

POWAY

City of Poway

COMMUNITY SERVICES PROGRAMS

SPECIAL EVENTS

Circle of Harmony



Enjoy an evening of music and dance celebrating the cultural heritage of Native Americans. The Third Annual Native American Music & Dance Concert will be held October 28 at 7 p.m. at the Poway

Center for the Performing Arts. Tickets and information are available at the box office (858) 748-0505, Tuesday thru Friday 12 p.m. to 6 p.m. and Saturday 10 a.m. to 4 p.m.

Target Summer Concert in the Park Series

Don't miss the last few concerts brought to you by Target Stores and the City of Poway. For the 15th consecutive year, these community concerts provide a variety of musical talents for FREE. Bring a blanket or chair and a picnic and enjoy a pleasant Sunday evening outdoors surrounded by music. The concerts are from 5:30 p.m. to 7 p.m. and alternate weekly venues between Lake Poway and Old Poway Park. There is a \$4 parking fee at Lake Poway for nonresidents before 5 p.m.

Date:	Location:	Performer:
August 6	Old Poway Park	The Mark Jackson Band Traditional Country & Roots
August 13	Lake Poway	Nitro Express Country & Rock
August 20	Old Poway Park	7th Day Buskers Roots Style Folk/Bluegrass & Blues

Midnight Catfish Craze

Can't sleep? Then come on out to Lake Poway for the 10th Annual Midnight Catfish Craze on Friday, August 11, from 4 p.m. to 12 a.m. and hook yourself a monster of a catfish! For complete event details, see page 13.



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.

Community Day Celebration 2006

Come join the festivities! The Poway Community Day celebration will be held Saturday, September 16 at Poway Community Park, 13094 Civic Center Drive.

Kick off this fun-filled day by joining the Lions Club at its Annual Pancake Breakfast at the Poway Senior Center beginning at 7 a.m. The Poway Heritage Parade begins at 9 a.m., starting at Pomerado Road and continues down Poway Road to Community Park. From 11 a.m., and continuing throughout the day, enjoy a wide array of vendors and exhibitions and watch performances from local dance groups. Entertainment will be provided on the main stage throughout the day from a powerhouse lineup of musical performers.

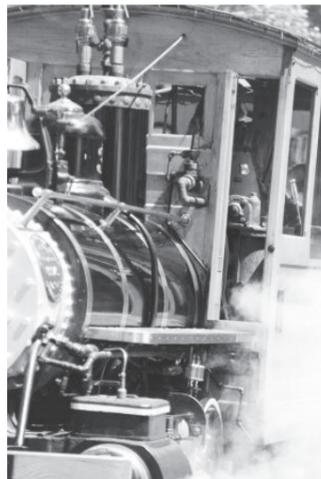


Community Day 2006 will feature games and kiddie rides all day, plus a spectacular fireworks show.

Local Poway businesses and non-profit organizations are invited to participate in this community-sponsored event by registering for a booth. Visit the Community Services Department, 13325 Civic Center Drive, during normal business hours. Registration deadline for all interested vendors is September 7. All registration fees for this event are used to offset cost for entertainment, equipment, and stage rentals. Vendors are encouraged to sign up early to ensure a great booth location. For more information, contact the Community Services Department at (858) 668-4570.

Riding the Rails!

All Aboard! Travel back to the days of the iron horse surrounding you and the entire family with the nostalgic sounds of the steam whistle and the songs that populated the railways of America. Come to the 9th Annual Train Song Festival at Old Poway Park on Saturday, October 7 from 10 a.m. to 4 p.m. Admission is FREE. This is a California Park and Recreation Society award-winning event, and is co-sponsored by San Diego Folk Heritage and the City of Poway. It will feature train-related vendors, an amazing model railroad display, craft displays by the Poway Arts and Crafts Guild artists, mock train robberies and a free children's craft area. The Poway-Midland Railroad Volunteers will provide rides aboard the 1907 Baldwin locomotive for a nominal fee.



Following the Train Song Festival, stay for the 5th Annual Railroad Movie Under the Stars at the beautiful Old Poway Park gazebo. The movie begins at 7 p.m., and is appropriate for all ages. Popcorn, movie candies, and hot beverages will be provided for a nominal fee. The movie featured will be announced in September. Bring a blanket or chair and enjoy a unique experience that only Old Poway Park can offer! Information: (858) 668-4576.

Register Classes Online

Registering online for Fall classes is easy! Registration begins July 24 for residents, August 7 for non-residents. The Internet provider fee of 6.5 percent will be waived so the cost to register online is close to the same (plus 50 cents), as it is to walk-in or mail-in registration. Please visit the City of Poway web site at: www.ci.poway.ca.us. Go to Recreation Classes and follow the instructions. Information: 668-4570.

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UPCOMING

WINTER EVENTS

Christmas in the Park



The City of Poway offers community events to make a memorable holiday season for the entire family. The 13th Annual Christmas in the Park will be held Saturday, December 9 at historic Old Poway Park from 4:30 p.m. to 8:30 p.m. The open house event is FREE and includes goodies galore, live music, a craft boutique, visits with Santa and Mrs. Claus, night-time blacksmithing demonstrations, train rides, and so much more.

Candyland Holiday Festival

2 to 10 Years



The popular children's board game comes alive at Poway Community Park. Your child 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 the opportunity to meet Santa, play in tons of fresh snow and a huge fun jump, and make holiday crafts. Children will remember this for a lifetime! Parents are encouraged to bring their cameras. **No registration is needed for this event.** Information: (858) 668-4570. Event held at Poway Community Park, 13094 Civic Center Drive.

Fri/Sat 4:00-8:00pm Dec 15-Dec 16 \$5/per child \$1/per adult

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 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.

				Res/Nonres
4011.200	Tue	9:00-11:00am	Sep 5-Sep 26	\$55/\$65
4011.201	Tue	9:00-11:00am	Oct 3-Oct 24	\$55/\$65
4011.202	Tue	9:00-11:00am	Oct 31-Nov 14	\$42/\$52
4011.203	Tue	9:00-11:00am	Nov 28-Dec 12	\$42/\$52
4011.204	Thu	9:00-11:00am	Sep 7-Sep 28	\$55/\$65
4011.205	Thu	9:00-11:00am	Oct 5-Oct 26	\$55/\$65
4011.206	Thu	9:00-11:00am	Nov 2-Nov 16	\$42/\$52
4011.207	Thu	9:00-11:00am	Nov 30-Dec 14	\$42/\$52

Discovery Time

3 to 5 Years

This is a developmentally enriched program, providing learning in a fun, positive and success oriented environment. This is 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 November 10.**

				Res/Nonres
4011.208	M/W/F	9:30am-12:30pm	Sep 6-Sep 29	\$150/\$160
4011.209	M/W/F	9:30am-12:30pm	Oct 2-Oct 27	\$150/\$160
4011.210	M/W/F	9:30am-12:30pm	Oct 30-Nov 17	\$113/\$123
4011.211	M/W/F	9:30am-12:30pm	Nov 27-Dec 15	\$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 noncompetitive (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. Classes held at Poway Community Park Auditorium. Instructor: Debi Supergan.

				Res/Nonres
4011.212	Thu	11:00am-12:00pm	Sep 7-Sep 28	\$35/\$45
4011.213	Thu	11:00am-12:00pm	Oct 5-Oct 26	\$35/\$45
4011.214	Thu	11:00am-12:00pm	Nov 2-Nov 16	\$25/\$35
4011.215	Thu	11:00am-12:00pm	Nov 30-Dec 14	\$25/\$35

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 November 10.**

				Res/Nonres
4011.216	M/W/F	12:30-1:30pm	Sep 6-Sep 29	\$50/\$60
4011.217	M/W/F	12:30-1:30pm	Oct 2-Oct 27	\$50/\$60
4011.218	M/W/F	12:30-1:30pm	Oct 30-Nov 17	\$38/\$48
4011.219	M/W/F	12:30-1:30pm	Nov 27-Dec 15	\$38/\$48

Little Shows Acting

Workshop/Cool Pets 3 to 5 Years

The theme of this acting workshop is all about pets, featuring the story of 101 Dalmatians. The class will motivate your child's imagination and encourage creativity through drama, music, movement and art. Each fun-filled class includes circle time, workshop, rehearsal, and an art project. Students will present a Cool Pets/101 Dalmatians show for their families at the last class, using costumes and props that they have made for the show. Materials fee: \$10. Classes held at Poway Community Park, Youth Activity Room. Instructor: Kat Fitzpatrick. **No class October 31 and November 21.**

				Res/Nonres
4011.220	Tue	2:15-3:15pm	Sep 19-Dec 5	\$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! Classes include singing time, learning the scale, working on basic rhythm skills, introducing music styles and instruments, moving to music, and musical games. The last class is a recital for the parents. Classes held at Poway Community Park, Youth Activity Room. Instructor: Kat Fitzpatrick. **No class October 31 and November 21.**

				Res/Nonres
4011.221	Tue	3:30-4:00pm	Sep 19-Dec 5	\$60/\$70

CREATIVE

ARTS

Art Start I

5 to 7 years

Anyone can learn to draw! Susan Bainbridge's beginning drawing class will be 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
6182.200	Mon	2:30-3:30pm	Oct 2-Nov 6	\$65/\$75

Art Start II

7 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 Old Poway Park, Porter House Great Room. Instructor: Susan Bainbridge.

