More Parking at Two Popular Recreation and Hiking Destinations

The City of Poway recently celebrated the addition of more than 80 parking spaces at two of the City’s most popular recreation destinations: Iron Mountain Trail and Lake Poway Recreation Area. Parking at both locations has long been at a premium during peak use. At Iron Mountain, rangers estimate more than 300 hikers are on the trail at any given time during busy weekends. In 2007, the City built a 100-space lot to alleviate hikers’ parking issues and walking along Highway 67. The current project added 20 spaces and was made possible through City funds and the Poway community’s generosity.

The City Council desired to build a bronze statue and erect it at the Lake Poway ballfield, close to the place that Tony called home. A Request for Qualifications (RFQ) was issued to artists across the country; more than 30 qualified artists responded. After four rounds of reviews, the panel selected its top three candidates and invited them to submit proposals. In addition, four local artists who had additional familiarity with the Poway community were invited to participate.

The City Council, at their April 19 meeting, concurred with the selection and approved the proposed conceptual rendering of the Tony Gwynn Memorial statue. In order to make this a reality, a campaign to raise $150,000 began.

The fundraising campaign kicked off in earnest at the April 1 Tony Gwynn Memorial Benefit Concert Event held at the Poway Center for the Performing Arts. The event attracted a near-capacity crowd and featured performances by former teammates and coach, Tim Flannery and Trevor Hoffman, Mark Grant, and Shawne Merriman were on hand to share memories and touching stories about Tony, and radio personality Mark Larson served as the announcer. In addition to the music and tributes, a live auction of unique Tony Gwynn memorabilia was held as a silent auction, and the opportunity to purchase a spot on the donor wall.

IT’S NOT TOO LATE TO BE PART OF HISTORY!

CONTRIBUTE ONLINE AT: www.crowdsource.com/tonygwynn
OR MAIL YOUR CHECK TO: The City of Poway c/o Tony Gwynn Memorial 13325 Civic Center Drive, Poway, CA 92064

Powy residents heeded the call for water conservation and essentially put their water use on a diet. The results are worth celebrating, but we’re not done yet! Just like with dieting, shedding extra weight is one thing, keeping it off – that’s a whole other story.

Summer’s hottest months are upon us and we will need to work hard to maintain that trim, new “weight” when it comes to water use – especially outdoors. Experts in the diet industry say the key to keeping weight off shifts to a psychological battle and managing the process of change. The same idea applies to water conservation, as well.

Here are three tips to encourage your water (diet) maintenance program:


2. Exercise, exercise, exercise. Keep moving towards eliminating water waste.


Know your target goal and stay on course. Keep up-to-date on your water usage and how you fare compared to the City’s water conservation goals.

- Refresh yourself on the City’s landscape irrigation guidelines and use the water conservation resources on our website: www.poway.org/waterconservation.
- Inspect what you’ve been doing and make sure it’s working. Are the sprinklers still watering what they should be and at the right time? Simple things like time changes or power outages can easily take your watering schedule off course.

Go the extra step. Keep an eye out for easy adjustments; small changes here and there can make a big difference overall.

- You’ve heard plenty about landscaping with low-water use plants. If you’re making a change, think about grouping plants with like watering needs to save even more water. Avoid overplanting – both in plant size and density.
- One size doesn’t fit all! Make the best match between what you need to water and the most efficient way to get it watered. Switch to hand watering what you can – it’s a great way to spend some quality time outdoors and even catch up with neighbors.

- For more information about water saving tips, visit our website: poway.org/waterconservation.
NEW OUTDOOR LIGHTING REGULATIONS

In the 1980’s, researchers at the California Institute of Technology (Caltech) Palomar Observatory worked with surrounding jurisdictions to develop regulations for outdoor lighting. These regulations would address the communities’ needs for safety while having the least impact on an astronomical research. That collaboration resulted in Poway’s initial outdoor lighting regulations in 1997. Those outdoor lighting regulations only allowed the use of Low-Pressure Sodium (LPS) lights between the hours of 11:00pm and sunrise in all multi-family, commercial, office, industrial, and institutional areas. Since 1997, advances in lighting technology, including much in the way of lighting efficiency, have been made. Recently, several businesses have inquired with the City about using more efficient lighting as a way to reduce energy consumption and costs. Many jurisdictions in the area, including the County of San Diego and the Cities of San Diego and Escondido, have updated their outdoor lighting regulations in recent years. The Poway City Council updated the outdoor lighting regulations in February and they became effective in March. The regulations continue to allow the use of LPS lights after 11:00pm, but also provide options for alternative lighting. These alternatives include certain types of “LED” that comply with the specific light measurement criteria. Alternative lighting will help us continue to be good neighbors to the observatory. Commercial parking lots will also benefit from improved efficiency and new, whiter colors versus the yellowish color of LPS.

In January, the City Council adopted ordinances that prohibit the manufacturing, storage, cultivation, and delivery of marijuana within the City limits, and prohibits mobile marijuana dispensaries. Since 2012, medical marijuana dispensaries have been prohibited in all zones in Poway, but these other activities were not regulated by local codes. These new prohibitions were adopted in response to the Medical Marijuana Regulations and Safety Act (MMRSA) that was recently signed into law by California Governor Jerry Brown. The new laws took effect on January 1, 2016, and included a deadline of March 1, 2016, for cities to adopt regulations to address or prohibit these activities. If a city did not adopt an ordinance, the state would step in and become the regulatory authority. Poway, like many cities, adopted ordinances by the deadline in order to keep local control. In 1996, California voters approved Proposition 215, entitled the Compassionate Use Act, to ensure that seriously ill individuals have the right to obtain and use marijuana for medical purposes when recommended by a physician. Despite the passage of Proposition 215, marijuana remains illegal under Federal law pursuant to the Controlled Substance Act. Courts have held that California’s statutes do not preempt a local ban on facilities that distribute marijuana as this is considered part of a city’s local land use authority. The passage of the MMRSA gave cities an opportunity to ban additional activities associated with medical marijuana. Without such a ban, as Poway approved in January, these activities would be allowed and only regulated by the state. The prohibition on dispensaries that has been in place since 2012 only applied to storefront-type dispensaries that sell marijuana products. It did not apply to mobile dispensaries that sell medical marijuana from a vehicle that travels from location to location. Mobile dispensary就是 are often found in parks and other public locations, and have been linked to criminal activity and an increase in marijuana use by children. One of the ordinances adopted by the City Council in January prohibits mobile marijuana dispensaries anywhere within the City of Poway. Storefront dispensaries continue to be prohibited. The prohibition on medical marijuana delivery does not apply to the delivery of medical marijuana products to any qualified patient (with an identification card as a primary caregiver as defined by the California Health and Safety Code), with limitations on quantities.

TEAMIING UP TO HELP SENIORS FIGHT FRAUD

Seniors and caregivers are invited to a special presentation in Poway on how to fight-off financial scammers. The free “Don’t Get Hooked!” forum will be held May 12 at 9:00am in the Poway Community Park Auditorium, 13094 Civic Center Drive. Event check-in will begin at 8:30am. A free continental breakfast will be served.

The bad guys often see the elderly as easy prey. The goal of this two-hour event is to give seniors and their caregivers the information they need to avoid getting caught in financial scams. Speakers will include scam victims, Sheriff’s Department Detective Maureen Perkins, and Deputy District Attorney Paul Greenwood, an expert on elder abuse and financial crimes. Experts from County Aging and Independence Services and the Assessor/Recorder/City Clerk’s office will also be on hand to offer advice and answer questions.

Those interested in attending can register by phone at (844) 899-1397 or via website at: www.surveymonkey.com/r/DontGtHooked. For more information, visit: www.sdcda.org.

AlertSanDiego – Be Notified!

During the 2007 wildfires, Poway residents and businesses were sent emergency notifications on their land line telephones. However, some residents also received notifications via their cell phones, email, and/or Voice over IP (VoIP) because they signed up to get notified. Have you signed up?

The County of San Diego maintains a regional system that sends out telephone notifications to residents and businesses in San Diego County who are in danger of being impacted by an emergency or disaster. This system is called AlertSanDiego and is used by emergency response personnel to notify homes and businesses with information about the event and/or actions that may need to be taken such as evacuations. The system utilizes the region’s 9-1-1 database provided by local telephone companies and are, therefore, able to automatically contact land line telephones, as well as telekeytwriter telephones (TTY)/Telecommunications Device for the Deaf (TDD) whether they are listed or unlisted.

If you have a cell phone, email and/or VoIP and would like to be notified on that device, we strongly recommend you register those numbers/email addresses today! You must personally register your cell phone to receive these notifications.

The City of Poway urges you to take a few minutes and register at: www.ReadySanDiego.org

Medical Marijuana Ban
SUMMER 2016

Registration begins MAY 17

FREE for the Whole Family!
Monday, July 4th
10:00am-4:00pm

Kelchlin Construction – Winter Festival
Marrokal Design & Remodeling – Summer Concert Series
Cymer – Summer Concert Series
El Cajon Ford – Youth Fishing Derby

Want to see your name here? You can make a difference by sponsoring our programs and events and investing in the Poway community! We Believe in Poway, do you? Information: www.poway.org/ibelieveinpoway or (858) 668-4691.

