Holiday Crime Prevention

Tips from the Poway Sheriff's Department

Each year, approximately $1.3 billion worth of personal items and accessories are stolen from vehicles. From a crime prevention perspective, the holiday season is not only for giving but for stealing as well. According to statistics, most property offenses are crimes of opportunity. As you and your family prepare for the holidays, spend a few minutes to take precautions to minimize your chances of becoming a victim.

Thieves will take advantage of easy targets. This victim left their iPhone in the front seat to charge over night. Be smart and don’t become a victim.

Shopping Safety Tips
- Shop during daylight hours.
- Park under streetlights at night.
- Avoid parking next to a vehicle with dark tinted windows.
- Lock packages in the trunk of your vehicle.
- Leave the store with others, especially at night. When possible, shop with a partner.
- If you feel uncomfortable and if security is available, request an escort to your vehicle.
- Walk briskly, confidently, and directly through the parking lot. Be wary of solicitors or people asking questions in the parking lot area.
- Do not display gifts that can be seen through vehicle windows, and lock up valuable gifts. Merely covering up valuable items sends a message to thieves that something valuable is underneath.
- Do not advertise the gifts you received by leaving boxes in the garbage for everyone to see. Place the boxes in a sealed, non-clear garbage bag.

Many of us will take time off to travel during the holiday season. Thieves work even harder to find unprotected homes or vulnerable travelers to prey upon. The Poway Sheriff’s staff suggest following these travel safety tips to avoid becoming a victim of opportunistic thieves:

Travel Safety Tips
- Make sure your house looks lived in when you are away. Consider having a neighbor park a car in your driveway to make it appear as if someone is home.
- Lock all doors and windows and set household lights on timers.
- Trim your hedges and bushes so thieves will not have a place to hide while breaking into your home.
- If you have an alarm system, use it to control access points.
- Ask a trusted neighbor or friend to watch your house.
- Utilize mail and newspaper holds.
- Do not stop if your car is bumped from behind. Immediately call law enforcement for help and drive to a well lit and populated area to wait for their arrival.
- If someone says there is something wrong with your car, do not stop. Instead, drive to a well-lit and populated area to stop to inspect your vehicle.
- Fill your gas tank before dark.
- Remove valuables from your car and lock the doors.
- Carry money separately from credit cards.
- To avoid being an easy target, do not overdress yourself with packages.
- Stick to well-lit and well-traveled streets at all times.
- Use ATM machines in visible and well-lit locations.
- Do not leave valuables unprotected in your hotel room. Many hotels have safes in the rooms or in the office that guests can use.
- Keep your hotel room door locked, even when you are inside. Double check that the door is shut when leaving.

Did you know the City of Poway has over 600 volunteers who serve the community? These volunteers assist city staff in various areas throughout the City. From scanning documents in the City Clerk’s office to providing tours at one of the City’s parks, volunteers are an integral part of the day to day operations of the City. For example, in 1993 Old Poway Park opened and volunteer efforts immediately began to take shape. Volunteers at Old Poway Park safely operate railway equipment, offer train rides, give tours and provide presentations about the history of Poway. In addition, the Poway Midland Railroad Volunteers (PMRV) is a non-profit organization that is dedicated to the restoration, operation and maintenance of the antique railroad equipment in Old Poway Park, also provide volunteer services to the community.

The following is a list of areas where volunteer services are often utilized:
- Blue Sky Ecological Reserve
- City Hall
- Community Park
- Ramona-Sprig Interpretive Center
- Old Poway Park
- Poway Center for the Performing Arts
- Poway Midland Railroad
- Public Works
- Lake Poway
- Safety Services

Please visit our website at www.poway.org to find a volunteer position that is perfect for you!

Introducing Poway’s New Economic Development Manager

The City is excited to introduce its new Economic Development Manager, Jay Virata, who joined the City in September, 2013. Mr. Virata brings more than 20 years of experience in economic development, redevelopment, asset management, and budgeting in the Los Angeles area. He has hit the ground running, meeting with brokers from the Business Park, other Poway business owners and familiarizing himself with Poway.

In his position he previously held, Jay worked to retain and expand businesses, assisted businesses with navigating City approval processes, helped identify financial resources, provided site selection assistance and developed targeted marketing strategies. Jay is eager to work with all Poway businesses and to learn what they like about doing business in the City of Poway and what areas would benefit from improvement. Jay will be focusing on conducting surveys, guiding businesses through City Hall processes, providing referrals for financing and technical assistance, networking to create strategic business linkages, assisting businesses with identifying potential sites and will be working with regional and local business associations to identify and create opportunities for Poway businesses. If you’d like to meet Jay, you can give him a call at 858-668-4509 or email him at jvirata@poway.org.

In addition to the above efforts, Jay will be revitalizing and resuming the City’s electronic Economic Development Newsletter. If you would like to subscribe to future issues of the Economic Development Newsletter, or review previous issues, you can do so from the City’s website at www.poway.org.

This Issue:

What’s Your Water Worth? The City works hard to ensure that your water is clean, safe and low in cost. pp. 2

Fire Department FAQs Want to know more about our Fire Department? The answers to your questions are inside. pp. 15

Deck the Halls with Less Stuff This season, rethink your gift ideas to generate less waste. And be sure to recycle your wrap! pp. 15

Plant a Tree this Year Support the Tree Trust to help care for and beautify Poway’s urban forest future. pp. 15
What's Your Water Worth?

Every day, around the clock, the City of Poway delivers safe, clean, high-quality water through an extensive system of pipes, valves, and pumps to residents and businesses. This water is for homes, businesses, industry, agriculture, and firefighting. Our lives and economy rely on "tap" water.

Poway's water is imported from thousands of miles away, from the Rocky Mountains to the Grand Canyon. Transporting our water on its long journey requires major infrastructure and a massive amount of energy. Once in Poway, our water starts its local trek in Lake Poway before it is pulled into the Lester J. Bergland Water Treatment Plant for transformation to potable water. On average, the Poway water system moves 8.65 million gallons of water each day through 289 local miles of pipe to reach your tap.

With some of the water systems in this transportation network nearly 100 years old, many skilled, hardworking professionals are constantly at work throughout the system to ensure safe, clean water is delivered to our community with a guarantee of meeting all state and federal quality standards.

Additionally, both regional and local water agencies are making major investments in new, local water sources to improve water reliability. Options include groundwater, seawater desalination, recycled water and potable water reuse. All of these possibilities will help ensure the reliability of our water for future generations and limit our dependence on controversially available imported water.

In spite of the billions of dollars required to operate the multi-state system that brings us water, Poway customers pay less than half a cent per gallon for drinking water – significantly less than the cost of soda or bottled water. It's a tremendous value, considering the thousands of miles of transportation infrastructure, energy requirements and the extensive systems needed to provide safe, clean, reliable water for our community.

Every dollar from customers' water bills is invested back into the water system to help ensure reliable water availability 24 hours a day, seven days a week. While some of these system improvements are local (within Poway), others are regional, paid for as part of the City's cost to buy water from the San Diego County Water Authority including:

- **Securing water supplies**: Developing local water supplies, such as recycled water, desalinated water, and programs to maximize water efficiency.
- **Pumping and moving water**: Energy, supplies, and facilities to move water where it's needed and investing in technology to conserve and generate re-useable energy.
- **Treating and watering water**: Chemicals, energy, and equipment to ensure safe, clean water.
- **Upgrading systems**: Replacing or improving equipment and facilities to meet growing demands, develop system redundancy and keep systems up-to-date and in good working order.
- **Operating and maintaining systems**: Operators, engineers, technicians, plumbers, inspectors, accountants, managers, and others ensure smooth operations and fiscal stability.
- **Protecting the environment**: Maintaining and managing watershed and water quality.

Although the cost of water is still comparatively low, the price has risen sharply within the past six years, primarily due to the cost of imported water supplies, emergency storage, energy supply development and system reinvestment. Adjusting to this increased cost for water has been even more difficult during an economic downturn. One way to help mitigate the increased cost of water for the long-term is to focus on water efficiency for your home and business.

