Distracted driving, street racing, speeding, and impaired driving are just some reasons why teen drivers are at greatest risk for car accidents.
Economic Development Site Selection Website
The City of Poway has a new tool in its economic development toolbox and it's called PickPoway.com

The City of Poway has a new tool in its economic development toolbox and it's called PickPoway.com. PickPoway.com is a site selection webpage to help new and expanding businesses find locations in Poway that best suit their needs. The site does this by providing businesses with tools to evaluate potential locations before making major investments in property, equipment and staff. PickPoway.com is available for use by anyone with internet access and does not require creating an account of any sort. It’s available online, 24 hours a day, seven days a week, and it’s free!

The key to finding the best location for a business is for the business to know their customers. This is where PickPoway.com adds value to doing business in the City of Poway — it can help businesses analyze a community to identify potential customers. Businesses rely on data such as population, socioeconomic characteristics, age structure, eating-out expenditures, lifestyle and household size. PickPoway.com informs site selectors of a trade area’s population and includes a quantified breakdown of variables such as age, gender, income, housing, family type, education, and employment. PickPoway.com creates detailed demographic reports and graphically displays the data in maps for each of the locations being considered by a business. This information, in addition to the pricing of the site being considered, zoning, parking, road patterns, drive times, access, and visibility can give site selectors what they need to determine the potential for success at a given location.

Other types of businesses such as manufacturers, researchers, and professional offices can also use PickPoway.com to find local businesses for their supply chain. Similarly, suppliers can find potential customers. The businesses in PickPoway.com are categorized by industry type such as automobiles, parts, electronics, health care, food services, manufacturers, transportation, warehousing, couriers, wholesalers, and employment services. The search results will map out where the businesses are located. Users can also search for businesses by using the drawing tools to define the area they want to search.

PickPoway.com is not just for businesses. It can also help residents and visitors find places to shop, dine, recreate and entertain. So the next time you visit Old Poway Park, participate in sporting events, or plan a day at Lake Poway be sure to visit http://www.PickPoway.com first!

Iron Mountain & Lake Poway Parking Update

Poway’s hiking trails are among the best and most popular in the entire County. This popularity can result in parking problems! At times, both the Lake Poway Recreation Area and Iron Mountain parking lots are filled to capacity. The current capacity of the Iron Mountain parking lot is 102 vehicles. From January to June each year, weekend parking demands usually far exceed the parking lot capacity. When the lot is full, cars park along Highway 67 which can create a hazardous condition. Hikers on the west side of the highway often run across the road without walking to the signalized intersection.

Lake Poway provides many recreational activities including fishing, boating, archery, and picnicking, and also serves as a trailhead for several popular hiking trails. The existing parking lot has 190 spaces, and fills to capacity on many weekends and holidays. It is estimated that as many as 70% of the visitors to Lake Poway are hikers enjoying our beautiful trails.

On October 7, 2014, staff presented options to the Council for expanding the Iron Mountain Parking lot. The options presented ranged from 20 to 89 additional parking spaces.

The City of Poway promotes proper tree pruning as it makes the tree safer and more beautiful. By properly pruning trees, you can reduce the size of the tree while maintaining the tree’s natural beauty. You can slowly add growth so the form and distribution of branches is normal. Properly pruned trees are safer and more beautiful and have excellent form.

If your trees need to be maintained, the City recommends hiring a professional arborist. Trees within the City’s right-of-way, such as along roadways or in landscape maintenance districts, may be the City’s responsibility. If in doubt, please check with the Public Works Department before trimming. The removal of any tree within the right-of-way of any private road on private property (which includes public and commercial) requires a Tree Removal Permit, which can be obtained from the City’s Development Services Department.

For more information about trees, you can visit the International Society of Arboriculture’s website at www.treesaregood.com.

Topped Trees Can Topple!
Did you know that topping a tree will make it more hazardous in the long run? Tree topping is the cutting of a tree’s branches to stubs or lateral branches that are not large enough to sustain the tree within the right-of-way or any native trees on private property (which includes public and commercial) requires a Tree Removal Permit, which can be obtained from the City’s Development Services Department.

For more information about trees, you can visit the International Society of Arboriculture’s website at www.treesaregood.com.

In 2014, the State passed a ban on single-use plastic bags effective July 1, 2015. Although there is a possibility implementation of the ban will be delayed or even prevented if a referendum is placed on the November 2016 ballot, wider use of reusable bags will help us all participate in removing plastic bags from landfills and protecting the environment.

According to the CalRecycle web page, Californians use an estimated 13 billion plastic bags annually and approximately 247 million pounds of plastic bags end up in landfills. Studies have shown that plastic accounts for up to 90 percent of trash in our lakes and waterways. Increased use of reusable bags will have a positive effect on California. The Natural Defense Council states that roughly $428 million is spent annually for litter removal from the Pacific Ocean and state waterways. Approximately 8 to 25 percent of that cost is attributed to plastic bag waste. Reducing the amount of plastic film in the environment will also decrease the risks to aquatic life. Plastic bags in the water are often mistaken for food by seabirds, marine mammals, fish, and sea turtles.

Using reusable bags is easy; it is getting used to the new habit of using them that can take a little time and practice. To help you remember to use your reusable bags, keep them in the car or remember to put them back in the car after you shop. Since many shopping trips are unplanned, gaining new habits will prepare you for those times when you stop by the grocery store unexpectedly.

Once these habits are ingrained, you can be a part of the solution to reduce plastic pollution and keep plastic out of landfills, saving valuable and irreplaceable, landfill space.

DID YOU KNOW...?
That out of the 28,759 registered voters in Poway, 56% voted in the last election. Although this number may not seem very impressive, compared to the rest of the cities in San Diego County, Poway can be proud! Only the City of Coronado had a stronger voter turnout with 89% of their registered voters casting ballots. Everyone should take the opportunity to let their voices be heard on Election Day. Please encourage your family, friends and neighbors to vote…Let’s see if we can surpass the City of Coronado in the next election!

Voter registration forms are available in the City Clerk’s office at 13325 Civic Center Drive.
Early Summer Camp
Registration will begin on Tuesday, April 14 at 7:30am.

Need a Friendly Reminder? Connect with Us!
Early Registration for Lake Poway Day Camp and Counselor in Training will begin April 14, 2015, at 7:30am!

Boating, fishing, hiking, crafts, games, field trips, and more! What an amazing way to spend a summer! If your 6-12 year old agrees, then Lake Poway Day Camp is the place for them. Camp hours are from 8:00 am to 4:00 pm. Extended care is available from 4:00 pm to 5:30 pm, free of charge. Information: www.poway.org/daycamp.

Spring Break Camps!

CAMPI Archery Basics Camp | Ages 7 to 16
Come enjoy a fun-filled week of archery! Learn archery basics and shoot with surprising accuracy in the week-long camp. Please do not bring equipment; equipment provided for class use.

Instructor: Rick Haynor
Location: Lake Poway, Archery Range

RES/ NON
2433.440 M-F 9:00-9:30am Apr 6-Apr 10
$75/$85*
2433.441 M-F 10:00-11:30am Apr 6-Apr 10
$75/$85*

* $15 materials fee due on the first day of class

CAMPI Swim & Tennis | Ages 6 to 15
The tennis portion of this camp will consist of court etiquette, scoring system, footwork drills, forehand and backhand groundstroke drills, volley drills, serving drills, games, singles and doubles strategy, court positioning, and conditioning. These techniques are designed to form a well-rounded tennis enthusiast with enhanced abilities! Snacks will be provided, but all participants should bring a sack lunch each day. After lunch, participants will cool off in the pool. Participants should bring a swim suit, towel, and plenty of sunscreen!

Instructor: Art Christophades
Location: Community Park, Tennis Courts / Swim Center

RES/ NON
2433.420 M-F 9:00am-3:00pm Apr 6-Apr 10
$125/$135*

* $15 materials fee due on the first day of class

Soccer Shots Minis | Ages 2-3
Soccer Shots Minis is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

Instructor: Soccer Shots
Location: Community Park, Open Play Area

RES/ NON
2433.403 Sat 9:15-9:45am Apr 11-May 30
$120/$130*
2433.404 Tue 6:15-6:45pm Apr 7-May 26
$120/$130*

* $10 materials fee due first day of class

NEWI Get Smart with Art | Ages 2-5
For beginning artists! A unique class for children to learn about artists and techniques, and create a new framed masterpiece each week! Children explore their creativity through carefully-designed lessons that ignite the imagination and encourage skill development. New lessons are introduced each session!

