FALL 2021

REGISTRATION BEGINS
AUGUST 3
AT 7:30AM

EVENTS, CLASSES, AND CAMPS SUBJECT TO CHANGE DUE TO COVID-19. CHECK OUR WEBSITE FOR UPDATES: POWAY.ORG/CLASSES
Rendezvous in Poway

Want to experience life during California’s turn-of-the-twentieth-century and civil war eras? Come meet real cowboys, pioneers, mountain men and women, fur traders, and soldiers as history comes to life at Old Poway Park. Hop aboard the train and watch mock train robberies, view handmade items for sale at the Boardwalk Craft Market, and pan for gold near the banks of Rattlesnake Creek.

Saturday, October 2 | 10:00am–4:00pm
Sunday, October 3 | 10:00am–2:00pm

INFORMATION: poway.org/oldpowaypark or (858) 668-4576

Rendezvous School Tours

Let your student’s LIVE history! Groups of 20 or more are invited to participate in a one-of-a-kind, interactive experience at Old Poway Park. Advanced registration is required.

Thursday, September 30 | 9:00am–1:00pm
Friday, October 1 | 9:00am–1:00pm

INFORMATION OR TO BOOK A TOUR: (858) 668-4576

Hoot, Howl & Prowl

The Blue Sky Ecological Reserve comes alive after dark! Meet the canyon’s “wildlife” (docents dressed in animal costumes) up close! Groups leave at 15-minute intervals, between 5:30 and 7:15pm, and tours last approximately 75 minutes. Kids are encouraged to wear their costumes. End the evening with a cup of hot chocolate!

INFORMATION: poway.org/classes or (858) 668-4781

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
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<th>DATES</th>
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<tr>
<td>1200.201</td>
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<td>Oct 23</td>
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<td>Oct 23</td>
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<td>1200.208</td>
<td>SA</td>
<td>7:15pm</td>
<td>Oct 23</td>
<td>$5 per person</td>
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Celebrate Halloween at Old Poway Park!

See Page 18 for details.
THERE IS STILL TIME FOR SOME SUMMER FUN

2021 SUMMER MOVIES IN THE PARK SERIES

Enjoy a family-friendly movie under the stars during the Summer Movies in the Park Series. Movies will be shown on Saturdays at sunset. Bring your favorite snacks or a picnic dinner; food will not be available for purchase.

INFORMATION: poway.org or (858) 668-4671

<table>
<thead>
<tr>
<th>DATE</th>
<th>LOCATION</th>
<th>MOVIE</th>
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<tbody>
<tr>
<td>July 24</td>
<td>Community Park</td>
<td>Onward</td>
</tr>
<tr>
<td>August 7</td>
<td>Community Park</td>
<td>Raya and the Last Dragon</td>
</tr>
<tr>
<td>August 21</td>
<td>Old Poway Park</td>
<td>The Jungle Book (1967)</td>
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2021 COX COMMUNICATIONS SUMMER CONCERTS IN THE PARK

What goes together with summer and fun? Music, of course! So get your dancing shoes on, grab the family, and join us for the best local entertainment around on Sundays from 5:30–7:00pm. Our famous food trucks Born in Brooklyn and Pomodoro Rosso will be back at Lake Poway to serve up your favorite foods.

INFORMATION: poway.org or (858) 668-4772

<table>
<thead>
<tr>
<th>DATE/LOCATION</th>
<th>PERFORMER/MUSICAL STYLE</th>
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<tr>
<td>July 18</td>
<td>Berkley Hart</td>
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<tr>
<td>Old Poway Park</td>
<td>Blue Breeze Band</td>
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<tr>
<td>July 25</td>
<td>Highland Way</td>
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<tr>
<td>Lake Poway</td>
<td>Pop Vinyl</td>
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<td>August 1</td>
<td>Benedetti Trio</td>
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<td>August 8</td>
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<td>August 15</td>
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<tr>
<td>Old Poway Park</td>
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Have you seen our new MICKEY CAFAGNA COMMUNITY CENTER at Community Park? Check out page 16 for photos, amenities, and rental opportunities for your next event.

SAVE THE DATE:

Fall Registration Begins August 3 at 7:30am

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Young Engineers: Superheroes Camp  2

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Special Needs  12
Safety Training  12
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CAMP! SKATEBOARDING CAMP  AGES 5–13
Skateboarders of all levels are invited to build your ramp skills, develop tricks, learn safety techniques, meet guest pros, and make new friends. Participants will receive an SD Skatelife sticker pack. All participants MUST have a helmet, elbow pads, and knee pads each day. Bring a skateboard or contact the instructor for options prior to the first day.
INSTRUCTOR: SD Skatelife, Andrew Barbosa: Andrew@sdskatelife.com
LOCATION: Community Park, Skate Park
NO CLASS: Nov 25

NEW! CAMP! YOUNG ENGINEERS:  AGES 5–11
ADVENTURE CAMP
Participants work through challenges and creatively problem solve through the process of building exciting motorized LEGO® models reflecting STEM theories. Learn the engineering behind everyday machines, perform science experiments, and create art projects to take home.
INSTRUCTOR: Young Engineers of Greater San Diego
LOCATION: Community Park, Willow Room 302
NO CLASS: Nov 25

NEW! CAMP! YOUNG ENGINEERS:  AGES 5–11
SUPERHEROES CAMP
A super camp dedicated to our favorite superheroes! Discover who is under the mask and explore their powers using science and LEGO®s. Learn the engineering behind everyday machines, perform science experiments, and create art projects to take home.
INSTRUCTOR: Young Engineers of Greater San Diego
LOCATION: Community Park, Willow Room 302
NO CLASS: Nov 25

KID’S NIGHT OUT  GRADES 1-5
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. Kids 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!
INSTRUCTOR: Community Park Staff
LOCATION: Community Park, Willow Room 306

NEW! KID’S NIGHT OUT EXCURSION:  GRADES 1-5
GET AIR POWAY
Get ready to bounce off the walls! Kid’s Night Out is springing on the fun with a special excursion to Get Air Trampoline Park! Leap sky-high on trampolines, play an extra bouncy game of dodgeball with your friends, defy gravity on the wobbly fidget ladder, and so much more! Whether you’re tumbling into foam pits or bouncing yourself silly, fun is just a hop, skip, and a jump away! Admission and jump socks are included.
INSTRUCTOR: Community Park Staff
LOCATION: Get Air Poway: 12160 Community Road
Teen Programs

**TEEN SPLASH BASH**  
**GRADES 6–9**
Not ready to say goodbye to summer? Neither are we! Join us for one more night of splash-tacular fun under the stars! Challenge your friends to wicked water games, scarf down delicious food, try not to wipeout on our gnarly inflatable obstacle course, splash your way to sweet prizes, and more! Don’t let the end of summer slip by—send it off in style!

**INSTRUCTOR:** Community Park Staff  
**LOCATION:** Community Park, Willow Room 306

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**TEEN GLOW-IN-THE-DARK DODGEBALL**  
**GRADES 6–9**
What’s better than playing dodgeball? Playing glow-in-the-dark dodgeball, of course! Get ready for some beast glow-in-the-dark fun with dodgeball, kickin’ tunes, dodgeball, boss treats, dodgeball, lit prizes, and more—dodgeball, every which way! This legendary showdown is a teen program fave that you and your friends won’t want to miss!

**INSTRUCTOR:** Community Park Staff  
**LOCATION:** Meadowbrook Gymnasium

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<td>Oct 16</td>
<td>$5</td>
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**NEW! TEEN FALL FRENZY**  
**GRADES 6–9**
Oh, my gourd! We’re taking all of your favorite things about fall, turning up the (pumpkin) spice level to twelve, and tossing them into a ginormous leaf pile full of crisp, corny fun! Have a hoot competing in wildly nutty games, get ooey gooey while gobbling up caramel apples, make the comfiest coziest crafts ever, scare up a few laughs and even a prize in unbe-leaf-able activities, and more! So grab your friends and channel your flannel; you’ve never experienced fall like this before!