				Res/Nonres
6182.201	Mon	3:45-5:00pm	Oct 2-Nov 6	\$70/\$80



Greeting Card Design

13 and Older

Just in time for the holiday season, create beautiful one-of-a-kind greeting cards that will "wow" your family and friends. Learn a variety of techniques such as rubber stamping, embossing, and chalking. In each of the first three classes you will make three greeting cards (for a total of 9 cards). In the final meeting, you will create a gift tag and a decorative gift box to hold your new collection of greeting cards. The recipient of your cards will enjoy and remember the time and effort you put into these wonderful creations. Classes are held at Old Poway Park, Porter House Great Room. Instructor: Gayle Agg. **No class October 31.**

				Res/Nonres
6182.202	Tue	6:00-9:00pm	Oct 17-Nov 14	\$65/\$75

Junior Chefs

6 to 12 Years

Come and join the fun while learning to cook some basic "kid-oriented" recipes that are not only fun to eat, but help reinforce those math and reading skills in a success-oriented format. We will also be mixing some nonedible recipes, like Gak, Flubber, and Silly Putty. Tons of fun while learning too! Materials fee: \$10. Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan. **No class November 22.**

				Res/Nonres
6182.203	Wed	4:30-5:30pm	Sep 6-Sep 27	\$45/\$55
6182.204	Wed	4:30-5:30pm	Oct 4-Oct 25	\$45/\$55
6182.205	Wed	4:30-5:30pm	Nov 1-Nov 29	\$45/\$55

NOTE: How to read class information

Class#	Days	Times	Dates	Res/Nonres
0000.111	Mon	10:45am-11:45am	Sep 16-Oct 24	\$40/\$50
0000.112	Tue	10:45am-11:45am	Sep 17-Oct 25	\$40/\$50

CHILDREN'S DANCE

Dance/Tap & Ballet: Held at Poway Community Park Auditorium. Instructor: Debora Childress. For information on classes only, call (760) 747-9777. No class November 20 and 23.

Dance for Children 3 to 5 Years

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

				Res/Nonres
5111.200	Mon	10:00-10:45am	Sep 18-Dec 4	\$88/\$98

Tap and Ballet 3 to 17 Years

Come dance and sing with us! This fun-filled, action-packed, dynamic program will teach your child rhythm and coordination as well as a love of dance. The fall 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. Tap and ballet shoes required.

Tiny Tot Beginner 3 to 4 Years

				Res/Nonres
5111.201	Mon	11:00am-12:00pm	Sep 18-Dec 4	\$88/\$98
5111.202	Mon	2:00-3:00pm	Sep 18-Dec 4	\$88/\$98
5111.203	Thu	1:00-2:00pm	Sep 21-Dec 7	\$88/\$98

Children's Beginner 5 to 6 Years

5111.204	Mon	3:00-4:00pm	Sep 18-Dec 4	\$88/\$98
5111.205	Thu	2:00-3:00pm	Sep 21-Dec 7	\$88/\$98

Beginner/Intermediate 6 to 8 Years (Previous experience suggested)

5111.206	Mon	4:00-5:00pm	Sep 18-Dec 4	\$88/\$98
5111.207	Thu	3:00-4:00pm	Sep 21-Dec 7	\$88/\$98

Intermediate 8 to 12 Years (Previous experience suggested)

5111.208	Mon	5:15-6:15pm	Sep 18-Dec 4	\$88/\$98
5111.209	Thu	4:00-5:00pm	Sep 21-Dec 7	\$88/\$98

Intermediate/Advanced (Instructor Referral Only) 10 to 14 Years

5111.210	Thu	5:00-6:00pm	Sep 21-Dec 7	\$88/\$98
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Advanced Teen (Instructor Referral Only) 13 to 17 Years

5111.211	Mon	6:15-7:15pm	Sep 18-Dec 4	\$88/\$98
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Ballet: Tuesday class held at Poway Community Park Auditorium, and Saturday classes held at Twin Peaks Multipurpose Center. Instructor: Linda Kincaid. No class November 21 and 25.

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 okay.

				Res/Nonres
5141.200	Tue	9:30-10:20am	Sep 19-Dec 5	\$60/\$70
5141.201	Sat	10:00-10:50am	Sep 23-Dec 9	\$60/\$70

Ballet I 4 to 12 Years

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

				Res/Nonres
5141.202	Sat	11:00-11:50am	Sep 23-Dec 9	\$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
5141.203	Sat	12:00-12:50pm	Sep 23-Dec 9	\$60/\$70

Hip Hop: Classes held at Academy of Arts & Dance, 13378 Poway Road, in the Poway Valley Center. Instructor: Marcelina Contreras. No class November 20.

Hip Hop 8 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!

				Res/Nonres
5143.200	Mon	4:00-5:00pm	Sep 18-Nov 27	\$100/\$110

				Res/Nonres
5143.201	Mon	5:00-6:00pm	Sep 18-Nov 27	\$100/\$110

GYMNASTICS

Gymnastics: All classes held at Poway Gymnastics, 12850 Brookprinter Place. No snaps, zippers or buttons on clothes. Please wear comfortable clothes or leotards. Instructor: Tony Salmeri. Information: (858) 748-1716. Materials fee: \$10. No class November 20, 22, 23, and 25.

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
2312.200	Thu	10:45-11:15am	Sep 21-Dec 7	\$135/\$145
2312.201	Sat	8:45-9:15am	Sep 23-Dec 9	\$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
2312.202	Thu	10:00-10:45am	Sep 21-Dec 7	\$154/\$164
2312.203	Mon	9:45-10:30am	Sep 18-Dec 4	\$154/\$164

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
2312.204	Wed	3:40-4:40pm	Sep 20-Dec 6	\$173/\$183

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, 14640 Tierra Bonita Road. Instructor: Linda Kincaid. No class November 25.

				Res/Nonres
5317.200	Sat	9:00-9:50am	Sep 23-Dec 9	\$60/\$70

Ballroom Dancing

12 and Older

Learn to move to the rhythm of the Latin beat and enjoy the world of Latin dancing through the Salsa, Cha-Cha, Rumba, and Samba. This is an introductory program designed to teach you the basic steps to get you moving comfortably with your partner about the dance floor. There will be an Open Dance Party every Friday at 7:30 pm 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 at (858) 748-0701 for information on the appropriate dance shoes for this class.

				Res/Nonres
5317.204	Fri	7:00-8:00pm	Sep 22-Oct 13	\$50/\$60
5317.205	Fri	7:00-8:00pm	Oct 27-Nov 17	\$50/\$60

Hip Hop & Jazz Dance: Classes held at Academy of Arts & Dance, 13378 Poway Road, in the Poway Valley Center. Instructor: Marcelina Contreras. No class November 20 and 22.

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!

				Res/Nonres
5317.201	Mon	6:00-7:00pm	Sep 18-Nov 27	\$100/\$110

Jazz Dance 12 and Older

Jazz is the free interpretation of music through dance with most of the movements taken from classical ballet and "stylized" for jazz. Jazz/Modern incorporates some modern dance (a more contemporary free-style dance form). For the best freedom of movement, please wear a T-shirt, jazz or Capri pants, and jazz shoes. No jeans or shorts please!

