



POWAY

City of Poway

COMMUNITY SERVICES PROGRAMS

Spring is Here! Sign-up for a Class!

SPECIAL EVENTS



Earth/Arbor Day Celebration

This spring plant a tree, take a bike ride, repair a trail, cleanup those household hazardous wastes and be sure to join the City of Poway for the annual Earth/Arbor Day event at Old Poway Park on Saturday, April 8, from 9:00 a.m. to 2:00 p.m. This free family event will feature a Flower Festival, held by the Poway Valley Garden Club. The flower festival will include a plant sale, horticulture displays, flower arrangement lessons, and children's gardening activities. There will be fun springtime activities for the whole family with the Farmers Market, live animals presented by the Blue Sky Ecological Reserve, demonstrations by EDCO disposal, and interactive displays by a number of environmental and local organic organizations and businesses. Delicious food and drink items will be available and live bluegrass music will entertain throughout the day. Information: (858) 668-4576.

Youth Track and Field Meet

7 to 15 Years

Hey kids – track season is back! This annual event is the perfect opportunity to participate in track and field. You can feel like an Olympic champion performing in front of family and friends at Poway High School stadium. Athletes can compete in running events (sprints, mid-distance, or long distance) and field events (Frisbee Disk Toss, long jump, softball throw). Every participant will receive a ribbon and the first, second, and third place will receive special recognition on the awards stand. This year's meet will include a pre-event ceremony from 8:30 a.m. to 9:00 a.m. The ceremony will include a "parade of participants" and a trophy presentation to the school with the most athletes. Children born from 1991 to 1999 are eligible. Registration must be made at the Community Services Department office at City Hall, 13325 Civic Center Drive, no later than 5:00 p.m. on March 30, 2006. Information: (858) 668-4673. **This track meet IS NOT a qualifying event for the San Diego County SCMAF Track and Field Championships.**

9000.400 Sat 9:00am-2:00pm Apr 1 \$3 per event



Spring Egg Hunt Celebration

3 to 8 years

This free event has been a tradition in Poway for over 20 years, and with its popularity, it looks to be around for another 20. Children are invited to hunt for candy and plastic prize eggs, hidden in the grass area at the Community Park ballfields. Along with the hunts, there will be balloons, a huge fun jump, crafts, a "Bunny Fun Zone", and a pancake breakfast (for a nominal fee). Benny and Bonnie Bunny will be on hand to lead the hunts and to take pictures. Children are to bring their own baskets and children ages 5 to 8 must hunt without their



parent's help. **You will need to arrive 1/2 hour before your scheduled hunt.** Information: (858) 668-4570.

Sat	9:30am	3 years	April 15
	10:00am	4 years	
	10:30am	5 and 6 years	
	11:00am	7 and 8 years	

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

Free Music Festival in the Park

The weekend of **May 13 and 14** will bring concert bands from San Diego County and from as far away as Arizona to the living historic village of Old Poway Park, 14134 Midland Road. The City of Poway and the Pomerado Community Band will present a FREE line up of live, patriotic music. For Mother's Day on Sunday, bring your Mom and enjoy the free music and train rides for a nominal fee. A booth fair, complete with crafters and food will also be featured both days. Stop by and enjoy the music, food, and Poway's own "turn-of-the-century" village. Information: (858) 668-4576.

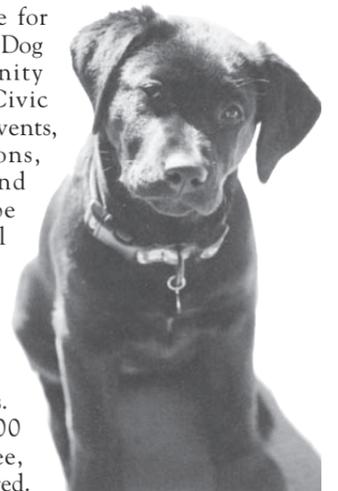
Información en Español

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

Si le interesa obtener más información acerca del Programa de Recreación Móvil de la ciudad o del Programa de Ayuda para la Recreación de los Jóvenes (PLAY, por sus siglas en inglés) consulte la página 14.

Poway Dog Day

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



Sat 9:00am-12:00pm May 13 \$25 for vendor booth



See page 12 for information on the Rendevous in Poway 2006. 15 living, historical encampments. March 11 and 12

How to Reach Us

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

LOOKING AHEAD TO SUMMER

Lake Poway Day Camp

From June 26 through August 18, 2006, Lake Poway Day Camp is the perfect place for summer fun for children ages 6 to 12. Each week the children will participate in hiking, swimming, boating, fishing, create arts and crafts, and play exciting group games. A different and exciting field trip awaits campers each week of camp. The camps, offered in eight, one week sessions, will give children a chance to make new friends, visit exciting places, learn fun games, and create crafts. Camp hours are 8:00 a.m. to 4:00 p.m. Extended care will be available from 4:00 p.m. to 5:30 p.m. for a nominal fee.

Counselor-in-Training

If you are 13 to 17 years old and are looking for a fun and challenging experience this summer, then Lake Poway Day Camp Counselor-in-Training program is for you. Participants will experience the camp counselor role by assisting regular camp staff. Training will include leadership, crafts, games, water safety, and fishing techniques.

Family Camp Outs *All Ages*

Enjoy camping under the stars with the whole family at beautiful Lake Poway. There will be entertainment, storytelling around the campfire, and children's crafts. Families will bring their own camping supplies and food to barbecue on our grills. The City will also provide snacks around the campfire and a continental breakfast. Families may start setting up their campsites at 5:00 p.m. No alcohol is permitted. 1-5 people per family. \$5 for each additional family member.

Sat/Sun July 15, 16 / Aug 12, 13

Target Summer Concert Series

Some of the best in entertainment and summer fun returns to Lake Poway and Old Poway Park with the Target Summer Concert Series. The annual musical line up includes a variety of bands that are sure to keep your feet stompin' and your groove groovin'. All concerts are held on Sundays from 5:30 p.m. to 7 p.m. and will begin in June and continue through August. Everyone is invited to bring a blanket, chair, picnic dinner or snack, and head out to our parks for a great time with family and friends. The Target Summer Concert Series entertainment schedule will be posted in the summer edition of the Poway Today. Information: (858) 668-4771.

Old-fashioned Fourth of July

Bring your family and friends and celebrate our country's independence "turn-of-the-century-style" at the 12th annual Old-fashioned Fourth of July event. The event will be held at Old Poway Park, 14134 Midland Road on Tuesday, July 4 from 10 a.m. to 4 p.m. Live patriotic entertainment, arts and crafts displays, mock gunfight demonstrations, food, Uncle Sam visits, and Poway's own 1907 No.3 Baldwin Steam Locomotive will create a one-of-a-kind, special day. There will be antique clocks, quilts, and cars on display as well as model trains presented by Poway's own model railroad club, Poway Station. The Poway Historical and Memorial Society will have docents on hand to display patriotic, historical displays in the Heritage Museum. Make sure your summer plans include spending Fourth of July here at Old Poway Park. Information: (858) 668-4576. This event is subject to construction project related interruptions or cancellation. Your patience while we make improvements is appreciated.

SUMMER TEEN HAPPENINGS

Magic Mountain Trip

Ages 13 to 17 Years

Get ready to SCREAM! On July 13, the Community Services staff will be taking a charter bus full of teenagers to Six Flags Magic Mountain! The bus will be leaving from Poway at 6:00 a.m. and returning to Community Park at 12:00 midnight. Transportation and admission are included in the price. Look for more information and details on registration in the summer issue of Poway Today.

Pool Overnight Bash

Ages 13 to 17 Years

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

Lake Poway Overnight Bash

Ages 13 to 17

Teens are invited to enjoy an all night party at Lake Poway July 7 and 8. Come and play group sports, roast marshmallows, enjoy boating, and make new friends. Information: (858) 668-4674.