**INSTRUCTOR:** Community Park Staff  
**LOCATION:** Community Park, Willow Room 306

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<td>SA</td>
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**NEW! TEEN UGLY SWEATER PARTY**  
**GRADES 6–9**
It’s time to get your ugly on—sweaters, that is—because we’re celebrating all things that make December wacky and tacky! Build an outrageously tasty gingerbread house, steal the show and the competition with your ugliest sweater, let your goof out with a flurry of zany activities, snuggle up with a cup of hot cocoa for a special screening of Elf (PG), and more! Bring on the sequins, ribbons, and fringe galore; you’ve never been to an ugly sweater party like this before!

**INSTRUCTOR:** Community Park Staff  
**LOCATION:** Community Park, Willow Room 306

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Preschool Activities

**TINY TOTS**  
**AGES 3–5**
This education program teaches participants valuable learning skills through play, songs, games, structured learning, and crafts in a fun and engaging atmosphere. Participants learn concepts such as letters, numbers, writing, and math skills, social skills, and more. Participants must be potty-trained and able to participate independently. Please bring a snack and drink each day.

**INSTRUCTOR:** Charlene Donovan  
**LOCATION:** Community Park, Willow Room 306

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<td>TU/TH</td>
<td>9:00am–12:00pm</td>
<td>Nov 16-Dec 16</td>
<td>$165/$176*</td>
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*$10 materials fee due on the first day of class

Creative Arts

**CINEMATOGRAPHY 101**  
**AGES 7–13**
An introduction to digital photography and cinematography. Learn the aesthetics of visual arts by telling a story through still-image and short scenes. Participants create a portfolio of visual, non-narrative work by learning key cinematography concepts, such as composition, lighting, color, and tone. Discover the importance of camera angles, shot sizes, and camera movements, and learn basics of Go-Pros®, gimbals, and drones. Digital cameras and equipment provided for class use.

**INSTRUCTOR:** Children’s Film Academy, Valente Aranda: info@thechildrensfilmacademy.com  
**LOCATION:** Community Park, Willow Room 305

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<td>4:00–5:00pm</td>
<td>Sep 16-Nov 4</td>
<td>$129/$140</td>
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Dance

Try high-quality, fun Dance To EvOLvE classes without obligation on Sep 13, 15 & 18. Liability waiver required. Classes are designed to be progressive. All participants are invited to be part of the annual recital in June 2022. No recital fee; only an affordable costume fee.

NEW! YOU&ME CREATIVE MOVEMENT  AGES 1.2–2

Spend a magical time with your little mover while they move to music, enhance motor skills, and develop listening skills in a fun environment. This class is designed for an adult and child to interact together while moving creatively and interacting with others. Adult participation is required per each child. No dance shoes or dance attire are required.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 22

CLASS #  DAY  TIME  DATES  R/NR FEE
1702.200  M  9:30–10:15am  Sep 13-Dec 13  $209/$220
1702.201  M  9:30–10:15am  Sep 13-Oct 18  $107/$118

MAGICAL MUNCHKINS TAP/BALLET  AGES 2–3.2

This gentle introductory combination dance class of tap, ballet, tumbling, and games is energetic, expressive, and fun. It will have your Magical Munchkin learning dance basics in an age-appropriate way. Classes start with tap and transition into ballet each week. Adult participation is required per each child as needed.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 22

CLASS #  DAY  TIME  DATES  R/NR FEE
1702.203  M  10:20–11:05am  Sep 13-Dec 13  $209/$220
1702.204  M  10:20–11:05am  Sep 13-Oct 18  $107/$118
1702.205  M  10:20–11:05am  Oct 25-Dec 13  $125/$136

TINY MOVERS  AGES 3–4.5

A combination dance class of tap or hip hop, ballet, and dance games for kids. This energetic and expressive class will have your Tiny Mover learning age-appropriate dance and motor skills, musicality, and rhythm to reach class goals in fun, creative ways. Classes start with tap or hip hop and transition into ballet each week. This is the first big girls and boys class as parents watch from outside of the room.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 22, 24, & 27

CLASS #  DAY  TIME  DATES  R/NR FEE
1702.206  M  3:30–4:25pm  Sep 13-Dec 13  $209/$220
1702.207  M  3:30–4:25pm  Sep 13-Oct 18  $107/$118
1702.208  M  3:30–4:25pm  Oct 25-Dec 13  $125/$136
1702.209  W  9:15–10:10am  Sep 15-Dec 15  $209/$220
1702.210  W  9:15–10:10am  Sep 15-Oct 20  $107/$118
1702.211  W  9:15–10:10am  Oct 27-Dec 15  $125/$136

HIP HOP/BALLET

CLASS #  DAY  TIME  DATES  R/NR FEE
1702.212  SA  9:00–9:55am  Sep 18-Dec 18  $209/$220
1702.213  SA  9:00–9:55am  Sep 18-Oct 23  $107/$118
1702.214  SA  9:00–9:55am  Oct 30-Dec 18  $125/$136

STAR SHINERS TAP/BALLET  AGES 4.5–6

Keep your Star Shiner moving in this tap and ballet combination dance class. This class introduces curriculum goals through fun movement allowing your dancer to be challenged while expressing themselves. Dancers develop dance, listening, and coordination skills, including an emphasis on ballet terminology and technique. Classes start with tap and transition into ballet each week.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 22 & 27

CLASS #  DAY  TIME  DATES  R/NR FEE
1702.215  M  4:30–5:25pm  Sep 13-Dec 13  $209/$220
1702.216  M  4:30–5:25pm  Sep 13-Oct 18  $107/$118
1702.218  SA  10:00–10:55am  Sep 18-Dec 18  $209/$220
1702.219  SA  10:00–10:55am  Sep 18-Oct 23  $107/$118
1702.220  SA  10:00–10:55am  Oct 30-Dec 18  $125/$136
DREAM DANCERS BALLET  AGES 6-10
A beginner ballet class focusing on learning fundamental ballet technique through a structured yet exciting class. This class starts developing your young dancer’s grace, strength, flexibility, and musicality while always having fun. Appropriate dance shoes and attire required.
INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 27
CLASS #  DAY  TIME  DATES  R/NR  FEE
1702.221  SA  11:00–11:55am  Sep 18–Dec 18  $209/$220
1702.222  SA  11:00–11:55am  Sep 18–Oct 23  $107/$118
1702.223  SA  11:00–11:55am  Oct 30–Dec 18  $125/$136

PRE-TEEN BALLET/JAZZ  AGES 7-12
A beginner/intermediate ballet and jazz dance class focusing on ballet technique through barre and center work, which is fundamental to turn, kick, and leap your way into jazz. This class begins a young dancer’s training by developing grace, strength, balance, rhythm, coordination, and flexibility, while always having fun.
INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 22
CLASS #  DAY  TIME  DATES  R/NR  FEE
1702.224  M  5:30–6:25pm  Sep 13–Dec 13  $209/$220
1702.225  M  5:30–6:25pm  Sep 13–Oct 18  $107/$118

NEW! TEEN MODERN  AGES 13-18
A gentle yet empowering class for teens to learn the basics of modern dance through movement and flow in floorwork and exercises. Participants develop technique, strength, flexibility, body awareness, musicality, fun choreography, and the character and storytelling aspect of dance.
INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 22
CLASS #  DAY  TIME  DATES  R/NR  FEE
1702.227  M  6:30–7:25pm  Sep 13–Dec 13  $209/$220
1702.228  M  6:30–7:25pm  Sep 13–Oct 18  $107/$118

ADULT TAP  AGES 18+
Come get your tap on! Create rhythm with tried and true tap steps in this fun, low-impact tap class that is sure to show results. Give yourself the gift of time! No experience necessary.
INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 22
CLASS #  DAY  TIME  DATES  R/NR  FEE
1702.230  M  7:30–8:30pm  Sep 13–Dec 13  $209/$220
1702.231  M  7:30–8:30pm  Sep 13–Oct 18  $107/$118
1702.232  M  7:30–8:30pm  Oct 25–Dec 13  $125/$136