				Res/Nonres
5317.202	Wed	5:30-6:30pm	Sep 20-Nov 29	\$100/\$110

				Res/Nonres
5317.203	Wed	7:30-8:30pm	Sep 20-Nov 29	\$100/\$110

YOUTH SPORTS

Beginning Ice Skating

3 to 12 Years

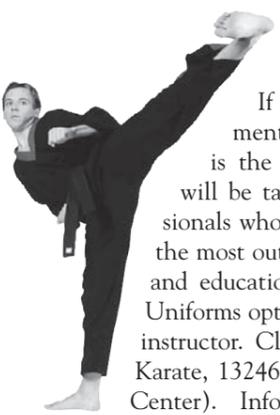
Could your child be an undiscovered skating star? Let your child experience the thrill and excitement of learning this beautiful sport. Fundamental skills will be taught in class and students can practice during open skate time from 3 to 5 p.m. Skate rental is included in the fee. Classes held at San Diego Ice Arena, 11048 Ice Skate Place in Mira Mesa. **No class November 22.**

3 to 5 Years				Res/Nonres
2091.200	Wed	4:00-4:30pm	Sep 6-Sep 27	\$40/\$50
2091.201	Wed	4:00-4:30pm	Oct 4-Oct 25	\$40/\$50
2091.202	Wed	4:00-4:30pm	Nov 1-Nov 29	\$40/\$50

6 to 12 Years				Res/Nonres
2091.203	Wed	4:30-5:00pm	Sep 6-Sep 27	\$40/\$50
2091.204	Wed	4:30-5:00pm	Oct 4-Oct 25	\$40/\$50
2091.205	Wed	4:30-5:00pm	Nov 1-Nov 29	\$40/\$50

Karate is for Kids

4 to 12 Years



Respect, courtesy, manners, mental focus, physical fitness and coordination.

If your child needs improvement in any of these areas, this is the class you want. Your child will be taught by experienced professionals who like children and can bring the most out of them. This is a safe, fun, and educational class for young people. Uniforms optional, but 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
2091.206	Fri	3:00-4:00pm	Sep 22-Oct 20	\$45/\$55

6 to 7 Years				Res/Nonres
2091.207	Sat	10:00-11:00am	Sep 23-Oct 21	\$45/\$55

8 to 12 Years				Res/Nonres
2091.208	Sat	11:00am-12:00pm	Sep 23-Oct 21	\$45/\$55

Taekwondo

5 to 17 Years

This is a complete martial arts program for boys and girls. Your child is sure to find the class fun and exciting. In addition to learning important self-defense skills, your child will develop respect, self-discipline and confidence. Our internationally certified instructor has over 30 years of experience. The classes are open to both beginners and experienced students. Students may participate in an examination at the end of the session to advance to a higher belt level. **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 November 22 and 24.**

5 to 13 Years				Res/Nonres
2091.209	M/W/F	6:00-7:00pm	Sep 18-Dec 13	\$69/\$79
14 to 17 Years				Res/Nonres
2091.210	M/W/F	7:00-8:00pm	Sep 18-Dec 13	\$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 Academy of Arts & Dance, 13378 Poway Road (in the Poway Valley Center). Instructor: JeVave Pugh. **No class November 25.**

				Res/Nonres
2091.211	Sat	11:30am-12:15pm	Sep 23-Dec 2	\$100/\$110

Boxing for Kids

8 to 12 Years

This is a fun, safe boxing workout for kids. This is a beginners 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
2091.212	Wed	4:00-5:00pm	Sep 20-Oct 18	\$45/\$55

Youth Basketball Training Program

8 to 15 Years

Do you want to learn basketball and have fun playing team games? This unique program provides just what you are looking for to become the best basketball player. The coed program spends half the class on the skills, techniques, and fundamentals (shot technique, passing, team and individual defense, rebounding, movement without the ball, footwork, etc.) necessary to improve your understanding of the game. The other half is spent playing a competitive game. The final class of the session will be a championship game. If you enjoy basketball and have a strong desire to improve your skills, then this is the class for you. Classes held at Twin Peaks Multipurpose Center, 14640 Tierra Bonita Road. Instructor: Brooks Barnhard. **No class November 22.**

8 to 10 years				Res/Nonres
2091.213	Wed	5:30-7:00pm	Oct 4-Nov 29	\$100/\$110
11 to 15 years				Res/Nonres
2091.214	Wed	7:00-8:30pm	Oct 4-Nov 29	\$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 ensure an exciting and educational volleyball experience. Classes held at Meadowbrook Gymnasium, 12320 Meadowbrook Lane.

9 to 11 years				Res/Nonres
2091.215	Mon	5:30-6:30pm	Sep 25-Nov 6	\$10/\$20

12 to 14 years				Res/Nonres
2091.216	Mon	6:45-7:45pm	Sep 25-Nov 6	\$10/\$20

ADULT SPORTS

Open Play Sports

All Ages

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

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, 14640 Tierra Bonita Road. Instructor: Dick Leatherman. **The classes on November 28 and December 7 begin at 6 p.m. No class November 23.**

Intermediate (Male)				Res/Nonres
1247.200	Thu	6:30-9:30pm	Oct 5-Dec 7	\$52/\$62

Intermediate (Female)				Res/Nonres
1247.201	Thu	6:30-9:30pm	Oct 5-Dec 7	\$52/\$62

Advanced (Male)				Res/Nonres
1247.202	Tue	6:30-9:30pm	Oct 3-Nov 28	\$52/\$62

Advanced (Female)				Res/Nonres
1247.203	Tue	6:30-9:30pm	Oct 3-Nov 28	\$52/\$62

Taekwondo

18 and Older

This class is a complete martial arts program for men and women. The class is designed to help you develop more strength, coordination, endurance, confidence, and self-defense skills. In addition to learning practical kicking and punching, you will also learn basic grappling techniques. The difference it can make in your life is tremendous. Students may participate in an examination at the end of the session to advance to a higher belt level. **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 November 22 and 24.**

				Res/Nonres
1247.204	M/W/F	7:00-8:00pm	Sep 18-Dec 13	\$69/\$79

Kickboxing

15 and Older

Training in this dynamic sport provides an incredible workout and very useful self-defense skills. Tuesday/Thursday classes involve bag work and partner drills providing great conditioning plus very useful self-defense skills. Friday classes are an aerobic kickboxing class (similar to Tae Bo) with air boxing and kickboxing movements done to upbeat music. Boxing gloves, handwraps and shin guards are needed to fully participate in the Tuesday/Thursday class (no gear required for Friday classes). Approved gear available through The Boxing Club. Classes held at Poway Kenpo Karate, 13246 Poway Road (in the Lively Center). Information: (858) 486-1003. Instructor: Barry Barker.

				Res/Nonres
1247.205	Tue/Thu	6:00-7:00pm	Sep 19-Oct 19	\$65/\$75
1247.206	Fri	6:00-7:00pm	Sep 22-Oct 20	\$45/\$55

Men's 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. Captains must register their team by completing a registration form. All players must sign the roster before the team's first game. Games are played at Meadowbrook Gymnasium, 12320 Meadowbrook Lane. **No league play November 22.**

				Res/Nonres
1247.207	Wed	6:30-9:30pm	Sep 20-Dec 13	\$40 per team



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. Only one reservation may be made at a time. 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
3013.200	Sat	9:00-10:00am	Sep 23-Oct 14	\$35/\$45
3013.201	Sat	9:00-10:00am	Oct 28-Nov 18	\$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
3013.202	Tue/Thu	4:00-5:00pm	Sep 19-Oct 12	\$65/\$75
3013.203	Tue/Thu	4:00-5:00pm	Oct 24-Nov 16	\$65/\$75
3013.204	Sat	10:00-11:00am	Sep 23-Oct 14	\$38/\$48
3013.205	Sat	10:00-11:00am	Oct 28-Nov 18	\$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. Participants will refine a 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 and court etiquette. Racquets (if needed) are available from the instructor.

				Res/Nonres
3013.206	Tue/Thu	5:00-6:00pm	Sep 19-Oct 12	\$65/\$75
3013.207	Tue/Thu	5:00-6:00pm	Oct 24-Nov 16	\$65/\$75
3013.208	Sat	11:00am-12:00pm	Sep 23-Oct 14	\$38/\$48
3013.209	Sat	11:00am-12:00pm	Oct 28-Nov 18	\$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, and court etiquette will be covered. Fun and enjoyment will be emphasized. Racquets are available from the instructor.

				Res/Nonres
3013.210	Tue/Thu	6:00-7:30pm	Sep 19-Oct 12	\$75/\$85
3013.211	Tue/Thu	6:00-7:30pm	Oct 24-Nov 16	\$75/\$85
3013.212	Sat	12:00-1:30pm	Sep 23-Oct 14	\$45/\$55
3013.213	Sat	12:00-1:30pm	Oct 28-Nov 18	\$45/\$55

Poway Transit Services

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

HEALTH & WELLNESS

Tai Chi for Beginners

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
5417.200	Wed	6:30-7:15pm	Sep 20-Oct 18	\$45/\$55

Boxing for Fun & Fitness

15 and Older

Have fun, get an awesome workout, and release your aggressions on our bags in this no-contact fitness boxing class. Learn the basics of boxing, while you tone, strengthen, firm, and shape yourself to your ultimate condition. It is a beginning level skill training and workout class 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 Boxing Club. Classes held at The Poway Boxing Club, 13242 Poway Road (in the Lively Center). Information: (858) 486-7025. Instructor: Barry Barker

				Res/Nonres
5417.201	Fri	6:00-7:00pm	Sep 22-Oct 20	\$45/\$55
5417.202	Sat	12:00-1:00pm	Sep 23-Oct 21	\$45/\$55

Hatha Yoga

18 and Older

This popular yoga class is for the beginner and continuing yoga student. We offer gentle and precise instruction in the poses (asanas), providing the student with an opportunity to progress according to the intentions of his/her own needs. We emphasize proper yoga breathing in the warm-up stretches, asana practice, and relaxation. 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 and Linda Kay. No class November 23.

