New Smart Phone and Web Applications Improve Operations with Technology

YourGOV: A New Fast & Easy Way to Contact Your City

With the click of a mouse or a touch on your phone, you can now report non-emergency issues to the City such as pot holes, graffiti, streetlight outages, and other maintenance needs any time of the day or night. YourGOV is an application that can be used via the Web or your mobile phone to submit an issue and track its progress from submission to completion.

To begin, visit the YourGOV site at www.poway.org/yourgov or download the free App in the iTunes App Store (for iPhone) or the Google Play Store (for Android-enabled smartphones). Creating a login will allow you to track your request and receive notification when your issue is resolved. Reporting an issue is easy. Just follow these simple steps:

- Browse to the website or open the App on your smartphone
- Select “Add Request”
- Enter the address or click on the map to indicate the location of the issue
- Enter the details of request (including a photo if you wish)
- Click Submit

Once submitted, the item enters directly into the City’s management system, called Cartegraph, and routes to the proper staff for handling. There is no faster, easier way to submit a service request or to report a nonemergency maintenance issue. If the issue is more urgent in nature, like a water main break, fallen tree in the road, or traffic signal outage, please call 858-668-4700 during normal business hours or 858-668-4751 after business hours.

Snow in Poway?

Did you know that it snowed in Poway in January? The thousands of guests who attended Poway Community Park’s Winter Festival sure did! Formerly known as Poway WinterFest, the revamped Winter Festival made its inaugural January debut and was a smashing success. In addition to the Friday and Saturday public event, the City of Poway partnered with local special needs organizations to host a special needs version of the event prior to opening to the public on Saturday, January 11. Nearly 500 special needs individuals and their families enjoyed ice skating, sledding down snow hill, arts and crafts, and making wonderful memories with their peers.

The community response to Winter Festival was overwhelmingly popular! We can hardly wait until next year! Special thanks to all the sponsors that made this entire weekend possible: Toyota of Poway, Kelchlin Construction, Polvo’s Therapeutic Riding Center, Poway Countryside Barn, Next Stage U, Edco Waste Disposal, and Walmart.

Pawon’s First Baby of 2014!

The City of Poway would like to welcome Daniça Avila. She was born at 11:31 a.m. on January 3, 2014, at Pomerado Hospital, making her the first Poway baby born in the New Year. Daniça was welcomed by her mother Tania and father Oscar. She weighed 5 lbs. 11 oz. and was 17” long at birth.

As part of the City’s First Baby Program, a $200 gift card was presented to her family during the February 4, 2014 City Council Meeting.

Spring Cleaning Hints & Coupons

It’s easier than ever to initiate service requests or report non-emergency maintenance via the web or mobile YourGOV App.

The Poway Library is one of the oldest branches in San Diego County. The current branch, located at 13337 Poway Road, opened in 1998. It currently ranks the sixth largest in circulation of materials in all of San Diego County and hosts an average of 54 programs per month. With such high usage, it was time to maximize space as effectively as possible to offer the widest range of services to the public. That requires a face lift!

The library building is owned by the City of Poway. The County of San Diego operates the facility under an Agreement for the Provision of Library Services. The County of San Diego, Friends of the Poway Library and the City of Poway are collaborating on a remodel of the Poway Library to take place this spring. The City and the County will each contribute $375,000 toward the project while the Friends of the Library will contribute $125,000. The remaining $652,000 will come from the City’s Library Endowment Fund, which has a current balance of approximately $190,000. The Endowment Fund was established in 1992 to purchase books, equipment, furniture, and other library resources.

There will be no increase in the square footage of the building, but rather an update to the usable interior space. This will be accomplished by utilizing portable furniture and equipment. The teen area will be significantly expanded and defined. The dedicated space for the Friends of the Library will also be expanded and enhanced. The computer lab will be remodeled, and new lighting and carpet will be installed. The remodel will create more seating and study areas, increase the family and children’s area, and create a defined homework area. The work will also increase the amount of natural light inside the building. The improved functionality of the interior space will create more opportunities for the City to partner with the library to provide programs and activities for teens and families.

On the exterior of the building, a patio cover will be installed over the area between the library building and the meeting room. The project will commence in the spring of 2014 and is projected to be complete by the end of the year.

This Issue:

- SD Business Journal Tours Poway Businesses
  Finds innovation, and healthy growth in Poway’s future.
  pg. 2

- Building Codes Update
  New building codes are going into effect this year. See how they might affect your projects.
  pg. 14

- 2013 was a Record Dry Year
  This year is also looking to be dry – learn ways you can conserve water to help us through the drought and save you money!
  pg. 13

- Spring Cleaning Hints & Coupons
  It’s that time of year to clear out the closets and the garage – get a free hail coupon from EDKO.
  pg. 16
think twice before putting harmful materials down the drain or in the trash!

### DOWNTOWN POWAY (Safely!)
Education campaigns are springing up across the country with hopes that customers can learn to stop using toilets and sinks as trash cans.

1. Simple: toilet paper and human waste should be the only things going down the toilet, and soap and water should be the only things going down the sink drain.

The “used” water coming from our toilets and sink drains is commonly called “wastewater.” The majority of our region’s wastewater is transported through miles of pipes for discharge into the ocean. However, before it can be discharged into the ocean, most solid materials must be removed through a series of mechanical and chemical processes. The more solids and the harder they are to break down, the more complicated and expensive the removal process.

Commonly flushed items that clog lines and increase costs include baby wipes, cat litter, dental floss, and medical materials. Even facial tissues are too sturdy to be flushed. They are designed to stay solid and do not break down easily, whereas toilet paper is designed to do just the opposite—dissolve quickly when exposed to water.

Some municipalities now face millions of dollars in additional expenses dispatching crews to unclog pipes and pumps and replacing and upgrading machinery with strippers and choppers to handle “flushable” wipes that are turning out not to be flushable after all.

### SAN DIEGO BUSINESS JOURNAL TOURS POWAY BUSINESSES

O ne of the most recognized beer awards, including Best in Show of the world, is the San Diego Business Journal’s Top 10 Business Tour, which was facilitated by the San Diego North Economic Development Council along with the Poway Economic Development Division.

The Top 10 Business Tour includes:
- Pure Forge’s amazing atomic office facility, training center, cafeteria, and gym
- TekWorks’ customized project tracking, technology applications, and system designs
- Hoist Fitness’ innovative all entrants
- Delkin Devices’ manufacturing process of strength carbon fiber components for aircraft
- Chef Works’ impressive designs of restaurants around the world
- Poway’s Household Hazardous Waste (HHW) Facility exists to ensure their special wastes are disposed of properly to meet legal requirements and also to ensure that sanitation workers are not exposed to additional dangers.

When household hazardous wastes (paint thinner, pool acid, car batteries, pesticides, etc.) are improperly disposed of in the weekly trash or recycling pick-up, incompatible products can ignite or explode. An explosion can lead to worker injury, danger to motorists as well as increased expenses, and environmental damage.

Please take a moment to separate special waste from your regular household trash and recyclables in an effort to keep drivers and residents safe from the potential of life-threatening chemical reactions.

For more information, call the Poway Crime Prevention Unit at 858-513-2807.

### BURGLARY PREVENTION

Five Easy Ways to Protect Your Home

The majority of residential thefts are crimes of opportunity where the victims have left their homes unsecured. The opportunities for residential burglaries can be curtailed both individually and collectively through actions working with local law enforcement agencies. Many people who have never been a victim are often less than diligent about securing their homes and safeguarding their property.

Unfortunately, thieves seek out these opportunities to access homes and garages through unlocked doors and windows, with minimum effort.

Reliable estimates indicate that the average burglary takes just three to five minutes. Shut out burglars by applying the following principles:

- **Surveillance**: The ability for people to see and be seen by day and by night.
- **Lighting**: Put interior and exterior lights on timers when it starts to get dark.
- **Physical Security**: Use locks, hardware, and structural elements.
- **Evidence of Activity**: Provide a sense of occupancy at all times.
- **Neighborhood Watch**: Neighbors watching out for each other and reporting suspicious activity to law enforcement.

Most law enforcement agencies promote the principles of Crime Prevention through Environmental Design as the most effective way to confront crime. This environmental approach incorporates the above five key aspects into the three specific areas of a residence, each of which is equally important to address:

- **The Interior**: The interior includes all interior lighting and timers as well as perceived activity. The goal is to create a sense that someone is home because most burglars want to avoid a confrontation.
- **The Exterior**: The exterior includes all exterior lighting and timers as well as perceived activity. The goal is to create a sense that someone is home because most burglars want to avoid a confrontation.
- **The Interior**: The interior includes all interior lighting and timers as well as perceived activity. The goal is to create a sense that someone is home because most burglars want to avoid a confrontation.

