We're in this Drought Together

Our community is facing a daunting challenge to save water by using 32% less water, the water restrictions below went into effect on May 15:

**EMERGENCY CONSERVATION REGULATIONS**

- **Prohibited for Everyone:**
  - Using potable water to wash sidewalks and driveways
  - Allowing runoff when irrigating with potable water
  - Using hose with no shut-off nozzle to wash cars
  - Using potable water in decorative water features that do not recirculate the water
  - Using outdoor irrigation during and 48 hours following measurable rainfall
  - Using potable water to irrigate uncontrolled flower beds
  - Using potable water to irrigate lawns

- **Suspended for Businesses:**
  - Installing water-saving technology (e.g., dual flush toilets, dual flush kitchen faucets, and showerheads with low-flow rate)
  - Installing water-efficient irrigation systems (e.g., drip irrigation, low-flow nozzles, and automatic irrigation systems)
  - Installing water-efficient landscaping (e.g., drought-tolerant plants, rocks, or artificial turf)

- **Required for Public Facilities:**
  - Replacing 86,000 square feet of non-essential grass with drought-tolerant plants.
  - Replacing grass with artificial turf or other hardscape.

- **Required for Water Providers:**
  - Installing water-efficient irrigation systems (e.g., drip irrigation, low-flow nozzles, and automatic irrigation systems)
  - Installing water-efficient landscaping (e.g., drought-tolerant plants, rocks, or artificial turf)

Meeting the state’s mandate will take all of our efforts. We are committed to continuously evaluating our water use in parks and facilities as well as new ideas to help the entire community conserve water. For additional information about water conservation, please visit www.poway.org/waterconservation.

Let Your Lawn Get a Tan this Summer!
Tan Lawns: They’re Now In Style!

Summer is here, along with warmer months, and many of us are wondering how we will be able to keep our lawns green. The truth is, we won't. Current watering restrictions, triggered by the state’s drought, provide the perfect opportunity to let your lawn get a tan. However, if you would like to replace your golden lawn with new drought-tolerant landscaping, please consider postponing your renovation so that you are planting new plants in the cooler fall months. Young plants, even those that are drought-tolerant, require more water to establish during the hot summer months. Planting in the cooler fall months will not only help save limited water, but will also help you save money on your water bill.

There are a number of resources available to help you plan your new drought-tolerant yard. The San Diego County Water Authority provides several resources online at www.watersmart.org. For instance, the Nifty-Fifty brochure provides information and photos on 50 spectacular drought-tolerant plants that would look great in any yard. The Water Conservation Garden at Cuyamaca College is also a great place to get new ideas or take a landscaping class. The gardens are open to the public Friday through Sunday and you can find more information about the garden at www.thegarden.org.

If you’re looking to save even more water, there are a number of other options worth considering. For instance, installing decorative rocks or other hardscape has become very popular. Rocks require little maintenance and absolutely no water. Artificial turf has also become fashionable with many different varieties now available. Artificial turf is low maintenance and only requires water to occasionally rinse it off.

Thank you for your efforts to conserve water whether you are replacing your lawn with drought-tolerant plants, rocks or artificial turf, or letting your lawn get a summer tan.

Illegal Water Use
Water theft from City hydrants does happen and we need you to report it. Learn what to look for on pg. 15

POWAY ROAD CORRIDOR STUDY UPDATE

Your input is needed! The City is making progress on planning the future for Poway Road through work on the Poway Road Corridor Study. A committee consisting of business leaders, residents and other stakeholders was established last winter and has been hard at work providing input on the project’s initial phase. The committee, with the assistance of City staff and the project consultant, began evaluating the corridor and envisioning what the corridor may look like in the future.

To help the visioning process, an Existing Conditions Assessment has been prepared to serve as a tool in the early stages of the project by allowing for more comprehensive understanding of baseline conditions for planning, land use, transportation, design character, circulation, and market and economic features. The document is available online at http://poway.org/812/Poway-Road-Corridor-Study.

Public participation in the project is very important. Please join us on Tuesday, July 28, 2015 from 6:30-8:30pm in the City Council Chambers to learn more about the study and to provide input on the future of Poway Road. Additional public meetings and City Council workshops will be held in the fall and winter of 2015 and in the spring of 2016. It is anticipated that the project will be completed by winter of 2016.

This Issue:

- National Preparedness Month
  - September is the month to make sure you’re prepared for any emergency. pg. 2

- Vegetation Management
  - With a record drought we’ll let up, maintaining defensible space around your home is key to fire safety. pg. 15

- Illegal Water Use
  - Water theft from City hydrants does happen and we need you to report it. Learn what to look for on pg. 15

- Jack is Back!
  - Join in the fun and support our Special Needs community. Details: pg. 16
Iron Mountain Parking Lot

(Actually, 10 of Them to be Exact)

to take a few weeks and will begin in early January 2016.  The 102-space parking lot is often filled to capacity, with hikers parked along Highway 67. Mountain, Park Rangers have reported seeing as many as 300 hikers at any given time using the trail.

The City of Poway participates in the National Flood Insurance Program (NFIP). The NFIP makes flood insurance available to everyone, even for properties which have previously flooded. Flood insurance is mandatory in certain situations; however, even if it is not required for your property, you can still talk to your insurance agent about purchasing a flood insurance policy if you are concerned about the possibility of flood damage.

The City Wins Grant for Additional Parking at Popular Trail

Poway offers some of the finest and most popular hiking trails in the entire County! This popularity can result in parking problems. At Iron Mountain, Park Rangers have reported seeing as many as 300 hikers at any given time using the trail. The 102-space parking lot is often filled to capacity, with hikers parked along Highway 67.

In October 2014, the Poway City Council chose to expand the parking lot by 20 spaces. The Council also asked staff to pursue grant funds to help pay for the $80,000 project. Staff applied for a $40,000 grant through the County of San Diego’s Neighborhood Reinvestment Program. In May 2015, the County Board of Supervisors awarded the City the full requested amount. Construction is expected to take a few weeks and will begin in early January 2016.

Flood Safety Awareness

T he rainy season begins in October, bringing the possibility of flooding in Poway. The City provides free, unfilled sandbags and sand to residents for use during severe winter storms. These supplies can be picked up on Garden Road (from across Garden Road School), and Lake Poway Road (at the first parking lot on the right approaching the lake). All fire stations also have unfilled sandbags available.

Maintenance of drainage facilities and natural creeks is very important because any obstructions to flow can contribute to flooding, stream bank erosion, and property damage for yourself and your neighbors. It is important to know that individual property owners are responsible for maintenance of creeks or private drainage facilities located on private property. In addition, permits may be required to perform maintenance within natural creeks. Routine maintenance of natural creeks that may not require permits may include the removal of fallen trees, accumulated yard waste, stockpiled wood or other material, leaves and other debris, and the trimming or pruning of dense vegetation. If you are unsure whether a particular facility or creek is City-maintained, or if you have any questions regarding the maintenance of drainage facilities, you may contact the City’s Development Services Department at (858) 668-4600.

Most alterations to structures or land require permits from the City. If the proposed work is located in a mapped floodplain, or if the work is proposed on a building that is at least partially located within a mapped floodplain, a floodplain development permit is required. Flood maps and additional flood protection information are available at both City Hall and the Poway Public Library. Feel free to contact the City’s Development Services Department at (858) 668-4600 with any questions.

Stay safe this season and remember to approach standing water on roads with caution. As little as six inches of water can reach the bottom of most cars and cause stalling or loss of control. To report flooding, call the Public Works Department at (858) 668-4720 during business hours or (858) 668-4721 (after hours).

Here’s Your Sign . . . . . (Actually, 10 of Them to be Exact)

In 2010, the I-15 corridor in the San Diego region was selected as one of two pilot sites in the nation to develop, implement and operate an Integrated Corridor Management (ICM) system. The cutting-edge ICM technology identifies and determines how freeway, arterial and transit networks can be managed together to improve traffic flow. The San Diego ICM project team is led by the San Diego Association of Governments (SANDAG) and includes partnerships with the U.S. Department of Transportation, Caltrans, Metropolitan Transit System, North County Transit District, and the cities of Escondido, Poway, and San Diego.

The project covers a 20-mile section of I-15 from just north of State Route 52 in the City of San Diego to State Route 78 in the City of Escondido. The I-15 Express Lanes, major arterial routes on both sides of I-15, including portions of Scipio Poway Parkway, Poway Road, and Pomerado Road are included in the project.

In summer 2015, detour signs (49 all together) will be installed on arterial streets in the cities of Escondido, Poway, and San Diego. During major incidents on the I-15, Caltrans changeable message signs will direct travelers off of the freeway and onto the appropriate arterials. There will be 10 detour signs installed within the City of Poway along Pomerado Road.