There are many resources available to help you better understand your daily water use patterns and opportunities for improving efficiency, as well as financial incentives to replace lawn with California-friendly landscaping and to help purchase water-saving appliances, toilets, and irrigation equipment. Learn more at www.poway.org/waterconservation.

Adapted from an article produced by the California Urban Water Agencies

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Private Lift Stations Need Special Attention

New State Requirements Increase Focus

Whenever possible, wastewater systems use gravity to transport sewage to a treatment plant. When the topography doesn't allow the use of gravity, sewer "lift stations" are used to push the flow through the pipes. The City's system includes five public sewage lift stations. There are also dozens of private lift stations in the City on properties that are below the elevation of the sewer system and, thus, must pump their wastewater uphill to the sewer main line.

If you have a private lift station, you have an important responsibility for proper operation and maintenance to protect your health and property, along with helping to ensure the proper functioning of the larger sewer system and the comfort of your neighborhood.

Routine and preventive maintenance can help avoid costly repair bills. Lift stations require daily, weekly, semi-annual and yearly maintenance activities—without routine maintenance, grease and solids build-up in your station. This can damage the pump or cause a sewer back-up into your home or business. It also causes hydrogen sulfide gas and a foul odor that often results in complaints to the City.

Lift station owners should consult a pump maintenance professional for recommended maintenance practices for your system. Additionally, as a result of new state compliance requirements, you may be placed on a City monitoring program. For more information, please call (858) 668-4719.

Pumps like these are utilized in lift stations to move wastewater uphill—proper maintenance is key to preventing pump clogs and system overflows.

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Problems can be avoided through routine maintenance that includes the following:

- **Clearing the lift station wet well to prevent accumulation of solids and grates.** Wet wells should be pumped out and cleaned as often as necessary, but at least twice a year to prevent more expensive repairs due to pump damage.
- **Inspecting submersible pumps and impellers at least quarterly.** The inspections assure the impeller is free of debris.
- **Inspecting the lift station's check valves** at least twice a year to ensure proper functioning and to prevent backflow from a force main into the private wet well.
- **Cleaning and inspecting floats at least four times a year.**
- **Checking light and alarm systems weekly to ensure immediate problem alerts.**
- **Using a natural chemical to minimize odors and prevent corrosion.**
- **Don't flush "flushable wipes"—they do not break down and often cause blockages.**
WINTER 2013

Join us at Old Poway Park for an old-fashioned holiday tradition! This free event takes you back in time with caroling, live musical performances, a holiday craft boutique, and square dancing demonstrations. Get a unique gift in the North Pole Workshop, enjoy a horse-drawn hayride, visit with Santa and Mrs. Claus, or board the 1907 Baldwin steam engine for a joyful eight-time ride around the park. Watch historic blacksmithing and view an extensive model train display. Bring an ornament for the community Christmas tree, which will be lit at 5:15 pm, followed by Santa’s arrival. The event is co-sponsored by the City of Poway, the Old Poway Park Action Committee, The Home Depot Old Poway Vista, Nual Electric, Walter Anderson Nursery, and Francés Rivera. Photography: Information: (858) 668-4576 or visit our website at www.poway.org/oldpowaypark.

GONE FISHING

Lake Poway currently holds the county record for rainbow trout at 17.85 pounds and our reputation as the “Big Trout Destination” still holds true. Back by popular demand, Lake Poway has contracted with Chad Munoz Trout Ranch in Nebraska to drop the first trout in Southern California. These fish have been dubbed “tail walkers” because of the breathtaking, above-water spectacle seen as you reel them in. The fishing frenzy will continue throughout mid-May. The lake will go into minimal stocking every two weeks throughout the season. This fall write Lake Poway concession offers fishing permits, bait, boat rentals, grill items, and refreshments. We have the best permit and boat prices in the area including reduced rates for seniors 55+ and active duty military. State Fishing Licenses are not required. Please check our website for the most up-to-date fishing conditions and stocking dates at www.poway.org/fishing.

Trout Season Returns!

Thursday, November 21

Lake Poway will host its annual Trout Season Returns event, the best day of the year for fishing enthusiasts. Join us for a day of fishing fun, with special prizes for those who catch the biggest trout. All participants will receive a free gift bag, and the first 400 registrants will receive a free fishing permit. Fishing events will take place from 9 am to 3 pm, with the ceremony starting at 10 am. Participants can choose from two types of fishing experiences: fishing with a licensed guide or fishing independently. The event will feature a fly fishing demonstration, a casting competition, and a prize giveaway. Don’t miss this exciting opportunity to connect with nature and challenge your skills. For more information, please visit www.poway.org/fishing.

Fishing Seminar & Campout!

Friday, February 7, 2014

8:00 am to 6:00 pm

Join us for a day of fishing fun, with special prizes for those who catch the biggest trout. All participants will receive a free gift bag, and the first 400 registrants will receive a free fishing permit. Fishing events will take place from 9 am to 3 pm, with the ceremony starting at 10 am. Participants can choose from two types of fishing experiences: fishing with a licensed guide or fishing independently. The event will feature a fly fishing demonstration, a casting competition, and a prize giveaway. Don’t miss this exciting opportunity to connect with nature and challenge your skills. For more information, please visit www.poway.org/fishing.

Farmers Market!

The City of Poway Farmers Market has moved to a new location, extended the hours, and added vendors! Come check us out!

The Farmers Market is now located on Midland Road from 8:00 am to 1:00 pm every Saturday, creating a pedestrian-friendly shopping and entertainment experience in the Old Poway Park area. The Farmers Market offers vendors providing fresh produce, flowers, music, and freshly prepared food. All produce is inspected by the agricultural commission, and brought to you direct from the grower.

When visiting the market, take time to explore all that the Old Poway Park area has to offer! Shop the small boutiques in Old Poway Village, pay tribute to the Armed Forces at Veterans Park, ride the 1907 Baldwin Steam Engine, or learn about Poway’s history touring the Nelson House and Heritage Museum. The Hamburger Factory provides the perfect sit-down, family experience with a full breakfast, lunch, and dinner menu. For more information, call (858) 668-4576 or visit www.poway.org/oldpowaypark.

Never Miss a Recreation Opportunity Again!

Sign up today for our Community Services Department Email Newsletter:

www.poway.org/community

SAVE THE DATE!

Summer Day Camp Early Registration

starts April 16, 2014

Watch our website for more details: www.poway.org/classes

Christmas in the Park

Saturday, December 14
3:30-8:30 pm
FREE for the whole family!
Health & Wellness

Check out these Exciting NEW Classes!

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 dances including Country Waltz, Swing, Nightclub, and the Cowboy Cha Cha. Learn to lead or follow several simple routines in each dance with a great emphasis on Dimick’s (rhythm, timing, footwork, turn technique, and style). No experience necessary. Partners are not required.

Instructor: Liza Marians
Location: Old Poway Park, Templer’s Hall
No Class: Jan 17
5477.320 Thu 6:30-7:00pm Jan 16-Mar 27
SEO/RES $80/90

NEW! Country Western Two-Step | Ages 14+
Wear your cowboy boots to this fun and easy dance class that teaches this fundamental of Country Western Two-Step partner dancing. Learn to lead or follow several beginner to intermediate-level dance routines that can be used at clubs and events around town. Develop rhythm and timing, and learn proper footwork and turn technique. No experience necessary.

Partners are not required.

Instructor: Liza Marians
Location: Old Poway Park, Templer’s Hall
No Class: Jan 23
5477.321 Thu 7:30-8:30pm Jan 16-Mar 27
SEO/RES $80/90

NEW! Low Back Care on the Pilates Reformer | Ages 18+
Learn how to find your deep core muscles as we introduce you to simple movements and techniques using the Pilates Reformer. This will help you support and strengthen your back, not only in the Pilates environment, but in your daily life, as well.

This class is for people with chronic low back pain, recent back surgery, or those who have been returning to regular exercise and need people who may not have pain but feel fatigued in their backs with strenuous or activities requiring endurance.