**Maximizing the security elements in these three environments and maintaining the concepts of the Neighborhood Watch Program** will help to provide more secure homes and communities. The Poway Sheriff’s Crime Prevention Unit is a valuable resource for residents to consider as a means to increase awareness and to learn about other tools to reduce residential burglaries including:

- **Neighborhood Watch Programs**
- **Residential security assessments to identify vulnerabilities**
- **Vacation checks**

For more information, call the Poway Crime Prevention Unit at 858-513-2807.
SPRING 2014

Calling All Teens!

Do you need volunteer hours for school? Would you like to meet other teens and serve the Poway community? If so, join the new City of Poway Teen Volunteer Program! Teens ages 14-17 will have the opportunity to earn volunteer hours during various recreation programs and events, as well as attend specialized trainings, participate in community service projects, and socialize during group outings. Orientations will be held monthly to accept applications and begin the training process. Pre-registration is required. For more information or to register for an orientation, please call (858) 668-4672 or email teenvolunteers@poway.org.

Upcoming Teen-only Events!

Glow in the Dark Egg Hunt
March 10th and May 15th
Egg Hunt at Lake Poway
April 18th

Look for details in the Summer Poway Today...

FREE Band Festival & Arts & Crafts Market

Come listen to concert bands from near and far during a FREE weekend of music at Old Poway Park. The 20th Annual California Band Festival and Arts and Crafts Market will honor the Armed Forces and their families. The event is hosted by Old Poway Park Action Committee members, the Poway Community Band, the Poway Arts and Crafts Guild, and the City of Poway. Bands will perform American music and each day will end featuring a military band. Arts and crafts market refreshments, and train rides are available for a nominal fee. Information: (858) 668-4576.

Upcoming Summer Events

2014 SUMMER CONCERTS
Some of the best local entertainment and summer fun returns to Poway with the 2014 Summer Concert Series. Bring your blanket or chair, picnic dinner or snack, and have a great time with family and friends. Concerts take place Sundays, from 5:30 to 7:00 pm, Lake Poway concerts: June 22, July 6, August 3. Old Poway Park concerts: July 13, July 27, August 10. The entertainment schedule will be advertised in the Summer Poway Today and our website: www.poway.org. Information: (858) 668-4370.

Outdoor Movie-in-the-Park Series
Enjoy a family-friendly movie under the stars during the Outdoor Movie-in-the-Park Series. Movies will be shown on Saturdays, at sunset at Community Park: June 28, July 26, August 23, and at the Poway Swim Center: July 12, August 9. Concessions will be hosted by teen volunteers to help raise funds for City of Poway youth programming. Information: (858) 668-4571 or www.poway.org.

Old-Fashioned FOURTH OF JULY
Bring your family and friends, and join us at Old Poway Park where we celebrate our country's independence "turn-of-the-twentieth-century-style!" This FREE event features patriotic entertainment, old-fashioned games, and train rides and gunfiring demonstrations. Information: (858) 668-4576 or www.poway.org/oldpowaypark.

Get Ready, Summer's comin'!

Summer will be here before you know it! This year's line-up of summer camps will be bigger and better than ever, ensuring that you have the best summer yet! Early Summer Camp Registration will begin on Tuesday, April 15, 2014, at 7:30am.

Need to be Reminded?
Connect with Us!
Email Newsletter: www.poway.org/community
Never miss out on a recreation opportunity again!
Early Registration for Lake Poway Day Camp will begin April 15, 2014, at 7:30am!

Lake Poway Day Camp is the perfect place for summer fun for children ages 6 to 12. Each week, campers go swimming, hiking, boating, fishing, create arts and crafts projects, play creative group games, participate in exciting field trips, and explore the outdoors. Camps are offered in nine, one-week sessions. Camp hours are from 8:00 am to 4:00 pm. Extended care is available from 4:00 pm to 5:30 pm, free of charge. For more information, contact the Lake Poway Day Camp phone line at (658) 668-4776 or visit www.poway.org/daycamp.

Spring Break Camps!

CAMP! Skateboarding | Ages 6 to 13
Join us for a week of skateboarding fun at the Poway Skate Park! Come build your ramp skills, develop new tricks, learn safety techniques, meet special guest pros, and make new friends. This camp will benefit skateboarders of all levels! All participants will receive a CAMP! Skate de t-shirt and sticker pack. 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 Barbous
Location: Community Park, Skate Park

4032.400 M-F 9:00am-12:00pm Apr 7-Apr 11 $150/$160

CAMP! Archery Basics Camp | Ages 7 to 16
Come enjoy a fun-filled week of archery! Learn archery basics and shoot with surprising accuracy in the week-long camp. Please do not bring equipment; equipment provided for class use.
Instructor: Rick Harper
Location: Lake Poway, Archery Range

2434.440 M-F 9:00-11:30am Apr 7-Apr 11 $75/$65
2434.441 M-F 11:30am-1:30pm Apr 7-Apr 11 $75/$65
*$15 materials fee due on the first day of class

CAMP! Coast 2 Coast Soccer | Ages 4 to 12
Coast 2 Coast Soccer Camp is now one of the most popular soccer camps in California. Our qualified and enthusiastic coaches will deliver a unique curriculum that is aligned with State Standards for Physical Activity. Your child will learn soccer techniques and skills in an active and engaging environment. Each child will receive a C2C Coast jersey, ball, waterbottle, and certificate. Most importantly, we guarantee that your child will have FUN! All participants should bring water, a healthy snack, sack lunch, and sunscreen each day. Cleats & shin pads are recommended.
Instructor: Coast 2 Coast Soccer
Location: Community Park, Valley Soccer Field

2434.409 M-F 9:00am-2:00pm Apr 7-Apr 11 $140/$159

CAMP! Woodshop Wizards | Ages 6 to 13
The Woodshop Wizards Program has been created specifically to provide young the opportunity to learn the basic concepts of woodworking, while fostering self-esteem, self-confidence, and offering a skill set. This is a hands-on, woodworking program using a variety of age-appropriate hand tools. Tools include hammers, cordless drills, squares, and miter saws. Safety and proper use of tools is always stressed. Students construct several projects, allowing them to experience using real tools, creative painting, and personalizing their creation! All projects are taken home to treasure!
Instructor: Anthony Demopoulos
Location: Community Park, Auditorium

7617.411 M-F 9:00am-12:00pm Apr 7-Apr 11 $160/$170
*$50 materials fee due on the first day of class

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

2434.420 M-F 10:00am-3:00pm Apr 7-Apr 11 $110/$120
*$10 materials fee due on the first day of class

Teen Activities

Teen Night Out | Grades 6th - 9th
It’s time to party! Teens in grades 6th - 9th will have an absolute blast choosing which activities THEY want to participate in during Activity-A-Palooza! Jam like a rock star, become a game show contestant, create a masterpiece, gobble down delicious treats, play recreation games, and so much more! Register early as spots are limited. For more information or to register now, call (858) 668-4671.
Instructor: Community Park Staff
Location: Community Park, Auditorium

Sat 4:30-9:30pm
Mar 15 FREE
Sat 4:30-9:30pm
May 17 FREE

Glow-in-the-Dark Egg Hunt | Grades 6th - 9th
What’s cooler than your average egg hunt? A GLOW-IN-THE-DARK EGG HUNT! Join the quest to hunt a thousand glow-in-the-dark eggs. But, watch! These eggs will be filled with candy, gift cards, and tons of marvelous prizes. Don’t miss out! Register early as spots are limited. For more information or to register now, call (858) 668-4671.
Instructor: Community Park Staff
Location: Lake Poway, Pavilion
Fri 6:00-9:00pm
Apr 18 FREE

This Spring Break, learn some Skills to Pay the Bills!
Lifeguard Training—Don’t Miss It!
See Page 10 for details.