The I-15 project applies real-time information to forecast traffic conditions and recommend actions to manage anticipated congestion. The free 511 San Diego mobile application (available for iOS and Android) was developed as part of the ICM project and includes corridor specific innovations such as:

- Estimated travel times on I-15
- Current traffic conditions
- Latest incident and construction information in the region
- Metropolitan Transit System & North County Transit District bus routes and fares
- Current toll rates for the I-15 Express Lanes

To learn more about the 511 app, visit www.511sd.com/app

National Preparedness Month 2015

This September: You Can Be the Hero!

September is National Preparedness Month which is a reminder that it is time to prepare for emergencies and disasters. If you’ve seen the news recently, you know that emergencies can happen unexpectedly in communities like yours to people like you.

We’ve seen tornadoes, floods, flash floods, earthquakes, tsunamis, and even water main breaks and power outages that have affected millions of people for days, weeks, and even months.

Police, fire and rescue may not always be able to reach you quickly during an emergency or disaster. The most important step you can take to help your local emergency responders is to be able to take care of yourself and those in your care. This September, please prepare and plan in the event you must go for three days without electricity, water service, or access to a supermarket or other local services. Just follow these four steps:

1. Stay Informed: Information is available from federal, state, local, tribal and territorial resources. Access ready.gov to learn what to do before, during and after an emergency.
2. Make a Plan: Discuss, agree on and document an emergency plan with those in your care. Sample plans can be found at www.ready.gov. Work with neighbors, colleagues and others to build community resilience.
3. Build a KIT: Keep enough emergency supplies - water, nonperishable food, first aid, prescriptions, flashlights and battery-powered radios on hand.
4. Get Involved: There are many ways to get involved especially before a disaster occurs. The entire community can participate in programs and activities to make their homes safer from risks and threats. Community leaders agree that the formula for ensuring a safer homeland consists of volunteers, a trained and informed public and increased support of emergency response agencies during disasters. By taking a few simple actions, you can make your family safer.

- Consider planning a Ready Kids event in your community to encourage families to get prepared with their children. Go to www.readygov/readykids for more information.
- Volunteer to present preparedness information in your child’s classroom.
- Invite officials from your local Office of Emergency Services or first responder teams to speak at schools or youth events.
- Use local emergency management resources to learn more about preparedness in your community.
- Contact your local emergency management agency to get essential information on specific hazards in your area, plans for local shelters and evacuation routes, ways to get information before and during an emergency and how to sign up for emergency alerts if they are available.
- Get involved with your local American Red Cross Chapter or join a Community Emergency Response Team (CERT).

For more information, check out: www.ready.gov

Poway Library Remodel Progress Report

The study rooms, teen area and computer lab are all being remodeled in the $1.5 million project.

H ave you seen it?

The Library gained usable square footage by installing a beautifully designed patio cover. The much needed shade will allow for enhanced outdoor programming all year long.

Inside the building, framing continues for the study rooms, separate teen area and computer lab area. New interior paint has been applied to freshen the walls, and new carpet, tiles, and updated fixtures will also be installed. The children’s area is alive with new, fun furniture.

The Friends of the Library space and the community room will round out the remodel in coming months. The Friends space will be redesigned for better efficiency and new carpet, paint, and window coverings will refresh both spaces.

The Poway Library is one of the oldest branches in San Diego County. The building is owned by the City of Poway with library services provided by the County of San Diego. The County of San Diego, the Poway Friends of the Library, and the City of Poway are collaborating on this $1.5 million remodel.

Watch for a grand reopening event and join us to celebrate YOUR beloved hometown library.

For more information, visit www.ready.gov
Summer Isn't Over Yet!

Enjoy a family-friendly movie under the stars during the Summer Movies in the Park Series. Movies will be shown on Saturdays at sunset. Concessions will be hosted by teen volunteers to fundraise for City of Poway teen programming. Information: (858) 668-4671 or www.poway.org

**FREE Summer Concerts Sundays 5:30pm-7:00pm**

Thousands attend each week! Enjoy a variety of free live entertainment. All ages welcome. Free parking! Location: Lake Poway. Information: www.poway.org or Lake Poway (858) 668-4770; Old Poway Park (858) 668-4576.

**NEW Special Olympics World Games Host Town Poway presents “The Mighty Untouchables” concert**

July 22, 5:30pm at Lake Poway – $5.00 donation per car

**Old-Fashioned Family Days**

Come spend time playing games, participating in “Old-Fashioned” themed activities, and enjoying the living history at Old-Fashioned Family Days in Old Poway Park. The series will host two events from August to October. Train photo opportunities will be offered on October 18. We look forward to seeing you there! Information: www.poway.org/oldpowaypark or (858) 668-4576.

**FREE Summer Concerts Sundays 5:30pm-7:00pm**

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Performer</th>
<th>Musical Style</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 22</td>
<td>Lake Poway</td>
<td>The Mighty Untouchables (Special Olympics Wednesday show)</td>
<td>Variety</td>
</tr>
<tr>
<td>Aug 2</td>
<td>Old Poway Park</td>
<td>The Browne Sisters &amp; George Cavanaugh</td>
<td>Celtic</td>
</tr>
<tr>
<td>Aug 9</td>
<td>Lake Poway</td>
<td>The Fabulous Ultratones</td>
<td>Party</td>
</tr>
<tr>
<td>Aug 16</td>
<td>Old Poway Park</td>
<td>Pomerado Community Band</td>
<td>Big Band</td>
</tr>
</tbody>
</table>

**Rendezvous in Poway**

Visit over 15 living history encampments demonstrating life during California’s turn-of-the-twentieth-century and civil war eras. Meet real cowboys, pioneers, mountain men and women, fur traders, gunfighters, and soldiers. Ride aboard the 1907 Baldwin Steam Locomotive, pan for gold near the banks of rattlesnake creek, watch gun-fighting demonstrations, and view handmade items for sale at the Poway Boardwalk Craft Market. Join us at the Hobo campfire for stories, songs, and s’mores on Saturday, October 3 at 7:00pm. Information: (858) 668-4576.

**Old-Fashioned Family Days**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 14</td>
<td>Campfire Night</td>
<td>7:00pm-9:00pm</td>
</tr>
<tr>
<td>Oct 18</td>
<td>Read-a-thon and Train Photo Day</td>
<td>12:30pm-4:30pm</td>
</tr>
</tbody>
</table>

**Rendezvous in Poway Educational Tours**

Let your students LIVE history on Thursday, October 1 and Friday, October 2. Groups of 20 or more are invited to participate in a one-of-a-kind, interactive, hands-on learning experience. Students will visit over 15 historical encampments. During the tour students will see model railroad displays, pan for gold, and take a ride aboard the train. These educational tours coincide with the Poway Unified School District’s curriculum and will bring history to life in a fun and educational manner. Advanced registration is required and space is limited. Bookings are made on a first-come, first-served basis, so call today! For more information, or to schedule your tour, call (858) 668-4579.

**Volunteers**

Earn about Native American culture and this valuable archaeological site, and share that valuable knowledge with others. It’s also a great way to meet new friends with shared interests. A variety of opportunities are available. Please call (858) 668-4781 or visit our website: www.poway.org/kic

**Kumeyaay-Ipai Calling All Volunteers!**

**Once Upon a Halloween**

**SUMMER MOVIES IN THE PARK**

**ONCE UPON A HALLOWE’EN!**

Adults and children can enjoy a family-friendly movie under the stars during the Summer Movies in the Park Series. Movies will be shown on Saturdays at sunset. Concessions will be hosted by teen volunteers to fundraise for City of Poway teen programming. Information: (858) 668-4671 or www.poway.org

**FREE!**

July 25, 5:30-6:30pm  Big Hero 6  Free

**July 26, 5:30-6:30pm **

Big Hero 6  Free

**August 8, 5:30-6:30pm  **

Mary Poppins  Free

**August 22, 5:30-6:30pm  **

The Legend of the Galaxy  Free

**Rendezvous in Poway**

The Old Poway Park Action Committee proudly presents Once Upon a Halloween on Sunday, October 25, from 5:30 to 8:30 pm. This family-friendly event will be bigger and better than ever! Celebrate Halloween in a distinctly different way by taking a ride aboard the “Halloween Express.” Participate in a carved pumpkin contest for a nominal fee, enjoy story telling in Templars Hall, visit the “cemetery” and haunted house, play carnival-type games, and enjoy spooky Halloween crafts plus tasty treats. Information: www.poway.org/oldpowaypark or (858) 668-4576.
BLUE SKY COMES ALIVE AFTER DARK! Meet the canyon’s “wildlife” (docents dressed in animal costumes) up close! Groups will leave in 15-minute intervals, between 5:30 pm and 7:15 pm, and tours last approximately 75 minutes. End the evening with a cup of hot chocolate! Register online at www.poway.org/classes or on or after August 4.

