

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

POWAY

City of Poway

COMMUNITY SERVICES PROGRAMS

Spring is Here! Sign-up for a Class!

SPECIAL EVENTS

Poway's Steam Locomotive Turns 100!

Old Poway Park's Baldwin Steam Locomotive will be turning 100 years old this year! Poway's beloved steam locomotive was built in 1907 at the Baldwin Locomotive Works factory in Philadelphia, Pennsylvania. The Henry Cowell Lime and Cement Company ordered the engine for its subsidiary, the Cowell Portland Cement Company Railroad. Old No. 3, as it is affectionately known, was delivered to Port Chicago, near San Francisco in May 1907, and hauled rock for the company for 45 years. The engine was sold to two other owners before it was eventually purchased by Colonel John Porter and relocated to Poway, near Midland Road. Colonel Porter developed the Poway Village Amusement Park, which provided train rides and served as a small railroading fun-park for Poway families. After Colonel Porter's death, the City of Poway continued his dream and purchased the land and railroad, and constructed what is now known as Old Poway Park. The Poway-Midland Railroad Volunteers were responsible for restoring the engine to its pristine condition and also operate it in the park for the enjoyment of the community.



Stop by Old Poway Park this year and join the ongoing celebrations, which will include weekend activities in April and commemorative celebration at the Train Song Festival in October. Happy Birthday Old No. 3! Information: (858) 668-4576.

Spring Egg Hunt Celebration

3 to 8 years

This free event has been a tradition in Poway for over 20 years, and with its popularity, it looks to be around for another twenty. Children are invited to hunt for candy and plastic prize eggs, hidden in the grass area at the Community Park ballfields. Along with the hunts, there will be balloons, a huge fun jump, crafts, a "Bunny Fun Zone", and a pancake breakfast (for a nominal fee). Benny and Bonnie Bunny will be on hand to lead the hunts and to take pictures. Children are to bring their own baskets and children ages 5 to 8 must hunt without their parent's help. **You will need to arrive 1/2 hour before your scheduled hunt.** Information: (858) 668-4570.



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

Merchants: Please contact the Community Services office if you are interested in making a donation of cash, candy, or prizes, for this event. We will be happy to assist you with and appropriately acknowledge any donation you have in mind.

Earth/Arbor Day Moves to Lake Poway



This spring plant a tree, take a bike ride, repair a trail, cleanup those household hazardous wastes and be sure to join the City of Poway for the annual Earth/Arbor Day event at Lake Poway on Saturday, April 14, 9:00 a.m. to 2:00 p.m. This free family event will feature a small flower show held by the Poway Valley Garden Club. The show will include a plant sale, horticulture displays, flower arrangement demonstrations and children's planting activities.

The springtime activities will include over 30 booths, a tree giveaway, tree plantings, a Tree City USA presentation, wildlife displays presented by Blue Sky Ecological Reserve, demonstrations by EDCO disposal, and interactive displays by a number of environmental and local organic organizations and businesses. Children will enjoy the "Fun O'Zone" tent, where free crafts and fun environmental activities can be enjoyed. Delicious food and drink items will be available. Information: (858) 668-4771.

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) consulte la página 14.

How to Reach Us

- **Community Services Department**
Recreation Programs (858) 668-4570
Facility Rentals ((858) 668-4580
- **P.L.A.Y. Program** - (858) 668-4570
Programa de Beca (P.L.A.Y.) (858) 668-4675 (Spanish)
- **Poway Home Page** - www.ci.poway.ca.us/classes

Poway Dog Day

Dogs Rule! That is what comes to mind when it's time for the Eleventh Annual Poway Dog Day at Poway Community Park Dog Park, 13094 Civic Center Drive. Free fun events, vaccines, demonstrations, pet vendor booths, and dog information will be available. There will be some fun contests for participants that include: Owner and Pet Look-alikes, Best Pet Costume, Best Pet Trick, Largest and Smallest Pets. Contests begin at 11:00 a.m. All contests are free, with no registration required. Information: (858) 668-4570.

2007.900 Sat 9:00am-12:00pm May 12 \$25 for vendor booth



LOOKING AHEAD TO SUMMER

Lake Poway Day Camp

From June 25 through August 17, 2007 Lake Poway Day Camp will offer eight one-week day camp sessions for children ages 6 to 12. Each week the children will participate in activities such as boating, fishing, hiking, arts & crafts, swimming, group games, and water activities. Each weekly session will include a field trip that is based on the camp's theme for the week. Camp hours are from 8:00 a.m. to 4:00 p.m. Extended care will be available from 4:00 p.m. to 5:30 p.m. for a nominal fee.

Counselor-in-Training

If you are 13 to 17 years old and are looking for a fun and challenging experience, then the Lake Poway Day Camp Counselor-in-Training 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.

Youth Day Ultimate Pool Party

6 to 12 Years

Hey Kids! Save the date to come and celebrate the start of summer with the biggest pool party at the Poway Swim Center, Friday, June 22. It promises to be a great day, full of fun and adventure. The day will be filled with great activities for youths including wet and wild pool games that include inner tube races, a huge inflatable slide, pool basketball, penny dives, and more. Win prizes in crazy contests such as watermelon eating, big splash off the high dive, water balloon toss, hula-hoop, limbo, and others! You'll also have a chance to try your skill on the 25' Rock Climbing Wall and slide down the Slip 'n Slide. There will be a DJ playing your favorite tunes and requests. We'll be serving a delicious picnic lunch and snacks, tasty snow cones, and hot popcorn. Several take home arts and crafts projects will be available. Qualified recreation staff will supervise; however, a parent must accompany six year olds. For an additional fee youths may remain in the auditorium from 2:00 p.m. until 5:00 p.m. while a movie is being shown.

Target Summer Concert Series

Some of the best in entertainment and summer fun returns to Lake Poway and Old Poway Park with the free Target Summer Concert Series. For the sixteenth consecutive year, local Target Stores, will partner with the City of Poway, will 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. The first concert will be held on Sunday, June 24 from 5:30 p.m. to 7:00 p.m., at Lake Poway. The fun will continue every Sunday (except July 1) through August 19. Everyone is invited to bring a blanket or chair, a picnic dinner or snack, and head out to the park for some great summer fun. The concerts will alternate dates between Lake Poway, 14644 Lake Poway Road, and Old Poway Park, 14134 Midland Road. For information about concerts at Lake Poway, please call (858) 668-4770, and for information at Old Poway Park, please call (858) 668-4576.

Old-fashioned Fourth of July

Bring your family and friends and celebrate our country's independence "turn-of-the-century-style" at the 13th annual Old-fashioned Fourth of July event. The event will be held at Old Poway Park, 14134 Midland Road on Wednesday, July 4 from 10:00 a.m. to 4:00 p.m. Live patriotic entertainment, arts and crafts displays, mock gunfight demonstrations, food, and Poway's own 1907 No.3 Baldwin Steam Locomotive will create a one-of-a-kind, special 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. The Poway Historical and Memorial Society will have docents on hand to display patriotic, historical displays in the Heritage Museum. Be sure your summer plans include Fourth of July at Old Poway Park. Fireworks at Poway High School will cap off the day. Information: (858) 668-4576.

SUMMER TEEN HAPPENINGS

Magic Mountain Trip

Ages 13 to 17 Years

Get ready to SCREAM! On Thursday, July 12, the Community Services staff will be taking a charter bus full of teenagers to Six Flags Magic Mountain. The bus will be leaving from Poway at 6:00 a.m. and returning to Community Park at 12:00 midnight. Transportation, supervision, and admission are included in the price. Look for more information and details on registration in the summer issue of Poway Today.

Pool Overnight Bash

Ages 13 to 17 Years

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

CHILDREN'S ACTIVITIES

Discovery Time Toddlers

2½ to 3½ Years

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

				Res/Nonres
4011.400	Tue	9:00-11:00am	Apr 24-May 15	\$55/\$65
4011.401	Tue	9:00-11:00am	May 22-Jun 12	\$55/\$65
4011.402	Thu	9:00-11:00am	Apr 26-May 17	\$55/\$65
4011.403	Thu	9:00-11:00am	May 24-Jun 14	\$55/\$65

Discovery Time

3½ to 5½ Years

This is a developmentally enriched program, providing learning in a fun, positive, and success-oriented environment. The program builds a foundation in a progressive manner that reinforces social skills and promotes school readiness. Fine and major motor skills, imaginary play, language development, music, and art are incorporated into the weekly format. Come join the fun! Children need to bring snacks and be toilet trained. Materials fee: \$10. Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan. No class May 25, 28.

				Res/Nonres
4011.404	M/W/F	9:30am-12:30pm	Apr 23-May 18	\$150/\$160
4011.405	M/W/F	9:30am-12:30pm	May 21-Jun 15	\$150/\$160

Kinder Soccer

3½ to 6 Years

This is a class that encourages large motor development through the learning of soccer skills in a non-competitive (we are all winners here!) and positive environment. Age appropriate skills, drills, and games will be taught to help learn the world's most popular sport. This class will also help develop listening skills, cooperation, and good sportsmanship. We play barefoot soccer, to get a better feel for the soccer ball. There will be a "parents watch day" scheduled at the last class. Children need to be toilet trained. Materials fee: \$5. Classes held at Poway Community Park Auditorium. Instructor: Debi Supergan.