Kids Night Out

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

8432.400 Sat 6:30-9:00pm Apr 12 $2
8432.401 Fri 6:30-9:00pm May 2 $2
8432.402 Sat 6:30-9:00pm Jun 7 $2
Children’s Activities

NEW! Baby Boppers | Ages 2 to 3
You won’t want your Baby Boppers to miss this class! A fusion of creative movement and basic hip hop is all they’ll need to get the wiggles out. Baby Boppers focuses on muscle development, coordination, and musicality through fun and creative ways! This is a parent participation class.
Instructor: Dance to EvOLvE: info@dancetoevolve.com
Location: Old Poway Park, Templars Hall
5311.406 Wed 3:00-3:45pm Apr 17-May 22  $94/$104*  RES/NON
5311.407 Wed 3:00-3:45pm May 14-Jun 18  $94/$104  RES/NON

NEW! Baby Boppers | Ages 2 to 3
You won’t want your Baby Boppers to miss this class! A fusion of creative movement and basic hip hop is all they’ll need to get the wiggles out. Baby Boppers focuses on muscle development, coordination, and musicality through fun and creative ways! This is a parent participation class.
Instructor: Dance to EvOLvE: info@dancetoevolve.com
Location: Old Poway Park, Templars Hall
5311.406 Wed 3:00-3:45pm Apr 17-May 22  $94/$104*  RES/NON
5311.407 Wed 3:00-3:45pm May 14-Jun 18  $94/$104  RES/NON

NEW! Soccer Shots Minis | Ages 2 to 3
Soccer Shots Minis is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.
Instructor: Soccer Shots
Location: Community Park, Open Play Area
2443.401 Sat 9:00-10:55am Apr 26-May 31  $59/$69*  RES/NON
*$50 materials fee due on the first day of class

NEW! Soccer Shots Classic | Ages 3 to 6
Using creative and imaginative games, weekly sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation. Soccer Shots will introduce your child to the fun of soccer and provide the foundation needed to get started in the sport.
Instructor: Soccer Shots
Location: Community Park, Open Play Area
2443.401 Sat 9:00-10:55am Apr 26-May 31  $59/$69*  RES/NON
*$50 materials fee due on the first day of class

NEW! Skyhawks Minis Hawk | Ages 3.5 to 6
This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball, and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our games and activities were designed to allow participants to explore balance, movement, hand/eye coordination, and skill development at their own pace.
Instructor: Skyhawks Sports: www.skyhawks.com
Location: Community Park, Open Play Area
2443.450 Thu 3:00-4:00pm Apr 17-Jun 5  $59/$69*  RES/NON
*$50 materials fee due on the first day of class

NEW! Animals After School | Ages 4 to 10
Education at Helen Woodward Animal Center offers children a variety of unique learning opportunities, which support the bond between humans and animals by nurturing knowledge, compassion, and respect towards all living things. Children will learn about animals through hands-on interactions and valuable lessons taught through interactive games, activities, and crafts. Lessons include pet care and lifetime commitment, domestic and wild animals, animals communication and safety, sea life and pollution, adaptations and camouflage, animal welfare, heroic animals, and animal habitats.
Instructor: Helen Woodward Animal Center
Location: Old Poway Park, Great Room
No Class: Apr 1
5621.400 Tue 3:30-4:30pm Apr 1-May 30  $50/$60*  RES/NON
*$50 materials fee due on the first day of class

Special Interest

Beaut Breakers & Hip Hop | Ages 4-12
This fun, high-energy hip hop and breakdancing class will definitely have you movin’ to the beat. Learn to loose while developing confidence, coordination, musicality, and listening skills. No need to be intimidated … this class is great for those who want to enhance their creativity. All music and moves are age-appropriate.
Instructor: Dance to EvOLvE: info@dancetoevolve.com
Location: Old Poway Park, Templars Hall
5311.403 Wed 3:50-4:45pm Apr 3-May 7  $94/$104  RES/NON
5311.404 Wed 3:50-4:45pm May 14-Jun 18  $94/$104  RES/NON
5311.405 Wed 3:50-4:45pm Apr 1-May 30  $94/$104*  RES/NON

Beat Breakers & Hip Hop | Ages 4-12
This fun, high-energy hip hop and breakdancing class will definitely have you movin’ to the beat. Learn to loose while developing confidence, coordination, musicality, and listening skills. No need to be intimidated … this class is great for those who want to enhance their creativity. All music and moves are age-appropriate.
Instructor: Dance to EvOLvE: info@dancetoevolve.com
Location: Old Poway Park, Templars Hall
5311.403 Wed 3:50-4:45pm Apr 3-May 7  $94/$104  RES/NON
5311.404 Wed 3:50-4:45pm May 14-Jun 18  $94/$104  RES/NON
5311.405 Wed 3:50-4:45pm Apr 1-May 30  $94/$104*  RES/NON

EvOLvE: info@dancetoevolve.com
Register online: www.poway.org/classes
### Creative Arts

**Art Start** | Ages 7 to 12  
Artis Susan Bainbridge will use directed drawing techniques to encourage participants to develop their drawing skills, confidence, and imagination. Young artists will learn to recognize the basic shapes that form their subject matter and the first steps toward realistic drawing. A variety of media will be explored: pencil, water color, markers, and pastels, as well as one clay project. Because children request it always!

**Instructor:** Susan Bainbridge  
**Location:** Old Poway Park, Great Room

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee/Registration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>6182.400</td>
<td>Thu 4:00-5:15pm</td>
<td>Apr 24-Jun 5</td>
<td>$100/$115*</td>
<td>*$40 materials fee due on the first day of class</td>
<td></td>
</tr>
</tbody>
</table>

**NEW! Storybook Acting** | Ages 6 to 9  
It’s story time like you’ve never seen it before! Here, the characters leap off the page and into your child’s imagination. It’s story time like you’ve never seen it before! Here, the characters leap off the page and into your child’s imagination. The instructor will use directed drawing to help participants to develop their basic skills and become comfortable with using their imaginations to create stories and scenes. Participants will work on a prompt—Mini Musical presentation of our Storybook Acting.

**Instructor:** Catherine Colby  
**Location:** Old Poway Park, Templars Hall

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee/Registration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>6182.450</td>
<td>Wed 4:00-6:00pm</td>
<td>Apr 2-Jun 11</td>
<td>$120/$130*</td>
<td>*$50 materials fee due on the first day of class</td>
<td></td>
</tr>
</tbody>
</table>

### Sports | Youth/Teens

**NEW! Skateboarding** | Ages 6 to 13  
Learn to skateboarding!  
Instructor: Artis Susan Bainbridge  
**Location:** Old Poway Park, Great Room

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee/Registration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>6182.400</td>
<td>Thu 4:00-5:00pm</td>
<td>Apr 3-Jun 5</td>
<td>$95/$105</td>
<td>*$40 materials fee due on the first day of class</td>
<td></td>
</tr>
</tbody>
</table>

**NEW! Youth Volleyball** | Ages 9 to 14  
Instructor: Art Christophides  
**Location:** Community Park, Tennis Courts

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee/Registration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>3013.400</td>
<td>Sat 9:00-10:00am</td>
<td>Apr 5-May 3</td>
<td>$40/$50*</td>
<td>*$5 materials fee due on the first day of class</td>
<td></td>
</tr>
<tr>
<td>3013.403</td>
<td>Sat 10:00-11:00am</td>
<td>Apr 5-May 3</td>
<td>$40/$50*</td>
<td>*$5 materials fee due on the first day of class</td>
<td></td>
</tr>
</tbody>
</table>

**NEW! Hockey Kids** | Ages 6 to 9  
Instructor: Catherine Colby  
**Location:** Old Poway Park, Templars Hall

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee/Registration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>3013.404</td>
<td>T/Th 4:00-5:00pm</td>
<td>Apr 5-May 3</td>
<td>$60/$70*</td>
<td>*$20 materials fee due on the first day of class</td>
<td></td>
</tr>
<tr>
<td>3013.405</td>
<td>Sat 9:00-10:00am</td>
<td>Apr 5-May 3</td>
<td>$60/$70*</td>
<td>*$20 materials fee due on the first day of class</td>
<td></td>
</tr>
</tbody>
</table>

**NEW! Youth Taekwondo** | Ages 7 to 16  
Instructor: Master Wolpert  
**Location:** Community Park, Bill Bond Hall

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee/Registration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>3013.409</td>
<td>M/W 6:00-7:00pm</td>
<td>Mar 31-Jun 30</td>
<td>$95/$105</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3013.410</td>
<td>M/W 7:00-8:00pm</td>
<td>Mar 31-Jun 30</td>
<td>$95/$105</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NEW! Woodshop Wizardry** | Ages 6 to 13  
The Woodshop Wizardry Program has been created specifically to provide you the opportunity to learn the basic concepts of woodworking, while fostering self-esteem, self-confidence, and offering a skill set. This is a hands-on, working wood shop where students construct several projects, allowing them to experience using real tools, creatively painting, and personalizing their creation! Tools include hammers, cordless drills, squares, and miter saws. Safety and proper use of tools is always stressed. All projects are taken home to treasure!