Location & Parking: Blue Sky Ecological Reserve

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost/Participant</th>
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<tbody>
<tr>
<td>8169.200</td>
<td>Sat 5:30pm</td>
<td>Oct 24 $5/person</td>
</tr>
<tr>
<td>8169.201</td>
<td>Sat 5:45pm</td>
<td>Oct 24 $5/person</td>
</tr>
<tr>
<td>8169.202</td>
<td>Sat 6:00pm</td>
<td>Oct 24 $5/person</td>
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<td>8169.203</td>
<td>Sat 6:15pm</td>
<td>Oct 24 $5/person</td>
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<tr>
<td>8169.204</td>
<td>Sat 6:30pm</td>
<td>Oct 24 $5/person</td>
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<tr>
<td>8169.205</td>
<td>Sat 6:45pm</td>
<td>Oct 24 $5/person</td>
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<tr>
<td>8169.206</td>
<td>Sat 7:00pm</td>
<td>Oct 24 $5/person</td>
</tr>
<tr>
<td>8169.207</td>
<td>Sat 7:15pm</td>
<td>Oct 24 $5/person</td>
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</tbody>
</table>

SPEND HOCUS-POCUS IN THE WILD AT BLUE SKY!

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.

Instructor: Get Smart with Art, Ms. Vivian

Location: Old Poway Park, Parlor

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<tr>
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<th>Time</th>
<th>Cost/Participant</th>
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</thead>
<tbody>
<tr>
<td>4011.207</td>
<td>Mon 9:30-10:15am</td>
<td>Sep 14-Oct 5 $56</td>
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<td>4011.208</td>
<td>Mon 10:15-11:30am</td>
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<td>4011.209</td>
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<td>Oct 12-Nov 2 $56</td>
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<tr>
<td>4011.210</td>
<td>Mon 10:15-11:30am</td>
<td>Oct 12-Nov 2 $56</td>
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<tr>
<td>4011.211</td>
<td>Mon 9:30-10:15am</td>
<td>Nov 9-Dec 7 $56</td>
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<tr>
<td>4011.212</td>
<td>Mon 10:15-11:30am</td>
<td>Nov 9-Dec 7 $56</td>
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</tbody>
</table>

Ice Skating | Ages 3-5

This fun, learn-to-skate class will let your child experience the thrill and excitement of ice skating. Participants will learn the basic elements of skating, including skating forwards and backwards, the proper way to fall and get up, balancing skills, and stopping. Skate rental is included in the fee.

Instructor: Brannoe Bonilla

Location: San Diego Ice Arena, 1,048 Ice Skate Place

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<th>Time</th>
<th>Cost/Participant</th>
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</thead>
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<td>2091.201</td>
<td>Wed 4:00-4:30pm</td>
<td>Sep 2-Sep 23 $50/$60</td>
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<tr>
<td>2091.201</td>
<td>Wed 4:00-4:30pm</td>
<td>Oct 7-Oct 28 $50/$60</td>
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</table>

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. All participants will receive an Adidas Soccer Shots jersey for their participation!

Instructor: Soccer Shots

Location: Community Park, Open Play Area

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost/Participant</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Sep 19-Nov 7 $120/$130*</td>
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<tr>
<td>2441.204</td>
<td>Sat 10:15-10:45am</td>
<td>Sep 20-Nov 7 $120/$130*</td>
</tr>
<tr>
<td>2443.205</td>
<td>Tue 3:30-4:00pm</td>
<td>Sep 15-Nov 3 $120/$130*</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost/Participant</th>
</tr>
</thead>
<tbody>
<tr>
<td>2442.200</td>
<td>Sat 9:30-10:30am</td>
<td>Sep 19-Nov 7 $120/$130*</td>
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<tr>
<td>2442.202</td>
<td>Tue 4:45-5:30pm</td>
<td>Sep 15-Nov 3 $120/$130*</td>
</tr>
</tbody>
</table>

Teen Flick ‘n Float | Grades 6th–9th

Not quite ready to say goodbye to summer? Neither are we! Join us for one more night of water-filled fun under the stars! Rock out while you challenge your friends to some wicked water games and then scarf down a delicious barbecue. As the sun fades, chill on your inner tube while we watch “Insurgent” on a big, inflatable screen. Don’t let the end of summer slip by – send it off in style!

Register early; space is limited.

Location: Community Park, Swim Center

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost/Participant</th>
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<td>8432.203</td>
<td>Fri 4:30-9:00pm</td>
<td>Nov 6 $5/participant</td>
</tr>
<tr>
<td>8432.204</td>
<td>Sat 4:30-9:00pm</td>
<td>Dec 19 $5/participant</td>
</tr>
</tbody>
</table>
**Dance**  
**Youth & Teen**

For Ms. Debbora’s and Ms. Kellie’s classes, please note: Dance classes are designed to increase in difficulty with continued enrollment. Students who enroll in fall, winter, and spring sessions may perform in the annual June dance recital. Participants will purchase costumes in January. Parent watching days are the last class of each month.

**Dance Production: Nutcracker Follies | Ages 5-18**
Be a part of our third annual The Nutcracker Follies! Dancers will learn ballet, tap, jazz, or lyrical dances to classical Nutcracker and contemporary holiday music, which will be performed onstage during our annual holiday show! The Nutcracker Follies performance will be held on Tue, Dec 8-8:30 p.m. in the Poway Community Park Auditorium. No tickets are required to see the show. **A school-day** performance TBA in December. Participants will purchase costumes in October.

**Instructor: Debbora Childress**

- **Location:** Community Park, Auditorium
- **No Class:** Nov 24

**5111.214 Tue 6:15-7:30pm Sep 15-Dec 8 $75/$85**
* $15 material fee due first day of class

**Fun ‘n Funky Jazz for Kids! | Ages 7-18**
Come move and groove to the music as we learn Fun n Funky Jazz! This fun class will teach children the basics of jazz that they can use in many other styles of dance. Children will learn rhythm, coordination, flexibility, teamwork, and a love for dance! Dance attire and black jazz shoes are required.

**Instructor: Kellie Childress-Nichols**

- **Location:** Old Poway Park, Templars Hall
- **No Class:** Nov 24

**Ages 7-12**
**5121.207 Tue 4:30-5:15pm Sep 14-Dec 7 $98/$108**

**Ages 13-18**
**5121.208 Tue 5:15-6:30pm Sep 14-Dec 7 $96/$106**

**Dance Production: Nutcracker Follies | Ages 5-12**
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* $15 material fee due first day of class

**Tap & Ballet | Ages 3-18**
Tap dance is one of the most joyful, active, and theatrical forms of dance around! Look out, Broadway! We dance to great tunes while learning tap technique, rhythm, coordination, and showmanship in a progressive, creative, fun-filled, and musical environment. The beautiful art of basic ballet technique is also included! Classes are offered at multiple skill and age levels and progress with continued enrollment. Dance attire, leather ballet slippers, and tap shoes are required.

**Instructor: Debbora Childress**

- **Location:** Community Park, Auditorium
- **No Class:** Nov 24

**Ages 3-5 Tiny Tot Beginner**
**5111.203 Mon 3:00-4:00pm Sep 14-Dec 7 $108/$118**
**5111.204 Tue 12:30-1:30pm Sep 15-Dec 8 $108/$118**

**Ages 5-6 Children’s Beginner**
**5111.205 Mon 4:00-5:00pm Sep 14-Dec 7 $108/$118**

**Ages 6-9 Children’s Beginner**
**5111.207 Mon 5:15-6:15pm Sep 14-Dec 7 $108/$118**

**Ages 8-12 Beginner/Intermediate**

**5111.208 Wed 4:30-5:30pm Sep 15-Dec 8 $108/$118**

**Ages 13-18 Intermediate/Advanced**

**5111.210 Thu 6:45-7:45pm Sep 15-Dec 8 $108/$118**

**Princess Ballet for Kids | Ages 3-12**
Learn the beautiful art of ballet in a musical, fun, and creative environment! Class combines grace and technique of classical ballet, with a princess twist! Dance clothes and pink leather ballet shoes required.

**Instructor: Kellie Childress-Nichols**

- **Location:** Community Park, Auditorium
- **No Class:** Nov 28

**5121.200 Sat 9:00-9:45am Sep 19-Dec 5 $96/$108**

**5121.201 Sat 9:45-10:30am Sep 19-Dec 5 $96/$108**

**5121.202 Sat 10:30-11:15am Sep 19-Dec 5 $96/$108**

**Creative Movement and Tumbling for Boys and Girls | Ages 2½-5**
Learn self-control and body awareness, pre-dance skills and fun-filled, tumbling and dance class is designed just for little ones! This non-stressful, child-friendly, fun dance and tumbling class is designed for children of each month.

**Instructor: Debbora Childress**

- **Location:** Old Poway Park, Templars Hall
- **No Class:** Nov 23

**Ages 2½-5**
**5111.201 Mon 11:00am-12:00pm Sep 14-Dec 7 $96/$108**

**Dance for Children with Ms. Debbora | Ages 2½-5**

**Creative Movement and Tumbling for Boys and Girls | Ages 2½-5**

**Princess Ballet for Kids | Ages 3-12**
Learn the beautiful art of ballet in a musical, fun, and creative environment! Class combines grace and technique of classical ballet, with a princess twist! Dance clothes and pink leather ballet shoes required.