CHILDREN'S ACTIVITIES

Discovery Time Toddlers

2½ to 3½ Years

An action-packed, fun-filled class designed to emphasize language development and socialization with his/her peers in a positive and nurturing environment. Art, songs, fine and gross motor skills are explored in a success-oriented setting. Parent participation in the class is a requirement, and is one day per session. Snacks are provided. Participants do not need to be toilet trained. Materials fee: \$5. Classes held at Poway Community Park Youth Activity Room. Instructor: Debi Supergan. **No class May 30.**

				Res/Nonres
4011.400	Tue	9:00-11:00am	Apr 25-May 16	\$55/\$65
4011.401	Tue	9:00-11:00am	May 23-Jun 13	\$42/\$52
4011.402	Thu	9:00-11:00am	Apr 27-May 18	\$55/\$65
4011.403	Thu	9:00-11:00am	May 25-Jun 15	\$55/\$65

Discovery Time

3 to 5½ Years

This is a developmentally enriched program, providing learning in a fun, positive and success-oriented environment. The program builds a foundation in a progressive manner that reinforces social skills and promotes school readiness. Fine 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 May 29.**

				Res/Nonres
4011.404	M/W/F	9:30am-12:30pm	Apr 24-May 19	\$150/\$160
4011.405	M/W/F	9:30am-12:30pm	May 22-Jun 16	\$150/\$160

Kinder Soccer

3½ to 6 Years

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

				Res/Nonres
4011.406	Thu	11:30am-12:30pm	Apr 27-May 18	\$40/\$50
4011.407	Thu	11:30am-12:30pm	May 25-Jun 15	\$40/\$50

Lunch Bunch

2½ to 3½ Years

An extra hour of fun while mom has an hour to finish up all those busy errands. Bring a lunch or a snack, or simply be ready to play and have fun with your friends. Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan. **No class May 30.**

				Res/Nonres
4011.408	Tue	11:30am-12:30pm	Apr 25-May 16	\$18/\$28
4011.409	Tue	11:30am-12:30pm	May 23-Jun 13	\$18/\$28

Pre-K Hour

4 to 5½ 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 May 29.**

				Res/Nonres
4011.410	M/W/F	12:30-1:30pm	Apr 24-May 15	\$50/\$60
4011.411	M/W/F	12:30-1:30pm	May 22-Jun 12	\$50/\$60

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.**

Storytime on Wednesdays (approximately 20 minutes)
10:00 a.m. Toddlers (2 and 3 years old)
11:00 a.m. Preschoolers (3, 4, and 5 years old)

Grandparents and Books (Weekly)

Tuesdays 10:00 a.m. - 12:00 p.m.
Thursdays 11:00 a.m. - 12:00 p.m.

Read to a Furry Friend (Weekly on Saturdays)

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

Children of all ages "read" to Therapy Dogs

**All Programs and Events are FREE to the public.
Call the Library for monthly updates. (858) 513-2909**

FEBRUARY 2006

Sun	12	Second Sunday Book Sale	1:00-4:00 p.m.
Mon	13	HOMEWORK CENTER - all ages Meets in the Library Meeting Room	3:30 to 5:00 p.m.
Wed	15	Special Storytime Performance TBA	10:00 a.m.
Thu	16	Heritage Program: <i>Live Animal Show</i> in the Library Courtyard - NO Sign-up Required All Ages - Free	3:30 p.m.
Mon	20	CLOSED - President's Day NO Homework Center	CLOSED
Tue	21	Book Club - "Blind Assassins" by Margaret Atwood	6:30 p.m.
Wed	22	Storytime: <i>Mardi Gras</i>	10:00 a.m.
Thu	23	Teen Program: <i>Teen Art Class - Sign-Up REQUIRED</i> - Children's Library	3:30 p.m.
Fri	24	Afternoon with an Author TBA	2:00 p.m.
Mon	27	HOMEWORK CENTER - all ages Meets in the Library Meeting Room	3:30 to 5:00 p.m.

MARCH 2006

Wed	1	Storytime: <i>Lions and Lambs</i>	10:00 a.m.
Thu	2	Teen Program <i>Teen Art Class - Sign-Up REQUIRED-Limited</i> - Meets in the Children's Library	3:30 p.m.
Mon	6	HOMEWORK CENTER - all ages - Meets in the Library Meeting Room	3:30 to 5:00 p.m.
Wed	8	Storytime: <i>Over the Rainbow</i>	10:00 a.m.
Thu	9	Crafts Program: <i>St. Patrick's Day Crafts - Ages 5 & up, Sign-Ups start on March 1st - Sign-Up REQUIRED, Limited Space</i>	3:00-4:40 p.m.
Sun	12	Second Sunday Book Sale	1:00-4:00 p.m.
Mon	13	HOMEWORK CENTER - all ages - Meets in the Library Meeting Room	3:30 to 5:00 p.m.
Wed	15	Special Storytime Performer: <i>Clover, the Leprechaun Lassie</i>	10:00 a.m.
Thu	16	Program Special: <i>St. Patrick's Puppet Show.</i> No Registration Required - All Ages Welcome!	3:30 p.m.
Mon	20	HOMEWORK CENTER - all ages - Meets in the Library Meeting Room	3:30 to 5:00 p.m.
Tue	21	Book Club - TBA	6:30 p.m.
Wed	22	Heritage Storytime: <i>Happy New Year, Iran!</i>	10:00 a.m.
Thu	23	Pajama Storytime with Cookies: TBA	6:00 p.m.
Mon	27	HOMEWORK CENTER - all ages - Meets in the Library Meeting Room	3:30 to 5:00 p.m.
Tue	28	Baby Lap-sit Storytime Sign-up Required	10:00 a.m.
Wed	29	Storytime: <i>Favorite Stories & Songs</i>	10:00 a.m.
Fri	31	CLOSED - Cesar Chavez Day	CLOSED

APRIL - National Library Month

Mon	3	HOMEWORK CENTER - all ages - Meets in the Library Meeting Room	3:30 to 5:00 p.m.
Wed	5	Storytime: <i>Honey, Bunny</i>	10:00 a.m.
Sun	9	Second Sunday Book Sale	1:00-4:00 p.m.
Mon	10	HOMEWORK CENTER - all ages - Meets in the Library Meeting Room	3:30 to 5:00 p.m.
Wed	12	Special Storytime: Visit the Easter Bunny with Keepsake photos and Treats!	10:00 a.m.
Thu	13	Crafts Program: <i>Chicks and Bunnies - Ages 5 & up, Sign-Ups start on April 1st - Sign-Up REQUIRED, Limited Space</i>	3:00-4:30 p.m.
Sun	16	CLOSED - Easter	CLOSED
Mon	17	NO HOMEWORK CENTER TODAY	
Wed	19	Storytime: <i>Bugs, Snails and Crawly Tales</i>	10:00, 11:00 a.m.
Thu	20	Teen Program: <i>Teen Art Class - Sign-Up REQUIRED</i> - in the Children's Library	3:30 p.m.
Mon	24	HOMEWORK CENTER - all ages - Meets in the Library Meeting Room	3:30 to 5:00 p.m.
Tues	25	Baby Lap-sit Storytime Sign-up Required	10:00 a.m.
Wed	26	Storytime: <i>Favorite Stories & Songs</i>	10:00, 11:00 a.m.
Thu	27	Pajama Storytime with cookies: Celebrate <i>Dia de Los Niños/Dia de Los Libros</i> with songs and stories	6:00 p.m.

CHILDREN'S DANCE

Dance/Tap & Ballet: Held at Poway Community Park Auditorium. Instructor: Debbora Childress. For information on classes only, call (760) 747-9777. No class April 17, 20, May 29, and June 1.

Dance for Children 3 to 5 Years

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

Tap & Ballet/Dance Production 3 to 17 Years

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

Ballet: Instructor: Linda Kincaid. No class May 23, 25, and 27. All participants in classes located at the Poway Boys & Girls Club must register for membership through the club. The annual membership is \$50, and scholarships are available through the club. Please contact the Poway Boys & Girls Club directly at (858) 748-9933 for more information.

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.

Location	Day	Time	Dates	Res/Nonres
Community Park Auditorium	Tue	9:30-10:20am	Apr 4-Jun 13	\$60/\$70
Poway Boys & Girls Club	Thu	3:30-4:20pm	Apr 6-Jun 15	\$60/\$70
Twin Peaks Multipurpose Room	Sat	10:00-10:50am	Apr 8-Jun 17	\$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.

Level	Location	Day	Time	Dates	Res/Nonres
Beginner - Ages 5 to 12 years	Poway Boys & Girls Club	Tue	5:00-5:50pm	Apr 4-Jun 13	\$60/\$70
	Twin Peaks Multipurpose Center	Sat	11:00-11:50am	Apr 8-Jun 17	\$60/\$70
	Poway Boys & Girls Club	Thu	4:30-5:20pm	Apr 6-Jun 15	\$60/\$70

Ballet II 6 to 16 Years

Ballet technique, grace, and ability are the emphasis of this level. Existing skills are strengthened as the ballet vocabulary of movement is increased. Must have successfully completed Ballet I or have been tested by the instructor. **Instructor Referral Only.**

Location	Day	Time	Dates	Res/Nonres
Poway Boys & Girls Club	Thu	5:30-6:20pm	Apr 6-Jun 15	\$60/\$70
Twin Peaks Multipurpose Room	Sat	12:00-12:50pm	Apr 8-Jun 17	\$60/\$70

Ballet III 7 to 16 Years

A ballet class for the advanced dancer. A class designed to further advance ballet technique and movement vocabulary. New students need to be tested for placement. **Instructor Referral Only.**

Location	Day	Time	Dates	Res/Nonres
Poway Boys & Girls Club	Thu	6:30-7:20pm	Apr 6-Jun 15	\$60/\$70

Pre-pointe/Pointe Ballet 7 and Older

This class is for dancers who are on pointe or preparing to go on pointe. Emphasis will be on flexibility, strength, and proper placement for work on pointe. **Instructor Referral Only.** New students need to be tested for placement.

