Poway Recognized Among the Safest Cities in California!
Our Community Retains the Title of San Diego County’s Safest City

The City of Poway was recently named the 16th safest city in California by Safewise, an organization that annually rates the 50 safest cities in states around the country. The 2016 ranking, which was announced in June, is a 10-spot jump up from #26 in 2015. The 50 Safest Cities in California list is based on FBI crime data and population statistics. Only cities with 11,000 residents or more are evaluated. Final ratings evaluate reported crimes occurring per 1,000 people in each city, for both violent crimes and property crimes.

Poway is no stranger to earning accolades for its safety. Poway was named the safest city in San Diego County in a report released by the San Diego Association of Governments in March. It was based on 2015 FBI statistics that stated the city’s crime rate at 11.34 crimes per 1,000 population. Providing a safe environment for its residents and businesses is top priority for city leaders; it’s an integral part of the City’s strategic plan released last year as well as the City’s mission statement.

POWAY Today – Transitioning to a NEW FORMAT

Starting with our winter issue, expect some changes to our POWAY Today publication! The current printed edition is transforming to a recreation guide and will continue to be a one-stop source for the City of Poway’s recreation classes and community events. The rest of the news that you typically see will be transitioning into a monthly e-newsletter from the City Manager’s office.

Our new recreation guide will have a fresh look and will continue to be mailed to Poway residents and businesses. To stay connected with city news, sign up for the e-newsletter through the “Notify Me” function on the Poway website (www.poway.org).

El Nino Rains = Increased Wildfire Risks

This year’s milder-than-expected El Nino may have spared San Diego County from extensive flooding and storm damage, but it still left its mark. The winter and spring rains brought enough moisture to the area to spur growth of what could potentially be highly-flammable vegetation in late summer – perfect fuel for wildfires.

According to the Poway Fire Department, the build-up of natural fuel beds and flash fuels have made today’s wildfires harder to contain, expensive to suppress and a threat to the lives of both firefighters and the people they are trying to protect. Mike Smith, Chief Fire Marshal of the Poway Fire Department, said that he has potential to have a wildfire by focusing on these three areas:

- Create and maintain a landscape that will make your home less vulnerable to wildfires.
- Use construction materials that are ignition resistant, fire resistant or non-combustible whenever possible.
- Provide for defensible space by making your property easy for emergency responders to locate and access.

For more information, print out the “Ready Set Go” brochure at www.poway.org.

Be Prepared!
A comprehensive list of tips to prepare your home and property for a wildfire is available at www.poway.org (search “fire safety”).
Annual Programs Focus on Minimizing Fire Hazards for Residents

The City of Poway is no stranger to wildfires and the devastation they can cause in commu-
nities that co-exist with abundant open space. With the goal of keeping residents safe by
minimizing fire hazards, the city is in the midst of two annual programs aimed at eliminating
“fire fuels” and creating defensible space.

The city’s Vegetation Management Program focuses on keeping tall weeds, dry grasses,
dead shrubs, and dead trees under control to minimize fire hazards during the dry season
(typically May through November). The program targets properties identified 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 paid through annual property taxes.

The Wildfire Defensible Space Program allows city staff to work in partnership with
property owners to develop a plan to lessen the risk of wildfire and comply with environ-
mental guidelines. The program’s purpose is to save homes during wildfires by creating
what is often referred to as “defensible space.”

It targets reducing highly flammable chaparral species and annual weeds within 100 feet of all
structures. Property owners notified by the city are required to complete the vegetation reduction
within 38 days and are given access to informa-
tion (including a map of their property, infor-
mational pamphlets and a DVD video regard-
ing the program’s requirements) and a list of
contractors available to assist in this type of work. They can also request a home assessment
with city staff to create a detailed checklist to help residents determine the steps necessary to
safeguard their property.

Know Your Native Habitats

Properties in Poway have several native habitats that are home to a number of feder-
ally protected, sensitive, rare, threatened and endangered plant and animal species. Native
vegetation includes, but is not limited to, grass-
land, sage scrub, chaparral, and wetlands.

Vegetation management within native habitat areas may be limited. When in doubt, contact
the city at (858) 644-4646 for help in identifying areas on your property that you
may need to avoid.

For More Information

Visit www.poway.org to learn more.

Search “Vegetation Management” to learn about
the annual vegetation management program.

Search “Wildfire” to learn about creating
defensible space on your property.

Water Wise Optimized

The landscape at the Poway Community Library is undergoing a dramatic transformation that is expect-
ed to save more than $70,000,000 gallons of water a year. In May, approximately 16,000 square feet of turf was
removed to make way for a modified irrigation system and drought tolerant plants and shrubs.

The library landscape project was designed using water wise California native plants, which are conducive
to the climate and soils found in Poway, and uses Verde Buffalo Grass, known for stabilizing sloped terrain. Since
a portion of the area functions as a stormwater detention basin, a decomposed granite path was designed to pro-
vide access to the basin in the event of a major storm event.

This project helps Poway permanently reduce water use and position the city as a good steward of water resources in the future.

The project is expected to cost just over $137,000 and reduce library’s outdoor water use by 44 percent.
The new landscape should be finished by the end of September.

Library Landscape Project to Net Significant Water Savings

A consultant’s drawing of what the front of the Poway Library might look like following renovation of the landscaping.

Organics Recycling – How You Can Help!