But the outdoor fun continues all summer long!

Celebrate our country’s independence “turn-of-the-20th-century-style” at Old Poway Park. Bring your family and friends along to enjoy patriotic entertainment, gun fighting re-enactments, free crafts, and old-fashioned games. Tasty treats and train rides will also be available for a nominal fee. Information: (858) 668-4576 or www.poway.org/oldpowaypark

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

FREE family fun and great tunes! Enjoy the best, local entertainment around this summer on Sundays from 5:30-7:00pm. New this year: Food trucks will be available to serve you at the Lake Poway Concerts!

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Performer</th>
<th>Musical Style</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 26</td>
<td>Lake Poway</td>
<td>The Mighty Untouchables</td>
<td>Party</td>
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<tr>
<td>July 10</td>
<td>Lake Poway</td>
<td>Britain’s Finest</td>
<td>Beatles</td>
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<tr>
<td>July 17</td>
<td>Old Poway Park</td>
<td>Mark Jackson Band</td>
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<tr>
<td>July 24</td>
<td>Lake Poway</td>
<td>The Fabulous Ultratones</td>
<td>Dance/Cover Band</td>
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<td>July 31</td>
<td>Old Poway Park</td>
<td>Highland Way</td>
<td>Celtic/Folk</td>
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<tr>
<td>Aug 7</td>
<td>Lake Poway</td>
<td>CoastRiders</td>
<td>Jimmy Buffet</td>
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<tr>
<td>Aug 14</td>
<td>Old Poway Park</td>
<td>Pomerado Community Band</td>
<td>Big Band</td>
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July 26: Lake Poway - The Mighty Untouchables Performance.

Concessions will be hosted by teen volunteers to fundraise for City of Poway teen programming. Information: (858) 668-4671 or www.poway.org

The 22nd Annual California Band Festival and Boardwalk Craft Market

Enjoy a weekend of FREE music at Old Poway Park that will honor the Armed Forces and stay for the Boardwalk Craft Market. Information: (858) 668-4576 or www.poway.org/oldpowaypark

POWAY
Community Services

Sports | Recreation | Aquatics | Fitness | Nature | Teens | Community Events

Photo by Beverly Brooks

4th of July Fireworks Show!

Enjoy spectacular fireworks as they light up the sky over Poway High School Stadium at 9:00pm. Gates open at 6:00pm. Games, activities, and a DJ spinning the tunes round out the fun. Contributions to the I Believe in Poway campaign fund the fireworks and are always welcome. Call (858) 668-4682 to donate. Information: www.poway.org

Sunday, May 21 9:00am-7:00pm
Saturday, May 21 9:00am-7:00pm
Sunday, May 22 10:00am-7:00pm

ALL MOVIES ARE FREE TO ATTEND!

POWAY High School Stadium
Mon, July 4, 6:00pm-10:00pm
$5/Person at the gate
Children 11 & under FREE

WANT TO SEE YOUR NAME HERE? YOU CAN MAKE A DIFFERENCE BY SPONSORING OUR PROGRAMS AND EVENTS AND INVESTING IN THE POWAY COMMUNITY! WE BELIEVE IN POWAY, DO YOU? INFORMATION: WWW.POWAY.ORG/IBELIEVEINPOWAY OR (858) 668-4691.
Film/TV Production Camps

NEW! Media Madness Camp | Ages 7-12
Unleash your creativity and take on the world of filmmaking! Participants will learn the ins and outs of the filmmaking process from beginning to end. We’ll create plots, write scripts, and even create sets and costumes before getting behind the camera to film our masterpieces. Get ready to impress and share your final films with your family and friends!

Instructor: Arimaw Productions: info@arimaw.com
Location: Old Poway Park, Templars Hall
RES/NON
6180.102 M-F 1:00-4:00pm Aug 1-Aug 5 $150/$160*
*$35 materials fee due first day of class

Wonders Science: Week 1 | Ages 5-12
Wonders Science camps are hands-on fun from beginning to end! Participants will experience with 50 hands-on projects throughout the week, including: making play sand, growing crystals, creating sugar molecules models, putting together an unforgottable moon phases chart, conducting PH tests, creating bubble-blasting citrus juice, testing the laws of physics with raw eggs, experimenting with burping bacteria, dancing oobleck, swimming slugs, and more! This is a tremendous camp to enrich your child’s thirst to know more about the world around them!

Instructor: Wonders Science
Location: Community Park, Auditorium
RES/NON
6573.110 M-F 1:00-4:00pm Jun 13-Jun 17 $125/$135*
*$35 materials fee due first day of class

Wonders Science: Week 2 | Ages 5-12
Join Wonders Science for a second week of hands-on fun! This week, participants will experience a whole new set of 50 amazing experiments, including: putting together constellation charts, selling time with handmade sundials, gauging barometric pressure with their own hand made barometer, constructing a working water filtration system, making lanterns, constructing hydrophilic and hydrophobic experiments, water-proofing substances, growing mini gardens, experimenting with naturally dense and insulating substances and more! This is a tremendous camp to enrich your children’s thirst to know more about the world around them!

Instructor: Wonders Science
Location: Community Park, Auditorium
RES/NON
6573.111 M-F 9:00am-12:00pm Jul 18-Jul 22 $125/$135*
*$35 materials fee due first day of class

Wonders Science: Week 3 | Ages 5-12
Join Wonders Science for a third week of hands-on fun! This week, participants will experience a whole new set of 50 amazing experiments, including: riding hover-crafts, creating invisible ink, growing crystal gardens, steering 60-foot solar balloons, making rock board collections, floating hot air balloons, launching giant smoke rings, setting off the ultimate Mentos geyser, building lava lamps, making glow-in-the-dark loons, launching giant smoke rings, setting-off the ultimate invisible inks, growing crystal gardens, steering 60-foot solar balloons, amazing experiments, including: putting together constellation charts, selling time with handmade sundials, gauging barometric pressure with their own hand made barometer, constructing a working water filtration system, making lanterns, constructing hydrophilic and hydrophobic experiments, water-proofing substances, growing mini gardens, experimenting with naturally dense and insulating substances and more! This is a tremendous camp to enrich your child’s thirst to know more about the world around them!

Instructor: Wonders Science
Location: Community Park, Auditorium
RES/NON
6573.112 M-F 1:00-4:00pm Jul 25-Jul 29 $125/$135*
*$35 materials fee due first day of class

Science Camps

Mad Science NASA Space Academy | Ages 7-11
Mad Science and NASA have teamed up to bring you the excellent and wonder of space. Learn the science involved in rocket construction as you build and launch your own rocket. Explore the farthest reaches of our solar system and create a lunar eclipse in our Mad Science planetary tour. Take-home projects include: SkyBlazer Rocket, Shuttle Copter, Spacewalk Challenge, Stereo Viewer, Cosmic Disk, and more!

Instructor: Mad Science of San Diego
Location: Twin Peaks Multipurpose Center
RES/NON
6573.100 M-F 9:00am-12:00pm Jun 13-Jun 17 $125/$135*
*$50 materials fee due first day of class

NEW! Mad Science Brixology | Ages 6-10
Put on your hardhat and step into the shoes of an engineer! Participants will spend the week learning about aerospace, mechanical, automotive, structural, and nautical engineering through hands-on projects using LEGO® bricks. But that’s not all – from carnival rides to drawing machines, mechanical animals to truss bridges, your future engineer will have a blast exploring all the wonders the world of engineering holds. Let the tinkering begin! Take-home projects include: Peacock Puzzle, Truss Bridge, and many more!

Instructor: Mad Science of San Diego
Location: Lake Poway, Pavilion
RES/NON
6573.101 M-F 9:00am-12:00pm Jun 20-Jun 24 $125/$135*
*$50 materials fee due first day of class

Mad Science Robot Recruit | Ages 5-9
Join Mad Science for an introduction to robots! Throughout the week, participants will become robot engineers as they build a unique, motorized robot that transforms into four unique creatures, each increasing in difficulty. Discover the inner workings of robots by experimenting with circuits, gears, sensors, and power supplies. Learn about robot programming and the different tasks robots perform in our world. Experiment with sound sensing, line tracking, and solar-powered robots. Take-home projects include: EM4 Robot, Bugbot, Robot Hand and more!

Instructor: Mad Science of San Diego
Location: Community Park, Auditorium
RES/NON
6573.103 M-F 9:00am-12:00pm Jun 20-Jun 24 $125/$135*
*$50 materials fee due first day of class

Movie Makers | Ages 10-17
This hands-on, interactive course will instruct students on the world of digital video design and production. Participants will film, direct, and edit their own digital video creations. Participants enrolled in this course will be amazed by their progress in their green screen and special effects skills after just four days. This is the perfect camp for movie buffs and anyone interested in film production!