Instructor: Poway Pilates
Location: Poway Pilates: 14535 Midland Road
No Class: Feb 19
5477.345 Wed 12:30-1:30pm Jan 8-Feb 5
374/504
5477.346 Wed 12:30-1:30pm Feb 12-Mar 21
374/504

Pilates | Ages 16+
Transform your body from the inside out. Strengthen your abdomen and back. Improve posture and become more flexible while your arms and legs become leaner. Pilates is a safe and sensible way to exercise that will help you feel better. People around you will notice a substantial difference in your overall appearance. Join the nearly nine million people in the U.S. who have discovered the benefits of Pilates.

Instructor: Emma Sarmiento
Location: Community Park, Activity Rooms 1 & 2
No Class: Feb 16
5471.301 Tue 6:00-7:00pm Jan 25
999/109

YogaZander | Ages 17+
Experience a unique approach to yoga! Practice gentle breathing exercises and classical yoga poses combined with the profound wisdom of the Alexander Technique. YogaZander will help you safely release muscle tension and develop natural body alignment. Enjoy less stress and more flexibility! Bring a yoga mat, small blanket or beach towel, and water.

Instructor: Chef Hotalen
Location: Old Poway Park, Templer’s Hall
5471.317 Thu 10:00-11:15am Jan 9-Feb 6
959/550
5471.313 Thu 10:00-11:15am Feb 13-Mar 13
599/569
5471.314 Thu 10:00-11:15am Jan 9-Mar 3
918/528

NEW! Kettlebell Kickboxing | Ages 16+
Reboot your fitness goals with a kettlbell kickboxing interval training that will transform your body into a burn 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 for fun for all fitness levels. Equipment supplied. Wear comfortable workout clothes and bring a towel to class. Are you ready to rumble with gut fist greatness?

Instructor: Poway Pilates
Location: Poway Pilates: 14535 Midland Road
No Class: Jan 20
5471.340 Mon 6:00-6:45pm Jan 6-Feb 17
74/504
5471.341 Mon 6:00-6:45pm Feb 24-Mar 21
74/504

NEW! Morning Zumba® Fitness | Ages 16+
Party yourself into shape with the world’s leading branded fitness program! Zumba® Fitness is a global lifestyle brand that fuses fitness, entertainment, and culture into an exhilarating dance-fitness sensation. Zumba® exercise classes are fitness parties that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

Instructor: Meg Neper
Location: Community Park, Auditorium
No Class: Feb 18
5471.330 Tue 10:00-11:00am Jan 19-Mar 9
999/109

Hatha Yoga | Ages 18+
This popular class is for the beginner and continuing yoga student. Experience stress release with gentle movements and stretches. Relaxation is emphasized through music and gentle instructions. Wear comfortable clothing and bring a yoga mat or large towel.

Instructor: Jon Brock
Location: Old Poway Park, Great Room
5471.300 Wed 6:30-7:45pm Jan 8-Mar 26
75/505

Zumba® | Ages 16+
Are you ready to party yourself into shape? That’s exactly what Zumba® is about. It’s an exhilarating, effective, calorie-burning dance party that’s moving millions of people towards health and joy. Zumba® fusion blends Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away.

Instructor: Emma Sarmiento
No Class: Jan 27 and Feb 17
5471.305 Mon 6:00-7:00pm Jan 6-Feb 20
599/500

Zumba® Toning & Senboa | 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-torching, strength-training, dance fitness party. Zumba® Toning & Senboa transforms a chiseled into a chiseled dance partner providing a workout that strengthens your core and enhances the hips, glutes, and legs using your own body as resistance. Zumba® Toning & Senboa is the perfect way for enthusiasts to sculpt their bodies naturally while improving cardiovascular endurance and having a blast!

Instructor: Emma Sarmiento
Location: Community Park, Auditorium
No Class: Feb 19
5471.303 Wed 6:15-7:15pm Jan 8-Mar 26
999/109

Zumba® + Zumba® Toning & Senboa | Ages 16+
Mem 6:00-7:00pm Jan 8-Mar 26
5471.306 Wed 6:15-7:15pm

T’ai Chi 24 Forms—Refine & Deepen | Ages 17+
Continue your T’ai Chi 24 Forms adventure with this intermediate-level class. Deepen your understanding of the T’ai Chi principles and refine your movements, all while experiencing slower and greater relaxation. Enjoy Cooling Silk warm-ups—simple movements that open and close the joints, stimulate the Qi to reach congested or tight areas, and help us feel and move Qi throughout the body.

The ancient practice of T’ai Chi Chuan is clinically proven to be one of the most effective exercises to improve health, fitness, and relaxation. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

Instructor: Chef Hotalen
Location: Midland Elementary School Multi-purpose Room
13910 Midland Rd
No Class: Jan 20 and Feb 3 & 17
5471.310 Wed 6:00-7:15pm Jan 16-Mar 17
599/505

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

Zumba® + Zumba® Toning & Senboa | Ages 16+
Mem 6:00-7:00pm Jan 8-Mar 26
5471.306 Wed 6:15-7:15pm

Zumba® + Pilates | Ages 16+
N/T 6:00-7:00pm Jan 7-Mar 23
5471.307 Wed 6:15-7:15pm

Zumba® + Pilates | Ages 16+
N/T 6:00-7:00pm Jan 7-Mar 23
5471.308 Wed 6:15-7:15pm

*See individual class descriptions for No Class dates and locations.

Register online at: www.poway.org/classes
Children's Activities

More Than Ready: Preschool Program | Ages 3½–5
This innovative preschool program introduces your child to the "ready" reading, writing, math, and social skills needed for smooth transition into kindergarten. The program promotes independence, and provides practice for following rules and routines. Your child will become "book-smart" through fun storytelling techniques taught by a children's librarian. We put the READ in READY! A free evaluation is included for new participants and additional evaluations can be provided for $20 each. All participants must be toilet trained without the need for assistance.
Instructor: More Than Ready, Ms. Taylor
Location: Community Park, Youth Activity Room

Mom & Tot Gymnastics | Ages Walking-3½ years
This class is designed for toddlers and their parents to participate together in basic gymnastics while interacting with other children and an instructor. They will develop their basic motor skills, confidence, balance, coordination, and social interaction in a fun filled, positive atmosphere. Wear comfortable clothes or a leotard with no snaps, zippers, or buttons.
Instructor: Poway Gymnastics
Location: Poway Gymnastics, 12850 Brookprinter Place

Ice Skating | Ages 3-5
This fun, learn-to-skate class will let your child experience the thrill and excitement of ice skating. Participants will learn the basic elements of skating, including skating forwards and backwards, the proper way to fall and get-up, balancing skills, and stopping. Skating rental is included in the fee.
Instructor: Ann Daniels
Location: San Diego Ice Arena, 11048 Ice Skate Place

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-Fair! 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

Night Out Activities

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 guests, 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

Mystery Night | Grades 6th-9th
We cordially invite you to attend a mystery party. What mystery might you ask? Well, it's a mystery of course! Join us for a thrilling night of curiosity as the mystery unfolds right before your very eyes. We may ask you to be a character or invite you to be our guest, but don't be surprised if the person you're sitting next to is the culprit. This mystery party will intrigue and challenge you to figure out who did it! 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

Register online at: poway.org/classes
Dance | Youth/Teens

Dance for Children | Ages 3-5
Pre-Dance and Tumble with Ms. Debbara
The perfect introduction to dance and movement, this fun-filled, creative and music-focused program teaches preschool-aged dancers skills needed in any future class. This class is structured to ensure success for every child and to keep them wanting more! Participants will dance, sing, tumble, balance, imagine, express, gain self-confidence, and flexibility during this non-parent participation class. Come join the fun! Wear comfortable clothing or dance attire, and leather ballet slippers or bare feet.

Instructor: Debbara Childress; Debbarra@cox.net; (706) 747-9777
Location: Community Park, Auditorium
No Class: Mar 17

$110.300 Mon 10:00-10:45am Jan 6-Mar 24 $108/$108

Ballet for Kids | Ages 3-12
Learn the art of ballet, a classical ballet with a magical twist! This musical and creative class will teach all the basics of ballet, while we make believe we're princesses, fairies, unicorns, and more! Children will learn rhythm, coordination, and a love for dance. Dance attire and pink leather ballet slippers are required.