**Instructor:** Anthony Demopoulos  
**Location:** Old Poway Park, Templars Hall

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee/Registration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>7617.410</td>
<td>Tue 4:00-5:00pm</td>
<td>Apr 15-May 20</td>
<td>$90/$100*</td>
<td>*$50 materials fee due on the first day of class</td>
<td></td>
</tr>
</tbody>
</table>

**NEW! Woodshop Wizardry** | Ages 6 to 13  
The Woodshop Wizardry Program has been created specifically to provide you the opportunity to learn the basic concepts of woodworking, while fostering self-esteem, self-confidence, and offering a skill set. This is a hands-on, working wood shop where students construct several projects, allowing them to experience using real tools, creatively painting, and personalizing their creation! Tools include hammers, cordless drills, squares, and miter saws. Safety and proper use of tools is always stressed. All projects are taken home to treasure!

**Instructor:** Anthony Demopoulos  
**Location:** Old Poway Park, Templars Hall

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee/Registration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>7617.420</td>
<td>Tue 4:00-5:00pm</td>
<td>Apr 15-May 20</td>
<td>$90/$100*</td>
<td>*$50 materials fee due on the first day of class</td>
<td></td>
</tr>
</tbody>
</table>

**NEW! Taekwondo** | Ages 6 to 13  
Instructor: Master Wolpert  
**Location:** Old Poway Park, Great Room

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee/Registration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>6182.440</td>
<td>Wed 4:00-6:00pm</td>
<td>Apr 2-Jun 11</td>
<td>$120/$130*</td>
<td>*$50 materials fee due on the first day of class</td>
<td></td>
</tr>
</tbody>
</table>

**NEW! Woodshop Wizardry** | Ages 6 to 13  
The Woodshop Wizardry Program has been created specifically to provide you the opportunity to learn the basic concepts of woodworking, while fostering self-esteem, self-confidence, and offering a skill set. This is a hands-on, working wood shop where students construct several projects, allowing them to experience using real tools, creatively painting, and personalizing their creation! Tools include hammers, cordless drills, squares, and miter saws. Safety and proper use of tools is always stressed. All projects are taken home to treasure!

**Instructor:** Anthony Demopoulos  
**Location:** Old Poway Park, Templars Hall

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee/Registration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>7617.430</td>
<td>Tue 4:00-5:00pm</td>
<td>Apr 15-May 20</td>
<td>$90/$100*</td>
<td>*$50 materials fee due on the first day of class</td>
<td></td>
</tr>
</tbody>
</table>

**NEW! Acting Improv** | Ages 9 to 14  
Let your goofy side run wild! This class encourages you to think on your feet as we spontaneously create crazy situations, characters, and settings. Laugh as you learn the basics: team work, trust, active listening, and more. Learn real acting skills in a safe, non-competitive environment while playing fun acting games.

**Instructor:** Catherine Colby  
**Location:** Old Poway Park, Templars Hall

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee/Registration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>6182.451</td>
<td>Thu 5:15-6:15pm</td>
<td>Apr 3-Jun 5</td>
<td>$90/$100</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NEW! Kids Beats Music Together-Bringing Harmony Home** | Ages 6 months to 5 years  
Instructor: Jejal Kaji  
**Location:** Old Poway Park, Great Room

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee/Registration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4011.440</td>
<td>Wed 10:00-10:45am</td>
<td>Apr 16-May 18</td>
<td>$155/$165*</td>
<td>*$50 materials fee due on the first day of class</td>
<td></td>
</tr>
<tr>
<td>4011.441</td>
<td>Fri 9:30-10:15am</td>
<td>Apr 18-May 20</td>
<td>$155/$165*</td>
<td>*$50 materials fee due on the first day of class</td>
<td></td>
</tr>
</tbody>
</table>

**NEW! Acting Improv** | Ages 9 to 14  
Let your goofy side run wild! This class encourages you to think on your feet as we spontaneously create crazy situations, characters, and settings. Laugh as you learn the basics: team work, trust, active listening, and more. Learn real acting skills in a safe, non-competitive environment while playing fun acting games.

**Instructor:** Catherine Colby  
**Location:** Old Poway Park, Templars Hall

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Fee/Registration</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>6182.451</td>
<td>Thu 5:15-6:15pm</td>
<td>Apr 3-Jun 5</td>
<td>$90/$100</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Register online: www.poway.org/classes

**Register online: www.poway.org/classes**
During the months of April, May, and through June 15, the City of Poway operates two gymnasia that provide a variety of activities for youth and adults. Open play basketball, volleyball, badminton, and pickleball are available during the week for your recreation needs at no charge.

During the months of April, May, and through June 15, the City of Poway operates two gymnasia that provide a variety of activities for youth and adults. Open play basketball, volleyball, badminton, and pickleball are available during the week for your recreation needs at no charge.

**NEW! Country Western Two-Step **| Ages 14+  
Tired of being a wallflower when country music comes on? Blossom into a well-rounded country dancer while learning the basics of the Country Western partner dance including Country Waltz, Swing, Nightclub, and the Cowboy Cha Cha. Learn to lead or follow several simple routines in each dance with ease. Develop rhythm, timing, footwork, turn technique and style. No experience necessary. Partners are not required. Wear comfortable clothes and shoes with a smooth sole. Instructors: Lisa Marians  
Location: Old Poway Park, Park Hall; April 10 only, Old Poway Park, Gazebo

**NEW! Aqua Zumba® **| Ages 16+  
NEW! Aqua Zumba® is a vertical workout that does not require submerging. Floatation change to the usual land classes and provides a fun and challenging class. Beginners will experience the buoyancy of water, and each participant will work at their level to be challenged appropriately. This class will be a refreshing way to change your body. Instructors: Lisa Marians  
Location: Old Poway Park, Park Hall; April 10 only, Old Poway Park, Gazebo

**NEW! Healing Qigong for Stress Relief **| Ages 17+  
Do you want to have less stress but don’t know where to begin? Now, with the ancient practice of Qigong you can reduce stress symptoms quickly and effectively. With regular practice, you will approach stressful situations with a sense of peace and possibility. As a result, your immune system will be stronger which is vital for helping to prevent the common cold and future disease. Learn to clear stress through rhythmic movements, deep breathing, invigorating stretches, effortless flow, and restorative postures. Wear comfortable clothing, flat-soled shoes, or socks, and bring water. Instructors: Cheri Hotalen  
Location: Community Park, Auditorium

**NEW! Power Vinyasa Yoga **| Ages 18+  
This beginner level yoga sequence will help you build strength, gain flexibility, and find focus. This uplifting hour of Vinyasa flow will leave you feeling challenged yet empowered. Experience your body in a new way as we flow together, linking our breath with our movements. Please bring a yoga mat and water. Instructors: Shaun Hawkins  
Location: Old Poway Park, Great Room

**NEW! Water Works **| Ages 18+  
In the water, your body’s buoyancy takes the stress off joints, and the multi-directional resistance makes a unique and challenging environment for working out. Using the properties of water, each participant will work at their level to be challenged appropriately. This class will be a refreshing change to the usual land classes and provides a fun and challenging workout. Non-swimmers are welcome; this is a water workout that does not require submerging. Flotation and resistance equipment will be provided. Bring a towel and water bottle to hydrate. Instructors: Pin X Fitness Instructor, Renee Meyt  
Location: Community Swim Center  
No Class: Apr 21 and May 26

**NEW! Country Dancing Done Right **| Ages 14+  
Tired of being a wallflower when country music comes on? Blossom into a well-rounded country dancer while learning the basics of the Country Western partner dance including Country Waltz, Swing, Nightclub, and the Cowboy Cha Cha. Learn to lead or follow several simple routines in each dance with ease. Develop rhythm, timing, footwork, turn technique and style. No experience necessary. Partners are not required. Wear comfortable clothes and shoes with a smooth sole. Instructors: Lisa Marians  
Location: Old Poway Park, Park Hall; April 10 only, Old Poway Park, Gazebo

**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. Referrees, roster/schedules, and prizes are included. New players must attend the starting orientation night. Past volleyball experience is strongly recommended. Instructors: Dick Leatherman  
Location: Twin Peaks Multipurpose Center

