

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

# POWAY

City of Poway

## COMMUNITY SERVICES PROGRAMS

### SPECIAL EVENTS

#### Christmas in the Park

Experience the magic of an old-fashioned holiday tradition during the 13th annual **Christmas in the Park** on **Saturday, December 9**, at **historic Old Poway Park** from 4:30 p.m. to 8:30 p.m. Enjoy caroling, live holiday music, children's theatre and square dancing performances, a holiday craft boutique, a model train display, ornament making and more. The community Christmas tree will be officially lit at 5:15 p.m. and Santa and Mrs. Claus are expected to arrive by train at 5:30 p.m. The event is **FREE**. Historic, charming buildings such as the Heritage Museum, and Nelson House will be open with docents on hand and smells of fresh gingerbread. Community vendors will be selling an array of food, from chili, corn dogs, tamales, baked goods and sweets. The event is co-sponsored by the City of Poway and the volunteer-based organizations of the Old Poway Park Action Committee. Experience Poway's best holiday season tradition! Information: (858) 668-4576.



### Winter 2006

#### Candyland Holiday Festival



The popular children's board game, Candyland, comes to life at Poway Community Park. Children ages 2-10 years will enjoy visiting with King Kandy, Lord Licorice, Princess Lolly and Queen Frostine in the magical areas of Lollipop Park, Tootsie Roll Forest, and more. Each child will also have a chance to meet Santa, play in tons of fresh snow, perform karaoke and make holiday crafts. Children will remember this for a lifetime! Parents are encouraged to bring their cameras. Join us on December 15 and 16 from 4:00 to 9:00 p.m. **Day-of-event registration only**, pay at the door: \$5 per child and \$1 per adult. Information: (858) 668-4570. Event held at Poway Community Park, 13094 Civic Center Drive.



#### Free Youth Fishing Derby

15 and Under

On **Saturday, February 3**, join the City of Poway, Captain Ron Baker, and several big-name sponsors for a great day of fun and prizes at the **Annual Lake Poway Youth Fishing Derby**. Registration begins at 6:00 a.m. and fishing continues until noon. All participants are invited to enjoy a tasty barbecue lunch before the awards ceremony at 1:00 p.m., with prizes awarded by age divisions. There will be great raffle prizes and prizes for the **Kids Greatest Fishing Story Contest**, so dig out your wildest fishing story and join in the fun! Lake Poway will be stocked with 2,500 pounds of hungry rainbow trout for the derby. **In preparation for the derby, Lake Poway will be closed Thursday, February 1 at noon and Friday, February 2 all day.** Information: (858) 668-4770.



#### Register Online

**IT'S EASY TO REGISTER FOR  
CLASSES ONLINE!**

Register for Winter classes by visiting the City of Poway website at: [www.ci.poway.ca.us](http://www.ci.poway.ca.us). Go to the Recreation Classes section and follow the easy instructions. **Registration for Poway residents begins Tuesday, November 21, with non-residents starting on Tuesday, December 5.** For more information, call our registration hot line at (858) 668-4570.

#### 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.

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## UPCOMING

## SPRING EVENTS

Mark your calendar for these upcoming events...

### Earth/Arbor Day Celebration

Be sure to join the City of Poway for the annual Earth/Arbor Day event. This free family event will feature activities for the whole family with a Flower Show, live animals presented by the Blue Sky Ecological Reserve, demonstrations by EDCO disposal, and interactive displays by a number of environmental and local organic organizations and businesses. Date, time, and location to be determined. Information: (858) 668-4576.

### Spring Egg Hunt Celebration

Children ages 3 to 8 years are invited to attend this free event on **Saturday, April 7**, at the Community Park ball fields. The hunt for candy and plastic prize eggs hidden in the grass begins at the following times: 9:30 a.m. (age 3), 10 a.m. (age 4), 10:30 a.m. (ages 5-6), and 11 a.m. (ages 7-8). Arrive early! There will also be balloons, huge fun jumps, crafts, a "Bunny Fun Zone," and a pancake breakfast (for a nominal fee), which all begin at 8:30 a.m. Information: (858) 668-4570.

### Poway Dog Day

This free event will be held from 9:00 a.m. to 12:00 p.m. at Poway Community Park Dog Park, 13094 Civic Center Drive on Saturday, May 12 at 9:00 a.m. to 12:00 p.m. Fun events, vaccines, demonstrations, pet vendor booths, and dog information will be available. Contests include: Owner and Pet Look-a-likes, Best Pet Costume, Best Pet Trick, Largest and Smallest Pets. Contests begin at 11:00 a.m. Information: (858) 668-4570.

## CHILDREN'S ACTIVITIES

### Discovery Time Toddlers

2½ to 3½ Years

An action-packed, fun-filled class designed to emphasize language development and socialization in a positive and nurturing environment. Art, songs, and fine motor and gross motor skills are explored in a success-oriented setting. Parent participation in the class is a requirement and is one day per session (although if you or your child are having a hard time separating, you are always welcome to stay). Snacks are provided. Participants do not need to be toilet-trained. Materials fee: \$5. Classes held at Poway Community Park Youth Activity Room. Instructor: Debi Supergan. **No class February 20 and 22.**



				Res/Nonres
4011.300	Tue	9:00-11:00am	Jan 9-Jan 30	\$55/\$65
4011.301	Tue	9:00-11:00am	Feb 6-Mar 6	\$55/\$65
4011.302	Tue	9:00-11:00am	Mar 13-Apr 10	\$69/\$79
4011.303	Thu	9:00-11:00am	Jan 11-Feb 1	\$55/\$65
4011.304	Thu	9:00-11:00am	Feb 8-Mar 8	\$55/\$65
4011.305	Thu	9:00-11:00am	Mar 15-Apr 12	\$69/\$79

### Discovery Time

3 to 5 Years

This is a developmentally enriched program, providing learning in a fun, positive and success-oriented environment. A continuous program (September through June), setting a foundation in a progressive manner that reinforces social skills and promotes school readiness. Fine motor and gross motor skills, imaginary play, language development, music, and art are incorporated in the weekly format. Come join the fun! 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 January 15.**

				Res/Nonres
4011.306	M/W/F	9:30am-12:30pm	Jan 3-Jan 26	\$113/\$123
4011.307	M/W/F	9:30am-12:30pm	Jan 29-Feb 16	\$113/\$123
4011.308	M/W/F	9:30am-12:30pm	Feb 26-Mar 23	\$150/\$160
4011.309	M/W/F	9:30am-12:30pm	Mar 26-Apr 13	\$113/\$123

### Kinder Soccer

3½ to 5 Years

Kinder Soccer is a class that encourages large motor development through the learning of soccer skills in a non-competitive and positive environment (we are all winners here!). 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. Soon your young ones will have the fundamental skills to play soccer just like the big kids! We play barefoot to get a better feel for the soccer ball. There will be a "parents' watch day" scheduled at the last class. Children need to be toilet-trained. Classes held at Poway Community Park Auditorium. Instructor: Debi Supergan. **No class February 22.**

				Res/Nonres
4011.310	Thu	11:00am-12:00pm	Jan 11-Feb 1	\$35/\$45
4011.311	Thu	11:00am-12:00pm	Feb 8-Mar 8	\$35/\$45
4011.312	Thu	11:00am-12:00pm	Mar 15-Apr 5	\$35/\$45

### Pre-K Hour

4 to 5 Years



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 Jan 15.**

				Res/Nonres
4011.313	M/W/F	12:30-1:30pm	Jan 3-Jan 26	\$46/\$56
4011.314	M/W/F	12:30-1:30pm	Jan 29-Feb 16	\$46/\$56
4011.315	M/W/F	12:30-1:30pm	Feb 26-Mar 23	\$54/\$64
4011.316	M/W/F	12:30-1:30pm	Mar 26-Apr 13	\$46/\$56

### Little Shows Acting Workshop/ Sharks, Whales and Ocean Fun Tales

3 to 5 Years

The theme of this acting workshop is all about creatures of the sea. This fun filled class will motivate your child's imagination and encourage creativity through drama, music, movement and art. Students will present a show for their families on the last day of class, using costumes and props that they have made for the show. Materials fee: \$10. Classes held at Poway Community Park Auditorium. Instructor: Kat Fitzpatrick.

				Res/Nonres
4011.317	Tue	2:15-3:15pm	Jan 9-Mar 13	\$85/\$95

### Little Shows Kid's Choir

3 to 5 Years

This fun class is designed to introduce preschoolers to music and basic music concepts, while having a great time! The class will emphasize singing, and will also include basic rhythm skills, introduction to instruments, beginning music theory, introducing music styles, moving to music, and musical games. The last class is a recital for the parents with the theme: Mother Goose songs. Classes held at Poway Community Park Auditorium. Instructor: Kat Fitzpatrick.