Instructor: Get Smart with Art, Ms. Vivian
Location: Old Poway Park, Parlour

RES/ NON
4011.406 Mon 9:30-10:15am Mar 30-Apr 20
$56/$66
4011.407 Mon 10:30-11:15am Mar 30-Apr 20
$56/$66
4011.408 Mon 9:30-10:15am Apr 27-May 18
$56/$66
4011.409 Mon 10:30-11:15am Apr 27-May 18
$56/$66
4011.410 Mon 9:30-10:15am Jun 1-Jun 15
$42/$52
4011.411 Mon 10:30-11:15am Jun 1-Jun 15
$42/$52

* $10 materials fee due first day of class

Mom & Tot Gymnastics | Ages Walking-3½ years
This class is designed for toddlers and their parents to participate together in basic gymnastics while interacting with other children and an instructor. They will develop their basic motor skills, confidence, balance, coordination, and social interaction in a fun-filled, positive atmosphere. Wear comfortable clothing and wear no snaps, zippers, or buttons. Participants should be walking by the time the class begins.

Instructor: Poway Gymnastics
Location: Poway Gymnastics: 12850 Brookprinter Place
No Class: May 21 & 23

RES/ NON
2312.400 Mon 10:45-11:15am Apr 2-Jun 18
$161/$171*
2312.401 Sat 8:45-9:15am Apr 4-Jun 20
$161/$171*

* $10 materials fee due first day of class

Soccer Shots Classic | Ages 3-6
Using creative and imaginative games, weekly sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation. Soccer Shots will introduce your child to the fun of soccer and provide the foundation needed to get started in the sport.

Instructor: Soccer Shots
Location: Community Park, Open Play Area

RES/ NON
2433.400 Sat 10:00-10:45am Apr 11-May 30
$120/$130*
2433.401 Sat 11:00-11:45am Apr 11-May 30
$120/$130*
2433.402 Sat 12:00-12:45pm Apr 7-May 26
$120/$130*

* $10 materials fee due first day of class

Children’s Activities

Hopscotch: Tiny Tots Preschool | Ages 2-5
Hop into learning and fun during the Hopscotch Tiny Tots Preschool! Children will socialize, play, and learn with their peers in a fun, relaxed atmosphere. Each month offers a unique theme and incorporates art projects, musical instruments, dancing, educational activities, and even some yoga! Watch your children grow this fall in a preschool that gives them the opportunity to creatively be themselves. Please bring water and a healthy snack each day. Children under 3 years old should be walking, talking, and potty trained by the first day of class.

Instructor: Kimberly Bruch
Location: Community Park, Youth Activity Room

RES/ NON
4011.401 TTh 9:00am-12:00pm Mar 31-Apr 23 $149/$159*
4011.402 TTh 9:00am-12:00pm Apr 28-May 21 $149/$159*
4011.403 TTh 9:00am-12:00pm May 26-Jun 18 $149/$159*

* $10 materials fee due first day of class

NEWI Spanish for Preschoolers | Ages 3-5
¿Hola Amigos! Did you know that preschool age is the perfect time for language acquisition? This class is designed to tap into your child’s natural sense of curiosity and energy as they learn Spanish basics through song, movement, play, art, and stories! Each week, we will explore components of the Spanish language with a variety of themed sensory and interactive learning activities. Through this fun and play-based class, participants will walk away with a solid foundation of a new language that they can build upon for years!

Instructor: Christine Martinez
Location: Community Park, Youth Activity Room
No Class: May 22

RES/ NON
4011.403 Fri 10:00-11:30am Apr 3-Jun 5 $110/$120*

* $15 materials fee due first day of class

Moms & Tots Gymnastics | Ages Walking-3½ years
This class is designed for toddlers and their parents to participate together in basic gymnastics while interacting with other children and an instructor. They will develop their basic motor skills, confidence, balance, coordination, and social interaction in a fun-filled, positive atmosphere. Wear comfortable clothes or a leotard with no snaps, zippers, or buttons. Participants should be walking by the time the class begins.

Instructor: Poway Gymnastics
Location: Poway Gymnastics: 12850 Brookprinter Place
No Class: May 21, 23

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Instructor: Soccer Shots
Location: Community Park, Open Play Area

RES/ NON
2433.400 Sat 10:00-10:45am Apr 11-May 30 $120/$130*
2433.401 Sat 11:00-11:45am Apr 11-May 30 $120/$130*
2433.402 Sat 12:00-12:45pm Apr 7-May 26 $120/$130*

* $10 materials fee due first day of class
Exciting NEW Classes!

NEW! FitX Fitness Your Way! | Ages 16+
We’ve partnered with FitX Fitness to bring you the ultimate fitness schedule! FitX Fitness Your Way allows you to attend a variety of fitness classes, on your schedule and at your own price, without ever signing a contract. Whether you’re looking to mix it up or keep it simple, we’ve got what you need! Bring a towel and water bottle to hydrate for all classes. Sign-up early! Classes are removed from the schedule if enrollment minimums are not met.

| T  | Mar 30-Jun 18 | $8/$18 |
| T  | Mar 30-Jun 18 | $45/$55 |
| T  | Mar 29-Jun 18 | $96/$106 |
| 2x/week (24 classes) | Mar 30-Jun 18 | $168/$178 |
| Unlimited classes | Mar 30-Jun 18 | $255/$265 |

Choose from any of the following classes:

Cross Fit-X Training
This high-intensity, fun burning workout uses weights, resistance bands, and Pyometric movements to fire up your metabolism! Cross Fit-X Training is a must try for anyone looking for some variety in their weekly workout routine.
Instructor: FitX Fitness
Location: Community Park, Auditorium
Wed 6:00-7:00pm

Outdoor Boot Camp | Ages 16+
Join us for a refreshing Outdoor Boot Camp featuring high-intensity interval training, or HIIT training. This workout can be done by all fitness levels and the intense intervals allow you to get the most out of a one-hour workout. This fresh air fitness class promises to renew and rejuvenate any body! Meet outside of the Pavilion building.
Instructor: FitX Fitness
Location: Lake Poway
Thu 6:00-7:00pm

Power Vinyasa Yoga | Ages 16+
This beginner-level yoga sequence will help you build strength, gain flexibility, and find focus. This splitting hour of Vinyasa flow will leave you feeling challenged, yet empowered. Come experience your body in a new way as we flow together, linking our breath with our movements. Please bring a yoga mat.
Instructor: FitX Fitness, Karyn Beebe
Location: Old Poway Park, Templars Hall
Mon 7:15-8:00pm

Pilates
Ages 16+
Transform your body from the inside out. Strengthen your abdominals and back. Improve posture and become more visibly toned while your arms and legs become leaner. Pilates is a safe and sensible way to exercise that will help you feel your best. People around you will notice a substantial difference in your overall appearance. Join the nearly nine million other people in the U.S. who have discovered the benefits of Pilates.
Instructor: Emma Sarmiento
Location: Community Park, Activity Rooms I & II
Fri 7:15-8:00pm

Water Works | Ages 16+
In the water, your body’s buoyancy takes the stress off joints, and the multi-directional resistance makes a unique and challenging environment for working out. This class will be a refreshing change to the usual land classes and provides a fun and challenging workout. Non-swimmers are welcome; this is a vertical workout that does not require submerging. Resistance and resistance equipment will be provided.
Instructor: FitX Fitness, Renee Meyst
Location: Community Swim Center
Tue 6:00-6:55pm

Get more fitness for less!!
Sign up for a combination class:

| T  | Mar 30-May 4 | $45/$55 |

*See individual class descriptions for No Class dates and locations.

