



POWAY

City of Poway

COMMUNITY SERVICES PROGRAMS



Holiday Tradition Alive in its 12th Year at Old Poway Park!

Experience the magic of an old-fashioned holiday tradition during the 12th annual **Christmas in the Park** on Saturday, December 10 at historic Old Poway Park from 4:30 p.m. to 8:30 p.m. Enjoy caroling, live holiday music, a children's theatre performance, a square dancing performance, a holiday craft boutique, a model train display, ornament making and more. The community Christmas tree will be officially lit at 5:15 p.m. and Santa and Mrs. Claus are expected to arrive by train at 5:30 p.m. The event is FREE. Historic, charming buildings such as the Heritage Museum, and Nelson House will be open with docents on hand and smells of fresh gingerbread. Community vendors will be selling an array of food, from chili, and corn dogs to tamales, baked goods, and sweets. The event is co-sponsored by the City of Poway and the volunteer-based organizations of the Old Poway Park Action Committee. Experience Poway's best holiday season tradition! Information: (858) 668-4576.

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 Lico-rice, Princess Lolly and Queen Frostine in the magical areas of Lollipop Park, Tootsie Roll Forest, and more. Each child will also have a chance to meet Santa, play in tons of fresh snow and a huge fun jump, and make holiday crafts. Children will remember this for a lifetime! Parents are encouraged to bring their cameras. **Day-of-event registration only.** Information: (858) 668-4570. Event held at Poway Community Park, 13094 Civic Center Drive.

Fri/Sat

4:00-9:00pm

Dec 16 & 17

\$5/per child
\$1/per adult

Poway Family Day

All Ages

Everyone is welcome to attend the third annual Poway Family Day! This free cultural event will be held at the Community Center on Sunday, January 22, from 10:00 a.m. to 4:00 p.m. Activities will include: Ballet Folklorico dancers, Latin DJ music and bands, soccer games and a community blood drive, a huge fun jump for the children, lots of Mexican food favorites, service organizations with information booths, and more. The City's Mobile Recreation truck will also be available to provide family activities such as sports, games, arts and crafts, and loteria (Mexican bingo!). This year's theme is to educate all cultures, and non-Spanish speakers, about Mexican food, dance, music, arts, language, and sports.

Sun 10:00am-4:00pm January 22 **FREE**



Dia De La Familia En Poway

Todas Las Edades

Todos estan invitados al tercer Dia de la Familia en Poway! Este evento multicultural es gratuito. Tendra lugar en el Community Center el Domingo, 22 de Enero desde las 10:00 a.m. hasta las 4:00 p.m. Las actividades incluyen: bailables folkloricos, DJ con musica latina y banda, clinica y partidos de futbol, un brincolin grande para los ninos, antojitos mexicanos, organizaciones de servicio y mucho mas. El autobus mobil de la ciudad tambien estara accesible para proveer varios actividades para toda la familia.

Domingo 10:00am-4:00pm 22 Enero **GRATIS**

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.

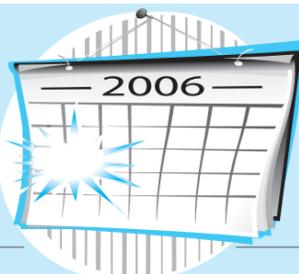
Free Youth Fishing Derby

7 to 15 Years

Plenty of rainbow trout will add color to Lake Poway for Poway's annual Youth Fishing Derby on Saturday, February 4. Join the City of Poway, Captain Ron Baker of Fish Talk Radio, and several big-name sponsors for a great day of fun and prizes, and it is FREE! Registration for the event will begin at 6:00 a.m., fishing continues until noon, and then all participating youths are invited to enjoy a tasty barbecue lunch. The awards ceremony will begin at 1:00 p.m. and great raffles and really cool prizes will be awarded for age division winners. 2,500 pounds of hungry rainbow trout will be stocked for the event. In preparation for the event, Lake Poway will be closed on Thursday, February 2 at noon and Friday, February 3 all day. Information: (858) 668-4770.



MARK YOUR CALENDAR!



Rendezvous in Poway	Sat/ Sun	March 11 and 12	See Spring Issue
Open Trout Derby	Sat/Sun	March 25 and 26	See Spring Issue
Youth Track Meet	Sat	April 1	9:00am - 2:30pm
Earth/Arbor Day	Sat	April 8	9:00am - 2:00pm
Spring Egg Hunt	Sat	April 15	8:00am - 12:00pm

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. No class February 21 and 23.

				Res/Nonres
4011.300	Tue	9:00-11:00am	Jan 3-Jan 31	\$55/\$65
4011.301	Tue	9:00-11:00am	Feb 7-Mar 14	\$55/\$65
4011.302	Tue	9:00-11:00am	Mar 21-Apr 11	\$45/\$55
4011.303	Thu	9:00-11:00am	Jan 5-Feb 2	\$55/\$65
4011.304	Thu	9:00-11:00am	Feb 9-Mar 16	\$55/\$65
4011.305	Thu	9:00-11:00am	Mar 23-Apr 13	\$45/\$55



Discovery Time

3 to 5½ Years

This is a developmentally enriched program, providing learning in a fun, positive and success oriented environment. A continuous program (September through June), setting a foundation in a progressive manner that reinforces social skills and promotes school readiness. Fine motor and gross motor skills, imaginary play, language development, music, and art are incorporated in the weekly format. Activities and themes are selected with the objective for success and enjoyment. Come join the fun! Children need to bring snacks and be toilet trained. Materials fee: \$10. Classes held at Poway Community Park Youth Activity Room. Instructor: Debi Supergan. No class January 16, February 20, 22 and 24.

				Res/Nonres
4011.306	M/W/F	9:00am-12:00pm	Jan 4-Jan 27	\$150/\$160
4011.307	M/W/F	9:00am-12:00pm	Jan 30-Mar 3	\$150/\$160
4011.308	M/W/F	9:00am-12:00pm	Mar 6-Apr 14	\$225/\$235

Kinder Soccer

3½ to 5½ Years

Kinder Soccer is a class that encourages large motor development through the learning of soccer skills in a non-competitive and positive environment. Age appropriate skills, drills and games will be taught to help learn the world's most popular sport. Through the instructional process, this class emphasizes learning the fundamental skills that will aid in developing GREAT soccer players. This class will also help develop listening skills, cooperation, and good sportsmanship. Soon your young ones will have the fundamental skills to play soccer just like the big kids! 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. No class February 23.

				Res/Nonres
4011.309	Thu	11:15am-12:15pm	Jan 5-Feb 2	\$40/\$50
4011.310	Thu	11:15am-12:15pm	Feb 9-Mar 16	\$40/\$50
4011.311	Thu	11:15am-12:15pm	Mar 23-Apr 13	\$30/\$40

Lunch Bunch

2½ to 5½ 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 for some old-fashioned kid fun. Classes held at Poway Community Park, Youth Activity Room. Instructor: Debi Supergan. No class February 21.

				Res/Nonres
4011.312	Tue	11:00am-12:00pm	Jan 3-Jan 31	\$25/\$35
4011.313	Tue	11:00am-12:00pm	Feb 7-Mar 14	\$25/\$35
4011.314	Tue	11:00am-12:00pm	Mar 21-Apr 11	\$20/\$30

Musical Fun for Tots

1 to 5 Years

Strengthen social, memory, and learning skills in your little one, while interacting musically with them in this parent-participation music class. Activities include rhythm instruments, sing-along songs, ball and beanbag play, parachute play, and story time. Music changes each session. Adult participation is mandatory. Classes held at Poway Community Park Auditorium. Instructor: Ronda Stempien. No class February 20.