Instructor: Kelley Childress-Nichols; kelchildres04@yahoo.com
Location: Community Park, Auditorium
No Class: Jan 11 and Mar 18 & 22
Ages 3-4
$121.300 Sat 9:30-10:45am Jan 6-Mar 24 $96/$108
Ages 5-7
$121.300 Sat 9:45-10:30am Jan 6-Mar 24 $96/$108
$121.302 Tue 4:35-5:30pm Jan 7-Mar 25 $96/$108
Ages 8-12
$121.302 Sat 10:30-11:35pm Jan 6-Mar 24 $96/$108

Dance Production | Ages 6-18
Danced Version of a Famous "Story"  Participants will perform a danced version of a famous "story," using a variety of dance styles and music! This theatrical experience puts dance in perspective — giving participants a true stage experience complete with beautiful sets, props, and scenic changes on a professional stage. A truly enriching experience that can't be beat! We perform this show at the annual dance recital in addition to the regular class dance. The "story" will be announced at the first class! Concurrent employment in Tap & Ballet is required.

Instructor: Debbara Childress; Debbarra@cox.net; (706) 747-9777
Location: Community Park, Auditorium
No Class: Mar 17 & 20
Ages 3-9 Years
$111.301 Mon 11:00am-12:00pm Jan 6-Mar 24 $108/$108
$111.302 Thu 1:00-2:00pm Jan 6-Mar 24 $108/$108
Ages 5-7 Years
$111.302 Thu 1:00-2:00pm Jan 6-Mar 24 $108/$108
$111.303 Mon 3:00-4:00pm Jan 6-Mar 24 $108/$108
$111.304 Mon 4:00-5:00pm Jan 6-Mar 24 $108/$108
Ages 6-8 Years
$111.309 Thu 3:00-4:00pm Jan 6-Mar 24 $108/$108
Ages 8-12 Years
$111.310 Mon 5:15-6:15pm Jan 6-Mar 24 $108/$108
$111.311 Thu 4:00-5:00pm Jan 6-Mar 24 $108/$108
Ages 12-13 Years
$111.312 Thu 5:00-6:00pm Jan 6-Mar 24 $108/$108
Ages 12-18 Years
$111.313 Mon 6:15-7:15pm Jan 6-Mar 24 $108/$108

Fun 'n Funky Jazz for Kids! | Ages 7-18
Come move and groove to the music as we learn Fun 'n Funky Jazz! Have you ever watched "So You Think You Can Dance?" This class will give participants a taste of this popular dance form as seen on the show! Set to the current music of today, participants will learn dance moves that can be used in many other forms. Gain flexibility, teamwork, musicality, and a love of dance! Age-appropriate moves and music choices are offered at every level. Dance attire and black jazz shoes are required.

Instructor: Kelley Childress-Nichols; kelchildres04@yahoo.com
Location: Community Park, Auditorium
No Class: Mar 18
Ages 7-12 Years
$125.307 Tue 6:30-7:30pm Jan 7-Mar 25 $90/$108
Ages 13-18 Years
$121.308 Tue 5:15-6:00pm Jan 7-Mar 25 $90/$108

Creative Arts

Musical Theatre | Ages 8-16
Do you have a budding Broadway star in your class, participants will take a classic musical and adapt it into their own smash hit! Acting, dancing, and vocals will be the main focus, as well as production (costumes, props, and set design). Everyone has a huge part in bringing the magic together for the big production on the last day of class. At the end of the session, participants will have an understanding and love for live theatre!

Instructor: Julie Clemmons
Location: Web; Community Park, Auditorium
No Class: Feb 19
6180.340 Wed 4:00-6:00pm Jan 8-Mar 26 $20 materials fee due first day of class

Art Start | Ages 7-12
Art Start is a tuition-free art program that encourages 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, pastels, as well as clay project; because children always request it!

Instructor: Susan Blount
Location: Old Poway Park, Great Room
No Class: Feb 20
6182.200 Thu 6:00-7:15pm Jan 16-Mar 13 $105/$115* $20 materials fee due first day of class

NEW! Storybook Acting | Ages 6-9
It's story time like you've never seen it before! Here, the characters leap off the page and into your child's imagination as they sing, dance, and act it out songs and stories. On our final class day, we will present a 20-minute, mini-musical presentation of our Storybook Acting.

Instructor: Catherine Colby
Location: Old Poway Park, Temple Hill
6182.350 Thu 4:00-5:00pm Jan 30-Mar 27 $120/$130* $15 materials fee due first day of class

NEW! Acting Improv | Ages 9-14
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, Temple Hill
6182.351 Thu 6:10-7:10pm Jan 30-Mar 27 $125/$135* $40 materials fee due first day of class

Kids Hip Hop Dance

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 lose 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 movement and music are age appropriate. Classes fill up quickly; register early.

Instructor: Dance to Evolve@www.dancetoevolve.com, (619) 870-9127
Location: Old Poway Park, Temple Hall
Beat Breakers Ages 4-7
$131.300 Wed 5:30-6:45pm Jan 15-Feb 19 $94/$104
$131.301 Wed 5:30-6:45pm Feb 26-Apr 2 $94/$104
$131.302 Wed 5:30-6:45pm Jan 15-Feb 19 $70/$101
$131.303 Wed 5:30-6:45pm Feb 26-Apr 2 $94/$104
$131.304 Wed 5:30-6:45pm Jan 15-Feb 19 $94/$104
$131.305 Wed 5:30-6:45pm Feb 26-Apr 2 $94/$104
$131.306 Wed 5:30-6:45pm Jan 15-Feb 19 $70/$101

NEWWODSHOP WIZARDS | Ages 6-13
The Woodshop Wizards Program has been created specifically to provide youth 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 wood working program where students construct several projects, allowing them to experience using real tools, creative painting, and personalizing their creations! Tools include hammers, clamps, drills, miter saws, and more. Safety and proper use of tools is always stressed. All projects are taken home to treasure!

Instructor: Anthony Demopoulos
Location: Old Poway Park, Temple Hall
6717.330 Tue 6:00-8:00pm Jan 14-Feb 18 $90/$100
$90/$100
**Sports | Youth/Teens**

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

Instructor: Ann Daniels  
Location: San Diego Ice Arena: 11048 Ice Skate Place  
2011.303 Wed 4:30-5:00pm Jan 8-Jan 29 $45/$55  
2011.304 Wed 4:30-5:00pm Feb 5-Feb 26 $45/$55  
2011.305 Wed 4:30-5:00pm Mar 5-Mar 26 $45/$55

**Youth Taekwondo | Ages 6-12**
This is a complete martial arts program for boys and girls. In addition to learning important self-defense skills, children develop respect, self-discipline, self-control, concentration, and confidence. Participants may take part in an examination at the end of the session to advance to a higher belt level. A white martial arts uniform is required and may be purchased from the instructor for $25. Parents who wish to attend with their children may enroll in the Adult Taekwondo class (1247.304) and attend other classes.

Instructor: Master WoJeop (858) 749-1353  
Location: Community Park, Bill Bond Hall I  
No Class: Jan 10 & 20 and Feb 17  
2011.309 MW 6:00-7:00pm Jan 6-Mar 21 $95/$105

**Teen Taekwondo | Ages 14-17**
This class is designed to help teens develop more strength, coordination, speed, endurance, confidence, and self-defense skills. Participants may take part in an examination at the end of the session to advance to a higher belt level. A white martial arts uniform is required and may be purchased from the instructor for $25.

Instructor: Master WoJeop (858) 749-1353  
Location: Community Park, Bill Bond Hall I  
No Class: Jan 10 & 20 and Feb 17  
2011.310 MW 7:00-8:00pm Jan 6-Mar 21 $95/$105

**Youth Volleyball | Ages 9-14**
Looking for a fun sport? Come and play some volleyball on Monday nights! Boys and girls are invited to participate in this fun, recreational activity. Volleyball play will be mixed with the learning of fundamental volleyball skills, including serving, passing, setting, and hitting.