				Res/Nonres
4011.406	Thu	11:00am-12:00pm	Apr 26-May 17	\$35/\$45
4011.407	Thu	11:00am-12:00pm	May 24-Jun 14	\$35/\$45

Pre-K Hour

3½ to 5½ Years

This class offers an hour of skill-based activities emphasizing phonics, letter recognition, number concepts, and values. This program gives the child, whose next step is Kindergarten, the opportunity to get a successful foundation on school readiness concepts. All concepts are taught in a fun manner with rhymes and songs. Children need to be toilet trained. Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan. No class May 25, 28.

				Res/Nonres
4011.408	M/W/F	12:30-1:30pm	Apr 23-May 18	\$50/\$60
4011.409	M/W/F	12:30-1:30pm	May 21-Jun 15	\$50/\$60

CHILDREN'S DANCE

Dance/Tap & Ballet: Held at Poway Community Park Auditorium. Instructor: Debbora Childress. For information on classes only, call (760) 747-9777. No class April 16, 19, May 28, and May 31.

Dance for Children 3 to 5 Years

Due to preparations for our annual Dance Recital on June 26/27 at the Poway Center for the Performing Arts, no new students will be accepted during the spring session. Continuing students must obtain an "Instructor Referral Form" from Debbora Childress in order to reenroll for the spring session. Interested new Dance for Children and Tap & Ballet students should watch for the summer class schedule - it's a great time to enroll! Any questions, call Debbora Childress: (760) 747-9777.

Tap & Ballet/Dance Production

3 to 17 Years

Due to preparations for our annual Dance Recital on June 26/27 at the Poway Center for the Performing Arts, no new students will be accepted during the spring session. Continuing students must obtain an "Instructor Referral Form" from Debbora Childress in order to reenroll for the spring session. Interested new Dance for Children and Tap & Ballet students should watch for the summer class schedule - it's a great time to enroll! Any questions, call Debbora Childress: (760) 747-9777.

Jazz Dance for Kids

7 to 17 Years

Come learn the basics through intermediate classical jazz dance technique in a positive, fun-filled, musical environment! Dancers will perform in our annual recital at the PCPA on June 26/27. Costumes to be paid for by students. Students should wear dance attire and black jazz shoes to class. Classes held at Poway Community Park Auditorium. Instructor: Kelli Childress. No class April 17, May 29.

				Res/Nonres
Beginner - Ages 7 to 11 years				
5111.413	Tue	4:15-5:00pm	Apr 3-Jun 19	\$75/\$85
Beg./Int. - Ages 12 to 17 years				
5111.414	Tue	5:00-5:45pm	Apr 3-Jun 19	\$75/\$85

Ballet: Instructor: Linda Kincaid. No class May 26, 29. Tuesday class held at the Poway Community Park, Auditorium. Saturday classes held at Twin Peaks Multipurpose Center.

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. Loose comfortable clothing and tennis shoes are fine.

				Res/Nonres
5141.400	Tue	9:30-10:20am	Apr 10-Jun 12	\$60/\$70
5141.401	Sat	10:00-10:50am	Apr 14-Jun 16	\$60/\$70

Ballet I/II

4 to 12 Years

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

				Res/Nonres
5141.402	Tue	11:00-11:50am	Apr 14-Jun 16	\$60/\$70

Ballet III

7 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 instructor must test all pointe students prior to purchasing pointe shoes. Instructor Referral Only.

				Res/Nonres
5141.403	Sat	12:00-12:50pm	Apr 14-Jun 16	\$60/\$70

POWAY BRANCH LIBRARY

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

Weekly Storytime Programs with Crafts

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

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

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.



FEBRUARY 2007

Sun 10	Second Sunday Book Sale	1:00-4:00 p.m.
Tue 13	Drop-in Craft: – all ages Valentine's Day Cards-Make a card for your favorite valentine! Meets in the Children's Room	3:00 to 4:00 p.m.
Tue 27	Chinese New Year Puppet Show: "Weaving of a Dream" – all ages When the beautiful tapestry woven by a poor woman is stolen by fairies, her three sons set out on a magical journey to retrieve it. Meets in the Children's Room.	4:00 p.m.

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 in the Library Children's Room. Your child will experience and enjoy individualized attention in a positive and friendly setting!

Read to a Real, Furry Friend

Saturdays: 10:30 a.m.-11:30 a.m.

Your child can "read" to a Therapy Dog in the Children's Library. The dogs motivate children to read and provide unconditional, positive emotional support.

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

MARCH 2007

Thu 8	T-MAD meeting: – Volunteer two hours and make new friends, we will supply the food.	4:00 p.m.
Sun 10	Second Sunday Book Sale	1:00-4:00 p.m.
Wed 14	Performance: Irish Dance by Fearon O'Connor School Enjoy lively Irish dancing and costumes and learn about the history of Irish dance. Meets in the Library Courtyard.	4:00 p.m.
Fri 16	Fun Friday Flicks – Teens Enjoy popcorn and an anime classic with author Diana Wynne Jones. Meet Sophie, Howl and the Witch of Waste.	3:00 p.m.
Thu 22	Drop-in Craft: – all ages Meets in the Children's Room	3:00 to 4:00 p.m.
Thu 22	Teen Memory Book & Scrapbooking Make and take a mini-album. Susan Koppang of Cool Scrapbook Stuff will teach. This promises to be great fun.	3:30 p.m.
Wed 28	Performance: Kids Rock Thirty minutes of sing-along songs for young children. Meets in the Library Courtyard.	10:15 a.m.

create ongoing weekly activities for Teens in the Poway Community. Join us in the Fireplace Room.

Adult Programs

Internet for the Absolute Beginner

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

Participants will learn Internet basics. Prerequisites: Must have a San Diego County library card and be able to use a computer mouse.

E-mail for the Absolute Beginner

3rd Tuesday & 3rd Thursdays of the month

English Country Dance for the Absolute Beginner
TBA

ALL LIBRARY PROGRAMS ARE FREE!

All programs are subject to change without notice.

Please call (858) 513-2900 for more information.

APRIL 2007

Sun 1	Photo-Poetry Contest - Teens	
-Mon 30	Show us what your poetry looks like and create poetry. Take a photograph to depict what your poem means. Be sensitive, outrageous, contemporary or anachronistic. Submit your work for our Teen Hall of Fame. All entries will receive a sweet treat.	
Sun 14	Second Sunday Book Sale	1:00-4:00 p.m.
Thu 12	Teen Advisory Board will meet and craft the Hippy Swirl. Volunteer one or two hours of your time to the library. We serve refreshments.	4:00 p.m.
Thu 19	Drop-in Craft: – all ages Meets in the Children's Room	3:00 to 4:00 p.m.
Tue 24	Performance: Folkloric Ballet Group In honor of Dia de los Niños/Dia de los Libros (Day of the Child/Day of the book), a celebration of children, literacy and the power of language. Dancers, from children to adults, perform Mexican dances. Meets in the Library Courtyard.	4:30 p.m.
Thu 26	Twister Tournament – Teens Come and have fun as we play the Twister Tournament Game.	4:00 p.m.

TEEN/ADULT DANCE

Beginning Ballet 13 and Older

Ever wish you had taken ballet classes when you were younger? Well, here's your chance to turn the clock back. This new 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 Multipurpose Center. Instructor: Linda Kincaid. No class May 26.

Res/Nonres

5317.400 Sat 9:00-9:50am Apr 14-Jun 16 \$60/\$70

CREATIVE ARTS

Art Start I 5 to 7 Years

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

Res/Nonres

6182.400 Mon 2:30-3:30pm Apr 23-May 21 \$60/\$70

Art Start II 8 to 12 Years

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

Res/Nonres

6182.401 Mon 3:45-5:00pm Apr 23-May 21 \$65/\$75

GYMNASTICS

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

Mom & Tot Walking to 3 Years

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

Res/Nonres

2312.400 Thu 10:45-11:15am Apr 12-Jun 21 \$135/\$145
2312.401 Sat 8:45-9:15am Apr 14-Jun 23 \$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 major/fine motor skills, confidence, balance, coordination, and social interaction in a fun-filled positive atmosphere.

Res/Nonres

2312.402 Thu 10:00-10:45am Apr 12-Jun 21 \$154/\$164
2312.403 Sat 9:30-10:15am Apr 14-Jun 23 \$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.

Res/Nonres

2312.404 Tue 3:40-4:40pm Apr 10-Jun 19 \$173/\$183

Adv. Beginning Gymnastics

8 to 12 Years

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

Res/Nonres

2312.405 Sat 12:00-1:00pm Apr 14-Jun 23 \$173/\$183



Beg. Tumbling & Trampoline

5 to 7 Year

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

Res/Nonres

2312.406 Thu 6:00-7:00pm Apr 12-Jun 21 \$173/\$183
2312.407 Sat 11:00am-12:00pm Apr 14-Jun 23 \$173/\$183

NOTE: How to read class information

Class#	Days	Times	Dates	Res/Nonres
0000.311	Mon	10:45-11:45am	Apr 9-Jun 11	\$40/\$50
0000.312	Tue	10:45-11:45am	Apr 10-Jun 12	\$40/\$50

TEEN PROGRAMS

Teen Job Fair 15 to 19 Years

This year's Job Fair is gearing up to be the biggest yet, with over 25 local recruiters looking for great applicants to fill open part-time, full-time, and seasonal summer positions within their companies. What does it take to be a good applicant? Our guest speaker will tell you, plus much more, including interview strategies, proper dress, and the application process. The Teen Job Fair is scheduled for Saturday, May 19 at the Twin Peaks Gymnasium, located at 14640 Tierra Bonita Road. Admission and refreshments are free. Information: (858) 668-4674.