				Res/Nonres
1 to 3½ Years				
4011.315	Mon	8:30-9:00am	Jan 9-Jan 30	\$32/\$42
4011.316	Mon	8:30-9:00am	Feb 6-Mar 6	\$32/\$42
4011.317	Mon	8:30-9:00am	Mar 13-Apr 3	\$32/\$42
3 to 5½ Years				
4011.318	Mon	8:30-9:00am	Jan 9-Jan 30	\$35/\$45
4011.319	Mon	8:30-9:00am	Feb 6-Mar 6	\$35/\$45
4011.320	Mon	8:30-9:00am	Mar 13-Apr 3	\$35/\$45

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

DECEMBER

Thurs. 1	Pajama Storytime: <i>Holiday Stories from Around The World</i> with Storyteller, Harlynn Geisler	6 p.m.
Wed. 7	Storytime: <i>Winter Friends</i>	10 a.m.
Thurs. 8	Holiday Puppet Show and a special visit from Santa and Mrs. Claus *(includes free photo)	3:30 p.m.
Sun. 11	Second Sunday Book Sale	1-4 p.m.
Wed. 14	Storytime: <i>Frosty!</i>	10 a.m.
Thurs. 15	Crafts Program: <i>Holiday Sparkle</i> Ages 5 & up, Sign-up ONE WEEK before program Sign-Up REQUIRED - Limited Space	3-4:30 p.m.
Tues. 20	Book Club - TBA	6:30 p.m.
Wed. 21	Storytime: <i>Milk and Cookies</i>	10 a.m.
Thurs. 22	Crafts Program: <i>Annual Cookie Decorating Extravaganza</i> 6 Sessions: 2:20, 2:40, 3:00, 3:20, 3:40, 4:00 p.m.	
	Ages 5 & up, Sign-up ONE WEEK before program Sign-Up REQUIRED - Limited Space	
Sat. 24	Christmas Eve	CLOSED
Sun. 25	Christmas Day & Hanukkah begins	CLOSED
Mon. 26	Kwanzaa begins	CLOSED
Wed. 28	Storytime: <i>Favorite Stories</i>	10 a.m.
Thurs. 29	Teen Program: <i>Teen Art Class</i> Sign-Up REQUIRED - Limited Space Meets in Library Meeting Room	3:30 p.m.
Sat. 31	New Year's Eve	CLOSED

JANUARY

Multi-Cultural Heritage Month

Sun. 1	New Year's Day	CLOSED
Mon. 2	CLOSED	CLOSED
Wed. 4	Storytime: <i>Playful Pandas</i>	10 a.m.
Sun. 8	Second Sunday Book Sale	1-4 p.m.
Mon. 9	Teen Program: <i>A.S.A.P Teen After School Tutoring Program</i> FREE-Sign-Up Required Meets in Library Meeting Room	3:30-5 p.m.
Wed. 11	Storytime: <i>Year of the Dog</i>	10 a.m.
Thurs. 12	Teen Program: <i>Teen Art Class</i> Sign-Up REQUIRED - Limited Space Meets in Library Meeting Room	3:30 p.m.
Mon. 16	Martin Luther King, Jr. Day	CLOSED
Tues. 17	Book Club - TBA	6:30 p.m.
Wed. 18	Storytime: <i>Favorite Stories</i>	10 a.m.
Thurs. 19	Pajama Storytime with Nancy St. John	6 p.m.

POWAY BRANCH LIBRARY

13137 Poway Road • Poway, CA 92064 • (858) 513-2909

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 ON WEDNESDAYS:

Storytime Programs with Crafts

(Approximately 20 minutes)

10:00 a.m. • 5 Years and Younger

WEEKLY: *Grandparents and Books*

Grandparents read to your Children

Tuesdays: 10:00 -12:00, Thursdays: 11:00-12:00

WEEKLY ON SATURDAYS:

Read to a Real Furry Friend

10:30-11:30 a.m.

Children of all ages "read" to Therapy Dogs
Dogs and Handlers provided by Love on a Leash

Mon. 23	Teen Program: <i>A.S.A.P Teen After School Tutoring Program</i> FREE-Sign Up Required Meets in the Library Meeting Room	3:30-5 p.m.
Wed. 25	Storytime: <i>Happy Chinese New Year!</i>	10 a.m.
Thurs. 26	Crafts Program: <i>Chinese New Year Crafts</i> Ages 5 & up, Sign-up at Reference Desk	3:30 p.m.
Sat. 28	Chinese New Year Festival Lucky Lion Dancers will bring in the Year of the Dog	1:30 p.m.
Mon. 30	Teen Program: <i>A.S.A.P Teen After School Tutoring Program</i> FREE-Sign Up Required Meets in the Library Meeting Room	3:30-5 p.m.

FEBRUARY

Celebrate Black History Month

Wed. 1	Storytime: <i>Happy Groundhog Day!</i>	10 a.m.
Thurs. 2	Pajama Storytime: <i>Raggety Ann and Andy</i> with Patty Hall	6 p.m.
Mon. 6	Teen Program: <i>A.S.A.P Teen After School Tutoring Program</i> FREE-Sign Up Required Meets in the Library Meeting Room	3:30-5 p.m.
Wed. 8	Storytime: <i>"Bee" My Valentine</i>	10 a.m.
Thurs. 9	Crafts Program: <i>Valentine's Day Crafts</i> Ages 5 & up, Sign-up ONE WEEK before program Sign-Up REQUIRED - Limited Space	3:30-4:40 p.m.

Sun. 12	Second Sunday Book Sale	1-4 p.m.
Mon. 13	Teen Program: <i>A.S.A.P Teen After School Tutoring Program</i> FREE-Sign Up Required Meets in the Library Meeting Room	3:30-5 p.m.
Wed. 15	Heritage Storytime: <i>Sounds of Africa</i>	10 a.m.
Thurs. 16	Heritage Program: <i>Black History Month Program</i>	3:30 p.m.
Mon. 20	President's Day	CLOSED
Wed. 22	Storytime: <i>Favorite Stories</i>	10 a.m.
Thurs. 23	Teen Program: <i>Teen Art Class</i> Sign-Up REQUIRED-Limited Space Meets in Library Meeting Room	3:30 p.m.
Mon. 27	Teen Program: <i>A.S.A.P Teen After School Tutoring Program</i> FREE-Sign Up Required Meets in the Library Meeting Room	3:30-5 p.m.

MARCH

Wed. 1	Storytime: <i>Lions and Lambs</i>	10 a.m.
Thurs. 2	Teen Program: <i>Teen Art Class</i> Sign-Up REQUIRED - Limited Space Meets in Library Meeting Room	3:30 p.m.
Mon. 6	Teen Program: <i>A.S.A.P Teen After School Tutoring Program</i> FREE-Sign Up Required Meets in the Library Meeting Room	3:30-5 p.m.
Wed. 8	Storytime: <i>Over the Rainbow</i>	10 a.m.
Thurs. 9	Crafts Program: <i>St. Patrick's Day Crafts</i> Ages 5 & up, Sign-up ONE WEEK before program Sign-Up REQUIRED - Limited Space	3:30-4:40 p.m.
Sun. 12	Second Sunday Book Sale	1-4 p.m.
Mon. 13	Teen Program: <i>A.S.A.P Teen After School Tutoring Program</i> FREE-Sign Up Required Meets in the Library Meeting Room	3:30-5 p.m.
Wed. 15	Storytime: <i>Happy St. Patrick's Day!</i>	10 a.m.
Thurs. 16	Program Special: <i>St. Patrick's Puppet Show</i> No Registration Required All Ages Welcome!	3:30 p.m.
Mon. 20	Iranian New Year Celebration	
Tues. 21	Book Club - TBA	6:30 p.m.
Wed. 22	Storytime: <i>Happy Spring</i>	10 a.m.
Thurs. 23	Pajama Storytime	6 p.m.
Mon. 27	Teen Program: <i>A.S.A.P Teen After School Tutoring Program</i> FREE-Sign Up Required Meets in the Library Meeting Room	3:30-5 p.m.
Tues. 28	Baby Lapsit Storytime Sign-up required	10 a.m.
Wed. 29	Storytime: <i>Favorite Stories & Songs</i>	10 a.m.
Fri. 31	Cesar Chavez Day	CLOSED

CREATIVE ARTS

Kids Sign Language Club

6 to 12 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.

				Res/Nonres
6182.300	Mon	4:00-5:00pm	Jan 9-Feb 13	\$45/\$55
6182.301	Mon	4:00-5:00pm	Mar 6-Apr 10	\$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, 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.

				Res/Nonres
6182.302	Mon	7:00-8:15pm	Jan 9-Feb 13	\$45/\$55
6182.303	Mon	7:00-8:15pm	Mar 6-Apr 10	\$45/\$55



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.