NEW! BABY BOPPERS  AGES 2-3.2
Calling all Baby Boppers! This class is a fusion of basic hip hop and creative movement to get all the dancing wiggles out. Through creativity, classes focus on muscle development, coordination, and musicality. Participants should wear comfortable clothing and shoes they can move in. Adult participation is required per each child as needed.
INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 24
CLASS #  AGE  DAY  TIME  DATES  R/NR  FEE
1702.233  2–3.2  W  3:15–4:00pm  Sep 15–Dec 15  $209/$220
1702.234  2–3.2  W  3:15–4:00pm  Sep 15–Oct 20  $107/$118
1702.235  2–3.2  W  3:15–4:00pm  Oct 27–Dec 15  $125/$136

BEAT BREAKERS & HIP HOP  AGES 4-18
These fun, high-energy classes will definitely have you movin’ to the beats. Let loose while developing musicality, confidence, coordination, and creativity. No need to be intimidated. These classes are great for those who want to enhance their hip hop groove. All music and moves are age appropriate.
INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 24
Beat Breakers
CLASS #  AGE  DAY  TIME  DATES  R/NR  FEE
1702.236  4–7  W  4:05-5:00pm  Sep 15–Dec 15  $209/$220
1702.237  4–7  W  4:05-5:00pm  Sep 15–Oct 20  $107/$118
1702.238  4–7  W  4:05-5:00pm  Oct 27–Dec 15  $125/$136

 Hip Hop: Pre-Teen
CLASS #  AGE  DAY  TIME  DATES  R/NR  FEE
1702.239  8–12  W  5:05-6:00pm  Sep 15–Dec 15  $209/$220
1702.240  8–12  W  5:05-6:00pm  Sep 15–Oct 20  $107/$118
1702.241  8–12  W  5:05-6:00pm  Oct 27–Dec 15  $125/$136

 Hip Hop: Teen
CLASS #  AGE  DAY  TIME  DATES  R/NR  FEE
1702.242  13–18  W  6:05-7:00pm  Sep 15–Dec 15  $209/$220
1702.243  13–18  W  6:05-7:00pm  Sep 15–Oct 20  $107/$118
1702.244  13–18  W  6:05-7:00pm  Oct 27–Dec 15  $125/$136
CHEERLEADING, DANCE & TUMBLE  
AGES 3-11

In this high-energy class, participants use pom-poms and learn the fundamentals of cheer, dance, and tumbling techniques including voice projection, stretching, jumps, kicks, beginner tumbling and stunting, cheers, and sideline dances. Learn a full routine to be performed at the end of the session.

INSTRUCTOR: Charlene’s Dance & Cheer
LOCATION: Community Park, Willow Room 305

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NEW! CHILDREN’S HULA  
AGES 3-6

Keiki hula class is an age-appropriate introduction to hula that young children can enjoy. The focus of the class is a strong foundation of hula basics and developing a love of hula and the Hawaiian culture. Both boys and girls learn through sing-a-long, dance, Hawaiian language, and stories. Hula develops coordination, strength, and rhythm.

INSTRUCTOR: Kristin “Aunty Kawena” Garuba
LOCATION: Community Park, Willow Room 305

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<td>9:00–10:00am</td>
<td>Sep 15–Dec 15</td>
<td>$140</td>
<td>$151</td>
</tr>
</tbody>
</table>

BEGINNING HULA  
AGES 8+

Hula is a beautiful art form fulfilling to the body, mind, and spirit. Learn traditional hula protocol, proper terminology, basic hula steps, and choreography. Focused on building a strong foundation and a love of hula and the Hawaiian culture, each participant receives the personal attention needed to work on hand position, posture, and rhythm. See the value and benefit of hula over time as we strive for fitness, confidence, and grace.

INSTRUCTOR: Kristin “Aunty Kawena” Garuba
LOCATION: Community Park, Willow Room 306

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
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<tr>
<td>1704.200</td>
<td>TH</td>
<td>6:00–7:00pm</td>
<td>Sep 16-Dec 16</td>
<td>$120</td>
<td>$131</td>
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</table>

NEW! KUPUNA HULA  
AGES 50+

Hula helps with flexibility, strength, coordination, posture, and confidence. All levels of experience are welcome as this class focuses on fundamental hula steps and low impact choreography. All participants learn proper terminology, Hawaiian language, mythology, history, and culture. Can be performed from a seated or standing position.

INSTRUCTOR: Kristin “Aunty Kawena” Garuba
LOCATION: Community Park, Sycamore Hall

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
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<th>DATES</th>
<th>R/NR</th>
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<tr>
<td>1704.202</td>
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<td>10:00–11:00am</td>
<td>Sep 15-Dec 15</td>
<td>$140</td>
<td>$151</td>
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</table>

Health & Wellness

PIYO LIVE  
AGES 14+

PiYo LIVE brings elements of Pilates and yoga combined with the use of your body weight to increase strength, flexibility, and range of motion. The class is a music-driven, athletic workout that is low impact, but high intensity. When you’re done, you’ll feel exhilarated.

INSTRUCTOR: Brent Garriepy
LOCATION: Community Park, Willow Room 303

<table>
<thead>
<tr>
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<th>TIME</th>
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POUND  
AGES 12+

Participants release their inner rockstar while engaging in this exhilarating, full-body workout that combines cardio, conditioning, and strength training with the rhythm and motions of drumming. POUND uses slightly-weighted drumsticks to provide an effective way to work out, relieve stress, and have fun. Yoga mats are required.

INSTRUCTOR: Brittanie Arnett
LOCATION: Community Park, Willow Room 303

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<th>TIME</th>
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<td>$104</td>
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BEGINNING GENTLE YOGA  
AGES 18+

Make yoga an integrated part of your life and watch yourself grow stronger physically, mentally, and emotionally. Enjoy yoga with creative and innovative sequencing, a spirit of playfulness, and a dose of inspiration to help you deepen your practice. Step off the mat feeling refreshed, nourished, and balanced. Bring a yoga mat, small blanket or beach towel, and water.

INSTRUCTOR: Yoga Rejoice
LOCATION: Community Park, Willow Room 304

<table>
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<tr>
<th>CLASS #</th>
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<td>6:00–7:00pm</td>
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<td>$117</td>
<td>$128</td>
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</table>
NEW! FEELING FIT  
ALL AGES

Feeling Fit offers a safe, comfortable environment to engage in physical activity, social interaction, and fun. Learn about the benefits of exercise, health, and fitness components. All moves and exercises are designed to be adapted to various physical abilities and can be performed from a seated or standing position. Equipment provided for class use.

INSTRUCTOR: Feeling Fit
LOCATION: Community Park, Sycamore Hall

FREE OLDER ADULT PROGRAMS!
INFORMATION: poway.org/olderadults

NEW! LINE DANCING  
ALL AGES

Do you love music, like to dance, but don’t have a partner? Learn to line dance! Each dance is a pattern of steps that repeats throughout the song. We’ll learn a new dance each week to different music. Wear soft-soled shoes and bring water.

INSTRUCTOR: Duffy
LOCATION: Community Park, Sycamore Hall

NEW! SILVER AGE YOGA  
ALL AGES

Silver Age Yoga is designed to reach the entire bell curve of the older adult population so that adults from beginner to advanced can safely participate at their own level of comfort. Can be performed from a seated or standing position.

INSTRUCTOR: Silver Age Yoga
LOCATION: Community Park, Sycamore Hall
Sports

SOCCER SHOTS MINIS  AGES 2–3

This high-energy program introduces children to fundamental soccer principles such as using their feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children begin to experience the joy of playing soccer and being active. All participants receive an Adidas Soccer Shots jersey for their participation.

INSTRUCTOR: Soccer Shots
LOCATION: WEDNESDAY: Valle Verde Park, Soccer Field SATURDAY: Community Park, Open Play Area
NO CLASS: Nov 27

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
<th>R/NR FEE</th>
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<td>Sep 18–Dec 11</td>
<td>$180/$191*</td>
</tr>
</tbody>
</table>

*$30 materials fee due on the first day of class

SOCCER SHOTS CLASSIC  AGES 3–6

Using imaginative games, we focus on basic soccer skills like dribbling, passing, and shooting. Positive character traits such as respect, teamwork, and appreciation are highlighted. Soccer Shots introduces your child to the fun of soccer and provides the foundation needed to get started in the sport. All participants receive an Adidas Soccer Shots jersey.