California landfills receive over six million tons of organic waste each year. Keeping much of that as possible out of landfills will go a long way toward helping the state reach an ambi-
tious goal of 75 percent recycling, composting or source reduction by 2020.

Beginning April 1, 2016, businesses, includ-
ing apartments and condominium complexes
(with waste of 8 cubic yards or more), are
required to recycle organic waste. This includes green waste and food scraps. Residents can help businesses meet this goal by doing these four simple things.

Prevent Food Waste: Only buy what you
need, when you need it. This not only
keeps unused food out of the landfill, it saves you money.

Donate Edible Food: Keep a close eye on your edible foods and donate items you aren’t going to use before they expire. It helps your neighbors and reduces clutter in your cupboards.

Compost Non Edible Food: Use your leftovers to feed your soil through composting. Fertile soil requires less water so you’re helping the environment in more than one way.

Glean What You Don’t Need: A practice from the past is back in fashion - volunteers from nonprofit groups will glean excess fruit from your trees to donate to a food bank.

What are the effects of this law?

Landfill gas created by decomposing organic wastes is a significant source of greenhouse
gas. This law helps California achieve its
aggressive recycling and greenhouse gas emission goals and address climate change.

Despite the state’s robust and traditional recycling infrastructure, organic materials (yard trimmings, food scraps and soiled paper) make up 41 percent of the remaining waste stream. Redirecting these resources to composting and digesting operations will save landfill space, generate energy, reduce emissions, and restore soils.

Fire Department Promotions Reflect New Leadership Structure

In March, the Poway City Council approved new positions in its Safety Services Department as part of a leadership restructuring to better meet the needs of the city and reflect current industry standards. The new structure included the promotion of a deputy chief position and the reclassification of three division chief positions to battalion chiefs. On May 19 the department celebrated its reorganization by honoring the employees promoted.

“The reorganization will take our organization from good to great,” said Fire Chief Mark Sanchez. “It will improve emergency response, maintain effective program delivery and high level of services; implement succession planning to ensure we attract and retain high quality employees; and enhance regional partnerships for mutual aid and resource sharing.”

Deputy Fire Chief Jon Canavan assumed his new role on April 11. Canavan, who joined the
Poway fire department in 2003, was formerly a division chief and played a leadership role in the department’s training, disaster preparation, fire prevention, operation and administration.

The three new positions of fire battalion chiefs were filled by three of Poway’s fire captains: Scott Post, Brian Mitchell and Ray Fried.

Poway Announces Appointment of Nancy Neufeld as City Clerk

Poway’s new city clerk, Nancy Neufeld, is a familiar face who started her career in public service with the city just a few years after it incorporated.

“Feel like I’ve come full circle,” Neufeld said. “I left Poway for family reasons and never dreamed I’d have this opportunity to come back. It’s exciting to see the changes that have happened in this city while I’ve been away and to have the chance to be a part of its future.”

Neufeld was the deputy city clerk with the City of La Mesa before returning to Poway. As city clerk, she provides the link between citizens and government by cor-
dinating the legislative process, administer-
ing city elections and ensuring that public
records are preserved, archived and acces-
sible to the public. The clerk also acts as a compliance officer for federal, state and local statutes, including the Political Reform Act, the Brown Act and the Public Records Act.

Poway Assistant City Manager Tira White said, “We are excited to have Nancy return to Poway. She possesses all the attributes of an ideal city clerk – strong management, interpersonal and communication skills. She is passionate about working in public service, providing exceptional customer service and promoting open government.”
### 2016 SUMMER CONCERT SERIES

**Date** | **Location** | **Performer** | **Musical Style**
---|---|---|---
July 24 | Lake Poway | The Fabulous Ultratones | Dance/Cover Band
July 31 | Old Poway Park | Highland Way | Celtic/Folk
Aug 7 | Lake Poway | CoastRiders | Jimmy Buffet
Aug 14 | Old Poway Park | Pomerado Community Band | Big Band

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

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

<table>
<thead>
<tr>
<th>Date</th>
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<tr>
<td>July 16</td>
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<td>July 30</td>
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<td>August 13</td>
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### Once Upon a Hallowe’en

The Old Poway Park Action Committee proudly presents Once Upon a Hallowe’en on Sunday, October 30, from 5:30 to 8:30 pm. Celebrate Halloween in a distinctly different way at this family-friendly event. Take a ride aboard the “Halloween Express,” participate in a carved pumpkin contest for a nominal fee, enjoy storytelling 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.

### Old-Fashioned Family Day

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, gunsmingers, and soldiers. Hop aboard the train, watch gun-fighting demonstrations, view handmade items for sale at the Boardwalk Craft Market, and pan for gold in a unique way near the banks of Rattlesnake Creek. 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 at 15-minute intervals, between 5:30 pm and 7:15 pm, and tours last approximately 75 minutes. End the night with a cup of hot chocolate! Register online at www.poway.org/classes or on August 11.