Location	Day	Time	Dates	Res/Nonres
Poway Boys & Girls Club	Tue	4:00-4:50pm	Apr 4-Jun 13	\$60/\$70

Ballet Dance Production 5 to Adult

(Concurrent Enrollment in Ballet Program is REQUIRED)

This production class is designed to involve students in the exciting process of creating an original ballet. Students will help with everything from designing sets and costumes, to choreography and performance. The goal is to perform the ballet in a recital setting. Materials fee: \$10. Participants must purchase costumes. **Instructor Referral Only.**

Location	Day	Time	Dates	Res/Nonres
Twin Peaks Multipurpose Center	Sat	1:00-2:00pm	Apr 8-Jun 17	\$65/\$75

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 Recreation Center. Instructor: Linda Kincaid. No class May 27.

Location	Day	Time	Dates	Res/Nonres
Twin Peaks Recreation Center	Sat	9:00-9:50am	Apr 8-Jun 17	\$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 towards the attention and coordination skills of a 5 to 7 year old. Learn to recognize shapes that comprise an object and then work step by step to create many wonderful masterpieces. Clay and origami will also be explored to develop spatial thinking and dexterity. Materials fee: \$15. Classes held at Old Poway Park, Porter House Great Room. Instructor: Susan Bainbridge. No class May 29.

Location	Day	Time	Dates	Res/Nonres
Old Poway Park, Porter House Great Room	Mon	2:30-3:30pm	Apr 24-Jun 5	\$65/\$75

Art Start II 8 to 12 Years

Anyone can learn to draw! Susan Bainbridge will lead this class with a "draw with me" approach starting you on your way to many wonderful masterpieces, using notable artists for inspiration. Learn art terms and basic design principles as you become skilled in representational drawing. Clay and origami will be explored to develop spatial thinking and dexterity. Materials fee: \$15. Classes held at the Old Poway Park, Porter House Great Room. Instructor: Susan Bainbridge. No class May 29.

Location	Day	Time	Dates	Res/Nonres
Old Poway Park, Porter House Great Room	Mon	3:45-5:00pm	Apr 24-Jun 5	\$70/\$80

Kids Sign Language Club 6 to 13 Years

Learn the basics of Sign Language in a fun, success-oriented environment. Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan. No class May 29.

Location	Day	Time	Dates	Res/Nonres
Poway Community Park, Youth Activity Room	Mon	3:30-4:30pm	Apr 24-May 15	\$45/\$55
	Mon	3:30-4:30pm	May 22-Jun 19	\$45/\$55

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, and fun to make, but help reinforce those math and reading skills in a success-oriented format. We will also be mixing some non-edible 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.

Location	Day	Time	Dates	Res/Nonres
Poway Community Park, Youth Activity Room	Mon	4:30-5:30pm	Apr 24-May 15	\$45/\$55
	Mon	4:30-5:30pm	May 22-Jun 19	\$45/\$55

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 May 29.

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.

Location	Day	Time	Dates	Res/Nonres
Poway Gymnastics	Thu	10:45-11:15am	Apr 6-Jun 8	\$127/\$137
	Sat	8:45-9:15am	Apr 8-Jun 10	\$127/\$137

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.

Location	Day	Time	Dates	Res/Nonres
Poway Gymnastics	Thu	10:00-10:45am	Apr 6-Jun 8	\$146/\$156
	Mon	9:45-10:30am	Apr 3-Jun 12	\$146/\$156

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.

Location	Day	Time	Dates	Res/Nonres
Poway Gymnastics	Wed	3:40-4:40pm	Apr 5-Jun 7	\$165/\$175



TEEN PROGRAMS

Poway Teen Recreation Club Middle-High School

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

Volunteer Program High School

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

Teen Only Nights 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 the Meadowbrook Gymnasium located at 12320 Meadowbrook Lane. Information: (858) 668-4674.

"Cinco de Mayo" Dodgeball Tournament			
Fri.	6:30-9:30pm	May 5	FREE
3-on-3 Basketball Tournament			
Fri.	6:30-9:30pm	June 2	FREE
5-on-5 Basketball Tournament			
Fri.	6:30-9:30pm	July 7	FREE

Teen Employment Job Fair 15 to 19 Years

What does it take to find and maintain employment in today's growing job market? The answer can be found at the Teen Job Fair. This year's Job Fair is gearing up to be the biggest yet, with over 30 merchants looking for good applicants for openings in their companies. What does it take to be a good applicant? Our guest speaker can tell you that, plus much more, including interview strategies, proper dress, and the application process. The Job Fair is scheduled for Saturday, May 20 at Twin Peaks Recreation Center located at 14640 Tierra Bonita Road. Admission and refreshments are free and some interviews will take place on site. For additional information, please call (858) 668-4674.

Sat	3:00-7:00pm	May 20	FREE
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YOUTH SPORTS

Youth Volleyball League 9 to 14 Years

Are you ready for Monday night volleyball? Boys and girls ages 9 to 14 are invited to participate in this fun recreational activity. Fundamental volleyball skills will be taught and team tournament games will insure an exciting and educational volleyball experience. This is an eight-week session. Championship T-shirts will be given to tournament winners on May 22, 2006. All games will be played at Meadowbrook Recreation Center, 12320 Meadowbrook Lane. Register at the Community Services office at City Hall, 13325 Civic Center Drive. Information: (858) 668-4673.

9-11 years				Res/Nonres
2091.415	Mon	5:30-6:30pm	Apr 3-May 22	\$10/\$20
12 to 14 years				
2091.416	Mon	6:45-7:45pm	Apr 3-May 22	\$10/\$20

Youth Basketball Training 8 to 15 Years

Do you want to learn basketball and have fun playing team games? This unique program led by professional instructor Coach Brooks Barnhard, provides just what you are looking for to become the best basketball player. The coed program spends the first 45 minutes of each clinic on the skills, techniques, and fundamentals

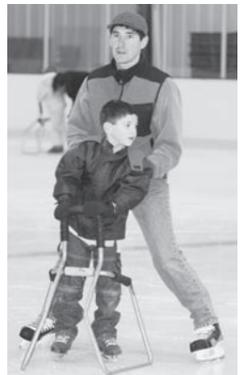


(shot technique, passing, team and individual defense, rebounding, movement without the ball, footwork, etc.) necessary to improve your understanding of the game of basketball. The final 45 minutes each player is on a team (Lakers, Celtics, Kings, Nets) playing in a competitive team game. This is the staff's opportunity to reinforce these skills. The final week of the eight-week session there will be a championship game. If you enjoy basketball and have a strong desire to improve your skills then this is the session for you. All games will be played at Twin Peaks Recreation Center, 14640 Tierra Bonita Road. Register at the Community Services office at City Hall, 13325 Civic Center Drive. Information: (858) 668-4673. **No class May 24.**

8-10 years				Res/Nonres
2091.417	Wed	5:30-7:00pm	Apr 26-Jun 21	\$100/\$110
11 to 15 years				
2091.418	Wed	7:00-8:30pm	Apr 26-Jun 21	\$100/\$110

Beginning Ice Skating 3 to 12 Years

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



3 to 5 Years				Res/Nonres
2091.400	Wed	4:00-4:30pm	Apr 5-Apr 26	\$40/\$50
2091.401	Wed	4:00-4:30pm	May 3-May 24	\$40/\$50
2091.402	Wed	4:00-4:30pm	Jun 7-Jun 28	\$40/\$50
6 to 12 Years				
2091.403	Wed	4:30-5:00pm	Apr 5-Apr 26	\$40/\$50
2091.404	Wed	4:30-5:00pm	May 3-May 24	\$40/\$50
2091.405	Wed	4:30-5:00pm	Jun 7-Jun 28	\$40/\$50