INSTRUCTOR: Soccer Shots
LOCATION: WEDNESDAY: Valle Verde Park, Soccer Field SATURDAY: Community Park, Open Play Area
NO CLASS: Nov 27

<table>
<thead>
<tr>
<th>CLASS #</th>
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<th>TIME</th>
<th>DATES</th>
<th>R/NR FEE</th>
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<tr>
<td>2010.203</td>
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<td>Sep 18–Dec 11</td>
<td>$180/$191*</td>
</tr>
<tr>
<td>2010.204</td>
<td>SA</td>
<td>10:35–11:20am</td>
<td>Sep 18–Dec 11</td>
<td>$180/$191*</td>
</tr>
</tbody>
</table>

*$30 materials fee due on the first day of class

NEW! SOCCER SHOTS PREMIER  AGES 7–10

Premier classes focus on individual skill, fitness, and sportsmanship, providing an opportunity for participants to be challenged through fun games and team interaction. Participants are also introduced to competition in a developmentally-appropriate manner.

INSTRUCTOR: Soccer Shots
LOCATION: Community Park, Open Play Area
NO CLASS: Nov 27

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
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<th>DATES</th>
<th>R/NR FEE</th>
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<tr>
<td>2010.205</td>
<td>SA</td>
<td>11:30am–12:25pm</td>
<td>Sep 18–Dec 11</td>
<td>$180/$191*</td>
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</table>

*$30 materials fee due on the first day of class
SKATEBOARDING: INTERMEDIATE/ADVANCED AGES 6-13

Participants develop flowing runs, focus on the principles of getting air, flip tricks, and grinding, meet professionals, and participate in mock competitions. Participants must have at least one year of experience OR have participated in the Skateboarding: Beginner class before enrolling. All participants MUST have a helmet, elbow pads, and knee pads each class. Bring a skateboard or contact the instructor for options prior to the first class.

INSTRUCTOR: SD Skatelife, Andrew Barbosa:
Andrew@sdskatelife.com

LOCATION: Community Park, Skate Park

NO CLASS: Nov 24

<table>
<thead>
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<th>TIME</th>
<th>DATES</th>
<th>R/NR FEE</th>
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<td>2004.203</td>
<td>W</td>
<td>4:00–5:00pm</td>
<td>Nov 3–Dec 15</td>
<td>$100/$111</td>
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TAEKWONDO AGES 5+

You’ll learn Taekwondo kicks, blocks, and punches. A white Taekwondo uniform is required and may be purchased from the instructor for $55. Attend the first day of class for free! Liability waiver required.

INSTRUCTOR: Grandmaster Wolpert’s Instructor

LOCATION: Community Park, Sycamore Hall

NO CLASS: Nov 11 & 25

BELT TESTING: Dec 16 – Participants will be notified if they’re eligible to attend; $50 belt testing fee required.

Youth Taekwondo

This program is designed to help participants develop respect, self-control, and discipline while building confidence through self-defense skills.

<table>
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<tr>
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<th>AGE</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
<th>R/NR FEE</th>
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</thead>
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<tr>
<td>2001.200</td>
<td>5–10</td>
<td>TU/TH</td>
<td>5:00–6:00pm</td>
<td>Sep 21–Dec 16</td>
<td>$129/$140</td>
</tr>
</tbody>
</table>

Junior/Adult Taekwondo

This is a complete martial arts program designed to help men and women of all ages develop strength, speed, coordination, endurance, and confidence.

<table>
<thead>
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<th>CLASS #</th>
<th>AGE</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
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<td>TU/TH</td>
<td>6:05–7:20pm</td>
<td>Sep 21–Dec 16</td>
<td>$129/$140</td>
</tr>
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</table>

YOUTH VOLLEYBALL AGES 9-14

Looking for a fun sport? Come and play volleyball on Monday nights. Boys and girls are invited to participate in this fun, recreational activity. Volleyball play is mixed with the learning of fundamental volleyball skills, including serving, passing, setting, and hitting.

INSTRUCTOR: David Claycomb

LOCATION: Meadowbrook Gymnasium

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>AGE</th>
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<th>TIME</th>
<th>DATES</th>
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<td>M</td>
<td>6:30–7:30pm</td>
<td>Sep 13–Nov 1</td>
<td>$65/$76</td>
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</table>

ADULT 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. Intermediate and Women: past volleyball experience is strongly recommended.

INSTRUCTOR: Dick Leatherman

LOCATION: Twin Peaks Multipurpose Center

Coed Intermediate

<table>
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<tr>
<th>CLASS #</th>
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<th>TIME</th>
<th>DATES</th>
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<tr>
<td>2005.200</td>
<td>Men</td>
<td>TH</td>
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<td>2005.201</td>
<td>Women</td>
<td>TH</td>
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<td>Sep 23–Nov 18</td>
<td>$70/$81</td>
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Coed Advanced

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<th>DATES</th>
<th>R/NR FEE</th>
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<tr>
<td>2005.202</td>
<td>Men</td>
<td>TU</td>
<td>6:30–9:30pm</td>
<td>Sep 21–Nov 16</td>
<td>$70/$81</td>
</tr>
<tr>
<td>2005.203</td>
<td>Women</td>
<td>TU</td>
<td>6:30–9:30pm</td>
<td>Sep 21–Nov 16</td>
<td>$70/$81</td>
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Women

<table>
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<th>DATES</th>
<th>R/NR FEE</th>
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<tr>
<td>2005.204</td>
<td>Women</td>
<td>M</td>
<td>6:30–9:30pm</td>
<td>Sep 20–Nov 15</td>
<td>$70/$81</td>
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</tbody>
</table>
NEW! INTELLECTUAL ATHLETE: AGES 6-12

In a playful environment, participants learn to focus, reduce stress, gain confidence, and improve performance both on and off the court. Intellectual Athlete fuses basketball skill-development with breathwork and free play to build a well-rounded player. This progressive and exciting program helps participants strengthen their instinctive response to stress through a fun play-practice framework.

INSTRUCTOR: Intellectual Athlete
LOCATION: Community Park, Basketball Court
CLASS # AGE DAY TIME DATES R/NR FEE
2015.200 6–9 TU 4:00–5:30pm Sep 14–Nov 2 $160/$171*
2015.201 10–12 TH 4:00–5:30pm Sep 16–Nov 4 $160/$171*
* $20 materials fee due on the first day of class

NEW! INTELLECTUAL ATHLETE: BASKETBALL+

In a playful environment, participants learn to focus, reduce stress, gain confidence, and improve performance both on and off the court. Intellectual Athlete fuses basketball skill-development with breathwork and free play to build a well-rounded player. This progressive and exciting program helps participants strengthen their instinctive response to stress through a fun play-practice framework.

INSTRUCTOR: Intellectual Athlete
LOCATION: Community Park, Basketball Court
CLASS # AGE DAY TIME DATES R/NR FEE
2015.200 6–9 TU 4:00–5:30pm Sep 14–Nov 2 $160/$171*
2015.201 10–12 TH 4:00–5:30pm Sep 16–Nov 4 $160/$171*
* $20 materials fee due on the first day of class

Open Play Sports

OPEN PLAY SPORTS: AGES 5-12

Experience the fun of trying out a new sport every week and practicing with speed drills, scrimmaging, endurance training, agility obstacles, balance testing, experienced-based learning, and more. Traditional sports like flag football, basketball, and soccer are included, as well as dodgeball, field games, and more to mix up the fun.

INSTRUCTOR: Fit Kids America
LOCATION: Community Park, Open Play Area
CLASS # AGE DAY TIME DATES R/NR FEE
2016.200 W 4:00-5:00pm Sep 15-Oct 27 $104/$115
2016.201 W 4:00-5:00pm Nov 3-Dec 15 $104/$115
GET SMART WITH ART   AGES 2–5

A unique beginners class for children to learn about artists and techniques, and create a new masterpiece each week! Children explore their creativity through carefully-designed lessons that ignite the imagination and encourage skill development.

