Zero Tolerance Distracted Driving Enforcement

Distracted driving is a serious traffic safety concern that places everyone on the road at risk. In recent years, hundreds have been killed and thousands seriously injured in California as a result of collisions that involved at least one driver who was distracted. In April 2013, the Poway Sheriff's Department along with law enforcement across the state increased its crackdown on cell phone use and texting.

"We all know that talking on cell phones while driving is distracting, but that doesn’t stop some people from continuing to do it," said Sheriff’s Department Captain William Donohue. "This effort was intended to educate our community about the dangers of cell phone use while driving. We hope that once people see the statistics and realize the danger involved, they will change their driving habits to help protect themselves, their families, and others on the road."

Drivers who use hand-held devices are four times more likely to get into crashes serious enough to injure themselves and others. Inexperienced drivers under 20 years old have the highest proportion of distraction-related fatal crashes. In addition, studies show that texting while driving can delay a driver’s reaction time just as severely as having the blood alcohol content of a legally drunk driver. Studies also show that there is no difference in the risks between hands-free and hand-held cell phone conversations. Both can result in “inattention blindness” which occurs when the brain isn’t seeing what is clearly visible, because the driver’s focus is on the phone conversation and not on the road. When over one-third of your brain’s functioning that should be on driving moves over to cell phone talking, you can become a cell phone ‘zombie’.

As part of April’s Distracted Driving Awareness Month campaign, the Sheriff’s Department actively ticketed drivers who were texting or operating hand-held cell phones. The Sheriff’s Department in Poway issued 111 citations to people talking on their cell phones and three to people who were texting.

MARINES STORM CITY FOR CAREER TIPS

About 50 Marines from the 1st Light Armored Reconnaissance (LAR) Battalion spent the morning at the City’s Public Works yard focusing on careers in Public Works and transition tips for moving from a military career to the civilian work world.

“The Highlifers” were welcomed by Councilmembers, City Manager Penny Riley and Public Works staff. The Marines received an overview of Public Works including targeted information on careers in Water Treatment and Distribution, Wastewater, Utility Systems, Parks, Fleet, Streets, and Storm Water. Palomar College joined in the morning’s activities providing an overview of vocational educational opportunities available through the College.

The City of Poway adopted the 1,100 member Marine Battalion on May 25, 2004 through the America Supporting Americans Adopt-A-Military Unit Program. The 1,100 member LAR, based at Camp Pendleton, has more than 700 Marines serving in the Helmand province in the southeastern portion of Afghanistan.

The City of Poway is proud to participate in several jointly-sponsored activities each year to extend our appreciation and support to our adopted Marine Unit.

New Utility Billing & Info System

The City has improved the water billing system to streamline access to customer billing information. pg. 2

The Wonder of Safe Water

It’s no miracle that the City works hard to keep Poway’s drinking water safe. pg. 2

Rainy Season Flood Preparation

Get prepared for potential flooding this season. pg. 13

Disaster Preparedness App

It’s specific to San Diego County and available for FREE pg. 15

This Issue:

Lake Poway Concession

Fresh Drink

Meat, Bake & Tackle

Newly Remodeled

and Open for Business!

Whether you are fishing, hiking, picnicking, or just spending quality time in the great outdoors, come check out the newly-remodeled and fully-stocked Lake Poway Concession. It has something for everyone!

Rick Pinto is the new owner of the Lake Poway Concession; although not new to Poway or the Lake. Rick worked on the Lake Poway dock for five years. He is in touch with customer needs and is committed to “providing great service at a reasonable price.” With nearly 25 years of retail management experience, Rick opened the concession in early January 2013. He immediately went to work remodeling the building and stocking it with a complete array of provisions.

Rick says, “There is something for everyone and I am always stocking something new thanks to the valuable input I receive from customers.” For anglers, the concession carries live bait and a wide selection of artificial bait, fishing rod and reel combinations, and any other fishing items that you might need for your outing.

Hungry? Rick has forty-two flavors of ice cream, fresh fruit, power bars, candy, chips, and hot dogs. There are also microwavable corn dogs, burritos, pizza, and breakfast sandwiches. Beverages include: water, sports drinks, juice, tea, and cold beer.