Instructor: Youth Tech, Inc.: www.youthtechnic.com
Location: Meadowbrook Gymnasium
RES/NON
9416.103 M-Th 1:00-4:00pm Jul 18-Jul 21 $150/$160*
*$10 materials fee due on the first day of class

NEW! Mad Science Operation Invention | Ages 6-11
With a little bit of ingenuity, participants will be challenged to recreate some of the most important and exciting inventions of all time, including: catapults, bridges, circuits, and light bulbs! Next, they’ll overcome a series of challenges using basic tools, simple machines, tips from famous inventors, and the most important tool of all – their minds! While Thomas Edison said, “invention is 10% inspiration and 90% perspiration,” this camp is 100% FUN! Take-home projects include Harmonica, Catapult, Circuit Maze, Message in a Bottle, and much more!

Instructor: Mad Science of San Diego
Location: Old Poway Park, Temple Hall
RES/NON
6573.105 Tu-F 1:00-4:00pm Jul 5-Jul 8 $100/$110*
*$30 materials fee due first day of class

NEW! Mad Science My First Lab | Ages 4-5
Become a junior Mad Scientist! Participants explore their five senses through hands-on discovery. We’ll uncover the world of creepy crawly creatures, explore the science of the sea and sea animals, become paleontologists by searching for fossils and participating in a mini dinosaur dig, and finally, take an exciting mission to explore the planets, moons, and stars. Take-home projects include a Rainbow Catcher, Timocules, Bug Box, T-Rex Tooth Model and more!

Instructor: Mad Science of San Diego
Location: Community Park, Auditorium
RES/NON
6573.106 Tu-F 9:00am-12:00pm Jul 5-Jul 8 $100/$110*
*$30 materials fee due first day of class
**Science Camps (cont'd)**

**Radical Reptiles & Friends Camp | Ages 5-11**
Radical Reptiles and Friends will introduce participants to a unique menagerie of live animals, including: snakes, frogs, turtles, toads, lizards, bugs, and other creepy-crawly. As participants explore the animal kingdom, they will have a unique hands-on experience enhanced by art, games, and variety of reptiles and amphibians common to the local area. 
**Instructor:** Radical Reptiles and Friends Instructors, Ben Han and John Talbe
**Location:** Lake Poway, Pavilion
**6182.120 M-F 9:00-11:00am Jun 20-Jun 24 $155/$165**
**6182.121 M-F 9:00-11:00am Jul 18-Jul 22 $155/$165**
**6182.122 M-F 12:00-2:00pm Aug 8-Aug 12 $155/$165**

**Mad Science All Stars | Ages 5-10**
You have been selected to participate on the Mad Science All Stars team! Learn about famous scientists and inventors who were all stars in their field of expertise. Together with your teammates, you will build super structures, create a volcanic eruption, and examine rocks formed from volcanic magma.
**Take-home projects include:** Magnetic Soccer Game, Rocket Racer, Star Locator, Kite, Animal Track, Crystal Garden, and more!
**Instructor:** Mad Science of San Diego
**Location:** Lake Poway, Pavilion
**6573.108 Tu 9:00am-12:00pm Jul 5-Jul 8 $100/$110**
**6573.109 Location: Community Auditorium, Community Library**
**6182.104 M-F 10:00-1:00pm Aug 8-Aug 12 $125/$135**

*** 5 $30 materials fee due first day of class

**ArtVentures**

**ArtVenture: ARTSTRAVAGANZA! | Ages 7-17**
Art is everywhere! Explore the amazing ways art is found from around the world in our sculpture, acrylic paintings on canvas, three-dimensional creations, monoprints, and more as we travel the globe to visit galleries, museums, and art collections. Create masterpieces (or two) each day as we embark on our artistic adventure! All materials and camp T-shirt provided. Please bring water and a healthy snack each day.
**Instructor:** ArtVenture
**Location:** Old Poway Park, Great Room
**6182.120 M-F 9:00-12:00am Jun 20-Jun 24 $155/$165**

**NEW! ArtVenture: Monster Mash Mania | Ages 3-6**
Calling all friendly monsters! Travel to the depths of the ocean and the expanse of space to meet enormous sea monsters, massive land creatures, and silly alien friends! Paint, sculpt, print, and draw monsterously good artistic creations and read monster books like, “Where the Wild Things Are!” Along the way, you’ll sing monster songs and do monster dances and have a marvelous, monstrous adventure! All materials and camp T-shirt provided. Please bring water and a healthy snack each day.
**Instructor:** ArtVenture
**Location:** Old Poway Park, Parlor
**6182.121 M-F 9:00-12:00am Jun 20-Jun 24 $155/$165**

**ArtVenture: Mermaid Wishes & Fish Kisses | Ages 3-6**
Visit a magical world under the sea where mermaids and their sea friends play all day long! We’ll paint, print, watercolor, collage, and design a dreamy underwater world in this art camp devoted to the beautiful seal! Along the way, we’ll play games, sing songs, and read tales of mermaid adventures. Join us for an ocean fantasy art adventure! All materials and camp T-shirt provided. Please bring water and a healthy snack each day.
**Instructor:** ArtVenture
**Location:** Old Poway Park, Parlor
**6182.122 M-F 9:00-12:00am Jun 27-Jul 1 $155/$165**

**NEW! ArtVenture: Museum Madness | Ages 7-17**
Take a tour around the world! Join us for an adventure deep inside the famous art museums around the globe as we create multi-media masterpieces! We paint, sculpt, draw, watercolor, collage, and print, and design in this camp inspired by both master and contemporary artists! Material and a healthy snack each day. 
**Instructor:** ArtVenture
**Location:** Old Poway Park, Great Room
**6182.123 M-F 9:00-12:00am Jul 18-Jul 22 $165/$175**

**ArtVenture: Pirate Adventure | Ages 3-6**
Ahoi, Mateys! Come aboard as we travel to “Pirate Island” where we’ll treasure hunt, paint, draw, and lots of fun and adventure! We create treasure maps, golden doubloons, sea monsters, ships, and more! Along the way, we’ll play games, sing songs, read pirate stories, and hunt for treasure! All materials and camp T-shirt provided. Please bring water and a healthy snack each day.
**Instructor:** ArtVenture
**Location:** Old Poway Park, Parlor
**6182.126 M-F 9:00-12:00am Jul 18-Jul 22 $165/$175**

**ArtVenture: Sparkle, Glitter, & Glam | Ages 3-6**
Celebrate all things glity, glamorous, and fancy! We will make colorful and unique art creations using collage, collage, sculpture, and more, all inspired by the “Fancy Nancy” book series. Come join us for a week of sparkling adventures! All materials and camp T-shirt provided. Please bring water and a healthy snack each day.
**Instructor:** ArtVenture
**Location:** Old Poway Park, Parlor
**6182.125 M-F 9:00-12:00am Jul 15-Jul 15 $165/$175**

**NEW! ArtVenture: Doey Gooby Sticky Arts | Ages 3-6**
Smash, smash, smash, and more! Make a mess and don’t clean it up! We experiment with all kinds of unusual materials to create colorful and creative works of art. Explore sculpture, painting, printing, and more as we celebrate our creativity! All materials and camp T-shirt provided. Please bring water and a healthy snack each day.
**Instructor:** ArtVenture
**Location:** Old Poway Park, Parlor
**6182.127 M-F 9:00-12:00am Jul 18-Jul 22 $165/$175**

**ArtVenture: Sparkle, Glitter, & Glam | Ages 3-6**
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**Instructor:** ArtVenture
**Location:** Old Poway Park, Parlor
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**Instructor:** ArtVenture
**Location:** Old Poway Park, Parlor
**6182.127 M-F 9:00-12:00am Jul 18-Jul 22 $165/$175**

**Art Start Art Camp – Half Day | Ages 7-14**
Enjoy a week packed full of art in the most creative camp ever! You will load up your sketchbook (provided) with fabulous drawings, create a mask cast from your own face, make clay tiles, tie-dye t-shirts, and explore a variety of media in a fun, relaxed atmosphere. Learn to draw and paint under the gentle guidance of a professional artist. All quality art materials will be provided. Bring a washed, cotton T-shirt to the first day of camp and a healthy snack each day. Please note: lessons may repeat over the course of the summer.
**Instructor:** Susan Bainbridge: www.artstart1.com
**Location:** Old Poway Park, Parlor
**6182.127 M-F 9:00-12:00am Jul 25-Jul 29 $208/$218**

**Woodworking Camp – Planes, Trains, & Automobiles | Ages 6-13**
Participants will learn hands-on techniques that enable them to build their very own wooden bi-plane, racecar, and complete train with an engine, caboose, and cars! All projects will be painted, personalized, and taken home to treasure. Participants use only safe, appropriate-hand tools.
**Instructor:** Woodshop Wizards, Anthony Demopoulos
**Location:** Community Park, Auditorium
**7617.110 M-F 1:00-4:00pm Jun 27-Jul 1 $160/$170**
**$50 materials fee due first day of class