				Res/Nonres
5417.203	Thu	6:30-8:30pm	Sep 21-Nov 30	\$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. Be prepared for any common first aid situation or emergency, at home or at work! 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
5417.204	Sat	8:30am-12:00pm	Sep 30	\$28/\$38

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), a 10" ball, yoga mat, two 1 lb. free-weights, and a large towel to class. Classes held at Poway Community Park, Auditorium. Instructor: Linda Kay. No class October 31 and November 28.

				Res/Nonres
5417.205	Tue	6:00-7:15pm	Sep 19-Dec 5	\$70/\$80

Yoga Slimmers

18 and Older

Slim down before summer with yoga poses designed to trim the body. Learn yoga poses with breathing techniques that encourage healthy and practical slimming. Yoga slimmers stretch, tone, rejuvenate, and balance muscles in the upper, lower and sides of the body. Release shoulder and hip tension, strengthen limbs, increase spinal flexibility, and improve posture. Yoga slimmers safely increase the metabolic rate, offering a natural and steady weight-loss potential. Please bring bottled water, a yoga mat, and a large towel to class. Classes held at Poway Community Park, Auditorium. Instructor: Linda Kay. No class October 31 and November 28.

				Res/Nonres
5417.206	Tue	7:30-8:45pm	Sep 19-Dec 5	\$70/\$80

Prenatal Yoga

18 and Older

Practice prenatal yoga poses that are safely designed to minimize pregnancy discomforts. Strengthen muscles now that you will utilize during childbirth. There will be a strong emphasis on breathing and relaxation with prenatal yoga poses that are easy to learn. Synchronize the breath with your body and baby. Quiet the mind, relax and release tense muscles, and restore vital energy. Stretch the body free of tension to encourage a good nights sleep. Please bring bottled water, a yoga sticky mat, two pillows, and an extra large towel to class. To participate in this prenatal yoga program, please bring a note from your attending physician to the first class. Classes held at Poway Community Park Auditorium. Instructor: Linda Kay.

				Res/Nonres
5417.207	Sat	9:00-10:15am	Sep 30-Oct 28	\$55/\$65

Yoga/Walk at the Lake

18 and Older

Experience an energizing walk and a Hatha Yoga practice designed for beginner through intermediate levels. This program includes a lecture/inquiry format, a meditative walk and indoor yogasana practice. The walk invites the use of yogamudras with breathing techniques that quiet and calm the mind while stimulating the cardiovascular and respiratory functions. Receive detail asana instruction. Become aware of the dynamic quality of balancing vitality and rest within the activity of the yoga posture and pause into stillness. Please bring bottled water, a yoga sticky mat, and a large towel to class. Classes are held at Lake Poway Pavilion, 14644 Lake Poway Road. Instructor: Linda Kay. No class November 6.

				Res/Nonres
5417.208	Mon	9:30-11:15am	Sep 25-Nov 20	\$75/\$85

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 two hours of the class are optional and cover CPR for infants and children. This class will be offered the first and third Saturdays of each month.

Classes are limited to a maximum of 12 students (and a minimum of 4 students) and held in the Fire Station #1 classroom at 13050 Community Road. 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:

Sat	8:30am-2:30pm	Aug 5	\$30/\$20 for 55 and older
Sat	8:30am-2:30pm	Aug 19	\$30/\$20 for 55 and older
Sat	8:30am-2:30pm	Sep 16	\$30/\$20 for 55 and older
Sat	8:30am-2:30pm	Oct 7	\$30/\$20 for 55 and older
Sat	8:30am-2:30pm	Oct 21	\$30/\$20 for 55 and older
Sat	8:30am-2:30pm	Nov 4	\$30/\$20 for 55 and older
Sat	8:30am-2:30pm	Nov 18	\$30/\$20 for 55 and older
Sat	8:30am-2:30pm	Dec 2	\$30/\$20 for 55 and older
Sat	8:30am-2:30pm	Dec 16	\$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.

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, a pizza party concludes 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: Daru Martinez.

9397.200 Fri 1:30-3:30pm Sep 15-Nov 17 **Res/Nonres** \$30/\$40

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 lunch and a large doll or stuffed animal to class. Classes held at Poway Community Park, Activity Room I & II. Instructor: Blythe Paley.

7617.200 Sat 9:00am-4:00pm Oct 7 **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, 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.

7617.201 Wed 6:30-9:30pm Nov 1 **Res/Nonres** \$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 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.

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

9019.200	Tue	6:30-7:30pm	Sep 19-Oct 24	\$80/\$90
9019.201	Sat	9:30-10:30am	Sep 23-Oct 28	\$80/\$90
9019.202	Tue	6:30-7:30pm	Nov 7-Dec 12	\$80/\$90
9019.203	Sat	9:30-10:30am	Nov 11-Dec 16	\$80/\$90

Six Months and Older (Adult Class)

9019.204	Tue	6:30-7:30pm	Sep 19-Oct 24	\$80/\$90
9019.205	Sat	9:30-10:30am	Sep 23-Oct 28	\$80/\$90
9019.206	Tue	6:30-7:30pm	Nov 7-Dec 12	\$80/\$90
9019.207	Sat	9:30-10:30am	Nov 11-Dec 16	\$80/\$90

TEEN ACTIVITIES

Poway Teen Recreation Club (PTRC)

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 meets every Wednesday from 6:30 p.m. to 9 p.m. at Poway Community Park Intergenerational Lounge, 13094 Civic Center Drive. A different recreation activity is offered every week such as dodgeball, kickball, or flag football. Information: (858) 668-4674.

Volunteer Program

High School

The City of Poway has many volunteer opportunities including special events, community service projects, and work with the Poway Teen Recreation Club. If you are interested in getting involved in the community or accumulating volunteer service hours, call (858) 668-4674.

Teen Only Nights

13 to 17 Years

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 Meadowbrook Gymnasium, 12320 Meadowbrook Lane. Information: (858) 668-4674.

3-on-3 Basketball Tournament			
Fri	6:30-9:30pm	Oct 6	FREE
5-on-5 Basketball Tournament			
Fri	6:30-9:30pm	Nov 3	FREE
Dodgeball Tournament			
Fri	6:30-9:30pm	Dec 1	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 a.m. to 9:30 p.m. The park is equipped with lights and restrooms. Helmet, elbow, and kneepads are

required at all times at this nonsupervised 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 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 for Fall 2006. 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 is 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 during these events 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 December 20, 2006. New waivers will be needed for 2007. **NO WAIVER, NO SKATING.**

Mon	11:00am-2:00pm	Sep 4	FREE
Sat	11:00am-2:00pm	Oct 21	FREE
Thu	4:00-7:00pm	Nov 9	FREE
Wed	2:00-5:00pm	Dec 20	FREE

POWAY BRANCH LIBRARY

13137 Poway Road Poway, CA 92064

(858) 513-2900 • website: www.sdcl.org

Hours: Mon.-Thu. 10:00 a.m.-8:00 p.m.

Fri. & Sat. 10:00 a.m.-5:00 p.m.

Sun. 1:00 p.m.-5:00 p.m.

Weekly Storytime Programs with Crafts

Mon	Toddler Storytime	10 am	Monday Monkeys
Tue	Toddler Storytime	10 am	Tuesday Tadpoles
Wed	Preschool Storytime	10 am	Wednesday Wombats
Thu	Preschool Storytime	10 am	Thursday Tigers

Storytime programs are held in the Library Children's Room and are limited to 25 children per session. Reserve a place for your child by visiting the library or calling the Children's Desk at (858) 513-2909. Sign-ups are for one month at a time, starting on the fourth Monday of the preceding month. Spots are allocated on a first-come, first-served basis. Each child is limited to one storytime per week. Please call the library if your child cannot make his or her session so we can fill that spot.

Grandparents and Books

Tuesdays: 10 am-12 pm - Thursdays 11 am-12 pm

Share a book with a Poway Library Grandparent. Your child will experience and enjoy individualized attention in a positive and friendly setting!