Rick also sells Lake Poway t-shirts, hats, hiking and picnic gear, dog treats, duck food, charcoal, and more.

So, stop by and visit Rick, and enjoy what he calls “the best view in town.”
Recycle Know-How

Remember to Responsibly Dispose of Special Waste

Before you clean out your garage or back-yard shed, make plans to take a back program to recycle or properly dispose of some of the special trash you might find during your cleaning adventures.

Some good news on the paint recycling front: in the Fall of 2012, some local retailers began serving as drop-off sites to receive paint for recycling. In order to fund collection, transport, recycling and proper disposal of architectural paint, retailers are now charging a fee ranging from $55 to $150 (depending on container size) on all architectural paint sold in California. Visit www.paintcare.org and click on the ‘find a store near you’ link to find the site closest to you.

Cell Phones and Rechargeable Batteries: Visit www.batteryclean.org to find a store near you that accepts these items.

Compact Fluorescent Light Bulbs (CFLs): Home Depot and Lowe’s stores are accepting CFLs for recycling.

Computers and Other Electronics: Visit www.gogreenwires.org or www.recyclingmatters.org for information on recycling these items.

20 Pound Propane Barbecue Cylinders: Accepted at Blue Rhino and Amerilift outlets.

Used Motor Oil (up to 5 gallons at a time) and Oil Filters: Visit www.calrecycle.ca.gov

Spray Foam Packaging Pans: Check with UPS, Mailboxes, etc. or FedEx or call the Peanut Hotline at 1-800-822-2214 for additional businesses that take packing peanuts.

Unused or Expired Prescriptions and Over-The-Counter Medications: Use the drop box at the Poway Sheriff’s Station or check www.sheriff.net for other locations.

New Utility Billing & Customer Information System

The City of Poway began implementing a new Utility Billing/Customer Information System in the Fall of 2012. This new system will significantly improve customer access to water billing and usage information, streamline the City’s billing process, and integrate the City’s maintenance management and GIS systems.

The system’s web-based service, called “Customer Connect,” will allow customers to view water consumption information and real time account status. Customers will also have the ability to view prior year’s consumption by billing period, as well as payments made on their account. On the “Customer Connect My Account” page, users can manage their own account. An example of this would be the ability to control billing alerts via email or text. Customers will also be able to view a variety of online reports and submit utility service requests online.

During the implementation stage, staff has been preparing, testing, and converting data from the current Utility Billing system to the new system. As the City moves closer to going “live” on the new system, all customers will receive more information via email or mail, including instructions on how to set up a new online account, and how to access Customer Connect.

Prior to implementation, City staff evaluated a number of systems, which were rated based on the best overall value for a complete utility billing solution including installation, conversion, implementation, training, and support. The City chose the NorthStar Utilities application by N. Harris Corporation, which was determined to be the most qualified and cost effective choice that most closely matched the current and anticipated future needs of the City. The NorthStar system is a well-established and proven product, with a customer base of over 350 agencies in North America. The City and its customers will benefit from NorthStar’s extensive knowledge, experience and use of industry best practices. Look for an update soon.

The Wonder of Safe Water

It takes more than just turning on the tap to get fresh, clean water

Despite the many miracles of modern technology, roughly 800 million people around the world still lack access to clean drinking water. We often take for granted the complex technology that ensures safe water comes from our faucets when we turn the handle or the simple act of washing a child’s face with clean water to prevent life-threatening diseases.

In Poway, we consume about three billion gallons of water each year. About half is used for landscaping, and the other half is used for drinking, cooking, bathing, and other basic human needs. Ensuring water is clean and safe to consume is a top priority for the City of Poway.

Protecting water quality within 289 miles of pipe for about 13,000 residents and businesses requires constant vigilance and dozens of daily activities.

All Poway drinking water is purchased and imported from the Colorado River and Northern California. It comes to Poway “raw” and is treated at the Lester J. Berglund Water Treatment Plant (next to Lake Poway) before it is considered “potable” and safe for human consumption.

Once it leaves the Treatment Plant, Poway’s efforts to ensure safe drinking water include several programs required by State and Federal law:

- Backflow Prevention
- Cross Connection Prevention
- Water Quality Testing and System Flushing

What are “Backflow” and “Cross-Connection”?