**Woodworking Camp – Nature & Gardening Essentials | Ages 6-13**
Participants will learn hands-on techniques that enable them to build their very own birdhouse, garden basket, planter box, bird feeders, and more! All projects will be painted, personalized, and taken home to treasure. Participants use only safe, appropriate-hand tools.
**Instructor:** Woodshop Wizards, Anthony Demopoulos
**Location:** Community Park, Auditorium
**7617.111 M-F 1:00-4:00pm Jul 11-Jul 15 $160/$170**
**7617.112 M-F 1:00-4:00pm Jul 18-Jul 22 $160/$170**

**$50 materials fee due first day of class

**Mad Science Adventures in the Wild | Ages 5-10**
Take a walk on the wild side with Mad Science as we explore animals, birds, bugs, and beasts for an out-of-this-world adventure! Have some creepy-crawly fun building a bug house and filling it with new friends to take home. Explore the amazing ways animals adapt in the wilderness as you hunt down their tracks and make an animal track of your own. Discover what a night-hunting owl found for dinner by dissecting an owl pellet. Let the adventure begin!
**Take-home projects include:** A Bug House, Animal Track, Sundial, Solar Cooker, and more!
**Instructor:** Mad Science of San Diego
**Location:** Lake Poway, Pavilion
**6573.107 M-F 9:00am-12:00pm Jul 25-Jul 29 $125/$135**

*** $30 materials fee due first day of class
**NEW! Tony Gwynn’s Camp 19 Baseball Camp | Ages 7-14**

Camp 19 provides a safe, healthy, learning environment for young athletes to develop their skills and mature into productive members of society. Each day, participants will watch in-depth demonstrations by professional camp staff and partake in drills covering hitting, infield and outfield play, base running and stealing. A Camp 19 is dedicated to providing an enriching and fun and stimulating experience that they will remember for years to come! All participants should bring a sack lunch, healthy snack, water, and plenty of sunscreen each day.  

**Instructor:** Camp 19 Instructors, Landon Burt and Tony Gwynn Jr. Location: Community Park, Fallbrook Field / East Half Field

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<tr>
<th>Camp #</th>
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<tbody>
<tr>
<td>2441.162</td>
<td>M-F 9:00-2:00pm</td>
<td>Jul 11-Jul 15</td>
<td>$150/$155</td>
<td>* 515 materials fee due first day of class</td>
</tr>
<tr>
<td>2441.161</td>
<td>M-F 9:00-2:00pm</td>
<td>Jul 26-Jul 30</td>
<td>$150/$155</td>
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**NEW! Master Sports Adventure Lasertag | Ages 8-13**

Are you ready for an outdoor laser tag adventure? Can you make it through basic training, conquer the obstacle course, and tackle rope swings and laser beans? Each day participants will learn to work as a team for new missions, protecting your home base, capturing the enemy tank, and rescuing captured teammates! An advanced G-4 outdoor laser tag system and a playing field that resembles a Hollywood movie set make this one of a kind camp experience. You don’t want to miss this one! All participants should bring a sack lunch (full-day), a healthy snack, water, and plenty of sunscreen each day.

**Instructor:** Master Sports  
**Location:** Hilleary Soccer Field

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<tbody>
<tr>
<td>2441.201</td>
<td>M-F 9:00-3:00pm</td>
<td>Jun 13-Jun 17</td>
<td>$175/$185</td>
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</tr>
<tr>
<td>2441.202</td>
<td>M-F 9:00-3:00pm</td>
<td>Jul 11-Jul 15</td>
<td>$175/$185</td>
<td></td>
</tr>
<tr>
<td>2441.203</td>
<td>M-F 9:00-3:00pm</td>
<td>Jul 25-Jul 29</td>
<td>$175/$185</td>
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</tr>
<tr>
<td>2441.204</td>
<td>M-F 9:00-3:00pm</td>
<td>Aug 9-Aug 13</td>
<td>$175/$185</td>
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**NEW! Water Ice Skating Camp | Ages 6-15**

All skills levels are welcome to join Water Ice for a week of ice skating fun! Participants will get to work on their skills both on and off the ice with our ice figure skating coaches, meet our special guests, and watch a performance by the pros - Poway Ice Elite, Olympic Hopeful! All participants will receive a certificate of achievement and will have the chance to take skating tests through the nationally recognized Ice Skating Institute to see what skills they’ve gained throughout the week. We cannot wait to get your child excited about your favorite sport! All equipment provided.

**Instructor:** Poway Ice Arena  
**Location:** Poway Ice Arena, 12455 Kerian Street #100

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<th>Camp #</th>
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<th>Fee</th>
<th>Notes</th>
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<tbody>
<tr>
<td>2441.160</td>
<td>M-F 12:00-4:00pm</td>
<td>Jul 7-Jul 11</td>
<td>$249/$259</td>
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<tr>
<td>2441.161</td>
<td>M-F 9:00-1:00pm</td>
<td>Jul 7-Jul 11</td>
<td>$249/$259</td>
<td></td>
</tr>
<tr>
<td>2441.162</td>
<td>M-F 9:00-1:00pm</td>
<td>Aug 8-Aug 12</td>
<td>$249/$259</td>
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**NEW! World Cup Soccer Camp | Ages 5-13**

World Cup Soccer provides more than your typical camp experience! With a 1-10 coach-to-player ratio and an emphasis on instruction, participants are given the highest level of individual attention in a fun, safe environment. Our skilled coaches are dedicated to providing training and skill development for the next generation of soccer stars. Your child is sure to become a more advanced player all while having a ton of fun! Each participant will receive a T-shirt, player’s evaluation, and camp memento. All participants should bring a soccer ball (full-day), a healthy snack, water, and plenty of sunscreen each day.  

**Instructor:** World Cup Soccer | www.worldcupsoccercamps.com  
**Location:** Community Park, Valley Soccer Field  
**Half Day**

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<th>Camp #</th>
<th>Date</th>
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<tbody>
<tr>
<td>2441.310</td>
<td>M-F 9:00am-12:30pm</td>
<td>Aug 1-Aug 5</td>
<td>$175/$185</td>
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<tr>
<td>2441.311</td>
<td>M-F 9:00am-3:00pm</td>
<td>Aug 1-Aug 5</td>
<td>$175/$185</td>
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**NEW! Tennis Camp | Ages 6-15**

Skyhawks Tennis Camp for Juniors is fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at an affordable pace. All participants receive a T-shirt, ball, and a merit award. All participants should bring water, a healthy snack, and sunscreen each day.  

**Instructor:** Skyhawks Sports | www.skyhawks.com  
**Location:** Community Park, Open Play Area

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<tr>
<td>2441.350</td>
<td>M-F 9:00am-12:00pm</td>
<td>Jul 27-Jul 31</td>
<td>$155/$165</td>
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<tr>
<td>2441.351</td>
<td>M-F 9:00am-12:00pm</td>
<td>Aug 8-Aug 12</td>
<td>$155/$165</td>
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**NEW! Skyhawks Basketball Camps | Ages 6-12**

Using our progressive curriculum and focusing on the whole player, we teach your child the skills they need for both on and off the court to be a better athlete. Our sport specific focus will be on basketball, and we will do our best to provide the fun and engaging lessons in fencing that are sure to strengthen agility, coordination, and throwing accuracy. We’ll play on a field with inflatable obstacles used for ducking, dodging, and hiding, and use child-friendly fencing weapons.

**Instructor:** Andrew Barbosa  
**Location:** Twin Peaks Multipurpose Center  
**Half Day**

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<tr>
<td>2441.333</td>
<td>M-F 1:00-4:00pm</td>
<td>Jul 18-Jul 22</td>
<td>$155/$165</td>
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**Technology Camps**

**NEW! Robotics using LEGO® EV3 | Ages 9-14**

Build and program robots using the new LEGO® Mindstorms EV3 Group! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge! Gears the robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that participants work in an open-ended, investigative environment while having fun.

**Instructor:** Play-Well T-EKnologies

**Location:** Meadowbrook Gymnasium

**RES/NON** 9416.109 M-F 1:00-4:00pm Jun 27-Jul 1 $200/$210

**NEW! Jedi Engineering using LEGO® | Ages 5-6**

Young Jedis will explore worlds far, far away and engineering principles right in front of them. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include LEGO X-Wings, R2 units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators, and defense turrets.

**Instructor:** Play-Well T-EKnologies

**Location:** Meadowbrook Gymnasium

**RES/NON** 9416.110 Tu-F 9:00am-12:00pm Jul 5-Jul 8 $160/$170

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**Creative Arts Camps**

**Hip Hop Camp | Ages 3-6**

This fun, high-energy hip hop camp will definitely have you movin’ to the beat! It’s a bird, it’s a plane, it’s a dancing Superhero! This high-energy, non-stop camp is catered towards the energy of a hero or heroine. Superheroes will show off their hip hop dancing powers in this summer dance camp that includes a hip hop class, art projects, a superhero skit, and games. Here is your Superhero’s chance to save the day! This is the camp for anyone who loves to perform (no dance experience required)! Wear dance attire and comfortable clothes and shoes, and bring water and a healthy snack each day.

