

**CLASSES:
SPORTS
RECREATION
AQUATICS
FITNESS
NATURE
TEENS**

POWAY

City of Poway

COMMUNITY SERVICES PROGRAMS

SPECIAL EVENTS

Summer 2007

Old-fashioned Fourth of July

Celebrate July 4th at the annual Old-fashioned Fourth of July event at Old Poway Park from 10:00 a.m. to 4:00 p.m. The event is complete with live music, steam train rides, mock gunfight demonstrations and train robberies, a picnic lunch, a good old-fashioned Ice Cream Social, delicious treats and goodies, Uncle Sam visits, and free children's crafts and activities! See old-fashioned displays of antique clocks, quilts, model trains, crafts and Ford Model-T cars. Visit the Heritage Museum, have your face painted or watch our village's blacksmiths' perform iron working. There's so much old-tyme fun to be had. For more details, see page 12. Information: (858) 668-4576.



Fourth of July Fireworks

The annual Fourth of July fireworks show will be held at the Poway High School stadium. The gates will open to the public at 5:00 p.m. for entry into an incredible and spectacular display of fireworks. Bleacher and blanket seating will be available inside the stadium. The fireworks show will start at 9:00 p.m. There will be a nominal fee for children's activities in the fun zone from 5:00 p.m. to 9:00 p.m. A live concert will be featured before and after the fireworks for all ages to enjoy. The fireworks show may also be viewed from the Lake Poway Recreation Area. If you or your company wishes to contribute to the Fireworks Trust Fund, call (858) 668-4582. No donation is too small. The City of Poway thanks the following past sponsors: Pomerado Publishing, Walter Andersen Nursery, Harris and Associates, and Cox Communications. Bring your family and friends to enjoy this traditional celebration of patriotism in your community.

Wed 5:00-10:00pm July 4 \$2/person at the gate
Children under 11 / FREE

Free Music Festival in the Park

The weekend of May 5 and 6 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 each day. This unique event will be Saturday, May 5 from 9:50 a.m. to 8:00 p.m. and Sunday, May 6, from 10:50 a.m. to 7:30 p.m. The event will also feature train rides, for a nominal fee and a booth fair complete with crafters, food, and children's crafts and activities. Stop by and enjoy the music, food, and Poway's own "turn-of-the-last-century" village. Information: (858) 668-4576.

MARK YOUR CALENDAR
Saturday, May 12
Dog Day Celebration

Target Summer Concert Series

All Ages



The Target Summer Concert in the Park Series will continue delighting audiences of all ages this summer. For the sixteenth consecutive year Target Stores and the City of Poway will team up to offer summer concerts at Lake Poway and Old Poway Park. The concert series emphasizes family recreation and cultural experiences in an outdoor setting and provides an opportunity for families and friends to enjoy a variety of musical styles. Everyone is invited to bring a blanket or chair, picnic

dinner or snack, and head out to the park for some great summer fun. Concerts will be held on Sundays from 5:30 p.m. to 7:00 p.m. at Lake Poway, 14644 Lake Poway Road, and Old Poway Park, 14134 Midland Road. Lake Poway concert information: (858) 668-4771. Old Poway Park concert information: (858) 668-4576.

The Target Summer Concert in the Park Series includes the following line-up:

Date	Location	Performer	Musical Style
June 24	Lake Poway	Left 4 Dead	Upbeat Rock 'N' Roll
July 8	Old Poway Park	Kahuna Cowboys	Bluegrass/ Early Hawaiian
July 15	Lake Poway	HELP!	Beatles Tribute Band
July 22	Old Poway Park	Sue Palmer and her Motel Swing Orchestra	Blues
July 29	Lake Poway	The San Diego Cajun Boys	South Louisiana Cajun French Music
August 5	Old Poway Park	The Brombies	Country/Bluegrass
August 12	Lake Poway	Crossroads	Classic Rock
August 19	Old Poway Park	The Big Mo Band	Big Band

Community Day Celebration

This year's Poway Community Day Celebration will be held Saturday, September 15 at the Poway Community Park, 13094 Civic Center Drive. The Community Day festivities will begin at 12:00 p.m. and continue throughout the day. The Community stage will feature demonstrations from various City programs as well as local dance groups. The main stage will have a powerhouse line-up of musical entertainment for the day and will end with a ground fireworks show at 8:00 p.m.

Local Poway businesses and nonprofit agencies make this a great day for everyone. Businesses are invited to participate in this year's event by registering for a booth through the Poway Community Services Administrative Offices, located at 13325 Civic Center Drive. Vendors are encouraged to register early to ensure a great booth location. Walk-in booth registration will begin June 25, and continue until September 14. Registration will be taken Monday through Friday from 8:00 a.m. to 5:00 p.m. Booth rental information: (858) 668-4580.

THIS YEAR'S COMMUNITY DAY ENTERTAINMENT WILL FEATURE GAMES, KIDDIE RIDES THROUGHOUT THE DAY, AND A HUGE FIREWORKS SHOW IN THE EVENING.

Youth Day Ultimate Pool Party

6 to 12 years

Hey Kids! Come and celebrate the start of summer with the biggest pool party ever at the Poway Community Swim Center, Friday, June 22 it promises to be a great day for youth, full of fun and adventure. Wet and wild pool games will include inner tube races, a huge inflatable slide, pool basketball, fish hunts, and more. Crazy contests with great prizes include: big splash off the high dive, water balloon toss, hula-hoop, limbo, and others! A DJ will be playing your favorite tunes and requests. We will serve a delicious picnic lunch that includes: cheese pizza, chips, fruit, cookies, punch, and fantastic snacks of tasty snow cones and hot buttery popcorn. Several take home arts and crafts projects will be available. Qualified recreation staff will supervise; however, a parent must accompany children six year olds and under. For an additional fee, youth may remain in the auditorium from 2:00 p.m. until 5:00 p.m. while a movie is being shown. Pre-register by June 15. Information: (858) 668-4570.

2923.100 Fri June 22 8:00 am-2:00pm \$10 pre-registration
\$14 day of event

After Care
2923.101 Fri June 22 2:00-5:00pm \$5

WANTED: CONTRACT INSTRUCTORS
To teach a variety of classes including
arts & crafts • performing arts • fitness
outdoor adventure • and enrichment
For more information contact Kelley Clark,
Recreation Supervisor at (858) 668-4574.



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SUMMER CAMPS

Lake Poway Day Camp 6 to 12 years

Lake Poway is the perfect place for summer fun! Each week children have the opportunity to go hiking, boating, fishing, swimming, create arts and crafts, and play exciting group games. A new and exciting field trip awaits campers for each new session. The camps, offered in 8, one-week sessions, begin the week of June 25, and run through the week of August 13, give the children a chance to make new friends, visit exciting places, learn fun games, and create crafts. Camp hours are from 8:00 a.m. to 4:00 p.m. Each Thursday offers a swim day at Poway Community Swim Center. Children will need to be dropped off and picked up at the Swim Center on swim days. For registration purposes, proof of age is required for all 6-year-old campers at the time of registration. Field trips are held each Wednesday, except for the Padres Game and Go Play Get Fit for which field trips will be on Thursday and the bus will depart from Poway Community Park. Lunch will be provided on field trip days to Go Play Get Fit and Knott's Soak City. No camp held on Wednesday, July 4. Field trips subject to change. Extended day care will be, at no additional charge, offered for Lake Poway Day Camp participants from 4:00 p.m. to 5:30 p.m. daily. Recreation leaders will supervise.

			Res/Nonres
2934.101	M-F	Ice Skating	Jun 25-Jun 29 \$110/\$120
2934.102	M/W/Th/F	Padres Game	Jul 2-Jul 6 \$110/\$120
2934.103	M-F	Go Play Get Fit at SDSU	Jul 9-Jul 13 \$110/\$120
2934.104	M-F	Knott's Soak City #1	Jul 16-Jul 20 \$110/\$120
2934.105	M-F	Roller Skating	Jul 23-Jul 27 \$110/\$120
2934.106	M-F	IMAX Theater & Science Center	Jul 30-Aug 3 \$110/\$120
2934.107	M-F	Oceanside Beach	Aug 6-Aug 10 \$110/\$120
2934.108	M-F	Knott's Soak City #2	Aug 13-Aug 17 \$110/\$120

Counselor-in-Training 13 to 17 Years

If you're looking for a fun and challenging experience this summer, then the City of Poway Counselor-in-Training (CIT) program is for you. Participants will experience the camp counselor role by assisting regular camp staff. Training will include leadership, crafts, games, water safety, and fishing techniques. All CITs may register for a maximum of three camp sessions. There is a limit of 6 CITs per week. Anyone interested in becoming a CIT **must attend one of the scheduled Mandatory Information Meetings** held in early June at the Community Park Auditorium. Reservations not required. Parent or guardian is required to attend this meeting. No camp held on Wednesday, July 4. **Registration fee includes (2) camp T-shirts and field trip admission.**

			Res/Nonres
2934.101	M-F	Ice Skating	Jun 25-Jun 29 \$50/\$60
2934.102	M/W/Th/F	Padres Game	Jul 2-Jul 6 \$40/\$50
2934.103	M-F	Go Play Get Fit at SDSU	Jul 9-Jul 13 \$40/\$50
2934.104	M-F	Knott's Soak City #1	Jul 16-Jul 20 \$40/\$50
2934.105	M-F	Roller Skating	Jul 23-Jul 27 \$40/\$50
2934.106	M-F	IMAX Theater & Science Center	Jul 30-Aug 3 \$40/\$50
2934.107	M-F	Oceanside Beach	Aug 6-Aug 10 \$40/\$50
2934.108	M-F	Knott's Soak City #2	Aug 13-Aug 17 \$40/\$50



CREATIVE KIDS CAMPS

Sign Language Club 3 to 10 Years

Want to learn something new, different, and fun this summer? Sign up with a friend and enter the world of signing together. This week of sign language will teach basic vocabulary and finger spelling in a fun-filled positive environment while learning games, rhymes, songs and simple sentences in American Sign Language. Parents are invited to stay the last day if they would like to observe. Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan.

				Res/Nonres
6182.100	Mon-Fri	11:30am-12:30pm	Jun 11-Jun 15	\$20/\$30
6182.101	Mon-Fri	11:30am-12:30pm	Jun 18-Jun 22	\$20/\$30
6182.102	Mon-Fri	11:30am-12:30pm	Jul 9-Jul 13	\$20/\$30
6182.103	Mon-Fri	11:30am-12:30pm	Jul 23-Jul 27	\$20/\$30
6182.104	Mon-Fri	11:30am-12:30pm	Aug 6-Aug 10	\$20/\$30

Spy Camp 7 to 12 Years

Become a Mad Science secret spy and take a fascinating journey into the world of detection, forensics and classified information. Learn code language to send secret messages as part of your mission. Go undercover and decode messages from other agents using your top-secret clearance. Investigate a pretend crime scene and sift through clues to crack the case. Join the Mad Science Bureau of Investigation and sniff out forgeries and counterfeits. Follow Sherlock's footsteps to learn what tracks and trails can teach us. Take-home projects include a detective kit, secret decoder, fingerprint kit, spyglasses and more. **Materials fee: \$30.** Instructor: Mad Science San Diego.

				Res/Nonres
Old Poway Park, Porter House Parlour				
6182.105	Mon-Fri	1:00pm-4:00pm	Jul 16-Jul 20	\$95/\$105
Lake Poway				
6182.106	Mon-Fri	9:00am-12:00pm	Jul 30-Aug 3	\$95/\$105

NASA Space Academy 6 to 11 Years

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

				Res/Nonres
Lake Poway				
6182.107	Mon-Fri	9:00am-12:00pm	Jul 23-Jul 27	\$95/\$105

Art Start Art Camp 7 to 14 Years

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

				Res/Nonres
Half-day				
6182.108	Mon-Fri	9:00am-12:00pm	Jul 9-Jul 13	\$85/\$95
6182.109	Mon-Fri	9:00am-12:00pm	Jul 16-Jul 20	\$85/\$95
6182.110	Mon-Fri	9:00am-12:00pm	Jul 23-Jul 27	\$85/\$95
6182.111	Mon-Fri	9:00am-12:00pm	Jul 30-Aug 3	\$85/\$95
6182.112	Mon-Fri	9:00am-12:00pm	Aug 6-Aug 10	\$85/\$95
6182.113	Mon-Fri	9:00am-12:00pm	Aug 13-Aug 17	\$85/\$95

				Res/Nonres
Full day				
6182.114	Mon-Fri	9:00am-3:30pm	Jul 9-Jul 13	\$150/\$160
6182.115	Mon-Fri	9:00am-3:30pm	Jul 16-Jul 20	\$150/\$160
6182.116	Mon-Fri	9:00am-3:30pm	Jul 23-Jul 27	\$150/\$160
6182.117	Mon-Fri	9:00am-3:30pm	Jul 30-Aug 3	\$150/\$160
6182.118	Mon-Fri	9:00am-3:30pm	Aug 6-Aug 10	\$150/\$160
6182.119	Mon-Fri	9:00am-3:30pm	Aug 13-Aug 17	\$150/\$160

Backyard Explorers 5 to 10 Years

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

				Res/Nonres
Old Poway Park, Porter House Parlour				
6182.120	Mon-Fri	1:00pm-4:00pm	Jul 9-Jul 13	\$95/\$105
6182.121	Mon-Fri	9:00am-12:00pm	Aug 6-Aug 10	\$95/\$105

Robots & Reactions 8 to 12 Years

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

				Res/Nonres
Lake Poway				
6182.122	Mon-Fri	9:00am-12:00pm	Jul 9-Jul 13	\$95/\$105
Old Poway Park, Porter House Parlour				
6182.123	Mon-Fri	1:00pm-4:00pm	Jul 30-Aug 3	\$95/\$105

Mad Science All-Stars 5 to 10 Years

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

				Res/Nonres
Lake Poway				
6182.124	Mon-Fri	9:00am-12:00pm	Jul 16-Jul 20	\$95/\$105
Old Poway Park, Porter House Parlour				
6182.125	Mon-Fri	1:00pm-4:00pm	Aug 6-Aug 10	\$95/\$105

Creative Play Camp 5 to 6 Years

Do you have a little performer? We have the place for them! Creative Play Camp will have young students experience the magic of the arts through singing, movement, dramatic play, and fun craft activities. All camps are designed to encourage children to use their imagination and grow through the arts. Take-home projects include a camp T-shirt, puppets, masks, crowns, magic wands and much more! Campers should bring a water bottle and snack. There will be some outdoor activities so campers should wear sunscreen. Camp will be held at the Porter House Parlour in Old Poway Park. **Materials Fee: \$25.** Instructor: Jennifer Winspear and Company.