Poway’s water system uses pressure to keep water flowing in the proper direction. Water distribution systems are designed so pressure is greater in the lines delivering the water than the pressure on the customer’s side of the water meter. However, if there is a drop in pressure on the City’s side (caused by something like a water main break or a broken line), excess pressure can occur. This is called backflow. When “backflow” occurs, water on the customer side of the meter can be drawn back into the City’s distribution system. Any harmful substances in the customer’s water pipes could also be drawn back into the City’s water pipes, which could cause illness.

Examples of water user-types required to have a backflow prevention device include:

- Properties with a well
- Landscape irrigation & agriculture
- Commercial properties
- Automotive businesses
- Dental offices
- Churches
- Properties with fire sprinkler systems and complex interconnected plumbing systems.
FALL 2013

There is still time to catch some of the best local entertainment with the Sharp Memorial Hospital Summer Concert Series! The concerts are brought to you by the City of Poway and Sharp Memorial Hospital. Co-sponsorship is provided by Marokof Design & Remodeling, Gymes, Sullivan Solar Power, and Country Montessori School of Poway. Concerts take place on Sundays from 5:30 to 7:00 p.m. Free shuttle service is available from Poway High School north parking lot to Lake Poway. Information: www.poway.org or Lake Poway (858) 668-4770; Old Poway Park (858) 668-4576.

Date | Location | Performer | Musical Style
--- | --- | --- | ---
Aug 4 | Lake Poway | Full Moon Fever | Tom Petty Tribute Band
Aug 11 | Old Poway Park | Pomarado Community Band | Big Band

History Comes Alive at the Rendezvous in Poway

Visit over 15 living history encampments demonstrating life during California’s turn-of-the-twentieth-century and civil war era. Meet real cowboys, Native Americans, mountain men and women, bakers, potters, weavers, and soldiers. At 7:00 p.m. on Friday, October 11, sit around a campfire for stories and songs of the old west with pioneers, or learn to dance at the barn dance in Temper's Hall on Saturday, October 12 at 7:00 p.m. The events are free and appropriate for all ages. Information: www.poway.org/oldpowaypark or (858) 668-4576.

RENADEZVOUS ACTIVITIES:
- Friday, Oct 11, 10am-4pm
  - Barn Dance: Saturday, Oct 12, 1pm

Swim-in Movie Night

August 3 at Sundown
$4/Adult, $3/Youth & Seniors
$12/family (up to 5 people)

Enjoy a fun filled evening of swimming and a screening of The Lorax. Bring the entire family along with rafts, inner tubes, and boogie boards to view the movie while in the pool. Bleacher seating will also be available. The movie starts at sundown. Tickets may be purchased in advance at the Swim Center. For more information: www.poway.org or (858) 668-4680.

Coming soon to Community Park – New Rentable Gazebo!

Planning a family picnic or child’s birthday party? Why not try the new gazebo at Community Park coming in late fall? You don’t have to fear unexpected fall weather with this beautiful shelter. Community Park has four rentable picnic areas with BBQs, room for inflatable bounce houses, and now a gazebo for your next gathering! You can secure your favorite location for a birthday party, baby shower, corporate event, or family picnic. 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.
HOWL-oween Festivities Galore!  
Hoot, Howl & Prowl!  
Blue Sky comes alive after dark! Meet the canyon's "wildlife" (dressed in animal costumes) up close! Groups will leave in 15-minute intervals, between 5:30 pm and 8:30 pm, and tours last approximately 30 minutes. End the evening with a warm cup of hot chocolate! Children are encouraged to wear animal costumes. Registration is required.  
To register, visit www.poway.org/classes or after August 6.  
Location & Parking: Blue Sky Eco-Eco Reserve 