Yogazander—Beginning Gentle Yoga | Ages 17+
Experience a unique approach to yoga! Practice gentle breathing exercises and gentle yoga poses combined with the profound body wisdom of the Alexander Technique. Yogazander will help you softly release muscle tension and develop natural body alignment. Enjoy less stress and more flexibility! Bring a yoga mat, small blanket or beach towel, and water.
Instructor: Cheri Hotalen
Location: Old Poway Park, Templars Hall
5417.414 Thu 10:00-11:30am Apr 2-May 7 $85/$95

Tap Dance for Adults | Ages 18+
Come learn the exciting art of tap dance - no experience needed! Get your body moving in this music filled, low impact, toe-tapping class! Learn some new skills, meet new friends, and spend an hour just for you!
Instructor: Debbie Childress
Location: Community Park, Auditorium
No Class: Apr 7 & May 12
5111.402 Tue 6:15-7:00pm Mar 31-Jun 9 $96/$108

Kettlebell Kickboxing | Ages 16+
Restart your fitness goals with Kettlebell kickboxing interval training, a non-intimidating approach to exercise that will turn your body into a fat-burning machine! Kettlebell kickboxing training works to develop dense muscles, which require much more energy. In addition, it will help with stamina, flexibility, and developing your core muscles. Your metabolism will keep burning calories for up to 24 hours after the workout. Working with kettlebells is safe for all fitness levels. Equipment supplied. Wear comfortable workout clothes and bring a towel to class. Are you ready to rumble with get-fit greatness?
Instructor: Cheri Hotalen
Location: Poway Plates: 14053 Midland Road
5417.440 Mon 6:00-6:45pm Mar 30-May 4 $74/$84

Beginning WuDang 18-Form Taiji | Ages 17+
Now you can learn and practice the beautiful WuDang 18-Form Taiji, a traditional short form of Tai Chi Chuan from the WuDang Daowist Kunfu Institute in China. Regular practice of this graceful moving meditation develops essential skills for healthy living, including improvement of posture, balance, circulation, and coordination. These benefits, plus the added discipline of remembering a dynamic sequence of movements, will strengthen the neural network in such a way that body, mind, and spirit create profound health and wellbeing. Wear comfortable clothing, flat-soled shoes or socks, and bring water.
Instructor: Cheri Hotalen
Location: Old Poway Park, Great Room
5417.416 Mon 6:00-7:15pm Mar 30-May 4 $75/$85

Tai Chi 24-Forms Intermediate Practice | Ages 17+
The ancient practice of Tai Chi Chuan is clinically proven to be one of the most effective exercises to improve health, fitness, and relaxation. The 24 Forms is the most widely prac- ticed Tai Chi form. While there are many variations, the Yang Style is one of the most authentic. This is an intermediate level class for Tai Chi students who wish to deepen their study of the Tai Chi principles and how to use them to further develop their Tai Chi practice. Wear comfortable clothing, flat-soled shoes or socks, and bring water.
Instructor: Cheri Hotalen
Location: Old Poway Park, Great Room
5417.410 Mon 7:15-8:00pm Mar 30-May 4 $45/$55

Low Back Care on the Pilates Reformers | Ages 16+
Learn how to find your deep core muscles as we introduce you to simple movements and techniques using the Pilates Reformer. This will help you support and strengthen your back, not only in the Pilates environment, but in your daily life, as well. This class is for people with chronic low back pain, recent back injury that has kept them from returning to regular exercise, and people who may not have pain but feel fatigue in their backs with strenuous or activities requiring endurance.
Instructor: Poway Pilates
Location: Poway Plates: 14053 Midland Road
5417.445 Mon 12:30-1:30pm Mar 30-Apr 27 $74/$84
5417.447 Wed 12:30-1:30pm Apr 4-Apr 29 $74/$84
Kid's Night Out

Kid's Night Out | Grades 1st – 5th
Kid's Night Out is a win-win for everyone! Parents, take the night off because Kid's Night Out is all about the kids. Offered every month during the school year, kids in grades 1st – 5th will enjoy a themed night of recreation games, arts and crafts, special presenters, movies, and so much more. It's not your average night ... it's Kid's Night Out! Registration is required.
Instructor: Community Park Staff
Location: Community Park, Auditorium

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<tr>
<th>Date</th>
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<tr>
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Don't miss the 26th Annual Dance Recital!
Ms. Debbora's presents "Sleeping Beauty" and Dance Showcase 2015 on June 16 and 17 at 6:30pm at the Poway Center for the Performing Arts. Tickets are available at the door, prior to each show. For more information, visit www.msdebboradasdanceforkidchildren.com
Due to preparations for our annual dance recital, no new dance students will be accepted during the spring session for the following classes: Dance for Children, Tap and Ballet, Dance Production, Princess Ballet, Lyric for Teens, and Fun 'n Funky Jazz. Only continuing students may re-enroll. Parent watching days are the last class of each month.
Students interested in attending these classes next season should watch for the Summer Poway Today!

Teen Activities

Hey Teens, check out the June Teen Excursion to Disneyland on Page 3!

Glow-in-the-Dark Egg Hunt | Grades 6th – 9th
When is an egg hunt not just an egg hunt? When it’s a slammin’ jammin’ GLOW IN THE DARK egg hunt! Join the quest for over one thousand glow-in-the-dark eggs! But these aren’t just ordinary eggs — they’re filled with candy, kicker gift cards, and tons of boss prizes. And as if we’d let the fun end there! Afterward, we’re hosting the ultimate dance party under the stars! You know you want to rock with us — don’t miss out! Register early: space is limited. For information & to register: (858) 668-4671
Instructor: Community Park Staff
Location: Community Park, Auditorium
Sat 5:00-9:00pm | Mar 28 | FREE

Teen Campout | Grades 6th – 9th
Who’s up for a little adventure? Spend the night with us under the stars for your chance to outwit, outplay, and outlast your friends in this Survivor-themed event! It’s going to take brains and brawn to win the crown. The fun doesn’t end with the competition! Challenge your friends in one of our ridiculously awesome night time games, craft your next masterpiece, swap spooky ghost stories by the campfire, or scarf down gooey s’mores. Register early: space is limited. For information & to register: (858) 668-4671
Instructor: Community Park Staff
Location: Old Poway Park
Fri-Sat 6:00pm-8:00am | Apr 24-25 | FREE

Teen Night Out – Glow Party | Grades 6th – 9th
Teens — it’s your night out! Teens in grades 6th – 9th will have an absolute blast choosing which activities THEY want to participate in during Activity A-Palooza! Face your friends in Mario Kart on the Wii, get funky with arts and crafts, win cool prizes playing recreation games, kick back with friends, devour yummy snacks, and so much more! Register early: space is limited. For information & to register: (858) 668-4671
Instructor: Community Park Staff
Location: Community Park, Auditorium
Sat 4:00-9:30pm | May 23 | FREE

NEW! Yoga for Tweens and Teens | Ages 8-17
Yoga is the union of mind, body, and breath. Join Jazel, a mother of a special needs daughter, as we explore topics such as happy hearts, healthy hands, brave breath, and strong bodies in a nonjudgmental and noncompetitive environment. Our special needs friends, and their parents, are encouraged to participate! Join us for a free trial class on April 28 at 4:00pm in Templars Hall.
Instructor: Jazel Peterzell; jpcorrie@yahoo.com
Location: Old Poway Park, templars Hall
Fri 4:50-5:45pm | Apr 24-25 | FREE

Creative Arts

Art Start | Ages 7 to 12
Artist Susan Bainbridge will use directed drawing techniques to encourage students to develop their drawing skills, confidence, and imagination. Young artists will learn to recognize the basic shapes that form their subject matter, which is the first step toward realistic drawing. Creativity will be encouraged! A variety of media will be explored: pastels, watercolor, markers, and clay.
Instructor: Susan Bainbridge; www.artstart1.com
Location: Old Poway Park, Great Room
Fri 4:50-5:45pm | Apr-May | $100/$110
Fri 4:50-5:45pm | May-Jun | $110/$120
Rentals: $20 materials fee due on the first day of class

Best of Broadway | Ages 7 to 14
Let’s create a show from Musical Theatre’s most popular songs and scenes! Participants will create a show by selecting their favorite songs from Musical Theatre, and then create a script leading into their favorite songs and scenes. Participants will develop skills in acting technique, terminology, and improv, followed by a fantastic dance number and a dive into vocal technique. On the last day, participants will perform a showcase for their families to enjoy! Participants will receive a script, CD, and performance t-shirt.
Instructor: Catherine Colby
Location: Old Poway Park, Templars Hall
Fri 4:50-5:45pm | Apr- May | $105/$115
Fri 4:50-5:45pm | May-Jun | $115/$125
Fri 4:50-5:45pm | May-Jul | $125/$135
Rentals: $20 materials fee due on the first day of class

Dance | Youth & Teen

Rave Reviews:
“From the wonderful dancing to the costume; the show was an absolute success! We can’t wait for next year”