Instructor: David Claycomb  
Location: Meadowbrook Gymnasium  
No Class: Feb 17 and Mar 3  
2011.312 Mon 5:30-6:30pm Jan 6-Mar 10 $50/$60  
2011.313 Mon 6:30-7:30pm Jan 6-Mar 10 $50/$60

**Girls Running Strong | Ages 9-13**
Girls Running Strong is an 8-week running/fitness and self-esteem program for girls ages 9-13. The culmination will be the completion of a 5K (see run date, time, and location below). Entrance fee included. Girls will learn the basics of running, how to set and achieve goals, proper nutrition, team building, leadership skills, the importance of a great attitude, healthy lifestyle, and positive self-body image. All girls will receive a GIRLS t-shirt, cinch sack, notebook, and recognition celebration with awards.

Instructor: Jeanne Olson: www.girlsrunningstrong.com  
Location: Silverstar Park  
2011.320 TTH 4:00-5:30pm Jan 7-Mar 4 $129/$159  
* $35 materials fee due first day of class

**Tennis – Beginner | Ages 5-14**
Beginning tennis skills are taught in this class. These skills include: forward and backhand ground strokes, volleys, and a good first serve. Group instruction will encompass drills, court positioning, footwork drills, doubles play and strategy, scoring systems, and court etiquette. Tennis racquets will be provided if needed.

Instructor: Art Christophides  
Location: Community Park, Tennis Courts  
No Class: Jan 9-Feb 5  
2011.306 Sat 9:00-10:00am Jan 7-Feb 5  
2011.307 Sat 9:00-10:00am Mar 1-Mar 29  
2011.308 Sat 10:00-11:00am Jan 7-Feb 5  
2011.309 Sat 10:00-11:00am Mar 1-Mar 29  
* $35 materials fee due first day of class

**Tennis – Intermediate | Ages 7-16**
At this level, you will be incorporating advanced techniques, along with fine-tuning beginning strokes. Participants will refine topspin forehand and backhand ground strokes, conventional volleys, a good first and second serve, and a good overhead smash. Instruction will include footwork drills, groundstrokes, approach shots, volleys, singles and doubles play, and strategy. Uncovered courts. Light competitive games, and court etiquette. Tennis racquets will be provided if needed.

Instructor: Art Christophides  
Location: Community Park, Tennis Courts  
No Class: Jan 9-Feb 5  
2011.306 TTH 5:00-6:00pm Jan 7-Feb 5  
2011.307 Sat 11:00am-12:00pm Jan 7-Feb 5  
2011.308 TTH 5:00-6:00pm Feb 25-Mar 27  
2011.309 Sat 11:00am-12:00pm Mar 1-Mar 29  
* $35 materials fee due first day of class

**Tennis – Advanced Juniors | Ages 11-16**
At this high level, tennis enthusiasts will enhance their ability level by focusing on forehand and backhand ground strokes, volleys, serving drills, and overhead smash drills. The class includes singles and doubles play, and strategy. For the advanced players who want to play tennis in a competitive environment. League play, and high school teams. Tennis racquets will be provided if needed.

Instructor: Art Christophides  
Location: Community Park, Tennis Courts  
No Class: Jan 9-Feb 5  
2011.310 MW 4:00-5:00pm Jan 6-Feb 5  
2011.311 MW 4:00-5:00pm Feb 24-Mar 26  
* $35 materials fee due first day of class

**Sports | Open Play**

**Open Play Sports | All Ages**
The City of Poway operates two gymnasiums that provide a variety of activities for youth and adults. Open play basketball, volleyball, badminton, and pickleball are available during the week for your recreation needs at no charge. During the months of January, February, and March the free open gym times are as follows:

- **Twin Peaks Multipurpose Center**  
  14640 Herrin Borita Road  
  (858) 668-4599  
  Open: Monday-Friday 9:00am - 9:00pm  
  Saturday: Open Gym 9:00am - 1:00pm  
  Sunday: Open Volleyball 1:00pm - 5:00pm

- **Meadowbrook Gymnasium**  
  12320 Meadowbrook Lane  
  (858) 668-4599  
  Open: Monday-Friday 9:00am - 9:00pm  
  Saturday: Open Gym 9:00am - 1:00pm  
  Sunday: Pickleball 9:00am - 5:00pm

HOURS ARE SUBJECT TO CHANGE WITHOUT NOTICE. FOR THE MOST UP-TO-DATE OPERATING HOURS, PLEASE VISIT OUR WEBSITE AT www.poway.org/community.
### Sports | Adults

**Beginning Coed Volleyball | Ages 16+**
 Interested in learning to play volleyball? This is the place! This coed class is designed for beginners or those who need work on the basic skills. Volleyball play will be mixed with the learning of volleyball fundamentals including serving, passing, setting, and hitting.

**Instructor:** David Claycomb  
**Location:** Twin Peaks Multipurpose Center  
1247.320 Wed 6:00-7:30pm Jan 8-Feb 12  
RES/NON $60/570

**Intermediate Coed Volleyball | Ages 16+**
 All intermediate players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster, schedules, and prizes are included. New players must attend the starting orientation night. *Past volleyball experience is strongly recommended.*

**Instructor:** Dick Leatherman  
**Location:** Twin Peaks Multipurpose Center  
Men’s 1247.300 Thu 6:30-9:00pm Jan 16-Mar 13 RES/NON $56/529  
Women’s 1247.301 Thu 6:30-9:00pm Jan 16-Mar 13 RES/NON $56/527

**Adult Taekwondo | Ages 18+**
 This is a complete martial arts program for men and women. It is designed to help you develop more strength, coordination, speed, endurance, confidence, and self-defense skills. Participants may take part in an examination at the end of the session to advance to a higher belt level. A white martial arts uniform is required and may be purchased from the instructor for $25.

**Instructor:** Master Wolpert  
**Location:** Meadowbrook Gym  
9397.300 Fri 1:30-3:30pm Jan 10-20 and Feb 17  
RES/NON $95/5195

**Special Needs**

**Bowling | Ages 13+**
 This bowling class provides unlimited fun for everyone! Awards and a party will conclude the last class. If the participant needs one-to-one attention or has special needs, provide a description of the situation to the instructor. Depending on the circumstances, an aide may be required to accompany the participant. All participants must be picked up by 3:30pm.

**Instructor:** Sarah D’Agostino-Gana  
**Location:** Poway Fun Bowl, 12941 Poway Road  
RES/NON 9397.300 Fri 1:30-3:30pm Jan 10-20 $40/50*

* $8 class fee due at bowling alley each week

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### Safety Training

**Note:** If registering for both the First Aid and CPR class, there is one time $36 (certification) or $9 (informational) no certification 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 card valid for two years.  

**American Red Cross Instructor, Blythe Paley**  
Location: Community Park, Nutrition Room  
5418.301 Wed 6:00-9:00pm Jan 21 $26/30*  
* $26 (certification) or $9 (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 an American Red Cross certification card valid for two years.  

**American Red Cross Instructor, Blythe Paley**  
Location: Community Park, Nutrition Room  
5418.301 Wed 6:00-9:00pm Jan 14 $26/30*  
* $26 (certification) or $9 (informational only) materials fee due on the first day of class

#### Babysitter’s Training | Ages 11-18
 The American Red Cross has created a course for babysitters with components that include leadership, professionalism, responsibility, child development, safety, and responding to emergencies while on the job. Participants will receive a card from the American Red Cross with no expiration date. *Bring a lunch and large doll or stuffed animal to class.*  

**American Red Cross Instructor, Blythe Paley**  
Location: Community Park, Activity Rooms I & II  
7617.300 Sat 9:00am-3:00pm Jan 25 $45/55*  
* $20 materials fee due on first day of class

#### Babysitter’s Training CPR & First Aid | Ages 11-18
 Participants who are registered in a Babysitter’s Training course can also choose to receive an American Red Cross certification in Pediatric CPR and First Aid valid for two years.  