				Res/Nonres
6182.126	Mon-Fri	9:00am-12:30pm	Jul 16-Jul 20	\$130/\$140
6182.127	Mon-Fri	9:00am-12:30pm	Jul 23-Jul 27	\$130/\$140

Dramatic Adventure Camp 7 to 9 Years

Come be a part of the magic of theatre! Young performers will learn music, dance, and acting. Activities include costume design, set design, use of props, improvisation, audition skills, and theatre games. All campers will receive a T-shirt. All camps are designed to encourage children to use their imagination and grow through the arts. Campers should bring a water bottle and snack. There will be some outdoor activities so campers should wear sunscreen. Camp will be held at Templars Hall in Old Poway Park. **Materials Fee: \$25.** Instructor: Jennifer Winspear and Company.

				Res/Nonres
6182.128	Mon-Fri	9:00am-12:30pm	Jul 16-Jul 20	\$130/\$140
6182.129	Mon-Fri	9:00am-12:30pm	Jul 23-Jul 27	\$130/\$140

Creative and Performing Arts Camp 10 to 12 Years

This camp is great either as an introduction to theatre arts, or as a way to refine skills. Students will learn acting, singing, and dancing skills. Costume design, set design, use of props, improvisation, audition skills, and theatre games are just a few of the fun activities that campers will participate in. All campers will receive a T-shirt. All camps are designed to encourage children to use their imagination and grow through the arts. Campers should bring a water bottle and snack. There will be some outdoor activities so campers should wear sunscreen. Camp will be held at Templars Hall in Old Poway Park. **Materials Fee: \$25.** Instructor: Jennifer Winspear and Company.

				Res/Nonres
6182.130	Mon-Fri	9:00am-12:30pm	Jul 16-Jul 20	\$130/\$140
6182.131	Mon-Fri	9:00am-12:30pm	Jul 23-Jul 27	\$130/\$140

Poway Transit Services

Airport Shuttle	1-800-974-8885
Poway Transit	858-748-8152
Commuter Express	1-800-266-6883
CTS ADA Paratransit	1-800-921-9664
City Web Page:	www.ci.poway.ca.us/bus-sched.html

NOTE: How to read class information

Class#	Days	Times	Dates	Res/Nonres
0000.311	Mon	10:45-11:45am	Jun 11-Jul 2	\$40/\$50
0000.312	Tue	10:45-11:45am	Aug 7-Aug 28	\$40/\$50

TINY TYKES CAMPS

Discovery Time 3 to 6 Years

Explore a variety of fun summer activities in a positive and success-oriented environment. Creative arts and crafts, cooperative games, water play, and one trip to the "kiddie pool" at the Community Swim Center, are on the agenda for the week. Each week has a different theme, so sign up for more than one camp session. Come join the fun and make new friends. Please bring a snack each day. Must be potty trained. **Materials fee: \$15.** Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan.

	Res/Nonres
4011.100 Mon-Fri 9:00am-11:30am Jun 11-Jun 15	\$75/\$85
4011.101 Mon-Fri 9:00am-11:30am Jun 18-Jun 22	\$75/\$85
4011.102 Mon-Fri 9:00am-11:30am Jul 9-Jul 13	\$75/\$85
4011.103 Mon-Fri 9:00am-11:30am Jul 23-Jul 27	\$75/\$85
4011.104 Mon-Fri 9:00am-11:30am Aug 6-Aug 10	\$75/\$85

In The Garden 3 to 5 Years

Explore the different parts of a garden and learn about seeds, soil, and sprouts. Learn about insects' fabulous flying ability. Examine fruits, vegetables, plants and leaves using a microscope designed for preschoolers. Take-home projects include seed badges, sun visors, bean bracelets, veggie placemat, and a bug necklace! **Materials fee: \$30.** Classes held at Poway Community Park, Youth Activity Room. Instructor: Mad Science of San Diego.

	Res/Nonres
4011.105 Mon-Fri 9:00am-12:00pm Jul 16-Jul 20	\$95/\$105
4011.106 Mon-Fri 9:00am-12:00pm Jul 30-Aug 3	\$95/\$105

SPORTS CAMPS

Tennis 6 to 13 Years

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

	Res/Nonres
2443.100 Mon-Fri 10:00am-12:00pm Jun 25-Jun 29	\$75/\$85
2443.101 Mon-Fri 10:00am-12:00pm Jul 9-Jul 13	\$75/\$85
2443.102 Mon-Fri 10:00am-12:00pm Jul 16-Jul 20	\$75/\$85
2443.103 Mon-Fri 10:00am-12:00pm Jul 23-Jul 27	\$75/\$85
2443.104 Mon-Fri 10:00am-12:00pm Jul 30-Aug 3	\$75/\$85
2443.105 Mon-Fri 10:00am-12:00pm Aug 6-Aug 10	\$75/\$85
2443.106 Mon-Fri 10:00am-12:00pm Aug 13-Aug 17	\$75/\$85

Middle School Girls Basketball 11 to 14 Years

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

	Res/Nonres
2443.107 Mon-Fri 12:30-2:30pm Jul 9-Jul 13	\$100/\$110

Intermediate Girls Basketball 14 to 16 Years

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

	Res/Nonres
2443.108 Mon-Thu 2:00-4:00pm Jun 25-Jun 28	\$110/\$120
M/T/Th/F 2:30-4:30pm Jul 2-Jul 6	(for 2 weeks)

Advanced Girls Basketball 15 to 18 Years

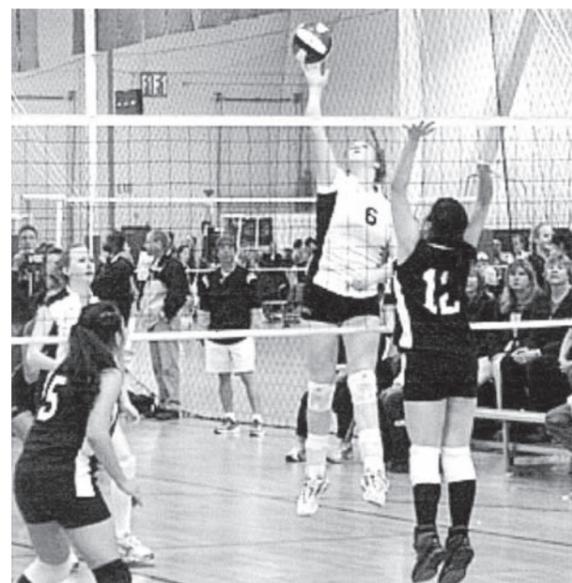
This advanced camp is for the high school girl varsity caliber player. Offensive and defensive fundamentals will be emphasized. Four-on-four and five-on-five team concepts will also be stressed. Perimeter play and post play will be emphasized at both ends of the floor. Participants need to be entering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

	Res/Nonres
2443.109 Mon-Thu 12:00-2:00pm Jun 25-Jun 28	\$110/\$120
M/T/Th/F 12:30-2:30pm Jul 2-Jul 6	(for 2 weeks)

Volleyball: Developing the Total Setter 11 to 14 Years

Learn the important qualities of a setter so they can help their team through mind, heart, and hands. Camp will focus on proper hand position, ready position, body position, rhythm, accuracy, jump setting, setting zones, back setting, dumping, footwork, spin set, front/back ones, one hand set, peak-a-boo, and attacking. Drills that teach techniques and strategy are demonstrated throughout camp and will aid greatly in the development of a player into a complete setter. Classes held at Twin Peaks Multipurpose Center. Instructor: Lisa Reis. ***Any student registered at Poway High School may not register for this program.**

	Res/Nonres
2443.110 Mon-Thu 9:00-11:00am Jul 23-Jul 26	\$60/\$70



Volleyball: Passing & Defense 14 to 17 Years

The camp is designed to improve on the skill that starts every rally, the "pass," and the technique that keeps the ball off the floor, "defense." The camp offers a wide range of techniques: proper stance, ready position, footwork, hand and arm position, and floor coverage responsibilities. All techniques are explained and demonstrated in live drill settings. An ideal camp for the "libero" position which is critical in today's volleyball matches. Classes held at Twin Peaks Multipurpose Center. Instructor: Lisa Reis. ***Any student registered at Poway High School may not register for this program.**

	Res/Nonres
2443.111 Mon-Thu 11:00am-1:00pm Jul 23-Jul 26	\$60/\$70

Volleyball: Hitting & Serving 11 to 14 Years

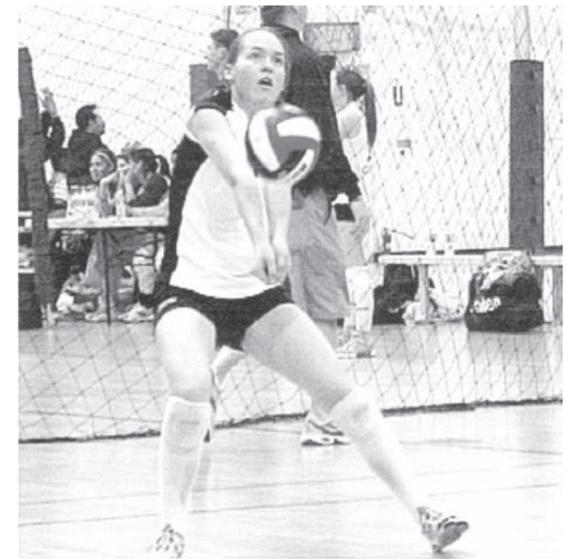
This camp will present techniques to help your team get the most out of scoring "opportunities." While hitting, you will concentrate on approach, arm swing, and jump elevation to develop timing. The cross court shot, seam shot, down the line shot, back row attacks, and quick attacks are practiced in drills. Techniques for float serve, jump serve, and jump float are broken down into the toss, footwork, arm mechanics, and hand contact. Strategies to take advantage of defense weaknesses utilizing serve areas (zones) of the court are practiced. Classes held at Twin Peaks Multipurpose Center. Instructor: Lisa Reis. ***Any student registered at Poway High School may not register for this program.**

	Res/Nonres
2443.112 Mon-Thu 1:00-3:00pm Jul 23-Jul 26	\$60/\$70

"Getting Started" Volleyball 11 to 14 Years

This camp is for any boy or girl who wants to learn the "ropes" of getting into competitive volleyball. Class will focus on the fundamentals of playing volleyball and learning the six areas of volleyball skills: serving, passing, setting, attacking, blocking, and defense. Each day, sets of drills will move a player through game plays that progresses from simple to complex, incorporating individual movement patterns and skills into full-blown team competition in a fun, learning environment. Classes held at Twin Peaks Multipurpose Center. Instructor: Lisa Reis.

	Res/Nonres
2443.113 Mon-Fri 4:00-6:00pm Jun 25-Jun 29	\$70/\$80



Advanced Volleyball Team Dynamics 14 to 17 Years (Varsity High School Caliber/Instructor Approval)

This camp will touch upon intense competitive situations to help you prepare for high school try-outs. The "games" develop a number of focus areas: three contacts on a side, serve/receive, defense to offense transition, hitting and blocking, serving, wash drills, team serve receive, digging, error corrections, passing and setting; all in competitive 6-on-6 down to doubles game play situations. Strength exercises, mental conditioning, handling pressure, and fun team building activities will be included. Classes held at Twin Peaks Multipurpose Center. Instructor: Lisa Reis.

	Res/Nonres
2443.114 Mon-Fri 9:00am-12:00pm Aug 6-Aug 10	\$110/\$120

Girl's Volleyball Tune-Up Camp 13 to 16 Years

This camp is ideal for players (incoming freshman, sophomores, J.V. caliber) who have not touched a volleyball in a while. It is designed as a "brush up" for players, before high school try-outs. Players will be provided with some individual instruction time and group time, covering all volleyball skills. Then athletes will be given a chance to display what they have learned in competitive, fun, game-like situations. A mini-tournament concludes the course on the final day. Classes held at Twin Peaks Multipurpose Center. Instructor: Lisa Reis.