Sat 3:00-6:00pm May 19 **FREE**

Poway Teen Recreation Club Middle-High School

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

Volunteer Program High School

The City of Poway has 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.

Dodgeball Tournament Fri 6:30-9:30pm May 4 **FREE**
Basketball Challenge Fri 6:30-9:30pm June 1 **FREE**
5-on-5 Basketball Tournament Fri 6:30-9:30pm July 6 **FREE**

San Elijo Beach Camp Out 13 to 17 Years

Wondering what to do for spring break? Join us for our annual overnigher at San Elijo State Beach in Encinitas. Surf, play football along the beach and sleep under the stars. The bus will depart Community Park at 1:00 p.m. on April 18 and return to the park the next day by 1:00 p.m. Snacks, an evening dinner as well as an early morning breakfast will be provided. Make sure to pack a tent, sleeping bag, and other essentials to make your overnigher as comfortable as possible. Space is limited so sign up early!

9055.112 Wed 1:00-1:00pm Apr 18 **Res/Nonres \$25/\$35**

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 located at 13090 Civic Center Drive. For a complete list of rules or information call (858) 668-4674.



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				Res/Nonres
2091.400	Wed	4:00-4:30pm	Apr 4-Apr 25	\$40/\$50
2091.401	Wed	4:00-4:30pm	May 2-May 23	\$40/\$50
2091.402	Wed	4:00-4:30pm	Jun 6-Jun 27	\$40/\$50
6 to 12 Years				
2091.403	Wed	4:30-5:00pm	Apr 4-Apr 25	\$40/\$50
2091.404	Wed	4:30-5:00pm	May 2-May 23	\$40/\$50
2091.405	Wed	4:30-5:00pm	Jun 6-Jun 27	\$40/\$50

Karate is for Kids 4 to 12 Years

If your child needs improvement in the following areas: respect, courtesy, manners, mental focus, physical fitness, and coordination, this is the class you want. Experienced professionals will teach your child and can bring the most out of them. This is a safe, fun, and educational class for young people. Uniforms are optional and available from the instructor. Classes held at Poway Kenpo Karate, 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.

4 to 5 Years				Res/Nonres
2091.406	Fri	3:00-3:45pm	May 18-Jun 15	\$45/\$55
6 to 7 Years				
2091.407	Wed	5:00-6:45pm	May 16-Jun 13	\$45/\$55
8 to 12 Years				
2091.408	Sat	11:00-11:45am	May 19-Jun 16	\$45/\$55

Intro to Tae Kwon Do 5 to 17 Years

This course will introduce the students to the philosophy and basic self-defense techniques of Tae Kwon Do. An official Tae Kwon Do uniform will be provided free to each student. Classes held at Poway Community Park, Bill Bond Hall I. Instructor: Master Joe Wolpert.

5 to 13 Years				Res/Nonres
2091.409	M/W/F	6:00-7:00pm	Apr 9-Apr 20	\$25/\$35
14 to 17 Years				
2091.410	M/W/F	7:00-8:00pm	Apr 9-Apr 20	\$25/\$35



Youth Freestyle Sessions

The City of Poway Community Services Department is proud to offer a **NEW** program called "Youth Freestyle Sessions." The goals of this program are to increase youth and family usage, to provide a safe and non-intimidating atmosphere for younger and beginning skaters to hone their skills and to promote and reward safe skating behavior. The times listed below are designated for **YOUTH AGES 14 AND UNDER ONLY TO UTILIZE THE SKATE PARK.** Youths 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 be present at all times as well as completing a participant waiver prior to skating.** The waiver covers all Freestyle Sessions through June 22. **No waiver, no skating.**

Mon	12:00-2:30pm	Apr 16	FREE
Fri	11:00am-1:30pm	May 25	FREE
Fri	2:00-4:30pm	Jun 22	FREE

Tae Kwon Do 5 to 17 Years

This is a complete martial arts program for boys and girls. Your child is sure to find the class fun and exciting. In addition to learning important self-defense skills, your child will develop respect, self-discipline, self-control, concentration, and confidence. Our internationally certified instructor has been teaching Tae Kwon Do through the City of Poway since 1987. The classes are open to both beginners and experienced students. Students may participate in an examination at the end of the session to advance to a higher belt level. A martial arts uniform is required and may be purchased from the instructor for \$25. Classes held at Poway Community Park, Bill Bond Hall I. Instructor: Master Joe Wolpert. **No class May 28.**

5 to 13 Years				Res/Nonres
2091.411	M/W/F	6:00-7:00pm	Apr 9-Jun 22	\$70/\$80
14 to 17 Years				
2091.412	M/W/F	7:00-8:00pm	Apr 9-Jun 22	\$70/\$80

Boxing for Kids 8 to 12 Years

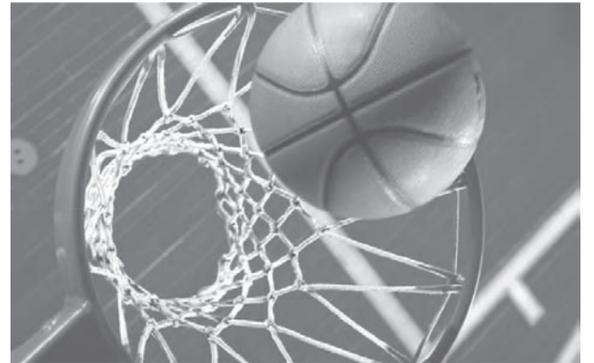
This is a fun and safe boxing workout for kids. This is a beginner's class that will NOT include sparring. Have your child learn the skills of boxing, get a great workout, and have fun. You will need boxing gloves and hand wraps to fully participate in this class. Approved gear is available through The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

Res/Nonres				
2091.413	Sat	9:00-10:00am	May 19-Jun 16	\$45/\$55

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, 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.

Res/Nonres				
2091.414	Tue	4:30-5:30pm	May 15-Jun 5	\$65/\$75



Youth Basketball Training 8 to 15 Years

Do you want to learn basketball and have fun playing team games? This unique program, led by professional instructor Coach Brooks Barnhard, provides just what you are looking for to become the best basketball player. The coed program spends the first 45 minutes of each clinic on the skills, techniques, and fundamentals (shot technique, passing, team and individual defense, rebounding, movement without the ball, footwork, etc.) necessary to improve your understanding of the game of basketball. The final 45 minutes each player is on a team (Lakers, Celtics, Kings, Nets) playing in a competitive team game. This is the staff's opportunity to reinforce skills learned. The final week of the eight-week session there will be a championship game. If you enjoy basketball and have a strong desire to improve your skills then this is the session for you. All games will be played at Twin Peaks Multipurpose Center, 14640 Tierra Bonita Road. Instructor: Brooks Barnhard. Information: (858) 668-4673.

8-10 years				Res/Nonres
2091.415	Wed	5:30-7:00pm	Apr 11-May 30	\$100/\$110
11 to 15 years				
2091.416	Wed	7:00-8:30pm	Apr 11-May 30	\$100/\$110

Youth Volleyball League 9 to 14 Years

Are you ready for Monday night volleyball? Boys and girls ages 9 to 14 are invited to participate in this fun recreational activity. Fundamental volleyball skills will be taught and team tournament games will insure an exciting and educational volleyball experience. Classes held at Meadowbrook Gymnasium, 12320 Meadowbrook Lane.

9-11 years				Res/Nonres
2091.417	Mon	5:30-6:30pm	Apr 9-May 21	\$15/\$25
12 to 14 years				
2091.418	Mon	6:45-7:45pm	Apr 9-May 21	\$15/\$25

ADULT SPORTS

Open Play Sports *All Ages*

It's time to have fun with family and friends! 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 recreational needs. Twin Peaks Multipurpose Center is at 14640 Tierra Bonita Road and Meadowbrook Gymnasium is at 12320 Meadowbrook Lane. Call Twin Peaks at (858) 668-4599 and Meadowbrook at (858) 668-4598 for current open play schedules.

Coed Volleyball *18 and Older*

This volleyball league includes instruction and league games. When you sign up, you will be assigned to a four-person team based on the instructor's assessment of your skill level. **NOTE:** Prerequisite for advanced play is strong command of basic skills and experience in competitive play. League placement determined by instructor. Classes held at Twin Peaks Multipurpose Center, 14640 Tierra Bonita Road. Instructor: Dick Leatherman. **The classes on June 5 and 7 begin at 6 p.m.** Information: (858) 668-4673.

Intermediate (Male)	Res/Nonres
1247.400 Thu 6:30-9:30pm Apr 12-Jun 7	\$52/\$62
Intermediate (Female)	Res/Nonres
1247.401 Thu 6:30-9:30pm Apr 12-Jun 7	\$52/\$62
Advanced (Male)	Res/Nonres
1247.402 Tue 6:30-9:30pm Apr 10-Jun 5	\$52/\$62
Advanced (Female)	Res/Nonres
1247.403 Tue 6:30-9:30pm Apr 10-Jun 5	\$52/\$62

Intro to Tae Kwon Do *18 and Older*

This course will introduce the students to the philosophy and basic self-defense techniques of Tae Kwon Do. An official Tae Kwon Do uniform will be provided free to each student. Classes held at Poway Community Park, Bill Bond Hall I. Instructor: Master Joe Wolpert.