**American Red Cross Instructor, Blythe Paley**  
Location: Community Park, Activity Rooms I & II  
7617.301 Mon 1:00-8:00pm Jan 27 $20/30*  
* $20 materials fee due on first day of class
Dog Obedience Training

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

Beginning Obedience | Owners Aged 12+
Dogs 6 weeks to Adult
In the Beginning Obedience class, your dog will learn to walk politely and appropriately socialize while on a leash. Behavioral problems associated with the leash will be covered. The commands of come, sit, down, stand, heel, and stay will also be covered.
Instructor: Good Dog Training School, Lynne Moore
Location: Test Old Poway Park, Green Park
Set: Garden Road Park
RES/NON
9019.300 Tue 6:30-7:30pm Jan 7-Feb 11 $95/$105*
9019.301 Sat 9:30-10:30am Jan 11-Feb 15 $95/$105*
9019.302 Tue 6:30-7:30pm Feb 18-Mar 25 $95/$105*
9019.303 Sat 9:30-10:30am Feb 22-Mar 29 $95/$105*
*629 materials fee due on first day of class

Intermediate Obedience | Owners Aged 12+
Dogs 6 months to Adult
In the Intermediate Obedience class, your dog will work to obtain a Canine Good Citizen Certification (CGC program) and experience more distraction training such as leaving other dogs and people alone. Dogs in this class must have taken an introductory course or have knowledge of basic commands.
Instructor: Good Dog Training School, Lynne Moore
Location: Garden Road Park
RES/NON
9019.304 Sat 10:00-11:30am Jan 11-Feb 15 $95/$105
9019.305 Sat 10:00-11:30am Feb 22-Mar 29 $95/$105

Poway Swim Center

Location: 13094 Civic Center Drive

Hours
Winter (October 28, 2013 - March 30, 2014)
Monday - Friday
11:00am - 7:00pm / 3:00 - 7:00pm
Saturday / Sunday
CLOSED

Pool Closed
November 28, 29
Thanksgiving Holiday
December 16, 2012 - January 5, 2013
Pool Maintenance
February 14 & 17
Swim Meet

Lap Swimming Hours
During open recreational swim, lanes will be set aside for those interested in swimming laps. Some open recreational swim times will be shared with swim lessons and swim clubs. Portions of the pool may not be available for use by the public during these times.

Information:
The Poway Community Swim Center is located at 13094 Civic Center Drive, within Poway Community Park. The Swim Center includes a 50-meter by 25-yard pool with an attached diving well and shallow children’s area. During open pool hours, Poway residents and nonresidents can enjoy the one-and-three-meter diving boards, open swimming areas, and lap swimming lanes. A one-foot baby pool is available for play during the spring, summer, and fall months. The Swim Center offers a complete shower and dressing area. Water temperature in the pool is maintained between 80 and 84 degrees, providing for comfortable swimming year-round. For general information regarding pool hours and fees, call (858) 668-4680. For program information, call (858) 668-4090. Swimmers may be required to show proof of residency in order to be eligible for resident rates.

Poway Swim Center

Information: www.poway.org/swim

Please Note: Swimmers may be required to show proof of residency in order to be eligible for resident’s rate. Pass holders must stop and have their cards scanned prior to entering the facility.

Costs:

Daily Admission
Adults (Ages 18+)
$2.50/$5.00
Youth
$2.00/$4.00
Seniors (Ages 60+)
$2.00/$4.00

Season and Yearly Passes
Season and yearly passes may be purchased at the pool during business hours. Family passes include two adults (18 and over) and all immediate family members 17 and under residing in the same household. Season passes are valid for 90 days from date of purchase.

Season Pass Rates
Adults (Ages 18+)
$94/$125
Youth
$73/$105
Seniors (Ages 60+)
$73/$105
Family
$155/$256

Yearly Pass Rates
Adults (Ages 18+)
$225/$355
Youth
$183/$261
Seniors (Ages 60+)
$183/$261
Family
$390/$543

Water Exercise | All Ages
Water Exercise is a low-impact exercise for any age or ability. Classes are held in 4-foot water depth. Advanced swimming skills are not required. Daily admission is required. Class is dependent on instructor availability.

Information: www.poway.org/swim

Want a Spring or Summer Job?
Train to be a Lifeguard TODAY!

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 Lifeguarding/Five ABC/CPR/AED. The following skills will be taught in the first day. Failure to complete these skills will result in dismissal from the course: swim 300 yards continuously using front crawl and breaststroke; tread water for 2 minutes without using hands; and enter the water feet first, swim 25 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 30 seconds. 100% attendance is required. Class fee does not include the book from the Red Cross. Students must purchase the Lifeguarding book and a pocket resuscitation mask through the American Red Cross prior to the start of class.

Train to be a Lifeguard TODAY!

Information: www.redcross.org
Poway Community Park

Location: 13094 Civic Center Drive

Park Hours:
- Daily, Sunrise-Sunset
- Recreation Office: Mon-Sat 8am-9pm | Sun 11am-9pm
- Ball Fields: Daily, 8am-10pm
- Bocce Courts: Same hours as Rec Office
- Dog Park/Tennis Courts/Basketball Court: Daily, Sunrise-10pm

Please Note: Recreation Office hours are subject to change.

Information: (858) 668-4677 or visit www.poway.org/communitypark

POWAY SKATE PARK

Unsupervised Skate Park Hours | All Ages
Enrollment in the Poway Skate Park is required. For more information, call the Community Park Recreation Office at (858) 668-4677 or visit www.poway.org/skatepark. The skate park is subject to closure due to rain or inclement weather, maintenance, holidays, and special events. State law requires that helmets, elbow pads, and knee pads be worn at all times while at the skate park. Skaters, roller bladers, and skate boarders are the only items allowed in the skate park. A guardian must supervise children 12 and younger.

Saturday-Thursdays 8:00am-6:00pm FREE
- Thursday
- Friday

Supervised Bike Sessions | All Ages
Youth Supervised Skate Park Sessions | Ages <14
Family members over the age of 14 are welcome to participate as long as they accompany a registered participant. A parent or legal guardian must accompany youth signing up for supervised skate park sessions.
- Friday 6:00-8:00pm

Youth Supervised Bike Sessions | Ages <14
- Friday 6:00-8:00pm

Art in the Park
Join us for a morning of free arts and crafts offered throughout the school year during select PD days. Express your creativity with family and friends while making cool art projects. Each month has a different theme and is open to everyone! Bring a picnic lunch and hang out in beautiful Poway Community Park afterward. For more information call (858) 668-4677 or visit www.poway.org/communitypark.

Instructor: City Staff
Location: Community Park, Auditorium Patio
- Monday 10:00am-12:00pm Jan 20
- Monday 10:00am-12:00pm Apr 7
- Monday 10:00am-12:00pm May 26

Old Poway Park

Location: 14134 Midland Road

Information: (858) 668-4576

Plaque: History of Poway

Historical Tours
We offer easy, inexpensive, educational field trips that will exceed the needs of your curricu-lum. Reservations are now being accepted for December through June. Tuesdays through Thursdays for just $4 per participant. We can present to groups of 20 or more and tailor presentations to meet any need. Our tours are appropriate for any age or grade level, and meet the learning needs of third through fifth and eighth grades. Experience the Nelson House, Heritage Museum, a train safety presentation, and a train ride aboard the Poway-Mid-land Railroad. Tours are great for schools, Scout troops, ESS, and adult daycares. For more information or to book your tour, call (858) 668-4576 or visit our website: www.poway.org/oldpowaypark.

Farmers Market Offers Winter-Season Goods
For a year-round fresh adventure, the City of Poway Certified Farmers Market is the place to be! Walk through the aisles and experience seasonal fruits, vegetables, flowers, and food. The Farmers Market is every Saturday from 8:00 a.m. to 1:00 p.m., rain or shine. All produce is certified and inspected by the agricultural commission and brought fresh to you from the grower. Don’t let the cool weather keep you away! Come and enjoy a great “City in the Country” atmosphere. Information: (858) 668-4576.

Farmers Market Offers Winter-Season Goods
For a year-round fresh adventure, the City of Poway Certified Farmers Market is the place to be! Walk through the aisles and experience seasonal fruits, vegetables, flowers, and food. The Farmers Market is every Saturday from 8:00 a.m. to 1:00 p.m., rain or shine. All produce is certified and inspected by the agricultural commission and brought fresh to you from the grower. Don’t let the cool weather keep you away! Come and enjoy a great “City in the Country” atmosphere. Information: (858) 668-4576.