	Res/Nonres
2443.115 Mon-Fri 1:00-4:00pm Aug 6-Aug 10	\$110/\$120

Archery Camps 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
2443.116 Mon 9:00-11:00am Jul 9	\$75/\$85
Tue-Fri 9:00-10:00am Jul 10-Jul 13	
2443.117 Mon 9:00-11:00am Jul 23	\$75/\$85
Tue-Fri 9:00-10:00am Jul 24-Jul 27	
2443.118 Mon 9:00-11:00am Jul 30	\$75/\$85
Tue-Fri 9:00-10:00am Jul 31-Aug 3	

CHILDREN'S DANCE

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

Dance for Children 3 to 5 Years

Dance..Sing..Tumble..Balance..Imagine..Express. Gain self-confidence and flexibility during this fun-filled introduction to dance/tumbling. Boys and girls will experience the joys of movement and creative expression and come away equipped with skills valued for a lifetime. This ongoing program is designed to increase in difficulty with continued enrollment. Come join the fun! Wear comfortable clothing and ballet slippers or bare feet. Continuing students can participate in our full-scale dance recital at the PCPA in June 2008!

5111.100 Mon 10:00-10:45am Jul 23-Aug 20 **Res/Nonres** \$55/\$65

Tap & Dance Workshop

3 to 12 Years

This fun-filled, action-packed, dynamic summer tap workshop will offer a new dance experience each week! Combination classes will include tap with: ballet, tumbling, jazz, creative dance, and much more. Come join the fun! The summer session is a great time for new students to begin and for continuing students to enjoy a variety of dance activities. Tap and ballet shoes and dance attire required. Continuing students can participate in our full-scale dance recital at the PCPA in June 2008!

3 to 4 Years **5111.101** Mon 11:00am-12:00pm Jul 23-Aug 20 **Res/Nonres** \$55/\$65

5 to 7 Years **5111.102** Mon 2:00-3:00pm Jul 23-Aug 20 \$55/\$65

8 to 12 Years **5111.103** Mon 3:00-4:00pm Jul 23-Aug 20 \$55/\$65

Jazz Dance for Kids 7 to 17 Years

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

Beginner 7 to 11 Years **5111.104** Tue 4:15-5:00pm Jul 10-Aug 21 **Res/Nonres** \$50/\$60

Beg./Int. 12 to 17 Years **5111.105** Tue 5:00-5:45pm Jul 10-Aug 21 \$50/\$60

Ballet: Held at Poway Community Park Auditorium and Twin Peaks Multipurpose Center. Instructor: Linda Kincaid. **No class July 3 and 7.**

Pre-ballet 3 to 5 Years

A ballet class developed to introduce preschoolers to the fundamentals of ballet. Through rhythm games, coordination exercises, and simple ballet exercises, students learn what they need to prepare them for Ballet I. Attire: leotard and tights, ballet shoes are recommended. Students will graduate from Pre-ballet into the Ballet I intermediate class with an instructor referral.

Community Park Auditorium **5141.100** Tue 9:30-10:20am Jun 26-Aug 21 **Res/Nonres** \$60/\$70

Twin Peaks Multipurpose Room **5141.101** Sat 10:00-10:50am Jun 30-Aug 25 \$60/\$70



Ballet I 4 to 12 Years

The fundamentals of ballet will be taught in a manner that combines art, discipline, stretching, rhythm, and fun. Instruction is designed to allow each individual to progress at their own pace and comfort. A simple, fun dance will be taught to help students feel proud of their accomplishment.

5141.102 Sat 11:00-11:50am Jun 30-Aug 25 **Res/Nonres** \$60/\$70

Ballet II 6 to 16 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. The pointe students must be tested by instructor prior to purchasing pointe shoes. **Instructor referral only.**

5141.103 Sat 11:00-11:50am Jun 30-Aug 25 **Res/Nonres** \$60/\$70

TEEN/ADULT DANCE

Beginning Ballet 13 and Older

Do you want to feel graceful and get exercise at the same time? Then come and dance with us in this well-paced, fun ballet class. We have so much fun dancing like ballerinas. This class is for the beginning student who wants to try this beautiful dance form, as well as exercise to wonderful music. Classes held at Twin Peaks Recreation Center. Instructor: Linda Kincaid. **No class July 7.**

5317.100 Sat 9:00-10:00am Jun 30-Aug 25 **Res/Nonres** \$60/\$70

GYMNASTICS

Gymnastics: All classes held at Poway Gymnastics, 12850 Brookprinter Place. No snaps, zippers, or buttons on clothes. Please wear comfortable clothes or leotards. Instructor: Tony Salmeri. Information: (858) 748-1716. **Materials fee: \$10.**

Mom & Tot Walking to 3 Years

This class is designed for toddlers and their parents to participate together in basic gymnastics while interacting with other children and an instructor. At this level the students learn educational gymnastics. They will develop their basic motor skills, confidence, balance, coordination, and social interaction in a fun-filled positive atmosphere.

2312.100 Thu 10:45-11:15am Jun 28-Sep 13 **Res/Nonres** \$135/\$145
2312.101 Sat 8:45-9:15am Jun 30-Sep 15 \$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.

2312.102 Thu 10:00-10:45am Jun 28-Sep 13 **Res/Nonres** \$154/\$164
2312.103 Sat 9:30-10:15am Jun 30-Sep 15 \$154/\$164

Beg. Gymnastics 5 to 7 Years

This class is designed for boys and girls to learn the basic gymnastics elements. The girls will learn skills on the Vault, Bars, Beam, and Floor. The boys will learn basic skills on the six Olympic men's events. The skills learned will enable them to move onto the next level.

2312.104 Tue 3:40-4:40pm Jun 26-Sep 11 **Res/Nonres** \$173/\$183

Beg. Tumbling and 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.

2312.105 Thu 6:00-7:00pm Jun 28-Sep 13 **Res/Nonres** \$173/\$183
2312.106 Sat 11:00am-12:00pm Jun 30-Sep 15 \$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.

3 to 5 Years **2091.100** Wed 4:00-4:30pm Jul 11-Aug 1 **Res/Nonres** \$40/\$50
2091.101 Wed 4:00-4:30pm Aug 8-Aug 29 \$40/\$50
6 to 12 Years **2091.102** Wed 4:30-5:00pm Jul 11-Aug 1 \$40/\$50
2091.103 Wed 4:30-5:00pm Aug 8-Aug 29 \$40/\$50

Karate is for Kids 4 to 12 Years

Respect, courtesy, manners, mental focus, physical fitness and coordination. If your child needs improvement in any of these areas, this is the class you want. Your child will be taught by experienced professionals who like children and can bring the most out of them. The class is safe, fun, and they will get better at all of the things listed above. Uniform optional, but available. Information: (858) 486-1003. Classes held at Poway Kenpo Karate, 13246 Poway Road. Instructor: Barry Barker.

4 to 5 Years **2091.104** Fri 3:00-3:45pm Jul 13-Aug 10 **Res/Nonres** \$45/\$55
6 to 7 Years **2091.105** Sat 10:00-10:45am Jul 14-Aug 11 \$45/\$55
8 to 12 Years **2091.106** Wed 4:00-4:45pm Jul 11-Aug 8 \$45/\$55
13 to 16 Years **2091.107** Wed 6:00-6:45pm Jul 11-Aug 8 \$45/\$55

Taekwondo 5 to 17 Years

This is a complete martial arts program for boys and girls. Your child is sure to find the class fun and exciting. In addition to learning important self-defense skills, your child will develop respect, self-discipline and confidence. Our internationally certified instructor has over 25 years of experience. The classes are open to both beginners and experienced students. Students may participate in an examination at the end of the session to advance to a higher belt level (for an additional cost). **A martial arts uniform is required and may be purchased from the instructor for \$25.** Classes held at Poway Community Park Bill Bond Hall I. Instructor: Master Joseph Wolpert. **No class July 4 and September 3.**

5 to 13 Years **2091.108** M/W/F 6:00-7:00pm Jul 2-Sep 7 **Res/Nonres** \$69/\$79
14 to 17 Years **2091.109** M/W/F 7:00-8:00pm Jul 2-Sep 7 \$69/\$79



Intro to Taekwondo 5 to 17 Years

This course will introduce the students to the philosophy and basic self-defense techniques of taekwondo. An official taekwondo uniform will be provided free to each student. Classes held at Poway Community Park, Bill Bond Hall I. Instructor: Master Joe Wolpert. **No class July 4.**

5 to 13 Years **2091.110** M/W/F 6:00-7:00pm Jul 2-Jul 13 **Res/Nonres** \$25/\$35
14 to 17 Years **2091.111** M/W/F 7:00-8:00pm Jul 2-Jul 13 \$25/\$35

YOUTH SPORTS

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 The Boxing Club, 13242 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.

Res/Nonres

2091.112 Sat 9:30-10:30am Jul 14-Aug 11 \$45/\$55

Youth Volleyball League

9 to 14 Years

Are you ready for Monday night volleyball? Boys and girls, ages 9 to 14, are invited to participate in this fun recreational activity. Fundamental volleyball skills will be taught and team tournament games will ensure an exciting and educational volleyball experience. Classes held at Twin Peaks Multipurpose Center.

9 to 11 Years Res/Nonres

2091.113 Mon 5:30-6:30pm Jul 9-Aug 20 \$15/\$25

12 to 14 Years Res/Nonres

2091.114 Mon 6:45-7:45pm Jul 9-Aug 20 \$15/\$25

Gracie Jiu Jitsu for Kids

8 to 12 Years

Learn the submission ground fighting system made famous by the Gracie family. The success of this art in the UFC and NHB competitions has made it legendary. This will be a safe, fun class designed to introduce kids to this powerful Brazilian art. Uniform required to fully participate in this class and may be purchased through Gracie-Barra Jiu Jitsu at your first class. Classes held at Poway Kenpo Karate (www.powaymartialarts.com), 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.

Res/Nonres

2091.115 Tue 4:30-5:30pm Jul 10-Aug 7 \$45/\$55

TENNIS

TENNIS COURT RESERVATIONS

Reservations for the Poway Community Park tennis courts will be taken Monday through Friday, 8 to 10 a.m. only. Reservations may be made for the two-lighted courts one day in advance and will be for one hour only. Reservations for the weekends and Monday may be made on Friday. All tennis classes offered by the City of Poway have priority on both of the courts. Reservation line: (858) 668-4671.

Tennis: All tennis classes held at Poway Community Park. Instructor will make arrangements if tennis racket is needed. Instructor: Art Christophiades. **No class July 2, 3, 4, 5, and 6.**

Tiny Tot Tennis

4 to 6 Years

Children will be introduced to the game of tennis. Have fun learning the basic ground strokes; forehand and backhand, along with forehand and backhand volleys. The class will improve hand/eye coordination. The students will also learn groundwork drills and, of course, court etiquette. Junior tennis racquets available from the instructor.

Res/Nonres

3013.100 Sat 9:00-10:00am Jun 30-Jul 28 \$40/\$50

3013.101 Sat 9:00-10:00am Aug 4-Aug 25 \$35/\$45

ADULT SPORTS

Open Play Sports

All Ages

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

Coed Volleyball

18 and Older

This is an instructional league. When you sign up, you will be assigned to a four-person team based on the instructor's assessment of your skill level. Each evening will consist of league play and instruction. **NOTE:** Prerequisite for advanced play is strong command of basic skills and experience in competitive play. League placement determined by instructor. Classes held at Twin Peaks Recreation Center, 14640 Tierra Bonita Road. Instructor: Dick Leatherman. **Classes on August 28 and 30 begin at 6 p.m. No class July 3 and 5.**

Intermediate (Male) Res/Nonres

1247.100 Thu 6:30-9:30pm Jun 28-Aug 30 \$52/\$62

Intermediate (Female)

1247.101 Thu 6:30-9:30pm Jun 28-Aug 30 \$52/\$62

Advanced (Male)

1247.102 Tue 6:30-9:30pm Jun 26-Aug 28 \$52/\$62

Advanced (Female)

1247.103 Tue 6:30-9:30pm Jun 26-Aug 28 \$52/\$62

Taekwondo

18 and Older

This class is a complete martial arts program for men and women. The class is designed to help you develop more strength, coordination, endurance, confidence, and self-defense skills. In addition to learning practical kicking and punching, you will also learn basic grappling techniques. The difference it can make in your life is tremendous. Students may participate in an examination at the end of the session to advance to a higher belt level (for an additional cost). **A martial arts uniform is required and may be purchased from the instructor for \$25.** Our internationally certified instructor has over 25 years of experience. Classes held at Poway Community Park Bill Bond Hall I. Instructor: Master Joseph Wolpert. For more information, please call (858) 748-1333. **No class July 4 and September 3.**

Res/Nonres

1247.104 M/W/F 7:00-8:00pm Jul 2-Sep 7 \$69/\$79

Tennis - Beg.