Children's Activities

More Than Ready: Kindergarten Preparation Program  
Ages 3½-5%  
Is your preschooler prepared for kindergarten? This unique, year-round program teaches kindergarteners readiness skills, inspires reading, promotes independence and self-expression, and provides practice for rules and routines. The program follows the early learning standards of the California Department of Education and continues to build skills throughout the year. 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  
www.morthernready.com  
Location: Community Park, Youth Activity Room  
No Class: Nov 25-28  
RES/NON  
401.200  
MW 9:00am-12:00pm  Sep 22-Oct 16  
S184/$158*  
401.201  
MW 9:00am-12:00pm  Oct 21-Nov 13  
S184/$158*  
401.202  
MW 9:00am-12:00pm  Nov 18-Dec 12  
S184/$158*  
401.203  
Th 9:00am-12:00pm  Sep 22-Oct 17  
S184/$158*  
401.204  
Th 9:00am-12:00pm  Oct 22-Nov 14  
S184/$158*  
401.205  
Th 9:00am-12:00pm  Nov 19-Dec 19  
S184/$158*  
* $20 materials fee due first day of class  

Mom & Tot Gymnastics  
Ages walking to 3%  
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, coordination, balance, coordination, and social interaction in a fun-filled, positive atmosphere. Wear comfortable clothing (no ties, buttons, zippers, or buttons on the clothes).  
Instructor: Poway Gymnastics  
Location: Poway Gymnastics, 12801 börkroft Printer Place  
No Class: Oct 31, and Nov 23, 26, 8, & 30  
RES/NON  
3212.200  
Th 10:05-11:15am  Sep 26-Dec 19  
S161/$171*  
3212.201  
Sat 8:45-9:55am  Sep 28-Dec 21  
S161/$171*  
* $10 materials fee due first day of class  

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 presents, 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  
8412.200  
Fri 4:30-9:00pm  Sep 13  
S2/participant  
8412.201  
Sat 4:30-9:00pm  Oct 5  
S2/participant  
8412.202  
Fri 4:30-9:00pm  Nov 9  
S2/participant  
8412.203  
Sat 4:30-9:00pm  Dec 21  
S2/participant  

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 snacks, play recreation games, and so much more! Register early as spots are limited. For more information or to register, call (858) 688-4671.  
Instructor: Community Park Staff  
Location: Community Park, Auditorium  
REGISTRATION BEGINS  
Saturday  
Sep 21 4:00-9:30pm  FREE  
Saturday  
Nov 16 4:00-9:30pm  Oct 28  FREE  

KIDS HIP HOP DANCE  

2013-14 Teen Programs  

Costume Glow-in-the-Dark Dodgeball  
Grades 4th-9th  
What’s better than playing dodgeball? Playing glow-in-the-dark dodgeball! In Halloween costumes, of course! Bring yourself and your friends, dress in your Halloween costume or don’t, and get ready for some glow-in-the-dark fun with music, dodgeball, delicious treats, and more! Register early as spots are limited. For more information or to register, call (858) 688-4671.  
Instructor: Community Park Staff  
Location: Meadowbrook Gymnasium  
REGISTRATION BEGINS  
Saturday  
Oct 19 4:00-6:30pm  Sep 30 FREE  

NEW! Skyhawks Minis Hawk  
Ages 3½-6  
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 encourage the exploration of balance, movement, hand/eye coordination, and skill development at the individual’s pace.  
Instructor: Skyhawks Sports  
Location: Community Park, Play Play Area  
RES/NON  
2441.230  
Tue 3:00-4:00pm  Sep 17-Oct 15  S50/$60*  
2441.231  
Tue 3:00-4:00pm  Oct 22-Nov 19  S50/$60*  
* $10 materials fee due first day of class  

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 basics 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 Danialis  
Location: San Diego Ice Arena, 11048 Ice Skate Place  
RES/NON  
2091.200  
Wed 4:00-5:00pm  Sep 4-Sep 25  S45/$55  
2091.201  
Wed 4:00-5:00pm  Oct 9-Oct 30  S45/$55  
2091.202  
Wed 4:00-5:00pm  Nov 6-Dec 4  S45/$55  

Beat Breakers & Hip Hop  
Grades 4-12  
This fun, high-energy hip hop and breakdancing class will definitely have you movin’ to the beat. Learn to let 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  
Location: Old Poway Park, Templant Hall  
RES/NON  
3131.200  
Wed 3:30-4:45pm  Sep 25-Oct 30  S94/$104  
3131.201  
Wed 3:30-4:45pm  Nov 6-Dec 4  S94/$104  
3131.202  
Wed 3:30-4:45pm  Dec 18-Jan 18  S94/$104  
Hip Hop Ages 8-12  
RES/NON  
3131.203  
Wed 4:45-5:40pm  Sep 25-Oct 30  S94/$104  
3131.204  
Wed 4:45-5:40pm  Nov 6-Dec 4  S94/$104  
3131.205  
Wed 4:45-5:40pm  Dec 18-Jan 18  S94/$104  


Dance | Youth & Teen

For Ms. Debora’s and Ms. Kellie’s classes, please note: Dance classes are designed to increase in difficulty with continued enrollment. Students who enroll in fall, winter, and spring can participate in the annual June dance recital. Parent watching days are the last class of each month.