**Hoot, Howl & Prowl**

- **8169.201** Sat 4:30-5:30pm Nov 19, 26 $5/participant
- **8169.202** Sat 4:30-5:30pm Nov 19, 26 $5/participant
- **8169.203** Sat 4:30-5:30pm Nov 19, 26 $5/participant

**Hoo, Howl & Prowl!**

- **8169.201** Sat 4:30-5:30pm Oct 22 $5/participant
- **8169.202** Sat 4:30-5:30pm Oct 22 $5/participant
- **8169.203** Sat 4:30-5:30pm Oct 22 $5/participant

**NEW! Teen Luau**

- Grades 6th–9th
- Not ready to say aloha to summer? Neither are we! Join us for one more night of island-style fun under the stars! Grab your Hawaiian shirts and grass skirts, then hula on over to the Swim Center for a night of mythical proportions! Mank out on one (good food), try not to wipeout on our nearby inflatable obstacle course, go banzai challenging your friends to cannonball contests, and more! The sun may be setting on summer, but it’s not setting on FUN! For more information or to register now, call (858) 668-4671.

**Kid’s Night Out**

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

Instructor: Community Park Staff
Location: Community Park, Auditorium

- **8432.201** Fri 4:30-9:00pm Nov 4 $5/participant
- **8432.202** Fri 4:30-9:00pm Nov 4 $5/participant
- **8432.203** Fri 4:30-9:00pm Nov 4 $5/participant

**Teen Glow-in-the-Dark Dodgeball**

- Grades 6th–9th
- What’s better than playing dodgeball!? Playing glow-in-the-dark dodgeball, of course! Bring yourself and your friends and get ready for some glow-in-the-dark fun with dodgeball, music, delicious treats, prizes, and more! For more information or to register now, call (858) 668-4671.

Location: Meadowbrook Gymnasium
Sat 4:30-8:00pm Oct 22 $25 materials fee due first day of class

**New! Teen Excursion: Get Air**

- Grades 6th–9th
- What's ready to catch air? How about a NICHTRO air? You'll do that and more when you join us for a bounce-tastic evening at Get Air Trampoline Park! Flip head over heels into foam pits, test your stealth and agility on the ninja course, take on your friends in an extra bounce game of dodgeball, and so much more! Whether you’re mastering the slackline or literally jumping heads and shoulders above your friends, you’ll bounce your way to a crazy good time! Required: Purchase grip socks for $3 cash or provide your own.

Location: Get Air – 12160 Community Road
Fee/participant
Fri 10:00-11:10am Sep 16 $115/$125*
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. Parent watching days are the last class of each month...

Dance Production: Nutcracker Follies | Ages 5-18

Be a part of our annual The Nutcracker Follies! What a wonderful way to celebrate the season! We’ll learn dances to classical “Nutcracker” music using a child-friendly version of this celebrated story. The Nutcracker Follies will be performed on Tuesday, Dec. 13 at 6:30 p.m. in the Community Park Auditorium. An additional school-day performance will be scheduled in early December. No tickets are required. Costumes are ordered in October and paid for by enrollees. Wear dance attire and ballet or jazz shoes to class. Role assignments and a practice schedule will go home the second week of class.

Instructor: Debbora & Kellie Childress
Location: Community Park, Auditorium
No Class: Nov 22
5111.214 Tue 6:15-7:30pm Sep 29-Dec 6 $75/$85*
* $15 materials fee due first day of class

Princess Ballet for Kids | Ages 3-12

Learn the beautiful art of ballet in a musical, fun, and creative environment! This class combines the 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 26
5121.200 Sat 9:00-10:00am Oct 8-Dec 10 $80/$90
5121.201 Sat 9:45-10:45am Oct 8-Dec 10 $80/$90
5121.202 Sat 10:30-11:30am Oct 8-Dec 10 $80/$90

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, DanceForChildren.com
No Class: Nov 21 & 24
5111.203 Mon 10:00-10:45am Sep 12-Dec 5 $108/$118
5111.204 Mon 10:00-10:45am Sep 12-Dec 5 $108/$118
5111.205 Mon 10:45-11:30am Sep 12-Dec 5 $108/$118
5111.206 Mon 11:30-12:15pm Sep 12-Dec 5 $108/$118

Creative Arts

Best of Broadway – Aladdin Musical Review | Ages 7-14

Let’s create a show from one of our favorite stories - Aladdin! Participants will create a show using favorite songs from the classic film, 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, Temples Hall
No Class: Sep 29
6182.234 Thu 5:00-6:30pm Sep 15-Nov 17 $135/$145*
* $20 materials fee due first day of class

Musicstar® Beginning Piano/Keyboard | Ages 8-15

Did you know that music classes contribute to a healthier and longer life? They can also aid in child development and improve academic achievement. Learn how to play basic piano chords and simple melodies in a fun, group class setting! No music experience is necessary. All instruments are provided for class use.

Instructor: Creative Brain Learning Staff
Location: Old Poway Park, Great Room
No Class: Oct 31
6182.250 Mon 5:00-5:30pm Sep 12-Oct 30 $64/$74
6182.251 Mon 5:00-5:30pm Oct 24-Nov 21 $64/$74

Fall 2016
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 it all together! This safe, challenging, water-based workout will be cardio-conditioning, body-toning, and most of all, exhilarating beyond belief! Only your mid-chest is submerged in the water, so there is no requirement to know how to swim. Water shoes are encouraged so they can provide support and traction. Join the party in the water (pool is heated to at least 82 degrees)!
Instructor: Julie Clemmons
Location: Poway Swim Center
No Class: Oct 12
5417.201 Wed 6:00-7:00pm Sep 14-Nov 16 $85/$95