**Instructor: Kellie Childress-Nichols**

- **Location:** Community Park, Auditorium
- **No Class:** Nov 28

**5121.200 Sat 9:00-9:45am Sep 19-Dec 5 $96/$108**

**5121.201 Sat 9:45-10:30am Sep 19-Dec 5 $96/$108**

**5121.202 Sat 10:30-11:15am Sep 19-Dec 5 $96/$108**

**Kids Hip Hop Dance | Ages 4-12**
This fun, high-energy hip hop and breakdancing class will definitely have you movin’ to the beat. Learn to let loose while developing confidence, coordination, musicality, and listening skills. No need to be intimidated … this class is great for those who want to enhance their creativity. All music and moves are age appropriate.

**Instructor: Dance to EvOLvE**

- **Location:** Old Poway Park, Templars Hall
- **No Class:** Sep 30, Nov 11 & 25, Dec 9

**Beat Breakers & Hip Hop Ages 4-7**
**5131.200 Wed 3:50-4:45pm Sep 16-Oct 21 $87/$97**

**5131.201 Wed 3:50-4:45pm Oct 28-Dec 16 $87/$97**

**5131.202 Wed 3:50-4:45pm Sep 16-Dec 16 $157/$177**

**Beat Breakers & Hip Hop Ages 8-12**
**5131.203 Wed 6:50-7:45pm Sep 16-Oct 21 $87/$97**

**5131.204 Wed 6:50-7:45pm Oct 28-Dec 16 $87/$97**

**5131.205 Wed 6:50-7:45pm Sep 16-Dec 16 $157/$177**

**Creative Arts**

**Best of Broadway | Ages 7-14**
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
- **No Class:** Oct 1

**6192.234 Thu 4:30-6:00pm Sep 17-Nov 19 $115/$125**
* $20 materials fee due first day of class...

**Special Interest**

**Ice Skating | Ages 6-12**
This fun, learn-to-skate class will let your child experience the thrill and excitement of ice skating. Participants will learn the basic elements of skating, including skating forwards and backwards, the proper way to fall and get-up, balance, skills, and stopping. Skate rental is included in the fee.

**Instructor:** Brianna Bonilla

- **Location:** San Diego Ice Arena, 11048 Ice Skate Place

**5191.203 Wed 4:30-5:00pm Sep 2-Sep 23 $55/$60**

**5191.204 Wed 4:30-5:00pm Oct 7-Oct 28 $55/$60**

Information: www.poway.org/classes
## Health & Wellness

### 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:** Debbyria Childress  
**Location:** Community Park, Auditorium  
**No Class:** Nov 26  
**S111.202 Thu 6:15-7:00pm Sep 17-Dec 17 $98/$108

### Hula and Tahitian Dance | Ages 8+  
Come join the excitement and fun of learning hula and Tahitian dancing with native Hawaiian, Kumu Kahne. Hula has been used for decades to achieve both fitness and health, and can be fun for your entire family! The course will cover both modern and ancient Hula dances while incorporating feathered grounds, split bamboo, and ipu drums. Don't miss out on this exciting experience!  
**Instructor:** Kumu Kahne  
**Location:** Community Park, Bill Bond Hall I  
**No Class:** Nov 26  
**S182.270 Thu 5:30-6:30pm Sep 17-Dec 17 $100/$110

### YogaZander/Beg/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  
**No Class:** Oct 1, Nov 26  
**5417.210 MonWed 7:15-8:00pm Oct 5-Nov 16 $55/$65

### 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 fun 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:** Poway Pilates  
**Location:** Poway Pilates, 14053 Midland Road  
**S417.240 Mon 6:00-6:45pm Sep 14-Oct 19 $74/$84

### 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 practiced 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 understanding 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, Templars Hall  
**S417.210 MonWed 7:15-8:00pm Oct 5-Nov 16 $55/$65

### PIYO™ | Ages 16+  
PIYO™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that is fun, challenging, and will make you sweat! It’s all about energy, power, and rhythm with this pilates/yoga fusion class. Think sculpted abdominals, increased overall core strength, and greater stability.  
**Instructor:** Emma Sarmiento  
**Location:** Community Park, Activity Rooms I & II  
**No Class:** Nov 26  
**S147.208 Thu 6:00-7:00pm Sep 17-Nov 17 $117/$127

### NEW! Hula Hoop Zumba | Ages 15+  
Hula Hoop Zumba will cover the finer points of hula hooping for all experience levels. Besides burning calories, hooping will improve spine strength, flexibility and coordination, and just makes you happy! What’s not to love about this super-fun, effective workout? Hula hoops will be provided.  
**Instructor:** Julie Clemmons  
**Location:** Community Park, Bill Bond Hall I  
**No Class:** Nov 26  
**S147.230 Thu 6:00-7:00pm Sep 17-Dec 17 $96/$106

### 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 fun 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:** Poway Pilates  
**Location:** Poway Pilates, 14053 Midland Road  
**S417.240 Mon 6:00-6:45pm Sep 14-Oct 19 $74/$84

### PIYO™ & Yoga - Core | Ages 16+  
PIYO™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that is fun, challenging, and will make you sweat! It’s all about energy, power, and rhythm with this pilates/yoga fusion class. Think sculpted abdominals, increased overall core strength, and greater stability.  
**Instructor:** Emma Sarmiento  
**Location:** Community Park, Activity Rooms I & II  
**No Class:** Nov 24  
**S147.210 Tue 6:00-7:00pm Sep 15-Dec 17 $117/$127

### YOGAZANDER/BEG/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  
**No Class:** Oct 1, Nov 26  
**S417.215 Thu 10:00-11:30am Sep 17-Oct 22 $65/$75

### PIYO™ & YOGA - CORE | Ages 16+  
PIYO™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that is fun, challenging, and will make you sweat! It’s all about energy, power, and rhythm with this pilates/yoga fusion class. Think sculpted abdominals, increased overall core strength, and greater stability.  
**Instructor:** Emma Sarmiento  
**Location:** Community Park, Activity Rooms I & II  
**No Class:** Nov 24  
**S147.208 Thu 6:00-7:00pm Sep 17-Nov 17 $117/$127

### NEW! YogaCore | Ages 16+  
YogaCore is designed to improve your overall "core strength," the abdominals, the literal center of our balance and strength, as well as the emotional and spiritual elements of your core. We’ll use traditional yoga “anasatas” to strengthen our abdominals, improve flexibility, and streamline our overall physical appearances and body movement awareness in this class.  
**Instructor:** Emma Sarmiento  
**Location:** Community Park, Activity Rooms I & II  
**No Class:** Nov 26  
**S147.208 Thu 6:00-7:00pm Sep 17-Nov 17 $117/$127

### 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 practiced 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 understanding 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, Templars Hall  
**No Class:** Oct 1, Nov 26  
**S417.215 Thu 10:00-11:30am Sep 17-Oct 22 $65/$75

### 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 Daost Kungfu Institute in China. Regular practice of this graceful moving meditation develops essential skills for healthy living, including, improved breathing, posture, balance, circula- 
**Instructor:** Cheri Hotalen  
**Location:** Old Poway Park, Templars Hall  
**No Class:** Oct 1, Nov 26  
**S417.216 Mon 6:00-7:15pm Oct 5-Nov 16 $95/$105

### 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 fun 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:** Poway Pilates  
**Location:** Poway Pilates, 14053 Midland Road  
**S417.240 Mon 6:00-6:45pm Sep 14-Oct 19 $74/$84

### PIYO™ & YOGA - CORE | Ages 16+  
PIYO™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that is fun, challenging, and will make you sweat! It’s all about energy, power, and rhythm with this pilates/yoga fusion class. Think sculpted abdominals, increased overall core strength, and greater stability.  
**Instructor:** Emma Sarmiento  
**Location:** Community Park, Activity Rooms I & II  
**No Class:** Nov 24  
**S147.210 Tue 6:00-7:00pm Sep 15-Dec 17 $117/$127

### combo class

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

PIYO™ & Yoga - Core | Ages 16+  
**S417.208 Thu 6:00-7:00pm Sep 15-Dec 17 $208/$228

*Please see individual class descriptions for no class dates and locations.
Instructor: Master Wolpert: (858) 748-1333
Location: Community Park, Bill Bond Hall
No Class: Oct 12, Nov 11 & 27
Ages 5-9
2013.209 M/W 5:00-6:00pm Sep 14-Dec 11 $85/$95
Ages 9-15
2013.210 M/F 6:00-7:00pm Sep 14-Dec 11 $85/$95

Youth Volleyball | Ages 9-14
Looking for a fun sport? Come and play some volleyball on site for the most up-to-date hours: www.poway.org

2091.220 Wed 7:00-8:30pm Sep 16-Dec 16 $55/$65
Ages 12-18
2091.220 Wed 5:30-7:00pm Sep 16-Dec 16 $55/$65

Intermediate/Advanced Skateboarding | Ages 6-18
This is a complete martial arts program designed to help you develop respect, discipline, and self-control. Become more confident by improving your coordination, strength, speed, endurance, and self-defense skills. In addition to learning traditional Taekwondo (kicks, blocks and punches), the course also includes instruction in Hapkido (joint locking techniques). A plain white taekwondo uniform is required and may be purchased from the instructor for $20.