6 to 14 Years

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

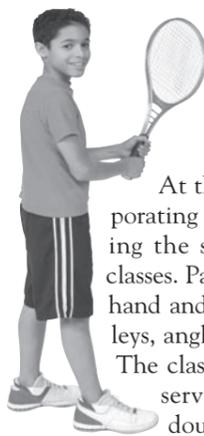
Res/Nonres

3013.102 Tue/Thu 4:00-5:00pm Jun 26-Aug 2 \$70/\$80

3013.103 Sat 10:00-11:00am Jun 30-Jul 28 \$40/\$50

3013.104 Tue/Thu 4:00-5:00pm Aug 7-Aug 30 \$60/\$70

3013.105 Sat 10:00-11:00am Aug 4-Aug 25 \$35/\$45



Tennis - Intermediate

8 to 14 Years

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

Res/Nonres

3013.106 Tue/Thu 5:00-6:00pm Jun 26-Aug 2 \$70/\$80

3013.107 Sat 11:00am-12:00pm Jun 30-Jul 28 \$40/\$50

3013.108 Tue/Thu 5:00-6:00pm Aug 7-Aug 30 \$60/\$70

3013.109 Sat 11:00am-12:00pm Aug 4-Aug 25 \$35/\$45

Intro to Taekwondo

18 and Older

This course will introduce the students to the philosophy and basic self-defense techniques of taekwondo. An official taekwondo uniform will be provided free to each student. Classes held at Poway Community Park, Bill Bond Hall I. Instructor: Master Joe Wolpert. **No class July 4.**

Res/Nonres

1247.105 M/W/F 7:00-8:00pm Jul 2-Jul 13 \$25/\$35

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 Twin Peaks Multipurpose Center. **No league on July 4.**

1247.106 Wed 6:30-9:30pm Jun 27-Sep 12 \$40/Team



Tennis - Advanced Juniors

8 to 16 Years

At this hot-shot level tennis enthusiasts will enhance their ability level by conducting forehand and backhand groundstroke drills, volley drills, serving drills, and overhead smash and volley drills combined. The class will conclude with singles and doubles league format, with trophies to the winning single and doubles champions. Advanced class placement determined by instructor.

Res/Nonres

3013.110 Mon/Wed 4:30-6:30pm Jun 25-Aug 1 \$90/\$100

3013.111 Mon/Wed 4:30-6:30pm Aug 6-Aug 29 \$90/\$100

Tennis - Adult Adv. Beg./Inter.

15 and Older

During this session, participants will improve their basic fundamental strokes. Students will do forehand and backhand drills of groundstrokes and volleys. Approach shot and volley drills, groundstrokes, approach shots, overhead and volley drills. The class will conclude with doubles play and strategy. Racquets, if needed, are available from the instructor. Fun and enjoyment will be emphasized.

Res/Nonres

3013.112 Mon/Wed 6:30-7:30pm Jun 25-Aug 1 \$75/\$85

3013.113 Tue/Thu 6:00-7:00pm Jun 26-Aug 2 \$75/\$85

3013.114 Sat 12:00-1:30pm Jun 30-Jul 28 \$45/\$55

3013.115 Mon/Wed 6:30-7:30pm Aug 6-Aug 29 \$65/\$75

3013.116 Tue/Thu 6:00-7:00pm Aug 7-Aug 30 \$65/\$75

3013.117 Sat 12:00-1:30pm Aug 4-Aug 25 \$40/\$50

OUTDOOR ACTIVITIES

Mobile Recreation Program All Ages

The City of Poway is rolling out the fun! We are offering a FREE drop-in mobile recreation program. What we provide is year-round recreation activities for youth, teens, and families who live in neighborhoods not readily accessible to recreation opportunities. Since February 2004, the mobile recreation truck has been providing structured, safe, and enriching activities for Poway neighborhoods. Each month the program offers sports activities, group games, arts and crafts, music, skateboarding, and many other fun events. Program participants, staff, and parents rave about the Mobile Recreation Program. Information: (858) 668-4674.



Información en Español

El Departamento de Servicios Comunitarios de la ciudad de Poway ofrece una variedad de programas, clases y eventos especiales para toda la familia. Para obtener información adicional acerca de estos programas, llame a la línea de información en español al 858-668-4675. También se puede comunicar con la línea de información y dejar sus datos de contacto. Un empleado que habla español le devolverá el llamado y lo ayudará con la inscripción en cursos, con la reserva de un establecimiento o le dará información general acerca de un evento especial. En el municipio, ubicado en 13325 Civic Center Drive, también encontrará información traducida sobre eventos especiales.

Si le interesa obtener más información acerca del Programa de Recreación Móvil de la ciudad o del Programa de Ayuda para la Recreación de los Jóvenes (PLAY, por sus siglas en inglés) llame a (858) 668-4674.

Hiking for Fun & Fitness

5 and Older

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

3439.100 Wed 6:00-7:30pm Jul 11-Sep 26 \$5/person \$10/family

Animal Resource Directory

Animal Emergencies

Stray animals or bites to a human or pet
Escondido Humane Society

760-888-2275

Wildlife Regulations, Laws and Permits

California Department of Fish & Game Commission
1-800-952-5400

Injured or Abandoned Wild Animals or Birds

Project Wildlife (except raccoons & skunks)
619-225-WILD

Wildlife Center 619-291-4587

Fund For Animals/Wildlife Rehabilitation

760-789-2324

Dead Animal Removal

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

Low Cost Spay & Neutering

Pet Assistance Foundation 760-745-7986
Spay/Neuter Action Project 619-525-3047

HEALTH & WELLNESS

Tai Chi

18 and Older

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

5417.100 Sat 9:15-10:00am Jul 14-Aug 11 Res/Nonres \$45/\$55

Hatha Yoga

18 and Older

This popular class is for the beginner and continuing yoga student. Experience stress release with gentle movement (vinyasa) and precise instruction in the poses (asanas). Proper yoga breathing in the warm-up stretches, asana practice, and relaxation is emphasized. Gently progress at a self inspired pace. Yoga exercises can be adapted to suit the needs of everyone, regardless of age or state of health. Please bring a yoga mat, large towel and blanket to class, and wear comfortable clothes. Classes held at Poway Community Park Auditorium. Instructor: Linda Kay.

5417.101 Thu 6:30-8:00pm Jun 28-Aug 30 Res/Nonres \$75/\$85

Yoga on the Ball

18 and Older

In this popular ball yoga class, beginners learn quickly to relax into yoga poses while rolling and stretching with the unique support of the ball. Precise ball poses build deep, middle, and outer muscle layers in the core to strengthen the back. Spinal stabilization techniques establish structural integrity to healthy movement of the muscles that support the joints of the spinal column. Combine ball yoga poses and spinal stabilization techniques to increase



overall muscular strength, flexibility, and joint mobility. **Please bring a certified "burst proof" yoga ball (based on your height), a 10" ball, yoga mat, and a large towel to class.** Classes held at the Poway Community Park Auditorium. Instructor: Linda Kay.

5417.102 Tue 6:00-7:15pm Jun 26-Aug 28 Res/Nonres \$75/\$85

Yoga Slimmers

18 and Older

Embrace your slimmer dreams. Create a new slim you with vitality. A perfectly slimming idea! Stretch, tone, rejuvenate, and balance muscles to encourage healthy and practical slimming. Yoga slimmers safely increase the metabolic rate, offering a natural potential to steady fat-loss with an increase in lean muscle-mass. A computerized body comp chart of your BMR (Basal Metabolic Rate), the rate your body burns energy in calories during rest, and BMI (Body Mass Index), the ratio of body weight-to-height squared, plus the percents on fat-free mass, total body water, and fat-mass is included in this program. This class includes a lecture format with floor and standing poses. Please bring bottled water, a yoga sticky mat, and a large towel to class. **Materials fee: \$20.** Classes held at Poway Community Park, Auditorium. Instructor: Linda Kay.

5417.103 Tue 7:30-8:45pm Jun 26-Aug 28 Res/Nonres \$70/\$80

American Red Cross First Aid

14 and Older

A newly updated class by the American Red Cross, this class will prepare you to handle any situation with loved ones, friends and co-workers. Learning these skills will give you the confidence to respond quickly! This course includes responding to emergency situations, recognition and care in life-threatening situations such as caring for burns, bleeding, broken bones, poisoning, bites and stings, and sudden illness. **Materials fee: \$15.** Classes held at Poway Community Park Activity Room I & II. Instructor: Blythe Paley.

5417.104 Sat 8:30am-12:30pm Aug 18 Res/Nonres \$28/\$38

Yoga/Walk

18 and Older

This Hatha yoga class is designed for beginner through intermediate levels. The morning classes open with self-focusing and pranayama-om (an easy breathing technique). The program includes a lecture/inquiry format, an energizing walk (keeping in mind reasonable summer temperatures), an indoor Hatha yoga practice with savasana (relaxation), closing with silent centering and pranayama-om. Receive detailed instructions for asanas (postures), vinyasa (movement), mudras (finger/hand movements) and pranayama to quiet the mind and calm the nervous system. Restore your vitality as you receive the poses; relaxing into the gap of inner stillness. Please bring bottled water, a yoga sticky mat, and a large towel to class. Walking shoes usually need replacing after 6 months. Classes held at Twin Peaks Multipurpose Center. Instructor: Linda Kay.

5417.105 Mon 9:30-11:15am Jun 25-Aug 13 Res/Nonres \$85/\$95

"Ab"solutely Yoga 18 and Older

"Ab"solutely Yoga! Actively move from your core in this yoga abs class with a focus on the rectus, oblique, and transverse abdominal (TrA's) muscles. Create strong, toned, flexible and balanced abdominal muscles to flatten the front and firm the sides of the body. This class is for students who can easily get up and down off the floor, be on their hands, knees, and backs, and move into standing positions. Please bring bottled water, a yoga sticky mat, and a large towel to class. Classes held at Poway Community Park, Auditorium. Instructor: Linda Kay.

5417.106 Mon 6:30-7:45pm Jun 25-Jul 23 Res/Nonres \$55/\$65

SPECIAL NEEDS

Bowling

16 and Older

Bowling is for everybody, even for those with special needs. This bowling class provides unlimited fun, where everyone has a chance to win with companions of all skill levels. Challenging gutter balls are no problem since every lane has air filled bumpers. At the end of the session, awards and a party conclude our last meeting. Classes are held at Poway Fun Bowl. **There is an \$8.00/per class charge,** collected at the bowling alley each week. If the participant needs one-to-one attention or has special needs, please include a description of the situation. Depending on the circumstances, an aide may be required to accompany the student. Instructor: Poway Fun Bowl staff.

9397.100 Fri 1:30-3:30pm Jun 23-Aug 24 Res/Nonres \$40/\$50

SPECIAL INTERESTS

Babysitter's Training

11 and Older

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

7617.100 Sat 9:00am-3:30pm Jun 30 Res/Nonres \$45/\$55
7617.101 Sat 1:00am-4:00pm Aug 18 \$45/\$55
Sat 1:00am-4:00pm Aug 25



TEEN ACTIVITIES

Poway Teen Recreation Club (PTRC) 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. The club holds fundraisers and participates in community service projects throughout the year. The club meets every Wednesday night from 6:30 p.m. 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. Membership is FREE. Information: (858) 668-4674.

Volunteer Program High School

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

Teen Only Nights Middle – High School

Teens are invited to participate in friendly recreational sport tournaments held on the first Friday of every month. The tournaments are free. Prizes will be awarded for the first place winner(s). No need to pre-register. Teen Only Nights are held at the Meadowbrook Gymnasium located at 12320 Meadowbrook Lane. Information: (858) 668-4674.

5-on-5 Basketball Tournament			
Fri	6:30-9:30pm	Jul 6	FREE
Flag Football Tournament			
Fri	6:30-9:30pm	Aug 3	FREE
3-on-3 Basketball Tournament			
Fri	6:30-9:30pm	Sep 7	FREE

Magic Mountain Excursion Middle – High School

GET READY TO SCREAM!! We're headed to Magic Mountain for a day of fun, roller coasters and cotton candy! On July 12, the bus will depart Community Park at 6:00 a.m. and return at 12 midnight. This is one of our most popular trips, so make sure to register early. The registration fee includes transportation, supervision and a ticket into the park. Information: (858) 668-4674.

			Res/Nonres
9055.100	Thu	6:00am-12:00am	July 12 \$55/\$65

Teen Pool Campout 13 to 19 Years

Bring a friend and enjoy a night of swimming, games, movies and all night fun! Join the Community Services Department for our annual teen pool campout scheduled for August 11. A barbecue dinner and continental breakfast will be served. Remember to bring a swimsuit, sleeping bag and a tent. The event will be held at the Poway Community Swim Center, located at 13094 Civic Center Drive.

			Res/Nonres
9055.101	Sat-Sun	6:00pm-8:00am	Aug 11-Aug 12 \$10/\$20

DOG OBEDIENCE

Dog/Puppy Obedience 18 and Older

Family fun training and conditioning in an introduction to AKC dog obedience. Your dog learns to walk out freely with you, no pulling with positive instant recalls, sit-down-stay. Chain, pinch or spiked, or "gentle lead" collars are not permitted. Dog must have updated shots. Do not feed your dog four hours prior to the start of class. **Materials fee: \$20** (soft collar and manual). Tuesday classes held at Old Poway Park Green Park Area, Saturday classes held at Garden Road Park. All classes held rain or shine. Please arrive 20 minutes before first class. Instructor: Bob Burkhardt. Mr. Burkhardt has been a professional trainer for over twenty years. Information: (858) 748-7943.