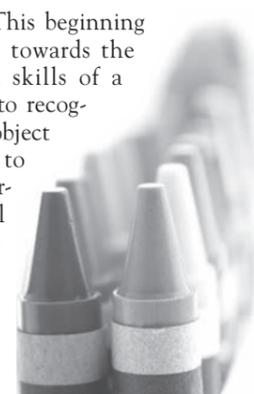
				Res/Nonres
4011.318	Tue	3:30-4:00pm	Jan 9-Mar 13	\$60/\$70

## CREATIVE ARTS

### Art Start I

5 to 7 years

Anyone can learn to draw! This beginning drawing class will be geared towards the attention and coordination skills of a five to seven-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
6182.300	Mon	2:30-3:30pm	Feb 26-Apr 2	\$65/\$75

### Art Start II

7 to 12 years

Anyone can learn to draw! This class is taught 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
6182.301	Mon	3:45-5:00pm	Feb 26-Apr 2	\$70/\$80

## POWAY BRANCH LIBRARY

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



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

#### Weekly Storytime Programs with Crafts

Day	Program	Time
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.

#### 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 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.

#### ALL LIBRARY PROGRAMS ARE FREE!

All programs are subject to change without notice.  
**Please call (858) 513-2900 for more information.**

# 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 February 19 and 22.**

## Dance for Children 3 to 5 Years

Gain self-confidence and flexibility during this fun-filled introduction to dance/tumbling. This ongoing program is designed to increase in difficulty with continued enrollment. Come join the fun! Wear comfortable clothing and ballet slippers or bare feet. Continuing students will perform in our annual June dance recital.

					Res/Nonres
5111.300	Mon	10:00-10:45am	Jan 8-Mar 19		\$88/\$98

## Tap and Ballet 3 to 17 Years

Come dance and sing with us! This program will teach your child rhythm and coordination as well as a love of dance. The winter session provides students with skill/technique building, songs and dances, and just plain fun! Continuing students who enroll in fall, winter and spring sessions may participate in our June dance recital. Full-year program begins in September and culminates in a full-scale recital in June for continuing students. **Students NOT wishing to participate in the June Recital should not enroll until the Summer 2007 session.** Tap and ballet shoes required.

Tiny Tot Beginner (3 to 4 Years)					Res/Nonres
5111.301	Mon	11:00am-12:00pm	Jan 8-Mar 19		\$88/\$98
5111.302	Mon	2:00-3:00pm	Jan 8-Mar 19		\$88/\$98
5111.303	Thu	1:00-2:00pm	Jan 11-Mar 22		\$88/\$98

Children's Beginner (5 to 6 Years)					Res/Nonres
5111.304	Mon	3:00-4:00pm	Jan 8-Mar 19		\$88/\$98
5111.305	Thu	2:00-3:00pm	Jan 11-Mar 22		\$88/\$98

Beginner/Intermediate (6 to 9 Years)					Res/Nonres
5111.306	Mon	4:00-5:00pm	Jan 8-Mar 19		\$88/\$98
5111.307	Thu	3:00-4:00pm	Jan 11-Mar 22		\$88/\$98

Intermediate (8 to 10 Years)					Res/Nonres
5111.308	Mon	5:15-6:15pm	Jan 8-Mar 19		\$88/\$98
5111.309	Thu	4:00-5:00pm	Jan 11-Mar 22		\$88/\$98

Intermediate/Advanced (10 to 13 Years)					Res/Nonres
<b>Instructor Referral Only</b>					
5111.310	Thu	5:00-6:00pm	Jan 11-Mar 22		\$88/\$98

Advanced Teen (12 to 17 Years)					Res/Nonres
<b>Instructor Referral Only</b>					
5111.311	Mon	6:15-7:15pm	Jan 8-Mar 19		\$88/\$98

## Dance Production 6 to 17 Years

Students will participate in a danced "play" incorporating many levels and forms of dance, and some acting too. The production will be performed at the June recital, in addition to regular class dances. Special costumes will be required and are paid for by student. **Continuous and concurrent enrollment in Tap & Ballet program and this production class is required.** Instructor: Debbora Childress. Classes held in Bill Bond Hall I. **No class February 22, April 19 and May 31.**



					Res/Nonres
5111.312	Thu	6:15-7:30pm	Jan 11-Jun 21		\$88/\$98

**Ballet:** Instructor: Linda Kincaid. Tuesday classes held at Poway Community Park Auditorium, Saturday classes held at Twin Peaks Multipurpose Center. **No class February 17 and 20.**

## Pre-Ballet 3 to 5 Years

This class introduces 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. Leotard, tights, and ballet shoes are recommended. Loose comfortable clothing and tennis shoes are okay.

					Res/Nonres
5141.300	Tue	9:30-10:20am	Jan 9-Mar 27		\$60/\$70
5141.301	Sat	10:00-10:50am	Jan 13-Mar 31		\$60/\$70

## Ballet I 4 to 12 Years

The fundamentals of ballet will be taught in a manner that combines art, discipline, stretching, rhythm, and fun. Each individual may 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
5141.302	Sat	11:00-11:50am	Jan 13-Mar 31		\$60/\$70

## Ballet II/III 6 to 16 Years

Ballet technique, grace, and ability are the emphasis of this level. Existing skills are strengthened as the ballet vocabulary of movement is increased. Must have successfully completed Ballet I or have been tested by the instructor. All pointe students must be tested by the instructor prior to purchasing pointe shoes. **Instructor referral only.**

					Res/Nonres
5141.303	Sat	12:00-12:50pm	Jan 13-Mar 31		\$60/\$70

## Hip Hop 5 to 11 Years

Hip-Hop is an eclectic dance style that challenges students to open their minds to energetic and free-style street dancing, while teaching them precision and control. For the best freedom of movement, please wear a T-shirt, jazz or capri pants, and dance sneakers. **No jeans or shorts please!** Continuing students will be invited to perform in the annual recital in June. There will be a charge for costumes, to be paid by the participants. Classes held at C-K Danse Studio "A", 13378 Poway Road, in the Poway Valley Center. Instructor: Marcelina Contreras.

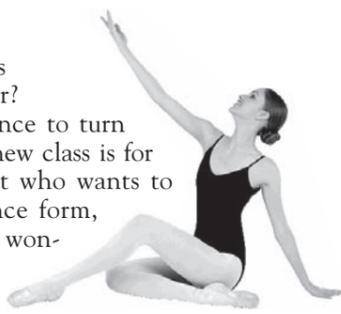
Ages 5 to 7					Res/Nonres
5143.300	Mon	3:30-4:15pm	Jan 15-Feb 5		\$45/\$55
5143.301	Mon	3:30-4:15pm	Feb 26-Mar 19		\$45/\$55

Ages 8 to 11					Res/Nonres
5143.302	Wed	4:30-5:30pm	Jan 17-Feb 7		\$45/\$55
5143.303	Wed	4:30-5:30pm	Feb 28-Mar 21		\$45/\$55

# TEEN/ADULT DANCE

## Beginning Ballet 13 and Older

Do you 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 February 17.**



					Res/Nonres
5317.300	Sat	9:00-9:50am	Jan 13-Mar 31		\$60/\$70

## Hip Hop 12 and Older

Hip-Hop is an eclectic dance style that challenges students to open their minds to energetic and free-style street dancing, while teaching them precision and control. For the best freedom of movement, please wear a T-shirt, jazz or capri pants, and dance sneakers. **No jeans or shorts please!** Classes held at C-K Danse Studio "A", 13378 Poway Road, in the Poway Valley Center. Instructor: Marcelina Contreras.

					Res/Nonres
5317.301	Mon	4:15-5:15pm	Jan 15-Feb 5		\$45/\$55
5317.302	Mon	4:15-5:15pm	Feb 26-Mar 19		\$45/\$55

## Ballroom Dancing 12 and Older

This is an introductory program designed to teach you the basic steps to get you moving comfortably about the dance floor with your partner. There will be an Open Dance Party every Friday at 7:30 p.m. to give our ballroom students the opportunity to practice what they've learned that week. Classes held at Academy of Arts & Dance, 13378 Poway Road, in the Poway Valley Center. Instructor: Maria Tarleton. Please call the studio, (858) 748-0701, for information on the appropriate dance shoes for this class.

					Res/Nonres
5317.303	Fri	7:00-8:00pm	Jan 19-Feb 9		\$50/\$60
5317.304	Fri	7:00-8:00pm	Feb 23-Mar 16		\$50/\$60

## Salsa Dancing 16 and Older

Learn basic salsa and meringue patterns. Two left feet? No problem. Let's fix them! Come learn these hot new dances and you will be ready to hit the dance clubs in no time. Wear comfortable clothes that you can move in. Classes held at Poway Community Park Auditorium. Instructor: Jose Morales.

					Res/Nonres
5317.305	Tue	7:00-8:00pm	Jan 9-Feb 27		\$60/\$70

# 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
2312.300	Thu	10:45-11:15am	Jan 11-Mar 15		\$135/\$145
2312.301	Sat	8:45-9:15am	Jan 13-Mar 17		\$135/\$145

## Super Tot 3 to 5 Years

This class is designed for toddlers to participate in basic gymnastics without their parents, while interacting with other children and an instructor. At this level the students learn educational gymnastics, structure, and discipline. They will develop their gross/fine motor skills, confidence, balance, coordination, and social interaction in a fun-filled positive atmosphere.