				Res/Nonres
6182.304	Mon	2:30-3:30pm	Feb 27-Apr 3	\$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 the Old Poway Park, Porter House Great Room. Instructor: Susan Bainbridge.

				Res/Nonres
6182.305	Mon	3:45-5:00pm	Feb 27-Apr 3	\$70/\$80

Greeting Card Design

13 and older

Create a beautiful set of handmade, all-occasion, greeting cards that you can use throughout the year. 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. Materials fee: \$15. Classes held at the Old Poway Park, Porter House Great Room. Instructor: Gayle Agg.

				Res/Nonres
6182.306	Sat	12:00-3:00pm	Jan 14-Feb 4	\$70/\$80

CHILDREN'S DANCE

Dance/Tap & Ballet: Held at Poway Community Park Auditorium. Instructor: Debbora Childress. For information on classes only, call (760) 747-9777. No class February 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
5111.300	Mon	10:00-10:45am	Jan 9-Mar 27	\$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. Students NOT wishing to participate in the June recital should not enroll until the Summer 2006 session. Tap and ballet shoes required.

Tiny Tot Beginner

				Res/Nonres
5111.301	Mon	11:00am-12:00pm	Jan 9-Mar 27	\$88/\$98
5111.302	Mon	2:00-3:00pm	Jan 9-Mar 27	\$88/\$98
5111.303	Thu	1:00-2:00pm	Jan 12-Mar 30	\$88/\$98

Children's Beginner

				Res/Nonres
5111.304	Mon	3:00-4:00pm	Jan 9-Mar 27	\$88/\$98
5111.305	Thu	2:00-3:00pm	Jan 12-Mar 30	\$88/\$98

Beginner/Intermediate

				Res/Nonres
5111.306	Mon	4:00-5:00pm	Jan 9-Mar 27	\$88/\$98
5111.307	Thu	3:00-4:00pm	Jan 12-Mar 30	\$88/\$98

Intermediate

8 to 10 Years (Previous experience suggested)

5111.308	Mon	5:15-6:15pm	Jan 9-Mar 27	\$88/\$98
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9 to 12 Years

5111.309	Thu	4:00-5:00pm	Jan 12-Mar 30	\$88/\$98
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Intermediate/Advanced (Instructor Referral Only)

5111.310	Thu	5:00-6:00pm	Jan 12-Mar 30	\$88/\$98
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Advanced Teen (Instructor Referral Only)

5111.311	Mon	6:15-7:15pm	Jan 9-Mar 27	\$88/\$98
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Dance Production

6 to 17 Years

(Concurrent enrollment in Tap & Ballet program is REQUIRED)

This special class will allow students to participate in a danced "play" incorporating many levels and forms of dance, and some acting too. Our "production" will be performed at our June recital, in addition to our regular class dances. Special costumes will be required and are paid for by student. Continuous and concurrent enrollment in Tap & Ballet program and this "production" class is required. This will be a lot of fun! Instructor: Debbora Childress. Class held in Bill Bond Hall I. No class February 23, April 20, and June 1.

				Res/Nonres
5111.312	Thu	6:15-7:15pm	Jan 12-Jun 22	\$88/\$98

Ballet:

Instructor: Linda Kincaid. No class February 14, 16, and 18. 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 fine.

				Res/Nonres
5141.300	Tue	9:30-10:20am	Jan 3-Mar 21	\$60/\$70

				Res/Nonres
5141.301	Thu	3:30-4:20pm	Jan 5-Mar 23	\$60/\$70

				Res/Nonres
5141.302	Sat	10:00-10:50am	Jan 7-Mar 25	\$60/\$70

Ballet I

4 to 12 Years

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

				Res/Nonres
5141.303	Tue	5:00-5:50pm	Jan 3-Mar 21	\$60/\$70

Ages 6 to 10 years

5141.304	Sat	11:00-11:50am	Jan 7-Mar 25	\$60/\$70
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Intermediate (Instructor Referral Only)

				Res/Nonres
5141.305	Thu	4:30-5:20pm	Jan 5-Mar 23	\$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. All pointe students must be tested by the instructor prior to purchasing pointe shoes. Instructor Referral Only.

				Res/Nonres
5141.306	Thu	5:30-6:20pm	Jan 5-Mar 23	\$60/\$70

				Res/Nonres
5141.307	Sat	12:00-12:50pm	Jan 7-Mar 25	\$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.

				Res/Nonres
5141.308	Thu	6:30-7:20pm	Jan 5-Mar 23	\$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.

				Res/Nonres
5141.309	Tue	4:00-4:50pm	Jan 3-Mar 21	\$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. Costumes must be purchased by the participants. Instructor Referral Only.

				Res/Nonres
5141.310	Sat	1:00-2:00pm	Jan 7-Mar 25	\$60/\$70

Hip Hop & Jazz Dance: Classes held at C-K Danse Studio "A", 13378 Poway Road, in the Poway Valley Center. Instructor: Marcelina Contreras.

Hip Hop

5 to 11 Years

Hip Hop is an eclectic dance style that challenges students to open their minds to energetic and free-style street dancing, while teaching them precision and control. For the best freedom of movement, please wear a t-shirt, jazz or Capri pants, and dance sneakers. No jeans or shorts please! Continuing students will be invited to perform in the annual recital in June. There will be a charge for costumes, to be paid by the participants.

				Res/Nonres
5143.300	Mon	3:30-4:15pm	Jan 16-Feb 6	\$45/\$55
5143.301	Mon	3:30-4:15pm	Feb 27-Mar 20	\$45/\$55

8 to 11 Years

5143.302	Wed	4:30-5:30pm	Jan 18-Feb 8	\$45/\$55
5143.303	Wed	4:30-5:30pm	Mar 1-Mar 22	\$45/\$55

Jazz Dance

5 to 11 Years

Jazz is the free interpretation of music through dance with most of the movements taken from classical ballet and "Stylized" for jazz. For the best freedom of movement, please wear a t-shirt, jazz or Capri pants, and jazz shoes. No jeans or shorts please! Continuing students will be invited to perform in the annual recital in June. There will be a charge for costumes, to be paid by the participants.

				Res/Nonres
5143.304	Wed	3:45-4:30pm	Jan 18-Feb 8	\$45/\$55
5143.305	Wed	3:45-4:30pm	Mar 1-Mar 22	\$45/\$55

6 to 11 Years

5143.306	Tue	5:45-6:30pm	Jan 17-Feb 7	\$45/\$55
5143.307	Tue	5:45-6:30pm	Feb 28-Mar 21	\$45/\$55

ADULT/TEEN DANCE

Beginning Ballet 13 and Older

Ever wish you had taken ballet classes when you were younger? Well, here is 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 February 18.

5317.300 Sat 9:00-9:50am Jan 7-Mar 25 **Res/Nonres** \$60/\$70

Hip Hop & Jazz Dance: Classes held at C-K Danse Studio "A", 13378 Poway Road, in the Poway Valley Center. Instructor: Marcelina Contreras and Shannon Hunter.

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!

5317.301 Mon 4:15-5:15pm Jan 16-Feb 6 **Res/Nonres** \$45/\$55
5317.302 Mon 4:15-5:15pm Feb 27-Mar 20 \$45/\$55

Modern/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. This class will incorporate some modern dance (a more contemporary free-style dance form) movements with the jazz. For the best freedom of movement, please wear a t-shirt, jazz or Capri pants, and jazz shoes. No jeans or shorts please! Prerequisite of one year of jazz classes requested.

5317.303 Mon 6:15-7:15pm Jan 16-Feb 6 **Res/Nonres** \$45/\$55
5317.304 Mon 6:15-7:15pm Feb 27-Mar 20 \$45/\$55

Adv. Beg./Inter. Line Dancing 18 and Older

Line dancing is healthy for our body and mind. We need moderate exercise every day and line dancing makes time fly while we learn and have fun. Come make new friends and dance the night away. Classes held at Poway Community Park, Bill Bond Hall II/III. Instructor: Mary Ann Nordeman.