Twelve Weeks to Six Months (Puppy Class)			Res/Nonres
9019.100	Tue	6:30-7:30pm	Jul 10-Aug 14 \$90/\$100
9019.101	Sat	9:30-10:30am	Jul 14-Aug 18 \$90/\$100
Six Months and Older (Adult Class)			
9019.102	Tue	6:30-7:30pm	Jul 10-Aug 14 \$90/\$100
9019.103	Sat	9:30-10:30am	Jul 14-Aug 18 \$90/\$100

POWAY SKATE PARK

The Poway Skate Park is 12,000 square feet of pool style concrete bowls and street elements. The park is open seven days a week from 8:00 a.m. to 9:30 p.m. The park is equipped with lights and bathrooms. Helmet, elbow, and kneepads are required at all times at this non-supervised park. An adult must supervise children under the age of 14 at all times. The park is subject to one-hour closures for violations of the park rules. The park is located at 13090 Civic Center Drive. For a complete list of rules or information call (858) 668-4674.

Youth Freestyle Sessions

The City of Poway Community Services Department is proud to offer a new program called "Youth

Freestyle Sessions." The goal of this program is to increase youth and family usage, to provide a safe and non-intimidating atmosphere for younger and beginning skaters to hone their skills and finally, to promote and reward safe skating behavior. The times listed below are designated for **YOUTH AGES 14 AND UNDER ONLY**. Youth are still required to wear all safety gear including a helmet, kneepads, and elbow pads. No one over the age of 14 will be allowed to enter the skate park during these event times. The designated days and times are "student-friendly," taking into consideration the Poway Unified School District schedule. Youth Freestyle Sessions are offered once a month at the Poway Skate Park. Rewards of food and prizes will be given. **A parent or guardian must complete a participant waiver prior to skating.** The waiver covers all Freestyle Sessions through December 7. New waivers will be needed for next year. **No waiver, no skating.**

Mon	2:00-4:30pm	Jul 16	FREE
Fri	12:00-2:30pm	Aug 24	FREE
Mon	11:00am-1:30pm	Sep 3	FREE

POWAY BRANCH LIBRARY

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

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

Weekly Storytime Programs

Monday	Toddler (up to 3 years)	10:30 a.m.
Tuesday	Toddler (up to 3 years)	10:30 a.m.
Wednesday	Preschool (3-5 years)	10:30 a.m.
Thursday	Preschool (3-5 years)	10:30 a.m.

Storytime programs are held in the Library Children's Room. Join us for stories, music, & more! No sign-ups are necessary.

Please note: Toddler and Preschool Storytimes will be on hiatus for the summer. Thursday, June 14 will be the last storytime before the summer break. Storytimes will resume Tuesday, Sept. 4.

Grandparents and Books

Tuesdays: 10 a.m.-12 p.m. - Thursdays: 11 a.m.-12 p.m.
Share a book with a Poway Library Grandparent! Your child will enjoy individualized attention in small groups settings.

Read to a Real, Furry Friend Saturdays: 10:30 a.m.-11:30 a.m.

Provided by "Love on a Leash" in the Children's Room, therapy dogs provide unconditional, positive emotional support for developing confidence in reading.

Teen Programs

Teen Advisory Board & T-MAD (*Teens Making a Difference!*)
2nd Thursdays: 4:00 p.m.

Middle and High School-aged students are invited to attend T-MAD (Teens Making a Difference!) to help create ongoing weekly activities for Teens in the Poway Community. Join us in the Fireplace Room.

Adult Programs

Internet for the Absolute Beginner
Registration is required.

2nd & 4th Tuesdays: 8:45 a.m.-10:00 a.m.

Participants will learn Internet basics. **Prerequisite for Internet and E-mail classes:** Must have a San Diego County library card & ability to use a computer mouse.

E-mail for the Absolute Beginner

3rd Tuesday & 3rd Thursdays of the month 8:45-10:00 a.m. Registration required.

APRIL 2007

Sat 21 "Make an Origami Photoframe" – Bring your own 6"x4" horizontal photo and make a beautiful origami picture frame. Taught by Poway Librarian Patricia Williams 1:00 pm

MAY 2007

Tue 8 Mother's Day Craft – Make a lei for Mother's Day! 3:00-4:00 pm

Thu 17 Kamishibai – Japanese Storytelling. The traditional art of telling stories with story cards. Part of Asian Pacific Islander Heritage Month. 4:00 pm

Sun 20 "The Way West: America in Song." – Join the musical duo Trails & Rails (Walt Richards & Paula Strong) exploring the music of our Western history. Hot dogs and drinks will be served. Presented as an Older Americans Month celebration. 2:00 pm

JUNE 2007

Mon 11 How to use the Ancestry Library Edition database (genealogy) taught by Elaine Jeter. Limited to 8 students. Reserve space at the library or call (858) 513-2939.

2007 Children's Summer Reading Program –(SRP) Get A Clue @ Your Library

2007 Teen Summer Reading Program –YNK (You Never Know) @ Your Library

Sat 23	SRP Kickoff – Traveling Lantern Theatre Company presents "Sherlock Homes takes the Case." Brilliant scientist and criminologist, Sherlock Homes, along with trusted companion, Dr. Watson (played by an audience volunteer), will follow the clues and solve a mystery in the library courtyard. 10:00 am
Tue 26	"Women of Mystery" – Adult Summer Reading Program – June 26, July 10 & 24, August 7 Why should the kids have all the fun? Come join a lively discussion group that starts with a viewing of the film "Women of Mystery: Three Writers Who Forever Changed Detective Fiction." This will be followed by three weeks of discussion centering around the works of mystery writers Sue Grafton, Marcia Muller, and Sara Paretsky. Program sponsored in cooperation with the California Center for the Book. TBD
Wed 27	Lie Detector Testing with John Ballard, Investigations & Polygraph. TEENS Learn about the history and use of the lie detector test, then take the test yourself. But don't lie, because it will catch you! 4:00 pm
Thu 28	Gypsy Folk Ensemble Dance Program Follow Sherlock Homes as he investigates strange and exotic places and along the way you'll hear strange tales and find some puzzling folk dances to decipher. Solve the mysteries – you'll even help figure out how to do a dance. 10:00 am

JULY 2007

Thu 5	Mystery Craft in the Children's Room 2:00 pm
Tue 10	"Women of Mystery" – Adult Summer Reading Program – (see description June 26) TBD
Wed 11	Mystery Theatre: Grandma's Gonna Kill Me! Mystery program for school-age children in the Children's Room. Eleven-year-old Wanda Tuggle is missing a valuable gift from her grandmother. What is she missing? Was it stolen or did she misplace it? You will examine the clues and solve the mystery! 2:00 pm
Thu 12	Teen Movie Spectacular TEENS 3:00 pm Follow the action-packed teen adventures of secret agent Alex Rider in this first video installment with more to come. Enjoy this movie with free popcorn, of course, in the Fireplace Room.
Wed 18	Clue Tournament TEENS 3:00 pm Come test your detection skills by participating in our first group game-fest of the board game Clue, an old favorite with a new twist. All are welcome to participate in this fun-filled extravaganza in the Fireplace Room.
Thu 19	Wild Wonders Animal Mysteries See live exotic animals up-close in the Library Courtyard! 10:00 am
Tue 24	"Women of Mystery" – Adult Summer Reading Program – (see description June 26) TBD
Wed 25	Mad Science Mysteries Revealed. Interactive, highly theatrical science presentation that will entertain and educate in the Library Courtyard! 10:00 am
Sat 28	Harry Potter Party. Library Courtyard 10:00 am
Tue 31	All you ever wanted to Know About Criminal Justice and Fingerprinting TEENS. Calling all CSI buffs, this program is for you. Come learn about the criminal justice system and ways to catch criminals using fingerprints. Fireplace Room 4:00 pm

AUGUST 2007

Wed 1	Mystery Movie. Children's Room. 2:00 pm
Sat 4	SRP Grand Finale – John Abrams' presents "The Mysteries of Animal Magic" followed by our Grand Prize Giveaway in the Library Courtyard. Don't miss John Abrams' unique, zany blend of magic, comedy, music, & live exotic pets! Following the performance, we'll be awarding prizes from our Raffle Drawing. 10:00 am
Tue 7	"Women of Mystery" – Adult Summer Reading Program – (see description June 26) TBD All programs are subject to change. Please call the library for more information at (858) 513-2900.



SWIM CENTER

The Poway Community Swim Center is located at 13094 Civic Center Drive, within Poway Community Park. The Swim Center includes a 50-meter by 25-yard pool with an attached diving well and shallow children's area. During open pool hours residents of Poway and nonresidents can enjoy the one-and three-meter diving boards, open swimming areas, and lap swimming lanes. A one-foot deep baby pool is available for play during the spring, summer, and fall months. The swim center offers a complete shower and dressing area. Water temperature in the pool is maintained between 80 and 84 degrees, providing for comfortable swimming year-round. For general information regarding pool hours and fees, call (858) 668-4680. For program information, call (858) 668-4580. Swimmers may be required to show proof of residency in order to be eligible for resident rate.

DAILY ADMISSION FEE	RESIDENT	NON-RESIDENT
Adults (18 and older)	\$2.00	\$4.00
Youth (17 and under)	\$1.50	\$3.00
Seniors (60 and older)	\$1.50	\$3.00

SEASON AND YEARLY PASSES

Season and yearly passes may be purchased at the pool during business hours. Family passes include two adults (18 and over) and all immediate family members 17 and under residing in the same household. Season passes are valid for 90 days from date of purchase.

SUMMER SEASON AND YEARLY PASS RATES

	Season Resident	Season Non-resident	Yearly Resident	Yearly Non-resident
Adults	\$70.50	\$106.50	\$185.00	\$240.00
Youth	\$46.00	\$70.00	\$127.00	\$197.00
Senior	\$46.00	\$70.00	\$127.00	\$197.00
Family	\$104.00	\$154.00	\$284.00	\$319.00

SPRING POOL HOURS (May 6-June 22)

Mon/Wed/Fri	10:30 a.m. - 7:30 p.m.
Tue/Thu	8:00 a.m. - 7:30 p.m. (Long Course 8:00 a.m. - 1:30 p.m.)
Sat/Sun	10:30 a.m. - 5:00 p.m.

SUMMER POOL HOURS (June 23-September 8)

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

ADULT LAP SWIM

Lanes for lap swimming will always be available during open swim hours. During open recreational swim times,

lanes will be set-aside for those interested in swimming laps. Some open recreational swim times will be shared with swimming lessons and swim clubs. Portions of the pool may not be available for use by the public during these times. Pull buoys and kick boards are available for use. (No long course on June 12, 14, 19 & 21).

Short Course:

Mon/Wed	9:15 a.m. - 8:00 p.m. (25 yards-short course)
Tue/Thu	9:15 a.m. - 7:00 p.m. (25 yards-short course)
Fri	11:00 a.m. - 8:00 p.m. (25 yards-short course)
Sat/Sun	10:30 a.m. - 7:00 p.m. (25 yards-short course)

Long Course:

Tue/Thu	7:00 - 8:00 p.m. (50 meter-long course, 2 lanes)
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FAMILY SWIM

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

Sat/Sun	10:30a.m. - 1:00p.m.	\$6 per resident family \$9 per non-resident family
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POOL CLOSED

June 22	All Day for Youth Day
June 30, Aug 4	5:00 p.m. Movie Night
September 15	All Day for Community Day



SWIM LESSONS

Parent/Child

6 to 24 months

This class, equivalent to the American Red Cross "Preschool" level, develops a comfort for the water and introduces the most basic water skills. This course does not teach children to be accomplished swimmers or survive in the water. Parents must accompany their children in the pool. (No class on July 4th)

				Res/Nonres
0020.100	Mon-Thu	12:00-12:30pm	Jun 25-Jun 28	\$22/\$32
0020.101	Mon-Fri	12:00-12:30pm	Jul 2-Jul 6	\$22/\$32
0020.102	Mon-Thu	12:00-12:30pm	Jul 9-Jul 12	\$22/\$32
0020.103	Mon-Thu	12:00-12:30pm	Jul 16-Jul 19	\$22/\$32
0020.104	Mon-Thu	12:00-12:30 pm	Jul 30-Aug 2	\$22/\$32
Evening Classes				
0020.120	M/W/F	5:45-6:15pm	Jul 16-Jul 27	\$22/\$32
0020.121	M/W/F	5:45-6:15pm	Aug 6-Aug 17	\$22/\$32

Pre-Grunion

2 to 3 years

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

				Res/Nonres
Session 1				
0030.100	M-F/M-F	10:10-10:50am	Jun 25-Jul 6	\$44/\$54
Session 2				
0030.101	M-F/M-Th	10:10-10:50am	Jul 9-Jul 19	\$44/\$54
Session 3				
0030.102	M-F/M-Th	10:10-10:50am	Jul 23-Aug 2	\$44/\$54
Session 4				
0030.103	M-F/M-Th	10:10-10:50am	Aug 6-Aug 16	\$44/\$54
Evening Classes (Session #3 is a two-week session)				
Session 1				
0030.120	M/W/F	6:30-7:10pm	Jun 25-Jul 13	\$44/\$54
Session 2				
0030.121	M/W/F	6:30-7:10pm	Jul 16-Aug 2	\$44/\$54
Session 3				
0030.122	M/W/F	6:30-7:10pm	Aug 6-Aug 16	\$29/\$39

Grunion 1

3 to 5 Years

An introduction to American Red Cross Level 1, this class is designed for children with limited or no swimming experience. Skills include submergence underwater, front and back floats, kicking on front and back, and beginning swim stroke. (No class on July 4th).