Karate is for Kids 4 to 12 Years

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

4 to 5 Years				Res/Nonres
2091.406	Fri	3:00-4:00pm	Apr 21-May 19	\$45/\$55
6 to 7 Years				
2091.407	Wed	5:00-6:00pm	Apr 19-May 17	\$45/\$55
8 to 12 Years				
2091.408	Wed	4:00-5:00pm	Apr 19-May 17	\$45/\$55

Intro to Taekwondo 5 to 17 Years

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

5 to 13 Years				Res/Nonres
2091.409	M/W/F	6:00-7:00pm	Apr 3-Apr 14	\$25/\$35
14 to 17 Years				
2091.410	M/W/F	7:00-8:00pm	Apr 3-Apr 14	\$25/\$35

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 May 29.**

5 to 13 Years				Res/Nonres
2091.411	M/W/F	6:00-7:00pm	Apr 3-Jun 16	\$69/\$79
14 to 17 Years				
2091.412	M/W/F	7:00-8:00pm	Apr 3-Jun 16	\$69/\$79

Boxing for Kids 8 to 12 Years

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

				Res/Nonres
2091.413	Wed	4:00-5:00pm	Apr 19-May 17	\$45/\$55
2091.414	Sat	9:00-10:00am	Apr 22-May 20	\$45/\$55

POWAY SKATE PARK

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



Skate Park Safety Days

The City of Poway Community Services Department is proud to offer Skate Park Safety Days in 2006. The purpose of the program is to improve safety awareness and promote safe skating behavior by providing positive re-enforcement of the 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, which include elbow pads, knee pads, 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 front of a staff member. The waiver will cover all Safety Days until June 27. New waivers will be needed for the remainder of the year. **No waiver, no skating.**

Sat	4:00-9:00pm	Apr 22	FREE
Sat	4:00-9:30pm	May 27	FREE
Tue	12:00-5:00pm	Jun 27	FREE

ADULT SPORTS

Open Play Sports *All Ages*

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

Coed Volleyball *18 and Older*

This volleyball league includes instruction and league games. When you sign up, you will be assigned to a four-person team based on the instructor's assessment of your skill level. NOTE: Prerequisite for advanced play is strong command of basis 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 May 30 and June 1, 2006 begin at 6:00 p.m. Information: (858) 668-4673.

				Res/Nonres
Intermediate (male)				
1247.400	Thursday	6:30-9:30pm	Apr 13-Jun 1	\$52/\$62
Intermediate (female)				
1247.401	Thursday	6:30-9:30pm	Apr 13-Jun 1	\$52/\$62
Advanced (male)				
1247.402	Tuesday	6:30-9:30pm	Apr 11-May 30	\$52/\$62
Advanced (female)				
1247.403	Tuesday	6:30-9:30pm	Apr 11-May 30	\$52/\$62

Men's 3 on 3 Basketball League *18 and older*

This recreational basketball league is forming now! Teams can have up to four players 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. Tournament winners receive championship shirts. Captain must register their team by completing a registration form. All players must sign the roster before the team's first game. Games are played at Meadowbrook Recreation Center, 12320 Meadowbrook Lane. League Director: Leslie Souza. Information: (858) 668-4673.

1247.404 Wed 6:30-9:30pm April 5-June 7 \$35/Team

Intro to Taekwondo

18 and Older

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

1247.405 M/W/F 7:00-8:00pm Apr 3-Apr 14 \$25/\$35

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 May 29.

1247.406 M/W/F 7:00-8:00pm Apr 3-Jun 16 \$69/\$79

Kickboxing

15 and Older

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

1247.407 Thu 6:00-7:00pm Apr 20-May 18 \$45/\$55
1247.408 Fri 5:00-6:00pm Apr 21-May 19 \$45/\$55



OUTDOOR ACTIVITIES

Mobile Recreation Program

All Ages

The City of Poway is rolling out the fun! We are offering a FREE drop-in mobile recreation program. We provide year-round recreation activities for youth, teens, and families who live in neighborhoods not readily accessible to recreation opportunities. Since February 2004, the mobile recreation truck has provided structured, safe, and enriching activities for Poway neighborhoods. Each month the program offers sports activities, group games, arts and crafts, music, skateboarding, and many other fun events. Program participants, staff, and parents rave about the Mobile Recreation Program. Check out the monthly calendar of events at www.ci.poway.ca.us/parks and join in the fun! Information: (858) 668-4673, Mobile Hotline: (858) 668-4689.

Programa de Recreación Móvil

Todas Edades

El Programa de Recreación Móvil crea un ambiente de seguridad para los niños y pueden gozar en actividades sin salir de sus vecindades! Confianza, autoestima y desarrollo con amistades, son unos de los tantos beneficios que sus niños pueden recibir al participar en este programa. Líderes de Recreación Móvil están entrenados para mantener un ambiente positivo y así podrán los niños disfrutar actividades divertidas que ofrece este programa. Las actividades incluyen: Juegos al aire libre, básquetbol, hockey, fútbol americano y mexicano, juegos de mesa, artesanías y mucho más. Para más información, lláme al 668-4673. También pueden informarse por medio del Internet en la página www.ci.poway.ca.us y allí podrán ver el calendario de eventos.

Hiking for Fun & Fitness

5 and Older

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

3439.400 Wed 6:00-7:30pm Apr 7-Jun 28 \$5/person \$10/family

TENNIS

TENNIS COURT RESERVATIONS

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

Tennis: All tennis classes held at Poway Community Park. Instructor will make arrangements if tennis racket is needed. Instructor: Art Christophiades. No class May 27.

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.

3013.400 Sat 9:00-10:00am Apr 8-May 6 \$45/\$55
3013.401 Sat 9:00-10:00am May 13-Jun 17 \$45/\$55

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.

3013.402 T/Th 4:00-5:00pm Apr 4-May 4 \$70/\$80
3013.403 T/Th 4:00-5:00pm May 16-Jun 15 \$70/\$80
3013.404 Sat 10:00-11:00am Apr 8-May 6 \$50/\$60
3013.405 Sat 10:00-11:00am May 13-Jun 17 \$50/\$60

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.



3013.406 T/Th 5:00-6:00pm Apr 4-May 4 \$70/\$80
3013.407 T/Th 5:00-6:00pm May 16-Jun 15 \$70/\$80
3013.408 Sat 11:00am-12:00pm Apr 8-May 6 \$50/\$60
3013.409 Sat 11:00am-12:00pm May 13-Jun 17 \$50/\$60

Tennis - Adult Beg./Inter.

15 and Older

During this session, participants will learn the basic fundamentals of forehand and backhand groundstrokes, volleys, approach shots, and serves (flat, slice, topspin). 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.

3013.410 T/Th 6:00-7:30pm Apr 4-May 4 \$75/\$85
3013.411 T/Th 6:00-7:30pm May 16-Jun 15 \$75/\$85
3013.412 Sat 12:00-1:00pm Apr 8-May 6 \$50/\$60
3013.413 Sat 12:00-1:00pm May 13-Jun 17 \$50/\$60

SWIM CENTER

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

DAILY ADMISSION FEE	RESIDENT	NON-RESIDENT
Adults (18 and older)	\$1.75	\$3.50
Youth (17 and under)	\$1.25	\$2.50
Seniors (60 and older)	\$1.25	\$2.50

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

SEASON AND YEARLY PASSES

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

SPRING SEASON AND YEARLY PASS RATES

	Season Resident	Season Non-resident	Yearly Resident	Yearly Non-resident
Adults	\$61.00	\$92.00	\$160.00	\$207.00
Youth	\$40.00	\$60.50	\$110.00	\$170.00
Senior	\$40.00	\$60.50	\$110.00	\$170.00
Family	\$90.00	\$133.00	\$245.00	\$275.00

WINTER POOL HOURS (Through April 2)

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

SPRING POOL HOURS (April 10-June 23)

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

Long Course Offered

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

POOL CLOSED:

Swim Meets

Saturday, April 15 10:30am-1:00pm

Friday, April 28 through Sunday, April 30 at 1:00pm

LAP SWIMMING

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

FAMILY SWIM

Begins April 8 (No family swim April 15)

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

Saturday/Sunday	10:30a.m.-1:00p.m. \$5 per resident family \$8 per non-resident family
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SWIM LESSONS

Parent/Child 6 to 24 months

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

Session 1	Res/Nonres
0020.400 MWF 9:30-10:00 am May 1-May 12	\$20/\$30

Pre-Grunion 2 to 3 years

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

Session 1	Res/Nonres
0030.400 MWF 10:10-10:40 am May 1-May 12	\$20/\$30
Session 2	Res/Nonres
0030.401 MWF 10:15-10:45 am May 15-May 26	\$20/\$30
Session 3	Res/Nonres
0030.402 TWTHF 3:50-4:30pm May 30-Jun 9	\$24/\$34