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Creative Arts

Art Start | Ages 7 to 12
Artist Susan Bainbridge will use directed drawing techniques to encourage students to develop their drawing skills, confidence, and imagination. Young artists will learn to recognize the basic shapes that form their subject matter, which is the first step toward realistic drawing. Creativity will be encouraged! A variety of media will be explored: pastels, watercolor, markers, and clay.
Instructor: Susan Bainbridge; www.artstart1.com
Location: Old Poway Park, Great Room
Fri 4:50-5:45pm | Apr-May | $100/$110
Fri 4:50-5:45pm | May-Jun | $110/$120
Rentals: $20 materials fee due on the first day of class

Best of Broadway | Ages 7 to 14
Let’s create a show from Musical Theatre’s most popular songs and scenes! Participants will create a show by selecting their favorite songs from Musical Theatre, and then create a script leading into their favorite songs and scenes. Participants will develop skills in acting technique, terminology, and improv, followed by a fantastic dance number and a dive into vocal technique. On the last day, participants will perform a showcase for their families to enjoy! Participants will receive a script, CD, and performance t-shirt.
Instructor: Catherine Colby
Location: Old Poway Park, Templars Hall
Fri 4:50-5:45pm | Apr- May | $105/$115
Fri 4:50-5:45pm | May-Jun | $115/$125
Fri 4:50-5:45pm | May-Jul | $125/$135
Rentals: $20 materials fee due on the first day of class

Dance | Youth & Teen

Rave Reviews:
“From the wonderful dancing to the costume; the show was an absolute success! We can’t wait for next year”

Don’t miss the 26th Annual Dance Recital!
Ms. Debbora presents “Sleeping Beauty” and Dance Showcase 2015 on June 16 and 17 at 6:30pm at the Poway Center for the Performing Arts. Tickets are available at the door, prior to each show. For more information, visit www.msdebboradasdanceforkidchildren.com
Due to preparations for our annual dance recital, no new dance students will be accepted during the spring session for the following classes: Dance for Children, Tap and Ballet, Dance Production, Princess Ballet, Lyric for Teens, and Fun ‘n Funky Jazz. Only continuing students may re-enroll. Parent watching days are the last class of each month.
Students interested in attending these classes next season should watch for the Summer Poway Today!
Intermediate/Advanced Skateboarding | Ages 6-13
The intermediate/advanced class focuses on the principles of getting air, developing flip tricks, and grinding. Students must have at least one year of skateboarding experience OR have participated in the Intro Skateboarding Class before enrolling in this course. Students will develop flowing runs, learn about competitive skateboarding, meet guest professionals, and even get the opportunity to participate in mock skateboarding competitions. All participants MUST have a helmet, elbow pads, and knee pads each class. Bring your own skateboard or contact the instructor for rental options prior to the first class.

Instructor: Andrew Barbosa, Andrew@sdskatelife.com
Location: Community Park, Skate Park
No Class: Apr 18
7600.401 Wed 4:00-5:00pm Apr 1-May 27 595/510

Youth/Teen Taekwondo | Ages 6+
This is a complete martial arts program designed to help participants of all ages respect, discipline, and self-control. Become more confident by improving your coordination, strength, speed, endurance, and self-defense skills. In addition to learning Taekwondo kicks, blocks, and punches, participants will also receive instruction in Hapkido joint locking techniques. Students may participate in an examination at the end of the session to advance to a higher belt level. A plain white taekwondo uniform is required and may be purchased from the instructor for $20. Want to try it before you buy it? Attend the first day of class for free!

Register online: www.poway.org/classes

Tennis – Beginner | Ages 5-14
Beginning tennis skills are taught in this class. These skills include: forehand and backhand ground strokes, volleys, and a good first serve. Group instruction will encompass drills, court positioning, footwork drills, doubles play and strategy, scoring system, and court etiquette.

Instructor: Art Christophides
Location: Community Park, Tennis Courts
Ages 5-7
3013.400 Sat 9:00-10:00am Apr 6-May 2 $40/$55*
3013.401 Sat 9:00-10:00am May 16 Jun 13 $40/$55*
Ages 8-14
3013.402 T/Th 4:00-5:00pm Mar 31-Apr 30 $65/$75*
3013.403 Apr 7-May 2 $40/$55*
3013.404 T/Th 4:00-5:00pm May 12-Jun 4 $55/$65*
3013.405 Sat 10:00-11:00am May 16-Jun 13 $40/$55*

* $5 materials fee due on the first day of class

Tennis – Intermediate | Ages 7-16
At this level, you will be incorporating advanced techniques, along with fine-tuning beginning strokes. Participants will refine topspin forehand and backhand ground strokes, conventional volleys, a good first and second serve, and a good overhead smash. Instruction will include footwork drills, groundstrokes, approach shots, volleys, singles and doubles play, and strategy, scoring system, light competitive games, and court etiquette.

Instructor: Art Christophides
Location: Community Park, Tennis Courts
No Class: May 25
3013.410 M/W/F 6:00-7:00pm Mar 30-Apr 29 $70/$80*
3013.411 M/W/F 6:00-7:00pm May 11-Jun 8 $80/$90*

* $5 materials fee due on the first day of class

Tennis – Advanced Juniors | Ages 9-17
At this hotshot level, tennis enthusiasts will enhance their ability level by focusing on forehand and backhand ground strokes, volley, serves, and overhead smash drills. The class includes singles and doubles play, and strategy. The class is preparing participants for tournaments, league play, and high school teams. Advanced class placement determined by instructor.

Instructor: Art Christophides
Location: Community Park, Tennis Courts
No Class: May 25
3013.410 M/W/F 6:00-7:00pm Mar 30-Apr 29 $70/$80*
3013.411 M/W/F 6:00-7:00pm May 11-Jun 8 $80/$90*

Tennis – Intermediate Juniors | Ages 9-17
This is a complete martial arts program designed to help participants of all ages respect, discipline, and self-control. Become more confident by improving your coordination, strength, speed, endurance, and self-defense skills. In addition to learning Taekwondo kicks, blocks, and punches, participants will also receive instruction in Hapkido joint locking techniques. Students may participate in an examination at the end of the session to advance to a higher belt level. A plain white taekwondo uniform is required and may be purchased from the instructor for $20. Want to try it before you buy it? Attend the first day of class for free! Liability waiver required.

Instructor: Master Wolpert (858) 748-1333
Location: Meadowbrook Gym
Ages 9-12
2091.410 Mon 3:00-6:00pm Apr 6-May 25 $55/65*
2091.411 Mon 3:00-6:00pm May 11-Jun 8 $65/75*
Ages 12-14
2091.412 Mon 3:00-6:00pm May 18-Jun 29 $65/75*

* $5 materials fee due on the first day of class

Intermediate Coss Volleyball | Ages 16+
All intermediate players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. Past volleyball experience is strongly recommended.

Instructor: Dick Leatherman
Location: Twin Peaks Multipurpose Center
Men’s
TUESDAY 6:30-9:30PM
1247.400 Apr 9-Jun 4 $70/100
Women’s
1247.401 Apr 9-Jun 4 $70/100

Advanced Coss Volleyball | Ages 16+
All advanced players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. Past league experience is required.

Instructor: Dick Leatherman
Location: Twin Peaks Multipurpose Center
Men’s
TUESDAY 6:30-9:30PM
1247.402 Apr 7-Jun 2 $70/100
Women’s
1247.403 Apr 7-Jun 2 $70/100

3-on-3 Basketball League | Ages 18+
Teams can have up to four players on their roster and there is free substitution during the games. The teams play half-court, best two out of three games to 21 points. The season ends with a tournament, where the winning team will receive bragging rights for the next season! All players must sign the roster before the team’s first game.

Instructor: Recreation Staff
Location: Meadowbrook Gym
No Class: Apr 22 and May 20 & 27
1247.405 Wed 6:30-9:30pm Apr 1-Jun 17

Register online: www.poway.org/classes

Sports | Youth/Teens
Intro to Skateboarding | Ages 6-13
Are you a first time rider? Do you want to improve your skills? The beginning class is designed to help build balance, confidence, and coordination. Students will learn the fundamentals of riding, skateboarding safety, and early trick development. All participants MUST have a helmet, elbow pads, and knee pads each class. Bring your own skateboard or contact the instructor for rental options prior to the first class.

Instructor: Andrew Barbosa, Andrew@sdskatelife.com
Location: Community Park, Skate Park
No Class: Apr 18
7600.401 Wed 5:00-6:00pm Apr 1-May 27 595/510

Open Play Sports | Ages All
The City of Poway operates two gymnastics that provide a variety of activities for youth and adults. Open play basketball, volleyball, badminton, and pickleball are available during the week for your recreation needs at no charge.