					Res/Nonres
2312.302	Thu	10:00-10:45am	Jan 11-Mar 15		\$154/\$164
2312.303	Mon	9:45-10:30am	Jan 8-Mar 12		\$154/\$164

## Beg. Gymnastics 8 to 12 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 on to the next level.

					Res/Nonres
2312.304	Wed	3:40-4:40pm	Jan 10-Mar 14		\$173/\$183

## Adv. Beg. 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
2312.305	Wed	3:40-4:40pm	Jan 10-Mar 14		\$173/\$183

## Beg. Tumbling & Trampoline 5 to 7 Years

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

					Res/Nonres
2312.306	Thu	6:00-7:00pm	Jan 11-Mar 15		\$173/\$183
2312.307	Sat	11:00am-12:00pm	Jan 13-Mar 17		\$173/\$183

# YOUTH SPORTS

## Beginning Ice Skating

3 to 12 Years

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

3 to 5 Years	Res/Nonres
2091.300 Wed 4:00-4:30pm Jan 10-Jan 31	\$40/\$50
2091.301 Wed 4:00-4:30pm Feb 7-Feb 28	\$40/\$50
2091.302 Wed 4:00-4:30pm Mar 7-Mar 28	\$40/\$50
6 to 12 Years	Res/Nonres
2091.303 Wed 4:30-5:00pm Jan 10-Jan 31	\$40/\$50
2091.304 Wed 4:30-5:00pm Feb 7-Feb 28	\$40/\$50
2091.305 Wed 4:30-5:00pm Mar 7-Mar 28	\$40/\$50

## Karate is for Kids

4 to 12 Years

Respect, courtesy, manners, mental focus, physical fitness and coordination. If your child needs improvement in any of these areas, this is the class you want. Your child will be taught by experienced professionals who like children and can bring the most out of them. This is a safe, fun, and educational class for young people. Uniforms optional, and are available from the instructor. Classes held at Poway Kenpo Karate, 13246 Poway Road (in the Lively Center). Information: (858) 486-1003.



4 to 5 Years	Res/Nonres
2091.306 Fri 3:00-3:45pm Jan 12-Feb 9	\$45/\$55
6 to 7 Years	Res/Nonres
2091.307 Sat 10:00-10:45am Jan 13-Feb 10	\$45/\$55
8 to 12 Years	Res/Nonres
2091.308 Sat 11:00am-11:45pm Jan 13-Feb 10	\$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. **No class January 15.**

5 to 13 Years	Res/Nonres
2091.309 M/W/F 6:00-7:00pm Jan 8-Jan 19	\$25/\$35
14 to 17 Years	Res/Nonres
2091.310 M/W/F 7:00-8:00pm Jan 8-Jan 19	\$25/\$35

## Tae Kwon Do

5 to 17 Years

This is a complete martial arts program for boys and girls. Your child is sure to find the class fun and exciting. In addition to learning important self-defense skills, your child will develop respect, self-discipline and confidence. Our internationally-certified instructor has over 30 years experience. The classes are open to both beginners and experienced students. Students may participate in an examination at the end of the session to advance to a higher belt level. A martial arts uniform is required and may be purchased from the instructor for \$25. Classes held at Poway Community Park Bill Bond Hall I. Instructor: Master Joseph Wolpert. **No class January 15 and February 19.**

5 to 13 Years	Res/Nonres
2091.311 M/W/F 6:00-7:00pm Jan 8-Mar 30	\$69/\$79
14 to 17 Years	Res/Nonres
2091.312 M/W/F 7:00-8:00pm Jan 8-Mar 30	\$69/\$79

## Cheerleading

8 to 11 Years

This is an aerobic fitness program that helps the student develop coordination through specific arm movements, basic stunting, basic tumbling, simple jumps and basic dance moves, all while using popular music. This is a fun way for kids to get fit, stay fit, and have fun! Classes held at C-K Dance Studio "A", 13378 Poway Road, in the Poway Valley Center. Instructor: Shannon Hunter.

5 to 8 Years	Res/Nonres
2091.313 Sat 11:45am-12:15pm Jan 20-Feb 10	\$30/\$40
2091.314 Sat 11:45am-12:15pm Feb 24-Mar 17	\$30/\$40
9 to 12 Years	Res/Nonres
2091.315 Sat 12:15pm-1:00pm Jan 20-Feb 10	\$45/\$55
2091.316 Sat 12:15pm-1:00pm Feb 24-Mar 17	\$45/\$55

## Boxing for Kids

8 to 12 Years

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

Res/Nonres	
2091.317 Wed 4:00-5:00pm Jan 10-Feb 7	\$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	
2091.318 Tue 4:30-5:30pm Jan 9-Jan 30	\$65/\$75

## 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. Get your friends together and get off the couch and play in our fun volleyball league. Fundamental volleyball skills will be taught and team tournament games will ensure an exciting and educational volleyball experience. Classes held at Meadowbrook Gymnasium, 12320 Meadowbrook Lane. Information: (858) 668-4598. Instructor: Recreation Staff. **No class January 15 and February 19.**

9 to 11 years	Res/Nonres
2091.319 Mon 5:30-6:30pm Jan 8-Mar 12	\$15/\$25
12 to 14 years	Res/Nonres
2091.320 Mon 6:45-7:45pm Jan 8-Mar 12	\$15/\$25

# ADULT SPORTS

## Coed Volleyball

18 and Older



This is an instructional league. When you sign up, you will be assigned to a four-person team based on the instructor's assessment of your skill level. Each evening will consist of league play and instruction. **NOTE:** Prerequisite for advanced play is strong command of basic skills and experience in competitive play.

League placement determined by instructor. Classes held at Twin Peaks Multipurpose Center. Instructor: Dick Leatherman. **Classes on March 6 and 8 begin at 6 p.m.**

Intermediate (Male)	Res/Nonres
1247.300 Thu 6:30-9:30pm Jan 11-Mar 8	\$52/\$62
Intermediate (Female)	Res/Nonres
1247.301 Thu 6:30-9:30pm Jan 11-Mar 8	\$52/\$62
Advanced (Male)	Res/Nonres
1247.302 Tue 6:30-9:30pm Jan 9-Mar 6	\$52/\$62
Advanced (Female)	Res/Nonres
1247.303 Tue 6:30-9:30pm Jan 9-Mar 6	\$52/\$62

## Open Play Sports

All Ages

The City of Poway operates two recreation centers that offer a variety of activities for youths and adults. Basketball, volleyball, and badminton are just a few of the activities available for your recreational needs. Twin Peaks Multipurpose Center is located at 14640 Tierra Bonita Road and Meadowbrook Gymnasium is located at 12320 Meadowbrook Lane. Information: (858) 668-4599 (Twin Peaks), or (858) 668-4598 (Meadowbrook).

## 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. **No class January 15.**

Res/Nonres	
1247.304 M/W/F 7:00-8:00pm Jan 8-Jan 19	\$25/\$35

## Tae Kwon Do

18 and Older

This class is a complete martial arts program for men and women. The class is designed to help you develop more strength, coordination, endurance, confidence, and self-defense skills. In addition to learning practical kicking and punching, you will also learn basic grappling techniques. The difference it can make in your life is tremendous. Students may participate in an examination at the end of the session to advance to a higher belt level. **A martial arts uniform is required and may be purchased from the instructor for \$25.** Our internationally-certified instructor has over 30 years experience. Classes held at Poway Community Park Bill Bond Hall I. Instructor: Master Joe Wolpert. **No class January 15 and February 19.**

Res/Nonres	
1247.305 M/W/F 7:00-8:00pm Jan 8-Mar 30	\$69/\$79

## Kickboxing

15 and Older

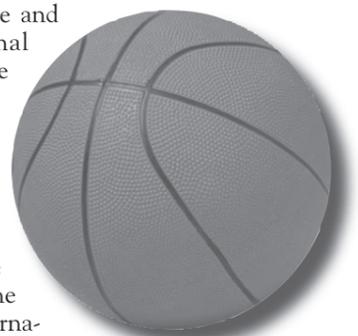
Kicking and punching techniques provide an incredible whole body workout. Tuesday/Thursday classes involve bag work and partner drills, providing great conditioning plus very useful self-defense skills. Friday classes are aerobic kickboxing (similar to Tae Bo workouts) with "in the air" boxing and kickboxing 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	
1247.306 Tue/Thu 6:00-7:00pm Jan 9-Feb 8	\$65/\$75
1247.307 Fri 5:00-6:00pm Jan 12-Feb 9	\$45/\$55

## 3-on-3 Basketball League

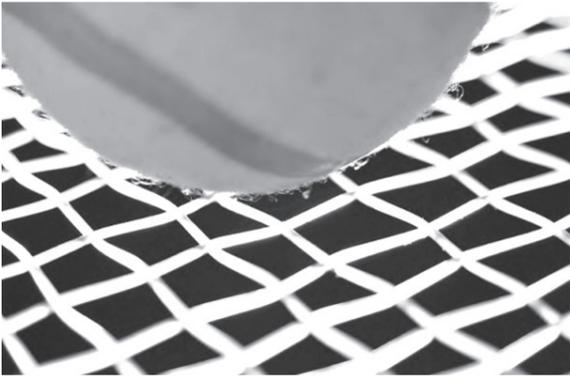
18 and Older

Hoop it up for exercise and fun in this recreational league. Teams can have up to four persons on their roster and there is free substitution during games. Each Wednesday the teams play half court, best two out of three games to 21 points. The season ends with a tournament, with the winners receiving championship shirts. Captain must register team by completing a registration form. All players must sign the roster before the team's first game. Games are played at Meadowbrook Gymnasium, 12320 Meadowbrook Lane.