Dance for Children with Ms. Debora | Ages 3-5
Creative Movement & Tumbling for Boys & Girls
Dance, sing, tumble, balance, imagine, express, gain self-confidence, strength and flexibility during this fun-filled introduction to dance and tumbling. Boys and girls will experience the joys of movement and creative expression, and come away with skills valued in a lifetime in this great pre-Tap & Ballet class. Don’t miss the fun! Wear comfortable clothing or dance attire, and leather ballet slippers or bare feet.
Instructor: Debora Childrens Debora@kco.net, (661) 747-9777
Location: Community Park, Auditorium
No Class: Nov 25
RES/NON
5111.200 Mon 10:00-10:45am Sep 16 Dec 9 $108/$118

NEW! Join us in the first-ever fall performance, Nutcracker Follies! (see Dance Production for more information)

Fun ‘n Funky Jazz for Kids! | Ages 7-17
Come move and groove to the music as we learn Fun ‘n Funky Jazz! This fun and active class will teach the basics of jazz that they can use in many other styles of dance. Children will learn rhythm, coordination, flexibility, teamwork, and love for dance! Dance attire and black leather jazz shoes are required.
Instructor: Kellie Childrens-Nichols kchillsisters@yahoo.com
Location: Community Park, Auditorium
No Class: Nov 26
RES/NON
5121.207 Tue 4:30-5:15pm Sep 17 Dec 3 $98/$108
5121.208 Tue 5:15-6:00pm Sep 17 Dec 3 $98/$108

Top & Ballet | Ages 3-18
This fun-filled, action-packed, dynamic tap and ballet program will teach your child rhythm and coordination, and instill a love for dance! Learn to tap your feet, sing, move and groove to the beat of great songs ... and learn the fundamentals of beautiful ballet. Dance attire, leather ballet slippers, and tap shoes are required.
Instructor: Debora Childrens Debora@kco.net, (661) 747-9777
Location: Community Park, Auditorium
No Class: Nov 25 & 26
RES/NON
5111.201 Mon 11:00am-12:00pm Sep 16-Dec 9 $108/$118
5111.203 Thu 1:00-2:00pm Sep 19-Dec 19 $108/$118
5111.205 Mon 2:00-3:00pm Sep 16-Dec 9 $108/$118
5111.206 Thu 2:00-3:00pm Sep 19-Dec 19 $108/$118
5111.207 Mon 3:00-4:00pm Sep 16-Dec 9 $108/$118
5111.208 Mon 4:00-5:00pm Sep 16-Dec 9 $108/$118
5111.209 Thu 3:00-4:00pm Sep 19-Dec 19 $108/$118
5111.210 Mon 5:15-6:15pm Sep 16-Dec 9 $108/$118
5111.211 Thu 4:00-5:00pm Sep 19-Dec 19 $108/$118
5111.212 Thu 3:00-4:00pm Sep 19-Dec 19 $108/$118
Ages 12-18
5111.213 Thu 6:15-7:15pm Sep 19-Dec 19 $108/$118

Ballet for Kids | Ages 3-10
Come join our class as we learn the beautiful art of ballet! This musical and creative class will teach children all the basics of ballet. Children will learn rhythm, coordination, flexibility, teamwork, and love for dance! Dance attire and pink leather ballet shoes are required.
Instructor: Kellie Childrens-Nichols kchillsisters@yahoo.com
Location: Community Park, Auditorium
No Class: Oct 12 & 26 and Nov 23 & 26
RES/NON
5121.200 Tue 3:00-3:45pm Sep 17-Dec 3 $98/$108
5121.201 Sat 9:00-9:45am Sep 14-Dec 14 $98/$108
5121.202 Sat 9:45-10:30am Sep 14-Dec 14 $98/$108
5121.203 Tue 3:45-4:30pm Sep 17-Dec 3 $98/$108
5121.204 Tue 10:30-11:15am Sep 14-Dec 14 $98/$108