3-on-3 Basketball League | Ages 18+
Teams can have up to four persons 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
FEE
1247.204 Wed 6:30-9:00pm Sep 24-Nov 19 $70/$80

Advanced Coed 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 may attend the starting orientation night. Past league experience is recommended.

Instructor: Dick Leatherman
Location: Twin Peaks Multipurpose Center
Mens $70/$80
Women $70/$80

Youth/Teen Taekwondo | Ages 5-15
This is a complete martial arts program designed to help you develop respect, discipline, and self-control. Become more confident by improving your coordination, strength, speed, endurance, and self-defense skills. In addition to learning traditional Taekwondo (kicks, blocks and punches), the course also includes instruction in Hapkido (joint locking techniques). 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!

Intro to Skateboarding | Ages 6-13
Are you a first time rider? Do you want to improve your skills?

Instructor: Andrew Barbosa: andrew@sdskatelife.com
Location: Community Park, Skate Park
No Class: Nov 25
7600.200 Wed 5:00-6:00pm Sep 23-Oct 28 $80/$90
7600.201 Wed 5:00-6:00pm Nov 4-Dec 16 $80/$90

Y outh/Teen Taekwondo | Ages 9-15
Looking for a fun sport? Come and play some volleyball on site for the most up-to-date hours: www.poway.org

2091.220 M/W 5:00-6:00pm Sep 14-Dec 11 $85/$95
Ages 9-15
2091.210 M/F 6:00-7:00pm Sep 14-Dec 11 $85/$95

Youth Volleyball | Ages 9-14
Looking for a fun sport? Come and play some volleyball on site for the most up-to-date hours: www.poway.org

2091.221 Mon 5:30-6:00pm Sep 14-Nov 20 $55/$65
Ages 9-11
2091.213 Mon 6:30-7:30pm Sep 14-Nov 20 $55/$65

NEW! Girls Basketball | Ages 9-18
This Girls Basketball league is designed to provide an exciting balance of instruction and friendly competition. Coaches will run drills and provide skill training to prepare participants for 3-on-3, full-court, recreation games. Previous basketball experience is always helpful, but not necessary to have a great time! Players will be divided according to age groups.

Instructor: Paul Dekker: dekker@yahoo.com
Location: Meadowbrook Gym
No Class: Nov 25
7600.200 Wed 4:00-5:00pm Sep 23-Oct 28 $80/$90
7600.203 Wed 4:00-5:00pm Nov 4-Dec 16 $80/$90

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
No Class: Jan 15
3013.200 Sat 9:00-10:00am Sep 19-Oct 17 $40/$50*
3013.201 Sat 9:00-10:00am Oct 24-Nov 21 $40/$50*
Ages 9-14
3013.202 T/Th 4:00-5:00pm Sep 15-Oct 15 $75/$85*
3013.203 T/Th 10:00-11:00am Sep 19-Oct 17 $75/$85*
3013.204 T/Th 4:00-5:00pm Oct 20-Nov 18 $75/$85*
3013.205 T/Th 10:00-11:00am Oct 24-Nov 21 $75/$85*
* $5 materials fee due first day of class

Tennis: Intermediate | Ages 8-15
At this level, you will be incorporating advanced techniques, along with fine-tuning beginning strokes. Participants will refine topspin, forehand and backhand ground strokes, volleys, overhead smash and overhead smash drills. The class includes singles and doubles play, and a championship tournament.

Instructor: Art Christophides
Location: Community Park, Tennis Courts
No Class: Nov 18
3013.206 T/Th 5:00-6:00pm Sep 15-Oct 15 $80/$90*
3013.207 T/Th 11:00am-12:00pm Sep 19-Oct 17 $45/$55*
3013.208 T/Th 5:00-6:00pm Oct 20-Nov 18 $80/$90*
3013.209 T/Th 11:00am-12:00pm Oct 24-Nov 21 $45/$55*
* $5 materials fee due first day of class

Tennis: Advanced Juniors | Ages 9-15
At this highest level, tennis enthusiasts will enhance their ability level by focusing on forehand and backhand ground strokes drills, volley drills, serving drills, 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: No 11, 23 & 25
3013.220 M/W 6:00-7:30pm Sep 14-Oct 14 $65/$95*
3013.221 M/W 6:00-7:30pm Oct 26-Dec 7 $65/$95*
* $5 materials fee due first day of class

Open Play Sports
The City of Poway operates two gymnasia that provide a variety of activities for youth and adults. Open play basket- ball, volleyball, badminton, and pickleball are available during the week for your recreation needs at no charge. During the fall, free open gym times are as follows:

Twin Peaks Multipurpose Center
14640 Tierra Bonita Road
(858) 688-4599

Meadowbrook Gymnasium
12320 Meadowbrook Lane
(858) 688-4598

Open at 6:00pm

Friday Open Badminton
6:00-9:00pm
Open Pickleball
2:30-5:30pm
Open Basketball
6:00-9:00pm
Open Volleyball
6:00-9:00pm

Saturday Open Badminton
6:00-9:00pm
Open Pickleball
2:30-5:30pm
Open Basketball
6:00-9:00pm
Open Volleyball
6:00-9:00pm

Sunday Open Badminton
6:00-9:00pm
Open Pickleball
2:30-5:30pm
Open Basketball
6:00-9:00pm
Open Volleyball
6:00-9:00pm

Hours are subject to change without notice. Please visit our web- site for the most up-to-date hours: www.poway.org

Open at 6:00pm

Open at 6:00pm

Open at 8:00

Open at 6:00-11:00am
Open at 11:00am-2:00pm

Open at 6:00-11:00am
Open at 11:00am-2:00pm

Open at 6:00-11:00am
Open at 11:00am-2:00pm

Open at 6:00-11:00am
Open at 11:00am-2:00pm

Open at 6:00-11:00am
Open at 11:00am-2:00pm

Open at 6:00-11:00am
Open at 11:00am-2:00pm

Open at 6:00-11:00am
Open at 11:00am-2:00pm
Dog Obedience Training

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

Beginning Obedience  |  Owners Aged 12+
Dogs 12 weeks 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
RES/NON
9019.200 Tue 6:30-7:30pm Sep 22-Oct 27 $95/$105* 9019.201 Sat 9:30-10:30am Sep 26-Oct 15 $95/$105* 9019.203 Tue 6:30-7:30pm Nov 3-Dec 8 $95/$105* 9019.202 Sat 9:30-10:30am Nov 7-Dec 12 $95/$105*  * $25 materials fee due on 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 distraction 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
RES/NON
9019.204 Sat 10:45-11:45am Sep 26-Oct 15 $95/$105 9019.205 Sat 10:45-11:45am Nov 7-Dec 12 $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; no certification) materials fee.

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
RES/NON
$418.201 Tue 6:00-9:00pm Sep 22 $20/$50*  * $20 (certification) or $2 (informational only) materials fee due on the first day of class

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
RES/NON
$418.200 Mon 6:00-9:00pm Sep 21 $30/$50*  * $24 (certification) or $4 (informational only) materials fee due on the first day of class

Babysitter’s Training CPR & First Aid  |  Ages 11-18
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 valid 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 1 & 8
RES/NON
7617.200 Sat 8:00am-12:00pm Oct 3 $65/$75* 7617.202 Sat 8:00am-12:00pm Oct 10  * $35 materials fee due on first day of class

Special Needs

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 Gana, OTA, CHTP
Location: Poway Fun Bowl, 12941 Poway Road
No Class: Nov 27
RES/NON
9397.200 Fri 1:30-3:30pm Oct 2-Oct 15 $40/$50*  * 5K class fee is collected at bowling alley each week

Drama and Theater Production  |  Ages 8+
Individuals of all abilities are invited to participate in the production of a musical. Through this inclusive program, participants will learn stage acting, set design, theater techniques, stage makeup, costumes, and much more. Whether they wish to perform on stage or assist in production, all participants will be given the opportunity to showcase their unique talents! The cast will perform for their friends and families on the last day of class.
Instructor: Mixed Ability Performers: Michelle Winkenwerder
Location: Community Park, Auditorium
No Class: Nov 11 & 25
RES/NON
9397.201 Wed 4:00-6:00pm Sep 23-Dec 16 $120/$130*  * $10 class fee due on first day of class

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 Gana, OTA, CHTP
Location: Poway Fun Bowl, 12941 Poway Road
No Class: Nov 27
RES/NON
9397.200 Fri 1:30-3:30pm Oct 2-Oct 15 $40/$50*  * 5K class fee is collected at bowling alley each week

Drama and Theater Production  |  Ages 8+
Individuals of all abilities are invited to participate in the production of a musical. Through this inclusive program, participants will learn stage acting, set design, theater techniques, stage makeup, costumes, and much more. Whether they wish to perform on stage or assist in production, all participants will be given the opportunity to showcase their unique talents! The cast will perform for their friends and families on the last day of class.
Instructor: Mixed Ability Performers: Michelle Winkenwerder
Location: Community Park, Auditorium
No Class: Nov 11 & 25
RES/NON
9397.201 Wed 4:00-6:00pm Sep 23-Dec 16 $120/$130*  * $10 class fee due on first day of class

Birthday Party Package!