1247.308 Wed 6:30-9:30pm Jan 3-Mar 21	\$40 per team
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# TENNIS



## TENNIS COURT RESERVATIONS

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

**Tennis:** All tennis classes held at Poway Community Park. Instructor will make arrangements if tennis racket is needed. Instructor: Art Christophiades.

## 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, scoring system, and court etiquette will be taught. Junior tennis racquets are available from the instructor.

				Res/Nonres
3013.300	Sat	9:00-10:00am	Jan 13-Feb 10	\$35/\$45
3013.301	Sat	9:00-10:00am	Mar 3-Mar 31	\$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, strategy, scoring system, and court etiquette. Racquets (if needed) are available from the instructor.

				Res/Nonres
3013.302	Tue/Thu	4:00-5:00pm	Jan 9-Feb 8	\$65/\$75
3013.303	Tue/Thu	4:00-5:00pm	Feb 27-Mar 29	\$65/\$75
3013.304	Sat	10:00-11:00am	Jan 13-Feb 10	\$38/\$48
3013.305	Sat	10:00-11:00am	Mar 3-Mar 31	\$38/\$48

## Tennis - Adv. Beg./Inter. 8 to 14 Years

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

				Res/Nonres
3013.306	Tue/Thu	5:00-6:00pm	Jan 9-Feb 8	\$65/\$75
3013.307	Tue/Thu	5:00-6:00pm	Feb 27-Mar 29	\$65/\$75
3013.308	Sat	11:00am-12:00pm	Jan 13-Feb 10	\$38/\$48
3013.309	Sat	11:00am-12:00pm	Mar 3-Mar 31	\$38/\$48

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

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

				Res/Nonres
3013.310	Tue/Thu	6:00-7:30pm	Jan 9-Feb 8	\$75/\$85
3013.311	Tue/Thu	6:00-7:30pm	Feb 27-Mar 29	\$75/\$85
3013.312	Sat	12:00-1:30pm	Jan 13-Feb 10	\$45/\$55
3013.313	Sat	12:00-1:30pm	Mar 3-Mar 31	\$45/\$55

# HEALTH & WELLNESS

## Tai Chi for Beginners 18 and Older

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

				Res/Nonres
5417.300	Wed	6:30-7:15pm	Jan 10-Feb 7	\$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 handwraps 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
5417.301	Fri	6:00-7:00pm	Jan 12-Feb 9	\$45/\$55
5417.302	Sat	12:00-1:00pm	Jan 13-Feb 10	\$45/\$55



## Hatha Yoga 18 and Older

This popular yoga class is for the beginner and continuing yoga student. Gentle and precise instruction in the poses (asanas) is provided, giving the student an opportunity to progress according to the intentions of his/her needs. Proper yoga breathing in the warm-up stretches, asana practice, and relaxation is provided. Gentle progress at a self inspired pace. Yoga exercises can be adapted to suit the needs of everyone, regardless of age or state of health. Please bring a yoga mat, large towel and blanket to class. Wear comfortable clothes. Classes held at Poway Community Park Auditorium. Instructors: Jon Brock.

				Res/Nonres
5417.303	Thu	6:30-8:00pm	Jan 11-Mar 15	\$70/\$80

## American Red Cross First Aid 14 and Older

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



				Res/Nonres
5417.304	Sat	8:30am-12:00pm	Feb 3	\$28/\$38

## Fitness Boot Camp 18 and Older

A challenging and fun class for all fitness levels. You will build your 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 February 17.**

				Res/Nonres
5417.305	Sat	8:00-9:30am	Jan 13-Mar 10	\$80/\$90

# POWAY FIRE DEPARTMENT

## CPR Classes 8 and Older

The City of Poway Fire Department offers the American Heart Association Heartsaver CPR class designed for lay responders. In addition to adult CPR, instruction will also be given on how to reduce the risk of heart disease, assist choking victims, and recognize the early warning signs of a heart attack. Hands-on skills are practiced on life-like mannequins. This is a certified class, and upon completion, a two-year card will be mailed to participants. The last 1½ hours of the class are optional and cover CPR for infants and children. This class will be offered the first and third Saturdays of the month.

Class sizes are limited to a maximum of 18 students (and a minimum of 4 students), and there is a \$30 course fee\* (\$20 for 55 or older) to be paid in advance. The classes are held in the Fire Station classroom at 13050 Community Road, and each participant will receive a manual, a pocket mask, and a course participation card. Call the Poway Fire Department at (858) 668-4460 to sign up for one of these classes. Upcoming CPR classes are held on Saturdays from 8:30 a.m. to 12:30 p.m. on the following dates:

Sat	8:30am-12:30pm	Dec 2	\$30/\$20 for 55 and older
Sat	8:30am-12:30pm	Dec 16	\$30/\$20 for 55 and older
Sat	8:30am-12:30pm	Jan 6	\$30/\$20 for 55 and older
Sat	8:30am-12:30pm	Jan 20	\$30/\$20 for 55 and older
Sat	8:30am-12:30pm	Feb 3	\$30/\$20 for 55 and older
Sat	8:30am-12:30pm	Mar 3	\$30/\$20 for 55 and older

\*The American Heart Association (AHA) strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA, and any fees charged for such a course do not represent income to the Association.



## Poway Transit Services

Airport Shuttle	<b>1-800-974-8885</b>
Poway Transit	<b>858-748-8152</b>
Commuter Express	<b>1-800-266-6883</b>
ADA Paratransit	<b>1-800-921-9664</b>
City Web Page with Transit Routes:	
<b>www.ci.poway.ca.us/transit/routes.html</b>	

**NOTE: How to read class information**

Class#	Days	Times	Dates	Res/Nonres
0000.311	Mon	10:45-11:45am	Jul 10-Aug 14	\$40/\$45
0000.312	Tue	10:45-11:45am	Jul 11-Aug 15	\$40/\$45

## SPECIAL NEEDS

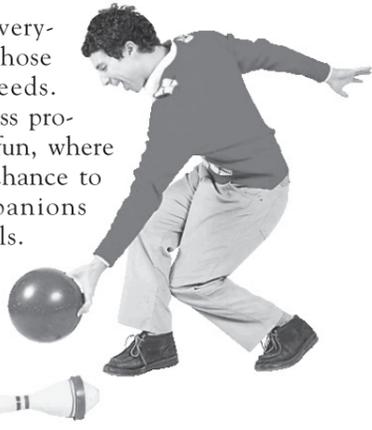
### Bowling

16 and Older

Bowling is for everybody, even for those with special needs. This bowling class provides unlimited fun, where everyone has a chance to win with companions of all skill levels.

Challenging gutter balls are no problem, since every lane has air-filled bumpers. At

the end of the session, awards and a party conclude our last meeting. Classes are held at Poway Fun Bowl. There is a \$7.50/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: Rene Chu. **No class February 23.**



Res/Nonres

9397.300 Fri 1:30-3:30pm Jan 12-Mar 23 \$30/\$40

### Get Fit!

18 and Older

This class is designed for those with special needs who would like to get into shape. The class will include cardiovascular exercise, light weightlifting, dexterity and balancing exercises. Modifications will be made with each class participant. Wear comfortable clothes and bring a towel to class. Depending on the circumstances, an aide may be required to accompany the student. Classes held at Poway Community Park, Activity Room I & II. Instructor: Beth Castagno.

Res/Nonres

9397.301 Thu 6:00-7:00pm Jan 11-Mar 1 \$80/\$90

## OUTDOOR ACTIVITIES



### Mobile Recreation Program

All Ages

The City of Poway is rolling out the fun! We are offering a FREE drop-in mobile recreation program. 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 been providing structured, safe, and enriching activities for Poway neighborhoods. Each month the program offers sports activities, group games, arts and crafts, music, skateboarding, and many other fun events. Program participants and parents rave about the Mobile Recreation Program. Check out the monthly calendar of events at [www.ci.poway.ca.us/parks.html](http://www.ci.poway.ca.us/parks.html) and join in the fun! Information: (858) 668-4574.