INSTRUCTOR:  Ms. Vivian
LOCATION:  Community Park, Willow Room 306
NO CLASS:  Nov 22

<table>
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<td>M</td>
<td>10:00–10:45am</td>
<td>Oct 11–Nov 1</td>
<td>$52/$63</td>
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PAINT YOUR OWN POTTERY & MOSAIC DESIGN   AGES 9–12

Come paint and mosaic with The Krafty Caterer! In this fun, hands-on class, participants experience the different techniques of painting ceramics with both acrylic and glazing paints for firing in a kiln. Participants also design and create a mosaic plaque using glass tiles and grout for a beautifully-finished product! Each participant goes home with two finished ceramic works-of-art and a mosaic.

INSTRUCTOR:  Tara Brewer
LOCATION:  Community Park, Willow Room 306

<table>
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<th>DAY</th>
<th>TIME</th>
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<td>TH</td>
<td>4:00–5:00pm</td>
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<td>$55/$66*</td>
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NEW! BASICS IN WATERCOLOR   AGES 18+

Take your creativity to the next level with this adult level watercolor class. Explore the basics of watercolor painting along with the fundamentals of color theory by using photographic depictions of animals as your muse. Each class includes an instructor demonstration, painting time, and evaluation. Whether this is your first watercolor class or you’re an experienced painter, this class is for you! Materials not provided. Participants will be emailed a supply list.

INSTRUCTOR:  Nancy Oleksa
LOCATION:  Community Park, Willow Room 301

<table>
<thead>
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<td>2507.203</td>
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<td>TH</td>
<td>11:30am-2:30pm</td>
<td>Nov 4</td>
<td>$30/$41</td>
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NEW! CULINARY KIDS   AGES 6–12

No matter where we live, we all have one thing in common: eating. With a foundation of kitchen safety and nutrition, participants create unique dishes from different regions of the world and gain an appreciation for what food is and where it comes from. Learn measuring, seasoning, kitchen vocabulary, how to follow a recipe, and much more. This hands-on approach to learning makes being a junior chef fun and delicious!

INSTRUCTOR:  Fit Kids America
LOCATION:  Community Park, Willow Room 301
NO CLASS:  Nov 25

<table>
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<th>R/NR FEE</th>
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<td>Oct 28–Dec 9</td>
<td>$112/$123*</td>
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NEW! YOUNG ENGINEERS: ALGOPLAY   AGES 5–11

Discover the basic functions of coding LEGO® creations and creating parameters that move to your command. Young Engineers AlgoPlay is a screen-free coding program that provides participants with an entertaining way to learn coding sequences while playing with the AlgoBrix’s unique coding blocks.

INSTRUCTOR:  Young Engineers of Greater San Diego
LOCATION:  Community Park, Willow Room 304

<table>
<thead>
<tr>
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<td>Sep 13–Nov 1</td>
<td>$100/$111</td>
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</table>

NEW! YOUNG ENGINEERS: AMUSEMENT PARK   AGES 5–11

Explore the STEM behind amusement park rides using LEGO® in this engaging and hands-on learning experience. See how many rides you can create while learning the techniques to make them fast, fun, safe, and totally thrilling!

INSTRUCTOR:  Young Engineers of Greater San Diego
LOCATION:  Community Park, Willow Room 304

<table>
<thead>
<tr>
<th>CLASS #</th>
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<th>DATES</th>
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<td>W</td>
<td>4:00–5:15pm</td>
<td>Sep 15–Nov 3</td>
<td>$100/$111</td>
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NEW! MAZE GAME & 3D PRINTING   AGES 8–14

Create your very own maze game from beginning to end! First, map your maze using LEGO®, then transfer your design to a pixelated program, draw your course, and create custom sprites. Along the way, participants learn the basics of block coding, 3D CAD sprite design, and the fundamentals of “if then” statements while having fun and getting creative.

INSTRUCTOR:  Clicbitz, Tracey Herriot
LOCATION:  Community Park, Willow Room 305

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
<th>TIME</th>
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<th>R/NR FEE</th>
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<tr>
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<td>Sep 13–Oct 25</td>
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*20 materials fee due on the first day of class

*40 materials fee due on the first day of class

*10 materials fee due on the first day of class

*10 materials fee due on the first day of class

*10 materials fee due on the first day of class
**Special Needs**

**NEW! ZUMBA**  
**AGES 18+**

This dance-inspired fitness program features high-energy, Latin beats that will have you dancing to the rhythm of merengue, salsa, mamba, reggaeton, and more. You won’t even know that you’re working out! This truly unique exercise is easy to do, effective, totally exhilarating, and tons of fun.

**INSTRUCTOR:** Villa de Vida, Inc.
**LOCATION:** Community Park, Willow Room 306

<table>
<thead>
<tr>
<th>CLASS #</th>
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<tr>
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<td>Sep 13-Nov 15</td>
<td>$55/$66</td>
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*$15 materials fee due on the first day of class

**ARTS & CRAFTS**  
**AGES 18+**

Are you ready to express your creative side? Join us for an arts and crafts extravaganza filled with painting, drawing, and mixed media projects. Let your artistic mind loose on a different project each week!

**INSTRUCTOR:** Villa de Vida, Inc.
**LOCATION:** Community Park, Willow Room 306

<table>
<thead>
<tr>
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<td>Sep 14-Nov 16</td>
<td>$55/$66*</td>
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*$15 materials fee due on the first day of class

**NEW! SELF-CARE 101**  
**AGES 18+**

Participants are guided through exercises designed to improve confidence, self-respect, self-soothing, and self-compassion. Self-care supports our mental, emotional, and physical well-being. We will walk you through Villa de Vida’s very own self-care journal (provided). Experience numerous benefits from learning self-care strategies including reducing levels of stress and increasing happiness.

**INSTRUCTOR:** Villa de Vida, Inc.
**LOCATION:** Villa de Vida: 12939 Pomerado Road

<table>
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<th>DATES</th>
<th>R/NR FEE</th>
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<tr>
<td>2201.202</td>
<td>W</td>
<td>4:00–5:00pm</td>
<td>Sep 15-Nov 17</td>
<td>$55/$66*</td>
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*$18 materials fee due on the first day of class

**Safety Training**

**CHILD & BABYSITTING SAFETY**  
**AGES 10-17**

This hands-on, community education program teaches basic care techniques and child safety for infants and children. Participants practice infant care skills on dolls and manikins, as well as other babysitter activities. Topics include: playtime safety, infant and child feeding, recognizing emergencies, and more. Upon completion of the course, participants receive a Babysitting Certificate from the American Safety & Health Institute and a Pediatric CPR participant card. Participants should bring a snack and water.

**INSTRUCTOR:** Lockhart Training
**LOCATION:** Community Park, Willow Room 305

<table>
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*$10 materials fee due on the first day of class

**Dog Training**

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

**TRAINING CLASSES**  
**DOGS 12 WEEKS+**

Training classes are the best thing you can do for you and your dog. Basic commands are taught in the Basic Obedience classes along with walking politely on leash. As the curriculum advances in the Intermediate Obedience classes, your dog works towards obtaining a Canine Good Citizen Title (AKC certified), which includes greeting other dogs politely on leash and coming when called.

**INSTRUCTOR:** Good Dog Training School, Lynne Moore
**LOCATION:**
**TUESDAY:** Old Poway Park, Gazebo
**SATURDAY:** Garden Road Park, Open Area

**Basic Obedience**

<table>
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<td>2300.203</td>
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<td>Oct 30-Dec 4</td>
<td>$95/$106*</td>
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*$25 material fees due on the first day of class

**Intermediate Obedience: Canine Good Citizen**

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<td>Oct 30-Dec 4</td>
<td>$95/$106</td>
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</table>

**NEW! SELF-CARE 101**  
**AGES 18+**

Participants are guided through exercises designed to improve confidence, self-respect, self-soothing, and self-compassion. Self-care supports our mental, emotional, and physical well-being. We will walk you through Villa de Vida’s very own self-care journal (provided). Experience numerous benefits from learning self-care strategies including reducing levels of stress and increasing happiness.