During the months of April, May, and through June 14 the free open gym times are as follows:

<table>
<thead>
<tr>
<th>Days</th>
<th>Locations</th>
<th>Open Gym Times</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>weekday</td>
<td>Meadowbrook Gym</td>
<td>8:00-11:00am &amp; 6:00-9:00pm</td>
<td>Art Christophides</td>
<td>$20-$40</td>
</tr>
<tr>
<td>Saturday</td>
<td>Meadowbrook Gym</td>
<td>6:00-9:00pm</td>
<td>Art Christophides</td>
<td>$20-$40</td>
</tr>
<tr>
<td>Sunday</td>
<td>Meadowbrook Gym</td>
<td>6:00-9:00pm</td>
<td>Art Christophides</td>
<td>$20-$40</td>
</tr>
</tbody>
</table>
Dog Training

Proof of current vaccinations must be shown at first class. An adult must accompany all participants 16 and younger. No metal choke chains or pinch collars; they are not needed!

Beginning Obedience | Owners aged 12+ Dogs 6 months to Adult
In the Beginning Obedience class, your dog will learn to walk politely and appropriately socialize while on a leash. Behavioral problems associated with the leash will be covered. The commands of come, sit, down, stand, heel, and stay will also be covered.
Instructor: Good Dog Training School, Lynne Moore
Location: Tue: Old Poway Park, Green Park
Sat: Garden Road Park
9019.400 Tue 6:30-7:30pm May 12-Jun 16 $95/$105*
9019.401 Sat 9:30-10:30am May 4-May 9 $95/$105*
9019.402 Tue 6:30-7:30pm May 12-Jun 16 $95/$105*
9019.403 Sat 9:30-10:30am May 16-Jun 20 $95/$105*
*$25 material fee due on the first day of class

Intermediate Obedience | Owners aged 12+ Dogs 6 months to Adult
In the Intermediate Obedience class, your dog will work to obtain a Canine Good Citizen Certification (AKC program) and experience more different training such as leaving other dogs and people alone. Dogs in this class must have taken an introductory course or have knowledge of basic commands.
Instructor: Good Dog Training School, Lynne Moore
Location: Garden Road Park
9019.404 Sat 10:45-11:45am Apr 4-May 9 $95/$105*
9019.405 Sat 10:45-11:45am May 16-Jun 20 $95/$105*

Advanced Obedience | Owners aged 12+ Dogs 6 months to Adult
In the Advanced Obedience class, your dog will learn to obey commands and play appropriately off leash. The bond between you and your dog will grow even stronger as your dog is not “forced” to obey due to a leash. Although leash laws must be obeyed for the safety of your dog and the public, dogs generally work better off leash. Dogs in this class must have knowledge of all basic commands. Supervised play time will begin 30 minutes before class.
Instructor: Good Dog Training School, Lynne Moore
Location: Community Park, Dog Park, Pen 2
9019.406 Wed 6:30-7:30pm Apr 1-May 6 $95/$105*
9019.407 Wed 6:30-7:30pm May 13-Jun 17 $95/$105*

Safety Training

Please Note: If registering for both the First Aid and CPR class, there is a one-time $32 (certification) or $4 (informational only) materials fee.

CPR/AED for the Adult/Child/Infant | Ages 11+
Become certified in this American Red Cross CPR class. Learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. This course teaches skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Participants receive ready reference information and an American Red Cross certification card valid for two years.
Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park, Nutrition Room
5418.400 Wed 6:00-9:00pm May 20 $30/$40*
*24 (certification) or $2 (informational only) materials fee due on the first day of class

First Aid | Ages 11+
This American Red Cross class will prepare you to handle any emergency first aid situation with loved ones, friends, and co-workers. This course includes responding, recognizing, and care in life-threatening situations such as burns and bleeding, muscle, bone, and joint injuries; head and spinal injuries; heat- and cold-related emergencies; and sudden illness. Participants will receive a ready reference card and an American Red Cross certification valid for two years.
Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park, Nutrition Room
5418.401 The 6:00-9:00am May 21 $20/$30*
*20 (certification) or $2 (informational only) materials fee due on the first day of class

Baby/Children Training CPR & First Aid | Ages 11 to 18
The American Red Cross has created a course for babysitters with components that include: leadership, professionalism, responsibility, child development, safety, and responding to emergencies while on the job. Participants will receive a card from the American Red Cross with no expiration date, as well as a certification in Pediatric CPR and First Aid for two years. Bring a lunch and large doll or stuffed animal to class.
Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park, Activity Rooms I & II
7617.400 Sat 9:00am-3:00pm Apr 25 $65/$75*
Mon 5:00-8:00pm Apr 27 $35 material fee due on first day of class

Costs:

Daily Admission

Adults (Ages 18+): $2.50/$5.00
Youth and Seniors (Ages 60+): $2.00/$4.00
A responsible adult who has paid the admission fee must accompany children under 7 in the water.

Season and Yearly Passes: www.poway.org/swim

Winter (Through Mar 29)
Monday-Friday 11:00am-1:30pm / 3:00-7:00pm
Saturday-Sunday CLOSED
Spring (Mar 30-June 14)
Monday-Wednesday-Friday 10:30am-1:30pm
Tuesday-Thursday 8:00am-3:30pm
Saturday-Sunday 10:30am-5:00pm
Long Course (offered through May 28)
Tuesday-Thursday 8:00am-1:30pm
Pool Closed May 1 at 1pm Swim Meet May 2-3 all day

Family Swim – Begins April 4
Bring the family, along with your toys, rafts, fins, snorkels, and inner tubes, and enjoy all the benefits of a family. Items not provided by Swim Center. Proof of residency will be required for the reduced family swim rate.

Sat/Sun 10:30am-1:00pm $8.00/$11.00 per Family

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

Birthday Party Package: Why not host your next Birthday at the pool? Included reserved picnic area for two hours, public pool use for up to 25 persons, and 30 minutes of games with pool staff.
Information: (858) 668-4680

Did You Know?
About 92,000 people are saved by CPR each year in the U.S.

Special Needs

See pg. 6 for a NEW Yoga for Tweens and Teens class, welcoming the special needs community and their friends!

Bowling | Ages 13+
This bowling class provides unlimited fun for everyone! Awards and a party will conclude the last class. If the participant needs one-to-one attention or has special needs, provide a description of the situation to the instructor. Depending on the circumstances, an aide may be required to accompany the participant. All participants must be picked up by 3:30pm.
Instructor: Sarah DiGrazia-Gana
Location: Poway Fun Bowl, 12941 Poway Rd
9397.400 Fri 1:30-3:30pm Apr 10-Jun 19 $50/$55*
*An $8 class fee is collected at the bowling alley each week

Information: www.poway.org/spring

Poway Swim Center

Location: 13094 Civic Center Drive

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

Information:
(858) 668-4680 www.poway.org/swim
Swim Lessons

Spring Swim Lesson Assessments | All Ages
Make an appointment to have a free swim lesson assessment. It is highly recommended for determining the appropriate placement level for participants. Call (858) 668-4680.

Swim Lesson Registration
Please note the age, skill level requirements, and time for each class. If you are unsure which level to enroll in, skill assessments are available by appointment. Students enrolled either above or below their ability level may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call (858) 668-4683, prior to the start of the class to ensure that you are not dropped.

Parent/Child | Ages 6-24 months
Develops a comfort for the water and introduces basic water skills. Does not teach children to be accomplished swimmers nor survive in the water. Parents must accompany their children in the water.

Pre-Grunion | Age 2
Designed for young children who are ready to begin learning swimming skills, but not ready to participate without their parents. Skills introduced: water entry, breath control, bobbing, and beginning swim stroke. Parents must accompany their children in the water.

Grunion 1 | Ages 3-4
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.

Grunion 2 | Ages 3-5
Introductory class for children who have successfully completed the Grunion 1 class or who are very comfortable in the water. Reinforces skills learned in Grunion 1, with a greater emphasis on efficiency.

Grunion 3 | Ages 3-5
Designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Skills emphasized include: front- and back crawl. Students should feel comfortable in at least four feet of water.

Otter Pup | Ages 3-5
Designed for swimmers that are ready to move on to the Otter level, but not old enough for the Otter class. Focuses on improved technique, increased endurance of front crawl and back crawl, as well as side-breathing. Students must be proficient in all Grunion 3 skills prior to enrollment in this class.