Grunion 1 3 to 5 Years

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

Session 1	Res/Nonres
0121.400 MTWTH 3:00-3:40pm May 1-May 11	\$24/\$34
0121.401 MTWTH 3:50-4:30pm May 1-May 11	\$24/\$34
Session 2	Res/Nonres
0121.402 MWF 9:30-10:10 am May 15-May 26	\$24/\$34
0121.403 MTWTH 3:00-3:40pm May 15-May 25	\$24/\$34
0121.404 MTWTH 3:50-4:30pm May 15-May 25	\$24/\$34
Session 3	Res/Nonres
0121.405 TWTHF 3:00-3:40pm May 30-June 9	\$24/\$34

Grunion 2 3 to 6 Years

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

Session 1	Res/Nonres
0122.400 MTWTH 3:00-3:40pm May 1-May 11	\$24/\$34
0122.401 MTWTH 3:50-4:30pm May 1-May 11	\$24/\$34
Session 2	Res/Nonres
0122.402 MTWTH 3:00-3:40pm May 15-May 25	\$24/\$34
0122.403 MTWTH 3:50-4:30pm May 15-May 25	\$24/\$34
Session 3	Res/Nonres
0122.404 TWTHF 3:00-3:40pm May 30-Jun 9	\$24/\$34
0122.405 TWTHF 3:50-4:30pm May 30-Jun 9	\$24/\$34
0122.406 TWTHF 3:50-4:30pm May 30-Jun 9	\$24/\$34

Grunion 3 3 to 6 Years

An introduction to American Red Cross Level 2, this class is designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Skills emphasized include the front and back crawl, and introduction of the elementary backstroke. Students should feel comfortable in at least 4 feet of water.

Session 1	Res/Nonres
0123.400 MTWTH 3:00-3:40pm May 1-May 11	\$24/\$34
Session 2	Res/Nonres
0123.401 MTWTH 3:00-3:40pm May 15-May 25	\$24/\$34
Session 3	Res/Nonres
0123.402 TWTHF 3:00-3:40pm May 30-Jun 9	\$24/\$34

Starfish 6 to 10 Years

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

Session 1	Res/Nonres
0221.400 MTWTH 3:50-4:30pm May 1-May 11	\$24/\$34
Session 2	Res/Nonres
0221.401 MTWTH 3:50-4:30pm May 15-May 25	\$24/\$34
0221.402 MTWTH 4:40-5:20pm May 15-May 25	\$24/\$34
Session 3	Res/Nonres
0221.403 TWTHF 3:50-4:30pm May 30-Jun 9	\$24/\$34
0221.404 TWTHF 4:40-5:20pm May 30-Jun 9	\$24/\$34

Seahorse 6 to 12 Years

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

Session 1	Res/Nonres
0222.401 MTWTH 3:50-4:30pm May 1-May 11	\$24/\$34
0222.402 MTWTH 4:40-5:20pm May 1-May 11	\$24/\$34
Session 2	Res/Nonres
0222.403 MTWTH 3:50-4:30pm May 15-May 25	\$24/\$34
0222.404 MTWTH 4:40-5:20pm May 15-May 25	\$24/\$34
Session 3	Res/Nonres
0222.405 TWTHF 4:40-5:20pm May 30-Jun 9	\$24/\$34

Otter 6 to 14 years

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

Session 1	Res/Nonres
0223.400 MTWTH 4:40-5:20pm May 1-May 11	\$24/\$34
Session 2	Res/Nonres
0223.401 MTWTH 4:40-5:20pm May 15-May 25	\$24/\$34
0223.402 MTWTH 5:30-6:10pm May 15-May 25	\$24/\$34
Session 3	Res/Nonres
0223.403 TWTHF 3:50-4:30pm May 30-June 9	\$24/\$34
0223.404 TWTHF 5:30-6:10pm May 30-June 9	\$24/\$34

Seal 6 to 16 Years

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

Session 1	Res/Nonres
0321.400 MTWTH 4:40-5:20pm May 1-May 11	\$24/\$34
0321.401 MTWTH 5:30-6:10pm May 1-May 11	\$24/\$34
0321.402 MTWTH 6:20-7:00pm May 1-May 11	\$24/\$34
Session 2	Res/Nonres
0321.403 MTWTH 4:40-5:20pm May 15-May 25	\$24/\$34
0321.404 MTWTH 5:30-6:10pm May 15-May 25	\$24/\$34
Session 3	Res/Nonres
0321.405 TWTHF 4:40-5:20pm May 30-Jun 9	\$24/\$34
0321.406 TWTHF 5:30-6:10pm May 30-Jun 9	\$24/\$34

Sting Ray 6 to 16 Years

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

Session 1	Res/Nonres
0322.400 MTWTH 4:40-5:20pm May 1-May 11	\$24/\$34
0322.401 MTWTH 5:30-6:10pm May 1-May 11	\$24/\$34
Session 2	Res/Nonres
0322.402 MTWTH 5:30-6:10pm May 15-May 25	\$24/\$34
Session 3	Res/Nonres
0322.403 TWTHF 4:40-5:20pm May 30-Jun 9	\$24/\$34
0322.404 TWTHF 5:30-6:10pm May 30-Jun 9	\$24/\$34
0322.405 TWTHF 6:20-7:00pm May 30-Jun 9	\$24/\$34

Dolphin 6 to 16 years

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

Session 1	Res/Nonres
0323.400 MTWTH 5:30-6:10pm May 1-May 11	\$24/\$34
Session 2	Res/Nonres
0323.401 MTWTH 6:20-7:00pm May 15-May 25	\$24/\$34
Session 3	Res/Nonres
0323.402 TWTHF 5:30-6:10pm May 30-Jun 9	\$24/\$34

Swordfish 6 to 16 years

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

Session 1	Res/Nonres
0324.400 MTWTH 5:30-6:10pm May 1-May 11	\$24/\$34
0324.401 MTWTH 6:20-7:00pm May 1-May 11	\$24/\$34
Session 2	Res/Nonres
0324.402 MTWTH 5:30-6:10pm May 15-May 25	\$24/\$34
0324.403 MTWTH 6:20-7:00pm May 15-May 25	\$24/\$34
Session 3	Res/Nonres
0324.404 TWTHF 6:20-7:00pm May 30-Jun 9	\$24/\$34

SWIM LESSONS

Adult 16 and Older

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

Session	Days	Time	Dates	Res/Nonres
0521.400	MTWTH	6:20-7:00pm	May 1-May 11	\$24/\$34
0521.401	MTWTH	6:20-7:00pm	May 15-May 25	\$24/\$34
0521.402	TWTHF	6:20-7:00pm	May 30-Jun 9	\$24/\$34

Red Cross Lifeguard Training 15 and Older

This lifeguard training course includes certification in CPR for the Professional Rescuer, first aid training (includes infant, youth and adult CPR, use of the CPR mask and 2-person CPR), and the necessary skills to become a professional lifeguard. You will be disqualified from the course if you cannot perform the following on the first day of class: swim 500 yards continuously using front crawl, breaststroke and sidestroke, and retrieve a 10 pound brick from 7-10 feet of water. **100% attendance is required.** Class fee does not include books. Students must purchase the Lifeguard Training 2000 book and a resuscitation mask through the American Red Cross prior to the start of class. **Prerequisite: Must be 15 years of age by the first day of class.**

Session	Days	Time	Dates	Res/Nonres
0700-400	Sat/Sun	9:00am-5:00pm	Mar 25-26 Apr 1-2	\$85/\$95
0700-401	MTWTH	9:00am-5:00pm	Apr 17-20	\$85/\$95
0700-402	Sat/Sun	9:00am-5:00pm	May 20-21 May 27-28	\$85/\$95

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

This review and challenge course is for individuals who wish to be re-certified in either CPR for the Professional Rescuer or Lifeguard Training. If re-certifying in CPR, students must be able to demonstrate CPR and complete a written exam. If re-certifying in Lifeguard Training, students must demonstrate first aid, water rescue skills, and complete a written exam. Bring a resuscitation mask to the class.

Session	Days	Time	Dates	Res/Nonres
0700-403	CPR ONLY	Sat 8:00am-12:00pm	Apr 22	\$15/\$25
0700-404	CPR & LGT	Sat 8:00am-12:00pm	Apr 22	\$25/\$35

Private Lessons All Ages

These classes are available for any age or ability. Instruction is geared to the student's ability. Participants must register for a minimum of four classes. Lessons are 30 minutes in length. Register for lessons should be done at the pool. Information: (858) 668-4680.