**Instructor:** Dance To EvoLVE

**Location:** Old Poway Park, Temple Hall

**RES/NON** 6182.147 M-F 9:00am-12:00pm Jul 18-22 $165/$175

**Beat Breakers Hip Hop Camp | Ages 4-7**

This fun, high-energy hip hop camp will definitely have you movin’ to the beat! It’s a bird, it’s a plane, it’s a dancing Superhero! This high-energy, non-stop camp is catered towards the energy of a hero or heroine. Superheroes will show off their hip hop dancing powers in this summer dance camp that includes a hip hop class, art projects, a superhero skit, and games. Here is your Superhero’s chance to save the day! This is the camp for anyone who loves to perform (no dance experience required)! Wear dance attire and comfortable clothes and shoes, and bring water and a healthy snack each day.

**Instructor:** Dance To EvoLVE

**Location:** Old Poway Park, Temple Hall

**RES/NON** 6182.146 M-F 9:00am-12:00pm Jul 11-15 $165/$175

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**Dancing Princess Fairy Tale Camp | Ages 3-8**

All princesses in the kingdom are invited to spend a week of dance and enchantment with some of our favorite fairy tale princesses! Learn ballet, tap, tumb. and jazzing to beloved songs from “Under the Sea” all the way to “Cinderella’s Castle” and “A Day of Daisies” each day. Come dressed for fun on each of your themed days: Mermaid Monday, Tangled Tuesday, Cinderella Wednesday, Tinkerbell Thursday, and Frozen Friday! Bring tap and ballet shoes, wear, and a healthy snack each day.

**Instructor:** Deborah Children

**Website:** www.MsDebborasDanceForChildren.com

**Location:** Twin Peaks Multipurpose Center

**RES/NON** 6182.134 M-F 9:00am-3:00pm Jul 25-29 $175/$185

**Web Studio | Ages 10-17**

This is a class for those interested in our Animation and Web Design classes. In this class, you will learn the basics of 2D animation and digital design. They will not only create fun, interactive animations, but also learn the basics of web design and HTML. You will publish to hosted websites. This course is perfect for participants with a big imagination.

**Instructor:** Youth Tech, Inc. www.youthtechinc.com

**Location:** Meadowbrook Gymnasium

**RES/NON** 9416.100 M-Th 9:00am-12:00pm Jul 11-Jul 14 $160/$170

**NEW! Video Game Design | Ages 6-10**

This is an introductory course for younger participants who want to learn to build simple video games. This course combines the art of video game design and animation to create interactive characters that fly around the screen. Amaze your friends and family with your fun, interactive games!

**Instructor:** Youth Tech, Inc. www.youthtechinc.com

**Location:** Meadowbrook Gymnasium

**RES/NON** 9416.102 M-Th 9:00am-12:00pm Jul 18-Jul 21 $170/$180*

**NEW! Video Game Design | Ages K-2**

Love video games? Learn how to create them and create game Design, a course that provides participants with a fun, interactive look at the world of video game design and development. Participants will learn the basics of video game design and produce several different interactive video games to share with their friends and family.

**Instructor:** Youth Tech, Inc. www.youthtechinc.com

**Location:** Meadowbrook Gymnasium

**RES/NON** 9416.104 M-Th 9:00am-12:00pm Jul 25-28 $195/$205

**NEW! Jr. Robotics using LEGO® WeDo | Ages 7-9**

Build and program robots in this introductory robotics camp using the LEGO® WeDo System. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young robotics enthusiasts for our more advanced robotics programs.

**Instructor:** Play-Well T-EKnologies

**Location:** Meadowbrook Gymnasium

**RES/NON** 9416.107 M-F 9:00am-12:00pm Jun 27-Jul 1 $200/$210

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**Math Camps**

**Math Camp | Ages 3-10**

This fun, high-energy math camp will definitely have you movin’ to the beat! It’s a bird, it’s a plane, it’s a dancing Superhero! This high-energy, non-stop camp is catered towards the energy of a hero or heroine. Superheroes will show off their math powers in this summer math camp that includes a math class, art projects, a superhero skit, and games. Here is your Superhero’s chance to save the day! This is the camp for anyone who loves to perform (no math experience required)! Wear comfortable clothes and shoes, bring a healthy snack each day.

**Instructor:** Jane Nino

**Location:** Old Poway Park, Temple Hall

**RES/NON** 6182.152 M-F 9:00am-12:00pm Jun 26-Jul 24 $145/$155

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**Video Games Camp | Ages 6-8**

Video Game Design is a prerequisite for this course. Participants will learn to design and produce several different interactive video games to share with friends and family.鑫 who loves to perform (no dance experience required)! Wear dance attire and comfortable clothes and shoes, and bring water and a healthy snack each day.

**Instructor:** Dance To EvoLVE

**Location:** www.dancecotevolve.com

**RES/NON** 6182.148 M-F 9:00am-12:00pm Jul 25-29 $165/$175

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**Web Studio | Ages 10-17**

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**Instructor:** Youth Tech, Inc. www.youthtechinc.com

**Location:** Meadowbrook Gymnasium

**RES/NON** 9416.100 M-Th 9:00am-12:00pm Jul 11-Jul 14 $160/$170*

**NEW! Superhero Dance Camp | Ages 3-6**

It’s a bird, it’s a plane, it’s a dancing Superhero! This high-energy, non-stop camp is catered towards the energy of a hero or heroine. Superheroes will show off their hip hop dancing powers in this summer dance camp that includes a hip hop class, art projects, a superhero skit, and games. Here is your Superhero’s chance to save the day! This is the camp for anyone who loves to perform (no dance experience required)! Wear dance attire and comfortable clothes and shoes, and bring water and a healthy snack each day.

**Instructor:** Dance To EvoLVE

**Location:** www.dancecotevolve.com

**RES/NON** 6182.146 M-F 9:00am-12:00pm Jul 11-15 $165/$175

---

**NEW! Superhero Dance Camp | Ages 3-6**

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**Instructor:** Dance To EvoLVE

**Location:** www.dancecotevolve.com

**RES/NON** 6182.146 M-F 9:00am-12:00pm Jul 11-15 $165/$175

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**NEW! Superhero Dance Camp | Ages 3-6**

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**Instructor:** Dance To EvoLVE

**Location:** www.dancecotevolve.com

**RES/NON** 6182.146 M-F 9:00am-12:00pm Jul 11-15 $165/$175
NEW! Smash Lab Camp | Ages 7-14
All bets are off in this camp of high-flying action! In Smash Lab, participants will work as a team to put together a variety of electronics and other structures and then witness what happens when you SMASH them. We’ll be dropping eggs, feathers, melons, anything we can think of, just to see what it’s like! This camp is the perfect combination of fun and learning for anyone interested in how things work. Please wear clothes you don’t mind getting messy.

Instructor: Animaw Productions: info@animaw.com
Location: Old Poway Park, Templar Hall
6180.104 M-Th  8:30am-12:00pm Jun 13-Jun 16 $150/$160*

NEW! Mysteries of Magic Camp | Ages 6-13
We share the earth with some really amazing animals! Participants in our Jr. Zookeeper Camp will learn to love and appreciate some fascinating creatures found in our world. We will build habitats, prepare diets, and get the unique opportunity to meet many of our animal companions. A perfect camp for nature lovers and future zoo keepers!

Instructor: Animaw Productions: info@animaw.com
Location: Lake Poway, Pavilion
6180.101 M-F 9:00am-12:00pm Jun 13-Jun 16 $175/$185

NEW! Cooking with Chemistry Camp | Ages 6-13
Learn all the skills you need to modify an audience like a true Magician! Participants will be introduced to the arts of illusion, mind reading, prestidigitation, and sleight of hand! Unlock the powers of your voice, your hands, and your mind. In one week, participants will be ready to put on their very own Magic Show to amaze and astound their friends and family!

Instructor: Animaw Productions: info@animaw.com
Location: Old Poway Park, Templar Hall
6180.105 M-F 1:00-4:00pm Jul 18-Jul 22 $140/$150

NEW! Cooking Camp | Ages 7-12
Top Chef: Just Desserts | Ages 7-14
Cooking Camp has never been more delicious! Participants will create some amazing desserts from chocolates to frosting, with bright, colorful ingredients that will keep your kids coming back for more. But wait! Before you think this is all about sugar, we’ll be incorporating some scrumptious, healthy alternatives, as well. This is a not-to-be-missed camp for anyone who wants to cook the ultimate and final course!