Otter | Ages 6-14
Continuation of Starfish. Designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasis is placed on improving the front crawl and back crawl. Students should feel comfortable in at least four feet of water.

Seahorse | Ages 6-12
Continuation of Starfish. Designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasis is placed on improving the front crawl and back crawl. Students should feel comfortable in at least four feet of water.

Dolphin | Ages 6-16
Focuses on stroke refinement and increased swimming distance. Proficiency in front crawl (alternate breathing), back crawl, elementary backstroke, sidestroke, and breaststroke are expected. Skills introduced: butterfly and flip turns.

Seal | Ages 6-16
Takes place in 11-12 feet of water. Prerequisites include: the ability to swim 15 yards of front crawl (with side breathing), back crawl, and elementary back stroke. Skills introduced: butterfly and breaststroke kick, and introduction to diving from the side of the pool.

Spring 2015
Swim Lessons (cont’d)

Swordfish | Ages 6-16
Develop skill proficiency and continue to progress towards greater distance in all strokes. Participants are expected to swim at least 100 yards without stopping prior to taking this class.

0324.400  MW 6:50-7:30pm  May 11-Jun 3  $52/562
0324.401  TT 6:50-7:30pm  May 12-Jun 4  $52/562

Adult Beginner | Ages 16+
It’s never too late to learn to swim! For adults who desire to become confident in the water and learn basic swimming skills.

0521.400  MW 6:50-7:30pm  Apr 13-May 6  $52/562
0521.401  TT 6:50-7:30pm  Apr 14-May 7  $52/562
0521.402  MW 6:50-7:30pm  May 11-Jun 3  $52/562

Adult Intermediate | Ages 16+
For adults who are comfortable in the water and have basic swimming skills. Focuses on increased endurance, stroke refinement and improvement.

0522.400  MW 6:50-7:30pm  Apr 13-May 6  $52/562
0522.401  TT 6:50-7:30pm  Apr 14-May 7  $52/562
0522.402  MW 6:50-7:30pm  May 12-Jun 4  $52/562

Water Exercise | Age 16+
Water exercise is a low-impact exercise for any ability. Classes are held in four feet of water. Advanced swimming skills are not required. Daily admission is required. MWF 11:00am-12:00pm

Red Cross Lifeguard Training | Ages 15+
Lifeguard training course teaches the necessary skills to become a professional lifeguard. Upon successful completion of the course, participants will earn their certification for Lifeguarding/First Aid/CPR/AED. There is a water skills test on the first day of class – failure to complete the following skills will result in immediate dismissal: Swim 500 yards continuously using front crawl and breaststroke, tread water for 2 minutes without using hands; and enter the water feet first, swim 20 yards and retrieve a 10-pound brick from 11.5 feet of water, return 20 yards, and climb out of the pool in under 1 minute and 40 seconds. 100% attendance is required. Class fees do not include books. Students must purchase the Lifeguard Training book and a re-certification 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.

0700.302  1Th 3:00-4:00pm  Mar 10,12,17,19  $135/145*
RES/NON
0700.401  M-Th 8:00am-5:00pm  Apr 6-9  $135/145*
0700.402  T/Th 5:00-8:00pm  Apr 27,28,30  $135/145*
0700.403  Sat 8:00-10:00am  Apr 18,25  *Includes $35 Red Cross certification fee

Private Lessons | All Ages
Instruction is geared towards the individual’s ability at any age. Must register for a minimum of four classes. Lessons are 30 minutes in length. Registration for lessons takes place in person at the Swim Center. Children under age of 3 may be required to have an adult in the water. Information: (858) 668-4680.

0701.400  MW 6:50-7:00pm  Apr 6-9  $26/36 Per person
RES/NON
0701.401  T/Th 5:00-6:00pm  Apr 27,28,30  $26/36 Per person

Red Cross Water Safety Instructor | Ages 16+
The American Red Cross Water Safety Instructor training course teaches the skills needed to teach swim lessons. Upon successful completion of the course, participants will earn their Water Safety Instructor certification. There is a water skills test on the first day of class – failure to complete the following skills will result in immediate dismissal: Swim Swim Front Crawl 25 yards, Back Crawl 25 yards, Breaststroke 25 yards, Elementary Backstroke 25 yards, Sidestroke 25 yards, Butterfly 15 yards; you will also need to maintain position on back for 1 minute in deep water (floating or sculling); students will need to tread water for 1 minute. 100% attendance is required. Class fees include the books needed for the course. Prerequisite: Participants must be 16 years of age by the first day of class.

0701.400  Wed 4:00-8:00pm  Apr 29, May 6,13,20  $200/$210*  RES/NON
0701.401  Sat 8:00am-5:00pm  May 9,16  *There is a $35 fee that all students will have to pay directly to the American Red Cross.

Celebrate at Community Park!
Secure a great location for your next birthday party, baby shower, corporate event, or family picnic! Community Park has four rentable picnic areas to choose from, all equipped with BBQs and room for inflatable bounce houses. Information and pricing can be found at www.poway.org or by calling (858) 668-4580.

NEW! In The Park Series
Express your creativity while constructing a masterpiece, challenge your friends to a game of Apple to Apples, enjoy the sweet sounds of music, or make slime in whatever color you want! Community Park’s In The Park Series will bring you two hours of themed fun that’s sure to provide exciting, unique experiences for the whole family. While the theme may change from month to month, one thing is guaranteed: FUN!

Monday 10:00am-12:00pm  April 6  Music Theme
Monday 10:00am-12:00pm  May 25  Fitness Theme

Information: www.poway.org/communitypark

Location: 13094 Civic Center Drive
Park Hours:
Recreation Office: Mon-Sat 8am-9pm | Sun 12pm-9pm
Bocce Courts: Mon-Sat 8am-9pm | Sun 12pm-9pm
Dog Park/Tennis Courts/Basketball Court: Daily, Sunrise-10pm
Unsupervised Skate Park: Daily, 8am-10pm

Information: (858) 668-4671
www.poway.org/communitypark

Old Poway Park
Farmers Market
Come experience the “City in the Country” Farmers Market every Saturday, from 8:00 am to 1:00 pm on Midland Road at Old Poway Park. Rain or shine! Information: (858) 668-4575.

Information: (858) 668-4576
www.poway.org/oldpowaypark

Historical Tours
Book a fun, easy, educational field trip for 20 or more participants for just $4 each. Reservations for Tuesday through Thursday tours can be made by calling (858) 668-4576. Information: www.poway.org/oldpowaypark.

Sam Hinton Folk Festival
The San Diego Folk Heritage will host the FREE, Annual Sam Hinton Folk Festival. This event includes a variety of musical performances (from old-time to bluegrass jams), storytelling, music workshops, a family country dance, and an open mic stage. Information, call (858) 566-4040.

Information: www.poway.org/oldpowaypark

Sam Hinton Folk Festival!
Sunday, June 20
10:30 am to 5:00 pm

Information: www.poway.org/oldpowaypark
Lake Poway

Location: 14644 Lake Poway Road

Park Hours: Daily, 6:00am to Sunset

Fishing & Boating Hours: Spring & Summer Wed-Sun, 6:00am to Sunset

Information: www.poway.org/lakepoway

Park/Pavilion Reservations (858) 668-4580
Lake Poway Concession (858) 668-4778

Entry Station Open Weekends and Holidays February 28 through November. Non Residents fee is $5.00 per vehicle and $2.00/motorcycle. There is no charge for Poway Residents.

Blue Sky Ecological Reserve

Location: Espola Road, 1 mile north of Lake Poway Road

Reserve Hours: Daily, Sunrise-Sunset

Information: (858) 668-4781 or www.poway.org/bluesky

Blue Sky is a 700-acre ecological reserve. Fully-trained docents offer hands-on experiences to identify and observe plants and animals, and provide resource preservation activities and programs. Bring your school or scout group for an outdoor nature program, discover skins, skulls and animal artifacts with the family, or enjoy a relaxing hike in this unique habitat.

Kumeyaay-Ipai Interpretive Center at Pauwai

Location: 13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)

FREE Docent-led Tours: (858) 668-1292

Classes Offered: Basket Weaving, Native Food, Medicines & Materials, Flint Knapping, & more

Information: (858) 668-1292 www.friendsofthekumeyaay.org

Docents Wanted!