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 intense choreography that is fun, challenging, and will make you sweat! It’s all about energy, power, and rhythm with this intense choreography that is fun, challenging, and will make
Instructor: Emma Sarmiento
Location: Community Park, Activity Rooms I & II
No Class: Nov 24
5417.202 Thu 7:00-7:30pm Sep 22-Nov 17 $117/$127

Tai Chi 24-Forms | Ages 17+
The ancient practice of Tai Chi Chuan is dically 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 class is 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 14, Nov 25 & Dec 9
5417.203 Fri 10:00-11:30am Oct 7-Dec 16 $110/$120

Yogazander/Beginning Gentle Yoga | Ages 17+
Experience a unique approach to yoga! Practice gentle breathing exercises and gentle yoga poses combined with the profound body wisdom of the Alexander Technique. Yogazander will help you softly release muscle tension and develop natural body alignment. Enjoy less stress and more flexibility! Bring a yoga mat, small blanket or beach towel, and water.
Instructor: Cheri Hotalen
Location: Old Poway Park, Templars Hall
No Class: Oct 13, Nov 24 & Dec 8
5417.204 Mon 7:15-8:00pm Oct 3-Nov 21 $55/$65

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Instructor: Cheri Hotalen
Location: Old Poway Park, Templars Hall
No Class: Oct 13, Nov 24 & Dec 8
5417.204 Mon 7:15-8:00pm Oct 3-Nov 21 $55/$65

Sports | Adults

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
Men’s
1247.200 Mon 6:30-9:30pm Sep 19-Nov 21 $70/$80
Women’s
1247.201 Thu 6:30-9:30pm Sep 22-Nov 27 $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
Men’s
1247.202 Tue 6:30-9:30pm Sep 20-Nov 15 $70/$80
Women’s
1247.203 Tue 6:30-9:30pm Sep 20-Nov 15 $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: Oct 31
1247.210 Mon 6:30-9:30pm Sep 19-Nov 21 $70/$80

Beginning 18-Form Tai Chi | Ages 17+
Now you can learn and practice the beautiful WuDang 18-Form Taij, a traditional short form of Tai Chi Chuan from the WuDang Daoist Kunfu 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 wellbeing. Wear comfortable clothing, flat-soled shoes or socks, and bring water.
Instructor: Cheri Hotalen
Location: Old Poway Park, Templars Hall
5417.215 Mon 6:00-7:15pm Oct 3-Nov 21 $95/$105

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! Tap shoes are required.
Instructor: Deborah Childress
www.MsDebboraDanceForChildren.com
Location: Community Park, Auditorium
No Class: Nov 24
5111.220 Thu 6:00-6:45pm Sep 15-Dec 8 $98/$108

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 blocks, kicks and punches, you will learn to use 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! Liability waiver required.
Instructor: Master Wolpert: (858) 748-1333
Location: Community Park, Bill Bond Hall I
No Class: Oct 31, Nov 11 & 25
1201.211 MWF 6:00-7:00pm Sep 19-Dec 16 $59/$59
**Sports | Youth & Teen**

**Youth/Teen Taekwondo & Karate | Ages 5-15**

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 strength, speed, endurance, and self-defense skills. In addition to Taekwondo kicks, blocks, and punches, participants will learn to use 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! Liability waiver required.

**Instructor:** Master Wolpert

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

**No Class:** Oct 31, Nov 11 & 25

**Ages 5-8**

2091.213 Mon 5:30-6:30pm Sep 19-Nov 14 $55/$65

**Ages 9-15**

2091.210 Mon 6:00-7:00pm Sep 19-Nov 14 $55/$65

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**Youth Volleyball | Ages 5-14**

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 Chybick

**Location:** Meadowbrook Gym

**No Class:** Oct 31

**Ages 5-12**

2091.212 Mon 5:30-6:30pm Sep 19-Nov 14 $55/$65

**Ages 12-14**

2091.213 Mon 6:30-7:30pm Sep 19-Nov 14 $55/$65

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**Intermediate/Advanced Skateboarding | Ages 5-16**

The intermediate/advanced class focuses on the principles of getting air, developing flip tricks, and grinding. Students must have at least one year of skateboarding experience OR have participated in the Intro Skateboarding Class before enrolling in this course. Students will develop flowing runs, learn about competitive skateboarding, meet guest professionals, and even get the opportunity to participate in mock skateboarding competitions. All participants MUST have a helmet, elbow pads, and knee pads each class. Bring your own skateboard or contact the instructor for rental options prior to the first class.

**Instructor:** Andrew Barbosa

**Location:** Community Park, Skate Park

**No Class:** Nov 23

2060.202 Wed 5:00-6:00pm Sep 14-Dec 14 $80/$90

2060.203 Wed 4:30-5:30pm Nov 2-Dec 14 $80/$90

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**Tennis: Beginner | Ages 5-15**

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:** Nov 22, 24 & 26

**Ages 5-7**

3013.201 Sat 9:00-10:00am Sep 17-Oct 15 $45/$55*

3013.201 Sat 9:00-10:00am Oct 29-Dec 3 $45/$55*

**Ages 8-15**

3013.202 Sat 10:00-11:00am Sep 17-Oct 15 $45/$55*

3013.203 Sat 10:00-11:00am Oct 29-Dec 3 $45/$55*

3013.204 T/Th 10:00-5:00pm Sep 15-Oct 13 $75/$85*

3013.205 T/Th 10:00-5:00pm Oct 25-Dec 1 $75/$85*

*$5 materials fee due first day of class

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**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, light competitive games, and court etiquette.