5317.305 Thu 7:30-8:30pm Jan 5-Mar 9 **Res/Nonres** \$51/\$61

GYMNASTICS

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

Mom & Tot Walking to 3 Years

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

2312.300 Thu 10:45-11:15am Jan 12-Mar 16 **Res/Nonres** \$110/\$120
2312.301 Sat 10:00-10:45am Jan 14-Mar 18 \$130/\$140

Super Tot 3 to 5 Years

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

2312.302 Thu 10:00-10:45am Jan 12-Mar 16 **Res/Nonres** \$146/\$156
2312.303 Mon 9:45-10:30am Jan 9-Mar 13 \$146/\$156

Adv. Beg. Gymnastics 8 to 12 Years

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

2312.304 Wed 3:40-4:40pm Jan 11-Mar 15 **Res/Nonres** \$165/\$175

TEEN PROGRAMS

Poway Teen Recreation Club (PTRC) Ages 13-17

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

Teen Only Nights Ages 13-17

Teens are invited to participate in fun recreational tournaments on the first Friday of every month. The tournaments are free, and concessions are provided by the Poway Teen Recreation Club for a small fee. Prizes will be provided for the winner(s). Pre-registration is not required. Teen Only Nights are held at the Meadowbrook Recreation Center, located at 12320 Meadowbrook Lane. Information: (858) 668-4674.

Broom Ball Tournament Free

Friday 6:30-9:30pm Jan 6

Dodge Ball Tournament Free

Friday 6:30-9:30pm Feb 3

3-on-3 Basketball Tournament Free

Friday 6:30-9:30pm Mar 3

5-on-5 Basketball Tournament Free

Friday 6:30-9:30pm Apr 7

Looking Ahead

Teen Employment Workshop and Job Fair 15 to 19 Years

Learn the skills necessary to prepare yourself to find and maintain a job in today's market. The Teen Employment Workshop will be held in conjunction with a Teen Job Fair on Saturday May 20, from 3:00 p.m. to 7:00 p.m., at the Meadowbrook Recreation Center, 12320 Meadowbrook Lane. The workshop will cover topics such as effective interviewing strategies, filling out an application, dressing for success, and resume writing. The Job Fair will have many local merchants, amusement park employers, and City job opportunities. The City of Poway and other employers will be hiring for summer jobs at the Job Fair. Information: (858) 668-4674.

Spring Break Camping Trip Ages 13-17

Looking for things to do this spring break? Join the Community Services staff for a camping excursion to San Elijo State Beach. Grab your sleeping bag, tent, and body-board or surfboard, and sleep on the shores of San Elijo. Community Services staff members will supervise the event. Transportation, snacks, dinner, and breakfast is included in the registration fee. The bus leaves Poway Community Park, located at 13094 Civic Center Drive, Wednesday, April 19, at 1:00 p.m. for the beach, and returns Thursday, April 20, at 1:00 p.m. to the park. Information: (858) 668-4674.

SKATE PARK

Skate Park Safety Days

The City of Poway Community Services Department and K-5 Board Shop is proud to offer Skate Park Safety Days program. The goal of the program is to improve safety awareness at the Skate Park by rewarding safe skating behavior. The City encourages others to follow safe skating behavior by providing a positive re-enforcement of safety rules. Skate Park Safety Days will be offered once a month at the Poway Skate Park, and is open to everyone. Food and prizes are awarded to participants with helmets, elbow pads, and kneepads. No one will be allowed to enter the skate park at any event without all the proper safety equipment. All participants are required to fill out a waiver before skating. Children under the age of 18 must have a parent on-site to sign a waiver, verified by a staff member. Information (858) 668-4671. Dates and times are listed below:

Monday	2:00-6:00 pm	January 2	FREE
Friday	4:30-9:30pm	February 24	FREE
Thursday	4:00-9:30pm	March 23	FREE
Saturday	3:00-7:00pm	April 22	FREE

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 obtaining community service hours or just getting involved in the community call (858) 668-4674.



Bear Mountain Snowboarding Excursion

Ages 13-17

Grab your snowboard and join us for a day at Bear Mountain ski resort. The City of Poway, co-sponsored by K-5, is hosting the excursion Wednesday, February 22. The bus leaves from the Poway Community Park, located at 13094 Civic Center Drive, at 6:00 a.m. and returns at 8:00 p.m. The registration fee covers transportation, lift ticket, and supervision for the trip. Fee does not include equipment rental. Discounted rental equipment is provided at the K-5 Board Shop, located at 12630 Poway Road. We recommend bringing extra money for food, lessons if needed, and rentals. This trip will fill up fast, so sign up A.S.A.P. Final registration deadline is Monday, February 13, at 5:00 p.m. Information: (858) 668-4674.

9055.300 Wed 6:00am-8:00pm Feb. 22 **Res/Nonres** \$55/\$65

Magic Mountain Trip

Ages 13-17

Are you looking to get your thrill this summer? The Community Services staff will be taking a charter bus full of teenagers to Magic Mountain. The bus will depart and return to Poway Community Park. Look for more information in the Summer Poway Today.

Pool Overnight Bash

Ages 13-17

Bring a friend and come enjoy a whole night of swimming, games, prizes, big screen movies, competitions, and all night fun. A barbecue dinner and a continental breakfast will be provided. Participants should bring swimsuits, sleeping apparel and tents. The event will be held at the Poway Community Swim Center, located at 13094 Civic Center Drive. The Summer Poway Today will have all of the information on the dates, times, and how to register.

Lake Poway Campout

Ages 13-17

Teens are invited to enjoy an all night party at Lake Poway. Come and play group sports, roast marshmallows, boat around the lake, and hang out with friends. Participants must bring a tent and sleeping gear. Fishing permits are not provided. Look for more information in the Summer Poway Today.



Poway Skate Park

The Poway Skate Park is 12,000 square feet of pool style concrete bowls and street elements. The park is open seven days a week from 8:00 a.m. to 9:30 p.m. The park is equipped with lights and bathrooms. Helmet, elbow pads, and kneepads are required at all times at this non-supervised facility. An adult must supervise children under the age of 14 at all times. The park is subject to closure for violations of the park rules and weather conditions. The park is located at 13090 Civic Center Drive. For a complete list of rules or information call Poway Community Park at (858) 668-4671.

TENNIS

TENNIS COURT RESERVATIONS

Reservations for the Poway Community Park tennis courts will be taken Monday through Friday, 8:00 a.m. to 10:00 a.m. only. Reservations may be made for the two lighted courts one day in advance and will be for one hour only. Reservations for the weekends and Monday may be made on Friday. All tennis classes offered by the City of Poway have priority on both of the courts. Reservation line: (858) 668-4671.

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

Tiny Tot Tennis 4 to 6 Years

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

				Res/Nonres
3013.300	Sat	9:00-10:00am	Jan 14-Feb 18	\$50/\$60

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
3013.301	T/Th	4:00-5:00pm	Jan 10-Jan 26	\$50/\$60
3013.302	T/Th	4:00-5:00pm	Feb 14-Mar 2	\$50/\$60
3013.303	Sat	10:00-11:00am	Jan 14-Feb 18	\$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.

				Res/Nonres
3013.304	T/Th	5:00-6:00pm	Jan 10-Jan 26	\$50/\$60
3013.305	T/Th	5:00-6:00pm	Feb 14-Mar 2	\$50/\$60
3013.306	Sat	11:00am-12:00pm	Jan 14-Feb 18	\$50/\$60

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
3013.307	T/Th	6:00-7:00pm	Jan 10-Jan 26	\$50/\$60
3013.308	T/Th	6:00-7:00pm	Feb 14-Mar 2	\$50/\$60
3013.309	Sat	12:00-1:00pm	Jan 14-Feb 18	\$50/\$60



YOUTH SPORTS

Beginning Ice Skating

3 to 12 Years

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

				Res/Nonres
3 to 5 Years				
2091.300	Wed	4:00-4:30pm	Jan 4-Jan 25	\$40/\$50
2091.301	Wed	4:00-4:30pm	Feb 1-Feb 22	\$40/\$50
2091.302	Wed	4:00-4:30pm	Mar 8-Mar 29	\$40/\$50

				Res/Nonres
6 to 12 Years				
2091.303	Wed	4:30-5:00pm	Jan 4-Jan 25	\$40/\$50
2091.304	Wed	4:30-5:00pm	Feb 1-Feb 22	\$40/\$50
2091.305	Wed	4:30-5:00pm	Mar 8-Mar 29	\$40/\$50

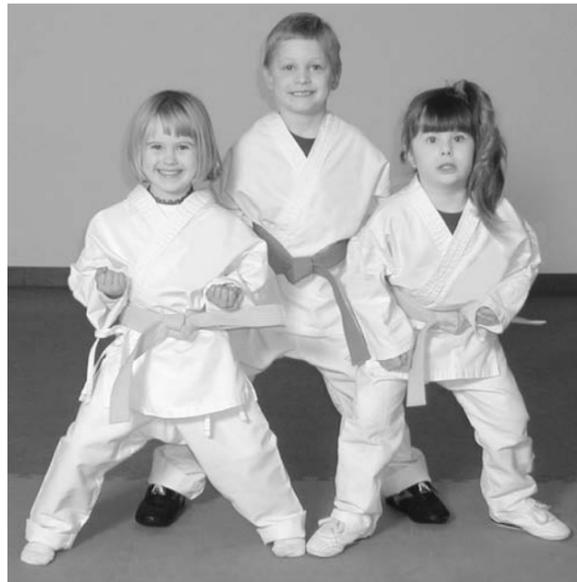
Karate is for Kids 4 to 12 Years

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.