Interested in Native American culture or helping students learn about this valuable archaeological site? A variety of opportunities are available. For information, please leave your name and telephone number at (858) 668-1292.

Ancient Community of Pauwai Uncovered!

Long before the Spanish arrived in the 1500s, thriving communities of native people populated Pauwai. The evidence of their lives and work can be seen today at the Kumeyaay Center. Visit us on Saturday mornings and take a guided tour of this archaeological site where you will experience artifacts, ieweas, and a milling and grinding station.

Student Tours and Outreach Program

The Outdoor Tour Program and In-Classroom Program introduce important scientific concepts as outlined in Science Content Standards for grades 2-5. Tours in the Reserve last approximately two hours and are available on Wednesdays and Friday mornings for $4 per student. The one-hour Outreach Program at your school is available on Monday and Wednesday mornings for $4 per student. A reduced fee of $6 per student is offered when both a Tour and Outreach program are scheduled at the same time. Teachers/chaperones are free. Reservations can be made online at www.poway.org/bluesky.

Information: www.poway.org/bluesky

Predator vs. Prey

All animals must eat to survive. Predators are always on the lookout for a meal, and prey is always trying to avoid being eaten. Both must adopt strategies to gain the advantage. Let’s look at chasing, stalking, ambushing, weaponry, camouflage, trickery, and other mechanisms predator and prey employ in this constant battle for survival. Afterwards, create your very own food chain to take home!

Saturday, March 28 10:00 am-12:00 pm $3 per person

Information: www.poway.org/kicc

Kumeyaay-Ipai School Tours

Students learn the history, experience the life of the Kumeyaay, “discover” artifacts and ancient milling sites, and participate in “spirit rock” painting. School tours are available Thursday & Friday mornings throughout the school year. Cost: $4 per student. Information and scheduling www.poway.org/kicc

Spring 2015
**Sycamore Canyon Goodan Ranch Preserve**

**Location:**
16281 Sycamore Canyon Road
Poway, California 92064

**Information:**
(858) 513-4737
For a complete schedule of activities at Goodan Ranch, visit: www.sdparks.org

Over ten miles of trails and service roads open to hiking, mountain biking and equestrian use. Preserve visitors are welcome to visit our new visitor center. Live animals and exhibits on Goodan History, Cedar Fire, Kumeyaay and the MSCP are on display.

Events, hikes and programs start at various Preserve locations. Some require a one mile walk from Goodan Ranch staging to the Visitor Center. Please check descriptions closely. No vehicular traffic is permitted in the Preserve. Transportation for those with disabilities can be arranged, by calling the ranger at (858) 513-4737.

Goodan staging area accessed from Poway Rd. east on Garden Rd, then south on Sycamore Canyon Rd. Sycamore Canyon Rd. ends at staging area.

Highway 67 staging area accessed through SOUTHBOUND Highway 67 only, half a mile south of Scripps Poway Parkway. All events are free. For information or to make event reservations call (858) 513-4737 or email Justin.Gibbons@sdcounty.ca.gov

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**Poway Senior Center**

**Location:**
Poway Community Park, Weingart Center Bldg.
13094 Civic Center Drive, Poway, CA 92064

**Hours:**
Senior Center
Mon-Fri 8:00am-4:00pm
Gift Shop
Mon-Fri 10:00am-2:00pm

**Information:**
(858) 748-6094
Check our website for updated programs, activities, and schedules.
www.powayseniorencenter.org

**La Bella Bistro:**
Join us for lunch every Monday through Friday from 11:30 am to 12:30 pm. A donation of $4.00 is suggested for those 60 and older. Lunch for guests under 60 is $6.00. Check out our menu on our website or newsletter, or just stop by and enjoy the special of the day. Reservations are not required.

**Need a Ride to Lunch?**
Call Paul Boston, Nutrition Manager at (858) 748-6094 x 304 for details.

Every month it’s something new!
Every month in our lobby we have a new themed gift basket that you can enter to win. Tickets are sold at the Reception Desk.

- $1.00 per ticket or 6 for $5.00

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**Poway Library**

**Location:**
13137 Poway Road, Poway, CA 92064

**Hours:**
Monday-Thursday: 9:30am-8:00pm
Friday & Saturday: 9:30am-5:00pm
Sunday: 12:00pm-5:00pm

**Information:**
(858) 513-2900
www.sdcl.org

All programs subject to change, please check our website, call, or stop in the Library for further information.

**Children’s Programs**

- Storytime: Monday-Friday at 10:30am
- Baby Storytime: Tuesdays at 9:45am
- PJ Storytime: Third Wednesday of the month at 7:00pm
- Monday Funday Craft: Monday, March 9, March 16 and April 20, 3:30-4:30pm
- Elementary Book Club, Level 1: Friday, March 20 and April 17, 4:00-4:30pm
- Elementary Book Club, Level 2: Friday, February 27, March 27 and April 24, 4:00-4:30pm

**Special Event for All Ages**

- Nowruz Celebration: Persian New Year, Wednesday, March 25 at 6:00pm

**Teen Programs**

- Teen Thursdays: Thursdays at 4:00-5:00pm
- Teen Book Club: Thursday, February 19, March 19 and April 16
- Teen Movie: Thursday, February 26, March 26 and April 23
- Teen Gaming: Thursday, March 12 and April 9

**Adult Programs**

- Acoustic Showcase Concert Series: Second Saturday of the month at 2:00pm
- Poway Library Book Club: Third Tuesday of the month at 6:30pm
- Author Visit: Poway Author C.L. Hoang, Saturday, April 18 at 11:00am
**POWAY CENTER for the Performing Arts**

**The Poway Center for the Performing Arts (PCPA)**

The Poway Center for the Performing Arts is an 800 seat state-of-the-art theatre owned and operated by the City of Poway. The PCPA hosts a variety of events that include professional performances, concerts, dance productions, community theater groups, art exhibits, and Poway Unified School District events. Available for rent, the PCPA is the perfect venue for professional performances and community-based productions from September through June.

**Upcoming Art Exhibits**

Visit the PCPA, September through June, to view our featured Art Exhibits. A new exhibit opens monthly, showcasing a wide variety of styles, techniques, and media from local and regional artists, as well as student art.

- **March**
  - Poway Woman’s Club
  - Mixed Media
- **April**
  - North County Society of Fine Arts
  - Mixed Media
- **May**
  - Palomar Council PTA
  - Visual Arts & Photography from PUSD Students

For more details about the exhibits and artists, visit [www.powaycenter.com](http://www.powaycenter.com).

**Poway Center for the Performing Arts Foundation Presents**

**Poway Presents... 2014-2015 Professional Performance Series**

**Ballroom with a Twist**

**Saturday, February 28, 2015**

8 PM

“Flirty and fun...Combining performers from Dancing with the Stars. So you think You Can Dance and American Idol, this star-studded affair is one you will not want to miss...!”

— Examiner

**Dinner on the Plaza**

Dinner on the Plaza is now available before every Foundation performance beginning at 6:00 pm. Dinner on the Plaza requires an additional ticket, which will include a gourmet buffet meal catered by Café Merlot. Dinner tickets also include one beverage (alcoholic and non-alcoholic beverages). A ticket to the evening’s performance is required in order to purchase a Dinner on the Plaza ticket.

**The Second City**

**55th Anniversary Tour**

**Saturday, March 28, 2015 - 8 PM**

With alumni as John Belushi, Mike Myers, Bill Murray, John Candy, Steve Carrell, Tina Fey, Steven Colbert and more, Second City has remained the world’s premiere comedy troop, delighting audiences for over 50 years.

**Colin Hay**

**Friday, March 13, 2015 - 8 PM**

Former lead singer of Men at Work, with hit songs “Who Can It Be Now” and “Down Under”, Colin Hay has been described by Forbes Magazine as: “at his best when he is unplugged, with genuine comic timing... assuring us that even a bona fide rock star feels fortunate enough to be one.”
REFUND INFORMATION: A full refund will be issued for all classes canceled or overlooked by the City of Poway and/or the independent contract instructor. Prior to the first day of class: Customer may request a refund prior to the start date. A cancellation fee of $15 per class will be deducted. Or, in lieu of a refund, customer may request a full credit to be placed on account. The credit on account will be valid for one year and may be applied to another enrollment or reservation. If the credit is not used after one year, the funds will be forfeited and the customer’s account will be closed. If a registrant fails to attend a class requested, if space is not available in a class, that specific check will be returned to you without delaying your registration for any other classes. Payment must be made by credit card only (MasterCard or VISA). Mail-in registration may be paid by check or credit card (MasterCard or VISA). Checks should be made payable to the City of Poway. Class content, scheduling and walk-in registrations are posted with the date and time of the transaction. Registrations received by mail will be posted in order of the date received by the City of Poway. Class content, scheduling issues, and other concerns should be directed to the Community Services at (858) 668-4595. POWAY RESIDENTS are defined as those persons who live within the City limits of Poway. All programs are audited for compliance with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.