Read to a Real, Furry Friend

Saturdays: 10:30 am-11:30 am

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. Therapy Dogs are provided by *Love on a Leash*.

Monthly Programs

Every 2nd/4th Tue	Internet for the Absolute Beginner (limit 6)	8:45-10 am
Every 2nd Sun	Book Sale by the Friends of the Library Store	1-4 pm
Every 3rd Tue	Book Discussion	6:30 pm
Every 3rd Thu	Courtyard Performer Program	3:30 pm
Every 4th Thu	TEEN Program	3:30 pm
Every 4th Fri	Author Visit	2 pm

ALL LIBRARY PROGRAMS ARE FREE!

AUGUST 2006

Summer Reading Program 2006 "Paws, Claws, Scales and Tales" continues until July 29. Sponsored and paid for by the Friends of the Poway Library, City of Poway, Poway Women's Club, National Charity League and the North County Society of Fine Arts. NOTE: Story Time Programs will start again in September.

Tue	1	LAST DAY to turn in reading Logs!	
Sat	5	End of Summer Reading Party Event (Awards will be given to the Photo and Sculpture contest entries, Summer Reading Prizes will be awarded with a yummy Ice Cream Party to follow for all. (Provided by the Poway Women's Club!))	10 am
Tue	8	Internet for the Absolute Beginner	8:45-10 am
Tue	22	Internet for the Absolute Beginner	8:45-10 am

SEPTEMBER 2006

Celebrate Hispanic Heritage Month!

Mon	4	CLOSED: Labor Day Holiday	
Sun	10	Book Sale: Friends of the Library Store	1-4 pm
Tue	12	Internet for the Absolute Beginner	8:45-10 am
Tue	19	HERITAGE: Toddler Story Time Program "Viva la Fiesta"	10 am
Wed	20	HERITAGE: Preschool Story Time Program "Viva la Fiesta"	10 am
Thu	21	Courtyard Performer Program "TBA"	3:30 pm
Tue	26	Internet for the Absolute Beginner	8:45-10 am
Thu	28	TEEN Program "TBA"	3:30 pm

OCTOBER 2006

TEEN Month/TEEN Read Week: October 15-21 and Red Ribbon Week: October 23-31

Sun	8	Book Sale: Friends of the Library Store	1-4 pm
Tue	10	Internet for the Absolute Beginner	8:45-10 am
Sun	15	TEEN Read Week Activities: Through Saturday, October 21st	
Tue	24	Internet for the Absolute Beginner	8:45-10 am
Thu	26	TEEN Program "TBA"	3:30 pm
Sat	28	Annual Halloween Carnival	10am-3 pm
Tue	31	HERITAGE: Toddler Story Time Program "Dia De Los Muertos"	10 am

NOVEMBER 2006

Dia De Los Muertos - All Saints Day November 1-2 and Children's Book Week: November 13-19

Wed	1	HERITAGE: Preschool Story Time Program "Dia De Los Muertos"	10 am
Sat	11	CLOSED: Veteran's Day Holiday (Tentative)	
Sun	12	Book Sale: Friends of the Library Store	1-4 pm
Thu	16	Courtyard Performer Program "TBA" "Celebrate Children's Book Week"	3:30 pm
Thu	23	CLOSED: Thanksgiving Holiday	

All programs are subject to change without notice. Please call the Poway Library for more detailed information.

SWIM CENTER



The Poway Community Swim Center at 13094 Civic Center Drive, within Poway Community Park. The Swim Center includes a 50-meter by 25-yard pool with an attached diving well and shallow children's area. During open pool hours patrons may enjoy the one-and three-meter diving boards, open swimming areas, and lap swimming lanes. A one-foot wading pool is available for play throughout the fall. 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 (16 and older)	\$2.00	\$4.00
Youth (15 and under)	\$1.50	\$3.00
Seniors (60 and older)	\$1.50	\$3.00

SEASON AND YEARLY PASSES

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

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

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

FALL POOL HOURS (Sept. 25-Oct. 29, 2006)

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

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

Mon-Fri	11:00 a.m. - 7:00 p.m. CLOSED 1:30-3:00 p.m.
Tue/Thu	Long Course 8:00am-1:30pm
Sat/Sun	CLOSED

POOL CLOSED

Saturday, Sept. 16, 2006	Community Day
Thursday, Nov. 23, 2006	Thanksgiving Day
Dec. 11, 2006-Jan. 1, 2007	Pool Maintenance

During open recreational swim, 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. Portions of the pool may not be available for use by the public during these times.

Birthday Party Package All Ages

Have the pool staff arrange a pool party for your next birthday party celebration! 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 \$40/\$50

SWIM LESSONS

Aquatic Safety

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

Grunion 1

3 to 5 Years

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

Session	Days	Time	Dates	Res/Nonres
0121.200	T-F	3:00-3:40pm	Sep 5-Sep 15	\$27/\$37
0121.201	M-Th	3:00-3:40pm	Sep 18-Sep 28	\$27/\$37
0121.202	M-Th	3:00-3:40pm	Oct 2-Oct 12	\$27/\$37
0121.203	M-Th	3:00-3:40pm	Oct 16-Oct 26	\$27/\$37

Grunion 2

3 to 5 Years

A continuation of American Red Cross Level 1, this is an introductory swim class for children who have successfully completed the Grunion 1 class or are very comfortable in the water as well as working with an instructor. This class reinforces skills learned in Grunion 1, with a greater emphasis on self-proficiency. Skills range from breath control, beginner stroke, crawl stroke, back float, and safety skills.

Session	Days	Time	Dates	Res/Nonres
0122.200	T-F	3:00-3:40pm	Sep 5-Sep 15	\$27/\$37
0122.201	M-Th	3:00-3:40pm	Sep 18-Sep 28	\$27/\$37
0122.202	M-Th	3:50-4:30pm	Sep 18-Sep 28	\$27/\$37
0122.203	M-Th	3:00-3:40pm	Oct 2-Oct 12	\$27/\$37
0122.204	M-Th	3:50-4:30pm	Oct 2-Oct 12	\$27/\$37
0122.205	M-Th	3:00-3:40pm	Oct 16-Oct 26	\$27/\$37
0122.206	M-Th	3:50-4:30pm	Oct 16-Oct 26	\$27/\$37

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 five front crawl strokes. Emphasis is placed on reinforcing front crawl, creating self-proficiency of back crawl, and introducing elementary backstrokes. Students should feel comfortable in at least four feet of water.

Session	Days	Time	Dates	Res/Nonres
0123.200	T-F	3:00-3:40pm	Sep 5-Sep 15	\$27/\$37
0123.201	T-F	3:50-4:30pm	Sep 5-Sep 15	\$27/\$37
0123.202	M-Th	3:00-3:40pm	Sep 18-Sep 28	\$27/\$37
0123.203	M-Th	3:50-4:30pm	Sep 18-Sep 28	\$27/\$37
0123.204	M-Th	3:00-3:40pm	Oct 2-Oct 12	\$27/\$37
0123.205	M-Th	3:50-4:30pm	Oct 2-Oct 12	\$27/\$37
0123.206	M-Th	3:00-3:40pm	Oct 16-Oct 26	\$27/\$37
0123.207	M-Th	3:50-4:30pm	Oct 16-Oct 26	\$27/\$37

Starfish

6 to 12 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 the fundamentals of submersion, floating, and locomotion (including both front and back crawl) in the pool.

Session	Days	Time	Dates	Res/Nonres
0221.200	T-F	3:50-4:30pm	Sep 5-Sep 15	\$27/\$37
0221.201	M-Th	3:50-4:30pm	Sep 18-Sep 28	\$27/\$37
0221.202	M-Th	3:50-4:30pm	Oct 2-Oct 12	\$27/\$37
0221.203	M-Th	3:50-4:30pm	Oct 16-Oct 26	\$27/\$37

Seahorse

6 to 12 Years

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 ten front crawl strokes on their own. Emphasis is placed on improving the front crawl and back crawl, along with introduction of elementary backstroke. Students should feel comfortable in at least four feet of water.