				Res/Nonres
4 to 5 Years				
2091.306	Fri	3:00-4:00pm	Jan 13-Feb 10	\$45/\$55

				Res/Nonres
6 to 7 Years				
2091.307	Wed	5:00-6:00pm	Jan 11-Feb 8	\$45/\$55

				Res/Nonres
8 to 12 Years				
2091.308	Wed	4:00-5:00pm	Jan 11-Feb 8	\$45/\$55



Taekwondo 5 to 17 Years

This is a complete martial arts program for boys and girls. Your child is sure to find the class fun and exciting. In addition to learning important self-defense skills, your child will develop respect, self-discipline and confidence. Our internationally certified instructor has over 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 January 16, February 20.**

				Res/Nonres
5 to 13 Years				
2091.309	M/W/F	6:00-7:00pm	Jan 4-Mar 24	\$69/\$79

				Res/Nonres
14 to 17 Years				
2091.310	M/W/F	7:00-8:00pm	Jan 4-Mar 24	\$69/\$79

SPECIAL NEEDS

Bowling 16 and Older

This bowling class provides unlimited fun, where everyone has a chance to win with participants of all skill levels. Challenging gutter balls are no problem, since every lane has air filled bumpers. At the end of the sessions, 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. **No class February 24.**

				Res/Nonres
9397.300	Fri	1:30-3:30pm	Jan 13-Mar 24	\$30/\$40

Cheerleading 5 to 12 Years

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

				Res/Nonres
5 to 8 Years				
2091.311	Sat	11:45am-12:15pm	Jan 21-Feb 11	\$30/\$40
2091.312	Sat	11:45am-12:15pm	Feb 25-Mar 18	\$30/\$40

				Res/Nonres
Ages 9 to 12				
2091.313	Sat	12:15-1:00pm	Jan 21-Feb 11	\$45/\$55
2091.314	Sat	12:15-1:00pm	Feb 25-Mar 18	\$45/\$55



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
2091.315	Tue	3:00-4:00pm	Jan 10-Feb 7	\$45/\$55
2091.316	Sat	9:00-10:00am	Jan 14-Feb 11	\$45/\$55

Youth Volleyball League 9 to 14 Years

Get your friends together and come have fun playing in our volleyball league. Boys and girls are invited to participate in this recreational activity. Fundamental volleyball skills will be taught, and team tournament games will insure an exciting and educational volleyball experience. This will be an 8-week session. Championship T-shirts will be given to the tournament winners on March 20. All games will be held at Meadowbrook Recreation Center on Monday nights. Sign up at the Community Services office at City Hall. Information: (858) 668-4673.

				Res/Nonres
9 to 11 years				
2091.317	Mon	5:30-6:30pm	Jan 30-Mar 20	\$10/\$20

				Res/Nonres
12 to 14 years				
2091.318	Mon	6:45-7:45pm	Jan 30-Mar 20	\$10/\$20

Youth Track and Field Meet 7 to 15 years

Future track stars born between 1991 and 1999 are invited to compete in the 2006 Poway Youth Track Meet. Registration information will be distributed through Poway Unified School District schools during the last week of February. Registration forms are also available at the Community Services Department office at City Hall. Children can compete in two running events and two field events. The goal is to introduce children to track and field and the spirit of competition. Each child will receive a ribbon. The cost is \$3 per event. Registration must be received at the Community Services Department office, 13325 Civic Center Drive, no later than 5:00 p.m. on March 30. Track meet location: Poway High School Stadium. Information: (858) 668-4673.

				Res/Nonres
9000.400	Sat	9:00am-2:30pm	April 1	\$3 per event

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.

				Res/Nonres
9397.301	Wed	6:30-8:30pm	Jan 11, 25 Feb 8, 22 Mar 8, 22	\$40/\$50

ADULT SPORTS

Coed Volleyball 18 and Older

This is an instructional league. When you sign up, you will be assigned to a four-person team based on the instructor's assessment of your skill level. Each evening will consist of league play and instruction. NOTE: Prerequisite for advanced play is strong command of basic skills and experience in competitive play. League placement is determined by instructor. New players must be in attendance on the first night. Classes held at Twin Peaks Recreation Center. Instructor: Dick Leatherman. The classes on March 7 and 9 begin at 6:00 p.m. Information: (858) 668-4673.

Intermediate (Male)	Res/Nonres
1247.300 Thu 6:30-9:30pm Jan 12-March 9 \$52/\$62	
Intermediate (Female)	Res/Nonres
1247.301 Thu 6:30-9:30pm Jan 12-March 9 \$52/\$62	
Advanced (Male)	Res/Nonres
1247.302 Tue 6:30-9:30pm Jan 10-March 7 \$52/\$62	
Advanced (Female)	Res/Nonres
1247.303 Tue 6:30-9:30pm Jan 10-March 7 \$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 January 16, February 20.

1247.304	M/W/F	7:00-8:00pm	Jan 4- Mar 24	Res/Nonres
				\$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.

1247.305	Thu	6:00-7:00pm	Jan 12-Feb 9	Res/Nonres
1247.306	Fri	5:00-6:00pm	Jan 13-Feb 10	\$45/\$55

Open Play Sports All Ages

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

Men's 3 on 3 Basketball League 18 and Older

Hoop it up for fun and exercise in this recreational league. 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. Captains must register their teams by completing a registration form. All players must sign the roster before the team's first game. Games played at Meadowbrook Recreation Center, 12320 Meadowbrook Lane. Information: (858) 668-4673.

1247.307	Wed	6:30-9:30pm	Jan 11-Mar 22	Res/Nonres
				\$35/\$45 per team

OUTDOOR ACTIVITIES

Hiking for Fun & Fitness 5 and Older

Enjoy easy to moderate hikes on Poway's fine trails and sidewalks. 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 Poway Community Park Tennis Courts. Instructor: Mike Fry.

3439.300	Wed	6:00-7:30pm	Jan 4-Mar 29	\$5/person \$10/family
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Mobile Recreation All Ages

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

CPR - FIRE DEPARTMENT

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.**



2005	Res/Nonres
Sat Nov 19 8:30am-2:30pm	\$20/\$10 for 55 & older
Sat Dec 3 8:30am-2:30 pm	\$20/\$10 for 55 & older
Sat Dec 17 8:30am-2:30 pm	\$20/\$10 for 55 & older
2006	Res/Nonres
Sat Jan 7 8:30am-2:30pm	\$30/\$20 for 55 & older
Sat Jan 21 8:30am-2:30 pm	\$30/\$20 for 55 & older
Sat Feb 4 8:30am-2:30 pm	\$30/\$20 for 55 & older
Sat Mar 4 8:30am-2:30 pm	\$30/\$20 for 55 & older
Sat Mar 18 8:30am-2:30 pm	\$30/\$20 for 55 & older
Sat Apr 1 8:30am-2:30 pm	\$30/\$20 for 55 & older
Sat Apr 15 8:30am-2:30 pm	\$30/\$20 for 55 & older

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

SWIM CENTER

The Poway Community Swim Center is located at 13094 Civic Center Drive, within the Poway Community Park. The Swim Center includes a 50-meter by 25-yard pool with an attached diving well and shallow children's area. During open pool hours patrons may enjoy the one-and three-meter diving boards, open swimming areas, and lap swimming lanes. The Swim Center offers a complete shower and dressing area with lockers available for rent. Water temperature in the pool is maintained between 80 and 83 degrees, providing for comfortable swimming year-round. For general information regarding hours of operation and admission fees, call (858) 668-4680. For program information, call (858) 668-4570. Swimmers may be required to show proof of residency in order to be eligible for resident rates.

