purchased for the teen section of the library. Also, share your ideas about programs and events held for teens at the library. Refreshments provided.
 Thursday 4:00 pm Apr 3 Community Room

Guerilla Poetry

Do you haiku? Do you have a favorite poet? Do you write your own poetry? Come and share your poems with the unsuspecting staff and patrons of the Poway library by placing your favorite poems in books and other places throughout the library.
 Thursday 4:00 pm Apr 10 Community Room

National Library Week

Poway's inaugural Teen Book Club Meeting will take place during this week. Join us to discuss our book of the month and enjoy free food and drinks. Decide which book we will read for the coming meetings and pick the best day/time for the meeting.
 Date & Time TBA Apr 13-19 Community Room

Celebrate Earth Day

Decorate a reusable tote bag for Earth Day and reduce the waste of plastic bags. Each reusable shopping bag you use has the potential to eliminate hundreds, if not thousands, of plastic bags over its lifetime. Tote bag, decorations and snacks provided.
 Tuesday 4:00 pm Apr 22 Community Room

Teen Advisory Council Meeting: Homemade Ice Cream Social!

Make some Ice Cream while helping to decide what books, music, and movies are purchased for the teen section of the library. Also, share your ideas about programs and events held for teens at the library.
 Thursday 4:00 pm May 11 Community Room

Teen Craft: Gocks (Goth Sock Puppets)

Make this hilarious updated version of the sock puppet by adding Mohawks, piercings, and tattoos. All supplies and snacks provided.
 Thursday 4:00 pm May 8 Community Room

Book Club Meeting

Discuss and debate about the book of the month. You can pick up a copy of the book at the reference desk. Help to decide which book we read for the next meeting. Snacks provided.
 Date & Time TBA May 11-17 Community Room

T-shirt Craft

Make an entirely new piece of clothing using scissors, thread, and some creativity. Bring an old T-Shirt or two. All other supplies and snacks provided.
 Thursday 4:00 pm May 22 Community Room

Teen Advisory Council Meeting

Thursday 4:00 pm Jun 5 Community Room

Origami Craft

Learn the art of paper folding. Supplies and snacks provided.
 Thursday 4:00 pm Jun 12 Community Room

Book Club Meeting

Date & Time TBA Jun 15-21 Community Room

Glass Etching Craft

Bring any piece of glassware from home to make into a piece of art. All supplies and refreshments provided. You provide the glass and the creativity.
 Thursday 4:00 pm Jun 26 Community Room

Adult Programs (Apr-Jun 2008)

Black History Month

Richard Rivera will speak as part of Black History Month. He has earned Emmy awards for two of his San Diego based documentaries and will be discussing his film "Slave Ship" for the Discovery Channel. You can get more information on Mr. Rivera at this link: http://www.nctimes.com/articles/2007/09/02/news/inland/22_18_129_1_07.txt
 Sunday 2:00 pm Feb 24 Community Room

Free Yoga Instruction

Yoga classes are growing in popularity at San Diego County library branches and a free class will be offered in March. You must bring your own mat.
 Tuesday 11:00 am Mar 11 Community Room

Rare Bird Show

The San Diego Bird Breeders conservation group is going to bring in rare birds for the public to see and touch. Macaws, Toucans and an African Grey will be on display while the group talks about how they are all in danger of extinction.
 Sunday 2:00 pm Mar 30 Community Room

Candy Making Class

Tammy Jones from the Del Mar Branch will show us how to make our favorite chocolate candies. She will bring all the materials. Patrons will learn how to make their own molded chocolates and will leave with a ½ pound of chocolates at the end of the class. Class has a maximum of 20 people; sign up at the reference desk.
 Sunday 1:00 pm Apr 13 Community Room

The Art of Feng Shui

To celebrate Asian Pacific Islander Month, nationally known Feng Shui consultant Cathleen McCandless will speak. Her clientele includes corporations and organizations like Intel, Nike, The City of San Diego, The San Diego Natural History Museum, UCSD, SDSU and many more. For more information on Cathleen follow this link: <http://www.sandiegofengshui.com>.
 Sunday 2:00 pm May 4 Community Room

Free Yoga Instruction for Older Americans

In celebration of Older Americans Month we will offer a free yoga class designed to meet the needs of our older residents. Like the class in March it will be free, but you will have to bring your own mat.
 Tuesday 11:00 am May 13 Community Room

Special Programs (Apr 2008-Jun 2008)

Afternoon Movie (TBA)

Free refreshments provided by the Poway Friends of the Library.
 Wednesday 3:00 pm Apr 9 Children's Room

Drop-in Craft: Make a Paper Bag Piñata! *Ages 3 Years and Up*

El Día de los Niños/El Día de los Libros (Day of the Child/Day of the Book) is April 30th. Celebrate with this fun and decorative craft! Candy and small prizes to put inside the piñata will be provided.
 Tuesday 3:00-4:30 p.m. Apr 22 Children's Room

Mid-Morning Movie (TBA)