**Instructor:** Art Christophides

**Location:** Community Park, Tennis Courts

**No Class:** Nov 22, 24 & 26

**Ages 8-15**

3013.206 T/Th 10:00-6:00pm Sep 13-Oct 15 $75/$85*

3013.207 T/Th 10:00-6:00pm Oct 25-Dec 1 $75/$85*

3013.208 Sat 11:00am-12:00pm Sep 17-Oct 15 $45/$55*

3013.209 Sat 11:00am-12:00pm Oct 29-Dec 3 $45/$55*

*$5 materials fee due first day of class

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**Tennis: Advanced Juniors | Ages 8-17**

At this hotshot level, tennis enthusiasts will enhance their ability level by focusing on forehand and backhand ground strokes, 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:** Nov 21 & 23

**Ages 8-17**

3013.210 MW 4:00-5:00pm Sep 12-Oct 19 $75/$85*

3013.211 MW 4:00-5:00pm Nov 7-Dec 14 $75/$85*

*$5 materials fee due first day of class

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**NEW! Fencing | Ages 7-14**

En-Guard! Ready? Fence! The Team Touchi fencing program is full of engaging lessons in fencing that are sure to strengthen muscle and develop speed as participants learn to swing, carve, and strike with child-friendly fencing weapons. Fencing has long been used to improve reaction time, dexterity, and grace all while strengthening muscle and developing speed. All equipment provided, please wear closed-toed shoes to class.

**Instructor:** Team Touchi, Tedd Padgett

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

**3012.250 Thu 5:00-6:00pm Sep 15-Nov 3 $180-190**

**NEW! Learn to Skate | Ages 3-17**

Come join our skating program for all ages and ability levels right here in Poway! Participants will have fun while acquiring the basic skills in skating, such as: marching, falling and getting up, zwizzles, two-foot and one-foot glides, stroking, and backward skating. Whether your desire is to master basic skating skills, play ice hockey, or figure skate, this class will certainly get you there. See you on the ice!

**Instructor:** Poway Ice Arena

**Locations:** Poway Ice Arena 12455 Kirman St #100

**3013.240 Wed 4:30-5:30pm Sep 14-Oct 15 $75/$85

3013.241 Wed 4:30-5:30pm Oct 12-Nov 12 $75/$85

3013.242 Wed 4:30-5:30pm Nov 9-Nov 30 $75/$85

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**Open Play Sports**

The City of Poway operates two gymnasiums 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 September, October, and November, 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

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**Special Interest**

**NEW! Learn to Skate | Ages 3-17**

Come join our skating program for all ages and ability levels right here in Poway! Participants will have fun while acquiring the basic skills in skating, such as: marching, falling and getting up, zwizzles, two-foot and one-foot glides, stroking, and backward skating. Whether your desire is to master basic skating skills, play ice hockey, or figure skate, this class will certainly get you there. See you on the ice!

**Instructor:** Poway Ice Arena

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3013.242 Wed 4:30-5:30pm Nov 9-Nov 30 $75/$85

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

**Fall 2016**

**Page 7**
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, stay, and heel will also be covered.
Instructor: Good Dog Training School, Lynne Moore
Location: Old Poway Park, Green Park
Sat: Garden Road Park

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

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

Safety Training

CPR/AED/First Aid 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 Instructors, Blythe Paly
Location: Community Park, Nutrition Room

CPR/AED/First Aid for the Adult/Child/Infant | Ages 11+
$428.200 Wed 6:00-8:30pm Sep 21
Thu 6:00-8:30pm Sep 22
* $32 for the CPR/AED and First Aid certification or $22 for either the CPR/AED or First Aid certification materials fee due on the first day of class
* $4 (information only) materials fee due on the first day of class

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

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.

Swim Center
The Swim Center includes a 50-meter by 25-yard pool with nine lanes for lap swimming and a small area for swimming lessons. The pool may not be available for use by the public during these times.

Hours:
Fall (August 22-October 23)
Monday/Wednesday/Friday 10:30am-7:30pm
Tuesday/Thursday 8:00am-7:30pm
Saturday/Sunday 10:30am-5:00pm

Long Course
Tuesday/Thursday 8:00am-1:30pm
Pool Closed
September 24

Holiday Hours
December 12 - January 1

Winter (October 24-April 2, 2017)
Monday-Friday 11:00am-1:30pm
Saturday 10:00am-7:00pm
Saturday/Sunday 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 swim lessons and swim clubs. Portions of the pool may not be available for use by the public during these times.
### Swim Lessons

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

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

**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 swim 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 parent. 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 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: butterfly and breaststroke kick, and introduction to diving from the side of the pool.

**Seahorse | Ages 6-12**
Continuation of Starfish. Designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasis is placed on improving the front crawl and back crawl. Students should feel comfortable at least 4 feet of water.

**Red Cross Lifeguard Training | Ages 15+**
Lifeguard training teaches the necessary skills to become a professional lifeguard. Upon successful completion of the course, participants will earn their certification for Lifeguarding/First Aid/CPR/AED/Title 22/Oxygen. There is a water test skills 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. Course fee includes materials, book and a rescuscita- tion mask. Prerequisite: Must be 15 years of age by the first day of class.