Res/Nonres	
1247.404 M/W/F 7:00-8:00pm Apr 9-Apr 20	\$25/\$35

Tae Kwon Do *18 and Older*

This is a complete martial arts program for men and women. The class is designed to help you develop more strength, coordination, speed, endurance and confidence. 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. A martial arts uniform is required and may be purchased from the instructor for \$25. Our internationally certified instructor has over 30 years of experience. Classes held at Poway Community Park, Bill Bond Hall I. Instructor: Master Joe Wolpert. **No class May 28.**

Res/Nonres	
1247.405 M/W/F 7:00-8:00pm Apr 9-Jun 22	\$70/\$80

Kickboxing *15 and Older*

Kicking and punching techniques provide an incredible whole body workout. Tuesday/Thursday classes involve bag work and partner drills, providing great conditioning plus very useful self-defense skills. Friday classes are aerobic kickboxing (similar to Tae Bo workouts) with "in the air" boxing and kickboxing movements paced to upbeat music. You will need boxing gloves, handwraps, and shin guards to fully participate in the Tuesday/Thursday class. No gear is needed for the Friday class. Approved gear available through The Boxing Club. Classes held at Poway Boxing Club, 13242 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.

Res/Nonres	
1247.406 T/Thu 6:00-7:00pm May 15-Jun 14	\$65/\$75
1247.407 Fri 5:00-6:00pm May 18-Jun 15	\$45/\$55

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



If you qualify for our PLAY Scholarship Program this class could be free or you could pay a reduced rate!

For more information, please read about our scholarship program on page 14.

OUTDOOR ACTIVITIES

Hiking for Fun & Fitness *5 and Older*

Enjoy easy to moderate hikes on Poway's excellent trails. Learn about flora, fauna, local history, and how to find the trails. The hikes are about 3 miles and 1 1/2 hour. 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 18 years. First hike will meet at the Lake Poway Concession. Instructor: Mike Fry.

Res/Nonres	
3439.400 Wed 6:00-7:30pm Apr 4-Jun 27	\$5/person \$10/family

Archery Basics and Fun for Adults *18 and Older*

This course is designed for anyone who desires to learn the basic skills of archery. Shooting fundamentals, techniques, and safety are included. One-on-one instruction with a certified coach will be given to each student. For anyone who has ever been captured by the flight of an arrow, has watched a Robin Hood movie, or desired the challenge of mastering the bow, this is a class for you. The instructor will provide all archery equipment and handouts. Students are asked not to bring their own equipment for use in the class. Materials Fee: \$6. Classes are held at the Lake Poway Archery Range, located at 14644 Lake Poway Road. Instructor: Jim Velazquez.

Res/Nonres	
3439.401 Sat 12:00-2:00pm Apr 14-Apr 21	\$50/\$60

Spring Break Archery Camp *7 and Older*

An exciting first step into archery that teaches beginning shooting fundamentals. The class includes five shooting sessions in one week. This course is designed for 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 to assist each archery student to become proficient in the sport. At the end of the week, a fun mini-tournament will be held and ribbons distributed to all participants. All equipment will be supplied. Students are asked not to bring their own equipment for use in the class. Material fee: \$15. Classes are held at the Lake Poway Archery Range, located at 14644 Lake Poway Road. Instructor: Jim Velazquez.

Res/Nonres	
3439.402 Mon/Thu 9:00-10:15am Apr 16-Apr 19	\$75/\$85
Fri 9:00-11:00am Apr 20	

Mobile Recreation Program *All Ages*

The City of Poway is rolling out the fun! We are offering a FREE drop-in mobile recreation program. We provide 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 provided 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. Check out the monthly calendar of events at www.ci.poway.ca.us and join in the fun. Information: (858) 668-4673, Mobile Hotline: (858) 668-4689.



TENNIS

TENNIS COURT RESERVATIONS

Reservations for the Poway Community Park tennis courts will be taken Monday through Friday, **8:00 a.m. to 10:00 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 week-ends 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 May 26.**

Tiny Tot Tennis *4 to 6 Years*

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

Res/Nonres	
3013.400 Sat 9:00-10:00am Apr 14-May 5	\$35/\$45
3013.401 Sat 9:00-10:00am May 19-Jun 9	\$35/\$45

Tennis - Beg. *6 to 14 Years*

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

Res/Nonres	
3013.402 M/W 3:30-4:30pm Apr 9-May 9	\$65/\$75
3013.403 T/Th 4:00-5:00pm Apr 10-May 10	\$65/\$75
3013.404 Sat 10:00-11:00am Apr 14-May 12	\$38/\$48
3013.405 M/W 3:30-4:30pm May 21-Jun 13	\$65/\$75
3013.406 T/Th 4:00-5:00pm May 22-Jun 14	\$65/\$75
3013.407 Sat 10:00-11:00am May 19-Jun 16	\$38/\$48

Tennis - Adv. Beg./Inter./Advanced *8 to 17 Years*

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

Res/Nonres	
3013.408 T/Th 5:00-6:00pm Apr 10-May 10	\$65/\$75
3013.409 Sat 11:00am-12:00pm Apr 14-May 12	\$38/\$48
3013.410 T/Th 5:00-6:00pm May 22-Jun 14	\$65/\$75
3013.411 Sat 11:00am-12:00pm May 19-Jun 16	\$38/\$48
Advanced Only	Res/Nonres
3013.412 M/W 4:30-6:30pm Apr 9-May 9	\$90/\$100
3013.413 M/W 4:30-6:30pm May 21-Jun 13	\$90/\$100

Tennis - Adult Beg./Inter. *15 and Older*

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

Res/Nonres	
3013.414 T/Th 6:00-7:00pm Apr 10-May 10	\$75/\$85
3013.415 Sat 12:00-1:30pm Apr 14-May 12	\$45/\$55
3013.416 T/Th 6:00-7:00pm May 22-Jun 14	\$75/\$85
3013.417 Sat 12:00-1:30pm May 19-Jun 16	\$45/\$55



SWIM CENTER

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

DAILY ADMISSION FEE	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

A responsible adult who has paid the admission fee must accompany children under seven in the water.

SEASON AND YEARLY PASSES

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

SPRING SEASON AND YEARLY PASS RATES

	Season Resident	Season Non-resident	Yearly Resident	Yearly Non-resident
Adults	\$46.00	\$55.50	\$185.00	\$240.00
Youth	\$32.50	\$52.00	\$127.00	\$197.00
Senior	\$32.50	\$52.00	\$127.00	\$197.00
Family	\$73.00	\$92.50	\$284.00	\$319.00

WINTER POOL HOURS (Through April 1)

Monday-Friday	11:00 a.m. to 1:30 p.m. 3:00 p.m. to 7:00 p.m.
Saturday-Sunday	CLOSED

SPRING POOL HOURS (April 2-June 22)

Monday/Wednesday/Friday	10:30 a.m. to 7:30 p.m.
Tuesday/Thursday	8:00 a.m. to 7:30 p.m.
Saturday/Sunday	10:30 a.m. to 5:00 p.m.

Long Course Offered

Tuesday/Thursday	8:00 a.m. to 1:30 p.m.
------------------	------------------------

POOL CLOSED: Saturday, April 7, 10:30 a.m.-1:00 p.m.

Swim Meets Friday, April 27, 2:00 p.m.

Saturday, April 28

Sunday, April 29

Youth Day Friday, June 22

LAP SWIMMING

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

FAMILY SWIM

Begins April 14

Family swim is a time reserved for families to come to take advantage of the additional fun activities that can make a pool enjoyable. Families are encouraged to bring toys, rafts, fins, masks, snorkels, and inner tubes.

Saturday/Sunday	10:30a.m.-1:00p.m. \$6 per resident family \$9 per non-resident family
-----------------	--



SWIM LESSONS

New Swim Lesson Assessment Days All ages

Thinking of enrolling yourself or members of your family in swim lessons? Join our instructors for a swim lesson assessment. This service takes only a few minutes, is free of charge, and highly recommended for determining the appropriate placement level for participants. To schedule a specific time, call the pool at (858) 668-4682.

Spring			
Sat	11:00am-3:00pm	Feb 17	FREE
Sat	11:00am-3:00pm	Feb 24	FREE
Summer			
Fri	11:00am-6:00pm	Apr 20	FREE
Sat	1:00-5:00pm	Apr 21	FREE

Parent/Child 6 to 24 months

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

Session 1	Res/Nonres
0020.400 MWF 9:30-10:00 am Apr 30-May 11	\$20/\$30

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 a class without their parents. Skills introduced will include water entry, breath control, bobbing, and beginning swim stroke. Parents must accompany their children in the water.

Session 1	Res/Nonres
0030.400 MWF 10:10-10:40am Apr 30-May 11	\$20/\$30
Session 2	
0030.401 MWF 10:15-10:40am May 14-May 25	\$20/\$30
Session 3	
0030.402 TWTHF 3:50-4:30pm May 29-Jun 8	\$24/\$34

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 range from submerging underwater, front and back floats, front and back kicking, and beginning swim stroke.