				Res/Nonres
Session 1				
0121.100	M-F/M-F	8:30-9:10am	Jun 25-Jul 6	\$44/\$54
0121.101	M-F/M-F	9:20-10:00am	Jun 25-Jul 6	\$44/\$54
0121.102	M-F/M-F	10:10-10:50am	Jun 25-Jul 6	\$44/\$54
Session 2				
0121.103	M-F/M-Th	8:30-9:10 am	Jul 9-Jul 19	\$44/\$54
0121.104	M-F/M-Th	9:20-10:00am	Jul 9-Jul 19	\$44/\$54
0121.105	M-F/M-Th	10:10-10:50am	Jul 9-Jul 19	\$44/\$54
Session 3				
0121.106	M-F/M-Th	8:30-9:10am	Jul 23-Aug 2	\$44/\$54
0121.107	M-F/M-Th	9:20-10:00am	Jul 23-Aug 2	\$44/\$54
0121.108	M-F/M-Th	10:10-10:50am	Jul 23-Aug 2	\$44/\$54
Session 4				
0121.109	M-F/M-Th	8:30-9:10am	Aug 6-Aug 16	\$44/\$54
0121.110	M-F/M-Th	9:20-10:00am	Aug 6-Aug 16	\$44/\$54
0121.111	M-F/M-Th	10:10-10:50am	Aug 6-Aug 16	\$44/\$54
Evening Classes (Session #3 is a two-week session)				
Session 1				
0121.120	M/W/F	5:45-6:25pm	Jun 25-Jul 13	\$44/\$54
0121.121	M/W/F	6:30-7:10pm	Jun 25-Jul 13	\$44/\$54
Session 2				
0121.122	M/W/F	5:45-6:25pm	Jul 16-Aug 3	\$44/\$54
0121.123	M/W/F	6:30-7:10pm	Jul 16-Aug 3	\$44/\$54
Session 3				
0121.124	M/W/F	5:45-6:25pm	Aug 6-Aug 17	\$29/\$39
0121.125	M/W/F	6:30-7:10pm	Aug 6-Aug 17	\$29/\$39

Grunion 2

3 to 6 Years

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

				Res/Nonres
Session 1				
0122.100	M-F/M-F	8:30-9:10am	Jun 25-Jul 6	\$44/\$54
0122.101	M-F/M-F	9:20-10:00am	Jun 25-Jul 6	\$44/\$54
0122.102	M-F/M-F	10:10-10:50am	Jun 25-Jul 6	\$44/\$54
Session 2				
0122.103	M-F/M-Th	8:30-9:10 am	Jul 9-Jul 19	\$44/\$54
0122.104	M-F/M-Th	9:20-10:00am	Jul 9-Jul 19	\$44/\$54
0122.105	M-F/M-Th	10:10-10:50am	Jul 9-Jul 19	\$44/\$54
Session 3				
0122.106	M-F/M-Th	8:30-9:10am	Jul 23-Aug 2	\$44/\$54
0122.107	M-F/M-Th	9:20-10:00am	Jul 23-Aug 2	\$44/\$54
0122.108	M-F/M-Th	10:10-10:50am	Jul 23-Aug 2	\$44/\$54
Session 4				
0122.109	M-F/M-Th	8:30-9:10am	Aug 6-Aug 16	\$44/\$54
0122.110	M-F/M-Th	9:20-10:00am	Aug 6-Aug 16	\$44/\$54
0122.111	M-F/M-Th	10:10-10:50am	Aug 6-Aug 16	\$44/\$54
Evening Classes (Session #3 is a two-week session)				
Session 1				
0122.120	M/W/F	5:45-6:25pm	Jun 25-Jul 13	\$44/\$54
Session 2				
0122.121	M/W/F	5:45-6:25pm	Jul 16-Aug 3	\$44/\$54
Session 3				
0122.122	M/W/F	5:45-6:25pm	Aug 6-Aug 17	\$29/\$39

Grunion 3

3 to 6 Years

An introduction to American Red Cross Level 2, this class is designed for swimmers who are able to float, kick, and swim a few strokes of front crawl on their own. Emphasis is placed on reinforcing front crawl, creating self-proficiency of back crawl, and introducing elementary backstroke. Students should feel comfortable in at least 4 feet of water. (No class on July 4th).

				Res/Nonres
Session 1				
0123.100	M-F/M-F	8:30-9:10am	Jun 25-Jul 6	\$44/\$54
0123.101	M-F/M-F	11:00-11:40am	Jun 25-Jul 6	\$44/\$54
Session 2				
0123.102	M-F/M-Th	8:30-9:10 am	Jul 9-Jul 19	\$44/\$54
0123.103	M-F/M-Th	11:00-11:40am	Jul 9-Jul 19	\$44/\$54
Session 3				
0123.104	M-F/M-Th	8:30-9:10am	Jul 23-Aug 2	\$44/\$54
0123.105	M-F/M-Th	11:00-11:40am	Jul 23-Aug 2	\$44/\$54
Session 4				
0123.106	M-F/M-Th	8:30-9:10am	Aug 6-Aug 16	\$44/\$54
0123.107	M-F/M-Th	11:00-11:40am	Aug 6-Aug 16	\$44/\$54
Evening Classes (Session #3 is a two-week session)				
Session 1				
0123.120	M/W/F	6:30-7:10pm	Jun 25-Jul 13	\$44/\$54
0123.121	M/W/F	7:15-7:55pm	Jun 25-Jul 13	\$44/\$54
Session 2				
0123.122	M/W/F	6:30-7:10pm	Jul 16-Aug 3	\$44/\$54
0123.123	M/W/F	7:15-7:55pm	Jul 16-Aug 3	\$44/\$54
Session 3				
0123.124	M/W/F	6:30-7:10pm	Aug 6-Aug 17	\$29/\$39
0123.125	M/W/F	7:15-7:55pm	Aug 6-Aug 17	\$29/\$39

Starfish

6 to 12 Years

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

				Res/Nonres
Session 1				
0221.100	M-F/M-F	8:30-9:10am	Jun 25-Jul 6	\$44/\$54
0221.101	M-F/M-F	11:00-11:40am	Jun 25-Jul 6	\$44/\$54
Session 2				
0221.102	M-F/M-Th	8:30-9:10 am	Jul 9-Jul 19	\$44/\$54
0221.103	M-F/M-Th	11:00-11:40am	Jul 9-Jul 19	\$44/\$54
Session 3				
0221.104	M-F/M-Th	8:30-9:10am	Jul 23-Aug 2	\$44/\$54
0221.105	M-F/M-Th	11:00-11:40am	Jul 23-Aug 2	\$44/\$54

STARFISH (Cont.) Session 4

0221.106	M-F/M-Th	8:30-9:10am	Aug 6-Aug 16	\$44/\$54
0221.107	M-F/M-Th	11:00-11:40am	Aug 6-Aug 16	\$44/\$54

Evening Classes (Session #3 is a two-week session)

Session 1				
0221.120	M/W/F	5:45-6:25pm	Jun 25-Jul 13	\$44/\$54
Session 2				
0221.121	M/W/F	5:45-6:25pm	Jul 16-Aug 3	\$44/\$54
Session 3				
0221.122	M/W/F	5:45-6:25pm	Aug 6-Aug 17	\$29/\$39

Seahorse

6 to 12 Years

An introduction to American Red Cross Level 2, this class is a continuation of the Starfish course and is designed for swimmers who are able to float, kick, and swim a few strokes of front crawl on their own. Emphasis is placed on reinforcing front crawl, creating self-proficiency of back crawl, and introducing elementary backstroke. Students should feel comfortable in at least 4 feet of water. (No class on July 4th).

				Res/Nonres
Session 1				
0222.100	M-F/M-F	8:30-9:10am	Jun 25-Jul 6	\$44/\$54
0222.101	M-F/M-F	11:00-11:40am	Jun 25-Jul 6	\$44/\$54
Session 2				
0222.102	M-F/M-Th	8:30-9:10 am	Jul 9-Jul 19	\$44/\$54
0222.103	M-F/M-Th	11:00-11:40am	Jul 9-Jul 19	\$44/\$54
Session 3				
0222.104	M-F/M-Th	8:30-9:10am	Jul 23-Aug 2	\$44/\$54
0222.105	M-F/M-Th	11:00-11:40am	Jul 23-Aug 2	\$44/\$54
0222.106	M-F/M-Th	11:50am-12:30pm	Jul 23-Aug 2	\$44/\$54
Session 4				
0222.107	M-F/M-Th	8:30-9:10am	Aug 6-Aug 16	\$44/\$54
0222.108	M-F/M-Th	11:00-11:40am	Aug 6-Aug 16	\$44/\$54
0222.109	M-F/M-Th	11:50am-12:30pm	Aug 6-Aug 16	\$44/\$54
Evening Classes (Session #3 is a two-week session)				
Session 1				
0222.120	M/W/F	6:30-7:10 pm	Jun 25-Jul 13	\$44/\$54
0222.121	M/W/F	7:15-7:55 pm	Jun 25-Jul 13	\$44/\$54
Session 2				
0222.122	M/W/F	6:30-7:10 pm	Jul 16-Aug 3	\$44/\$54
0222.123	M/W/F	7:15-7:55 pm	Jul 16-Aug 3	\$44/\$54
Session 3				
0222.124	M/W/F	6:30-7:10 pm	Aug 6-Aug 17	\$29/\$39
0222.125	M/W/F	7:15-7:55 pm	Aug 6-Aug 17	\$29/\$39

Otter

6 to 16 years

A completion of those skills pertaining to American Red Cross Level 2, this class is designed to improve technique, promote self-proficiency, and increase endurance of front crawl, back crawl, and elementary backstroke. An orientation to water greater than 5 feet, the diving boards, and treading water is also included. Completion of this class signifies the ability to pass the "Open Swim" swim test. (No class on July 4th).

Seal

6 to 16 Years

Equivalent to Level 3 of the American Red Cross series, this course takes place in 11-12 feet of water. The ability to swim 15 yards of front crawl and back crawl is a prerequisite of this class. Those skills introduced are butterfly and breaststroke kick, front crawl alternate breathing, diving and treading water. **(No class on July 4th).**

Session	Days	Time	Dates	Res/Nonres
Session 1				
0321.100	M-F/M-F	9:20-10:00am	Jun 25-Jul 6	\$44/\$54
0321.101	M-F/M-F	10:10-10:50am	Jun 25-Jul 6	\$44/\$54
0321.102	M-F/M-F	11:00-11:40am	Jun 25-Jul 6	\$44/\$54
Session 2				
0321.103	M-F/M-Th	9:20-10:00am	Jul 9-Jul 19	\$44/\$54
0321.104	M-F/M-Th	10:10-10:50am	Jul 9-Jul 19	\$44/\$54
0321.105	M-F/M-Th	11:00-11:40am	Jul 9-Jul 19	\$44/\$54
Session 3				
0321.106	M-F/M-Th	9:20-10:00am	Jul 23-Aug 2	\$44/\$54
0321.107	M-F/M-Th	10:10-10:50am	Jul 23-Aug 2	\$44/\$54
0321.108	M-F/M-Th	11:00-11:40am	Jul 23-Aug 2	\$44/\$54
Session 4				
0321.109	M-F/M-Th	9:20-10:00am	Aug 6-Aug 16	\$44/\$54
0321.110	M-F/M-Th	10:10-10:50am	Aug 6-Aug 16	\$44/\$54
0321.111	M-F/M-Th	11:00-11:40am	Aug 6-Aug 16	\$44/\$54
Evening Classes (Session #3 is a two-week session)				
Session 1				
0321.120	M/W/F	7:15-7:55 pm	Jun 25-Jul 13	\$44/\$54
Session 2				
0321.121	M/W/F	7:15-7:55 pm	Jul 16-Aug 3	\$44/\$54
Session 3				
0321.122	M/W/F	7:15-7:55 pm	Aug 6-Aug 17	\$29/\$39

Sting Ray

6 to 16 Years

This class, comparable to American Red Cross Level 4, further develops technique and endurance of front crawl, back crawl, and elementary backstroke in 11-12 feet of water. Breaststroke, sidestroke, front crawl alternate breathing, and diving from the diving boards are introduced. **(No class on July 4th).**