**Water Exercise | Ages 16+**
Water exercise is a low-impact exercise for any ability. Classes are held in 4-foot water depth. Advanced swimming skills are not required. Daily admission is required. **MW 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.

**Swimming Sponsor**
**Poway's Pool Sponsor**
For more information visit us at **powayswimming.com**

### Dates with a * please note: There will be no

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*The 335 fee at all classes will have to pay directly to the American Red Cross.*
**Save the Date!**

**Winter Festival**

January 13th & 14th, 2017

**POWAY Today**

**Powy Community Park**

**Location:** 13094 Civic Center Drive

**Park Hours:**
- Recreation Office: Daily, Sunrise-Sunset
- Ball Fields: Mon-Sat 9am-9pm / Sun 12pm-9pm
- Bocce Courts: Mon-Sat 9am-9pm / Sun 12pm-9pm
- Dog Park/Tennis Courts/Basketball Court: Daily, Sunrise-10pm
- Unsupervised Skate Park: Daily, 8am-10pm

**Information:**
- For FREE fun, visit the recreation office to borrow basketballs, footballs, and other cool recreation equipment! Be sure to bring a valid photo ID or keys.

**Lake Poway**

**Location:** 14644 Lake Poway Road

**Park Hours:**
- January-December: Daily, 6:00am to Sunset

**Lake Fishing & Boating Hours:**
- January-December: Daily, Sunrise-10pm
- October: During this time there will be no Boat Rentals

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

**Fall Camping Opportunities**

**Family Campouts**

Calling all novice campers! Come enjoy outdoor fun in a family-friendly environment close to home. Activities include: guided night hikes, campfire with s'mores, and pedal boating. The Kiwanis Club of Poway will be offering a pancake breakfast for a small fee:

- 9039.201 Fri-Sat 1:00pm-10:00am Sep 17-18 $25
- 9039.202 Fri-Sat 1:00pm-10:00am Oct 8-9 $25
- 9039.203 Fri-Sat 1:00pm-10:00am Oct 22-23 $25

**Fishing Information:**
- For carfishing, Lake Poway also has a thriving bass population. Fish until 11:30 pm on Friday & Saturday nights through August 27.

**Old Poway Park**

**Location:** 14134 Midland Road

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

**Veterans Park**

Join VFW Post 7907 and the Poway Veterans Park Committee for a ceremony to honor those who selflessly served our Country on Friday, November 11, at 11:00am.

**Folk Concerts in the Park**

San Diego Folk Heritage is pleased to present an amazing lineup of folk concerts with music for all ages. For information and admission prices: www.sdfolkheritage.org

<table>
<thead>
<tr>
<th>Date</th>
<th>Performer</th>
<th>Musical Style</th>
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<tbody>
<tr>
<td>August 12</td>
<td>Leftover Cuties</td>
<td>Modern Folk Pop</td>
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<tr>
<td>August 26</td>
<td>Dan Frechette &amp; Laurel Thomsen</td>
<td>Original Roots Folk</td>
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<td>September 9</td>
<td>Patrick Ball</td>
<td>Storyteller/Harpist</td>
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<tr>
<td>October 7</td>
<td>Cathy Barton &amp; David Bara</td>
<td>Multi-instrumental Folk</td>
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**Historical Tours**

Experience the Nelson House, Heritage Museum, a train safety presentation, as well as ride aboard the Poway-Midland Railroad. These easy, inexpensive, educational field trips are offered Tuesday through Thursday for just $4 per participant. Appropriate for any age or grade level, tours are great for schools, scout troops, ESS, assisted living facilities, or any group of 20 or more. Information: www.poway.org/oldpowaypark or call (858) 668-4576.
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
Sunday, Oct 16  8:00am-11:00am  FREE

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

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.

Hoot, Howl & Prowl!
October 22
First tour begins at 5:30pm.
See Page 4 for Details

Volunteers Wanted!
Learn about Native American culture and this valuable archaeological site. A variety of opportunities are available.

Information: www.poway.org/bluesky

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.

Interactive Discovery Tables
Nocturnal Animals of Blue Sky
Sunday, Oct 16  8:00am-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

Location:
13137 Poway Road, Poway, CA 92064

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

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

Fall Children’s Programs
September, October, November

Storytime
Monday through Saturday, 10:30am

Baby Storytime
Tuesdays, 9:45am

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

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

Fall Teen Programs
Grades 6-12
Every Tuesday and Thursday
Starting at 4:00pm

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.

Fall Teen Programs
Grades 6-12
Every Tuesday and Thursday
Starting at 4:00pm

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 11:30am to 12:30pm. A donation of $4.00 is suggested for those 60 and older. Lunch for guests under 60 is $6.00. Check out our menu on our website or newsletter, or just stop by and enjoy the special of the day. Reservations are not required.

Need a Ride to Lunch?
Call Denise O’Neal, Nutrition Manager at (858) 748-6094 ext. 304 for details.

BINGO!
Win Your Share of $5,000 in Cash!
Open to adults, 18 and older. All proceeds help support the programs and services at PSC. Come have fun and win!
Every Saturday, 5:30pm
Every Tuesday, 12:15pm

Volunteer with Us
Volunteers are needed:
Poway Senior Center is a non-profit organization that provides programs, services, and activities to the seniors of Poway and our neighboring communities.