Session 1	Res/Nonres
0121.400 MTWTH 3:00-3:40pm Apr 30-May 10	\$24/\$34
0121.401 MTWTH 3:50-4:30pm Apr 30-May 10	\$24/\$34
Session 2	
0121.402 MWF 9:30-10:10 am May 14-May 25	\$24/\$34
0121.403 MTWTH 3:00-3:40pm May 14-May 24	\$24/\$34
0121.404 MTWTH 3:50-4:30pm May 14-May 24	\$24/\$34
Session 3	
0121.405 TWTHF 3:00-3:40pm May 29-June 8	\$24/\$34

Grunion 2 3 to 6 Years

A continuation of American Red Cross Level 1 class, this is an introductory class for children who have successfully completed the Grunion 1 class or who are very comfortable in the water. This class reinforces skills learned in Grunion 1, with a greater emphasis on efficiency.

Session 1	Res/Nonres
0122.400 MTWTH 3:00-3:40pm Apr 30-May 10	\$24/\$34
0122.401 MTWTH 3:50-4:30pm Apr 30-May 10	\$24/\$34
Session 2	
0122.402 MTWTH 3:00-3:40pm May 14-May 24	\$24/\$34
0122.403 MTWTH 3:50-4:30pm May 14-May 24	\$24/\$34
Session 3	
0122.404 TWTHF 3:00-3:40pm May 29-Jun 8	\$24/\$34
0122.405 TWTHF 3:50-4:30pm May 29-Jun 8	\$24/\$34

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 front crawl strokes on their own. Skills emphasized include the front and back crawl. Students should feel comfortable in at least 4 feet of water.

Session 1	Res/Nonres
0123.400 MTWTH 3:00-3:40pm Apr 30-May 10	\$24/\$34
Session 2	
0123.401 MTWTH 3:00-3:40pm May 14-May 24	\$24/\$34
Session 3	
0123.402 TWTHF 3:00-3:40pm May 29-Jun 8	\$24/\$34

Starfish 6 to 10 Years

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

Session 1	Res/Nonres
0221.400 MTWTH 3:50-4:30pm Apr 30-May 10	\$24/\$34
Session 2	
0221.401 MTWTH 3:50-4:30pm May 14-May 24	\$24/\$34
0221.402 MTWTH 4:40-5:20pm May 14-May 24	\$24/\$34
Session 3	
0221.403 TWTHF 3:50-4:30pm May 29-Jun 8	\$24/\$34
0221.404 TWTHF 4:40-5:20pm May 29-Jun 8	\$24/\$34

Seahorse 6 to 12 Years

As an introduction to American Red Cross Level 2, this class is a continuation of the Starfish class and is designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasis is placed on improving the front crawl and back crawl. Students should feel comfortable in at least 4 feet of water.

Session 1	Res/Nonres
0222.401 MTWTH 3:50-4:30pm Apr 30-May 10	\$24/\$34
0222.402 MTWTH 4:40-5:20pm Apr 30-May 10	\$24/\$34
Session 2	
0222.403 MTWTH 3:50-4:30pm May 14-May 24	\$24/\$34
0222.404 MTWTH 4:40-5:20pm May 14-May 24	\$24/\$34
Session 3	
0222.405 TWTHF 4:40-5:20pm May 29-Jun 8	\$24/\$34

Otter 6 to 14 years

A completion of those skills introduced in American Red Cross Level 2, this class is designed to improve technique, promote self-proficiency, and increase endurance of front crawl and back crawl. Orientation to water deeper than 5 feet, diving boards, and treading water is included. Completion of this class signifies the ability to pass the "Open Swim" test.

Session 1	Res/Nonres
0223.400 MTWTH 4:40-5:20pm Apr 30-May 10	\$24/\$34
Session 2	
0223.401 MTWTH 4:40-5:20pm May 14-May 24	\$24/\$34
0223.402 MTWTH 5:30-6:10pm May 14-May 24	\$24/\$34
Session 3	
0223.403 TWTHF 3:50-4:30pm May 29-Jun 8	\$24/\$34
0223.404 TWTHF 5:30-6:10pm May 29-Jun 8	\$24/\$34

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. Prerequisite for this class include: the ability to swim 15 yards of front crawl, back crawl, and elementary backstroke. Skills introduced are butterfly and breaststroke kick, front crawl, alternate breathing, diving, and treading water.

Session 1	Res/Nonres
0321.400 MTWTH 4:40-5:20pm Apr 30-May 10	\$24/\$34
0321.401 MTWTH 5:30-6:10pm Apr 30-May 10	\$24/\$34
Session 2	
0321.402 MTWTH 4:40-5:20pm May 14-May 24	\$24/\$34
0321.403 MTWTH 5:30-6:10pm May 14-May 24	\$24/\$34
Session 3	
0321.404 TWTHF 4:40-5:20pm May 29-Jun 8	\$24/\$34
0321.405 TWTHF 5:30-6:10pm May 29-Jun 8	\$24/\$34

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.

Session 1	Res/Nonres
0322.400 MTWTH 4:40-5:20pm Apr 30-May 10	\$24/\$34
0322.401 MTWTH 5:30-6:10pm Apr 30-May 10	\$24/\$34
Session 3	
0322.402 MTWTH 5:30-6:10pm May 14-May 24	\$24/\$34
Session 3	
0322.403 TWTHF 4:40-5:20pm May 29-Jun 8	\$24/\$34
0322.404 TWTHF 5:30-6:10pm May 29-Jun 8	\$24/\$34
0322.405 TWTHF 6:20-7:00pm May 29-Jun 8	\$24/\$34

Dolphin 6 to 16 years

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

Session 1	Res/Nonres
0323.400 MTWTH 5:30-6:10pm Apr 30-May 10	\$24/\$34
0323.401 MTWTH 6:20-7:00pm Apr 30-May 10	\$24/\$34
Session 2	
0323.402 MTWTH 6:20-7:00pm May 14-May 24	\$24/\$34
Session 3	
0323.403 TWTHF 5:30-6:10pm May 29-Jun 8	\$24/\$34

Swordfish 6 to 16 years

The equivalent of American Red Cross Level 6, Swordfish students develop skill proficiency and continue to progress towards increased distance in all strokes. New skills presented are the butterfly, breaststroke and butterfly turns, and diving board techniques.

Session 1	Res/Nonres
0324.400 MTWTH 5:30-6:10pm Apr 30-May 10	\$24/\$34
0324.401 MTWTH 6:20-7:00pm Apr 30-May 10	\$24/\$34
Session 2	
0324.402 MTWTH 5:30-6:10pm May 14-May 24	\$24/\$34
0324.403 MTWTH 6:20-7:00pm May 14-May 24	\$24/\$34
Session 3	
0324.404 TWTHF 6:20-7:00pm May 29-Jun 8	\$24/\$34



SWIM LESSONS

Adult 16 and Older

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

Session	Res/Nonres
0521.400 Session 1 MTWTH 6:20-7:00pm Apr 30-May 10	\$24/\$34
0521.401 Session 2 MTWTH 6:20-7:00pm May 14-May 24	\$24/\$34
0521.402 Session 3 TWTHF 6:20-7:00pm May 29-Jun 8	\$24/\$34

Red Cross Lifeguard Training 15 and Older

This lifeguard-training course includes certification in CPR for the Professional Rescuer (includes infant, youth and adult CPR, use of the CPR mask and 2-person CPR), first aid training and the necessary skills to become a professional lifeguard. You will be disqualified from the course if you cannot perform the following on the first day of class: swim 300 yards continuously using front crawl, breaststroke and sidestroke, and retrieve a 10 pound brick from 7-10 feet of water. **100% attendance is required.** Class fee does not include books. Students must purchase the Lifeguard Training Manual ECC 2006, CPR for the Professional Rescuer Manual, along with a resuscitation mask through the American Red Cross prior to the start of class. **Prerequisite: Must be 15 years of age by the first day of class.**

Res/Nonres
0700.400 Sat/Sun 9:00am-5:00pm Mar 31-Apr 1 \$85/\$95
Tue 5:00pm-8:00pm Apr 3
Thu 5:00pm-8:00pm Apr 5
Sat 1:00pm-8:00pm Apr 7
0700.401 Sat/Sun 9:00am-5:00pm May 5-6 \$85/\$95
Sat 9:00am-5:00pm May 12
Sat 9:00am-5:00pm May 19

Lifeguard Training and CPR for the Professional Rescuer Challenge 15 and Older

This challenge course is for individuals who wish to be certified in either CPR for the Professional Rescuer or Lifeguard Training. If certifying in CPR, students must be able to demonstrate CPR and complete a written exam. If certifying in Lifeguard Training, students must demonstrate first aid, water rescue skills, and complete a written exam. Bring a resuscitation mask to the class. **Note: This is a challenge course. There will be no review prior to testing. Be prepared to test upon arrival.**

Res/Nonres
0700-402 CPR ONLY Sat 8:00am-12:00pm Apr 28 \$15/\$25
0700-403 CPR & LGT Sat 8:00am-12:00pm Apr 28 \$25/\$35

New Summer Lifeguard Tryouts

Want to be part of an exciting profession that allows you the opportunity to gain important skills in a field that truly matters? The City of Poway Community Swim Center is seeking qualified individuals to join its aquatics staff for the spring and summer of 2007. This is your opportunity to show your skills and fill out an application for employment. Applications may also be filled out online by visiting www.ci.poway.ca.us prior to trying out. Candidates must have current Lifeguard Training and CPR for the Professional Rescuer certifications. Candidates should bring resuscitation mask and swim attire, as all participants may be asked to demonstrate first aid, water rescue skills, and complete a written exam. Candidates will be selected based upon written as well as practical skills. Those who receive a passing score will be called for an interview.