Creative Arts

Art Start | Ages 7-12
Artist Susan Bainbridge will use directed drawing techniques to encourage students 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, watercolor, markers, and pastels, as well as one clay project; because children always request it!
Instructor: Susan Bainbridge www.artstart1.com
Location: Old Poway Park, Great Room
RES/NON
6182.200 Thu 6:00-5:15pm Sep 19-Oct 24 $70/$80
* $20 materials fee due first day of class

Musical Theatre | Ages 8-16
Do you have a budding Broadway star? In this class, students will learn 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, students will have an understanding and love for live theater!
Instructor: Julie Clemmons
Location: Community Park, Auditorium
No Class: Nov 27
RES/NON
6182.240 Wed 4:00-6:00pm Sep 18-Dec 11 $120/$130
* $15 materials fee due first day of class

MUSICTSTART Beginning Music Classes | Ages 7-15
Did you know that music classes contribute to a healthier and longer life? They can also aid in child development and improve academic achievement. Learn to play instruments in these fun group class settings!
No music experience is necessary. Learn to play basic chords and simple melodies in a fun group environment. All instruments are provided for class use.
Instructor: MUSICTSTART Location: Old Poway Park, Templiers Hall
No Class: Nov 28
RES/NON
6162.231 Thu 3:30-4:30pm Sep 26-Oct 31 $66/$76
6162.232 Thu 3:30-4:30pm Nov 7-Dec 19 $66/$76
6162.233 Thu 6:30-7:30pm Sep 26-Oct 31 $66/$76
6162.234 Thu 6:30-7:30pm Nov 7-Dec 19 $66/$76

NEW! Dance Production: Nutcracker Follies! | Ages 5-18
Be part of the first-ever Nutcracker Follies! Children will learn ballet, tap, jazz, and lyrical dances to the classical Nutcracker and contemporary holiday music, which will be performed on stage during our first annual holiday show. Nutcracker Follies will be performed on Tuesday, December 10 at 6:30pm in the Community Park, Auditorium. No ticket is required to see the performance. Costumes will be ordered in October and are paid for by the participant. Concurrent enrollment in Tap & Ballet, Ballet for Kids, or Fun ‘n Funky Jazz for Kids is required.
Instructor: Debora Childrens Debora@kco.net and Kellie Childrens-Nichols
Location: Community Park, Auditorium
No Class: Nov 26
RES/NON
5111.214 Tue 6:15-7:30pm Sep 17-Dec 10 $108/$118
* $15 materials fee due first day of class
**Sports | Youth & Teen**

**Ice Skating | Ages 6-12**
This fun, learn-to-skate class will let your child experience the thrill and excitement of ice skating. Participants 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:** Diamond Daniels
**Location:** San Diego Ice Arena, 1140 Ice Skate Place
**Classes:** Nov 27
**Time:** Wed 6:30-7:00pm
**Fee:** $45/S

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

**Instructor:** David Claycomb
**Location:** Meadowbrook Gym
**Classes:** Nov 11
**Time:** Monday 5:30-6:30pm
**Fee:** $50/S

**Youth Tennis | Ages 9-14**
Beginning tennis skills are taught in this class. These skills include forehand and backhand ground strokes, volleys, and a good first serve. Group instruction will encompass drills, court positioning, footwork drills, doubles play and strategy, and court etiquette.

**Instructor:** Art Christophides
**Location:** Community Park, Tennis Courts
**Classes:** Nov 26, 2016 & 2017
**Time:** Sat 9:00-10:00am
**Fee:** $50/S

**Junior Olympic Archery Development (JOAD) | Ages 8-20**
JOAD is a program of USA Archery that teaches archery to young people, provides great opportunities for awarding achievement, and helps archers enjoy the sport recreationally or progress to the excitement of competition! JOAD offers both re-curve and compound archers the opportunity to learn range safety, archery shooting technique in an environment that also teaches focus, increased self-confidence, and team building skills. JOAD is open to any youth archer ages 8 to 20 and teaches the fundamentals of proper shooting form. As the young archer develops, they will learn more advanced techniques. For more information, contact Alanna Dunaway: alanna.dunaway@gmail.com Saturday 8:00-11:00am

**Sports | Adults**

**NEW! Beginning Coed Volleyball | Ages 16+**
Interested in learning to play volleyball? This is the place! This coed class is designed for beginners or players who seek success 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
**Time:** Wed 6:00-7:00pm
**Fee:** $50/S

**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 on the final week. This is followed by seven weeks of league play and a championship tournament on the final week. Past volleyball experience is strongly recommended.