1247.400 Thu 6:30-9:30pm  April 10-Jun 5  $65/$75
1247.401 Thu 6:30-9:30pm  April 10-Jun 5  $65/$75

Hours are subject to change without notice. For the most up-to-date operating hours, please visit our website at www.poway.org/community.
Health & Wellness (cont’d)

Pilates | Ages 16+
Transform your body from the inside out. Strengthen your abdominals and back. Improve posture and become more visibly toned. While you improve in tone and flexibility, Pilates is a safe and sensible way to exercise that will help you feel your best. People around you will notice a substantial change in your overall appearance. Join the nearly nine million other people in the U.S. who have discovered the power of Pilates. 
Instructor: Emma Samiento
Location: Community Park, Activity Room I & II
5417.401 Tue 6:00-7:00pm Apr 15-Jun 3 $72/$82

Zumba® Toning & Senata | Ages 16+
When it comes to body sculpting, Zumba® has raised the bar. Zumba® Toning combines basic dance footwork and upper body sculpting exercises with the use of toning sticks to create a calorie-burning, strength-training, dance fitness party. Zumba® Senato transforms a chair into a zitting dance partner providing a workout that strengthens your core and reshapes the hips, glutes, and legs using your own body as resistance. Zumba® Toning & Senata is the perfect way for enthusiasts to sculpt their bodies naturally while improving cardiovascular endurance and having a blast!
Instructor: Emma Samiento
Location: Community Park, Auditorium
5417.403 Wed 6:15-7:15pm Apr 15-Jun 4 $72/$82

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

Pilates + Zumba® Toning & Senato | Ages 16+
5417.408 Tue 6:00-7:00pm Apr 15-Jun 4 $112/$122

**Please see individual class descriptions for all class dates and locations**

NEW! Healing Qigong for Optimal Health | Ages 17+
Are you aware of some of the most potent remedies for healing, endurance, vitality, and longevity are produced naturally within us? Learn how four simple methods from ancient healing traditions - gentle movement, self-applied massage, breathing exercises, and meditation - can be shaped into a ten-minute-a-day program: Enjoy a comprehensive system of self-healing, stress mastery, and health enhancement that is easy to learn and fun to practice. Enjoy weekly practice of simple yet profoundly effective self-care techniques that can be applied by everyone, anywhere - seated, standing, or lying down - at any time. Wear comfortable clothing, flat-soled shoes or socks, and bring water.
Instructor: Chef Hotalen
Location: Community Park, Auditorium
5417.416 Tue 6:00-7:15pm May 20-Jun 10 $46/$58

NEW! WuDang 18-Form Taiji| Ages 17+
Now you can learn and practice the beautiful WuDang 18-Form Taiji, a traditional short form of Tai Chi Chuan from the WuDang Daishi Kunfu Institute in China. Regular practice of this graceful moving meditation develops essential skills for healthy living - relaxed breathing, postural alignment, good balance, improved circulation, and better coordination. The 18 Form Taiji adds the discipline of remembering a dynamic sequence of movements that includes subtle shifts of weight and direction. These benefits together 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: Chef Hotalen
Location: Midland Elementary, School Multipurpose Room: 13910 Midland Rd
No Class: May 26
5417.410 Mon 6:00-7:15pm Apr 14-Jun 9 $95/$105

NEW! Kettlebell Kickboxing | Ages 16+
Restart your fitness goals with Kettlebell kickboxing interval training, a non-intimidating approach to exercise that will turn your body into a fat-burning machine. Kettlebell kickboxing training works to develop dense muscles, which require much more energy, in addition, it will help with stamina, flexibility, and developing your core muscles. Your metabolism will keep burning calories for up to 24 hours after the workout. Working with kettlebells is safe fun for all fitness levels. Equipment supplied: Wear comfortable workout clothes and bring a towel to class. Are you ready to rumble with get-fit greatness?
Instructor: Poway Pilates
Location: Poway Pilates: 14053 Midland Road
5417.440 Mon 6:00-6:45pm Apr 7-May 12 $74/$84
5417.441 Wed 6:00-6:45pm Apr 2-May 7 $74/$84

Special Needs

Bowling | Ages 13+
This bowling class provides unlimited fun for everyone! Awards and a party will conclude the last class. If the participant needs one-to-one attention or has special needs, provide a description of the situation to the instructor. Depending on the circumstances, an aide may be required to accompany the participant. All participants must be picked up by 3:30pm.
Instructor: Sarah DiGuginesi-Gana
Location: Poway Fun Bowl, 12941 Poway Rd
19397.400 Fri 1/30-3:30pm Apr 6-Jun 13 $40/$50*
*No class fee is collected at the bowling alley each week

Dog Training

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

Beginning Obedience | Owners aged 12+
Dogs 12 Weeks to Adult
In the Beginning Obedience class, your dog will learn to walk politely and appropriately socialize while on a leash. Behavioral problems associated with the leash will be covered. The commands of come, sit, down, stand, heel, and stay will also be covered.
Instructor: Good Dog Training, Lynn Moore
Location: Tue: Old Poway Park, Green Park 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.

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 (AGC 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, Lynn Moore
Location: Garden Road Park
9019.404 Sat 10:45-11:45am Apr 5-May 10 $55/$65
9019.405 Sat 10:45-11:45am May 15-Jun 20 $55/$65

Advanced Obedience | Owners aged 12+
Dogs 6 months to Adult
In the Advanced Obedience class, your dog will learn to obey commands and play appropriately off leash. The bond between you and your dog will grow even stronger as your dog is not ‘forced’ to obey due to a leash. Although leash laws must be obeyed for the safety of your dog and the public, dogs generally work better off leash. Dogs in this class must have knowledge of all basic commands. Supervised play sessions will begin 30 minutes before class.
Instructor: Good Dog Training School, Lynn Moore
Location: Community Park, Dog Park, Pen 2
9019.406 Wed 6:10-7:10pm Apr 5-May 10 $55/$65
9019.407 Wed 6:10-7:10pm May 15-Jun 20 $55/$65

Safety Training

Please Note: If registering for both the First Aid and CPR class, there is a one-time $36 (certification) or $9 (informational only) materials fee.

First Aid | Ages 11+
This American Red Cross class will prepare you on how to respond and assist in many common emergency first aid situations. Participants pursuing a certificate will receive a ready reference card and an American Red Cross certification valid for two years.
Instructor: American Red Cross Instructory, Blythe Paley
Location: Community Park, Nutrition Room
5418.401 Wed 6:00-9:00pm Apr 16 $25 (certification) or $5 (informational only) materials fee due on the first day of class

CPR for the Adult/Child/Infant | Ages 11+
This American Red Cross CPR class will help you learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. Participants pursuing a certificate will receive a ready reference card and American Red Cross certification card valid for two years.
Instructor: American Red Cross Instructory, Blythe Paley
Location: Community Park, Nutrition Room
5418.404 Thu 6-9:00pm Apr 15 $25 (certification) or $5 (informational only) materials fee due on the first day of class

Babybitter’s Training | Ages 11 to 18
The American Red Cross has created a course for babysitters with components that include: leadership, professionalism, responsibility, child development, safety, and responding to emergencies while on the job. Participants will receive a card from the American Red Cross with no expiration date. Bring a lunch and large doll or stuffed animal to class.
Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park, Activity Room I & II
7617.400 Sat 9:30am-3:30pm May 17 $95/$105
*$17 material fees due on the first day of class

Babybitter’s Training CPR & First Aid | Ages 11 to 18
Participants who are registered in a Babybitter’s Training course can also choose to receive an American Red Cross certification in Pediatric CPR and First Aid valid for two years.
Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park, Activity Room I & II
7617.401 Mon 5:00-8:00pm May 19 $20/$30*
*No material fees due on the first day of class
Swim Lessons

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

Swim Lesson Registration
Please note the age, skill level requirements, and time for each class. If you are unsure which level to enroll in, skill assessments are available by appointment. Students enrolled above or below their ability level may be dropped if unavailable to transfer into an appropriate class. If you cannot make the first class day, please call (858) 668-4680, prior to the start of the class to ensure that you are not dropped.

WAITLISTS: Can’t find space in the class you’re looking for? Contact us at (858) 668-6680 or email us at Info@PowaySwim.org. FREE first-serve assessments should take no more than 5 minutes.

March 1, 11:00am-4:00pm
March 3, 12:00-7:00pm

Otter Pup | Ages 3-6
The Otter Pup class is designed for swimmers who are ready to go on to the Otter level, but are not old enough for the Otter class. Focus will be placed on improved technique, increased endurance of front crawl and back crawl, as well as side-breathing. Students must be proficient in all Grunion 3 skills prior to enrollment in this class.