We could use your help!
Receptionist: Answer phones, greet visitors, and perform light office tasks. A wonderful way to meet new people and support the Poway Senior Center.
Monday 12:00pm-4:00pm
Wednesday 12:00pm-4:00pm
Friday 12:00pm-4:00pm

Bingo volunteers: Managers and Monitor positions open!
Join our Bingo Team on Tuesday afternoons or Saturday evenings. Have fun, meet new friends! Our Bingo income goes directly to programs at PSC. (Ages 18+; one-year commitment required)

Check back with us for the fall date!
$20.00 per person (cash or check)
Provided by Palomar Pomerado Health

This flu season, be prepared... Get your Flu Shot at the Poway Senior Center Clinic!
Check back with us for the fall date! $20.00 per person (cash or check)
Provided by Palomar Pomerado Health

Fall Children’s Programs
September, October, November

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

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

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

Gentle Yoga
Second Thursday Monthly at 1:00pm

Local Author Visit
Deanna Bates, author of “In Pursuit of Clouds”
Saturday, September 17 at 2:00pm

Creating a Small Business
Saturday, September 24 at 10:00am

Savvy Social Security
Saturday, September 21 at 1:00pm

San Diego Legends author talk with Jack Innis
Saturday, October 1 at 2:00pm

Information: www.sdcl.org

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.

Information: www.powayseniorcenter.org

Flu Shot.

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Flu Shot.
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  
Sat 10:00am-3:00pm  
September-November: 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.com

**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 art.
Plan Your Next Event at a Poway Park!

Whether you want to watch the sun set over a picnic dinner, dance the night away at your wedding, or host a family gathering or reunion, our beautiful indoor and outdoor facilities and parks are the perfect location!

We offer a variety of unique and affordable facilities that can be rented for group meetings, private parties, ceremonies, receptions, picnics, and ballgames. Rental fees vary depending on event size, venue, and other event-specific factors. Please call (858) 668-4580 for information or stop by City Hall to make a reservation today!

REGISTRATION

Registration begins AUGUST 2 for Poway Residents & Nonresidents.

There are 3 convenient ways to register for classes:

1. Online

   Online registration is available by visiting the Poway City 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, that specific check will be returned to you without delaying your registration for any other class.

   Mail to: P.O. Box 789, Poway, CA 92074-0789

   Proof of residency may be required at the time of registration.

   Mail-in registration for Poway residents must be postmarked by August 2nd to be processed on time.

   For nonresidents mail-in registration is accepted until August 2nd.

RETRUN INFORMATION:

A full refund will be issued for all classes canceled or overlooked by the City of Poway and/or the independent contract instructor.

Prior to the first day of class: Customer may request a refund in writing 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 automatically be given as 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 level to enroll in, skill assessments are available at the Swim Center by appointment. Students enrolled 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 Austin Coates at (858) 668-4683, 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

For all participants 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.

FINANCIAL ASSISTANCE

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) 668-4519.

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.

TIPS FOR TAKING PHOTOS AT OLD POWAY PARK

Picturesque Old Poway Park is a perfect backdrop for your next photography session. Here are a few quick tips to make your time in the park run smoothly:

- All photographers are required to check in at the park office upon arrival.
- The use of commercial film and print requires an approved permit prior to filming.
- The railroad tracks are off limits while the train is in operation.
- Please avoid areas that have been reserved for private events and parties.
- Don’t forget to use #oldpowaypark

For more information, and to acquire a permit for photography or filming in all our beautiful parks, please call (858) 668-4580.

For Calling All Photographers!

Rentals

Facility Rentals

Rentals

There are 3 convenient ways to register for classes:
Let’s say you’re a foodie, which, according to Merriam-Webster, is a person with “an avid interest in the latest food fads.” As a foodie, you might have wondered what it would be like to open your own restaurant.

It could be a place where your ideas and passions set the dining room ambiance. You could choose whether it would have a homely, chic, or modern feel; the types of food, beverages, and desserts to be served would be all up to you, and everyone would always leave your restaurant feeling incredibly satisfied. It’s usually right at this moment that your right brain kicks in with that statistic about how many restaurants fail within the first year. Some say 25 to 30 percent, and as high as 60 percent by their third year, as reported in the Cornell Hotel and Restaurant Administration Quarterly in 2005.

But for those of you who are not scared off by this startling statistic (after all, 40 percent succeed) there are still several other important considerations. According to restaurant consultant John C. Melaniphy, president of Melaniphy & Associates, some of the factors to consider when opening a new restaurant include:

**Delineate Your Trading Area.** Trade areas are dictated by factors such as type of food facility, type of location, income, topography, traffic counts, and competition. Some restaurants focus on a five-mile trading area, while others such as quick service food facilities focus on a three-mile radius. A “special occasion” restaurant may attract customers from 15 to 20 miles away.

**Gather Factual Market Data.** Market resources can be inventoried and quantified to determine the share of market that a restaurant can anticipate. It is possible to calculate demographics with a fair degree of accuracy and to compare them to customer characteristics.

**Evaluate Competitive Facilities.** When possible, find out how well your competitors are doing. What are their weekly or monthly sales? How can a person determine the sales potential of a proposed new unit without thoroughly understanding the performance of the existing competition?

**Understand Visibility and Exposure.** High visibility allows the consumer more time to change lanes and navigate the entrance to an eatery’s parking lot. Visibility is the ability of a site, building, or sign to be seen; exposure is being seen over a long period of time. Whereas visibility creates opportunities for impulse eating, exposure gradually influences patterns and decision-making.