Why not have your next Birthday Party at the Pool? Included: reserved picnic area for two hours, public pool use for up to 25 participants, and 30 minutes of games with pool staff. Information: (858) 668-4680.
RES/NON
$52/$62

Information: www.poway.org/classes

Information: www.poway.org/swim

Poway Swim Center

Swim Center
The Swim Center includes a 50-meter by 25-yard pool with an attached diving well and shallow children’s area. During open pool hours, residents and nonresidents of Poway can enjoy the one and three-meter diving boards, open swimming areas, and lap swimming lanes. A one-foot baby pool is available for play during the spring, summer, and fall months. The Swim Center offers a complete shopping and dressing area. Water temperature in the pool is maintained between 80 and 84 degrees, providing for comfortable swimming year round. For general information regarding pool hours and fees, call (858) 668-4680. For program information, call (858) 668-4580. Swimmers may be required to show proof of residency in order to be eligible for resident rate.

Location: 13094 Civic Center Drive
Information: www.poway.org/swim (858) 668-4680

Costs: Daily Admission
Adults (Ages 18+): $2.50/$4.00
Youth & Seniors (Ages 69+): $2.00/$4.00
A responsible adult who has paid the admission fee must accompany children under 8 in the water.
Season and Yearly Passes
www.poway.org/swim
Family Swim
Bring your pool toys, rafts, inner tubes, and the family, and join us for a super fun family time! This is what having a pool is all about! Proof of Poway residency will be required for the reduced rate.
Saturday/Sunday 10:30am-1:00pm $8.00/$11.00
Aquatic Safety
The aquatic staff is available to give presentations on aquatic safety to schools, scout troops, and organizations.
Information: (858) 668-4680.

Hours:
Fall (August 24-October 25)
Monday-Friday: 10:30am-7:30pm
Tuesday/Thursday: 10:00am-7:30pm
Saturday/Sunday: 10:30am-5:00pm
Long Course
Monday-Friday: 8:00am-1:30pm
Pool Closed
September 26
Swim Meet
Winter (October 26, 2015-March 29, 2016)
Monday-Friday: 11:00am-1:30pm 3:00pm-7:00pm (CLOSED)
During open recreational swim, lanes will be set aside for those interested in swimming laps. Some open recreational swim times will be shared with two lessons and swim clubs. Portions of the pool may not be available for use by the public during these times.

Information: www.poway.org/swim

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RES/NON
$52/$62
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 in a class 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  | Ages 2 years
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 4 feet of water.

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 backstroke. Skills introduced: butterly and breaststroke kick, and introduction to diving from the side of the pool.

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.

Seed  | 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.

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.

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.

Red Cross Lifeguard Training  | Ages 15+
Lifeguard training covers the necessary skills to become a professional lifeguard. Upon successful completion of the course, participants will earn their certification for LifeGuard/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 100 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 fee does not include books. Students must purchase the LifeGuard Training book and a rescue 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.

Water Exercise  | Ages 16+
Water exercise is a low-intensity exercise for any ability. Classes are held in 4-foot water depth. Advanced swimming skills are not required. Daily admission is required. Time: 11:00am-12:00pm

Private Lessons  | All Ages
Instruction is geared toward 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.

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**New! Free Youth 16 and Under Supervised Skate Park Sessions**

Poway youth - it’s time to grab your skateboard and gear because these special supervised skate sessions are just for you! We’re taking over Poway Skate Park so you can show off your fliptricks, practice your grabs and grinds, conquer the snake run, or just skate. These once-a-month supervised sessions are open to youth 16 and younger. Family members over the age of 16 are welcome to participate as long as they accompany a registered participant. Helmets, elbow pads, knee pads, and completed waiver forms are required.

- **Fri 6:00-8:00pm** Sep 18
- **Fri 6:00-8:00pm** Nov 20

**In The Park Series | FREE for all Ages**

Take your bounce to new heights, challenge your friends to a game of Ring Toss and Milk Bottle Knockdown, use your wily wits to find buried treasure, or enjoy a picnic in the shade with your family! 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!

- **Mon 10:00am-12:00pm** Sep 28 Bounce House Theme
- **Mon 10:00am-12:00pm** Nov 11 Carnival Theme

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**Lake Poway**

**Location:**
14644 Lake Poway Road

**Park Hours:**
- **Jan-Dec:** Daily, 6:00am to sunset
- **Feb-June:** Daily, 6:00am to 9:00pm
- **July-Sept:** Daily, 6:00am to 10:00pm
- **Oct-Jan:** Daily, 6:00am to 9:00pm

**Lake Fishing & Boating Hours:**
- **Jan-Dec:** Daily, 6:00am to sunset
- **Feb-June:** Daily, 6:00am to 9:00pm
- **July-Sept:** Daily, 6:00am to 10:00pm
- **Oct-Jan:** Daily, 6:00am to 9:00pm

**Fishing Permits:**
- **Up to five persons per family. Any additional persons must register as a new family.)**

**Boats can be rented at a nominal fee.**

**Fall Camping Opportunities**

**Family Campouts**
Calling all novice campers! There’s still time left for some outdoor fun in a family-friendly environment. Activities include: guided night hikes, campfire with smores, and a continental breakfast.

- **Sat-Sun 5:00pm-9:00am** Jul 25-26 $52/$62
- **Sat-Sun 5:00pm-9:00am** Aug 8-9 $52/$62

**Fishing permits and boat rentals are not included, but may be purchased at an additional cost.**

**Park Ranger Office**
(858) 668-4770
www.poway.org/lakepoway

**Park/Pavilion Reservations**
(858) 668-4777

**Lake Poway Concession**
(858) 668-4778

**Night Fishing**
Think you’re ready for the night bite? Stocked regularly with catfish, Lake Poway also has a thriving bass population. Fish until 11:30 pm on Friday & Saturday nights through August 15.

**Trout Season Returns to Lake Poway!**
Temperatures dropping means trout are returning! Lake Poway has the best permit and boat prices in the area and is truly a “Big Trout Destination!” The Trout Season opening date will be announced on our website at www.poway.org/LakePoway.

**Save the Date! Christmas in the Park**
Enjoy a one-of-a-kind, magical holiday delight for the whole family during Poway’s annual Christmas in the Park event. This FREE event will be held on Saturday, December 12, from 3:30 pm to 8:30 pm.

**Information:**
www.poway.org/oldpowaypark

**Old Poway Park**

**Location:**
14134 Midland Road

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

**Save the Date! Christmas in the Park**
Enjoy a one-of-a-kind, magical holiday delight for the whole family during Poway’s annual Christmas in the Park event. This FREE event will be held on Saturday, December 12, from 3:30 pm to 8:30 pm.

**Information:**
(858) 668-4576
Blue Sky Ecological Reserve

Location: 16273 Espola Road, 1 mile north of Lake Poway Road

Reserve Hours: Daily, Sunrise-Sunset

Information: (858) 668-4781
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, 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.

FREE Docent-led Nature Walks
Check our website for up-to-date times and topics for weekend walks. Group walks available by reservation; bring your school or scout group! All hikes begin at south end of parking lot.

Kumeyaay-Ipai Interpretive Center at Pauwai

Location: 13104 Ipaia Wasaypu Trail (formerly Silver Lake Rd)

Hours: Saturdays 9:00am-12:00pm
Closed 1st Saturday of each month

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

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

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

Guided Tours of the Ancient Community of Pauwai
Experience the life of the Kumeyaay, "discover" artifacts and ancient milling sites, and participate in "spirit rock" painting. $4 per student. Schedule your tour at www.poway.org/kiic.

Guided Tours of the Ancient Community of Pauwai
Long before the Spanish arrived in the 1500s, thriving communities of native people populated Pauwai. Visit us on Saturday mornings and take a guided tour. Experience artifacts, 100-year-old milling sites, and participate in "spirit rock" painting. $4 per student. Schedule your tour at www.poway.org/kiic.

Interpretive Center at Pauwai

Learn about Native American culture and this valuable archaeological site. A variety of opportunities are available. For information, please call (858) 668-4781.

Sycamore Canyon
Goodman Ranch Preserve

Location: 16281 Sycamore Canyon Road
Poway, California 92064

Information: (858) 513-4737
For a complete schedule of activities at Goodman Ranch, visit: www.sdcounty.ca.gov

Kumeyaay-Ipai Programs

School Tours (Thursday & Friday mornings)
Experience the life of the Kumeyaay, "discover" artifacts and ancient milling sites, and participate in "spirit rock" painting. $4 per student. Schedule your tour at www.poway.org/kiic.