Free refreshments provided by the Poway Friends of the Library. Please note: this movie takes the place of the regularly scheduled Preschool Storytime.
 Thursday 10:15 am Apr 24 Children's Room

Drop-in Craft for Mother's Day *All Ages*

To be announced
 Tuesday 3:30 pm May 6 Children's Room

Japanese Storytelling: Kamishibai

Kamishibai ("paper theater") evolved from street-storytelling and was popular in Japan from the 1920's into the 1950's. Stories are told in a dramatic manner with story cards and a small stage. Come experience the flavor of this unique art as part of Asian Pacific Islander Heritage Month.
 Wednesday 3:30 pm May 21 Children's Room

Mid-Morning Movie (TBA)

Free refreshments provided by the Poway Friends of the Library. Please note: this movie takes the place of the regularly scheduled Preschool Storytime.
 Thursday 10:15 am May 22 Children's Room

Drop-in Craft: Father's Day Paperweight

Pick a rock and paint it—makes a great paperweight for Dad! All ages are welcome.
 Tuesday 3:30 am Jun 10 Children's Room

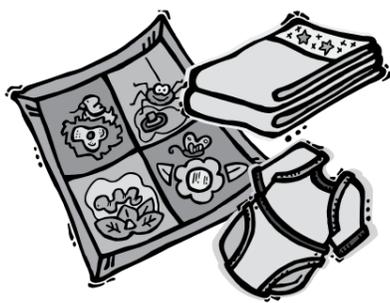
Summer Reading Program Kick-Off (TBA)

Saturday 10:00 am Jun 21 Library Courtyard

Mid-Morning Movie (TBA)

Free refreshments provided by the Poway Friends of the Library. Please note: this movie takes the place of the regularly scheduled Preschool Storytime.
 Thursday 10:15 am Jun 26 Children's Room

All programs are subject to change. Please call the library for more information at (858) 513-2900.



Looking for the Perfect Baby Gift?

Visit our Gift Shop 10:00 a.m. to 2:00 p.m. Monday through Friday. Many items are lovingly hand-crafted by our volunteers. Beautiful sweaters, booties, caps, blankets, layette sets. The jewelry is made by local artisans.

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 if you plan to join us for lunch, please make your reservation by noon two days before by calling (858)748-6094.

The Last Friday every month we have a live band play to our diners. Come join us!!

Need a ride to the center? Ask about our door-to-door transportation service to and from the Center for lunch.

We offer a home-delivered meal program for homebound seniors and disabled adults. This service is available to those who reside in the greater Poway area, including Rancho Penasquitos, Scripps Ranch, Carmel Mountain, Rancho Bernardo and Sabre Springs. To make arrangements for home-delivered lunch meals, contact our Nutrition Manager, Sheila Sirkin at (858) 748-6094, Ext. 304.



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.

Current Senior Activities

Water Color Painting

Want to learn how to paint using water-colors? Palomar College is holding a water-color class here through Spring Semester.

Ceramics

Did you know we have our own kiln for our ceramics classes? And a Porcelain doll-making class, too.

Quilting

Our quilting "Bees" have their own quilter's frame and create beautiful works of art which they donate to the center for fundraising. Come join us!

Walking Group

Speaking of Spring, get outside with our "STEPPING OUT" group that meets the first and third Tuesdays at 10:00 a.m.

Weight Loss

Support your New Year's Resolution and keep those pounds off with TOPS, a weight loss support group that meets on Fridays.



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

Anyone over the age of 18 is welcome to play BINGO at the Poway Senior Center.

ALL proceeds from BINGO benefit the Center's Nutrition Program, so when you play BINGO with us you can have fun while making a difference in the lives of older adults!

Sponsor "Meals-for-a-Month"

Each month the Center serves 1,200 meals to local older adults in need? To help us with this effort, we are searching for personal and corporate sponsors to give \$2,500 a month to provide 500 meals during a one-month period. In return, sponsors of Meals for a Month, will receive the following:

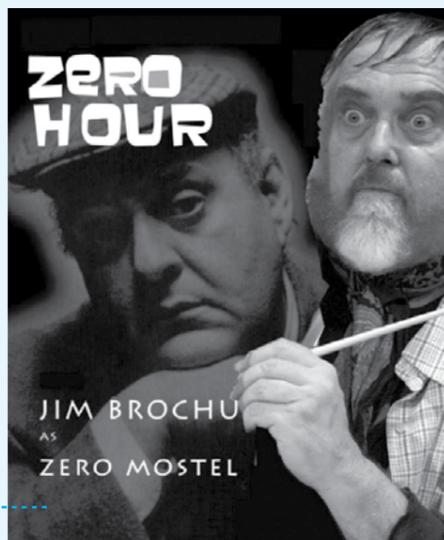
- Recognition plaque displayed in the Center's lobby
- Sponsorship poster displayed in the dining area during your month
- Acknowledgment in our monthly newsletter, *The Senior Voice*
- Your company logo on our Poway Senior Center bus which travels 100 miles a day throughout the greater Poway area. Contact Siobhan Hancock at (858) 748-6094, ext. 301, for more information.