## Hiking for Fun & Fitness

5 and Older



Enjoy easy to moderate 2- to 3-mile hikes on Poway's fine trails and sidewalks (with street lights). When there is enough moonlight, we will hike the trails. Lug-sole shoes (grip pattern) are recommended. Bring water, and hiking stick (if you wish). Family price is for two or more. First hike will meet at the Poway Community Park tennis courts. Instructor: Mike Fry. **No class February 28.**

Res/Nonres

3439.300 Wed 6:00-7:30pm Jan 3-Mar 28 \$5/person \$10/family

## SPECIAL INTERESTS

### Babysitter's Training

11 and Older



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

Res/Nonres

7617.300 Sat 1:00-4:00pm Jan 13-Jan 20 \$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, 1019 N. Plymouth Court, Gilbert, AZ 85234 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.

Res/Nonres

7617.301 Sat 9:00am-12:00pm Jan 20 \$25/\$35

### Dog/Puppy Obedience

18 and Older



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

Twelve Weeks to Six Months (Puppy Class) Res/Nonres

9019.300	Tue	6:30-7:30pm	Jan 9-Feb 13	\$90/\$100
9019.301	Sat	9:30-10:30am	Jan 13-Feb 17	\$90/\$100
9019.302	Tue	6:30-7:30pm	Feb 27-Apr 3	\$90/\$100
9019.303	Sat	9:30-10:30am	Mar 3-Apr 7	\$90/\$100

Six Months and Older (Adult Class) Res/Nonres

9019.304	Tue	6:30-7:30pm	Jan 9-Feb 13	\$90/\$100
9019.305	Sat	9:30-10:30am	Jan 13-Feb 17	\$90/\$100
9019.306	Tue	6:30-7:30pm	Feb 27-Apr 3	\$90/\$100
9019.307	Sat	9:30-10:30am	Mar 3-Apr 7	\$90/\$100

## TEEN ACTIVITIES

### Poway Teen Recreation Club (PTRC)

Ages 13-17

The Poway Teen Recreation Club (PTRC) is a community service club that focuses on recreation opportunities for teens in Poway. The club meets every Wednesday night from 6:30 to 9:00 p.m. in the Intergenerational Lounge located at 13094 Civic Center Drive. A different recreation activity is offered every week, such as dodgeball, kickball, or flag football. Club members also contribute to the community by volunteering at community events, as well as participating in community service projects. Members must attend two meetings a month. Information: (858) 668-4674.

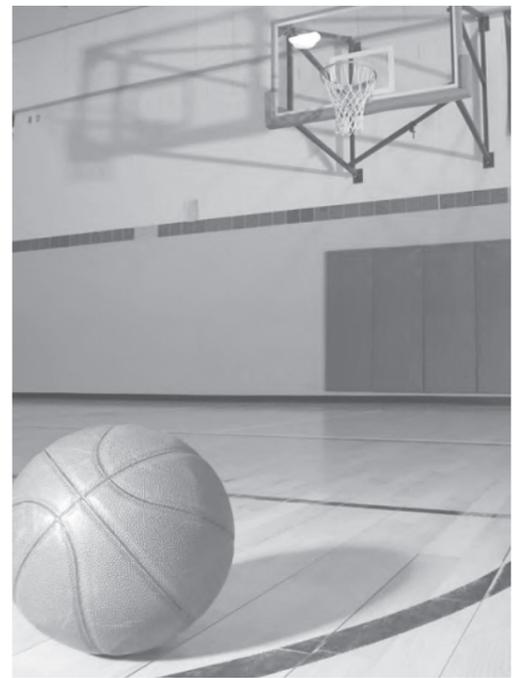
### Volunteer Program High School

The City of Poway has many volunteer opportunities, including special events and community service projects. This is the program for you if you are interested in obtaining community service hours or becoming more active within the community. Information: (858) 668-4674.

### GOT GAME?

### Basketball Challenge

Middle-High School



In conjunction with our FREE Teen Only Night sport tournament program, the City of Poway wants to know if "you've GOT GAME"! Bring your "A" game to Meadowbrook Gymnasium for a night of basketball competitions. Participate in our Free Throw, Three Point, Lay Up and 1-on-1 competitions. Each winner will be awarded a "Teen Only Night Champion" T-shirt and other prizes! **Registration begins at 5:30 p.m., with competition starting at 6:30 p.m.** Information: (858) 668-4674.

Fri 5:30-9:30pm Jan 5 FREE

### 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.

<b>Basketball Challenge</b>			
Fri	5:30-9:30pm	Jan 5	FREE
<b>3-on-3 Basketball Tournament</b>			
Fri	6:30-9:30pm	Feb 2	FREE
<b>5-on-5 Basketball Tournament</b>			
Fri	6:30-9:30pm	Mar 2	FREE
<b>Dodgeball Tournament</b>			
Fri	6:30-9:30pm	Apr 6	FREE

# TEEN ACTIVITIES

## (Continued)

### Big Bear Snow Excursion

Ages 13-17



Grab your snowboard or skis and join us for a day of fun! On Wednesday, February 21, a charter bus will head up to Bear Mountain Resort located in Big Bear City. The bus will leave Community Park, located at 13094 Civic Center Drive, at 6:00 a.m. sharp and return at 8:00 p.m. The registration fee includes transportation, a lift

ticket and supervision. Fee does not include rental equipment, so remember to bring all your snow skiing or boarding equipment with you. Information on discount rentals is available. **The deadline for registration is 5:00 p.m., February 12th.** Information: (858) 668-4674.

Res/Nonres

9055.111 Wed 6:00am-8:00pm Feb 21 \$55/\$65

### Looking Ahead Teen Job Fair

Ages 15-19

What does it take to find and maintain employment in today's growing job market? The answer can be found at the Teen Job Fair. This year's Job Fair is gearing up to be the biggest yet, with over 25 recruiters looking for great applicants to fill openings in their companies. What does it take to be a good applicant? Our guest speaker can tell you, plus much more, including interview strategies, proper dress, and the application process. The Job Fair is scheduled for Saturday, May 19, at Twin Peaks Recreation Center, located at 14640 Tierra Bonita Road. Admission and refreshments are free and some interviews will take place on site. Information: (858) 668-4674.

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

# POWAY SKATE PARK

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

### Skate Park Safety Days

The City of Poway Community Services Department is proud to offer Skate Park Safety Days in 2007. The purpose of the program is to improve safety awareness and promote safe skating behavior. The City hopes to encourage others to follow safe skating by providing positive reinforcement of safety rules. Skate Park Safety Days are offered once a month at the Poway Skate Park, and are open to everyone. Rewards of food and prizes will be given to those with proper safety gear, including elbow pads, kneepads, and a helmet. **No one will be allowed to enter the skate park without all proper safety equipment.** All participants are required

to fill out a waiver prior to skating. Participants under the age of 18 must have a parent on site to sign a waiver in the presence of a staff member. The waiver covers all Safety Days until July 16, 2007. New waivers will be needed for the remainder of the year. **NO WAIVER, NO KATING.**

Thu	2:00-5:00pm	Jan 11	<b>FREE</b>
Fri	3:00-6:00pm	Feb 16	<b>FREE</b>
Mon	3:00-6:00pm	Mar 19	<b>FREE</b>
Mon	12:00-3:00pm	Apr 16	<b>FREE</b>



# 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 patrons may enjoy the one- and three-meter diving boards, open swimming areas, and lap swimming lanes. The Swim Center offers a complete shower and dressing area with lockers available for rent. Water temperature in the pool is maintained between 80 and 83 degrees, providing for comfortable swimming year-round. For general information regarding hours of operation and admission 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	NONRESIDENT
Adults (18 and older)	\$2.00	\$4.00
Youth (17 and under)	\$1.50	\$3.00
Seniors (60 and older)	\$1.50	\$3.00

Children seven and under must be **accompanied in the water** by a responsible adult. (The adult must pay the admission fee and be in swim attire)

#### SEASON AND YEARLY PASSES

Passes may be purchased at the pool during regular business hours. Family passes include two adults (18 and older) and all immediate family members

17 and under living at the same residence. Season passes are valid for 90 days from date of purchase.

#### SEASON AND YEARLY PASS RATES

	Season Resident	Season Nonresident	Yearly Resident	Yearly Nonresident
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

**NOTE: PASS HOLDERS MUST STOP AND HAVE THEIR CARDS SCANNED PRIOR TO ENTERING THE FACILITY.**



#### A GREAT HOLIDAY GIFT!

Purchase a gift certificate for a seasonal or yearly pass to the Poway Pool for your family, friends, or loved ones. Passes can be purchased in advance for any current or future season. Information: (858) 668-4680.