**INSTRUCTOR:** Villa de Vida, Inc.
**LOCATION:** Villa de Vida: 12939 Pomerado Road

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*$18 materials fee due on the first day of class
Swim Classes

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

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

Swim Lesson Assessments
If you are unsure which level to enroll in, make an appointment to have a free swim lesson assessment! It is highly recommended for determining the correct placement level for participants.

INFORMATION: (858) 668-4680

PARENT & CHILD AGES 6–23 MONTHS
Introduces your child to the water and basic water skills. Parents must accompany their children in the water. Does not teach children to be accomplished swimmers or survival skills.

CLASS # DAY TIME DATES R/NR FEE
Session 1
0010.420 TU/TH 4:20–4:50pm Aug 24–Sep 9 $46/$69

PRE-GRUNION AGE 2

Designed for young children who are ready to begin learning basic swimming skills, but not ready to participate without their parents. Skills introduced are water entry, breath control, floats, and beginning swim strokes. Parents must accompany their children in the water.

CLASS # DAY TIME DATES R/NR FEE
Session 1
0020.410 M/W 5:10–5:50pm Aug 23–Sep 15* $54/$81
Session 2
0020.430 M/W 4:20–5:00pm Sep 20–Oct 13 $62/$93

GRUNION 1 AGES 3–4

A beginning class for children with limited or no swimming experience to become comfortable in the water. Skills range from submerging underwater, front and back floats, front and back kicking, and beginning swim strokes.

CLASS # DAY TIME DATES R/NR FEE
Session 1
0101.410 M/W 3:30–4:10pm Aug 23–Sep 15* $54/$81
0101.411 M/W 4:20–5:00pm Aug 23–Sep 15* $54/$81
0101.420 TU/TH 3:30–4:10pm Aug 24–Sep 16 $62/$93
0101.421 TU/TH 5:10–5:50pm Aug 24–Sep 16 $62/$93
Session 2
0101.430 M/W 3:30–4:10pm Sep 20–Oct 13 $62/$93
0101.431 M/W 4:20–5:00pm Sep 20–Oct 13 $62/$93
0101.440 TU/TH 3:30–4:10pm Sep 21–Oct 14 $62/$93
0101.441 TU/TH 4:20–5:00pm Sep 21–Oct 14 $62/$93

*PLEASE NOTE: There will be no class on Monday, September 6
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 basic swim skills learned in Grunion 1, with a greater emphasis on independence.

<table>
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<tr>
<th>CLASS #</th>
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Session 2

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GRUNION 3  AGES 3–5

Designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasized skills include front and back crawl. Students should feel comfortable in at least four feet of water.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
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Session 2

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OTTER PUP  AGES 3–5

This class is for swimmers that are ready to move on to the Otter level but are not old enough. Focuses on improving technique, increased endurance of front and back crawl, and side breathing. Students must be proficient in all Grunion 3 skills to enroll.

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</table>

STARFISH  AGES 6–12

Designed for older swimmers with limited or no swimming experience to gain confidence in the water. Students will learn fundamentals of submerging, floating, kicking, and swim strokes. Orientation to four feet of water is also introduced.

<table>
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SEAHORSE  AGES 6–12

This class is for older 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.

<table>
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</tbody>
</table>

*PLEASE NOTE: There will be no class on Monday, September 6
### OTTER AGES 6–14

This class improves technique, promotes self-proficiency, and increases endurance of front crawl and back crawl. Additionally, focuses on side-breathing, passing the Swim Test, and introduces the deep end.

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### SEAL AGES 6–15

Takes place in 11-12 feet of water. Must be able to swim 15 yards of front crawl with side breathing, back crawl, and elementary backstroke. Skills introduced are dolphin and breaststroke kick, diving from the side of the pool, and continued emphasis on stroke efficiency.

<table>
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<td>TU/TH</td>
<td>6:00–6:40pm</td>
<td>Aug 24–Sep 16</td>
<td>$62/$93</td>
</tr>
</tbody>
</table>

### STINGRAY AGES 6–15

This class continues to develop technique and endurance of front crawl, back crawl, and elementary backstroke in 11-12 feet of water. Introduced skills are breaststroke, sidestroke, and diving.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
<th>R/NR FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>0205.410</td>
<td>M/W</td>
<td>6:50–7:30pm</td>
<td>Aug 23–Sep 15*</td>
<td>$54/$81</td>
</tr>
<tr>
<td>0205.420</td>
<td>TU/TH</td>
<td>6:50–7:30pm</td>
<td>Aug 24–Sep 16</td>
<td>$62/$93</td>
</tr>
</tbody>
</table>

### SWORDFISH AGES 6–15

Develop skill proficiency and continue to progress towards swimming greater distances in all strokes. Participants are expected to swim at least 50 yards without stopping prior to taking this class.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
<th>R/NR FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>0206.430</td>
<td>M/W</td>
<td>6:50–7:30pm</td>
<td>Sep 20–Oct 13</td>
<td>$62/$93</td>
</tr>
</tbody>
</table>

### DOLPHIN AGES 6–15

Focuses on stroke refinement and increased swimming endurance. Proficiency in front crawl with side-breathing, back crawl, elementary backstroke, sidestroke, and breaststroke are expected. New skills introduced are butterfly and flip turns.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
<th>R/NR FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>0207.430</td>
<td>M/W</td>
<td>6:50–7:30pm</td>
<td>Sep 20–Oct 13</td>
<td>$62/$93</td>
</tr>
</tbody>
</table>

### ADULT BEGINNER AGES 16+

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

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
<th>R/NR FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>0301.410</td>
<td>M/W</td>
<td>6:50–7:30pm</td>
<td>Aug 23–Sep 15*</td>
<td>$54/$81</td>
</tr>
<tr>
<td>0301.420</td>
<td>TU/TH</td>
<td>6:50–7:30pm</td>
<td>Aug 24–Sep 16</td>
<td>$62/$93</td>
</tr>
</tbody>
</table>

### ADULT INTERMEDIATE AGES 16+

For adults who are comfortable in the water and have basic swimming skills. Focuses on increased endurance, stroke refinement, and improvement.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
<th>R/NR FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>0302.410</td>
<td>M/W</td>
<td>6:50–7:30pm</td>
<td>Aug 23–Sep 15*</td>
<td>$54/$81</td>
</tr>
<tr>
<td>0302.440</td>
<td>TU/TH</td>
<td>6:50–7:30pm</td>
<td>Sep 21–Oct 14</td>
<td>$62/$93</td>
</tr>
</tbody>
</table>

### PRIVATE LESSONS ALL AGES

Private lessons are tailored to the individual’s ability and desired skills. Must register for a minimum of four classes. Lessons are 30 minutes each. Registration takes place in person at the Swim Center and is available on a first-come, first-serve basis. Children under the age of three may be required to have an adult in the water.

**INFORMATION:** (858) 668-4680

R/NR FEE

$31/$44 per lesson

*PLEASE NOTE: There will be no class on Monday, September 6*
MICKEY CAFAGNA COMMUNITY CENTER
Located in Community Park
13094 Civic Center Drive
poway.org/rentals

Looking for a venue to host your next celebration or corporate function? Look no further than the brand-new Mickey Cafagna Community Center at Community Park. With both indoor and outdoor spaces, this is the perfect place for your wedding, reception, child’s birthday party, or fundraiser.

For more information on rental rates, hours, and amenities for all of our Community Services facilities, please visit poway.org/rentals or call (858) 668-4580.
POWAY COMMUNITY PARK
13094 Civic Center Drive
(858) 668-4671
poway.org/communitypark

Hours
Daily | Sunrise–Sunset

Office
Daily | 8:00am–9:00pm

Ball Fields | Bocce Courts
Daily | 8:00am–sunset
(10:00pm with reservation)

Dog Park | Tennis Courts | Basketball Court
Daily | Sunrise–10:00pm

Unsupervised Skate Park
Daily | 8:00am–8:00pm

IN THE PARK SERIES

FREE!
Rustle up fun while panning for “gold”, pop yourself silly in a bubble-palooza, pound out the beat of your favorite melody, or blast your imagination into space and beyond! Community Park’s In The Park Series is two hours of themed-fun that’s sure to provide exciting, unique experiences for the whole family. While the theme may change from month-to-month, one thing is guaranteed: FUN!