Instructor: Animaw Productions: info@animaw.com
Location: Community Park, Auditorium
6180.112 M-F 1:00-4:00pm Jun 20-Jun 24 $145/$150*

NEW! 4littleCOOKS - Jr. Iron Chef Cooking Camp | Ages 7-12
This is a hands-on camp that will focus on food, food history, kitchen safety, nutrition, and working as a team. On the final day, each table will compete in an Iron Chef-style “battle” using a secret ingredient revealed that day. The ingredient is something the students have used in class during the week. All participants will receive a copy of all recipes and a copy of Chef Janet’s children’s cookbook, “CHOP, COOK, MUNCH!”

Instructor: Janet Burgess
Location: Community Park, Auditorium
6180.115 M-F 1:00-4:00pm Jul 11-Jul 15 $170/$180

NEW! Mega Bounce Jam | Grades 6ths-9ths
We’re throwing the ultimate bounce house bash and you’re invited! Bounce off the walls and jump your way to the stars while rocking out to some jammin’ tunes! Or challenge your friends and vault your way through an inflatable obstacle course—all the way to champion. The way you bounce up is to your! Then catch your breath afterward while we chill out with a movie and some tasty treats.

Instructor: Community Park Staff
Location: Community Park, Auditorium
Sat 5:00-9:00pm May 28 FREE
**Children's Activities**

**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:** Community Park, Youth Activity Room

**Time:**
- 4011.106 Mon 10:00-10:45am, Jul 11-Aug 1
- 4011.107 Mon 10:00-10:45am, Aug 8-Aug 29

**Cost:** $52/$62

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**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 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

**Time:**
- 2312.100 Thu 10:45-11:15am, Jun 23-Sep 8
- 2312.101 Sat 8:45-9:15am, Jun 25-Sep 10

**Cost:** $161/$171* (includes $10 materials fee due first day of class)

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**Health & Wellness**

**Aqua Zumba® | Ages 16+**
Are you ready for a Zumba® “pool party”!? The Aqua Zumba® program gives new meaning to the idea of an invigorating workout. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends all together! This safe, challenging, water-based workout with traditional aqua fitness disciplines, Aqua Zumba® blends workout. Integrating the Zumba® formula and philosophy program gives new meaning to the idea of an invigorating

**Instructor:**

**Location:**
- Community Swim Center
- Old Poway Park, Gazebo/Green Park

**Time:**
- 5417.112 Mon 6:00-7:30pm, Jul 18-Aug 29
- 5417.114 Wed 6:00-7:30pm, Jul 20-Aug 31

**Cost:**
- $95/$105

---

**Tai Chi in the Park | 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 Daoist Kungfu Institute in China. Regular practice of this graceful moving meditation develops essential skills for healthy living; including, improved breathing, 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 well-being. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

**Instructor:** Cheri Hotalen

**Location:** Old Poway Park, Gazebo/Green Park

**Time:**
- 5417.111 Fri 10:00-11:30am, Jul 22-Sep 2

**Cost:** $95/$105

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**Yogazander | Ages 17+**
Experience a unique approach to yoga practice begins with gentle flowing exercises, released breathing, visualization, and self-applied massage. Regular practice of Yogazander can reduce stress, improve balance, prevent illness, and provide deep relaxation. This fun and easy moving mediation is suitable for people of all ages & fitness levels and can be practiced sitting or standing. Wear soft, comfortable clothing and flat-soled shoes or sandals. Please bring a bottle of water.

**Instructor:** Cheri Hotalen

**Location:** Old Poway Park, Great Room

**Time:**
- 5417.114 Wed 6:00-7:30pm, Jul 20-Aug 31

**Cost:** $95/$105

---

**New! Barre Basics | Ages 16+**
Tired of working those abs on the mat? Let's work standing up with the help of a bar a.k.a. the barre. Streamline, firm, tighten, and tone your entire body without adding bulk. Increase balance, body awareness, flexibility, and cardiovascular endurance. Anyone, no matter what age, weight, or fitness level, can get results from a Barre program. Let's give it a go!

**Instructor:** Emma Sarmiento

**Location:** Community Park, Auditorium

**Time:**
- 5417.101 Mon 6:00-7:00pm, Jun 21-Jul 26

**Cost:** $54/$64

---

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

**Instructor:** Soccer Shots

**Location:** Community Park, Open Play Area

**Time:**
- 5417.111 Fri 10:00-11:30am, Jul 22-Sep 2

**Cost:** $95/$105

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**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

**Time:**
- 2443.102 Thu 6:00-7:00pm, Jun 25-Aug 29

**Cost:** $120/$130* (includes $25 materials fee due first day of class)

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**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 gourd, split bamboo, and ipu drums. Don’t miss out on this exciting experience!

**Instructor:** Kumu Kahne

**Location:** Community Park, Bill Bond Hall

**Time:**
- 6182.170 Thu 5:30-6:30pm, Jun 23-Sep 8

**Cost:** $100/$110

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**Tai Chi 24-Forms Practice | Ages 17+**
The ancient practice of Tai Chi Chuan is clinically proven to be an effective way to stay healthy and fit. The 24-Form Tai Chi Chuan is an easy-to-learn style that will help you learn the basics of Tai Chi and help you relax. This class will cover the 24-Form Tai Chi practice and will help you to understand the basics of Tai Chi Chuan. Tai Chi is a form of martial arts that uses slow, graceful movements to improve health and well-being.

**Instructor:** Cheri Hotalen

**Location:** Old Poway Park, Gazebo/Green Park

**Time:**
- 5417.111 Fri 10:00-11:30am, Jul 22-Sep 2

**Cost:** $95/$105

---

**Healing Qigong in the Park | Ages 17+**
Learn and practice a self-healing art that combines gentle flowing movements, relaxed breathing, visualization, and self-applied massage. Regular practice of Healing Qigong can reduce stress, improve balance, prevent illness, and provide deep relaxation. This fun and easy moving meditation is suitable for people of all ages & fitness levels and can be practiced sitting or standing. Wear soft, comfortable clothing and flat-soled shoes or sandals. Please bring a bottle of water.

**Instructor:** Cheri Hotalen

**Location:** Old Poway Park, Gazebo

**Time:**
- 5417.114 Wed 6:00-7:30pm, Jul 20-Aug 31

**Cost:** $95/$105

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**Yogazander/Beginning Gentle Yoga | Ages 17+**
Experience a unique approach to yoga practice begins with gentle flowing 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, Great Room

**Time:**
- 5417.114 Wed 6:00-7:30pm, Jul 20-Aug 31

**Cost:** $95/$105

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**Vinyasa 24-Forms Practice | Ages 17+**
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 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

**Time:**
- 2312.100 Thu 10:45-11:15am, Jun 23-Sep 8
- 2312.101 Sat 8:45-9:15am, Jun 25-Sep 10

**Cost:** $161/$171* (includes $10 materials fee due first day of class)

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**Vinyasa 24-Forms Practice | Ages 17+**
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 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

**Time:**
- 2312.100 Thu 10:45-11:15am, Jun 23-Sep 8
- 2312.101 Sat 8:45-9:15am, Jun 25-Sep 10

**Cost:** $161/$171* (includes $10 materials fee due first day of class)
Girls Basketball | Ages 9-16
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! Placement is divided by age group and skill level.
Instructor: Paul Dekker, ddekker@yahoo.com
Location: Twin Peaks Multipurpose Center
Age 9-11
2091.121 Wed 7:00-9:00pm Jun 22-Sep 7 $55/$65
Age 10-16
2091.121 Wed 7:00-9:00pm Jun 22-Sep 7 $55/$65

Youth / Teen Taekwondo & Karate | Ages 5+
This complete martial arts program is designed to help boys and girls of all ages develop respect, discipline, and self-control. Participants will build confidence by improving their stability, strength, endurance, and self-defense skills. In addition to Taekwondo kicks, blocks, and punches, participants will learn to use Hipkido (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!
Liability waiver required.
Instructor: Master Wolspet: (858) 748-1333
Location: Community Park, Bill Bond Hall
No Class: Jul 4 & Sep 5
Age 5-6
2091.109 MWF 5:00-6:00pm Jun 27-Sep 9 $80/$90
Age 7-8
2091.110 MWF 6:00-7:00pm Jun 27-Sep 9 $80/$90

Youth Volleyball | Ages 9-14
Looking for a fun sport? Come and play some volleyball on Monday nights! Boys and girls are invited to participate in this fun, recreational activity. Volleyball play will be mixed with the learning of fundamental volleyball skills, including serving, passing, setting, and hitting.
Instructor: David Claycomb
Location: Meadowbrook Gymnasium
No Class: Jul 4, 14 & 25
Age 9-12
2091.112 Mon 5:30-6:30pm Jun 26-Aug 26 $55/$65
Age 12-14
2091.113 Mon 6:30-7:30pm Jun 26-Aug 26 $55/$65

Intermediate 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 must attend the starting orientation night. Past volleyball experience is strongly recommended.
Instructor: Dick Leatherman
Location: Twin Peaks Multipurpose Center
Mens
1247.100 Thu 6:30-7:30pm Jun 29-Aug 25 $70/$80
Womens
1247.101 Thu 6:30-7:30pm Jun 29-Aug 25 $70/$80