POWAY CENTER FOR THE PERFORMING ARTS FOUNDATION PRESENTS

2007/2008 PROFESSIONAL PERFORMANCE SEASON

Jim Brochu is Zero Mostel
in ZERO HOUR

Saturday, March 22, 8 pm
 Tickets: \$39



JOHN MAYALL
AND THE BLUESBREAKERS

Saturday, April 19, 8 pm
 Tickets: \$45

THE LIFE AND TIMES OF A. EINSTEIN



Written and performed by Kres Mersky
 Directed by Paul Gersten
 Saturday, May 3, 8 pm
 Tickets: \$39

EUGENE FODOR
WITH THE SAN DIEGO PHILHARMONIA

Jeff Edmons, Artistic Director
 Saturday, May 31, 8 pm
 Tickets: \$39



ALL SHOWS ON SALE NOW!

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

Thanks to our generous Season Sponsors:



POWAY CENTER FOR THE PERFORMING ARTS ~ CALENDAR OF EVENTS ~

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.

APRIL 2008

PCPA Gallery Art Exhibit: North County Society of Fine Arts (March 27-April 27)

Event	Presented By	Date	Time
Choral Festival Concert	Poway High School*	April 1	7:00 pm
Band & Orchestra Festival	Poway Unified School District*	April 2 & 3	8:00 am-9:00 pm both days
Dance Concert	Meadowbrook Middle School*	April 4	7:00 pm
Spring Music Festival	Cantamore Chorus	April 6	6:30 pm
Ballet "Don Quixote"	San Diego Academy of Ballet	April 11, 12 & 13	11th-7:30 pm 12th-1:30 & 7:30 pm 13th-1:30 pm
"California Ballet"	Bernardo Concerts	April 16	7:30 pm
John Mayall and the Bluesbreakers	PCPA Foundation	April 19	8:00 pm
Dance Concert	Center for Creative Arts	April 20	1:00 pm & 5:30 pm
Children's Musical "Big River"	Metropolitan Educational Theatre (MET-2)	April 26 & 27	26th-7:30 pm 27th-2:00 pm
Art Reception	The PhotoArts Group	April 30	3:00 pm

MAY 2008

PCPA Gallery Art Exhibit: The PhotoArts Group (April 30-May 25)

Event	Presented By	Date	Time
All District Dance Performance	Poway Unified School District*	May 1	7:00 pm
"The Life and Times of A. Einstein"	PCPA Foundation	May 3	8:00 pm
"The All American Boys Chorus"	Bernardo Concerts	May 4	2:00 pm & 5:00 pm
Musical "Peter Pan"	Black Mountain Middle School	May 9 & 10	7:30 pm both nights
Musical "Peter Pan"	Black Mountain Middle School	May 10 & 11	1:00 pm both days
PTSA Recognition Night	Poway High School*	May 13	7:00 pm
Dance Concert	Poway High School*	May 14	6:30 pm
Choral Concert	RB Chorale	May 16 & 17	7:30 pm both nights
Art Reception	The PhotoArts Group	May 17	2:00 pm
Graduation	North County Chinese School	May 18	1:30 pm
Choral Concert	Meadowbrook Middle School*	May 20	7:00 pm
Orchestra Spring Concert	Mt. Carmel High School*	May 21	7:30 pm
Orchestra Concerts	Twin Peaks & Bernardo Heights Middle Schools*	May 22	6:00 pm
Indian Language Play	Gujarati Association	May 24	7:30 pm
Poway Community Symphony Orchestra	Poway Unified School District-Adult School*	May 25	7:30 pm
Choir Concerts	Poway High School*	May 29 & 30	7:00 pm both nights
"San Diego Philharmonia" Youth Orchestra	PCPA Foundation	May 31	8:00 pm

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	3:00 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 10	7:00 pm
Dance Recital	Step by Step Dance	June 14	2:00 pm and 7:00 pm
Art Reception	San Diego Contemporary Art	June 15	TBA
Ballet	San Elijo Ballet	June 20-21	TBA
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

JULY 2008

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

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.

EARLY BIRD INTERNET REGISTRATION BEGINS:

February 29 for Poway Residents

WALK IN REGISTRATION BEGINS:

March 4 for Poway Residents

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

Non-resident Registration begins March 11
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.

FINANCIAL ASSISTANCE Poway Leisure Assistance for Youth



Did you know that your child might be eligible to receive up to \$40 worth of City-sponsored recreation classes each season at no cost to you? The amount could total \$160 worth of classes each year per child! Come to the Community Services Department and fill out an application. Eligibility: 17 years old or younger, or developmentally disabled (any age), household income meets guidelines provided by the U.S. Department of Housing and Urban Development, and must be a Poway resident. The City of Poway also accepts donations to support this program. Information: (858) 668-4570.

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



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: _____