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

Water Exercise All Ages

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

Aquatic Safety

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

Birthday Party Package

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

HEALTH & WELLNESS

Yoga/Walk at the Lake

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 detailed asana instruction. Learn vinyasa; move the body safely to enter, leave, and join one pose to another. Become aware of the dynamic quality of balancing vitality and rest within the activity of the yoga posture and pause into the stillness. Please bring bottled water, a yoga sticky mat, and a large towel to class. Classes held at the Lake Poway Pavilion, at 14644 Lake Poway Road. Instructor: Linda Kay.

Session	Day	Time	Dates	Res/Nonres
5417.400	Mon	9:30-11:15am	Apr 3-May 22	\$75/\$85

Tai Chi 18 and Older

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

Session	Day	Time	Dates	Res/Nonres
5417.401	Wed	6:30-7:15pm	Apr 19-May 17	\$45/\$55
5417.402	Sat	9:15-10:00am	Apr 22-May 20	\$45/\$55

Boxing for Fun & Fitness 15 and Older

Bored with traditional workouts? Boxing may be what you have been searching for. 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. These are beginning level workout classes that will NOT include free sparring. You will need boxing gloves and hand wraps to fully participate in this class. Approved gear available through the instructor. Classes held at The Poway Boxing Club, 13242 Poway Road (in the Lively Center). Information: (858) 486-7025. Instructor: Barry Barker.

Session	Day	Time	Dates	Res/Nonres
5417.403	Fri	6:00-7:00pm	Apr 21-May 19	\$45/\$55
5417.404	Sat	12:00-1:00pm	Apr 22-May 20	\$45/\$55

Hatha Yoga 18 and Older

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

Session	Day	Time	Dates	Res/Nonres
5417.405	Thu	6:30-8:00pm	Apr 6-Jun 8	\$70/\$80

American Red Cross First Aid 14 and Older

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.

Session	Day	Time	Dates	Res/Nonres
5417.406	Sat	8:30am-12:30pm	Apr 22	\$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 sticky mat, two 1 lb. free-weights, and a large towel to class. Classes held at the Poway Community Park Auditorium. Instructor: Linda Kay.

Session	Day	Time	Dates	Res/Nonres
5417.407	Tue	6:00-7:15pm	Apr 4-Jun 6	\$70/\$80



Yoga Slimmers 18 and Older

A perfectly slimming idea! Create a new slim you with vitality. Learn yoga poses designed to trim the body 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 sticky mat, and a large towel to class. Classes held at Poway Community Park Auditorium. Instructor: Linda Kay.

Session	Day	Time	Dates	Res/Nonres
5417.408	Tue	7:30-8:45pm	Apr 4-Jun 6	\$70/\$80

SPECIAL NEEDS

Bowling 16 and Older

This bowling class provides unlimited fun, where everyone has a chance to win with companions of all skill levels. Challenging gutter balls are no problem, since every lane has air filled bumpers. At the end of the session, awards and a party conclude our last meeting. Classes are held at Poway Fun Bowl. There is a \$7.50/ per class charge, collected at the bowling alley each week. If the participant needs one-to-one attention or has special needs, please include a description of the situation. Depending on the circumstances, an aide may be required to accompany the student. Instructor: Daru Martinez.

Session	Day	Time	Dates	Res/Nonres
9397.400	Fri	1:30-3:30pm	Apr 7-Jun 9	\$30/\$40

Social Scene 16 and Older

Join the Social Scene Club! Improve your communication and leadership skills while you have fun and make friends. This is a great group that does fun things like community outings to restaurants, putting on plays and talent shows, dances, arts and crafts for gift giving, games, and potluck dinners. You can participate as little or as much as you want. There are lots of choices each evening for the participants. This is a program for the physically, mentally, and developmentally challenged. Please Note: If the participant has a special need (i.e. difficulty with speech or hearing, etc.) or dietary constraints, please attach the information to the registration form. Materials fee: \$10. Classes held at Poway Community Park, Nutrition Room. Instructor: Sandra Shirley Stampfl.

Session	Day	Time	Dates	Res/Nonres
9397.401	Wed	6:30-8:30pm	Apr 5, 19 May 3, 17, 31 Jun 14	\$40/\$50

SPECIAL INTERESTS

Babysitter's Training

11 and Older

Prepare yourself to be the best babysitter ever! This American Red Cross Course will provide you with the information and skills necessary to provide safe and responsible care for children in the absence of the parent or guardian. This training will help participants develop skills in leadership and professionalism, basic care, safety and safe play and first aid. Take this class with your friends, 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.

				Res/Nonres
7617.400	Sat	9:00am-4:00pm	May 6	\$50/\$60
7617.401	Sat	9:00am-4:00pm	Jun 1	\$50/\$60

Instant Piano for Busy People

18 and Older

Music teachers may not want you to know this, but you do not 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 is 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 do not, send a self-addressed stamped envelope to Innovative Keyboard Instruction, 1019 N. Plymouth Court, Gilbert, AZ 85234 for a free pamphlet. This class is designed for piano, organ or portable keyboard. Materials fee: \$26. Class held at Poway Community Park Activity Room II. Instructor: Craig Coffman.

				Res/Nonres
7617.402	Mon	6:30-9:30pm	May 22	\$25/\$35

NOTE: How to read class information

Class#	Days	Times	Dates	Res/Nonres
0000.311	Mon	10:45-11:45am	Jan 18-Mar 16	\$40/\$45
0000.312	Tue	10:45-11:45am	Jan 18-Mar 16	\$40/\$45

DOG OBEDIENCE

Dog/Puppy Obedience

18 and Older

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

Twelve Weeks to Six Months (Puppy Class)				Res/Nonres
9019.400	Tue	6:30-7:30pm	Apr 4-May 9	\$80/\$90
9019.401	Sat	9:30-10:30am	Apr 8-May 13	\$80/\$90
9019.402	Tue	6:30-7:30pm	May 16-Jun 20	\$80/\$90
9019.403	Sat	9:30-10:30am	May 20-Jun 24	\$80/\$90

Six Months and Older (Adult Class)				Res/Nonres
9019.404	Tue	6:30-7:30pm	Apr 4-May 9	\$80/\$90
9019.405	Sat	9:30-10:30am	Apr 8-May 13	\$80/\$90
9019.406	Tue	6:30-7:30pm	May 16-Jun 20	\$80/\$90
9019.407	Sat	9:30-10:30am	May 20-Jun 24	\$80/\$90

FIRE DEPT. CPR

Each month, trained firefighters and paramedics offer the American Heart Association basic life support level course designed to prepare participants to assist individuals in need of lifesaving skills. In addition to adult, child, and infant CPR, instruction will also be given on how to reduce the risk of heart disease, how to assist choking victims, and how to recognize the early warning signs of a heart attack. Hands-on skills are practiced on life-like mannequins. Each participant will receive a manual, a pocket mask, and a course completion card that is valid for two years. **Class sizes are limited. Classes held at Fire Station 1 Classroom, 13050 Community Road. Call (858) 679-4392 to register for class.**

				Res/Nonres
Sat	Mar 4	8:30am-2:30pm		\$30/\$20 for 55 or older
Sat	Mar 18	8:30am-2:30pm		\$30/\$20 for 55 or older
Sat	Apr 1	8:30am-2:30pm		\$30/\$20 for 55 or older
Sat	Apr 15	8:30am-2:30pm		\$30/\$20 for 55 or older

BLUE SKY RESERVE

Blue Sky is a 700-acre ecological reserve in Poway on Espola Road, less than 1 mile north of Lake Poway Road. The Reserve is home to a wide variety of flora and fauna and the trails are open to the public during daylight hours. The City of Poway, California Department of Fish and Game, and the County of San Diego Department of Parks and Recreation, manage the Reserve, with support from the non-profit Friends of Blue Sky Canyon.

Nature Walks

For up-to-date information on dates and times of docent-led nature walks please call the Blue Sky office at (858) 668-4781 or pick up our Winter 2006 Activities Schedule at Community Services, Poway Library or Lake Poway. Please wear comfortable shoes, a hat, and carry your own water. Binoculars are recommended. School, Scout and group tours are available by reservation. Walks are FREE.

Discovery Tables

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

Docent/Naturalist Training

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

Some prior knowledge of natural history is desirable but a willingness to learn is more important. Training begins Wednesday, March 1, 2006. This fun, educational eight-week training course consists of Wednesday evening class sessions at Lake Poway from 7:00 p.m. to 9:00 p.m., followed by Saturday morning field visits to the Reserve from 8:00 a.m. to 11:00 a.m. There is no training Easter week. For more information or to request an application, call (858) 668-4781.