Otter | Ages 6-14
This class is designed to improve technique, promote self-confidence, and increase endurance of front crawl and back crawl. Additionally, focuses on side breathing and the ability to pass the “Otter Swim” test.

Costs:

Daily Admission

RES/NON

Adults (Ages 18+)$2.50/$5.00

Youth and Seniors (Ages 60+)$2.00/$4.00

A responsible adult who has paid the admission fee must accompany children under 7 in the water.

Season and Yearly Passes

RES/NON

Adults (Ages 18+)$94/$125

Youth & Seniors (Ages 60+)$73/$105

Family:

$517/$526

Yearly Pass Rates

RES/NON

Adults (Ages 18+)$225/$355

Youth & Seniors (Ages 60+)$183/$261

Family:

$392/$462

Birthday Party Package:

Why not host your next birthday at the pool? Included in the party package is a reserved poolside picnic area for two hours, public pool use for a maximum of 25 persons, and a half-hour of games with a certified lifeguard. Information: (858) 668-4680.

Check out our NEW Aquatic Fitness classes on page 7!
Swim Lessons (cont’d)

Seal | Ages 6-16
This course takes place in 11-12 feet of water. Prerequisite for this class include: the ability to swim 15 yards of front crawl (with side breathing), back crawl, and elementary backstroke. Students develop skill proficieny and progress to continue and improve basic swimming skills. This class will focus on increased endurance, stroke refinement, and improvement.

RES/NON
0321.400 MW 6:00-6:40pm Apr 14 - May 7 $52/$62
0321.401 TTH 5:10-5:50pm Apr 14 - May 7 $52/$62
0321.402 MW 6:00-6:40pm May 12 - June 4* $52/$62
0321.403 TTH 5:10-5:50pm May 12 - June 4* $52/$62
0321.404 MW 6:00-6:40pm May 13 - June 5 $52/$62
0321.405 TTH 5:10-5:50pm May 13 - June 5 $52/$62

Sting Ray | Ages 6-16
This class further develops technique and endurance of front crawl, back crawl, and elementary backstroke in 11-12 feet of water. Breaststroke, sidestroke, and backstroke are expected. Skills introduced include butterfly and breaststroke kick. This class is for those who are comfortable with the water and have developed basic swimming skills. This class will focus on increased endurance, stroke refinement, and improvement.

RES/NON
0322.400 MW 6:00-6:40pm Apr 14 - May 7 $52/$62
0322.401 TTH 5:10-5:50pm Apr 15 - May 8 $52/$62
0322.402 MW 6:00-6:40pm May 13 - June 5 $52/$62

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

RES/NON
0332.400 MW 6:50-7:30pm Apr 14 - May 7 $52/$62
0332.401 TTH 6:20-7:00pm Apr 15 - May 8 $52/$62
0332.402 MW 6:50-7:30pm May 12 - June 4* $52/$62
0332.403 TTH 6:20-7:00pm May 12 - June 4* $52/$62
0332.404 MW 6:50-7:30pm May 13 - June 5 $52/$62
0332.405 TTH 6:20-7:00pm May 13 - June 5 $52/$62

Swordfish | Ages 6-16
This student develops skill proficieny and continues to progress towards greater distance in all strokes. Participants are expected to swim at least 100 yards without stopping prior to taking this class.

RES/NON
0334.400 MW 6:50-7:30pm May 12 - June 4* $52/$62
0334.401 TTH 6:20-7:00pm May 13 - June 5 $52/$62

Adult Beginner | Ages 16+
It’s never too late to learn to swim! This class is for adults who desire to become confident in the water and learn basic swimming skills. Prerequisite: Must be 15 years of age by the first day of class.

RES/NON
0700.400 MW 6:00-6:40pm Apr 15 - May 8 $52/$62
0700.401 TTH 6:50-7:30pm Apr 14 - May 7 $52/$62
0700.402 TTH 6:50-7:30pm May 13 - June 5 $52/$62

Adult Intermediate | Ages 16+
This class is for adults who desire to become comfortable in the water and have basic swimming skills. This class will focus on increased endurance, stroke refinement, and improvement.

RES/NON
0821.400 MW 6:50-7:30pm Apr 14 - May 7 $52/$62
0821.401 TTH 6:50-7:30pm Apr 15 - May 8 $52/$62
0821.402 MW 6:50-7:30pm May 12 - June 4* $52/$62
0821.403 TTH 6:50-7:30pm May 12 - June 4* $52/$62
0822.400 MW 6:50-7:30pm May 13 - June 5 $52/$62
0822.401 TTH 6:50-7:30pm May 13 - June 5 $52/$62

American Red Cross Lifeguard Training | Ages 15+
This Lifeguard training course teaches the necessary skills to become a professional lifeguard. Upon successful completion of the course, participants will earn their certification for Lifeguard/First Aid/CPR/AED. There is a water skills test on the first day of class - failure to complete the following skills will result in immediate dismissal: Swim 300 yards continuously using front crawl and breaststroke; tread water for 2 minutes without using hands; and enter the water feet first, swim 20 yards, and retrieve a 10-pound brick from 11.5 feet of water, return 20 yards, and climb out of the pool in under 1 minute and 40 seconds. 100% attendance is required. Class fee does not include books. Students must purchase the Lifeguard Training book and a resuscitation mask through the American Red Cross prior to the start of class. Prerequisite: Must be 15 years of age by the first day of class.

RES/NON
0700.400 MW 6:50-7:30pm May 13-16, 20 $135/$145*
0700.401 TTH 6:50-7:30pm Apr 17-20 $135/$145*
0700.402 TTH 6:50-7:30pm Apr 22-25, May 1-4 $135/$145*

*Includes $35 Red Cross certification fee

Private Classes | All Ages
These classes are available for any age or ability. Information is geared independently to the needs of each student. Participants 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 the age of 3 may be required to have an adult assist in the water. For more information and available times, please call (858) 668-4576. Begins March 7 depending upon instructor availability.

RES/NON
0522.401 TTH 6:50pm-7:30pm Apr 15-18 $52/$62
0522.402 TTH 6:50pm-7:30pm May 13-16 $52/$62

Youth 14 and Under Supervised Skate Park Sessions
Join us for supervised skate sessions at the Poway Skate Park; open to youth 14 and younger. Family members over the age of 14 are welcome to participate as long as they accompany a registered participant. Helmets, elbow pads, knee pads, and completed waiver forms required. Friday 6:00pm-8:00pm FREE

Supervised Bike Sessions
Join us for supervised bike sessions at the Poway Skate Park; open to youth 14 and younger. Family members over the age of 14 are welcome to participate as long as they accompany a registered participant. Helmets, plastic-covered bike pegs, and completed waiver forms required. Wednesday 6:00pm-8:00pm FREE

Old Poway Park
Farmers Market
Come experience flowers, fresh food, and fun! The Certified Farmers Market takes place every Saturday, from 8:00 am to 1:00 pm on Midland Road at Old Poway Park. All produce is certified and inspected by the agricultural commission and brought to you fresh from the grower. The spring market offers beautiful, freshly picked flowers, bouquets, garden-fresh peaches, plums, apricots, watermelons, tomatoes, cucumbers, homemade tamales, kettle corn, and salads. If you are looking for some of the finest produce in the county and a great “City in the County” atmosphere, then the Farmers Market is the place for you! Information: (858) 668-4576

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

Poway Community Park
Celebrate at Community Park!
Secure a great location for your child’s birthday party, baby shower, corporate event, or family picnic! Community Park has four rentable picnic areas to choose from, all equipped with BBQs and room for inflatable bounce houses. Don’t forget to check out the new gazebo at picnic area 4! For more spontaneous visitors, there are still plenty of first-come, first-serve spaces available to enjoy an impromptu picnic. Information and pricing can be found at www.poway.org. Be sure to bring proof of 92064 residency in order to receive the Poway resident rate.

Location: 13094 Civic Center Drive
Information: (858) 668-4671 www.poway.org/communitypark

Poway Skate Park
Join us for supervised skate sessions at the Poway Skate Park; open to all ages. Helmets, plastic-covered bike pegs, and completed waiver forms required. Friday 6:00pm-8:00pm FREE

Information: www.poway.org/communitypark

Information: www.poway.org/oldpowaypark
Lake Poway

Location: 14644 Lake Poway Road

Park Hours: Daily, 6:00am to Sunset

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

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

Lake Pavilion Reservations: (858) 668-4580
Lake Poway Concession: (858) 668-4770

Entry Station Open Weekends and Holidays

Location: 32600 Lake Poway Road

Information: (858) 668-4790 or www.poway.org/bluesky

Bait, boat rentals, snacks, and refreshments. We have the best
permits and boat prices in the area. State Fishing Licenses are not required. For additional information or to view the complete schedules, visit us at www.poway.org/lakepoway or call (858) 668-4770.