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

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

SEASON AND YEARLY PASSES

Passes may be purchased at the pool during regular business hours. Family passes include two adults (18 and older) and all immediate family members 17 and under living at the same residence. Season passes are valid for three months from date of purchase.

SEASON AND YEARLY PASS RATES

	Season Resident	Season Nonresident	Yearly Resident	Yearly Nonresident
Adults	\$40.00	\$48.00	\$160.00	\$207.00
Youth	\$28.00	\$45.00	\$110.00	\$170.00
Senior	\$28.00	\$45.00	\$110.00	\$170.00
Family	\$63.00	\$80.00	\$245.00	\$275.00

PASS HOLDERS MUST SHOW THEIR PASS AND HAVE THEM SCANNED PRIOR TO ENTERING THE FACILITY.



A GREAT HOLIDAY GIFT!

Purchase a gift certificate for a seasonal or yearly pass to the Poway pool for your family, friends, or loved ones. Pool passes are great to swim, get some exercise, or just have fun. Passes can be purchased in advance for any current or future season during pool business hours.

WINTER POOL HOURS

October 24, 2005 through April 10, 2006

Monday-Friday	11:00 a.m.- 1:30 p.m. 3:00 p.m. - 7:00 p.m.
Saturday/Sunday	CLOSED
Tuesday/Thursday	11:00a.m. - 1:30 p.m. Long Course

POOL CLOSED
December 12-31

Pool Maintenance

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

WATER EXERCISE

Water exercise is a low impact aerobic activity for people of all ages and abilities. Classes are held in 4-foot water depth. Classes held Monday, Wednesday and Friday from 11:00 a.m. to 12:00 p.m. Daily admission fee is required. Advanced swimming skills are not required as class is held in four feet of water.

SPECIAL INTEREST

Babysitter's Training

11 and Older

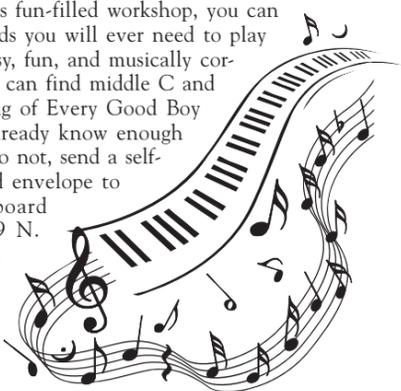
Prepare yourself to be the best babysitter! This American Red Cross Course will provide you with the information and skills necessary to provide safe and responsible care for children in the absence of the parent or guardian. This training will help participants develop skills in leadership and professionalism,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

					Res/Nonres
7617.300	Sat	9:00am-4:00pm	Feb 11		\$50/\$60
7617.301	Sat	9:00am-4:00pm	Apr 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 will 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
7617.302	Mon	6:30-9:30pm	Mar 27		\$25/\$35

Want to give a unique gift for the holidays?

How about a **Community Services Gift Certificate** to be used for a recreation program or class?

Please call the Community Services Department for more information.

(858) 668-4570

INTERNET REGISTRATION NOW AVAILABLE

DOG OBEDIENCE

Dog/Puppy Obedience

18 and Older

Training, conditioning, and introductory in AKC dog obedience. Chain, pinch or spiked collars are not permitted. Your dog learns to walk out freely with you, no pulling with positive instant recalls, sit-down-stay. Dog 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

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.

					Res/Nonres
5417.305	Sat	8:30am-12:30pm	Mar 11		\$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 (base on your height), a 10" ball, yoga mat, two 1 lb. free-weights, and a large towel to class. Classes held at the Poway Community Park Auditorium. Instructor: Linda Kay.

					Res/Nonres
5417.306	Tue	6:00-7:15pm	Jan 10-Mar 14		\$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 mat, and a large towel to class. Classes held at Poway Community Park Auditorium. Instructor: Linda Kay.

					Res/Nonres
5417.307	Tue	7:30-8:45pm	Jan 10-Mar 14		\$70/\$80

Yoga/Walk at the Lake

18 to Adult

Experience an energizing walk concluded with a Hatha Yoga practice designed for beginner through intermediate levels. Begin indoors with gentle yoga stretches to bring muscular flexibility and joint mobility. Move outdoors for a walk that stimulates the body's cardiovascular and respiratory functions. Return indoors to practice Hatha Yoga postures (yogasanas) with detailed asana instruction. Please bring bottled water, a yoga mat, and a large towel to class. Classes held at Lake Poway Pavilion. Intern: Summer King. Instructor: Linda Kay.

					Res/Nonres
5417.308	Mon	9:30-11:15am	Jan 16-Mar 6		\$75/\$85

minutes before the first class. Instructor: Bob Burkhardt. Mr. Burkhardt has been a professional trainer for over twenty years.

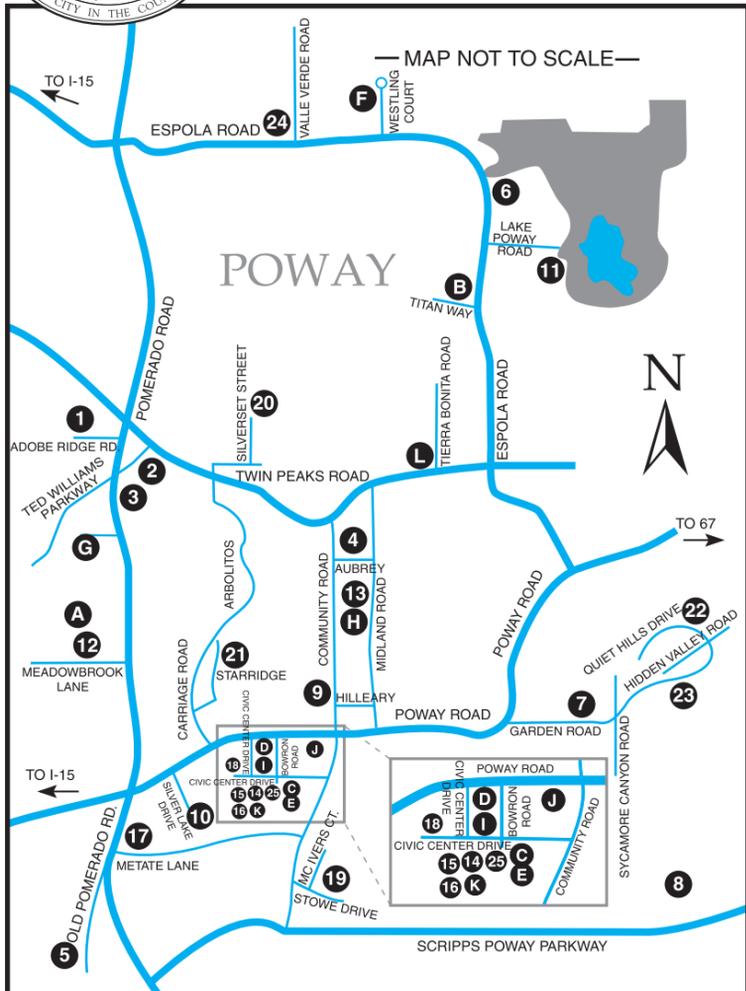
Twelve Weeks to Six Months (Puppy Class)					Res/Nonres
9019.300	Tue	6:30-7:30pm	Jan 3-Feb 7		\$80/\$90
9019.301	Sat	9:00-10:00am	Jan 7-Feb 11		\$80/\$90
9019.302	Tue	6:30-7:30pm	Feb 21-Mar 28		\$80/\$90
9019.303	Sat	9:00-10:00am	Feb 25-Apr 1		\$80/\$90

Six Months and Older (Adult Class)

9019.304	Tue	6:30-7:30pm	Jan 3-Feb 7		\$80/\$90
9019.305	Sat	9:00-10:00am	Jan 7-Feb 11		\$80/\$90
9019.306	Tue	6:30-7:30pm	Feb 21-Mar 28		\$80/\$90
9019.307	Sat	9:00-10:00am	Feb 25-Apr 1		\$80/\$90



CITY OF POWAY PARKS AND FACILITIES



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

FACILITIES

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

- 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

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

- 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

If you have not been to the Poway Senior Center lately, you might want to stop by and have a look at what we have to offer these days . . .