Advanced Coed 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 volleyball experience is required.
Instructor: Dick Leatherman
Location: Twin Peaks Multipurpose Center
Mens
1247.102 Tue 6:30-9:30pm Jun 28-Aug 23 $70/$80
Womens
1247.103 Tue 6:30-9:30pm Jun 28-Aug 23 $70/$80

Women’s Volleyball | Ages 16+
All 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
No Class: Jul 4
2091.117 Mon 6:30-9:30pm Jun 26-Aug 26 $55/$65

Adult Taekwondo & Karate | Ages 16+
Whether you are interested in self-defense, or just want to get into shape, this complete martial arts program is for you! It is designed to help both men and women of all ages develop strength, speed, coordination, endurance, and confidence. In addition to traditional taekwondo kicks, blocks, and punches, you will learn to use Hipkido (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!
Liability waiver required.
Instructor: Master Wolspet: (858) 748-1333
Location: Community Park, Bill Bond Hall
No Class: Jul 4 & Sep 5
2091.111 MWF 6:00-7:30pm Jun 27-Jul 27 $90/$100
2091.111 MWF 6:00-7:30pm Aug 1-Aug 28 $90/$100*
* $5 materials fee due first day of class

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 Christophades
Location: Community Park, Tennis Courts
No Class: Sep 3
2013.100 Sat 9:00-10:00am Jun 25-Jul 23 $50/$60
2013.101 Sat 9:00-10:00am Aug 6-Sep 10 $50/$60

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, 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, and light competitive games.
Instructor: Art Christophades
Location: Community Park, Tennis Courts
No Class: Sep 3
2013.102 Sat 10:00-11:00am Jun 25-Jul 23 $50/$60
2013.103 Sat 10:00-11:00am Aug 6-Sep 10 $50/$60
2013.105 T/Th 4:00-5:00pm Aug 2-Sep 1 $75/$85
* $5 materials fee due first day of class

Adult Taekwondo & Karate | Ages 9-16
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: Dick Leatherman, Andrew Barbara: Andrew@skatefile.com
Location: Community Park, Skate Park
7600.101 Wed 6:00-9:00pm Jul 2-Aug 17 $80/$90

Open Play Sports | All Ages
The City of Poway operates two gymnasia 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 June, July, and August, the free open gym times are as follows:
Twin Peaks Multipurpose Center
14640 Tierra Bonita Road
(858) 668-4599
Meadowbrook Gymnasium
12320 Meadowbrook Lane
(858) 668-4598

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 D’Agostino-Gana
Location: Poway Fun Bowl, 12491 Poway Road
9397.100 Fri 1:30-3:30pm Jun 24-Sep 9 $40/$50
* 8 class fee collected at bowling alley each week

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 skate board or contact the instructor for rental options prior to the first class.
Instructor: Dick Leatherman, Andrew Barbara: Andrew@skatefile.com
Location: Community Park, Skate Park
7600.100 Wed 6:00-6:30pm Jul 13-Aug 17 $80/$90

www.poway.org/classes
www.poway.org
Dog Obedience Training

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  | Dogs 12 weeks +  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: Old Poway Park, Green Park
Sat: Garden Road Park
9019.100  Tue 6:30-7:30pm  Jun 21-Jul 26  $59/$69
9019.101  Tue 6:30-7:30pm  Aug 2-Sep 5  $59/$69
9019.103  Sat 9:30-10:30am  Aug 6-Sep 9  $59/$69
*$2.50 materials due for first day of class

Intermediate Obedience  | Dogs 6 months +  In this 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 must have taken an introductory course or knowledge of basic commands.

Instructor: Good Dog Training School, Lynne Moore
Location: Garden Road Park
9019.105  Sat 10:45-11:45am  Jun 25-Jul 30  $59/$69
9019.109  Sat 10:45-11:45am  Aug 6-Sep 10  $59/$69

Advanced Obedience  | Dogs 6 months +  In this class, your dog will learn to obey commands off 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 playtime will begin 30 minutes before class.

Instructor: Good Dog Training School, Lynne Moore
Location: Community Park, Dog Park Pen
9019.106  Wed 6:30-7:30pm  Jun 22-Jul 27  $59/$69
9019.107  Wed 6:30-7:30pm  Aug 5-Sept 7  $59/$69

Swim Lessons

Swim Lesson Assessment | All Ages
Make an appointment to have a FREE swim lesson assessment. It’s highly recommended for determining the appropriate placement for participants. Call (858) 668-4680.

Parent/Child | Ages 6 months - 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.

Instructor: Good Dog Training School, Lynne Moore
Location: Old Poway Park, Green Park
Sat: Garden Road Park
9010.105  Sat 10:45-11:45am  Jun 25-Jul 30  $59/$69
9010.109  Sat 10:45-11:45am  Aug 6-Sep 10  $59/$69
*

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 may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call (858) 668-4680 prior to the start of the class to ensure that you are not dropped.

Swim Lesson Information:
- Mon-Thur: 8:00am-9:00am
- Fri: 9:15am-10:00am
- Sat: 10:30am-1:00pm

Swim Lesson Costs:
- $33/$43
- $39/$49
- $52/$62
- $59/$69

Swim Lesson Locations:
- Community Park
- Garden Road Park
- Garden Road Park

Swim Lesson Times:
- Mon-Thur: 8:00am-9:00am
- Fri: 9:15am-10:00am
- Sat: 10:30am-1:00pm

Waitlists:
Can’t find a space in the class you’re looking for? Contact (858) 668-4680 or e-mail swimlessons@poway.org to be placed on a waitlist at no charge. Please include the participant’s full name, class, current age, class, and phone number. We will contact you if space becomes available. New classes created based on instructor availability and pool space.

* NO CLASSES ON JULY 4th

Summer 2016
### Swim Lessons cont'd

#### 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.

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#### 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: improved forward crawl, and elementary backstroke in 11-12 feet of water. Prerequisites include: breaststroke, sidestroke, and diving from the front of a board.

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#### Seahorse  | Ages 6-12  
Continuation of Grunion. 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.

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### Advanced Technique Swimming (ATS)  | Ages 6-16  
Last of the Learn-to-Swim program. Focuses on preparing for participation in a novice swim team, as technique and endurance is further developed. Skills introduced: competitive swimming technique, fitness and strength training from the starting block, and use of training equipment.

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### Water Exercise  | Ages 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. Classes held Monday through Friday 11:00am to 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.

### Aquatic Safety  
Presentations on aquatic safety are available for schools, scout troops, and organizations. Information: (858) 668-4680.
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) 668-4980.

Lake Poway

Location: 14644 Lake Poway Road

Park Hours: Year Round Daily, 6:00am to Sunset

Fishing & Boating Hours: May-September Wed-Sun, 6:00am to Sunset

Information: (858) 668-4770 www.poway.org/lakepoway

Family Campouts Calling all novice campers! Come enjoy outdoor fun in a family-friendly environment. Activities include: guided night hikes, campfire with s’mores, magic show by Extreme Rahim at 6:30pm, and pedal boating. Kiwanis club will be offering a pancake breakfast. Fees are as follows: Children 10 and under $3, Adults and Children 11 and over $5. Don’t forget your own camping equipment, dinner supplies to barbeque, and grill/charcoal. (Up to five persons per family)

Night Fishing Catchfishing season is back! Why not try the night bite? Stocked regularly with catfish, Lake Poway also has a thriving bass population. Watch our website for Night Fishing highlights include a variety of entertaining musical performances, storytelling, music workshops, a family country dance, and an open mic stage, all hosted by San Diego Folk Heritage.

Old Poway Park

Location: 14134 Midland Road

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

Events: Farmers Market Saturdays 8am-1pm Tours & Train Rides: www.poway.org/oldpowaypark

Sam Hinton Folk Festival Friends, folk music, and fun will fill Old Poway Park at the FREE, Annual Sam Hinton Folk Festival. Highlights include a variety of entertaining musical performances, storytelling, music workshops, a family country dance, and an open-mic stage, all hosted by San Diego Folk Heritage.

Blue Sky Ecological Reserve

Location: 16275 Espola Road, 1 mile north of Lake Poway Road

Reserve Hours: Daily, Sunrise-Sunset

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

Sycamore Canyon Goodan Ranch Preserve

Location: 16281 Sycamore Canyon Road | (858) 513-4737

Space is limited on some programs, and rain or muddy conditions may cancel the event. Call (858) 513-4737 for reservations details.

May

Bats Alive!
Saturday, May 7, 2016 | 10:00-11:00am

Star Party
Friday, May 20, 2016 | Sunset

June

Movies in the Moonlight
Saturday, June 4, 2016 | Sunset

Night Hike
Saturday, June 18, 2016 | Sunset

July

Star Party
Friday, July 15, 2016 | Sunset

Sycamore Canyon Goodan Ranch Preserve

16281 Sycamore Canyon Road | (858) 513-4737

Upcoming Art Exhibits Visit the PCPA, May through July, 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.