ENROLLMENT PRIORITY is determined on a first-come, first-served basis. Online and walk-in registrations are posted with the date and time of the transaction. Registrations received by mail will be posted in order of the date received by the City of Poway. Class content, scheduling issues, and other concerns should be directed to the Community Services at (858) 668-4595. POWAY RESIDENTS are defined as those persons who live within the City limits of Poway. All programs are audited for compliance with the residency policies set by the City of Poway. Proof of residency may be required at the time of registration.

FINANCIAL ASSISTANCE – P.L.A.Y. (Poway Leisure Assistance for Youth) Did you know that developmentally disabled individuals and youth might be eligible to receive up to $40 worth of City-sponsored recreation classes each season at no cost to you? To find out more, please visit our website at www.poway.org/play.
Most of us know how critical water is, but how many of us actually know where our water comes from? Before we can fully grasp the current state-wide drought, it helps to first understand where our water comes from. If you’ve lived here for any length of time, you have probably noticed that it doesn’t rain here very often and San Diego County is a dry climate. As a region, we are dependent on water from outside of San Diego.

Poway does not have large underground water supplies, so nearly all of our water is imported. The City of Poway buys untreated water from the San Diego County Water Authority (SDCWA). This water is then treated at the City’s water treatment plant. In addition, some of the water purchased is stored in Lake Poway. The SDCWA imports 80% of its water. This means that only 20% of the County’s water needs are met by local sources such as groundwater or reservoirs. The region’s imported water comes from two key sources: the State Water Project and the Colorado River. The State Water Project provides water to an estimated 25 million Californians while the Colorado River delivers water to 30 million people across seven states. The State Water Project is a series of dams, reservoirs, and aqueducts and provides 20% of the region’s water. The Project delivers melted snowpack and rainfall runoff as water from the Sacramento Delta to Southern California through 450 miles of aqueduct. The remaining 60% of imported water comes from the Colorado River.

While this winter’s rainfall and continued conservation has provided some crucial relief from the drought, it’s only a small step in the right direction to address multiple years of rainfall deficits. Most of the state’s stored water has been used over the last three years. Refilling reservoirs, underground aquifers and rebuffing the snowpack will require more than one wet winter. It is important that we continue to conserve water today that can be used tomorrow.

Rain in Poway is always welcome, as it allows us to stop landscape irrigation for a while and reduce water use, but it has essentially no effect on water supply. Most of the water used in San Diego County, including Poway, is imported from far away, primarily from northern California (the Sacramento Delta) and the Colorado River. However, multiple projects are underway to provide local water supplies and reduce the area’s reliance on imported water.

One local source of water is the ocean. The Carlsbad Desalination Project is expected to begin operating next year. This project is expected to provide the County with approximately seven percent of its total water supply by 2020.

Another source of local water is recycling. Although the City of San Diego currently produces some recycled water, it can only be used on landscaping. In addition, the use is limited due to the need for construction of a separate piping system (“piping pie”). In Poway, such pipes only exist in the South Poway Business Park, and it is very expensive to extend them to other areas.

“Pure Water San Diego” is a 20-year program proposed to divert millions of gallons of wastewater per day from the San Diego Metro wastewater system to an Advanced Water Purification Facility. At the facility, the water will be treated through a multi-step process that includes membrane filtration, reverse osmosis, and use of ultraviolet light and hydrogen peroxide. The water will then be blended with imported water in the San Vicente and Otay Reservoirs. Lastly, the treated and blended water will be sent to a drinking water treatment plant. This process uses only about half of the energy of desalination, and the resulting purified water meets all federal and state drinking water standards.

Diversion of all that wastewater has an additional benefit in that it will eliminate the need for expensive upgrades to the Point Loma Wastewater Treatment Plant. Currently, the City of San Diego has a special permit allowing it to treat wastewater to a lesser extent than other plants in the United States, however, this permit is expiring. The cost to upgrade the plant from its current advanced primary treatment method to the required secondary treatment would be approximately $1.8 billion. Diverting flow for Pure Water will enable the plant to produce water with decreased levels of pollutants and allow it to achieve “secondary equivalency”, meeting discharge requirements without the need for such expensive upgrades.

The City of Poway is one of twelve participating agencies that send wastewater to the City of San Diego for treatment and we pay San Diego for this service. If the Point Loma secondary equivalency and Pure Water efforts are successful, Metro wastewater ratepayers will avoid about $300 million in costs (the current estimated difference between constructing secondary treatment at Point Loma and implementing Pure Water). Additionally, by 2035, 81 million gallons per day of new local water supply will be developed and could further offset water and/or wastewater costs.

Underage Drinking: A Liability You Don’t Want

Preventing underage drinking saves lives and protects our community. According to the American Medical Association, underage drinking causes nearly half of all teen car accidents. To help protect our community, the City established a Social Host Ordinance. The ordinance holds adults accountable for underage drinking at their home or property when they should have known drinking was taking place, regardless of who provided the alcohol. It is everyone’s responsibility to be aware of the law and ensure their children know about it. While Poway is a safe community with a low crime rate, social host violations occur every year. For example, you may trust your teenager to host a small party downstairs and to not do anything illegal or dangerous. So, you agree to stay upstairs while your kid invites close friends to hang out and listen to music. As the night continues, a few more friends drop by. Before you know it, the news has spread and unknown, unwanted people are in your home.

Finally, you determine the night has gotten out of hand and venture downstairs to find the refrigerator open, all of your beer and wine gone. You ask everyone to leave. The situation is over and everything can go back to normal as soon as your kids clean up, right? Maybe not. Imagine that partygoers leave your house and head home or perhaps to another party. Along the way, that minor is pulled over, right? Maybe not. The next day, the police visit your door to arrest you for violating Poway’s Social Host Ordinance. It’s your home, your community, and your responsibility. You can save lives by taking steps to prevent underage drinking in your home and by ensuring there is appropriate supervision for your teenager.
Scout Projects Make an Impact

Annual completed projects grew from an average of four per year to our current average, which routinely exceeds 20 completed projects every year. Although many of these projects are selected from a cumulative list of needs, Scouts are encouraged to first visit our parks and trails to see if they can develop a unique and creative idea of their own. To date, our Eagle Scouts are responsible for the construction and installation of the majority of the kiosks you will find in our parks or at our trailheads; construction of a 30-foot bridge along the Pomerado Trail east of Pomerado Hospital; and replacement of the shade structure along the east shore of Lake Poway. A perennial favorite is the Iron Mountain entry sign created by an Eagle Scout candidate and Ramona artist. These are just a few examples of the many enhancements our Eagle Scouts have added to our parks and trails over the past decade and just a glimpse of what these amazing young people will continue to contribute to our community in the years to come.

The Poway Sheriff’s Senior Volunteer Patrol (SVP) provides a unique opportunity for men and women over 50 years old to give back to their community. The SVP helps the Sheriff Department keep Poway safe by acting as another set of eyes and ears and relieving deputies from nonconfrontational duties so that the deputies can remain available for more serious calls.

Poway SVP members commit to one 6-hour patrol per week. Using multiple shifts, patrol coverage is from 7:00 a.m. to 3:00 p.m., six days per week. Typical patrol duties include performing home security checks, welfare checks on homebound individuals, responding to traffic accidents and fire assists, enforcing disabled parking regulations, and completing neighborhood patrols. The SVP also supports numerous community events such as the 4th of July fireworks event, Poway Days Parade, Poway Rodeo, Tour de Poway, and Christmas in the Park. In 2014, 47 volunteers donated over 15,000 hours of service. Patrol members must be at least 50 years old, a U.S. citizen, in good physical health, have a valid California driver’s license, automobile insurance, and pass a background check. Before they can go on patrol, volunteers must also attend a two-week SVP academy. At that time, they are issued a badge and uniform free of charge–volunteers need only contribute their time. Anyone interested in joining the Poway SVP should call 858-246-6000.

For more information on these and other Poway events, visit www.poway.org

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