Your Poway Senior Center is located in the Weingart Center Building, situated in Poway's beautiful Community Park. The Center operates from 8:00 a.m. to 4:30 p.m. Monday through Friday, playing a vital role in the lives of older adults who live in the greater Poway area.

Since 1974 the Poway Senior Center has provided 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.

Plan to have lunch at our recently remodeled Nutrition Room, *La Bella Bistro*, where every Monday through Friday between 11:30 a.m. and 12:30 p.m. we serve a delicious and nutritious meal as part of our **MEALS FOR SENIORS PROGRAM**. If you would like to join us for lunch, please make your reservation by noon two days before, by calling (858) 748-6094. If you need a ride to the Center for lunch, ask about our door-to-door transportation service (to and from the Center) when you call to make your lunch reservation.

For homebound seniors and disabled adults **home delivered lunch meals** are available to those who reside in the greater Poway area,



Poway Senior Center
13094 Civic Center Drive
Poway, CA 92064
(858) 748-6094

Visit our website at
www.powayseniorcenter.org

And, if you still have energy left after all of those activities, consider becoming one of the more than 300 people who donate their time, talent and energy each year to help the Center deliver much needed programs and services to our older neighbors, friends and family members. **VOLUNTEER OPPORTUNITIES** are available to all ages and range from providing clerical services and kitchen assistance, to home-delivered meals, fundraising projects, Gift Shop shifts, and working the BINGO snack bar. Whatever you can do or whatever time you can spare, **we love our volunteers!** For more information, contact Mary Supanchick, our Volunteer Coordinator at (858) 748-6094, ext. 305.

including Rancho Penasquitos, Scripps Ranch, Carmel Mountain, Rancho Bernardo and Sabre Springs. To make arrangements for home delivered lunch meals, contact our Nutrition

Manager, Grace Baker at (858) 748-6094 ext. 304.

Looking for a lively discussion group, social outing or educational activity? Join our Stepping Out Group for active single and widowed adults 50+ which meets at the Center on the first and third Tuesday of each month at 10:00 a.m. You might take advantage of one of our day trips to nearby seasonal attractions like the San Diego County (Del Mar) Fair or the Annual Festival of Lights at the Mission Inn in Riverside.

There is a steady stream of pool, chess, bridge, pinochle, poker, and mahjong games each week-day at the Center. Try one of our many exercise classes, such as weight training, aerobics, Tai Chi or yoga. There are lots of craft groups including porcelain doll making, ceramics, needlecrafts, sewing, quilting and painting. Many of the items created by our talented craft group members end up for sale in the Center's **GIFT SHOP** which is open from 10:00 a.m. to 2:00 p.m. Monday through Friday. In addition to the many fine handmade items, you will also find greeting cards and jewelry. Stop by our Gift Shop often, as the merchandise moves quickly and you do not want to miss out on that unique gift.

BINGO is played twice a week at the Center on Tuesdays at 12:30 p.m. and on Saturdays at 6:00 p.m., when a full-service snack bar is offered. Anyone over the age of 18 is welcome to play BINGO. All proceeds from the BINGO program go toward funding our Meals for Seniors Program.

Theatre Tickets make great Holiday Gifts!

A Couple of Blaguards



A Couple of Blaguards by Frank and Malachy McCourt

This is a warm reminiscence about the McCourt brothers escape from Ireland to America in search of a better life. Told through a series of charming stories, *Blaguards* is filled with robust songs, knee-slapping jokes and lots of love.

Saturday, December 3 at 8 pm
\$37 adult; \$5 youth (with adult ticket)



Michael York in

Will and I

This star of stage and screen presents a captivating one-man performance recounting his life with (and love of) the works of Shakespeare. Perfect for scholars and newcomers to the Bard.

Saturday, January 28, 2006 at 8 pm
\$37 adult; \$5 youth (with adult ticket)



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, 2006 at 8 pm
\$37 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



Also on Sale:

LEAHY

February 11
Tickets: \$37

DAVE MASON

February 25
Tickets: \$42

Poway Center for the Performing Arts ~ Calendar of Events ~

NOVEMBER 2005

PCPA Gallery Monthly Art Exhibit: Painter's Perspective November 1-26

Event	Presented By	Date	Time
Children's Musical "Beauty and the Beast"	Metropolitan Educational Theatre (MET-2)	Nov. 19-20	TBA
"The Nutcracker" Ballet	New West Ballet	Nov. 25-27	TBA

DECEMBER 2005

PCPA Gallery Monthly Art Exhibit: Holiday Decorations November 29-December 22

Event	Presented By	Date	Time
"Sundowner Mixer"	City of Poway Chamber of Commerce	Dec. 1	5:30 pm
Children's Holiday Choral Concert	RB Children's Chorus	Dec. 2	7:00 pm
"A Couple of Blaguards"	PCPA Foundation	Dec. 3	8:00 pm
Winter Choir Concert	Poway High School*	Dec. 6	7:00 pm
Orchestra Concert	Poway High School*	Dec. 7	7:00 pm
Winter Choral Concert	RB Chorale	Dec. 9	8:00 pm
		Dec. 10	8:00 pm
Holiday Concert Band Performance	Pomerado Community Band	Dec. 11	7:00 pm
Jazz Band Concert	Poway High School*	Dec. 12	7:00 pm
Winter Choral Concert	Black Mountain Middle School*	Dec. 13	7:00 pm
"The Nutcracker" Ballet	Southern California Youth Ballet	Dec. 17	2:00 pm
		Dec. 18	7:00 pm
		Dec. 18	2:00 pm
Motivational Speaker	Poway Sheriff's Department	Dec. 19	TBA

CALL PCPA BOX OFFICE FOR TICKET INFORMATION (858) 748-0505.

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 (858) 748-0245.

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

JANUARY 2006

PCPA Gallery Monthly Art Exhibit: Watermark IV January 4-28

Event	Presented By	Date	Time
Financial Aid Night	PHS & RB Highs*	Jan. 4	6:00 pm
Digital Media Film	PHS Digital Media Dept.*	Jan. 6	7:00 pm
Art Reception	Watermark IV	Jan. 7	1:00 pm
Orchestra Concert	Mt. Carmel High*	Jan. 7	7:30 pm
"Savoy Express - Gilbert & Sullivan" Music & Art Festival	Bernardo Concerts** SD Chinese Art Society	Jan. 12	8:00 pm
Musical	Twin Peaks Middle School*	Jan. 14	7:00 pm
		Jan. 19 & 21	6:00 pm
		Jan. 21 & 22	2:00 pm
AP Parent Night	Poway High School*	Jan. 24	6:00 pm
Choral Concert	Meadowbrook Middle School	Jan. 25	7:00 pm
Michael York in "Will and I"	PCPA Foundation	Jan. 28	8:00 pm

FEBRUARY 2006

PCPA Gallery Monthly Art Exhibit: North County Society of Fine Arts February 2-25

Event	Presented By	Date	Time
Art Reception	North County Society of Fine Arts	Feb. 4	2:00 pm
Spring Musical	Poway High School*	Feb. 9 & 10	7:00 pm
		Feb. 16-18	7:00 pm
PTSA Recognition Night	Poway High School*	Feb. 13	5:30 pm
"Wendy Sayvets - Folk Soprano"	Bernardo Concerts*	Feb. 15	8:00 pm
"Dave Mason Band"	PCPA Foundation	Feb. 25	8:00 pm

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.

OFFICE HOURS

Monday through Friday 8:00 AM to 5:00 PM
Saturday 8:00 AM to 4:00 PM
Sunday 10:00 AM to 2:00 PM

RAIL OPERATIONS • (858) 486-4063

Saturday 10:00 AM to 4:00 PM
Sunday 11:00 AM to 2:00 PM
Closed second Sunday of every month.

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 11:00 AM to 2:00 PM
Hours subject to volunteer availability and may vary.