Session	Days	Time	Dates	Res/Nonres
Session 1				
0322.100	M-F/M-F	8:30-9:10am	Jun 25-Jul 6	\$44/\$54
0322.101	M-F/M-F	9:20-10:00am	Jun 25-Jul 6	\$44/\$54
0322.102	M-F/M-F	11:50am-12:30pm	Jun 25-Jul 6	\$44/\$54
Session 2				
0322.103	M-F/M-Th	8:30-9:10am	Jul 9-Jul 19	\$44/\$54
0322.104	M-F/M-Th	9:20-10:00am	Jul 9-Jul 19	\$44/\$54
0322.105	M-F/M-Th	11:50am-12:30pm	Jul 9-Jul 19	\$44/\$54
Session 3				
0322.106	M-F/M-Th	8:30-9:10am	Jul 23-Aug 2	\$44/\$54
0322.107	M-F/M-Th	9:20-10:00am	Jul 23-Aug 2	\$44/\$54
0322.108	M-F/M-Th	11:50am-12:30pm	Jul 23-Aug 2	\$44/\$54
Session 4				
0322.109	M-F/M-Th	8:30-9:10am	Aug 6-Aug 16	\$44/\$54
0322.110	M-F/M-Th	9:20-10:00am	Aug 6-Aug 16	\$44/\$54
0322.111	M-F/M-Th	11:50am-12:30pm	Aug 6-Aug 16	\$44/\$54
Evening Classes (Session #3 is a two-week session)				
Session 1				
0322.120	M/W/F	8:00-8:40pm	Jun 25-Jul 13	\$44/\$54
Session 2				
0322.121	M/W/F	8:00-8:40pm	Jul 16-Aug 3	\$44/\$54
Session 3				
0322.122	M/W/F	8:00-8:40pm	Aug 6-Aug 17	\$29/\$39

Dolphin

6 to 16 years

The Dolphins 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 butterfly kick and freestyle and backstroke flip turns. **(No class on July 4th).**

Session	Days	Time	Dates	Res/Nonres
Session 1				
0323.100	M-F/M-F	10:10-10:50am	Jun 25-Jul 6	\$44/\$54
0323.101	M-F/M-F	11:50am-12:30pm	Jun 25-Jul 6	\$44/\$54
Session 2				
0323.102	M-F/M-Th	10:10-10:50am	Jul 9-Jul 19	\$44/\$54
0323.103	M-F/M-Th	11:50am-12:30pm	Jul 9-Jul 19	\$44/\$54
Session 3				
0323.104	M-F/M-Th	10:10-10:50am	Jul 23-Aug 2	\$44/\$54
0323.105	M-F/M-Th	11:50am-12:30pm	Jul 23-Aug 2	\$44/\$54
Session 4				
0323.106	M-F/M-Th	10:10-10:50am	Aug 6-Aug 16	\$44/\$54
0323.107	M-F/M-Th	11:50am-12:30pm	Aug 6-Aug 16	\$44/\$54
Evening Classes (Session #3 is a two-week session)				
Session 1				
0323.120	M/W/F	8:00-8:40pm	Jun 25-Jul 13	\$44/\$54
Session 2				
0323.121	M/W/F	8:00-8:40pm	Jul 16-Aug 3	\$44/\$54
Session 3				
0323.122	M/W/F	8:00-8:40pm	Aug 6-Aug 17	\$29/\$39

Swordfish

6 to 16 years

The equivalent to the core skills of American Red Cross Level 6, Swordfish students develop skill proficiency and continue to progress towards greater distance in all strokes. Those new skills presented are butterfly, breaststroke and butterfly turns, and diving board techniques. **(No class on July 4th).**

Session	Days	Time	Dates	Res/Nonres
Session 1				
0324.100	M-F/M-F	9:20-10:00am	Jun 25-Jul 6	\$44/\$54
0324.101	M-F/M-F	11:50am-12:30pm	Jun 25-Jul 6	\$44/\$54
Session 2				
0324.102	M-F/M-Th	11:50am-12:30pm	Jul 9-Jul 19	\$44/\$54
Session 3				
0324.103	M-F/M-Th	11:50am-12:30pm	Jul 23-Aug 2	\$44/\$54
Session 4				
0324.104	M-F/M-Th	11:50am-12:30pm	Aug 6-Aug 16	\$44/\$54
Evening Classes (Session #3 is a two-week session)				
Session 1				
0324.120	M/W/F	8:00-8:40pm	Jun 25-Jul 13	\$44/\$54

SWORDFISH (Cont.) Session 2

0324.121	M/W/F	8:00-8:40pm	Jul 16-Aug 3	\$44/\$54
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Session 3

0324.122	M/W/F	8:00-8:40pm	Aug 6-Aug 17	\$29/\$39
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Advanced Technique

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

Session	Days	Time	Dates	Res/Nonres
Session 1				
0325.100	M-F/M-F	11:50am-12:30pm	Jun 25-Jul 6	\$44/\$54
Session 2				
0325.101	M-F/M-Th	11:50am-12:30pm	Jul 9-Jul 19	\$44/\$54
Session 3				
0325.102	M-F/M-Th	11:50am-12:30pm	Jul 23-Aug 2	\$44/\$54
Session 4				
0325.103	M-F/M-Th	11:50am-12:30pm	Aug 6-Aug 16	\$44/\$54
Evening Classes (Session #3 is a two-week session)				
Session 1				
0325.120	M/W/F	8:00-8:40pm	Jun 25-Jul 13	\$44/\$54
Session 2				
0325.121	M/W/F	8:00-8:40pm	Jul 16-Aug 3	\$44/\$54
Session 3				
0325.122	M/W/F	8:00-8:40pm	Aug 6-Aug 17	\$29/\$39

Adult/Teen

18 and Older

Adults will be taught at their own pace. Skills will be developed around each individual's needs. Skills range from beginner to moderate swimmer level. **(No class on July 4th). (Session #3 is a two-week session).**

Session	Days	Time	Dates	Res/Nonres
Session 1				
0521.100	M/W/F	7:15-7:55pm	Jun 25-Jul 13	\$44/\$54
Session 2				
0521.101	M/W/F	7:15-7:55pm	Jul 16-Aug 3	\$44/\$54
Session 3				
0521.102	M/W/F	7:15-7:55pm	Aug 6-Aug 17	\$29/\$39

Beginning Water Polo

10 to 16 Years

An introduction into the sport of water polo, this class will cover the basics of eggbeater, heads-up freestyle, passing, shooting, and the rules of the game. Prerequisite-students must be able to swim 100 yards front crawl, 50 yards backstroke and tread water for three minutes. **(No class on July 4th).**

Session	Days	Time	Dates	Res/Nonres
Session 1				
0522.100	M-F/M-Th	9:20-10:00am	Jul 9-Jul 19	\$44/\$54
Session 2				
0522.101	M-F/M-Th	9:20-10:00am	Aug 6-Aug 16	\$44/\$54
Evening Classes				
Session 3				
0522.120	M/W/F	5:45-6:25pm	Jun 25-Jul 13	\$44/\$54

Intermediate Water Polo

10 to 17 Years

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

Session	Days	Time	Dates	Res/Nonres
Session 2				
0523.100	M/W/F	5:45-6:25pm	Jul 16-Aug 2	\$44/\$54
Session 3				
0523.101	M-F/M-Th	9:20-10:00am	Jul 23-Aug 2	\$44/\$54

Pre-Diving

6 to 10 Years

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

Session	Days	Time	Dates	Res/Nonres
Session 1				
0623.100	M-F/M-F	11:40am-12:20pm	Jun 25-Jul 6	\$44/\$54
Session 2				
0623.101	M-F/M-Th	11:40am-12:20pm	Jul 9-Jul 19	\$44/\$54

Beginning Diving

6 to 16 years

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

Session	Days	Time	Dates	Res/Nonres
Session 1				
0624.100	M-F/M-F	10:00-10:40am	Jun 25-Jul 6	\$44/\$54
Session 2				
0624.101	M-F/M-Th	10:00-10:40am	Jul 9-Jul 19	\$44/\$54
Session 3				
0624.102	M-F/M-Th	10:00-10:40am	Jul 23-Aug 2	\$44/\$54
Session 4				
0624.103	M-F/M-Th	10:00-10:40am	Aug 6-Aug 16	\$44/\$54

Intermediate Diving

6 to 16 years

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

INT. DIVING (Cont.) Session 1

0625.100	M-F/M-F	10:50-11:30am	Jun 25-Jul 6	\$44/\$54
Session 2				
0625.101	M-F/M-Th	10:50-11:30am	Jul 9-Jul 19	\$44/\$54
Session 3				
0625.102	M-F/M-Th	10:50-11:30am	Jul 23-Aug 2	\$44/\$54
Session 4				
0625.103	M-F/M-Th	10:50-11:30am	Aug 6-Aug 16	\$44/\$54

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 held Monday through Friday, 11 a.m. to 12 noon. Daily admission fee is required. **(No class on July 4th).**

Private Lessons

All Ages

These classes are for any age and ability. Instruction is geared toward the individual's ability. Participants must register for a minimum of four classes. Private lessons are on a first-come-first-serve basis and class offerings are limited. Lessons are 30 minutes. To register for private lessons, call (858) 679-4394.

Days	Time	Res/Nonres
Mon-Fri	8:00-8:30am	\$20/\$30 per student per class meeting
Sat	8:00-8:30am	\$20/\$30 per student per class meeting
	8:40-9:10am	
	9:20-9:50am	

Guard-In-Training

12 to 15 years

The guard-in-training program is designed to prepare lifeguard/swimmer aide hopefuls for future employment at an aquatic facility. The program goals are to guide teens by building a foundation of knowledge, attitudes, and skills for future lifeguards. Topics covered will include fitness, response, leadership, professionalism, swimming skills, rescue skills, first aid, CPR, and fun. Once the training has been completed, responsible participants will be asked to volunteer by assisting the pool staff with life guarding, swim lessons, pool maintenance, and special events. You must be able to perform the following on the first day of class: swim 250 yards continuously using crawl, breaststroke, and sidestroke and tread water for 2 minutes without using your hands. Information: (858) 668-4680. **(No class on July 4th).**

Session	Days	Time	Dates	Res/Nonres
Session 1				
0926.100	M-F/M-F	9:00-11:00am	Jun 25-Jul 6	\$50/\$60
Session 2				
0926.101	M-F/M-Th	9:00-11:00am	Jul 9-Jul 19	\$50/\$60

Aquatic Safety

BLUE SKY RESERVE

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

Nature Walks

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

Discovery Tables

Discovery Tables will be set up in the Reserve on the first Saturday and third Sunday of each month. Skins, skulls, mammal tracks and other artifacts are among the many things you can look at and touch. Staff and docents will be available between 8:30 a.m. and 11:00 a.m. to answer questions about the plants and animals found in Blue Sky.

2007 Evening Campfire Programs

Enjoy an evening of wildlife, cookies and a sing-along in a woodland setting. Bring a jacket and flashlight plus a blanket to sit on or cozy up with. Meet at the trailhead for the docent-led hike (an easy 1.25-mile each way) to the Lake Poway campground. Information and reservations: (858) 668-4781.

Coyotes — The New Kids on the Block

Sat May 19 6:00-8:45pm
Meet "Kaynine the Coyote!" Does she hold the secret for coyotes and humans to co-exist together? Together let's look for simple solutions to encourage coyotes to remain in the wild.

"Raven Steals the Light"

Sat Jun 23 6:30-9:15pm
Join Project Wildlife and hear just how mischievous, intelligent and long-lived ravens can be! Learn how to easily tell the difference between crows and ravens.

Raccoon Rock!

Sat Jul 28 6:30-9:15pm
Strong and agile, with great hearing and sense of smell, raccoons are also remarkably adaptable. Meet one of Project Wildlife's education raccoons and hear how Project Wildlife rehabilitate injured raccoons for return to the wild.

Insects at Night

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

Sat Jul 7 8:30pm
Call the Blue Sky office at (858) 668-4781 to find out about exciting additional programs coming in the summer.

SYCAMORE CANYON/ GOODAN RANCH

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. Sycamore Canyon consists of 1,700 acres of coastal sage scrub and chaparral-covered hills nestled between the cities of Poway and Santee.

The Sycamore Canyon/Goodan Ranch staging area is located at the end of Sycamore Canyon Road. The ranch compound,

OLD POWAY PARK

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

Old-fashioned Fourth of July

This year's celebration will be held at Old Poway Park on Wednesday, July 4 from 10 a.m. to 4 p.m. Live patriotic entertainment, arts and crafts displays, mock gunfight demonstrations, and Poway's own 1907 No.3 Baldwin Steam Locomotive will create a one-of-a-kind, special day. Be sure to come hungry, as the Poway Lions Club will serve its traditional picnic lunch for a nominal fee in the green park. The Poway Woman's Club will cool down the day with a good old-fashioned Ice Cream Social. There will also be food items and treats such as kettle corn, popcorn, snow cones, caramel apples and delicious cotton candy. Activities galore are the call of the day. There will be antique clocks, quilts and cars on display as well as model trains presented by Poway's own model railroad club, Poway Station. Take a ride with the Poway Midland Railroad aboard the 1907 Baldwin Steam Engine, but watch out for the villains of the Apache Canyon Gang and the Shadow River Regulators as they attempt to rob the train, and surprise you with their mock gunfights! The Poway Historical and Memorial Society will have docents on hand to show patriotic, historical displays in the Heritage Museum. Authentic crafters and blacksmiths will do demonstrations as well. Information: (858) 668-4576.