Sat 11:00am-3:00pm	Apr 14
Sat 11:00am-3:00pm	May 26

American Red Cross Water Safety Instructor 16 and Older

This Water Safety Instructor course includes certification in Fundamental of Instructor Training and the necessary skills to become a professional swim lessons instructor. You will be disqualified from the course if you cannot demonstrate Level 4 swimming skills consistent with Stroke Performance Chart, by swimming the following strokes: Front Crawl-25 yards; Back Crawl-25 yards; Breaststroke-25 yards; Elementary Backstroke-25 yards; Sidestroke-25 yards; Butterfly-15 yards. Also must be able to maintain position on back for 1 minute in deep water by floating or sculling and tread water for 1 minute. **100% attendance is required.** Class fee does not include books. Students must purchase the Water Safety Instructors Manual through the American Red Cross prior to the start of class. **Prerequisite: Must be 16 years of age by the first day of class.**

Res/Nonres
0700-404 MTWTH 9:00am-5:00pm Apr 16-Apr 19 \$155/\$165

Private Lessons All Ages

These classes are available for any age or ability. Instruction is geared to the student's ability. Participants must register for a minimum of four classes. Lessons are 30 minutes in length. Registration for private lessons should be done at the pool. **Children under the age of 3 may be required to have adult assist in the water.** Information: (858) 668-4680.

T/Th	11:00-11:30am	11:40am-12:10pm	12:20-12:50pm	1:00-1:30pm	3:00-3:30pm	3:40-4:10pm	4:20-4:50pm	5:00-5:30pm	Res/Nonres
									\$20/\$30 per student per class meeting
Fri									

Water Exercise All Ages

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

Aquatic Safety

The aquatic staff is available to give presentations on aquatic safety to schools, scout troops, and organizations. Information: (858) 668-4680.

Birthday Party Package All Ages

Who at one time has not wanted to have their birthday party at the pool? Included in the party package is a reserved poolside picnic area for two hours, public pool use for a maximum of 25 persons, and a half hour of games with a certified lifeguard. Birthday Party Packages are available on weekends only during open pool hours. Sign up for a birthday party at the pool during open business hours. Information: (858) 668-4680.

Res/Nonres
Sat/Sun \$40/\$50



HEALTH & WELLNESS

Yoga/Walk at the Lake 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 on designated trails, 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. No class held on May 28. Classes held at Lake Poway Pavilion. Instructor: Linda Kay.

Res/Nonres
5417.400 Mon 9:30-11:15am Apr 16-Jun 11 \$85/\$95

Tai Chi 18 and Older

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

Res/Nonres
5417.401 Wed 6:30-7:15pm May 16-Jun 13 \$45/\$55

Boxing for Fun & Fitness 15 and Older

Boxing is a great workout that also teaches self-defense skills. Have fun, release some aggression, and learn skills while getting in the best shape of your life through boxing. These are beginning level workout classes that will NOT include free sparring (i.e. fighting). You will need boxing gloves and hand wraps to fully participate in this class. Approved gear available through the Poway Boxing Club. Classes held at The Poway Boxing Club at 13242 Poway Road (in the Lively Center). Information: (858) 486-7025. Instructor: Barry Barker.

Res/Nonres
5417.402 Fri 6:00-7:00pm May 18-Jun 15 \$45/\$55
5417.403 Sat 12:00-1:00pm May 19-Jun 16 \$45/\$55

Hatha Yoga 18 and Older

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

Res/Nonres
5417.404 Thu 6:30-8:00pm Apr 12-Jun 14 \$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, with light free-weights to increase bone density, muscular flexibility, and joint mobility. Please bring a certified "burst proof" yoga ball (based on your height), yoga sticky mat, and a large towel to class. Classes held at the Poway Community Park Auditorium. Instructor: Linda Kay.

Res/Nonres
5417.405 Tue 6:00-7:15pm Apr 10-Jun 12 \$75/\$85

American Red Cross First Aid 18 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 1 & II. Instructor: Blythe Paley.

Res/Nonres
5417.406 Tue 6:00-10:00pm May 1 \$28/\$38

Yoga Slimmers 18 and Older

A perfectly slimming idea! Create a new slim you with vitality. Embrace your slimmer dreams. 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-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.

Res/Nonres
5417.407 Tue 7:30-8:45pm Apr 10-Jun 12 \$85/\$95

Fitness Boot Camp 18 and Older

This is a challenging and fun class for all fitness levels. You will build strength, endurance, and agility. You'll participate in a variety of drills, exercises, and games derived from military boot camps, football camps, and playgrounds. Come and enjoy the fun of cheering your fellow exercisers through the drills and competing against them in the games. Classes held at Garden Road Park. Instructor: Kenny Young. **No class May 26.**

Res/Nonres
5417.408 Sat 8:00-9:30am Apr 14-Jun 9 \$80/\$90

"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 and be on their hands and knees, and back. Please bring bottled water, a yoga sticky mat, and a large towel to class. Classes held at Poway Community Park, Auditorium. Instructor: Linda Kay.

Res/Nonres
5417.409 Mon 7:30-8:30pm Apr 16-May 14 \$55/\$65

SPECIAL NEEDS

Bowling

16 and Older

This bowling class provides unlimited fun, where everyone has a chance to win with companions of all skill levels. Challenging gutter balls are no problem, since every lane has air filled bumpers. 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.

9397.400 Fri 1:30-3:30pm Apr 6-Jun 8 Res/Nonres \$40/\$50

DOG OBEDIENCE

Dog/Puppy Obedience

18 and Older

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

Twelve Weeks to Six Months (Puppy Class) Res/Nonres
9019.400 Tue 6:30-7:30pm Apr 10-May 15 \$90/\$100
9019.401 Sat 9:30-10:30am Apr 14-May 19 \$90/\$100
9019.402 Tue 6:30-7:30pm May 22-Jun 26 \$90/\$100
9019.403 Sat 9:30-10:30am May 26-Jun 30 \$90/\$100

Six Months and Older (Adult Class)
9019.404 Tue 6:30-7:30pm Apr 10-May 15 \$90/\$100
9019.405 Sat 9:30-10:30am Apr 14-May 19 \$90/\$100
9019.406 Tue 6:30-7:30pm May 22-Jun 26 \$90/\$100
9019.407 Sat 9:30-10:30am May 26-Jun 30 \$90/\$100

SPECIAL INTERESTS

Babysitter's Training

11 and Older

Prepare yourself to be the best babysitter ever! 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, parents, or send your babysitters! Materials fee: \$16. Please bring a lunch and a large doll or stuffed animal to class. Classes held at Poway Community Park Activity Room I & II. Instructor: Blythe Paley.

7617.400 Sat 9:00am-3:30pm Jun 9 Res/Nonres \$45/\$55

Instant Piano for Busy People

18 and Older

Music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just one three-hour workshop, you can learn enough secrets of the trade to give you years of enjoyment at the piano! The difference is regular piano teachers teach note reading and piano professionals use chords.

In this fun-filled workshop, you can learn all the chords you'll ever need to play any song. It's easy, fun, and musically correct! Note: If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll. If you don't, send a self-addressed stamped envelope to Innovative Keyboard Instruction, 2841 S. Southwind Drive, Gilbert, AZ 85296 for a free pamphlet. This class is designed for piano, organ or portable keyboard. Materials fee: \$26. Class held at Poway Community Park Activity Room II. Instructor: Craig Coffman.

7617.401 Mon 6:30-9:30pm May 21 Res/Nonres \$25/\$35

NOTE: How to read class information				
Class#	Days	Times	Dates	Res/Nonres
0000.311	Mon	10:45-11:45am	Apr 5-Jun 7	\$40/\$50
0000.312	Tue	10:45-11:45am	Apr 6-Jun 8	\$40/\$50

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.

Docent/Naturalist Training

Do you love nature and being outdoors? Do you have an enthusiastic attitude towards people? The City of Poway is looking for a few good naturalists to join an active group of wildlife enthusiasts at Blue Sky Ecological Reserve. Docent naturalists work with the general public, school and scout groups to promote a greater understanding of our natural resources, and may perform a variety of tasks including leading guided nature walks, restoring damaged habitat, minor trail maintenance, assisting at interpretive programs, foot patrols, or maintain kiosk displays.

Some prior knowledge of natural history is desirable but a willingness to learn is more important. Training begins Wednesday, February 28, 2007. This fun, educational eight-week training course consists of Wednesday evening class sessions at Lake Poway from 7:00 p.m. to 9:00 p.m., followed by Saturday morning field visits to the Reserve from 8:00 a.m. to 11:00 a.m. There is no training Easter week. For more information or to request an application, call (858) 668-4781.



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 can not 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 are 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!

Support Our Seniors!

We're Looking for Sponsors for the NEW Meals for a Month Program

Did you know that each month the Center serves 1,200 nutritional meals to local older adults in need? To help us with this effort, we are searching for personal and corporate sponsors who would be willing to pay \$2,500 to provide 500 meals during a one-month period. As a sponsor of Meals for a Month, you will receive the following:

- Recognition plaque displayed for one year in the Center's lobby
 - Sponsorship poster displayed in the dining area during your sponsored month
 - Full page acknowledgment in the Center's newsletter, the Senior Voice
- Contact Blaine McCafferty at (858) 748-6094, ext. 301, for more information.