BLACKSMITH SHOP

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

FARMERS MARKET

Saturday 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

FACILITY RENTAL

For reservations and information (858) 668-4580
Monday through Friday 8:00 AM to 5:00 PM
Tuesday 8:00 AM to 7:00 PM

TOURS AND SPEAKING ENGAGEMENTS OF THE PARK

Call the Old Poway Park office during business hours.

Rendezvous in Poway Historical Re-enactments

The City of Poway and the mock gun-fighting 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 25 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 the 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. Enjoy period costumes, crafts, an evening barndance and much more. Information: (858) 668-4576.

Attention Poway Teachers!

If you are looking for a fun way to teach California history curriculum, 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. Rendezvous tours will cover several aspects of the United States and California history including Civil War eras, early exploration, transportation, music, pioneer women and many other period relevant cultural traditions. The tour component of the Rendezvous in Poway will be held exclusively for school groups on Thursday, March 9 and Friday, March 10, 2006. Tours are booked on a first-come-first-served basis and fill fast so reserve your tour today. The deadline to book your educational tour is Friday, February 24. To book: (858) 668-4576.

Theatre in the Park

The Poway Woman's Club and the City of Poway present children's theatre performances in Templars Hall at Old Poway Park. The young cast of Theatre in the Park has been busy preparing for their upcoming performance, presented during the Christmas in the Park event, on Saturday, December 10. They will be performing "Christmas in the Land of Oz." The public is invited to come out and catch these "rising stars!" The cast is always looking for new participants, which is a great way for you and your family to be a part of the fun at Old Poway Park. To join the cast of Theatre in the Park, or for more information regarding performance times or purchasing tickets, please contact (858) 748-3383.

Volunteers Needed

The Theatre in the Park program is in need of several volunteers to assist in the many different aspects of the program. The cast is currently looking for assistance in the transportation and set-up of various set backdrops for their upcoming performances at Old Poway Park and other aspects of the program such as set and costume design. If you are interested in becoming involved with this community based theatre program please contact (858) 668-4575.

Farmers Market Offers Winter-Season Goods

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

Earth/Arbor Day Celebration and Family Mountain Bike Ride

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 family event will feature a "Flower Festival", presented by the Poway Valley Garden Club. The flower festival will include free children's planting activities, flower displays, and a plant sale. There will be fun springtime activities and food for the whole family with the Farmers Market, live animals presented by the Blue Sky Ecological Reserve, flower and gardening demonstrations and giveaways, demonstrations by EDCO disposal, and interactive displays by a number of environmental and local organizations and businesses. Delicious food and drink items will be available and live bluegrass music will entertain throughout the day. As part of the Earth/Arbor Day Festival, a Family Mountain Bike Ride on the North Poway Trail system will be offered. The ride is open to all ages and skill levels. To register for the bike ride, call (858) 679-1027. For general event information: (858) 668-4576.

KUMEYAAY IPAI INTERPRETIVE CENTER

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



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 cooler days bring garden-fresh sweet corn, tangerines, carrots, beets, oranges and apples 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:

COMMUNITY SERVICES DEPARTMENT

MANAGED BY:
Outback Farm

WHERE FRESHNESS AND FLAVOR ARE AT THEIR PEAK

LAKE POWAY

14644 LAKE POWAY ROAD

LAKE HOURS

Sunrise to Sunset
Wednesday through Sunday

PARK HOURS

Daily Sunrise to Sunset

Information: (858) 668-4770

Area Reservations: (858) 668-4580

Concession: (858) 486-1234



Hike, Picnic, and Camp Year-round in the City!

Nestled in the hills of Poway's characteristic Southern California chaparral, Lake Poway Recreation Area offers not only fishing and boating, but also offers mountain biking, hiking, primitive camping, picnicking, volleyball, softball, and reservable areas. The park is an excellent place to spend time hiking the 3.2-mile trail, which offers great views of the lake and access into Blue Sky Reserve and Mount Woodson.

At the base of the dam is the Lake Poway Wilderness Campground, a four-acre parcel unsurpassed in its natural state. This primitive campground offers eight campsites by reservation only with barbecues, picnic tables, and permanent rest rooms.

Specific areas of the park may also be reserved for groups and/or individual use. They include a 900-square-foot pavilion, (which includes a kitchen and electricity) two gazebos, park areas, a lighted softball field, and an archery range. Additional areas in the park include two sand volleyball courts with nets, two horse-shoe pits, two playgrounds, and a horse staging area. Stop by the Lake Poway Recreation Area and enjoy a fantastic day recreating, relaxing, or just enjoying nature in the City! Information: (858) 668-4580.

Trout Season Continues at Lake Poway

Another season of excellent and exciting trout fishing is underway at Lake Poway this year. Throughout the season the lake will be stocked weekly with 1,200 pounds of rainbow beauties, so bring your family and friends and experience some of the best fishing in San Diego County. The full-service Lake Poway Concession offers bait and tackle, State Fishing Licenses and daily permits, boat rentals, cold and hot beverages, and delicious grilled items. Motorboats and rowboats are available for rent on a first-come-first-served basis. Our Park Rangers are available to provide you with great trout fishing advice and secrets about where the "hot spots" are. Catch the fun at Lake Poway by spending a day trolling in our rental boats or relaxing along the shoreline! Information: (858) 668-4770 or concession (858) 486-1234.

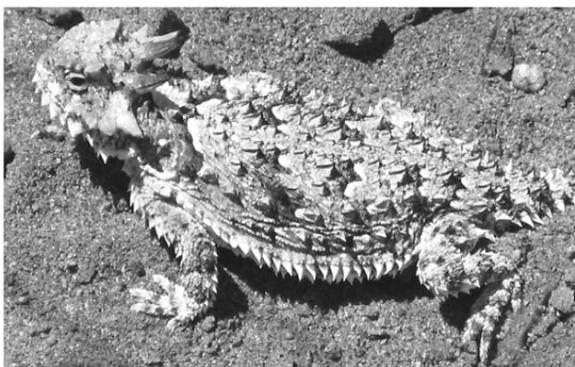
Open Trout Derby!

Grab your poles, get your gear, and run, do not walk, to the best of derby fishing at the Lake Poway Open Trout Derby on March 25 and 26. The lake will be stocked with 3,000 pounds of hungry rainbow trout for this spectacular two-day event. Anglers of all ages are invited to try their luck. Great prizes will be awarded for the largest trout caught in three divisions: men's, women's, and youth. The gates of the lake will open at 5:00 a.m. Saturday morning and fishing will begin at sunrise and continue until sunset. The gates open on Sunday at 5:00 a.m. and fishing will begin at sunrise and continue until 12:00 p.m. The derby entry fee for this two-day family event is \$5 per person. A daily lake use permit for each day of participation must be purchased (\$4.50 for adults and \$2.00 for youth). State fishing licenses are required for ages 16 and older. Derby registration must be purchased before your first catch. There will be 50 motorboats available for rent on a first-come-first-served basis. Information: (858) 668-4770.



BLUE SKY RESERVE

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



Nature Walks

For up-to-date information on dates and times of docent-led nature walks please call the Blue Sky office at (858) 668-4781 or pick up our Winter 2005 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.



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 Feb 4 6:00pm FREE

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, and kiosk display maintenance.

Some prior knowledge of natural history is desirable but a willingness to learn is more important. Training begins on 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.

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

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

SYCAMORE CANYON/GOODAN RANCH

Sycamore Canyon/Goodan Ranch Open Space Preserve is located 1/4 mile south of Scripps Poway Parkway on Highway 67. Visitors can hike along miles of trails, where they will enjoy grand vistas, abundant wildlife, and interesting reminders of the long and varied history of man's use of the area. Sycamore Canyon consists of 1,700 acres of coastal sage scrub and chaparral-covered hills nestled between the cities of Poway and Santee. Bordering the canyon on the west side and stretching through the valley floor is the 325-acre Goodan Ranch, a mix of diverse habitats including grassland, riparian, coastal sage, oak woodland, and mixed chaparral.

For more information about the preserve or its programs, please call (858) 513-4737.

Want to give a unique gift for the holidays?

How about a **Community Services Gift Certificate** to be used for a recreation program or class?

Please call the Community Services Department for more information.
(858) 668-4570