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

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

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

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

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

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

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

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

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

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

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

BINGO!

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

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

ALL proceeds from BINGO benefit the Center's Nutrition Program.

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

Check Out Some of Our Classes

Contra Dancing
Easy to Learn and Low Impact Active Fun

Feeling Fit Club
Improve your muscle tone, balance and bone mass.

Yoga
Beginners welcome! Bring a mat and wear comfy clothes.

Call us for details and join in the on the fun.

BLUE SKY RESERVE

A Night with the Stars!

San Diego's Astronomers Association will set up a number of powerful telescopes at Blue Sky, each one of which will be trained on a distant constellation or planet. Visitors are invited to join us for an evening's viewing of the night sky. Amateur astronomers will be on hand to answer all your questions. Dress warmly. Reservations are required. For further information or to make a reservation, call the Blue Sky office at (858) 668-4781.

Sat Mar 4 6:00pm

2006 Evening Programs

Enjoy an evening of wildlife, cookies and a sing-along in a woodland setting. Bring a jacket and flashlight plus a blanket to sit on or cozy up with. Meet at the trailhead for the docent-led hike (an easy 1.5 miles each way) to the Lake Poway campground. For further information about the following programs, and to make reservations, please call the Blue Sky office at (858) 668-4781.

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 raptor.

Sat Apr 22 5:15-8:00pm

Wild About California

Join Blue Sky staff for a tour of California's 'wilde' side! Meet "William" our State reptile. What's yellow, has only one foot, and is over 5 feet tall? What looks like a poodle and can fly? Join us to find out!

Sat May 20 5:15-8:00pm

Call the Blue Sky office at (858) 668-4781 to find out about exciting additional programs coming in the Spring and Summer.

SYCAMORE CANYON / GOODAN RANCH

Sycamore Canyon / Goodan Ranch is located at the end of Sycamore Canyon Road. Park is open during daylight hours. All events are free, however reservations are required. For more information about programs in the preserve, please call (858) 513-4737.

All hikes and programs start at the amphitheater at the canyon bottom unless otherwise noted. Attendees are required to park at the Goodan Ranch staging area (located at the end of Sycamore Canyon Road) and walk one mile down to the ranger station. Accommodations are made for those with disabilities. Dress accordingly for the weather, wear sturdy shoes, and bring adequate water and food.

Experience hawks, owls and snakes, live and up close with the Rangers.

"Wildlife with Rangers"

On Saturday, March 4, 2006 and April 1, 2006 at 10:00 a.m. experience hawks, owls and snakes live and close up with the Rangers at the Goodan Ranch Staging, Sycamore Canyon Preserve. Reservations are required, please call (858) 513-4737.

Poway Transit Services

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

OLD POWAY FARMERS MARKET CERTIFIED

OPEN EVERY SATURDAY

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

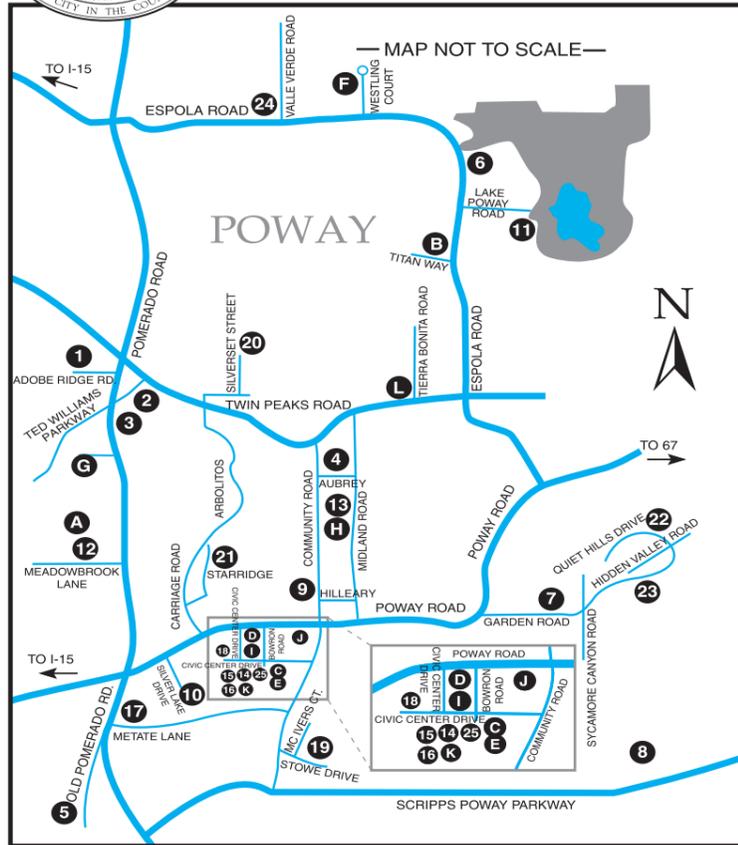
The springtime brings garden-fresh peaches, plums, apricots, watermelon, tomatoes, figs and more. All produce is certified and inspected by the agricultural commission and brought fresh to you from the garden.

INFORMATION: (858) 668-4576
 MANAGED BY: Outback Farm

SPONSORED BY: CITY OF POWAY COMMUNITY SERVICES DEPARTMENT

WHERE FRESHNESS AND FLAVOR ARE AT THEIR PEAK

CITY OF POWAY PARKS AND FACILITIES



FACILITIES

- A. Meadowbrook Gymnasium 12320 Meadowbrook Lane 668-4598
- B. Poway Center for the Performing Arts 15498 Espola Road Box Office 748-0505 Information 668-4693
- C. Poway City Hall 13325 Civic Center Drive 668-4400
- D. Poway Community Library 13137 Poway Road 513-2900
- E. Poway Fire Department, Station One 13050 Community Road 668-4460
- F. Poway Fire Department, Station Two 16912 Westling Court 668-4460
- G. Poway Fire Department, Station Three 14322 Pomerado Road 668-4460
- H. Poway Historical Society Museum 14114 Midland Road 749-8587
- I. Poway Sheriff Station 13100 Bowron Road 513-2800
- J. Poway Chamber of Commerce 13381 Poway Road 748-0016
- K. Poway Senior Center 13094 Civic Center Drive 748-6094
- L. Twin Peaks Multipurpose Center 14640 Tierra Bonita Road 668-4599

PARKS

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

(All 858 Area Code) Rev. 7/05

LAKE POWAY

14644 Lake Poway Road

LAKE HOURS:

Wednesday through Sunday • Sunrise to Sunset

PARK HOURS: Daily • Sunrise to Sunset

Information: (858) 668-4770

Area Reservations: (858) 668-4580

Concession: (858) 486-1234



Senior Thursdays at Lake Poway

Trout season is well underway at Lake Poway. Seniors are invited to experience the best that the lake has to offer any day, Wednesday through Sunday, but especially on Thursdays. Lake fishing permits are reduced from \$4.50 to \$2.00 and boat rentals are reduced from \$15.00 to \$10.00 for a full day. Senior 10-day fishing permits, valid on Thursdays only, are only \$18.00. The full-service concession stand offers fishing licenses, boat rentals, hot or cold beverages, and a variety of food items. Lake Poway offers some of the best fishing in San Diego County, just minutes from home. Our friendly and experienced staff are more than willing to share fishing tips and assist you with a great fishing trip, especially if you're a senior on Thursday.



Two-Day Open Trout Derby

Bring your lucky lures and favorite pole to catch a trophy trout at Lake Poway's two-day **Open Trout Derby, March 25 and 26**. The lake will be stocked with 3,000 pounds of hungry trout the day before the event. Anglers of all ages are invited to try their skill and others to try their luck. Cool prizes will be awarded for the largest trout by weight for men, women and youth divisions. There will also be lots of raffle prizes! Derby hours are Saturday, sunrise to sunset, and Sunday from sunrise to 12:00 p.m. The derby entry fee is \$5.00 for both days. Lake fishing permits cost \$4.50 for adults and \$2 for youths and will be required for each day. State fishing licenses are required for anglers who are 16 and older. Derby registration must be purchased before your first catch. Be the first on your block to catch a trophy trout at Lake Poway's Annual Open Trout Derby! Information: (858) 668-4770.



Lake Poway Sailing

Experience the thrill of sailing at the Lake Poway Recreation Area, located at 14644 Lake Poway Road, during the late spring, summer, and early fall. The 14' W.D. Shock Sailboats are excellent vessels for either a peaceful day of sailing or for improving those racing skills. Each sailboat is rigged with an easy to use jib and mainsail. The boats are perfect for enjoying a relaxing family day on the water or for teaching the young ones how to sail. The sailboats are available for rental at a rate of \$12.00 per hour. One person, at least 18 years of age or older, must be in the boat at all times. The maximum capacity for the sailboats is 4 persons. Information: (858) 668-4770.