#### WINTER POOL HOURS (Oct. 30, 2006-Apr. 1, 2007)

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

#### POOL CLOSED

**Thursday, Nov. 23, 2006** Thanksgiving Day  
**Dec. 11, 2006-Jan. 1, 2007** Pool Maintenance

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

### Water Exercise

16 and Older



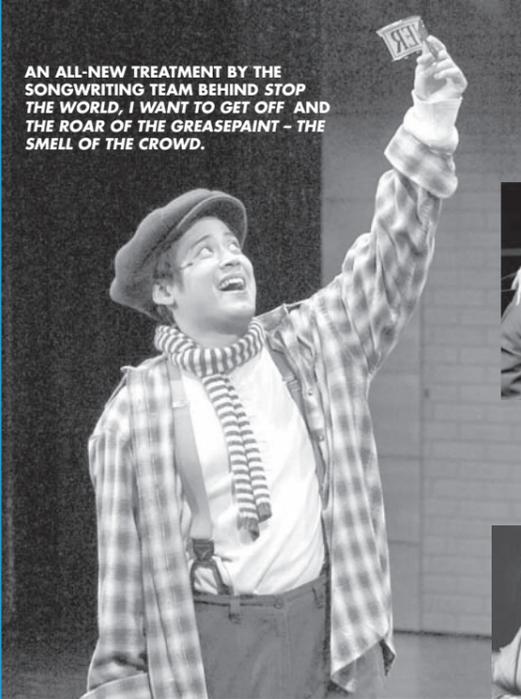
Water exercise is a low-impact exercise for any age or ability. Classes are held in 4-foot water depth. Advanced swimming skills are not required. Classes held Monday, Wednesday, and Friday, 11:00 a.m. to 12:00 p.m. Daily admission fee is required.

# 2006/2007 Professional Performance Season

The Kennedy Center presents Roald Dahl's

## WILLY WONKA

Music & lyrics by Leslie Bricusse & Anthony Newley  
 Saturday, November 18, 2006, 7 pm



## HUNGARIAN FOLK ENSEMBLE

Saturday, January 20, 2007, 8 pm

LA TheatreWorks presents  
**PRIVATE LIVES**  
 by Noel Coward  
 Saturday, February 10, 2007, 8 pm  
 Sunday, February 11, 2007, 2 pm



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

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

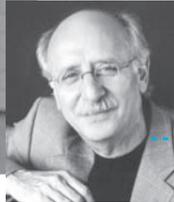


Missoula Children's Theater presents  
**THE LITTLE MERMAID**  
 Saturday, April 14, 2007, 3 pm  
 Saturday, April 14, 2007, 7 pm

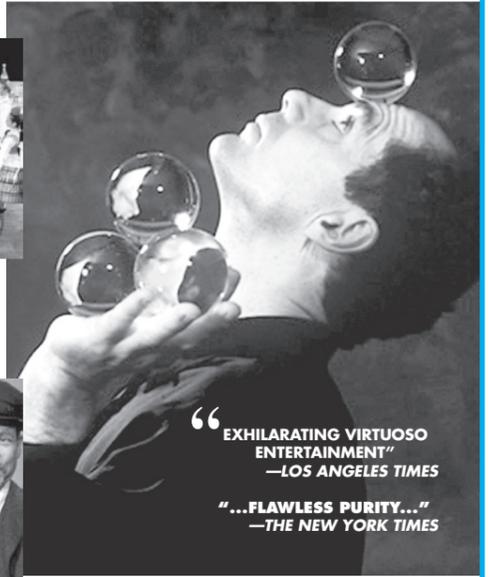


**RENO** in  
**The god Show**  
 Saturday, April 28, 2007, 8 pm

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



**MICHAEL MOSCHEN:**  
*Touching the Kinetics Continuum*  
 Saturday, December 9, 2006, 8 pm  
 Sunday, December 10, 2006, 2 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](http://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

### DECEMBER 2006 PCPA Lobby Gallery Area: Holiday Decorations (November 30 – December 25)

Event	Presented By	Date	Time
Winter Chorale Concert	RB Chorale	December 1 & 2	8:00 pm
Holiday Concert Band Performance	Pomerado Community Band	December 3	7:00 pm
Children's Holiday Choral Concert	Children's Chorus	December 5	7:00 pm
Orchestra Concert	Poway High School*	December 6	7:00 pm
"Sundowner Mixer"	City of Poway/Chamber of Commerce	December 7	5:30 pm
"Michael Moeschen" Juggler	PCPA Foundation	December 9	8:00 pm
"Michael Moeschen" Juggler	PCPA Foundation	December 10	2:00 pm
Winter Choir Concert	Poway High School*	December 12	7:00 pm
"The Nutcracker" Ballet	Southern California Youth Ballet	December 16 & 17	2:00 pm
"The Nutcracker" Ballet	Southern California Youth Ballet	December 16	7:00 pm

### JANUARY 2007 PCPA Gallery Art Exhibit: Rancho Bernardo Art Association (January 3 – 29)

Event	Presented By	Date	Time
Financial Aid Night	Poway & Rancho Bernardo High Schools*	January 3	6:00 pm
Digital Media Department Film	Poway High School*	January 5	7:00 pm
Art Reception	RB Art Association	January 7	2:00 pm
"Ebony & Ivory"	Bernardo Concerts	January 10	7:30 pm
Dance Concert	Mt. Carmel High School*	January 11	7:00 pm
Orchestra Concert	Mt. Carmel High School*	January 12	7:30 pm
Musical Performances & Art Show	San Diego Chinese Art Society	January 13	7:00 pm
AP Parent Night	Poway High School*	January 17	6:00 pm
"Hungarian State Folk Ensemble"	PCPA Foundation	January 20	8:00 pm
Choir Concert	Meadowbrook Middle School*	January 24	7:00 pm
Hip Hop Dance Concert	EK Entertainment	January 27	7:00 pm

### FEBRUARY 2007 PCPA Gallery Art Exhibit: Christian Cote & Jade Throgmorton (February 1 – 24)

Event	Presented By	Date	Time
Community College Night	Poway High School*	February 6	6:30 pm
Spring Musical	Poway High School*	February 7 & 8	7:00 pm
Noel Coward's "Private Lives"	PCPA Foundation	February 10	8:00 pm
Noel Coward's "Private Lives"	PCPA Foundation	February 11	2:00 pm
Spring Musical	Poway High School*	February 15-17	7:00 pm
"Arte Flamenco Dance Theatre"	Bernardo Concerts	February 21	7:30 pm
"1984"	PCPA Foundation	February 24	8:00 pm
Band/Orchestra Pre-Festival Concerts	Poway High School*	February 28 & March 1	7:00 pm

For more show information, or to purchase tickets, please visit our new website: [www.PowayPerformingArts.com](http://www.PowayPerformingArts.com)



If you have not 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 that are geared toward enriching their lives.

**Dine at La Bella Bistro** – Our delightfully delicious lunch program offers you a place to join with your friends or to make new ones every Monday through Friday. Lunch is served between 11:30 a.m. and 12:30 p.m. Advance notice is required, so if you plan to join us for lunch, please make your reservation by noon two days before by calling (858) 748-6094. Need a ride to the Center? Ask about our door-to-door transportation service to and from the Center for lunch.

Don't miss out if you cannot come to the Center for lunch. We offer a home-delivered meal program for homebound seniors and disabled adults. This service is available to those who reside in the greater Poway area, including Rancho Peñasquitos, Scripps Ranch, Carmel Mountain, Rancho Bernardo, and Sabre Springs. To make arrangements for home-delivered lunch meals, contact our Nutrition Manager, Sheila Sirkin at (858) 748-6094, Ext. 304.

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

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

**YOUR Poway Senior Center** is located in the Weingart Center Building, situated in Poway's beautiful Community Park.

**Everyone is welcome, so stop by**  
**8:00 am to 4:30 pm**  
**Monday through Friday**

### Join our Volunteer Team

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

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

# BINGO!

**Tuesday afternoons at 12:30 p.m.**  
**Saturday evenings at 6:00 p.m.**

Anyone over the age of 18 is welcome to play BINGO at the Poway Senior Center. **ALL** proceeds from BINGO benefit our Nutrition Program. So, 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. Thank You!**

## POWAY FACILITIES AND PARKS

### Hold Your Next Special Event Here!

Many of Poway's parks and facilities are available for rent. We offer great venues for birthday parties, anniversaries, weddings, receptions and gatherings. For pricing and availability: (858) 668-4580.