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
<th>THEME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>M</td>
<td>10:00am–12:00pm</td>
<td>Sep 27</td>
<td>Space</td>
<td>FREE</td>
</tr>
<tr>
<td>TH</td>
<td>10:00am–12:00pm</td>
<td>Nov 11</td>
<td>Music</td>
<td>FREE</td>
</tr>
</tbody>
</table>

BINGO

FREE!
Whether you’re a seasoned pro or new to the game, come test your luck. With multiple winners, everybody has a chance to win cash, jackpot prizes, bonus rewards, and more. Brought to you by the Friends of Poway Seniors. For more information visit: friendsofpowayseniors.org.

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>TU</td>
<td>11:30–3:00pm</td>
</tr>
<tr>
<td>SU</td>
<td>12:30–4:00pm</td>
</tr>
</tbody>
</table>

MEAL PROGRAM

Meal Program for Older Adults
For more information about the current meal program, please visit poway.org/olderadults.

SAVE THE DATE!

Winter Festival
Experience the magic and charm of winter like never before at Community Park! This year, the FREE event will be held on:
Friday, January 7, 2022
Saturday, January 8, 2022
OLD POWAY PARK
14134 Midland Road
(858) 668-4576
poway.org/oldpowaypark

Hours
Railroad Info:
powaymidlandrr.org
Farmers Market
Saturdays | 8:00am-1:00pm

ONCE UPON A HALLOWE’EN
ALL AGES
FREE!
Celebrate Halloween in a distinctly different way at this family-friendly event. Take a ride aboard the “Halloween Express” locomotive, visit the “cemetery” and haunted house, play carnival-type games, and enjoy spooky Hallowe’en crafts, plus tasty treats. Some activities require a nominal fee.
Sunday, October 24 | 4:30–8:30pm
INFORMATION: poway.org or (858) 668-4576

WORKIN’ ON THE RAILROAD
ALL AGES
FREE!
Railroads have been an important part of our heritage and we’d like you to join us in their celebration. In addition to a main stage in the gazebo filled with musical entertainment from San Diego Folk Heritage, there will be model railroad layouts in the Porter House. The Nelson House will be open for tours. The Poway Midland Railroad will provide train rides around the park for a nominal fee. Come join us for a day of history and fun!
Saturday, November 6 | 11:00am-4:00pm
INFORMATION: poway.org or (858) 668-4576

SAVE THE DATE!
ALL AGES
Christmas in the Park
Saturday, December 11
3:30–8:30pm
POWAY SWIM CENTER
13094 Civic Center Drive
(858) 668-4680
poway.org/swim

The Swim Center includes a 50-meter by 25-yard pool with attached diving well and shallow children’s area. The facility also features:

• One- and three-meter diving boards
• Lap swimming lanes
• Full locker rooms with private shower stalls and changing areas
• Family/single-use restrooms
• Splash Pad with geysers, overhead buckets, water tunnel, and more!
• Water maintained between 80 and 84 degrees

Lanes will be set aside during recreational swim for those interested in swimming laps. Some recreational swim times will be shared with City programs and facility rentals. Portions of the pool and diving boards may not be available for use by the public during these times.

Hours

Fall (Aug 16–Oct 17)

**Adult Lap Swim**

| Mon/Wed/Fri | 6:30–8:30am | 10:30am–7:00pm* |
| Tues/Thurs  | 6:30am–1:30pm (Long Course) | 1:30–7:00pm |
| Sat/Sun     | 10:30am–5:00pm |

**Recreational Swim/Splash Pad**

(Splash Pad may be closed based on seasonal weather)

| Mon/Wed/Fri | 10:30am–12:00pm (Shallow Square/Splash Pad only; Diving Board Closed) | 12:00–7:00pm* |
| Tues/Thurs  | 8:00am–2:00pm (Shallow Square/Splash Pad only; Diving Board Closed) | 2:00–7:00pm |
| Sat/Sun     | 1:00–5:00pm |

**Holiday Hours**

Labor Day | Sep 6 | 10:30am–5:00pm

*The Swim Center will be closed at 5pm on the 1st Friday of every month for staff training.

**WATER EXERCISE**

AGES 16+

Water exercise is a low-impact exercise for any ability. Classes are held in four feet of water. Daily admission is required.

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W/F</td>
<td>11:00am–12:00pm</td>
<td>Daily Admission Fee</td>
</tr>
</tbody>
</table>

**FAMILY SWIM**

ALL AGES

Bring your family and floaties to the pool! Family Swim is a designated time for families to come swim together and enjoy their toys, rafts, fins, snorkels, and inner tubes. Items not provided by Swim Center. Proof of residency will be required for the resident rate. Family rate includes two adults and two children.

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIME</th>
<th>R/NR FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>SA/SU</td>
<td>10:30am–1:00pm</td>
<td>$11/$16</td>
</tr>
</tbody>
</table>

**PARTY PACKAGES**

ALL AGES

The Poway Community Swim Center is the best place to throw a party that really makes waves! Make reservations in person at the Swim Center during regular business hours. Party Packages all include reserved picnic tables, public pool use, use of facility refrigerator and freezer and admission for 25 swimmers!*

**R/NR FEE**

Picnic Tables (Deep end or Splash Pad) $119/$130

INFORMATION: poway.org/poolpartypackages or (858) 668-4680

*Inflatable Packages will return in Spring 2022.

**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 certifications for Lifeguarding/First Aid/CPR/AED/Title 22/Oxygen.

Learning occurs in and outside of class. 100% attendance and participation is required. There is a water skills test on the first day of class that must be passed in order to take the class. Class fee includes materials, book, and a resuscitation mask. Must be 15 years of age by the first day of class.

INFORMATION: poway.org/lifeguardtraining or (858) 668-4683.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>0700.404</td>
<td>M</td>
<td>5:00–8:00pm Pretest</td>
<td>Oct 18</td>
<td>$210*</td>
</tr>
<tr>
<td></td>
<td>SA</td>
<td>8:00am–5:00pm</td>
<td>Oct 23, 30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>M/W</td>
<td>5:00–8:00pm</td>
<td>Oct 25, 27; Nov 1, 3</td>
<td></td>
</tr>
</tbody>
</table>

*This includes the $43 certification fee paid directly to the American Red Cross.
LAKE POWAY
14644 Lake Poway Road
(858) 668-4770
poway.org/lakepoway

Park Ranger Office (858) 668-4772
Lake Poway Concession (858) 668-4778

Hours
Daily | 6:00am–Sunset

Lake Fishing and Boating Hours
Wednesday–Sunday | 6:00am–Sunset

Entry Station
Open Weekends & Holidays
$10 non-resident entry fee for vehicles
Active Military free with ID

Holiday Hours
Open Labor Day | Sep 6
Open Thanksgiving | Nov 28
Open Christmas | Dec 25

FALL CAMPING SERIES
ALL AGES
Camping your way! Set up your tent and explore the park at your own pace. Hike the many trails, drop a line to catch a fish, cruise the lake on a motorboat, or simply relax by your campsite and take in all the natural beauty that Lake Poway offers. Fishing permits and boat rentals are not included, but may be purchased for a nominal fee.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1103.200</td>
<td>F–SA</td>
<td>1:00pm–10:00am</td>
<td>Sep 10–11</td>
<td>$26</td>
</tr>
<tr>
<td>1103.201</td>
<td>F–SA</td>
<td>1:00pm–10:00am</td>
<td>Sep 24–25</td>
<td>$26</td>
</tr>
<tr>
<td>1103.202</td>
<td>F–SA</td>
<td>1:00pm–10:00am</td>
<td>Oct 8–9</td>
<td>$26</td>
</tr>
<tr>
<td>1103.203</td>
<td>F–SA</td>
<td>1:00pm–10:00am</td>
<td>Oct 22–23</td>
<td>$26</td>
</tr>
</tbody>
</table>

Night Fishing
Think you’re ready for the night bite? Stocked regularly with catfish, Lake Poway also has a thriving bass population. Fish until 11:30pm on Friday & Saturday nights through September 4.