Kumeyaay-Ipai Interpretive Center at Pauwai

Location: 13104 Ipa Waayup 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
www.poway.org/kic
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, limes, and a milling and grinding station.

Kumeyaay-Ipai School Tours
Students learn the history, experience the life of the Kumeyaay, "discover" artifacts and ancient milling sites, and participate in "spirit rock" painting. School tours are available Thursday & Friday mornings throughout the school year. Cost: $5 per student. Information and scheduling: www.poway.org/kic
Lake Poway

Park Hours:
Year Round
Daily, 6am to Sunset

Lake Fishing & Boating Hours:
November - September
Wed-Sun, 6am to Sunset
October
Wed-Sun, 6am to Sunset
(Shoeline fishing only Mon-Fri)

Information:
(858) 668-4770 | www.poway.org/lakepoway
Park/Pavilion Reservations
(858) 668-4595
Lake Poway Concession
(858) 668-4778

Blue Sky Ecological Reserve

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

Reserve Hours:
Daily, Sunrise-Sunset

Information:
(858) 668-4781

Blue Sky is a 700-acre ecological reserve. Fully-trained docents offer hands-on experiences to identify and observe plants and animals, resource preservation activities, and programs. Bring your school or Scout group for an outdoor nature program, discover skins, skulls, and animal artifacts with the family, or enjoy a relaxing hike in this unique habitat.

Discovery Tables
Interactive display on Animals and Plants of Blue Sky with docents on hand to answer your questions.

Sunday 8:30-11:00 am
January 19 FREE

Wanted!

Docents
Do you love nature and being outdoors? Do you have an enthusiastic attitude towards people? Want to join an active group of wildlife enthusiasts at Blue Sky Ecological Reserve? We have something for everyone!

Docents assist year-round in a wide variety of capacities. Whether leading regularly-scheduled nature hikes or working with scout or school groups helping with special events; restoring habitat, or conducting patrols, docents contribute significantly to the preservation and enjoyment of our natural areas.

To become a docent, some prior knowledge of natural history is desirable but a willingness to learn is more important. Orientation will be held on Saturday, February 1, 2014, from 8:00 a.m. to 12:00 p.m. Seven additional training sessions will be spread out over the following three months on Saturday mornings, and will also include two Wednesday evening sessions.

If you are interested in becoming a docent, please call the Blue Sky office at (858) 668-4781 for more information.

Sycamore Canyon Goodan Ranch Preserve

Location:
16281 Sycamore Canyon Road
Poway, California 92064

Information:
(858) 513-4737
For a complete schedule of activities at Goodan Ranch, visit: www.adparks.org

Goodan Ranch Winter Programs
Rain or clouds may cancel some activities.
Please check with the Preserve.

Star Party
Friday, December 20, 2013 | Sunset
Scavenger Hunt
Saturday, January 11, 2014 | 9:30-11:30am
Star Party
Friday, January 17, 2014 | Sunset
Wildlife Bingo
Saturday, February 8, 2014 | 1:00pm-2:00pm
Star Party
Friday, February 21, 2014 | Sunset
Children’s Programs (December 2013, January and February 2014)

Storytime
Baby Storytime  Mon 9:45-10:15am
Toddler Storytime (ages 1-2)  Mon/Tue 10:30-11:00am
Preschool Storytime (ages 3-5)  Wed/Thu/Fri 10:30-11:00am

Family Storytimes
Hop on Pop: Storytime with Dad: The perfect chance to read with Dad (Moms are welcome, too) Wed 7:00pm  Dec 11-Jan 8-Feb 12
PJ Storytime: Snuggle up with a good story while in your comfy pajamas! Wed 7:00pm  Jan 22-Feb 26

Book Clubs and Special Events
Puppet Show: Dec 4, 10:30am Jan 2, 6:30pm Feb 5, 10:30am
Elementary Afternoons: Early afternoon entertainment for elementary school children and homeschoolers Wed 12:30-2:30pm Dec 6, Jan 15, Feb 5 & 19
Toddler Time (ages 1-2): Featuring toddler-specific development- and sensory activities. Wed 10-10:30pm Dec 11, Jan 8, Feb 12
Star Wars Party (ages 7-11): Enjoy an afternoon filled with fun, adventure, and the force! Thu 4:00-4:45pm Dec 12
Storytime with Santa (children of all ages): Stories, milk, cookies, and an appearance from Santa himself. Parents, don’t forget your camera! Wed 6:30pm  Dec 18

Teen Programs (6th-12th grade)
All activities start at 4:00 pm

Teen Activity  1st Tue of the Month
Teen Craft  2nd Tue of the Month
Teen Book Club  3rd Tue of the Month
Teen Movie and Pizza  4th Tue of the Month
Teen Activity  5th Tue of the Month

Adult Programs
Ask a Nurse: Free blood pressure screenings provided by a Palomar Hospital health specialist. Mon 10:00am-12:00pm  Jan 6-Feb 3
Learning About Stroke Risk: Presentation by a Palomar Hospital health specialist Thu 9:30pm  Jan 30
Discovering Your True Love: A unique seminar offered by Victor J. Rose about love, acceptance, appreciation, and forgiveness Thu 9:30pm  Feb 6
Poway Center for the Performing Arts

POWAY CENTER for the PERFORMING ARTS

Location:
15498 Espola Rd, Poway, CA 92064

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

Art Gallery & Facility
Tue-Fri 9:00am-5:00pm
Sat 10:00am-3:00pm
Closed Sunday, Monday, and major holidays.

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

Check Out Our Website!
View our upcoming shows and purchase tickets online on our website at www.powaycenter.com. The Poway Center for the Performing Arts hosts professional performances ranging from major plays and concerts to appearances by individual artists of national acclaim. The Poway Unified School District and community-based organizations also host a variety of quality events for all ages and interests.

Upcoming Art Exhibits
Visit the PCA, September through June, to view our featured Art Exhibits. A new exhibit opens monthly, showcasing a wide variety of styles, techniques, and media from local and regional artists, as well as student art.

November:
Gordon Rechert
Watercolor Paintings
Abstract/Contemporary by Gordon Rechert

December:
Studio Art Quilt Associates
Textile Art Quilts
Quilt City Building by Genny Folley

January:
L. Graham
Fine Art - Oil Paintings
Artwork: Trees by L. Graham

February:
North County Society of Fine Arts - Acrylic, Oil, and Watercolor Paintings
Photography, and More
Artwork: Jamboree by Mike Burton

Purchase Tickets the Easy Way!
Tickets are available online, over-the-phone, or at our Box Office. Choose the method that works best for you! View upcoming shows and purchase tickets online at www.powaycenter.com. Handling fees vary; see our website for details.

Get Involved!
Become a part of the theatre world without ever stepping on stage! Our team of volunteer ushers provides valuable show services, such as taking tickets and assisting patrons to their seats. Sign-ups occur throughout the year and volunteers earn free tickets to performances.
Information: www.powaycenter.com or (858) 668-4795.

Poway Center for the Performing Arts Foundation Presents

POWAY CENTER FOR THE PERFORMING ARTS FOUNDATION
PROFESSIONAL PERFORMANCE SEASON 2013-2014

GO TELL IT ON THE MOUNTAIN:
BLIND BOYS OF ALABAMA
CHRISTMAS SHOW
Saturday, December 7, 2013, 8pm

For foot-stomping, roof-raising gospel music, there is simply no substitute for the Blind Boys of Alabama. Get on your feet and dance to rousing and spiritual renditions of Christmas carols, hymns, and pop standards! You won’t want to miss this very special holiday program.

DIRECT FROM IRELAND:
CELTIC NIGHTS:
THE EMIGRANTS BRIDGE
Friday, January 24, 2014, 8pm

A night of music, song, and dance! The Emigrants Bridge celebrates the songs and people of the Emerald Isle, expertly weaving the driving melodies and plaintive lyrics of the rich Celtic heritage to tell the story of the Celtic people – scattered across the globe yet united through music.

The audience is invited on a journey, transported in time through traditional ballads, vivid choreography, and the story of a people struggling to find their place in a changing world.