Basket Weaving Class
KIIC is proud to present Diania Caudell (Luiseno) to teach a class on basket weaving that will feature a media program on weaving and materials. Diania will demonstrate how to make various baskets using natural materials. All participants will receive a Cherookee-style basket to take home. Limited to 20 participants.

Pottery Workshop
Martha Rodriguez, a Kumeyaay-experienced potter, basket weaver, artist, and educator, will conduct a class on how to make pottery from raw clay. All students will make a small olla to take home. Wear clothes that can get dirty, bring a bandana to cover mouth to prevent breathing in dust, and bring a bucket to mix the clay, and carry home your damp olla. Limited to 30 participants.

Docents Wanted!
Learn about Native American culture and this valuable archaeological site. A variety of opportunities are available. For information, please call (858) 668-4781.

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

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

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

School Tours & Outreach Program
Bring nature to your classroom! Our Outreach program will help you meet California’s Science Content Standards. Or, book a field trip where observation skills, resource protection, identification of plants and animals are also emphasized. $4 per student per program, or a reduced fee of $6 per student when both a Tour and Outreach program are scheduled at the same time. Online reservation required at www.poway.org/bluesky.

Interactive Discovery Tables
Nocturnal animals of Blue Sky. Docents will be on hand to answer your questions about animals that come out at night.

Sunday, Oct 11 8:30am-11:00am FREE

For further information about programs offered at Blue Sky Ecological Reserve, call the Blue Sky office at (858) 668-4781.
Poway Library

**Fall Children's Programs September, October, November**

**Storytime**
Monday through Saturday, 10:30 am

**Baby Storytime**
Tuesdays, 9:45 am

**PJ Storytime**
Third Wednesday of each month, 7:00 pm

**After School Programs**
Mondays and Wednesdays, 3:30-4:30 pm

**Fall Teen Programs Grades 6-12**

**Teen Thursdays**
Every Thursday, 4:00-5:00 pm

The library has many fun and interesting programs for children, teens and adults alike. Please visit www.sdcl.org for a full listing of events. All programs subject to change, please call us at (858) 513-2900 for more information.

**Adult Programs**

**Free Monthly Acoustic Showcase Concert**
Second Saturday of every month at 2:00 pm

**Poway Library Book Club**
Third Tuesday Monthly at 6:30 pm

**Tai Chi for Adults**
Mondays at 11:00 am. Schedule varies, call the library to register.

**Learn How to Create Your Own Small Business**
Saturday, September 19 at 10:00 am

**Author Visit**
Louise Mathews, author of "Jail House Cuisine: From the Right Side of the Bars"
Saturday, October 17 at 2:00 pm

The library has many fun and interesting programs for children, teens and adults alike. Please visit www.sdcl.org for a full listing of events. All programs subject to change, please call us at (858) 513-2900 for more information.

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
www.powayseniorcenter.org

**La Bella Bistro: What’s Cookin’?**

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 65 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 ext. 304 for details.

**VOLUNTEER FOR THE HOLIDAYS**

**Volunteers are needed:**

**Receptionist:** Answer phones, greet visitors, and perform light office tasks. It’s a wonderful way to meet new people and support this wonderful community.

- Monday 12:00 pm- 4:00 pm
- Wednesday 12:00 pm- 4:00 pm
- Friday 12:00 pm- 4:00 pm

**Delivering Meals:** Volunteer to deliver nutritious meals for lunch in the Poway area. This program is designed to help seniors who are home bound. Most routes usually take about an hour of your time.

Call Mary Supanchick, Volunteer Services Manager, at (858) 748-6094 x305.

This flu season, be prepared...
Get your Flu Shot at the Poway Senior Center clinic!

**Flu Shot.**

Watch for a Fall date and time.
$20.00 per person (cash or check)
Provided by Palomar Pomerado Health

**Beautiful Hand-stitched Quilt**
Made by our Poway Senior Center Quilters. Tickets sold in the Gift Shop.

**Monthly Gift Basket**
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

Did you know that our Bingo games are open to the public and you can win up to $1,199.00?!
The Poway Center for the Performing Arts is an 800 seat, state-of-the-art theatre owned and operated by the City of Poway. We host 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 September through June, it’s the perfect venue for professional and community performances.

Purchase Tickets!
www.PowayCenter.org (858) 748-0505

Hours:
Box Office Hours: Fri 12:00pm-5:00pm
Sat 10:00am-3:00pm.
The Box Office opens one hour before scheduled performance times and remains open 30 minutes after performances begin. Closed on major holidays.

Art Gallery & Facility
July-August Tue-Thu 10:00am-2:00pm
Tue-Fri 9:00am-5:00pm
Sat 10:00am-3:00pm
Closed on major holidays.

Rental & General Information:
15498 Espola Rd, Poway, CA 92064
Administration (858) 668-4693
Box Office (858) 748-0505
www.PowayCenter.org

Exciting Fall Art Exhibits!
Visit the Poway Center for the Performing Arts, 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 artist.

SEPTEMBER
John Avery paints in his barn studio located in the mountains outside San Diego, describing his art as “Painted Poems about Life.”

OCTOBER
Clayo Bedke was born in Southern Idaho, growing up on his father’s cattle ranch. Much of his work depicts his heritage, with the beauty of country and the love of land and animal.

NOVEMBER
The San Diego Museum of Art Artist’s Guild is a support council of The San Diego Museum of Art; the region’s most visited museum located in Balboa Park. The guild focuses on an awareness and appreciation of local artists.

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Become a volunteer usher today!
Information: (858) 668-4795

PICK FIVE AND SAVE 25%
Buy any five performances in the 2015-2016 Season and save 25% - OUR SILVER ANNIVERSARY SAVINGS.

2015-2016 Professional Performance Season

PROFESSIONAL PERFORMANCE SEASON

BLUE SKY RIDERS featuring Kenny Loggins, Georgia Middleman and Gary Burr
Sunday, Sept. 20, 2015 at 7pm

HANK AND MY HONKY TONK HEROES featuring Jason Petty
Saturday, Oct. 3, 2015 at 8pm

LA TheatreWorks presents BRAM STOKER’S DRACULA
Sunday, Oct. 25, 2015 at 7pm

STEVE POLTZ WITH CODY LOVAAS a local musical showcase
Saturday, Nov. 21, 2015 at 8pm

THE TEMPLATIONS: A CHRISTMAS CONCERT
Saturday, Dec. 5, 2015 at 8pm

UPRIGHT AND GRAND PIANO FESTIVAL with the San Diego Symphony Orchestra featuring Cristian Macelaru (conductor) and Jeremy Denk (pianist) Performing: Beethoven’s Fifth and more!
Friday, Jan. 15, 2016 at 8pm

THE SMITHEREENS PLAY TOMMY playing selections from The Who and Smithereens Greatest Hits
Saturday, Jan. 23, 2016 at 8pm

THE HOT SARDINES Friday, Feb. 19, 2016 at 8pm

DANCING WITH THE MOVIES featuring pros of Dancing with the Stars and finalists of So You Think You Can Dance, American Idol and The Voice
Saturday, Feb. 27, 2016 at 8pm

ROSANNE CASH Friday, Mar. 11, 2016 at 8pm

PINOCCHIO A Missoula Children’s Theater Production
Saturday, Mar. 26, 2016 at 3pm and 7pm

REDUCED SHAKESPEARE COMPANY: THE COMPLETE HISTORY OF COMEDY (ABRIDGED)
Saturday, May 14, 2016 at 8pm

Pick Five and Save 25%
858.748.0505 www.PowayOnStage.org
15498 Espola Road Poway, CA 92064

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NOVEMBER
The San Diego Museum of Art Artist’s Guild is a support council of The San Diego Museum of Art; the region’s most visited museum located in Balboa Park. The guild focuses on an awareness and appreciation of local artists.

Information: www.powaycenter.com
2015 Summer Concert Series
Over 12,500 patrons tapped their toes and boogied on down at the eight, free concerts in the 2015 Summer Concert Series. Music ranged from contemporary to Motown, Big Band to Beatles tribute, and concerts were held at both Lake Poway and Old Poway Park.

Sponsors:
Cox Communications
Cymer
Marrokal Design & Remodeling
Toyota of Poway
Country Montessori School of Poway

4th of July Fireworks
The annual, spectacular July 4th Fireworks at Poway High School pleased a crowd of over 7,000 in the stadium and thousands across the community. Community Services staff provided the fun, recreational games and activities, while a DJ provided the tunes.

Sponsors:
EDCO
Lightning Brewery
Toyota of Poway
SeaSpace Corp.
Walter Andersen Nursery
Cox Communications

Old-Fashioned Fourth of July
An astonishing 15,000 patrons celebrated our nation with a sense of pride and patriotism at the annual Old Fashioned Fourth of July.