Trout Season Returns to Lake Poway!
Temperatures dropping means trout are returning! Lake Poway has the best permit and boat prices in the area and is truly a “Big Trout Destination!” Watch our website for the opening of Trout Season: poway.org/LakePoway.

BLUE SKY ECOLOGICAL RESERVE
16275 Espola Road
1 mile north of Lake Poway Road
(858) 668-4781
poway.org/bluesky

Hours
Daily | Sunrise–Sunset

FREE! DOCENT-LED NATURE WALKS OPEN IN SEPTEMBER
Find our Activities Schedule on the website or pick up a copy at Lake Poway or the Reserve. Bring water and dress appropriately for the weather. All hikes begin at the bus stop in the parking lot.

HIKING WITH KIDS AGES 5–10
Feel like a pack mule hiking with the kids? Why not let them share a little of the load? It will help them develop a degree of self-sufficiency and independence. Each child will be given their own kid-size backpack to decorate. We’ll also provide some lightweight essential items for them to put in their packs before heading out on the trail with a ranger or docent for a one-mile hike. Limited to 30 children. Children must be accompanied by an adult. Register online at poway.org/classes.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DAY</th>
<th>TIME</th>
<th>DATES</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1200.209</td>
<td>SA</td>
<td>9:00–11:30am</td>
<td>Nov 13</td>
<td>$3 per child</td>
</tr>
</tbody>
</table>

STORYBOOK AND TRAIL TIME ALL AGES
Connect with nature and introduce your kids to a fun, new story every few weeks posted along the Green Valley Truck Trail and Creekside Trail. Be sure to stop at the Bird Wingspan sign and measure the family against some of the birds that can be found in Blue Sky.

SAVE THE DATE!
ALL AGES
Hoot, Howl and Prowl
Saturday, October 23 | 5:30–7:15pm
Please see inside front cover for all the details!
KUMEYAAY-IPAI INTERPRETIVE CENTER
13104 Ipai Waaypuk Trail
(858) 668-4781
Parking located at 13104 Carriage Road, Poway
poway.org/kiic

Hours
Open third Saturday of each month | 10:00am–1:00pm

GUIDED AND SELF-GUIDED TOURS OF THE ANCIENT COMMUNITY OF PAUWAI
Visit us on the third Saturday of each month and take a docent-led tour or enjoy learning about the Kumeyaay’s traditional lifestyle and culture at your own pace. Experience ‘ewaas in our replica village, ramadas, milling and grinding stations.

NATIVE AMERICAN INSPIRED CRAFTS AGES 5–10
Through Native American inspired crafts, children can explore traditional Native American values and cultural history. Kids will paint their own “spirit rock”, make a rainstick, decorate a card with native plants, paint a gourd, and make Pshok game sticks. Parents must accompany children. Limited to 25 children. Register online at poway.org/classes.

<table>
<thead>
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<tbody>
<tr>
<td>1200.200</td>
<td>SA</td>
<td>9:00–11:00am</td>
<td>Sep 25</td>
<td>$3 per child</td>
</tr>
</tbody>
</table>

SCHOOL TOURS GRADE 3
Offered alternate Thursday and Friday mornings. Experience the life of the Kumeyaay, discover artifacts and ancient milling sites, and participate in hands-on traditional activities. Schedule your tour online: poway.org/kiic.

FEE
$4 per student

Calling All Volunteers!
Volunteers are the heart and soul of our community, and our best cultural resource!
The City of Poway offers a wide array of volunteer opportunities that allows individuals or groups a way to give back to their community in meaningful ways. Currently, we are looking for:

• Kumeyaay-Ipai Interpretive Center volunteers to lead tours for third grade students on Thursday or Friday mornings, or public tours on the second and fourth Saturdays. Lead just one tour a month (more if you prefer!) and you will impact lives for a lifetime!

• If digging in the dirt is your preference, the Kumeyaay Center needs assistance removing invasive species, planting new natives, trimming trails, and general help beautifying the site!

• Join our team of docents at Blue Sky Reserve. Docents assist in leading nature hikes, habitat restoration, and at special events.

Absolutely no experience is required and our self-paced training is completely free!

FOR INFORMATION OR TO VOLUNTEER:
Contact Annie Ransom by email at aransom@poway.org or apply online at poway.org/volunteer.
POWAY LIBRARY
13137 Poway Road
(858) 513-2900
sdcl.org

The Poway Library is open!
Most services are available, but with some modifications. Services include computer use, printing and copying, holds pickup, access to books, movies, and CDs for checkout, and Wi-Fi access. Library materials may be returned inside the building during business hours or via the outdoor book drops 24/7.
For the latest updates on our hours of operation and services, please visit our website: sdcl.org.

POWAY’s Premier Sports Complex

► Adult Softball
► Adult Indoor Soccer
► Youth Indoor Soccer (3-12yrs)
► Birthday Parties

Leagues now forming. Visit us online today!
SportsplexUSA.com

12349 Mclvers Ct. Poway, CA 92064
Fall Registration Begins August 3, 2021 at 7:30am

Class and Camp Refund/Transfer Policy

Cancelled by City:
A full refund will be issued for all classes or camps cancelled or overbooked by the City of Poway and/or the independent contract instructor.

All Other Refunds:
Refunds or transfers must be requested in writing by noon at least one week prior to the start date. Written requests may be submitted via email to Activenet@poway.org, or by mail to City of Poway, Community Services Department, P.O. Box 789, Poway, CA 92074. A $16 cancellation fee will be deducted. No cancellation fee will be deducted if customer places refund as a credit on account. If class, camp, or program is less than the $16 cancellation fee, the refund will automatically be given as credit on account. Credit on account will be valid for one year and may be applied to another enrollment or reservation. If the credit is not used after one year, the funds will be forfeited and the customer’s account will be cleared. Except as otherwise provided in this policy, if a registrant fails to attend a program after it begins, the registrant is not entitled to a refund. 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.

Residency
Poway Residents are defined as those persons who live within the City limits of Poway. Proof of residency is required at the time of registration.

Financial Assistance

Poway Leisure Assistance for Youth (PLAY) Scholarship
Developmentally-disabled individuals and youth may 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 poway.org/play.

Access
We strive to ensure our programs, services, and facilities include and accommodate those with developmental disabilities.
We can’t wait to celebrate the Arts with you!

Intermission is almost over and excitement is building for our September 2021–June 2022 season. We'll bring back a diverse lineup of performances from Poway OnStage, the Poway Unified School District, and our numerous and talented community organizations. More details to be released in August and rental applications are now being accepted at business@powaycenter.com

Poway OnStage

THE GATLIN BROTHERS
SEPT 17

CATAPULT SHADOW
DANCE COMPANY
OCT 10

TAPE FACE
OCT 15

“Truly Magical”
– Chortle

“Utterly Spectacular!”
– Time Out

MANHATTAN TRANSFER
NOV 6

JOHN MAYALL and WALTER TROUT
DEC 11

NATURALLY 7
FEB 11

Presenters of World-Class Talent at the Poway Center for the Performing Arts

15498 Espola Road, Poway, CA 92064

For ticket information, visit www.PowayOnStage.org
FALL 2021 EVENTS AT A GLANCE

FALL CAMPING
- September 10–11
- September 24–25
- October 8–9
- October 22–23
- Lake Poway

REZEVYOUS
- October 2 & 3
- Old Poway Park

HOOT, HOWL & PROWL
- October 23
- Blue Sky Reserve

ONCE UPON A HALLOWE’EN
- October 24
- Old Poway Park

SAVE THE DATE!
Registration begins August 3 at 7:30am. See page 24 for details, or visit poway.org/classes.