### NOTICE:

#### Pepsi Vending Machines to be removed

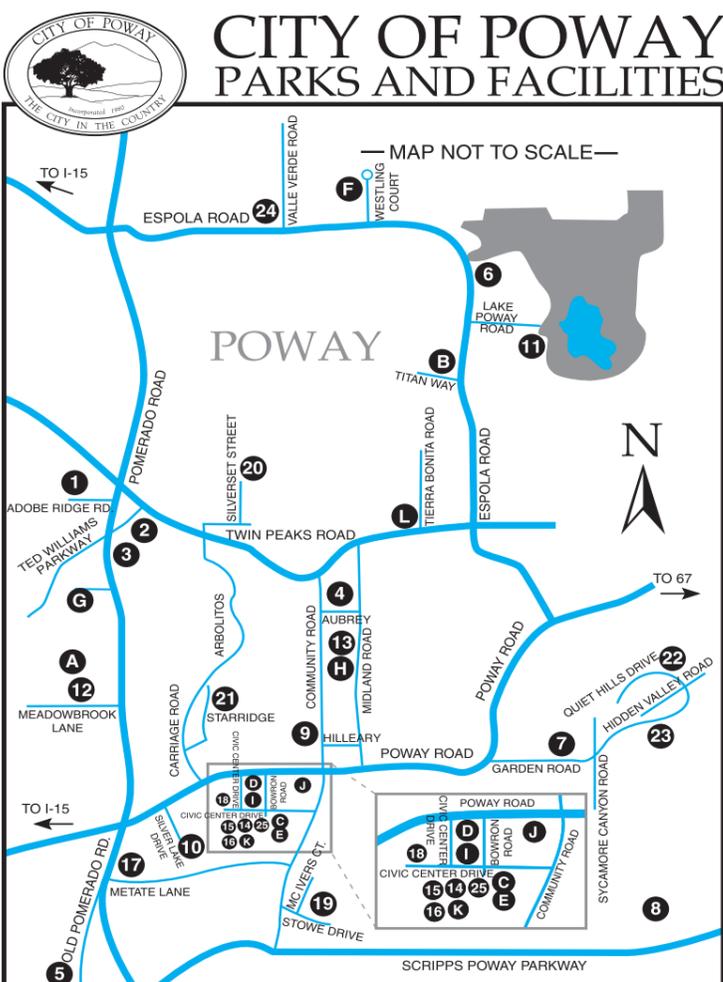
The City of Poway will no longer have Pepsi vending machines located in City parks and facilities. During December 26 through December 29th, the machines will be removed. Information: (858) 668-4586.

### FACILITIES

- Meadowbrook Gymnasium  
12320 Meadowbrook Lane 668-4598
- Poway Center for the Performing Arts  
15498 Espola Road  
Box Office 748-0505  
Information 668-4693
- Poway City Hall  
13325 Civic Center Drive 668-4400
- Poway Community Library  
13137 Poway Road 513-2900
- Poway Fire Department, Station One  
13050 Community Road 668-4460
- Poway Fire Department, Station Two  
16912 Westling Court 668-4460
- Poway Fire Department, Station Three  
14322 Pomerado Road 668-4460
- Poway Historical Society Museum  
14114 Midland Road 679-8587
- Poway Sheriff Station  
13100 Bowron Road 513-2800
- Poway Chamber of Commerce  
13381 Poway Road 748-0016
- Poway Senior Center  
13094 Civic Center Drive 748-6094
- Twin Peaks Multipurpose Center  
14640 Tierra Bonita Road 668-4599
- Goodan Ranch  
At the end of Sycamore Canyon Road  
513-4737
- Hilleary Park  
13500 Community Road
- Kumeyaay-Ipai Interpretive Center  
14644 Lake Poway Road 646-9616
- Lake Poway Recreation Area  
14644 Lake Poway Road 668-4770
- Meadowbrook Soccer Field  
12250 Meadowbrook Lane 668-4580
- Old Poway Park and Railroad  
14134 Midland Road 668-4576
- Poway Community Park  
13094 Civic Center Drive 668-4580
- Poway Community Swim Center  
13094 Civic Center Drive 668-4680
- Poway Dog Park: Off Leash Area  
13094 Civic Center Drive 668-4580
- Poway Oaks Neighborhood Park  
Pomerado and Metate
- Poway Skate Park  
13090 Civic Center Drive 668-4674

### PARKS

- Adobe Ridge Neighborhood Park  
12251 Adobe Ridge Road
- Arbolitos Mini Park  
12495 Ted Williams Parkway
- Arbolitos Sports Fields  
14401 Pomerado Road
- Aubrey Park  
13544 Aubrey Street
- Bette Bendixen Park  
12342 Old Pomerado Road
- Blue Sky Ecological Reserve  
Espola Road 668-4781
- Garden Center Neighborhood Park  
14901 Garden Road
- Starridge Neighborhood Park  
13745 Carriage Road
- Sycamore Creek Neighborhood Park - A  
15762 Hidden Valley
- Sycamore Creek Neighborhood Park - B  
15605 Garden Road
- Valle Verde Neighborhood Park  
16899 St. Andrews Drive Facilities
- Valley Soccer Field  
13094 Civic Center Drive 668-4580
- Poway Sportsplex  
12349 McIvers Court 679-4000
- Silverset Neighborhood Park  
14795 Silverset Street



(All 858 Area Code)

Rev. 7/05

## 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 nonprofit Friends of Blue Sky Canyon. All walks and activities are FREE. Call the Blue Sky office at (858) 668-4781 for information about exciting additional programs coming this Winter.



### 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.

### 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. 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.

### Nature Hunt

Who doesn't love a nature hunt? It's a great way to get the kids outdoors this winter. Armed with a list of items to find, children will have fun exploring nature while increasing their observation skills. Join us on **Sunday, February 11**, for a morning of activities which will also include nature craft projects. All participants will receive a Blue Sky Ranger badge sticker upon completion! Reservations are required and space is limited to 40 children. Call the Blue Sky office at (858) 668-4781 to make a reservation.

## 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, conducting foot patrols, or maintaining kiosk displays.

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

## KUMEYAAY-IPAI INTERPRETIVE CENTER



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

## ANIMAL/PET RELATED ITEMS

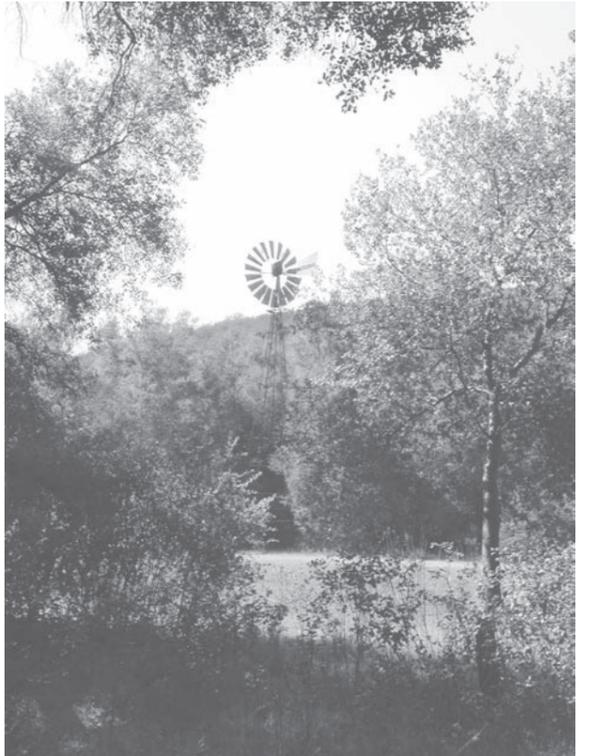
### Protect Your Pets — License Them



All dogs over the age of four months are required to wear a current license at all times. Your dog must have a current rabies vaccination to be licensed. Not only are you protecting your pet, it's the law.

Poway residents can go to the Escondido Humane Society at 3450 East Valley Parkway in Escondido, to get their pets vaccinated and licensed. Hours of operation are 8:00 a.m. to 6:00 p.m., seven days a week. Low-cost vaccinations and licenses are also available at the Midland Animal Clinic, 14210 Midland Road, Poway, from 8:00 a.m. to 12:00 p.m. and 2:00 p.m. to 5:00 p.m. on the following dates: November 21, December 19, January 16, and February 20. Information: (858) 668-4588.

## 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 along miles of trails where they will enjoy grand vistas, abundant wildlife, and interesting reminders of the long and varied history of man's use of the area. Sycamore Canyon consists of 1700 acres of coastal sage scrub and chaparral-covered hills nestled between the cities of Poway and Santee. Bordering on the west side and stretching through the valley floor is the 325-acre Goodan Ranch, a mix of diverse habitats including grassland, riparian, coastal sage, oak woodland, and mixed chaparral.

The Sycamore Canyon/Goodan Ranch staging area is located at the end of Sycamore Canyon Road. The ranch compound, which is located at the bottom of the canyon, can be reached by walking one mile down from the staging area. Please dress accordingly for the weather, wear sturdy shoes and bring adequate water (there is no potable water). Hours of operation are: 8:00 a.m. – 7:00 p.m. (April-September), and 8:00 a.m. – 5:00 p.m. (October-March). For more information, call (858) 513-4737. NOTE: A fire recovery construction project is continuing. The park will remain open and the construction area will be fenced off for public safety.