BLUE SKY RESERVE

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 1.5-mile each way) to the Lake Poway campground. For further information about the following program, and to make reservations, please call the Blue Sky office at (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.

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

OLD POWAY FARMERS MARKET

CERTIFIED

OPEN EVERY SATURDAY

In Historic Old Poway 8 A.M. to 11:30 A.M.
(Near the corner of Midland Road and Temple Street)

The springtime brings garden-fresh peaches, plums, apricots, watermelon, tomatoes, figs and more. All produce is certified and inspected by the agricultural commission and brought fresh to you from the garden.

INFORMATION: (858) 668-4576
MANAGED BY: Outback Farm
SPONSORED BY: CITY OF POWAY COMMUNITY SERVICES DEPARTMENT

WHERE FRESHNESS AND FLAVOR ARE AT THEIR PEAK

Animal Resource Directory

Wildlife Regulations, Laws, and Permits

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

Injured or Abandoned Wild Animals or Birds

Project Wildlife (except raccoons & skunks)

619-225-WILD

Wildlife Rescue 619-291-4587

Fund For Animals/Wildlife Rehabilitation

760-789-2324

Dead Animal Removal

Within Poway city limits 858-279-8242

State Highways (CalTrans) 619-220-5370

Low Cost Spay & Neutering

760-745-7986

Animal Emergencies

Stray animals or bites to a human or pet
Department of Animal Control 858-278-9760

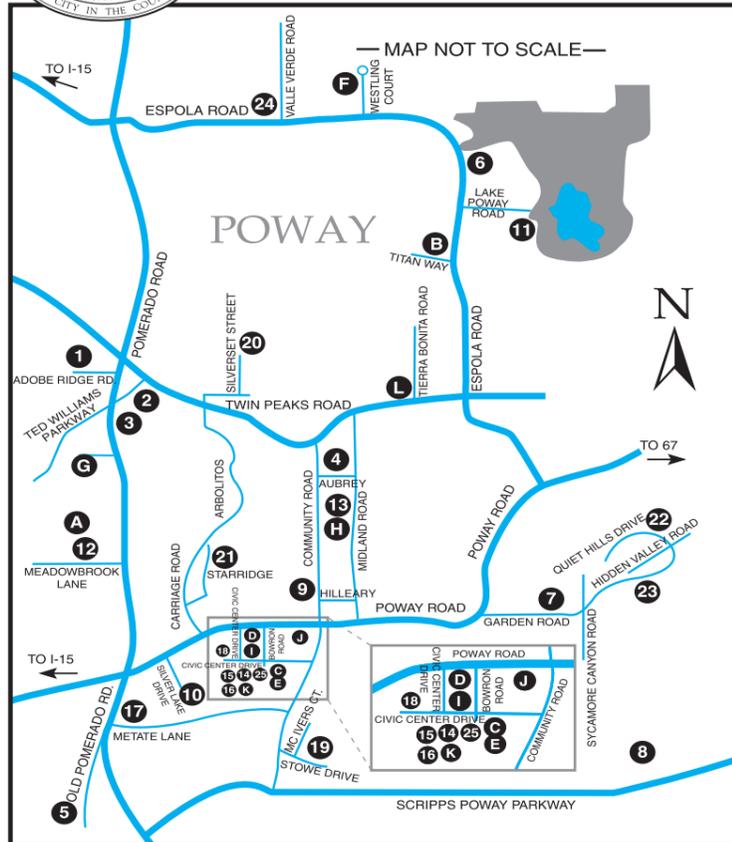
Abandoned or abused animals

San Diego Humane Society/A.S.P.C.A. 619-299-7012

Poway Transit Services

Airport Shuttle 1-800-974-8885
Poway Transit 858-748-8152
Commuter Express 619-266-6883
CTS ADA Paratransit 1-800-921-9664
City Web Page:
www.ci.poway.ca.us/bus-sched.html

CITY OF POWAY PARKS AND FACILITIES



FACILITIES

- A. Meadowbrook Gymnasium
12320 Meadowbrook Lane
668-4598
- B. Poway Center for the Performing Arts
15498 Espola Road
Box Office 748-0505
Information 668-4693
- C. Poway City Hall
13325 Civic Center Drive 668-4400
- D. Poway Community Library
13137 Poway Road 513-2900
- E. Poway Fire Department, Station One
13050 Community Road 668-4460
- F. Poway Fire Department, Station Two
16912 Westling Court 668-4460
- G. Poway Fire Department, Station Three
14322 Pomerado Road 668-4460
- H. Poway Historical Society Museum
14114 Midland Road 679-8587
- I. Poway Sheriff Station
13100 Bowron Road 513-2800
- J. Poway Chamber of Commerce
13381 Poway Road 748-0016
- K. Poway Senior Center
13094 Civic Center Drive 748-6094
- L. Twin Peaks Multipurpose Center
14640 Tierra Bonita Road 668-4599

PARKS

1. Adobe Ridge Neighborhood Park
12251 Adobe Ridge Road
2. Arbolitos Mini Park
12495 Ted Williams Parkway
3. Arbolitos Sports Fields
14401 Pomerado Road
4. Aubrey Park
13544 Aubrey Street
5. Bette Bendixen Park
12342 Old Pomerado Road
6. Blue Sky Ecological Reserve
Espola Road 668-4781
7. Garden Road Neighborhood Park
14901 Garden Road
8. Goodan Ranch
At the end of Sycamore Canyon Road
513-4737
9. Hilleary Park
13500 Community Road
10. Kumeyaay-Ipai Interpretive Center
14644 Lake Poway Road 646-9616
11. Lake Poway Recreation Area
14644 Lake Poway Road 668-4770
12. Meadowbrook Soccer Field
12250 Meadowbrook Lane 668-4580
13. Old Poway Park and Railroad
14134 Midland Road 668-4576
14. Poway Community Park
13094 Civic Center Drive 668-4580
15. Poway Community Swim Center
13094 Civic Center Drive 668-4680
16. Poway Dog Park: Off Leash Area
13094 Civic Center Drive 668-4580
17. Poway Oaks Neighborhood Park
Pomerado and Metate
18. Poway Skate Park
13090 Civic Center Drive 668-4674
19. Poway Sportsplex
12349 McIvers Court 679-4000
20. Silverset Neighborhood Park
14795 Silverset Street
21. Starridge Neighborhood Park
13745 Carriage Road
22. Sycamore Creek Neighborhood Park - A
15762 Hidden Valley
23. Sycamore Creek Neighborhood Park - B
15605 Garden Road
24. Valle Verde Neighborhood Park
16899 St. Andrews Drive Facilities
25. Valley Soccer Field
13094 Civic Center Drive 668-4580

(All 858 Area Code) Rev. 7/05

LAKE POWAY

14644 Lake Poway Road

LAKE HOURS:

Wednesday through Sunday • Sunrise to Sunset

PARK HOURS: Daily • Sunrise to Sunset

Information: (858) 668-4770

Area Reservations: (858) 668-4580

Concession: (858) 486-1234



Lake Poway Wilderness Camping

Lake Poway Recreation Area offers overnight wilderness camping. A one-mile hike/horseback ride from Lake Poway leads to the secluded wilderness campground, which contains a bathroom facility, 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 try camping in one of our remote wilderness campsites. Information: (858) 668-4770.



LOOKING AHEAD TO SUMMER...

Family Camp Outs

Enjoy an evening camping under the stars with the whole family at beautiful Lake Poway. There will be entertainment, a campfire, 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. Camp outs will be offered on Saturday, July 7 and Saturday, August 18 from 5:00 p.m. to 9:00 a.m. Information: (858) 668-4771.

Two-Day Open Trout Derby

Bring your lucky lures and favorite pole to catch a trophy trout at Lake Poway's two-day **Open Trout Derby, March 24 and 25**. The lake will be stocked with 3,000 pounds of hungry trout for the event. Anglers of all ages are invited to try their skill and others to try their luck. Cool prizes will be awarded for the largest trout by weight for men, women, and youth divisions. There will also be lots of raffle prizes! Derby hours are Saturday, sunrise to sunset, and Sunday from sunrise to 12:00 p.m. The derby entry fee is \$5.00 for both days. Lake fishing permits cost \$5.00 for adults and \$2.50 for youths and will be required for each day. State fishing licenses are required for anglers who are 16 and older. Derby registration must be purchased before your first catch. Be the first on your block to catch a trophy trout at Lake Poway's Annual Open Trout Derby! In preparation for the event, the lake will be closed Thursday, March 22 at noon and all day on Friday, March 23. Information: (858) 668-4770.



Senior Thursdays at Lake Poway

Trout season is well under way at Lake Poway. Seniors are invited to experience the best that the lake has to offer Wednesday through Sunday, but especially on Thursdays. Lake fishing permits are reduced from \$5.00 to \$2.50 and boat rentals are reduced from \$20.00 to \$13.50 for a full day. Senior 10-day fishing permit, valid on Thursdays only, are only \$22.50. The full-service concession-stand offers fishing licenses, boat rentals, cold and hot beverages, and a variety of food items. Lake Poway offers some of the best fishing in San Diego County, just minutes from home. Our friendly and experienced staff are more than willing to share fishing tips and assist you with a great fishing trip, especially if you're a senior on Thursday.