Sponsors:
The Hamburger Factory
The Home Depot of Poway
Lynn Wolsey Graphic Design

REFUND INFORMATION:
A full refund will be issued for all classes canceled or overbooked 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 program after it begins, the registrant is not entitled to a refund.

After the first day of class: Requests for refunds will only be granted if the slot can be filled by another customer on a waiting list. If that slot can be filled, the refund will be pro-rated. Requests for refunds for classes, camps or programs with enrollment fees that are less than the $15 processing fee will automatically be given as a credit on account.

Exceptions may be authorized by the Director of Community Services. A doctor’s note or written request describing the extenuating circumstances must be submitted to the Community Services Department. If you have any questions, please call (858) 668-4570.

SWIM LESSON REGISTRATION
Please note the age and skill level requirements for each class. If you are unsure which class to enroll in, call us at (858) 668-4570. Class information is taught by independent instructors contracted by the City of Poway.

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.

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 once the registration period opens.

POWAY RESIDENTS & NONRESIDENTS

There are 3 convenient ways to register for classes:

1. Online
Online registration is available by visiting the City of Poway web site below. A $1.50 convenience fee will be charged per transaction. Payment must be made by credit card only (MasterCard or VISA).
Website: www.poway.org/classes

2. Walk-in
Walk-in registration is available at the Community Services Department during business hours.
Location: 13325 Civic Center Drive
Hours: Mon-Thurs 7:30am-5:30pm, Fri 8:00am-5:00pm (Closed every other Friday)

3. Mail-in
Mail-in registration may be paid by check or credit card (MasterCard or VISA). Checks should be made payable to the City of Poway. Cash will not be accepted. Please submit a separate check for each class requested. If space is not available in a class, specific check will be returned to you without delaying your registration for any other classes.
Mail to: P.O. Box 789, Poway, CA 92074-0789

More than 2,400 patrons sang, soared, and splashed their way through this year’s Summer Movies in the Park Series! It’s hard to imagine a better way to spend a summer night than with friends and family enjoying a free movie under the stars!

Sponsors:
Wendy Wise
North County Health Services
Kind Healthy Snacks
First S San Diego
SDG&E
Coast2Coast RX
Live Well San Diego
County of San Diego CAPCC
San Diego County Parks Society
Think Blue San Diego

REGISTRATION
Registration begins AUGUST 4
for Poway Residents & Nonresidents
**Hey Boomers! This place is for you, too!**

Did you know that we have an active Senior Center right here in Poway? The Poway Senior Center is a community of active seniors and adults 55+ who gather for laughter, love, laughter, activities, seminars, and delicious lunches at the Westgate Center in Community Park. We are proud to offer recreational, nutritional, and health programming to the residents of Poway and our neighboring communities. Come check us out and make new friends! Here is just a sampling of what is offered (most are free of charge!):

- Feeling Fit
- Table tennis
- Yoga
- Line dancing
- Tai Chi
- Wil bowling

We also place a high value on keeping you and your family healthy with:

- Mah Jong
- Needle crafting
- Card games
- Bridge
- Jewelry making
- Workshops
- Notary and legal services

Want to have some fun and win some cash? Bingo is offered every Tuesday at 12:15 p.m. and Saturdays at 5:30 p.m. It is open to everyone ages 18 + and all proceeds support the programs and services at the Senior Center. Win up to $1,199!

**Join us for lunch at the Bistro! We offer a fresh, nutritious hot meal each weekday from 11:30am to 12:30pm. A suggested donation of $4 for seniors and $6 for guests applies.**

**From May through August of each year, the City of Poway conducts its annual Vegetation Management Program (VMP) and Wildlife Defensible Space Program (WDS). The purpose of the VMP is to manage and maintain the annual growth of tall weeds, dry grasses, dead shrubs, and dead trees on specific properties in order to minimize fire hazards through the dry season (typically May through November). Several hundred property owners currently participate in the annual program managed by the City’s Development Services Department. The program allows property owners the choice of completing the maintenance themselves or requesting that the City complete it with the cost added to their annual property tax bill.**

Property owners can use several different methods to manage vegetation. Mowing and weed whifing are generally accepted ways of cutting weeds. Weeds and grasses should be cut low to the ground and removed, while leaving the roots in place to prevent erosion. Spraying with a weed killer is not an acceptable method to eliminate vegetation, as it leaves an abundance of dried weeds that create a fire hazard. Digging is also prohibited. Dead shrubs and trees must be removed from the property and may require the use of hand held saws. Any vegetation abatement operator using mechanical equipment is recommended to have immediate access to a water-filled fire extinguisher.

Properties in Poway have several native habitats, which are home to a number of federally protected, sensitive, rare, threatened, and endangered plant and animal species. Native vegetation includes, but is not limited to, grassland, sage scrub, chaparral, and wetlands. Vegetation management within native habitat areas may be limited. If a property owner is in doubt as to where vegetation management should occur, the City can assist identifying areas of habitat that should be avoided.

The WDSF guidelines allow City staff to work in partnership with property owners to develop a plan to lessen the risk of wildfire and comply with environmental guidelines. The programs purpose is to save homes during wildfires by reducing flammable vegetation around structures, creating what is often referred to as “defensible space.” The program targets the reduction of highly flammable chaparral species and annual weeds within 100 feet of all structures. Property owners are required to complete the vegetation reduction within 30 days of being notified by the City. Homeowners who are asked to remove flammable vegetation may request information, including a map of their property, informational pamphlets and a DVD video regarding the programs requirements, and a list of contractors that are available to assist in this type of work. Additionally, courtesy home assessments will be provided by City staff that include a detailed checklist to help residents determine the steps necessary to safeguard their property. These assessments include creation of definable space, fuel reduction, intelligent landscaping and fire-resistant building materials.

Additional information can be found on the City website at www.poway.org, by contacting Code Compliance at (858) 668-4611 or via email at codecompliance@poway.org.

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**How You Can Help Dervitiate Organics from Our Landfills!**

The state set a goal of 75% diversion from landfills by 2020 and one of the last items that can be removed from the waste stream to help meet this goal is organics, which includes green waste and food scraps. California landfills receive over six million tons of food scraps each year. Food scraps can be easily recycled into a nutrient-rich soil amendment by composting. The process is simple, discreet, and low maintenance. Diversion of food scraps through home composting is a key strategy towards removing organics from the landfill and can help you save money and water.

Compost provides many benefits to soil. Soil structure improves when amended with compost because the soil becomes less compacted and more capable of retaining water and nutrients. Adding compost to your soil is one of the best defenses against erosion. Erosion by run-off is also diminished by compost because it increases pore space, by improving water infiltration rates. Organic matter particles have relatively large surface areas (in comparison to other soil particles), so their adhesive forces increase the amount of water soil can hold. In dry climates, this water-holding capacity can reduce the frequency of irrigation needed to support crops.

There are many great how-to websites for composting. Please help remove waste from the landfills, improve the condition of your soil and know that your green thumb is making a difference to the City and our state.

Additional information on composting can be found at www.powaycenter.org/composting.
**Fall Cleanup!**

While you gear up for the fall, make sure you remember to use your second EDCO coupon being sent in September and valid from September 28 to December 14.

The coupon is good for FREE disposal of one load of household bulky items and can be taken to either the Ramona Transfer Station or the Escondido Transfer Station. The transfer stations are open every day from 7 a.m. to 4:30 p.m. (Ramona Transfer Station is closed on Sundays). Customers must present their coupon and a picture I.D. with the current address (or a copy of an EDCO trash bill that corresponds to the service address listed on the reverse side of the coupon) to qualify for FREE disposal.

**ITEMS ACCEPTED:**
- Furniture
- Appliances (charges apply for appliances containing Freon)
- Residential wood waste
- Yard waste
- Scrap metal

The transfer station cannot accept contractor waste, large trailer loads, commercial truckloads of debris, tires or household hazardous waste. However, household hazardous waste can be taken any Saturday (except holiday weekends) to the facility at 12325 Crosthwaite Circle from 9 a.m. to 3 p.m.

**What’s Inside:**
- We’re in this Drought Together
- Are You Prepared to Tackle Poway’s Trials?
- Tan Lawns are in Fashion
- Flood Safety Awareness
- City Wins Grant to Upgrade Parking at Iron Mountain Trail
- National Preparedness Month
- New Caltrans Signs Aid in Traffic Congestion
- Library Remodel Update
- Poway Senior Center is for Boomers Too!
- Vegetation Management
- Tree Removal Permits
- Composting: You Can Help! Divert Organic Waste
- Help Stop Water Theft
- Organic Waste Composting: You Can Help! Divert
- Tree Removal Permits
- Help Stop Water Theft
- Summer Concert in the Park Series
- Old-Fashioned Family Days
- Summer Movies in the Park
- 51st Annual Poway Days Heritage Parade
- Rendezvous in Poway
- Hoot, Howl and Prowl
- Once Upon a Hallowe’en
- Save the Date: Christmas in the Park
- Save the Date: 2016 Winter Festival