May – Palomar Council PTA – Visual Arts & Photography

June – Momo Becissa – "Augenblick"

For more details, visit www.powaycenter.com.

Poway Community Park

Location: 13094 Civic Center Drive

Park Hours: Daily, Sunrise-Sunset

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

Lake Poway Rangers

Lake Poway Day Camp

Lake Poway Concession

Park/Pavilion Reservations

(858) 668-4770  www.poway.org/lakepoway

May-September Wed-Sun, 6:00am to Sunset

Fishing & Boating Hours:

Year Round Daily, 6:00am to Sunset

Park Hours:

Location:

14644 Lake Poway Road

16468.101 Sat 5:30-9:00pm Jun 18 $3 per person

16468.102 Sat-Sun 5pm-9am July 9-10 $52/$62

16468.103 Sat-Sun 5pm-9am Jul 23-24 $52/$62

16468.104 Sat-Sun 5pm-9am Aug 6-7 $52/$62

Location:

Old-Fashioned Family Day
Come enjoy fun, quality family time! Play games, participate in old-fashioned themed activities and enjoying the living history that Old Poway Park offers.

FREE EVENTS!
Family Day Aug 28th 1:00-4:00pm
info: www.poway.org/oldpowaypark

Folk Festival July 9th 11:00am-5:00pm
info: www.sdfolkheritage.org

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June – Momo Becissa – "Augenblick"

For more details, visit www.powaycenter.com.

Poway Center for the Performing Arts

Location: 15498 Espola Rd, Poway, CA 92064

Hours:

Box Office Hours: Fri 12:00pm-5:00pm Sat 10:00am-3:00pm

Closed Sunday-Thursday, and major holidays. The Box Office opens one hour before scheduled performance times and remains open 30 minutes after performances begin.

Art Gallery & Facility Tue-Fri 9:00am-5:00pm Sat 10:00am-3:00pm

Closed Sunday, Monday, and major holidays.

Information:

Administration (858) 668-4693
Box Office (858) 748-0505 www.powaycenter.com

Buy Tickets: www.powaycenter.com
Volunteer: (858) 668-4795

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For more details, visit www.powaycenter.com.
REFUND INFORMATION: A full refund will be issued for all classes canceled or overbooked by the City of Poway and/or the independent contractor instructor. Prior to the first day of class: Customer may request a refund prior to the start of the class to ensure that you are enrolled in an appropriate class. If you cannot make the first day of class, please call Austin Coates at (858) 668-4581, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

FACILITY ACCESS is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4581.

CLASS INSTRUCTION for most classes is taught by independent instructors contracted by the City of Poway. Class content, scheduling issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact 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 once the registration period opens.

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.
New Faces, Same Great Service

Three new faces recently started with the City of Poway, bringing enthusiasm and expertise to key positions at City Hall. Wendy Kaserman was named Administrative Services Director, Joe Lim was announced as City Planner, and Rene Carmichael was brought on as Community Outreach Coordinator.

Kaserman will oversee the City’s human resources, finance, billing, and information technology services.

“I am excited to join the City of Poway,” Kaserman said. “I look forward to working with the City to deliver exceptional service to the community, while continuing our focus as good fiscal stewards of the resources we are responsible for managing.”

Kaserman was the Assistant to the City Manager and Fiscal Services Manager for her hometown of San Marcos. Lim will manage and oversee the City’s planning, building, and code compliance services. Prior to joining the City of Poway, he was Interim Development Services Director for the City of Hesperia. A native of San Diego County, Lim recently moved back to the area.

“Having grown up in San Diego, this is an extraordinary opportunity for me to come back to an area that was so special to me,” Lim said. “Poway’s history, arts, culture, and natural beauty are truly unique and I am honored to be selected as Poway’s City Planner. I am eager to work with the City Council, City management, staff, and the community as we plan for Poway’s future.”

Community Outreach Coordinator is a newly-created position for the City of Poway and Carmichael’s primary focus will be to strengthen the City’s communications with residents and businesses. She has worked as a freelance public relations professional and with the County of San Diego’s communications department.

“Poway is a genuinely wonderful community that I’ve been connected to most of my life,” Carmichael said. “I’m looking forward to helping the City share its story.”

Summer Wanderlust? Try A Walk Along Green Valley Trail

When asked to recollect a favorite or most memorable Poway trail hike, many trail aficionados might mention a perfect day atop Iron Mountain or the Lake Poway loop hike that ended with a picnic or barbeque at the park. But for a few of us, a simple meandering walk along the Green Valley Trail is a favorite pastime.

Green Valley is the residential area located in north Poway, south of Espola Road. The City maintains the Green Valley Trail, which begins near Pomerado Road at Avenida La Valencia and terminates at Espola Road near Martincoit. You will see the trail on your left when you head south on Avenida La Valencia a couple hundred yards in from Pomerado Road. Bordered by homes, the scenery along the trail includes a creek, trees, and horse corrals. As you progress along the trail, it crosses Avenida Florencia and eventually parallels Espola Road, then wraps up on Martincoit Road. From there, you can turn around and trace your way back along the path to complete your walk in less than one hour. The trail would be considered mild for hikers and mountain bikers as there is very little change in elevation, but equestrians consider it paradise as the trails are wide and shady. A trip along Green Valley Trail might be just the cure for a little summer wanderlust!

SUCCESS STORY

A LOCAL BUSINESS

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A Trip Down the Sewer Pipe

You are washing your hands and you see the water going down the drain. But, where does that water go? The wastewater system that lies beneath our homes and streets is much more complex than one might initially think. When wastewater goes down your drain, it enters into your property’s sewer lateral system and then flows to one of the City’s more than 185 miles of sewer mainline. Depending on your location, wastewater can be collected at one of our five sewage lift station basins, which are called wet wells. These basins hold wastewater until it reaches a set elevation level and the pumps turn on. Once the pumps kick on, wastewater is pumped through one of our five pressure mains until it reaches a gravity main and can begin to flow from gravity. As sewer mains begin to converge and collect, the size of the sewer mains grows. The majority of the City’s wastewater flows through the main on Poway Road, which is the largest City sewer main at over 30 inches in diameter.

The City of Poway does not treat its own wastewater. It is a member of the Metro Wastewater Joint Powers Authority, a coalition of municipalities and special districts that use the City of San Diego’s wastewater treatment facilities. Once Poway’s wastewater hits City of San Diego facilities, near Springhurst Drive, the process is taken over by San Diego. Wastewater flows through an additional 21 miles of pipes and is pumped through two more lift stations before it reaches its final destination, the Point Loma Wastewater Treatment Plant. The plant has a treatment capacity of more than 240 million gallons daily and is San Diego’s main wastewater treatment plant. Once wastewater enters the plant, it passes through screens to remove materials such as, wood, plastic, and toys, which interfere with the treatment process. Wastewater then flows into grit removal tanks, where heavy inorganic particles such as, gravel, coffee grounds and eggshells settle to the bottom. Following grit removal, wastewater is pumped into sedimentation tanks where organic solids settle to the bottom of the tanks and float flat to the surface. Chemicals are then added to the wastewater to help waste particles bond together in large enough mass to settle out. After one more screening, the treated wastewater is now ready to be discharged.

Next time that water goes down your sink, you’ll know what happens to it.

Lighten the Load!
Free Document Shredding Event

If you are wondering what to do with an avalanche of sensitive paper that has piled up, consider stopping by the upcoming, community shred event. As a courtesy to residents, EDCO will be providing a free shredding event on Saturday, May 21, 2016, from 9:00am to noon at the City’s Household Hazardous Waste Disposal Facility (12325 Crosthwaite Circle). Your household may bring up to two bankers boxes full of paper. Documents you might consider shredding would be confidential items, such as medical records, tax forms, and bank statements. If you have additional questions about the event, please call EDCO’s customer service line at (858) 748-7769.

Old Poway Park is “where history comes to life.” Templars Hall, the Nelson House, and the Porter House each bring a rich history to the park. So what happens when compliance with ADA regulations requires significant changes to the interior of one of these beloved buildings. The City of Poway embraces the opportunity!

The Porter House kitchen has received a completely new and improved look due to required updates to comply with the Americans with Disabilities Act, as well as current State building codes. Updated with checkerboard flooring, handmade cabinetry, and beautiful tilework, the project created a purposeful remodel that is accessible for everyone. With specific attention to detail, the City of Poway ensured that all modern upgrades were completed while preserving the vintage look the Porter House is known for.

Old Poway Park is a wonderfully-unique place to celebrate life’s special moments, including weddings, showers, birthday parties, and other milestone events. If you would like to incorporate one of its historic facilities into your next event, please visit our website at www.poway.org or contact the Community Services Department for more information at (858) 668-4580.

Published by the City of Poway
City Council
Mayor Steve Vaus
Deputy Mayor Jim Cunningham
Councilmember John Mullin
Councilmember Dave Grosch
Councilmember Barry Leonard