Theatre in the Park

This summer, Theatre in the Park is looking for families with multiple talents. Offered by the Poway Woman's Club and the City of Poway; this program is a great opportunity for families to participate together in children's theater. The program works to bring families together artistically while having fun. Children participate in rehearsals and performances open to the community, while parents and siblings may choose to act or help with set design and event set up. Parents can decide to be involved every step of the way or provide assistance at needed times. Theatre in the Park is always looking for new actors & actresses; fourth graders and older, including adults, are invited to join the cast. The cast will rehearse every Monday and Thursday evening with some Saturday morning rehearsals. Registration will be located at Old Poway Park in Templars Hall at 7 p.m. Monday, June 11 or 7 p.m. Thursday, June 14; parent meeting to take place afterwards. To join the cast or information: (858) 748-3383.

Folk Concerts in the Park

San Diego Folk Heritage, along with the City of Poway, is pleased to present folk concerts at Old Poway Park. Many bands are set to perform, ranging from traditional folk to happy blues. All concerts will be held in Templars Hall and will begin at 7:00 p.m. The concerts are open to all ages. Information or to purchase tickets: San Diego Folk Heritage (760) 746-8061.

Sat Jun 9 The Sam Hinton Folk Heritage Celebration
Sat Jul 14 Grunion Run
Sat Aug 18 Chris Clarke, old-time string band playing traditional fiddle tunes
Sat Nov 3 Judy Taylor, fun songs of true events, with assortment of acoustic instruments

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). NOTE: A fire recovery project is currently under construction. The park will remain open and the construction area will be fenced off for public safety. For more information, call (858) 513-4737.

Experience with biologist, birding expert Claude Edwards an informative and enlightening birding hike in Goodan Ranch. Reservations required by calling (858) 513-4737. A hike is scheduled for Saturday, April 28, 4:00 p.m. to 6:30 p.m. Meet at the Ranch staging area parking at the end of Sycamore Canyon Road accessed through Poway.

KUMEYAAY-IPAI INTERPRETIVE CENTER

The Kumeyaay-Ipai Interpretive Center is a 5-acre archaeological reserve located south of Poway Road at 13104 Silver Lake Drive. It is open to the public for free Docent-led tours every Saturday from 9:00 a.m. to 11:30 a.m. The low hill has a trail to the boulders that contain milling stations used by the ancient Kumeyaay people to grind acorns and pinon seeds. Volunteers have built shade structures and planted hundreds of native plants. Several third grade classrooms from Poway Unified School District visit each year as part of their social studies program. The City of Poway manages the park with support from the volunteers of the Friends of the Kumeyaay. Information and Docent volunteer opportunities: (858) 646-9616.



LAKE POWAY

14644 Lake Poway Road

LAKE HOURS

May: Wed-Sun Sunrise to Sunset
Jun-Sep: Wed-Sun 7:00 a.m. to Sunset
Jun 29-Mid Sep: Fri & Sat open until 11:30 p.m. for night fishing

PARK & LAKE HOURS

May Daily: Sunrise to Sunset
Jun-Sep Daily: 7:00 a.m. to Sunset

Information: (858) 668-4770
Area Reservations: (858) 668-4580
Concession: (858) 486-1234



Night Fishing

Try your best to break the current 28-pound catfish record when night fishing returns to Lake Poway on Friday, June 29. The lake will be stocked bi-weekly with over 700 pounds of catfish and there are still plenty of legendary resident catfish left over from previous years. Night fishing is offered through mid-September on Friday and Saturday nights from 4:00 p.m. to 11:30 p.m. Motorboats and rowboats are offered for rental on a first-come, first-served basis, and there is always plenty of shoreline to fish from. Don't forget to stop by and ask our friendly dock and park ranger staff for fishing tips. Information: (858) 668-4770.

Family Campouts

All Ages

The Family Campouts are the perfect opportunity for the first time camper to enjoy a night under the stars with the whole family at beautiful Lake Poway. There will be entertainment around the campfire, pedal boating, night hikes, and children's crafts. Families will bring their own camping supplies and food to barbecue on our grills. The City will also provide snacks around the campfire and a continental breakfast. Families may start setting up their campsites at 5:00 p.m. No alcohol is permitted. Up to 5 persons per family. An additional \$5.00 for each additional family member. Information: (858) 668-4771.

Res/Nonres

9039.101 Sat-Sun 5:00pm-9:00am Jul 7-Jul 8 \$30/\$40
9039.102 Sat-Sun 5:00pm-9:00am Aug 18-Aug 19 \$30/\$40

Discount Fishing Day

All Ages

Celebrate the State of California Department of Fish and Game free fishing day at Lake Poway on Saturday, June 9 and Saturday, September 22. Each year the State offers all levels of fisherman the opportunity to fish for free with no state fishing license required. It is the perfect opportunity to try your hand at the sport and not invest in a one-year license. In addition, Lake Poway will offer specially priced fishing permits (\$3) to all adults and free fishing for youth ages 15 & under. Boats will be rented at half-day rates all day. Pedal boats and pleasure boats are not included in the promotion. Information: (858) 668-4770.

Lake Poway

Wilderness Campground

Come and enjoy a one of a kind wilderness camping experience at the Lake Poway Recreation Area. A one-mile hike/horseback ride from Lake Poway leads to the secluded wilderness campground. The campground has restrooms, several shaded picnic tables and potable water. If you want to "get away from it all" without having to drive outside of the county, then come camp at one of our remote wilderness campsites. Information and reservations: (858) 668-4580.

Midnight Catfish Craze

Can't sleep? Come and join us for the annual Midnight Catfish Craze at Lake Poway on Friday August 3, from 4:00 p.m. to 12:00 a.m. Final weigh-in will be at 12:15 a.m. followed shortly by an award ceremony and a raffle with plenty of great prizes. The lake will be stocked with over 2,000 pounds of channel catfish for this year's "Craze." San Diego County's only nighttime catfish tournament promises to be filled with lots of big fish, fun, and great prizes. **State fishing licenses are required.** Prizes will be awarded for top catches. Fifty motorboat rentals will be offered at 3:00 p.m. and are available on a first-come, first-served basis. Lake Poway is located at 14644 Lake Poway Road. Information: (858) 668-4770.

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. Information (858) 748-0505

*Tickets for these events are sold at the respective school or at the door. Information: (858) 748-0245

MAY 2007

PCPA Gallery Art Exhibit: Grace Chow & Guests (April 28 – May 26)

Event	Presented By	Date	Time
All District Dance Festival	Poway Unified School District*	May 3	7:00 pm
Art Reception	Grace Chow & Friends	May 4	3:00 pm
“Peter Yarrow”	PCPA Foundation	May 5	8:00 pm
“Coastal Cities Jazz Band”	Bernardo Concerts	May 9	7:30 pm
Middle School Orchestra Festival	Poway Unified School District*	May 12	9:00 am to 12:00 pm
Graduation	North County Chinese School	May 13	2:00 pm
PTSA Recognition Night	Poway High School*	May 15	7:00 pm
Dance Concert	Poway High School*	May 16	7:00 pm
Choral Concert	RB Chorale	May 18 & 19	8:00 pm
Choral Concert	Country Montessori School	May 20	3:00 pm
Choral Concert	Mt. Carmel High School*	May 24	7:00 pm
Choral Concert	Meadowbrook Middle School*	May 30	7:00 pm
Middle School Orchestra Concert	Twin Peaks & Bernardo Heights Middle Schools*	May 31	6:00 pm

JUNE 2007

PCPA Gallery Art Exhibit: San Diego Portrait Society (May 31 – June 27)

Event	Presented By	Date	Time
Dance Ensemble	Mt. Carmel High School*	June 2	7:00 pm
Art Reception	San Diego	June 2	3:30 pm
Orchestra Concert	Mt. Carmel High School*	June 2	7:30 pm
Jump!! Festival 2007	Center-Jewish Culture & Creativity Project Renaissance	June 3	4:00 pm
Choir Concert	Poway High School*	June 7 & 8	7:00 pm
Ballet	San Diego Academy of Ballet	June 9	6:00 pm
Ballet	San Diego Academy of Ballet	June 10	1:00 pm & 5:00 pm
Poway Community Symphony Orchestra	Poway Unified School District*	June 11	6:30 pm
Choir Concert	Children's Chorus	June 12	7:00 pm
Orchestra Spring Concert	Poway High School*	June 13	7:00 pm
Band Spring Concert	Poway High School*	June 14	7:00 pm
Band & Orchestra Awards Night	Poway High School*	June 15	7:00 pm
Dance Recital	Step by Step Dance	June 16	2:00 & 7:00 pm
“A Tribute to the Beatles”	Crusin Oldies Concerts	June 23	7:30 pm
Gold Award Ceremony	Girl Scouts	June 24	3:00 pm
Dance Recital	Community Services Dance	June 26 & 27	7:00 pm
Jed Madela's Concert	Marilou Foundation	June 28	7:00 pm
Dance Recital	Ramona/Julian Dance Academy	June 30	2:00 & 7:00 pm

JULY 2007

PCPA Gallery Art Exhibit: NONE - Bldg. Closed for Annual Repair & Maintenance

For more show information or to purchase tickets, please visit our new website: www.PowayPerformingArts.com



If you haven't been to the Poway Senior Center lately, come and see what you have been missing . . .

Your Poway Senior Center provides a warm and inviting place where active seniors can join other older adults to engage in meaningful activities and take advantage of programs and services which are geared toward enriching their lives.

Dine at La Bella Bistro – Our delightfully delicious lunch program offers you a place to join with your friends or to 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. Need a ride to the center? Ask about our door-to-door transportation service to and from the Center for lunch.

Don't miss out if you cannot come to 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.

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

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

Playing a vital role in the lives of older adults living in the greater Poway area since 1974.

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 am to 4:30 pm
Monday through Friday**

JOIN OUR VOLUNTEER TEAM. Become one of our beloved volunteers who donate time, talent and energy to help deliver much needed programs and services to our older neighbors, friends and family members. Never too young or too mature — volunteer opportunities are available to all ages to help with clerical services, delivering meals, fundraising and much more. Contact Mary Supanchick, Volunteer Coordinator at (858) 748-6094, ext 305 for more information.

VOLUNTEER AT POWAY SENIOR CENTER
You'll be glad you did!

BINGO!
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.

When you play BINGO with us, you'll have fun and make a difference in the lives of older adults!

S.O.S. - Support Our Seniors!

Did you know that each month the Poway Center Center provides 1,200 congregate and home-delivered meals to older adults who live in the greater Poway area?

You can help make sure that local seniors in need receive a nutritious hot meal every day by participating in our "Meals for Seniors" Program. A tax-deductible donation of \$1,200 will fund the cost of providing ONE FULL YEAR of hot lunch meals for a local senior in need – and that's money well spent!

If you would like to sponsor a year of meals for a well-deserving senior, contact Blaine McCafferty at (858) 748-6094, ext. 301, for details.

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.

REGISTRATION BEGINS:

Poway residents Nonresidents
April 17, 2007 May 1, 2007

No early or faxed registrations will be accepted

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

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. **Faxed registrations will no longer be accepted.**

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



MAIL-IN REGISTRATION may be paid by check or credit card (MasterCard or VISA). Checks should be made payable to the City of Poway. **CASH WILL NOT BE ACCEPTED.**



Please submit a separate check for each class requested. If space is not available in a class, that specific check will be returned to you without delaying your registration for any other classes.

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



REFUND INFORMATION. Full refunds will be provided for any class canceled or overbooked by the City of Poway. Partial refunds will be issued if a written refund request is received 24 hours prior to the start of the second class. A service charge of \$15.00 will be deducted. No refund will be issued after the start of the second class unless written verification of an emergency/extended illness is included with the refund request. If approved, the refund will be prorated and a service charge of \$15.00 applied. Requests may be mailed or submitted in person to the Community Services Department. All refunds will come in the form of a check, and mailed within three to four weeks from the date of approval. Credit card accounts cannot 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.

SWIM LESSON REGISTRATION

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

1. Follow regular mail-in and walk-in registration procedures using the registration form and class numbers.
2. Please use the designated swim lesson registration form.
3. Please adhere to age requirements for the different class levels.
4. Please note skill requirements for the different level classes. Testing is always available at the pool during open swim hours.
5. Students who are enrolled for a class either above or below their ability level will be dropped from the class if no other class is available.
6. Requesting alternate classes will increase the probability of being registered at a specific class level.
7. Please KEEP YOUR RECEIPT and bring it to the first class session.
8. If you cannot make the class on the first day, please call the swim center at (858) 668-4680 to make sure that you are not dropped from the class.
9. Remember, these classes fill quickly. Take advantage of the mail-in and walk-in registration process.
10. Participants are responsible for knowing the dates and times of their classes.

FINANCIAL ASSISTANCE



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

Did you know that your child might be eligible to receive up to \$40 worth of City-sponsored recreation classes each season at no cost to you? 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: _____