Family Campouts
Bring the entire family for a magical night under the stars at Lake Poway! The campouts are perfect for the first time camper with easy round-the-clock vehicle access and planned activities. Activities include: led night hikes, campfire with smores, campfire activities, and pedal boating. Families need to bring their own camping equipment, dinner supplies to barbecue, and charcoal. Grills will be available, but you are encouraged to bring your own. Portable propane fire pits are permitted; however, wood burning fire pits are not. A free continental breakfast will be provided in the morning. Families may start setting up their campers at 7:00 am. No alcohol is permitted. Up to 4 persons per family, $10 for each additional family member. Information: (858) 668-4770 or www.poway.org/lakepoway. RES/MON

9039.106 Sat-Sun 5pm-9am July 5-6 $52/$62
9039.107 Sat-Sun 5pm-9am July 19-20 $52/$62
9039.108 Sat-Sun 5pm-9am Aug 2-3 $52/$62

Adventures Series Family Campouts
Fishing for a pre-summer camping trip? Then the Adventure Series Family Campouts at Lake Poway are for you! This campout includes: camping for four, a campfire, hot chocolate, and coffee in the morning. In addition, select one of the following: one motor boat rental with four fishing permits (additional charge for boat) or shoreline fishing with four fishing permits. A 2.75-mile night hike around Lake Poway is open to all campers. Portable propane fire pits are permitted; however, wood burning fire pits are not. Families may start setting up their campers at 7:00 am. No alcohol permitted. Up to 4 persons per family. Spaces are limited for-boating so sign up now! Shoreline fishing is only permitted from the boat dock to Half Moon Bay. This isiac or shine event! Information: (858) 668-4770 or www.poway.org/lakepoway.

ACTIVITIES
Camping 9039.100 Sat-Sun 5pm-9am Apr 26-27 $40
Boat Rental 9039.101 Sat-Sun 5pm-9am May 17-18 $10
Camping 9039.102 Sat-Sun 5pm-9am July 19-20 $50
Boat Rental 9039.103 Sat-Sun 5pm-9am July 19-20 $10

FREE Docent-led Nature Walks
Find our Activities Schedule on the website or at Community Services Department, Lake Poway, or at the Reserve. Wear comfortable shoes, a hat, and carry plenty of water. All hikes begin at the visitor center and end at the lake. On Wednesdays at 8:30 am. No alcohol permitted; up to four persons per family. Space is limited for boating so sign up now! Shoreline fishing is only permitted from the boat dock to Half Moon Bay. This is an outdoor event! Information: (858) 668-4770 or www.poway.org/lakepoway.

Wings Over Blue Sky
Learn identification techniques and the history of birds in our area in April 13, from 8:30 to 11:00 am. Docents will be on hand, so bring your questions! FREE

Reptiles Rock!
Reptiles are often portrayed as frightening, scary, or creepy; but, that couldn’t be further from the truth. They are fascinating and wonderful creatures. This program provides an opportunity to meet and learn about our native tortoises, and several of our native snakes. Explore the world of reptiles, and hear about their importance in nature. Discover the relationship between reptiles, dinosaurs, and birds. Learn how to tell the difference between our local venomous and non-venomous snakes. The effects of snake bite, and snake bite prevention will also be presented. After the program, make and take home your own rattlesnake! $16.9430  Sat, March 29 9:00 am – 11:00 am 3/$person

Kumeyaay-Ipai Interpretive Center at Pauwai

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

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

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

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

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

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

Information: www.poway.org/lakepoway
### Sycamore Canyon Goodan Ranch Preserve

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

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

Goodan staging area accessed from Poway Rd. east on Garden Rd, then south on Sycamore Canyon Rd. Sycamore Canyon Rd. ends at staging area. Highway 67 staging area accessed through SOUTH-BOUND Highway 67 only, half a mile south of Scripps Poway Parkway. All events are free. For information or to make event reservations call (858) 513-4737 or email Justin.Gibbons@sdcounty.ca.gov

### 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.powayseniorecenter.org

**Volunteer Today!**
Volunteers are needed in:
- Receptionist: If you enjoy helping people and providing customer service, we need you! Shifts are four hours any Monday through Friday.
- Bingo: Volunteers to work as Monitors, Callers, Cashiers, or Managers. Please note: background check and one-year commitment required for bingo volunteers.

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

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

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

### 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) 713-2900
www.sdl.org

There are many more programs for children, teens, and adults! Visit us online for a complete list: www.sdl.org

### Children’s Programs

**Storytime**
- Storytime: Monday-Friday at 10:30 am
- Baby Storytimes: Mondays at 9:45 am

**Hop on Pop**
- Storytime with Dad: Wednesdays at 7:00 pm
- PJ Storytimes: Fridays 3:30-4:30 pm

**Special Classes & Events**
- PM Puppet Theater: Thursdays at 9:00 pm
- Mike’s Train Show: Saturdays at 9:00 am

**Create Space**
- Wednesdays 3:30-4:30 pm

**Elementary Yoga Series**
- Mondays 4:00-4:30 pm

**Elementary Book Club**
- Thursdays 4:00-4:30 pm

**Teen Programs**
- 6th-12th graders can join us every Tuesday at 4:00 for a different exciting event. Snacks always served.

### Spring Programs

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

**MARCH**
- Edible Plants: Saturday, March 8 1 9:00am – 11:00am
- Star Party: Friday, March 21 | Sunset

**APRIL**
- Star Party: Friday, April 18 | Sunset
- Snakes Encounter: Saturday, April 26 | 10:00 – 11:00 am

**MAY**
- Wildflower Walk: Monday, May 4 | 9:00am – 11:00am
- Star Party: Friday, May 16 | Sunset

**JUNE**
- Introduction to Geocaching: Saturday, June 7 | 10:00am – 12:00pm
- Star Party: Friday, June 26 | Sunset

### ANNUAL MEMBERSHIP

**ONLY $35.00!!**
Come enjoy a whole range of fun activities!

- Feeling Fit Exercise twice weekly
- Wii Bowling
- Line Dancing
- Needlecrafts, Quilting, and Jewelry Making
- Monthly Ball Room Dance ($5 fee includes Live Band)

**YES, I want to join Club PSC!**
Here is my Membership fee of $35 (cash or check), to Poway Senior Center.

Name: ________________________
Address: ________________________
City: __________________ State: ______ Zip:________
Phone/email: ________________________

Sign up now for FREE Tax Preparation with the AARP tax experts. Call today to set up your appointment: (858) 748-6094.

**Win Your Share of $5,000 in Cash!**
**BINGO**
Open to everyone 18 and up. All proceeds support Poway Senior Center programs and services. Have come fun and win!
Every Saturday, 5:30pm
Every Tuesday, 12:15pm

**LINE DANCING**
Now every Wednesday and Friday.
Open to all 18 and up.

**FREE TAX PREP AVAILABLE TO THE PUBLIC!**
Open to everyone 18 and up.

Information: www.powayseniorecenter.org

Information: www.powayseniorecenter.org
**MISSOULA CHILDREN’S THEATRE**

**CINDERELLA**

**Audition:** Monday March 3, 4pm

**Performances:** Saturday, March 8, 3pm & 7pm

The POW Foundation’s annual presentation of the Missoula Children’s Theater has become a North Inland tradition – more than 60 local children will audition, rehearse and perform a full-scale musical in just one week! Show your support of the next generation of performing artists by joining us for this one-of-a-kind show. This year’s production is an all-new musical adaptation of Cinderella.

**YESTERDAY & TODAY:**

**THE INTERACTIVE BEATLES EXPERIENCE**

Friday, April 4, 8pm

Rock to the music of the Beatles in an all new interactive concert experience where the audience creates the playlist for the night!

No awkward wigs, no bad accents -- just the music of the Fab Four in a remarkable, one-of-a-kind event.

**SPONSORED IN PART BY**

- AT&T
- County of San Diego Community Enhancement Fund
- Strathee Petri Foundation
- Target
- The Betty Benefield Fund for Arts Education
- US Bank

**PRESIDIO BRASS**

**SOUNDS OF THE CINEMA**

Saturday, May 31, 8pm

Since forming in 2006, Presidio Brass has rocketed to success as the face of a bold new generation in entertainment. Celebrating the World of Hollywood. Featuring the music from the movies and film soundtracks.