### Animal Resource Directory

#### Animal Emergencies

Stray animals or bites to a human or pet  
Abandoned or abused animals  
Escondido Humane Society **760-888-2275**

**Wildlife Regulations, Laws, and Permits**  
California Department of Fish & Game Commission  
**1-800-952-5400**

**Injured or Abandoned Wild Animals or Birds**  
Project Wildlife (except raccoons & skunks)  
**619-225-WILD**  
Wildlife Rescue **619-291-4587**

**Fund For Animals/Wildlife Rehabilitation**  
**760-789-2324**

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

**Low Cost Spay & Neutering**  
**760-745-7986**



# OLD POWAY PARK

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

### OFFICE HOURS

Tuesday-Saturday 8:00 AM to 5:00 PM  
Sunday 10:00 AM to 2:00 PM

### RAIL OPERATIONS • (858) 486-4063

Saturday 10:00 AM to 4:00 PM  
Sunday (Closed 2nd Sunday of every month) 11:00 AM to 2:00 PM

### MUSEUM HOURS • (858) 679-8587

Saturday & Sunday 10:00 AM to 4:00 PM

### NELSON HOUSE

Saturday 10:00 AM to 4:00 PM  
Sunday (Closed 2nd Sunday of every month) 11:00 AM to 2:00 PM

### BLACKSMITH SHOP

3rd & 4th Saturday 11:00 AM to 4:00 PM

### FARMERS MARKET

Saturday (Rain or shine) 8:00 AM to 11:30 AM

### BOARDWALK CRAFT MARKET

1st Saturday 8:00 AM to 2:00 PM  
(Every Saturday, Labor Day through Christmas)

For tours and speaking engagements, call the Old Poway Park office during business hours.

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



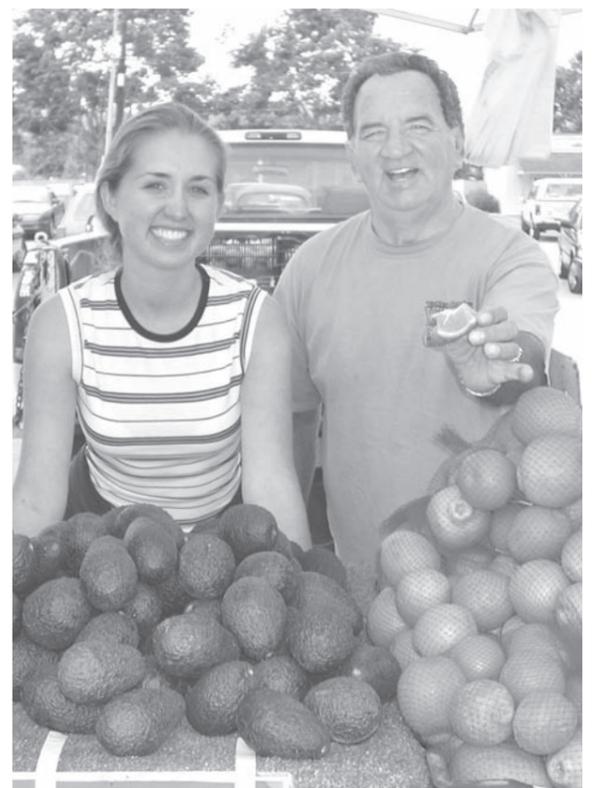
## Theatre in the Park

The Poway Woman's Club and the City of Poway present children's theatre performances in Templars Hall at Old Poway Park. The young cast of Theatre in the Park has been busy preparing for their upcoming performance, presented during the annual Christmas in the Park event, on Saturday, December 9. The public is invited to come out and catch these "rising stars!" The cast is always looking for new participants, which is a great way for you and your family to be a part of the fun at Old Poway Park. To join the cast of Theatre in the Park, or for more information regarding performance times or purchasing tickets, please call (858) 748-3383.



## Children's Theatre Program Seeking Volunteers

The Theatre in the Park program is in need of several volunteers to assist in the many different aspects of the program. The cast is currently looking for assistance in the transportation and setup of various set backdrops for their upcoming performances at Old Poway Park and other aspects of the program, such as set and costume design. If you are interested in becoming involved with this community based theatre program please contact the Program Director, Diana Smith, at (858) 748-3383, or the Old Poway Park office at (858) 668-4576.



## Farmers Market Offers Winter-Season Goods

For a year-round adventure, the City of Poway Certified Farmers Market is the perfect idea! Walk through the aisles and find fresh fruits, vegetables, flowers and food. The Farmers Market is open every Saturday from 8:00 to 11:30 a.m. at Old Poway Park, rain or shine. The cooler months bring garden-fresh avocados, tangerines, grapefruits, strawberries, broccoli, apples, navel oranges, asparagus, artichokes, carrots, beets, snow peas, and much more. All produce is certified and inspected by the Agricultural Commission and brought fresh to you directly from the grower. Find delicious homemade tamales, kettle corn and salsas too. Don't let the cooler days keep you away! Come and enjoy a great "city in the country" atmosphere. Information: (858) 668-4576.



# LAKE POWAY

14644 LAKE POWAY ROAD

### PARK HOURS:

Daily from Sunrise to Sunset

### FISHING AND BOATING HOURS:

Wednesday-Sunday from Sunrise to Sunset

Information: (858) 668-4770

Area Reservations: (858) 668-4580

Lake Concession: (858) 486-1234



## Trout Season Continues at Lake Poway

Another season of excellent and exciting trout fishing is underway at Lake Poway. Throughout the season the lake will be stocked weekly with 1,200 pounds of rainbow beauties, so bring your family and friends and experience some of the best trout fishing in San Diego County. The Lake Poway Concession offers bait and tackle, state fishing licenses and daily permits, boat rentals, cold or hot beverages, and delicious

grilled items. Motorboats and rowboats are available for rent on a first-come-first-served basis. Ask our Park Rangers and they're sure to provide you with great trout fishing advice and secrets about where the "hot spots" are. "Catch" the fun at Lake Poway by spending a day trolling in our rental boats or spend a couple hours relaxing along the shoreline! Information: (858) 668-4770 or Lake Concession (858) 486-1234.



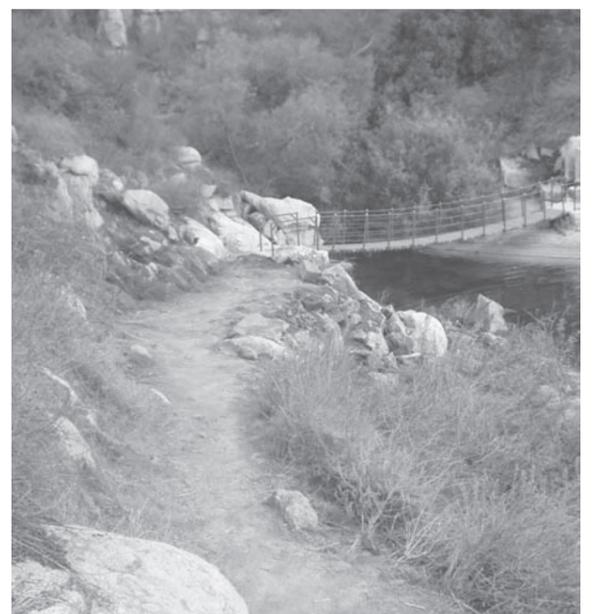
## Two-Day Open Trout Derby

All Ages

Grab your poles, get your gear, and run, don't walk, to the Lake Poway Two-Day Open Trout Derby on Saturday, March 24 and Sunday, March 25. The lake will be stocked with 3,000 pounds of hungry rainbow trout for this spectacular two-day event. Anglers of all ages are invited to try their luck. Great prizes will be awarded for the largest trout caught in three divisions: men's, women's, and youth's. The park gates will open at 5:00 a.m. both days. Saturday morning fishing will begin at sunrise and continue until sunset. Sunday fishing will begin at sunrise and continue until 12:00 p.m. The derby entry fee for this two-day event is \$5 per person. Additionally, a lake use permit must be purchased for each day of participation (\$5.00 for adults and \$2.50 for youth). State fishing licenses are required for ages 16 and older. Derby registration must be purchased before your first cast. There will be 50 motorboats available for rent on a first-come-first-served basis. **In preparation for the event, Lake Poway will be closed on Thursday, March 22, at noon and Friday, March 23, all day.** Information: (858) 668-4770.

## Hike, Picnic and Camp Year-Round in the City!

Nestled in the hills of beautiful Poway, with its charming Southern California chaparral characteristics, is the Lake Poway Recreation Area. Lake Poway offers opportunities for boating, fishing, mountain biking, hiking, primitive camping, picnicking, volleyball, softball, and even archery. Overnight adventurers can explore Clyde E. Rexrode Wilderness Area while camping at Lake Poway's primitive campground. Enjoy one of eight campsites nestled in oak trees and surrounded by trails. Make your gathering memorable at one of the many picnic areas at Lake Poway. Mature trees and lush grass areas with barbecues and tables, make the perfect setting for family gatherings, special occasions, company picnics, and relaxing evenings or weekends. Additional areas in the park include two sand volleyball courts with nets; two horseshoe pits; two playgrounds; and a horse staging area. Stop by and enjoy a day of recreation or relaxation at the Lake Poway Recreation Area. Information: (858) 668-4770.



# 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  
November 21, 2006 December 5, 2006

**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](http://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](http://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 Albergue 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: \_\_\_\_\_