Session	Days	Time	Dates	Res/Nonres
0222.200	T-F	3:50-4:30pm	Sep 5-Sep 15	\$27/\$37
0222.201	T-F	4:40-5:20pm	Sep 5-Sep 15	\$27/\$37
0222.202	M-Th	3:50-4:30pm	Sep 18-Sep 28	\$27/\$37
0222.203	M-Th	4:40-5:20pm	Sep 18-Sep 28	\$27/\$37
0222.204	M-Th	3:50-4:30pm	Oct 2-Oct 12	\$27/\$37
0222.205	M-Th	4:40-5:20pm	Oct 2-Oct 12	\$27/\$37
0222.206	M-Th	3:50-4:30pm	Oct 16-Oct 26	\$27/\$37
0222.207	M-Th	4:40-5:20pm	Oct 16-Oct 26	\$27/\$37

Otter

6 to 16 years

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

Session	Days	Time	Dates	Res/Nonres
0223.200	T-F	3:50-4:30pm	Sep 5-Sep 15	\$27/\$37
0223.201	T-F	4:40-5:20pm	Sep 5-Sep 15	\$27/\$37
0223.202	M-Th	4:40-5:20pm	Sep 18-Sep 28	\$27/\$37
0223.203	M-Th	4:40-5:20pm	Oct 2-Oct 12	\$27/\$37
0223.204	M-Th	4:40-5:20pm	Oct 16-Oct 26	\$27/\$37

Seal

6 to 16 Years

Equivalent to Level 3 of the American Red Cross series, this course takes place in 11 to 12 feet of water. The ability to swim 15 yards of front crawl, back crawl, and elementary backstroke is a prerequisite of this class. Skills introduced are sidestroke and breaststroke kick, front crawl, side breathing, and diving.

Session	Days	Time	Dates	Res/Nonres
0321.200	T-F	4:40-5:20pm	Sep 5-Sep 15	\$27/\$37
0321.201	M-Th	4:40-5:20pm	Sep 18-Sep 28	\$27/\$37
0321.202	M-Th	4:40-5:20pm	Oct 2-Oct 12	\$27/\$37
0321.203	M-Th	4:40-5:20pm	Oct 16-Oct 26	\$27/\$37

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 to 12 feet of water. Breaststroke, sidestroke, front crawl, alternate breathing, and diving from the diving boards are introduced.

Session	Days	Time	Dates	Res/Nonres
0322.200	T-F	4:40-5:20pm	Sep 5-Sep 15	\$27/\$37
0322.201	T-F	5:30-6:10pm	Sep 5-Sep 15	\$27/\$37
0322.202	M-Th	4:40-5:20pm	Sep 18-Sep 28	\$27/\$37
0322.203	M-Th	5:30-6:10pm	Sep 18-Sep 28	\$27/\$37
0322.204	M-Th	4:40-5:20pm	Oct 2-Oct 12	\$27/\$37
0322.205	M-Th	5:30-6:10pm	Oct 2-Oct 12	\$27/\$37
0322.206	M-Th	4:40-5:20pm	Oct 16-Oct 26	\$27/\$37
0322.207	M-Th	5:30-6:10pm	Oct 16-Oct 26	\$27/\$37

Dolphin

6 to 16 years

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

Session	Days	Time	Dates	Res/Nonres
0323.200	T-F	5:30-6:10pm	Sep 5-Sep 15	\$27/\$37
0323.201	M-Th	5:30-6:10pm	Sep 18-Sep 28	\$27/\$37
0323.202	M-Th	5:30-6:10pm	Oct 2-Oct 12	\$27/\$37
0323.203	M-Th	5:30-6:10pm	Oct 16-Oct 26	\$27/\$37

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	Days	Time	Dates	Res/Nonres
0521.200	T-F	5:30-6:10pm	Sep 5-Sep 15	\$27/\$37
0521.201	M-Th	5:30-6:10pm	Sep 18-Sep 28	\$27/\$37
0521.202	M-Th	5:30-6:10pm	Oct 2-Oct 12	\$27/\$37
0521.203	M-Th	5:30-6:10pm	Oct 16-Oct 26	\$27/\$37

Water Exercise

16 and Older

Water exercise is a low-impact exercise for any age or ability. Classes are held in a water depth of four feet. Advanced swimming skills are not required.

M/W/F	11:00am-12pm	FREE with admission
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Private Lessons

All Ages

These classes are available for any age or ability. Instruction is geared to the student's ability. Participants must register for a minimum of four classes. Private lessons are available by appointment only. Register for private lessons at the Swim Center. Information: (858) 668-4680.

Res/Nonres
\$20/\$30 per student per class meeting



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

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

YOU CAN MAKE A DIFFERENCE TOO!

As a 501(c)3 nonprofit corporation, the Poway Senior Center relies upon the financial backing of individuals, organizations, and businesses who recognize the significant contribution that seniors have made to our lives and to society as a whole. If you, your organization, or company would like to partner with us, call Blaine McCafferty, Executive Director, at (858) 748-6094 x301.

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.

So, when you play BINGO with us you can have fun while making a difference in the lives of older adults!

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!

ANIMAL/PET RELATED ITEMS

Licensing your Pet

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 pet vaccinated and licensed. Hours of operation are 10 a.m. to 6 p.m., seven days a week. Low-cost vaccinations and licenses are also available at the Midland Animal Clinic, 14210 Midland Road, Poway, from 11 a.m. to 1 p.m. on the following dates: August 15, September 19, October 17, and November 21. Information: (858) 668-4588.

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
 Abandoned or abused animals
 Escondido Humane Society **760-888-2275**

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)

Fall's cool days bring garden-fresh sweet corn, pumpkins, pears, sweet potatoes, melons, macadamia nuts and more. All produce is certified and inspected by the agricultural commission and brought fresh to you from the garden.

INFORMATION: (858) 668-4576

SPONSORED BY: CITY OF POWAY

MANAGED BY: Outback Farm

COMMUNITY SERVICES DEPARTMENT

WHERE FRESHNESS AND FLAVOR ARE AT THEIR PEAK

2006/2007 Professional Performance Season

TOM RUSH & A.J. CROCE
Saturday, October 21, 2006, 8 pm

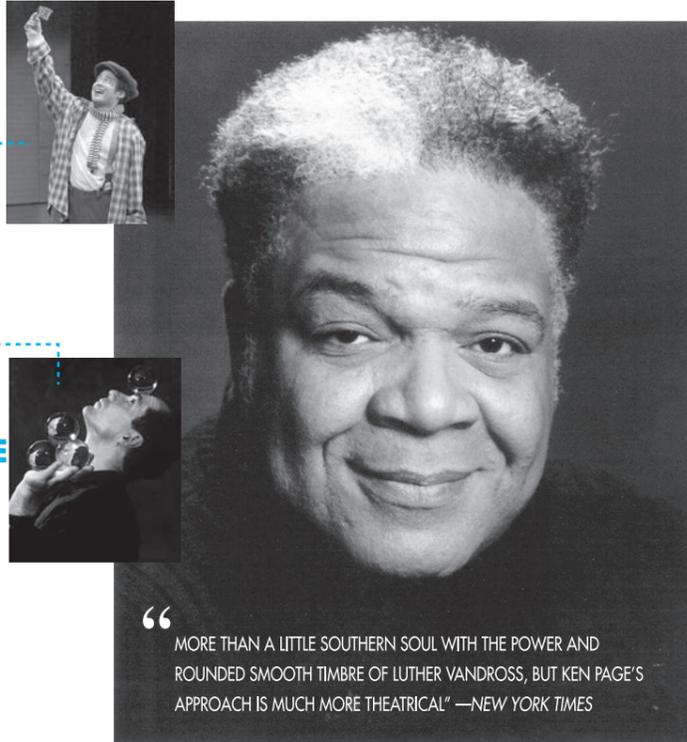
The Kennedy Center presents
ROALD DAHL'S WILLY WONKA
Music & lyrics by Leslie Bricusse & Anthony Newley
(*Stop the World — I Want To Get Off, The Roar of the Greasepaint — The Smell of the Crowd*)
Saturday, November 18, 2006, 7 pm

MICHAEL MOSCHEN:
Touching the Kinetics Continuum
Saturday, December 9, 2006, 8 pm
Sunday, December 10, 2006, 2 pm

HUNGARIAN STATE 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, 8 pm



“MORE THAN A LITTLE SOUTHERN SOUL WITH THE POWER AND ROUNDED SMOOTH TIMBRE OF LUTHER VANDROSS, BUT KEN PAGE'S APPROACH IS MUCH MORE THEATRICAL” —NEW YORK TIMES

PAGE BY PAGE

starring **Ken Page** (*Cats, The Wiz, Ain't Misbehavin'*)
Saturday, September 30, 2006, 8 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

ALL SHOWS ON SALE NOW!
Student Tix only \$5! (with purchase of an adult ticket)
Call 858.748.0505 for a free brochure,
or visit www.POWAYARTS.org.

Thanks to our generous Season Sponsors:



Poway Center for the Performing Arts

~ *Calendar of Events* ~

PCPA is closed for the period of July 17-September 1 for annual repair and maintenance.