**Instructor:** Dick Leatherman
**Location:** Twin Peaks Multipurpose Center (Intermediate Men)
**Classes:** Nov 26 & 27
**Time:** Thursday 6:30-9:30pm
**Fee:** $50/S

**Advanced Coed Volleyball | Ages 16+**
All advanced players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament on the final week. This is followed by seven weeks of league play and a championship tournament on the final week. Past volleyball experience is strongly recommended.

**Instructor:** Dick Leatherman
**Location:** Twin Peaks Multipurpose Center
**Classes:** Nov 26 & 27
**Time:** Monday 6:30-9:30pm
**Fee:** $50/S

**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 discipline, self-control, 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.

**Instructor:** Master Wolpert
**Location:** Community Park, Bill Bond Hall
**Classes:** Nov 26 & 27
**Time:** MW 6:00-7:00pm
**Fee:** $50/S

**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 Wolpert
**Location:** Community Park, Bill Bond Hall
**Classes:** Nov 26 & 27
**Time:** MW 7:00-8:00pm
**Fee:** $50/S

**3-on-3 Basketball League | Ages 18+**
Teams can have up to four persons on their roster and there is free substitution during the games. The teams play half-court; best two-out-of-three games to 21 points. The season ends with a tournament, where the winning team will receive bragging rights for the next season! All players must sign the roster before the first game.

**Instructor:** Recreation Staff
**Location:** Meadowbrook Gym
**Classes:** Nov 26 & 27
**Time:** Wed 6:30-9:00pm
**Fee:** $60/team
**Sports | Open Play**

**Open Play Sports | All Ages**
The City of Poway operates two gymnasia that provide a variety of activities for youth and adults. Open play basketball, volleyball, badminton, and pickleball are available during the week for your recreation needs at no charge. During the months of September, October, November, and December the free open gym times are listed at right.

**NOTE:** Hours are subject to change without notice. For the most up-to-date operating hours, please visit our website at www.poway.org/community

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**Health & Wellness**

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

**Instructor:** Jan Brock  
**Location:** Old Poway Park, Great Room  
**Rate:** $75/$85  
**Registration:**  
**S417.200 Wed 6:30-8:00pm Sep 25-Dec 18  
S417.201 Wed 6:00-7:15pm Sep 25-Dec 18**

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

**Instructor:** Emma Sarnimento  
**Location:** Community Park, Activity Rooms 1&2  
**Rate:** $70/$710  
**Registration:**  
**S417.201 Thu 6:00-7:00pm Sep 24-Dec 17  
S417.202 Thu 6:30-7:45pm Sep 24-Dec 17**

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**NEW! Hula Hoop Fitness | Ages 16+**
What’s not to love about this super-fun workout? It burns mega calories,雕塑s your body, and blasts off belly fat. Hula Hoops are provided for class use, but can be purchased from the instructor, if interested.

**Instructor:** Julie Clemmons  
**Location:** Old Poway Park, Tender Horn  
**Rate:** $60/$70  
**Registration:**  
**S417.220 Mon 5:30-6:45pm Sep 18-Dec 11  
S417.221 Mon 5:45-6:30pm Sep 18-Dec 11**

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**NEW! Barre Blast | Ages 16+**
Burn calories and have a blast with this fitness method that borrows from classical ballet, Pilates, and yoga. You will find muscles you never knew you had in this class! Barre Blast is a full-body, strengthening and toning workout that will improve balance, core strength, and flexibility. Go ahead, step up to the barre!