LA THEATRE WORKS
SUSAN ALBERT LOWENBERG,
PRODUCING DIRECTOR, PRESENTS
THE GRADUATE
Saturday, February 22, 2014, 8pm

L.A. Theatre Works, a Los Angeles-based theater company whose mission is to match classic stories with talented actors, introduces a new stage version of The Graduate. Fifty years later, we ask the same question… “what does the future hold?”

Made possible by the McCarthy-Goldsmith Theatre Fund

TICKETS ON SALE NOW POWAYARTS.ORG 858-748-0505
**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 who are 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 Mike Verga at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waivees will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

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

**CLASS INSTRUCTION** for most classes is taught by independent instructors contracted by the City of Poway. Class content, scheduling issues, and other concerns should be directed to the instructor. If your issue is unresolved, please contact Community Services at (858) 668-4595.

**POWAY RESIDENTS** are defined as those persons who live within the City limits of Poway. All programs are audited for compliance with the residency policies set by the City of Poway. Proofs of residency may be required at the time of registration.

**ENROLLMENT PRIORITY** is determined on a first-come, first-served basis. Online and walk-in registrations are posted with the date and time of the transaction. Registrations received by mail will be posted in order of the date received by the City of Poway once the registration period opens.

**FINANCIAL ASSISTANCE** - P.L.A.Y. (Poway Leisure Assistance for Youth) is available for 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.
City of Poway Fire Department FAQs

Why do I have to call 911? If I call the fire station directly, wouldn’t it save time?
Firefighters might not be at the station when you call. Even if they are, they will activate 911 so other emergency responders are notified. The 911 system is designed to save valuable seconds by quickly locating and routing the call to the nearest fire unit that is closest to your location.

When there is only a small fire, why do so many fire engines respond?
Different types of fires require different levels of response from the fire department. Car fires, dumpster fires, and ringing alarms usually get a single fire engine response. If a single-family house fire is reported, typically three fire engines, a ladder truck, a paramedic ambulance, and a chief officer respond. These units are needed because a house often has multiple levels and fire can spread quickly. Smoke detectors should be placed outside each sleeping area and on every level of the home including the basement. On floors without bedrooms, detectors should be installed in or near living areas such as dens, living rooms, or family rooms.

When I call for the paramedics, why does a fire engine show up?
The Poway Fire Department has two firefighter/paramedics assigned to each of their ambulances and one or more on each fire engine and ladder truck. Our department responds with the closest engine and ambulance for medical aid; however, sometimes an ambulance may be responding from a distance, so having the closest engine respond can get help to a victim more quickly. There are also times when a medical emergency is quite serious and may require the assistance of multiple crewmembers. If the situation does not require both crews, one of the crews will be released and placed back into service.

Why does Poway need a ladder truck? While it is true that Poway does not have many tall buildings, there are a few structures in town such as Pomerado Hospital, a multi-story hotel, a number of apartment complexes, and some large industrial buildings set back from the street in the Poway Business Park that would require ladder truck service in an emergency event. Although most people believe that the large aerial ladder is used only for tall buildings, it is also utilized for horizontal reach.

In addition, the ladder truck carries an assortment of equipment not normally carried on a fire engine. Some of this equipment includes additional ground ladders, the jaws of life, forcible entry tools, generators, lights, and salvage equipment.

Plant A Tree, Make a Difference!
Tree Trust Fund Invests in Urban Forest Future

Poway is home to over 15,000 public trees that line our scenic roadways and beautify our public spaces. In our 14th year as a Tree City USA, Poway remains committed to the health, vibrancy and density of our community forest so that our country’s ambience can be enjoyed by many generations to come.

According to the USDA Forest Service, trees are vital to community health and have a positive impact on a community’s businesses and tax base. Their research shows that 100 trees remove 26 tons of carbon dioxide and 305 pounds of pollutants a year, and capture 204,000 gallons of storm water a year. While those 100 trees over 40 years require an estimated $80,000 for caretaking, they return over $160,000 in benefits. The Forest Service further states that trees significantly increase the value of homes and businesses while providing inestimable benefits to community health and happiness, including enhanced student learning.

Poway’s public trees are regularly assessed and maintained. In almost all cases, for every tree that is removed (most often for poor health), two replacement trees are planted. Additionally, non-replacement plantings occur to ensure diversity of species for good health and spacing of tree ages to support the long-term vitality and longevity of our local urban forests.

If you would like to support our public trees, please consider donating to the City of Poway’s Tree Trust Fund so that we can continue to protect and expand this priceless community legacy. Tree Trust Fund donations are used to replace public trees and further reforestation efforts.

Checks made out to City of Poway and clearly labelled “Tree Trust Fund” can be sent to the City at 13325 Civic Center Drive, Poway, CA 92064.

This Season, Deck the Halls with Less Stuff!

Just in time for the holidays, EDCO has expanded local curbside recycling to accept aseptic containers. Aseptic containers are also called “To Go” containers. These products include juice boxes, as well as coconut water, soy milk and broths.

And, speaking of the holidays and recycling... This is a great time of year to enhance our efforts to “Use less stuff”. More waste is created between Thanksgiving and New Year’s than any other time of year. According to CalRecycle, we generate an extra 25 million tons of garbage during this most wonderful time of year. It’s a great time to faithfully practice the expanded RECYCLED RF; Rethink; Reduce; Reuse; Repair and Recover to help make a difference.

We’ve heard it said that less stuff equals less stress—sounds like a worthy goal for wrapping up 2013 and kicking off a brand new year!
**Explore Poway’s Hidden Loop Trails**

**Endless Possibilities Await!**

Many Poway residents are well aware of the City’s 55 miles of recreational trails, but few are likely aware of the hidden loops — this trail system has to offer. These hidden loops, also known as “tired” trails, have endless possibilities. Explore one of those possibilities after a day of picnicking with family and friends at Old Poway Park by traversing the informal loop that starts right at the park’s center.

Begin by heading east across the white Victorian bridge, then continue east toward the Blacksmith’s Shop. Cross Midland Road heading to Veterans Park and continue traveling east along the north side of Adrian Street. As you transition from parkland to neighborhood, you’ll observe spot portions of trail on your left. These spot portions are the initial trail improvements which will someday connect Old Poway Park to its neighboring communities to the east. Continue east for an additional 3 miles and you will reach the end of the street, where you will leave the pavement and enter into a short segment of official trail. You have just connected into Poway’s Tierra Bonita Trail.

**Winter Water Wisdom**

Taking steps now during the cooler, wetter months will put you in good shape for summertime when water use (and water bills) tend to be highest. Take advantage of these rebates and resources now to generate summer water (and budget) savings that can benefit you all your long.

**Wondering where to start? Check out these three great resources to help you begin:**

**Free Water Use Evaluation** — Available for residences and businesses. To learn more and schedule an appointment, call (866) 883-1332 or visit www.watersmartcheckup.org.

**eGuide to a WaterSmart Lifestyle** — Free, digital 144-page magazine viewable on tablets, smart phones and conventional computers reflecting San Diego County’s Mediterranean climate and covering landscape design, water-efficient plants, outdoor rooms, finding and fixing leaks, healthy soil, smart boys on plumbing fixtures, landscape maintenance, and drought-tolerant plants and grasses. Available at www.watermarted.org/residential-guide.

**Landscape Classes** — Take a landscape class for ideas to improve your yard’s water-efficient class.

**Saving Water and Dollars is a Good Idea in Every Season!**

**Rebate Programs** — Rebates are available for indoor and outdoor devices that maximize water efficiency, such as high-efficiency washing machines, toilets, and rotating sprinkler nozzles. Additional rebates are now available for rain barrels and soil moisture sensors for landscaping. Before making a purchase, visit www.socalwatersmart.com to learn about the application process and eligible devices.

**Cash for Grass** — The WaterSmart Turf Replacement program can help pay for replacement of front-yard turf grass with California-friendly landscaping. To learn more, visit www.turfreplacement.watermarted.org. To ensure funding, make sure you submit an application before designing any landscape work.

For more information on water-efficiency programs offered by the City of Poway, visit www.poway.org/waterconservation.

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**THIS WINTER**

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**POSTAL CUSTOMER**

City of Poway
Poway, CA 92064
ECR-WSS