SEPTEMBER 2006 • PCPA Gallery Monthly Art Exhibit: San Diego Fellow Calligraphers • Dates: September 2-27

EVENT	PRESENTED BY	DATE	TIME
Ballet Recital	Black Mountain Dance Centre	Sept. 2	7:00 pm
Art Reception	San Diego Fellow Calligraphers	Sept. 9	2:00 pm
Hip Hop Dance Showcase	EK Entertainment	Sept. 16	4:00 & 8:00 pm
"Bye Bye Birdie" Children's Musical	MET-2	Sept. 22-24	TBA
Musical Concert & Art Display	Lu-Yan Guo	Sept. 17	6:30 pm
"Page by Page"	PCPA Foundation	Sept. 30	8:00 pm

OCTOBER 2006 • PCPA Gallery Monthly Art Exhibit: Digital Art Guild • Dates: September 30 - October 28

EVENT	PRESENTED BY	DATE	TIME
Indian Concert	Federation of India	Oct. 1	4:00 pm
Art Reception	Digital Art Guild	Oct. 8	2:00 pm
Ballet Recital	Community Services	Oct. 8	TBA
Pageant	SD Scholarship Organization	Oct. 15	TBA
Choral Concert	Mt. Carmel High School*	Oct. 17	7:00 pm
Fall Choir Concert	Poway High School*	Oct. 19	7:00 pm
"Tom Rush & A.J. Croce"	PCPA Foundation	Oct. 21	8:00 pm
Choral Concert	CantAmore Chorus	Oct. 22	TBA
"Angele Dubeau & La Pieta"	Bernardo Concerts**	Oct. 26	8:00 pm
Kumeyaay-Ipai Indian Benefit Concert	Kumeyaay-Ipai Interpretive Center of Pauwai	Oct. 28	7:00 pm
Barbershop Harmony	RB Troubadours	Oct. 29	2:00 pm

NOVEMBER 2006 • PCPA Gallery Monthly Art Exhibit: Phases • Dates: November 1-25

EVENT	PRESENTED BY	DATE	TIME
Fall Play	Poway High School*	Nov. 2-5	TBA
Fall Play	Poway High School*	Nov. 9-12	TBA
Poway Community Symphony Orchestra	Poway Unifed School District*	Nov. 13	6:30 pm
PTSA Recognition Night	Poway High School*	Nov. 14	7:00 pm
"Michael Maguire"	Bernardo Concerts**	Nov. 15	8:00 pm
Orchestra Concert	Twin Peaks & Bernardo Heights M.S.*	Nov. 16	6:00 pm
Kennedy Center's "Willy Wonka"	PCPA Foundation	Nov. 18	7:00 pm
Ballet "The Nutcracker"	New West Ballet	Nov. 25 & 26	TBA

Notes: Tickets for events in **BOLD** are sold at the PCPA Box Office; call for ticket information (858) 748-0505.

All times and performances are subject to change and/or cancellation.

* Tickets to these performances are sold at the respective school or at the door, call (858) 748-0245.

**These event tickets are handled by the Client; call the box office for ticket information: (858) 748-0505.

OUTDOOR ACTIVITIES

Mobile Recreation Program



All Ages

The City of Poway is rolling out the fun! We are offering a FREE drop-in mobile recreation program.

What we provide is year-round recreation activities for youth, teens, and families who live in neighborhoods not readily accessible to recreation opportunities. Since February 2004, the mobile recreation truck has been providing structured, safe, and enriching activities for Poway neighborhoods. Each month the program offers sports activities, group games, arts and crafts, music, skateboarding, and many other fun events. Check out the monthly calendar of events at and join in the fun! Information: (858) 668-4673 or www.ci.poway.ca.us/parks.html.

Hiking for Fun & Fitness

5 and Older

Enjoy easy to moderate hikes on Poway's fine trails in October, and then on sidewalks with street lights when we return to Standard Time in November. We will walk in neighborhoods with holiday lights in December. The hikes are about 3 miles and 1 1/2 hours. Lug-sole shoes (grip pattern) are recommended. Bring water, and hiking stick (if you wish). Family price is for two or more. First hike will meet at the Lake Poway Concession. Instructor: Mike Fry. **No class November 22.**

3439.200 Wed 6:00-7:30pm Oct 4-Dec 20 \$5/person
\$10/family

KUMEYAAY IPAI INTERPRETIVE CENTER



Thanks to a state grant matched with City funds, there will soon be a modular building for exhibits and presentations, as well as parking improvements for visitors. The construction is not expected to affect tours or school visits. 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 9:00am to 11:30am. The low hill has a trail to the boulders that contain milling stations used by the ancient Kumeyaay people to grind acorns and pinion seeds. 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.

SYCAMORE CANYON/ GOODAN RANCH

The Sycamore Canyon/Goodan Ranch area is located at the end of Sycamore Canyon Road. Please dress accordingly for the weather, wear sturdy shoes and bring adequate water (there is no potable water). Hours of operation are: 8 a.m. to 7 p.m. (April-September), and 8 a.m. to 5 p.m. (October-March). Information: (858) 513-4737.

NOTE: A fire recovery construction project is scheduled to begin this summer. The park will remain open and the construction area will be fenced off for public safety.

BLUE SKY RESERVE



Blue Sky is a 700-acre ecological reserve in Poway on Espola Road, less than one mile north of Lake Poway Road. The Reserve is home to a wide variety of flora and fauna and the trails are open to the public free of charge 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.

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 the latest schedule at City Hall, 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 at (858) 668-4781. Walks and tours are **FREE**.



Discovery Tables

Discovery Tables will be set up in the Reserve on the 1st Saturday and 3rd Sunday of each month between 8:30 a.m. and 11 a.m. Skins, skulls, mammal tracks and other artifacts are among the many things you can look at and touch. Docents will be available to answer questions about the plants and animals found in Blue Sky.



2006 Evening Interpretive Programs

Enjoy an evening of wildlife in a woodland setting, followed by refreshments and entertainment. Bring a jacket and flashlight plus a blanket to sit on or cozy up with. Meet at the trailhead for an easy 1.5-mile docent-led hike to the Lake Poway Campground. Times shown include the hike to the campground and back to the trailhead after the program. Information: (858) 668-4781. **Reservations required.**

Hootin' With The Owls

Whoooo loves to stay out all night and eat mice? Owls, that's whooo! Spend an evening with Project Wildlife learning about these incredible night flying predators.

Sat Aug 26 5:45-8:30pm

Skyhunters

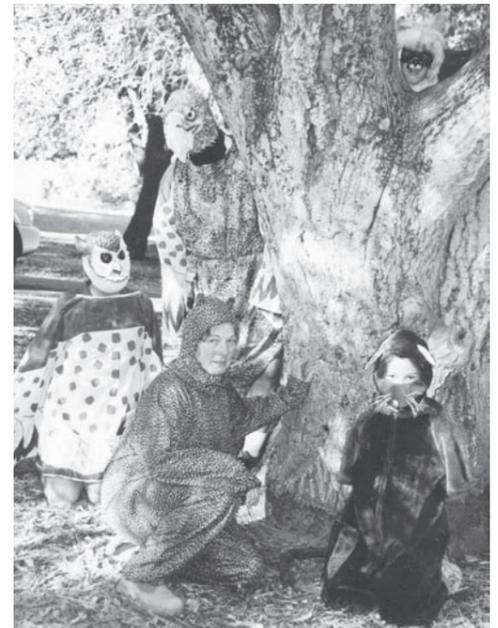
Enjoy an evening with Nancy Conney and her feathered friends to gain insight into the behavior of hawks, owls and falcons. Hear how Nancy rehabilitates injured raptors for release back into the wild. Learn what you can do if you find an injured or sick bird of prey.

Sat Sep 23 5:15-8:00pm

Bats, Bats, and More Bats!

Have you heard all the tall tales about how frightening bats are? Guaranteed you'll change your mind when you learn about their behaviors and find out why bats are incredibly beneficial creatures. See live bats up close and watch as they feed. Dick Wilkins from Bat Rescue will host the program at the Lake Poway Pavilion. **Limited to 50 people. Reservations required.**

Sat Nov 4 6:00pm



Halloween Hoot, Howl and Prowl

Blue Sky comes alive after dark! Meet the canyon's "wildlife" up close! Groups will leave at 15-minute intervals and tours last approximately 75 minutes. End the evening with a warming cup of hot chocolate! Children are encouraged to wear animal costumes. Parking at Lake Poway. Shuttle service to the Reserve provided. **Reservations Required.**

Sat Oct 21 5:30-8:00pm

Owl Prowl

Have you ever been on an Owl Prowl? Take a hike in Blue Sky at night to listen for the hoots and shrieks of owls. We'll use tapes of owl sounds to attract these flying mousetraps. Dress warmly and bring a flashlight. **Limited to 50 people. Reservations are required.**

Sat Nov 18 6:00pm

Call the Blue Sky office at (858) 668-4781 to find out about exciting additional programs later in the year.