OLD POWAY PARK

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

ALL EVENTS PROGRAMS AND ACTIVITIES ARE SUBJECT TO CONSTRUCTION PROJECT-RELATED INTERRUPTIONS. YOUR PATIENCE WHILE WE MAKE IMPROVEMENTS IS APPRECIATED.

Flowers! Fresh Food! Fun!

It's spring, so leap outdoors and enjoy Poway's Certified Farmers Market! The Farmers Market is every Saturday from 8:00 a.m. to 11:30 a.m. at Old Poway Park. Garden-fresh peaches, plums, apricots, watermelons, tomatoes, cucumbers, figs, and more can be found. All produce is certified and inspected by the agricultural commission and brought fresh to you directly from the grower. Spring also brings the most beautiful, newly picked flower bouquets to brighten your home, or you can enjoy homemade tamales, kettle corn, and salsas. If you're looking for some of the finest produce, food, and a great "city in the country" atmosphere, then the Farmers Market is the place to be! Information: (858) 668-4576.

The Return of the Rendezvous in Poway

The City of Poway and Old Poway Park's gun-fighting re-enactment teams will host the 2007 Rendezvous in Poway on Saturday, September 22, and Sunday, September 23. More than 15 living history encampments will be set up, giving you a chance to meet cowboys, buckaroos and mountain men and women demonstrating what it was like to live in the turn-of-the-century, pioneer days, and Civil War eras. The historical fair will bring these eras to life with the smell of campfires, and the sounds of civil war era cannons, steam train whistles, and scattered shots from mock gun-fights. Experience period costumes, crafts, displays or speak with the pioneers. A campfire will be hosted with the pioneers on the evening of Friday, September 21 and a barn dance will be held in Templars Hall on Saturday, September 22, both open to the community for free!

In addition, on Friday, September 21, for one special day, be a part of the interpretive tours of the encampments. Advance reservations are required and now being accepted. Space is limited and bookings are made on a first come first served basis, so call today! For more information on the Rendezvous in Poway, or TO BOOK YOUR TOUR, please contact (858) 668-4576.

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 all day each day. This unique event will be Saturday, May 5 from 11:50 a.m. to 8:00 p.m. and Sunday, May 6, from 12:00 p.m. to 7:30 p.m. The event will also feature train rides for a nominal fee, a booth fair, complete with crafters and food and children's crafts and activities. Stop by and enjoy the music, food and Poway's own "turn-of-the-century" village. Information: (858) 668-4576.

ATTENTION TEACHERS: History Tours of Poway return to Old Poway Park

If you're looking for an educational field trip that is easy, inexpensive, and will exceed the needs of your curriculum, then look no farther than Old Poway Park. Back by popular demand, our tour program is now accepting tour reservations for the spring and summer. Tours can be presented for groups of 20 or more and are appropriate for any age or grade level. The history of Poway and early California will be covered, meeting the learning needs of 3-5 and 8th grades, and of interest to all grades. The tour includes presentations in the Nelson House; an 1800's Poway farmhouse, the Heritage Museum; which will focus on the pioneer time of Poway and the Kumeyaay Indians. Additionally, your students will enjoy an Operation Lifesaver Train Safety presentation, and a train-ride aboard the Poway-Midland Railroad! Tours are offered Tuesdays through Fridays for just \$2.00 per participant. For every ten children that receive a tour, one adult is admitted free. Old Poway Park tours are great for school or ESS groups, as well as adult care field trips. Tours can be tailored to meet the educational needs of any age group. Advance booking is required. Information: (858) 668-4576.

KUMEYAAY IPAI INTERPRETIVE CENTER

The Kumeyaay-Ipai Interpretive Center is a 5-acre archaeological reserve located south of Poway Road at 13104 Silver Lake Drive. It is open to the public for free Docent-led tours every Saturday from 9:00 a.m. to 11:30 a.m. The low hill has a trail to the boulders that contain milling stations used by the ancient Kumeyaay people to grind acorns and pinion seeds. Volunteers have built shade structures and planted hundreds of native plants. Many 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. For more information and Docent



volunteer opportunities, please call (858) 646-9616.

2006/2007 Professional Performance Season



Stephen Caffrey*



Kathryn Meisle*



LA Theatre Works,
Susan Albert Loewenberg Producing Director
presents

PRIVATE LIVES

by Noel Coward
starring Kathryn Meisle and Stephen Caffrey*

Saturday, February 10, 2007, 8 pm
Sunday, February 11, 2007, 2 pm

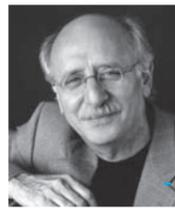
*Cast subject to change.

Theatre 40 presents
DRIVING MISS DAISY
by Alfred Uhry (*The Last Night of Ballyhoo*)
Saturday March 17, 2007, 8 pm
Sunday, March 18, 2007, 2 pm

Missoula Children's Theater presents
THE LITTLE MERMAID
Saturday, April 14, 2007, 3 pm
Saturday, April 14, 2007, 7 pm

RENO in
The god Show
Saturday, April 28, 2007, 8 pm

PETER YARROW
(of Peter, Paul & Mary)
Saturday, May 5, 2007, 8 pm



The Actors Gang presents
1984
Saturday, February 24, 2007, 7 pm

ALL SHOWS ON SALE NOW!
Student Tix only \$5! (with purchase of an adult ticket)

Call 858.748.0505 for a free brochure.

For complete show info, visit

www.POWAYARTS.org



Thanks to our generous Season Sponsors:



Brenda & David Rickey Foundation
Bill & Carol Stensrud

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

MARCH 2007

PCPA Gallery Art Exhibit: Poway Woman's Club (February 28 – March 26)

Event	Presented By	Date	Time
Band/Orchestra Pre-Festival Concerts	Poway High School*	February 28 & March 1	7:00 pm
Art Reception	Poway Woman's Club	March 3	2:00 pm
Indian Language Play	San Diego Indian American Society	March 3	7:30 pm
"A Dance Through Neverland"	Center for Creative Arts	March 4	2:00 pm
"Peter Pan"	MET-2	March 10	7:30 pm
"Peter Pan"	MET-2	March 11	2:00 pm
College Info Night	Poway High School*	March 13	6:30 pm
"Driving Miss Daisy"	PCPA Foundation	March 17	8:00 pm
"Driving Miss Daisy"	PCPA Foundation	March 18	2:00 pm
"Quartet San Francisco"	Bernardo Concerts	March 21	7:30 pm
Indian Language Play	Gujarati Association	March 24	8:00 pm
Hip Hop Dance	Formality Dance Academy	March 25	4:00 pm
Poway Community Symphony Orchestra	Poway Unified School District*	March 26	7:30 pm
8th Grade Parent Night	Poway High School*	March 27	5:30 pm

APRIL 2007

PCPA Gallery Art Exhibit: North County Society of Fine Arts (March 29 – April 25)

Event	Presented By	Date	Time
"A Midsummer's Night Dream" Ballet	Southern California Youth Ballet	April 1	1:00 pm & 5:00 pm
Band/Orchestra Festival	Poway High School District*	April 4	8:00 am to 9:00 pm
Band/Orchestra Festival	Poway High School District*	April 5	8:00 am to 9:00 pm
Ballet Recital	Community Services Ballet	April 7	1:30 pm
Missoula Children's Theatre "Little Mermaid"	PCPA Foundation	April 14	3:00 pm & 7:00 pm
"Don Quixote" Ballet	San Diego Academy of Ballet	April 20	7:00 pm
"Don Quixote" Ballet	San Diego Academy of Ballet	April 21	1:00 pm & 6:00 pm
"Don Quixote" Ballet	San Diego Academy of Ballet	April 22	1:00 pm
Choir Festival	Poway High School*	April 24	7:00 pm
CMEA Choir Festival	Poway High School*	April 25	7:00 pm
"Reno"	PCPA Foundation	April 28	8:00 pm
All Boy's Pop Singing Group "Kundirana 2007"	Kundirana Friends of San Diego North County	April 29	5:00 pm

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

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
February 13, 2007 February 27, 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. Adhere to the specific age requirements of the desired class.
2. Note the skill requirements for the different class levels. Testing is always available at the pool during open swim hours. Students who are enrolled for a class either above or below their swimming ability may be dropped from the class.
3. Request alternate classes. This will increase your chances of signing up for a class appropriate for your child's skill level.
4. Remember to keep your receipt and bring it to the first class session.
5. If you cannot attend the first session, please call (858) 668-4683 to ensure you are not dropped from the class.

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

Programa de Beca - P.L.A.Y.

¿Sabía usted, que cada temporada su niño podría tener derecho a recibir clases de recreación, patrocinadas por la Ciudad, con un valor de hasta \$40.00, sin costo alguno a usted? ¿La cantidad podría acumular a \$160.00 por niño cada año! Venga al Departamento de Servicios de Comunidad y llene una aplicación. **Requisitos: 17 años de edad o menor, o cualquier edad, si demuestra incapacidad de desarrollo, los ingresos del hogar se mantienen dentro de las pautas proporcionadas por el Departamento de Alberguer y Desarrollo Urbano de U.S., debe ser residente de Poway.** La Ciudad de Poway también acepta donativos para sostener este programa. Información: (858) 668-4570.

Las aplicaciones están disponibles en:
El Departamento de Servicios de Comunidad
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: _____