**SPONSORED IN PART BY**

- Replica
- Southcoast Repertory®
- Geico
- Isuzu
- Western Auto
- UT

**TICKETS ON SALE NOW**

POWAYARTS.ORG 858-748-0505

**Information:**

www.powaycenter.com
REFUND INFORMATION: A full refund will be issued for all classes canceled or overlooked by the City of Poway and/or the independent contract instructor. Prior to the first day of class: Customer may request a refund prior to the start date. A cancellation fee of $15 per class will be deducted. Or, in lieu of a refund, the customer may request a full credit to be placed on account. The credit on account will be valid for one year and may be applied to another enrollment or reservation. If the credit is not used after one year, the funds will be forfeited and the customer’s account will be closed. If a registrant fails to attend a program after it begins, the registrant is not entitled to a refund.

After the first day of class: Requests for refunds will only be granted if the slot can be filled by another customer on a waiting list. If that slot can be filled, the refund will be prorated. Requests for refunds for classes, camps or programs with enrollment fees that are less than the $15 processing fee 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) 668-4516.

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 Grates at (858) 668-4516, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

FACILITY ACCESS is important to the City of Poway and we work to ensure that all participants, including the physically challenged, have equal access to all facilities and programs. If you require assistance or have any questions, please call (858) 668-4516.

CLASS INSTRUCTION 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) 668-4516.

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 – PLAY (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.
In January, the City adopted the 2013 Edition of the California Building Standards Code, which regulates all of the building and construction in Poway. The 2013 Edition replaces the previously adopted 2010 Edition. The adoption of these codes ensures consistency with the current State-mandated Code Edition. The building codes are published by the California Building Standards Commission every three years and include building, electrical, residential, plumbing, mechanical, energy, and green building standards. Most of the codes went into effect on January 1, 2014. The new Energy Code and portions of the Green Building Code do not go into effect until July 1, 2014. Following is a summary of the modifications to the 2013 Building Standards Code:

2013 California Building Code
The 2013 Building Code requires water-conserving plumbing fixtures in all single-family residential additions or remodels.

Conserve Water, Conserve Energy
Make every drop really count!

While new water storage facilities minimized news of water shortages in the last year, 2013 wrapped up as another dry year for the record books. Continued water conservation efforts are important not only to protect water resources but also to conserve energy and help manage its growing costs as well. To keep your conservation ethic alive, remember that every drop of water you save also saves energy!

The California Energy Commission estimates that water-related energy use in California consumes approximately 29% of the state’s electricity and more than 30% of non-power plant natural gas use! Simply running a hot-water faucet for five minutes uses about the same energy as burning a 60-watt bulb for 14 hours. It’s not just your water bill that can be run up by water waste — your gas and electric bill feel the pain as well.

Pumping water thousands of miles to storage facilities and to your tap, treating water so that it is clean and safe enough to drink, running an irrigation system, heating water for washing and bathing, pumping wastewater from homes and businesses through a sewer system for treatment, processing and treating wastewater to remove solids so it is clean enough for ocean discharge all use tremendous amounts of energy.

There are many things that both residents and businesses can do to help reduce water use and energy use at the same time. Seaking out and eliminating leaks is a great first step. More efficient replacements are available for smaller devices such as faucets and showerheads, appliances such as dishwashers and washing machines, and also larger systems for businesses such as irrigation, cooling, and industrial processes. Cooling towers can consume 20% to 50% of a facility’s total water use, so upgrading one cooling tower can save a business up to $4,000 in water and wastewater costs annually. Installing a more efficient irrigation system or redesigning landscaping to use less water can conserve water, reduce power use, and also reduce dry weather runoff and wastewater contaminants. All of the above measures can help stretch limited water supplies and save residents and businesses money.

Free WaterSmart Checkups are available to homeowners and to owners or managers of commercial, multi-family, and industrial properties. Residential checkups include both indoor and outdoor assessments, and these checkups provide site-specific water-saving recommendations from certified irrigation professionals. You can apply for one at watersmartcheckup.org.

Wastewater Code
Also, the previous state handicapped access provisions have been deleted and replaced with the federal Americans with Disabilities Act (ADA) standards.

2013 California Electrical Code
Changes to the California Electrical Code require additional materials and methods for installation based on technological advances in the industry. Solar photovoltaic (PV) installations are more popular and some new installation and installation requirements have been added. Architectural code protections have been expanded to include more circuits in residential construction along with ground-fault interrupters (GFI) circuits. Also, tamper-proof electrical outlets have been included in building additions.

2013 California Residential Code
The California Residential Code provides detailed standard construction requirements for one and two family residential dwellings and residential townhouses three stories or less above grade. When the proposed construction is designed other than per the standard requirements, an engineered design shall be prepared by a registered engineer or architect. Also, minor technical changes have been made to the Residential Code to improve earthquake and wind resistance, and provide greater roof access around solar PV modules.

2013 California Plumbing Code
Similar to the Electrical Code, changes to the Plumbing Code require additional materials and methods for installation based on technological advancements in the industry. The chart to determine the required number of plumbing fixtures has been changed to be consistent with the building occupancy of a structure.

2013 California Mechanical Code
Changes include references to updated standards and rewritten sections to clarify code requirements.

2013 California Energy Code
The changes to the California Energy Code result from requirements in the legislation to increase energy conservation. Lighting requirements to improve efficiency have been added and include outdoor lighting. Whole house mechanical ventilation systems (i.e. air vents, roof vents) has been changed to provide a healthier environment. These changes go into effect on July 1, 2014.

2013 California Green Building Code
Changes to the California Green Building Code are few, but now applies to structural building additions and remodels. These changes go into effect on July 1, 2014.
A
for a nearly five-year postponement, the County of San Diego has renewed efforts to develop an east-west regional multi-use trail connection known as the Trans-County Trail (TCT). The TCT would traverse the County of San Diego from Torrey Pines State Beach, through Peñasquitos Reserve, Poway, Goodan Ranch, San Vicente Reservoir, Barona Tribal Reservation, and the Cuyamaca with an end point in Bonsignore Spillway, Sipe Park.

The original concept for the TCT began back in the mid-1990s, spanning an estimated distance of 117 miles, and required the participation and support of nine public agencies, including Poway. The most recent concept spans just over 100 miles, involves five public agencies, and still includes an east-west transition through Poway’s southern corridor. Although early efforts successfully defined a rough alignment, the renewed effort has determined a formal alignment and takes the first 25 miles of the TCT from conceptual idea to reality. Beginning from the Torrey Pines State Beach starting point, the County has, to date, hosted six assessment hikes to formalize a defined alignment, with assessment hikes 5 and 6 traversing the Poway aspects of the TCT.

The new TCT alignment through Poway was proposed as an overlay to the existing South Poway Trail. This new concept offers TCT trail users opportunities such as a potential rest stop at Bette Bandier Park, proximity to businesses in the downtown area, and overnight stay opportunities in the South Poway Business Park.

One of the County’s major focus goals during this upcoming year is to complete a portion of the Trail departing the Business Park. As planned, the TCT will continue east, just north of Scripps Poway Parkway, making its way to Sycamore Canyon Road. The trail will then turn south, under Scripps Poway Parkway, and run along the west shoulder of Sycamore Canyon Road for a short distance before crossing over into the City of San Diego trail system.

Once entering San Diego, the TCT will be approximately six miles west of the north staging area to Goodan Ranch, which offers sunrise-to-sunset parking and serves as an excellent gateway to Goodan Ranch or, eventually, the mid-south major segment of the TCT.

To ensure you are not charged for the disposal load, please be sure to have your coupon with you and present an original picture I.D. (copies are not acceptable) with the current address that corresponds to the address on the coupon. Items not accepted include hazardous waste, tires, computer monitors, televisions, appliances containing Freon, contractor waste, large trailer loads, commercial truckloads of debris, and business-generated waste. Residents and contractors performing a major renovation or property cleanup may contact EDCO to request rollout bin service. Household hazardous waste can be delivered to the Poway Household Hazardous Waste Facility at 12325 Crossfield Circle on most Saturdays between the hours of 9 a.m. and 3 p.m. (see www.poway.org for days of operation).

If you need a replacement coupon, please contact EDCO at 858-748-7769. For more information about this program or other disposal services, please contact the Public Works Department at 858-668-4762.