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)

TOURS AND SPEAKING ENGAGEMENTS OF THE PARK

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.



Folk Concerts in the Park

San Diego Folk Heritage and the City of Poway are offering folk concerts in the park. Many bands are scheduled to perform, ranging from traditional folk to happy blues. All concerts are held in Templars Hall and begin at 7 p.m. The concerts are open to all ages. For information or to purchase advance tickets please contact San Diego Folk Heritage at (760) 746-8061.

Sat	Aug 5	Skelpin
Sat	Aug 19	SDFH Presents Music & Fun
Sat	Aug 26	An Evening of Songs and Stories
Sat	Sep 23	Banshee in the Kitchen
Sat	Oct 28	High Hills
Sat	Nov 4	The Secret Life of Banjos



9th Annual Train Song Festival

Hear the sweet sounds of train songs and the steam train whistle during the Train Song Festival at Old Poway Park on Saturday, October 7 from 10 a.m. to 4 p.m. This California Park and Recreation Society award-winning event, is co-sponsored by San Diego Folk Heritage and the City. Traditional railroad music that is inspired by the history and culture surrounding railroads will be featured. There will be train-related vendors, an amazing model train display, a craft market by the Poway Arts and Crafts Guild, mock train robberies and a free children's craft area. The Poway-Midland Railroad Volunteers will provide rides aboard the 1907 Baldwin locomotive for a nominal fee. This unique event is FREE, and perfect for families, so come out and join the fun. Information: (858) 668-4576.



Railroad Movie Under the Stars!

Following the Train Song Festival, the 5th annual Railroad Movie Under the Stars will be shown from the beautiful Old Poway Park gazebo. The movie begins at 7:00 p.m., and is appropriate for all ages. Popcorn, movie candies, and hot beverages will be provided for a nominal fee. The movie featured will be announced in September. Bring a blanket or chair, and enjoy a unique experience that only Old Poway Park can offer! Information: (858) 668-4576.

Theatre in the Park

The Poway Women's Club and the City present children's theatre performances in Templars Hall at Old Poway Park. The young cast of Theatre in the Park is excited about their fall quarter performance, which will be presented in three performances on the weekend of September 15-17. The cast of children rehearse every Monday and Thursday evening from 7:30 p.m. to 9 p.m. This production will feature *Once Upon A Shoe*. The public is invited to come on out and catch the next performance for these "rising stars!" The cast is always looking for new participants. This 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 to volunteer to help with the program, call (858) 748-3383. The performance dates and times are as follows:

Friday, September 15	8:00pm
Saturday, September 16	8:00pm
Sunday, September 17	2:00pm

LAKE POWAY

14644 LAKE POWAY ROAD

PARK HOURS

Regular: Daily 7 a.m. to Sunset
 Beginning Nov. 1: Daily from Sunrise to Sunset

FISHING AND BOATING HOURS:

Regular: Wed-Sun 7:00 a.m. to Sunset
 For the month of Oct.: Sat/Sun only 7:00 a.m. to Sunset
 Beginning Nov. 1: Wed-Sun from Sunrise to Sunset

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



Night Fishing

Night Fishing continues through Saturday, September 9. Approximately 1,000 pounds of catfish will be stocked monthly and plenty of resident catfish are left over from years past. Night fishing is offered Friday and Saturday nights from 4 p.m. to 11:30 p.m. Motorboats and rowboats can be rented and shoreline fishing is always available. Lake Poway Rangers and Dock Attendants will offer catfishing tips on a regular basis for those of you new to the sport. Whether you're an expert or novice, Lake Poway is a great place for night fishing. Information: (858) 668-4770 or (858) 486-1234.

Midnight Catfish Craze

Anglers of all ages are invited to test their skill and luck and bring in the largest catfish of the night on Friday, August 11, from 4 p.m. to 12 a.m. An adult must accompany participants under the age of 16. Some 2,000 pounds of live catfish will be stocked for this year's event. Pre-registration tickets are \$3 and the permit fee is \$5 for adults and \$2.50 for youth. Tickets can be purchased at the Lake Poway Concession. Day of registration is \$4, plus the permit fee. California state fishing licenses are required. Fifty motorboats are available on a "first-come, first-served" basis starting at 3 p.m. Prizes will be awarded for the largest catfish by weight. There will also be a raffle. For more information or to become a sponsor, call (858) 668-4770.

Discount Fishing Day All Ages

Celebrate the State of California Department of Fish and Game free fishing day at Lake Poway on Saturday, September 23. Each year the State offers anglers of all skill levels the opportunity to fish for free with no state fishing license required. It is the perfect opportunity to try your hand at the sport and not invest in a one-year license. In addition, Lake Poway will offer specially priced fishing permits to all adults and free fishing to all youth under the age of 16. Adult fishing permits will be \$2 and all boats will be rented at half-day rates, which means a great day of fun and saving a bundle. **Paddleboats and pleasure boats are not included in the promotion.**

Family Campouts

All Ages

Enjoy camping under the stars with the whole family at beautiful Lake Poway. There will be storytelling around the campfire, entertainment, and children's crafts. Families need to bring their own camping supplies and food to barbecue on our grills. The City will also provide snacks around the campfire and a continental breakfast. Families may start setting up their campsites at 5 p.m. No alcohol is permitted. Space is limited to 50 families, so register early.

Res/Nonres

9039.103 Sat-Sun 5:00pm-9:00am Aug 12-Aug 13 \$30/\$40

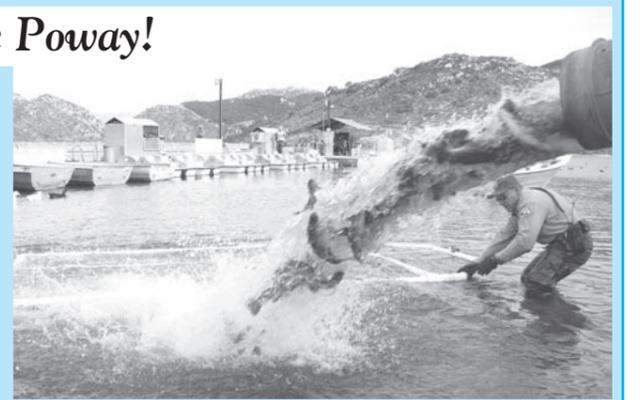


Lake Poway Maintenance Closure

Lake Poway will be closed to boating and fishing Monday through Friday, October 2 through October 31. Fishing and boating will be available Saturdays and Sundays only. The park areas will remain open seven days a week from 7 a.m. to sunset. Every year during October, Lake Poway closes during the week to complete maintenance projects and prepare for trout season.

Trout Season Returns to Lake Poway!

On Wednesday, November 1, Lake Poway will once again kick off the trout season with over 3,000 pounds of trout added for opening day. Lake Poway currently holds the county record for rainbow trout at 17.85 pounds! The gates at Lake Poway will open at sunrise, Wednesday through Sunday for fishing. The full-service Lake Poway Concession will open at sunrise for fishing permits, fishing licenses, bait, boat rentals, and refreshments. Permits are \$5.00 for adults (16 and older) and \$2.50 for youth (8 to 15). Seniors 55 and older receive reduced rates on Thursdays and Fridays. Information: (858) 668-4770 or the concession at (858) 486-1234.



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
July 24, 2006 August 7, 2006

No early or faxed registrations will be accepted

REGISTER ON-LINE: Avoid mailing delays and waiting in line and improve your chances of getting the classes you want 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, 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 \$10 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 \$10 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 are working 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. For those taking swim lessons, please call (858) 668-4683 if you cannot attend the first session 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
(858) 668-4570

REGISTRATION FORM

Name: Parent/Guardian or Adult (Please print): _____

Address: _____

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 should indemnify and hold harmless the City of Poway for any claims, demands, actions or suits arising out of the connection with my/my child's participation in these events/classes.

Signature _____ Date _____

FORM OF PAYMENT: Cash Amount _____ Check Check # _____
 Charge MC/ VISA # _____ Expiration Date: _____

Yes, I would like to support the P.L.A.Y. (Poway Leisure Assistance for Youth) Scholarship Program, enclosed is a check for \$ _____

Yes, I would like to contribute to the Fireworks Fund, enclosed is a check for \$ _____

FOR STAFF ONLY: Entered by: _____ Date: _____