Lake Poway Wilderness Camping

Lake Poway Recreation Area offers overnight wilderness camping. The one-mile hike/horseback ride from Lake Poway leads to the secluded wilderness campground, which contains a bathroom facility, several shaded picnic tables and potable water. If you want to "get away from it all" without having to drive outside of the county, then try camping in one of our remote wilderness campsites. Information: (858) 668-4770.

OLD POWAY PARK

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

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

Flowers! Fresh Food! Fun!

For a fun, springtime adventure, the City of Poway Certified Farmers Market is the perfect idea! This open-air market is the best place to be on a sunny day! Walk through the aisles and find the finest in fresh fruits, vegetables, flowers and food. The Farmers Market is every Saturday from 8:00 a.m. to 11:30 a.m. at Old Poway Park. The warmer days bring garden-fresh peaches, plums, apricots, watermelons, tomatoes, cucumbers, figs and more. All produce is certified and inspected by the agricultural commission and brought fresh to you directly from the grower. Spring also brings some of the most beautiful, newly picked flower bouquets to brighten your home. Find delicious homemade tamales, kettle corn and salsas too! If you're looking for some of the finest produce, food, and a great "city in the country" atmosphere, then the Farmers Market is the place to be! Information: (858) 668-4576.

Rendezvous in Poway 2006

The City of Poway and the gun-fighting re-enactment teams of the Apache Canyon Gang, Cimarron Ridge Old West Productions, and the Shadow River Regulators will be hosting the 2006 Rendezvous in Poway on Saturday, March 11 and Sunday, March 12 at Old Poway Park. More than 15 living historical encampments will be set up, giving you a chance to meet cowboys, buckaroos, mountain men and women demonstrating what it was like to live in turn-of-the-century and Civil War eras. The historical fair will bring these eras to life with the smell of campfires, and the sounds of Civil War era cannons, steam train whistles, and scattered shots from mock gun-fights. Experience period costumes, crafts and much more. For more information on the Rendezvous in Poway, or to book a tour, please contact (858) 668-4576.

Rendezvous Re-enactment Tours

If you are looking for a fun way to teach about the history of California, then bring your class to Old Poway Park to experience first hand what it was like to live in the turn-of-the-century and Civil War eras. These educational tours are designed to coincide with the Poway School District's curriculum and will bring history to life in a fun and educational manner. The tour component of the Rendezvous in Poway will be held exclusively for groups of 20 or more on March 10. Tours are booked on a first-come-first-served basis, so reserve your tour today. The deadline to book your interpretive tour is **Monday, March 6**. For more information on the Rendezvous in Poway, or to book a tour, please contact (858) 668-4576.

Animal Resource Directory

Wildlife Regulations, Laws, and Permits

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

Injured or Abandoned Wild Animals or Birds

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

Wildlife Rescue 619-291-4587

Fund For Animals/Wildlife Rehabilitation

760-789-2324

Dead Animal Removal

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

Low Cost Spay & Neutering

760-745-7986

Animal Emergencies

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

Abandoned or abused animals

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

KUMEYAAY IPAI INTERPRETIVE CENTER

The Kumeyaay-Ipai Interpretive Center is a 5-acre archaeological reserve located south of Poway Road at 13104 Silver Lake Drive. It is open to the public for free Docent-led tours every Saturday from 9:00 a.m. to 11:30 a.m. The low hill has a trail to the boulders that contain milling stations used by the ancient Kumeyaay people to grind acorns and pinion seeds. Volunteers have built shade structures and planted hundreds of native plants. Several third grade classrooms from Poway Unified School District visit each year as part of their social studies program. The master plan for the park includes expanded cultural programs, a classroom, museum, gardens, and informative exhibits. 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.



Experience the POWer of the Arts!



DAVE MASON BAND

Rock icon, solo artist and guitarist for Traffic, Fleetwood Mac and Delaney and Bonnie, Mason has a massive catalog of music and stories to share. His live shows are a must-see for fans of the music that shaped a generation.

Saturday, February 25 at 8 pm
\$42 adult; \$5 youth (with adult ticket)

Thanks to our generous Season Sponsors:

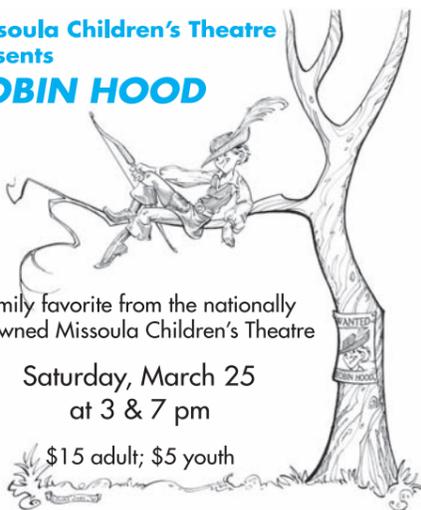


Poway Center for the Performing Arts

858 748 0505

powayarts.org 15498 Espola Road, Poway CA

Missoula Children's Theatre
Presents
ROBIN HOOD



A family favorite from the nationally renowned Missoula Children's Theatre

Saturday, March 25
at 3 & 7 pm

\$15 adult; \$5 youth

AUDITIONS for kids K-12 • March 20 • 4 pm **SHARP!**
Call 858.668.4798 for details

underwritten by a generous gift from
The San Diego Foundation's Betsy Dam Fund for Arts Education
and the Theodore & Elizabeth Schmidt Foundation



San Diego Symphony JUST DANCE

Matthew Garbutt
Conductor



A delightful pops program of symphonic dance music, including works by Brahms, Dvorak, Strauss, Tchaikovsky and more.

Saturday, May 6 at 8 pm

\$37 adult; \$5 youth (with adult ticket)

underwritten by a generous gift from
Bill & Carol Stensrud

Judith Ivey in WOMEN ON FIRE

Tony Award-winner Judith Ivey ("Designing Women") earned a Drama League Award for her portrayal of twelve passionate women on the brink of self-discovery. This show contains mature themes and may contain adult language.

Saturday, April 29 at 8 pm

\$37 adult; \$5 youth (with adult ticket)

Poway Center for the Performing Arts ~ Calendar of Events ~

MARCH 2006

PCPA Gallery Monthly Art Exhibit: Poway Woman's Club • Dates: March 1-28

EVENT

Band and Orchestra Pre-Festival Concerts
Art Reception
Musical "Beauty and the Beast"

College Info Night
Band Concert with guest "Dallas Brass"
Chinese New Year Celebration
and Silent Auction
Missoula Children's Musical "Robin Hood"
"Burning River Brass" Concert
Eighth Grade Parent Night
Children's Ballet for School Outreach
Programs (invitational only)

PRESENTED BY

PHS Band and Orchestra*
Poway Woman's Club
Black Mountain Middle School*

Poway High School*
Bernardo Heights Middle School*
American Chinese Cultural and
Educational Foundation
PCPA Foundation
Bernardo Concerts**
Poway High School*
Southern California Youth Ballet

DATE

March 1 and 2
March 4
March 10 and 11
March 12
March 14
March 15
March 18

March 25
March 28
March 29
March 30 and 31

TIME

7:00 pm
TBA
7:00 pm
2:00 pm
6:00 pm
7:00 pm
7:00 pm

3:00 and 7:00 pm
8:00 pm
5:30 pm
9:15 and 11:15 am

APRIL 2006

PCPA Gallery Monthly Art Exhibit: Marjorie Rauch, Artist • Dates: April 1-29

EVENT

Ballet

Children's Musical for School Outreach
Programs "Wizard of Oz" (invitational only)
Art Reception
Children's Musical "Wizard of Oz"

CMEA Choral Festival
Band Festival

"Messiah Concert"

PRESENTED BY

Southern California Youth Ballet

Metropolitan Education Theatre

Marjorie Rauch, Artist
Metropolitan Education Theatre

Poway High School*
Poway Unified School District*

Latter Day Saints

DATE

April 1
April 2
April 6 and 7

April 8
April 8
April 9
April 10 and 11
April 12 and 13

April 15

TIME

7:00 pm
2:00 pm
9:30 and 11:45 am

TBA
7:30 pm
2:00 pm
7:00 pm both nights
8:00 am to 9:00 pm
both days
TBA

Notes: CALL PCPA BOX OFFICE 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 (858) 748-0245.

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