**Identify Appropriate Locations.** A coffee shop located on the “going to work” side of the street (where traffic is heavier in the morning hours) can result in 15 percent more revenue than if that business was on the “going home” side. Locational criteria includes: types of locations, type of traffic arteries, traffic size, speed limits, number of moving lanes, adjacent uses, traffic flow, traffic counts, ingress and egress, visibility, competition, employment, topography, demographics, ethnic characteristics, land cost, rental rates, real estate taxes, and perhaps a liquor license.

**Free Tools to Help You Get Started.** If you’re serious about opening a restaurant, and are certain you have the qualifications, the City has several tools to help businesses with researching and implementing new business endeavors.

**For business research, be sure to check out Poway’s Tools for Business Success page at www.poway.toolsforbusiness.com.** Click on “Restaurants/ Hospitality” for information specific to restaurants.

**For market analysis and site selection assistance check out the City’s site selection website at www.pickpoway.com.** It allows analysis by radius or drive time.

**The City’s Business and Industry Search page provides useful tools on exist- ing businesses by cluster and industry (search “Business and Industry” at www.poway.org).** Remember, when it comes to restaurants there are three basic trigger points: breakfast, lunch and dinner. Ideally, a restaurant will find a location where their concept can benefit from 18 hours of activity from mornings through the evenings, including weekends, whether their business is driven by locals, employees, or visitors. What will your restaurant do to capture these meals?

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**CERT Drills Put Volunteers Into Action**

The City of Poway hosted a countywide drill for Community Emergency Response Teams (CERTs) in May. Teams from across San Diego County put their classroom training into action, simulating scenarios to sharpen their skills in search and rescue, first aid and triage, and more. More than 100 CERT members participated in this semi-annual drill, which simulated the aftermath of an air tanker crash while fighting a local brush fire.

**Trained CERT volunteers play a critical role in assisting first responders when personnel and resources are stretched to the limit,** said Poway Fire Chief Mark Sanchez. “It’s comforting to know that we have a strong network of volunteers who can step in and be ready to help communities throughout our County when the need arises.”

Visit poway.org to learn more about the CERT program.
The city of Poway is one of the best places to live in the county for one reason: the people. The people of Poway work together in business and in recreation to provide a quality of life that exceeds expectations. To believe in Poway, a program designed to strengthen those connections and inspire new business partnerships that will maintain our quality of life into the future.

If you have been to the Winter Festival, summer concerts, Old-Fashioned Fourth or any of the other events designed to enrich the lives of the residents of Poway, you know that the fabric of our city is woven with threads of partnership, generosity and community. By partnering to support one of our many events, you are not only helping to create that sense of “home” but you are also engaging with the individuals and businesses that are committed to the prosperity of Poway’s future, to your future.

Whether you are a business owner or an individual, join the “I Believe In Poway” program and ensure that the City in the Country remains the quintessential home we all know and love.

Do you Believe in Poway? Contact us at (858) 668-4691 or powaypartners@poway.org.

Save the Date – EDCO Coupon

When the time comes to wind down the summer and gear up for fall, make sure you take time to clear out a little clutter in preparation to use your EDCO coupon that will be mailed out in September.

The coupon is good for FREE disposal of one load of household bulky items at either the Ramona Transfer Station or the Escondido Transfer Station. The transfer stations are open daily from 7 a.m. to 4:30 p.m. (Ramona Transfer Station is closed on Sundays). Directions to the transfer stations and more information is available in the coupon. 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.

Shed Some Bulk this Fall!

• Furniture
• Appliances (charges apply for appliances containing Freon)
• Yard waste
• Scrap metal
• Residential wood waste

The transfer station cannot accept contractor waste, large trailer loads, commercial truckloads of debris, tires or household hazardous waste. Household hazardous waste can be taken any Saturday (except holiday weekends) between 9am and 3pm to the facility at 12325 Cirsichtwistle Circle.

City of Poway
13325 Civic Center Drive
Poway, CA 92064

POWAY ROAD CORRIDOR STUDY TAKING STEPS TOWARD COMPLETION

Since 2014, the City of Poway has been working toward creating a new vision for the future of its main commercial corridor along Poway Road. Once complete, the Poway Corridor Study will be used by the city as a tool to guide future development, capital improvements and general plan and zoning amendments.

In 2017, community workshops, ad hoc committee meetings and city council workshops have helped the consultant team to frame and develop a proposed land use plan and preferred scenario buildout analysis. This includes a mix of retail office, residential and service uses. If the areas identified in the study were redeveloped at the maximum allowed, anticipated buildout areas identified in the study were redeveloped of retail office, residential and service uses. If the areas identified in the study were redeveloped at the maximum allowed, anticipated buildout areas identified in the study were redeveloped.

With the help of the ad hoc committee and community, there was general consensus that the policies seemed generally supportive of the findings, while the ad hoc committee and community seemed generally supportive of the findings, while the ad hoc committee and community.

Next up for the corridor study is a mobility and urban design study to present a design concept to continue in effort to move overhead utilities underground as part of the Espola Road Safety Improvement Project. The safety project will construct a walkway and related improvements on the west side of Espola Road, from Mountain Road (just north of Twin Peaks Road) to Willow Ranch Road (about a block south of Poway High School).