**Instructor:** Bridget Sykesrew  
**Location:** Old Poway Park, Tables Hall  
**Rate:** $45/$55  
**Registration:**  
**S417.220 Wed 6:00-7:00pm Sep 24-Oct 24  
S417.221 Wed 6:00-7:00pm Oct 31-Dec 3**

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**Tai Chi Chuan - The 24 Forms/Yang Style | Ages 17+**
The ancient practice of Tai Chi Chuan is clinically proven to be one of the most effective exercises to improve health, fitness, and relaxation. The 24 forms is the most widely practiced Tai Chi form. While there are many variations, the flowing Yang Style is completely authentic and very enjoyable. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

**Instructor:** Cheri Hotanen  
**Location:** Midland Elementary School Multipurpose Room  
**Rate:** $50/$510  
**Registration:**  
**S417.210 Mon 6:00-7:15pm Oct 7-Dec 2**

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**Healing QiGong/Coiling Silk | Ages 17+**
Learn and practice a self-healing art that combines flowing movements, relaxed breathing, and meditation. Enjoy a gentle practice routine called "Coiling Silk" - the movements create ease and flexibility in every joint, and deep relaxation throughout the entire body. Coiling Silk, an ancient practice dating back at least 1,800 years, enhances all QiGong, Tai Chi, and Yoga forms. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

**Instructor:** Cheri Hotanen  
**Location:** Midland Elementary School Multipurpose Room  
**Rate:** $50/$510  
**Registration:**  
**S417.211 Thu 6:00-7:15pm Oct 8-Dec 3**

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

**Instructor:** Cheri Hotanen  
**Location:** Old Poway Park, Tables Hall  
**Rate:** $45/$55  
**Registration:**  
**S417.212 Thu 10:00-11:15am Oct 3-Dec 3**

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**NEW! Aqua Zumba* | Ages 16+**
Are you ready for a Zumba® pool party? The Aqua Zumba® program gives new meaning to the idea of an invigorating workout. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together. This safe, challenging, water-based workout will be cardio-conditioning, body-toning, and most of all, exhilarating beyond belief! Only your mid-chest is submerged in the water, so there is no requirement to know how to swim. Water shoes are encouraged so you can provide support and traction. Join the party in the water (pool is heated to at least 82 degrees)!

**Instructor:** Amy Espino  
**Location:** Community Swim Center  
**Rate:** $40/$40  
**Registration:**  
**S417.225 Thu 6:00-7:00pm Sep 24-Oct 29**

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**Zumba® Toning & Sentao | 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® Sentao also transforms a chair into a dancing dance partner providing a workout that strengthens your core and reshapes the hips, glutes, and legs using your own body as resistance. Zumba® Toning & Sentao is the perfect way for enthusiasts to sculpt their bodies naturally while improving cardiovascular endurance and having a blast!

**Instructor:** Emma Sarnimento  
**Location:** Community Park, Auditorium  
**Rate:** $40/$40  
**Registration:**  
**S417.201 Wed 6:15-7:15pm Sep 25-Dec 18**

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**NEW! ZUMBA® Fitness | Ages 16+**
Join more than 10 million people at all shapes, sizes and ages taking weekly Zumba classes in over 90,000 locations around the world for more than 20 years! Ditch the workout, join the party!

**New! Zumba® Fitness | Ages 16+**
Our classes will keep you smiling, dancing, laughing, and having fun while your body is getting a workout that will have you feeling great! Our instructors are trained and certified for this unique and dynamic Zumba experience!  

**Instructor:** Emma Sarnimento  
**Location:** Community Park, Auditorium  
**Rate:** $40/$40  
**Registration:**  
**S417.201 Wed 6:15-7:15pm Sep 25-Dec 18**
**Dog Obedience Training**

**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 School, Lynne Moore
**Location:** Tue: Old Poway Park, Green Park
Sat: Garden Road Park
**Res/NON:**
9019.200 Tue 6:30-7:30pm 24-Oct-29 $95/$105*
9019.201 Sat 9:30-10:30am 28-Nov-2 $95/$105*
9019.202 Tue 6:30-7:30pm 5-Dec 10 $95/$105*
9019.203 Sat 9:30-10:30am 9-Dec 14 $95/$105*
* $25 materials fee due on first day of class

**NOTE:** 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.

**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 have knowledge of basic commands.

**Instructor:** Good Dog Training School, Lynne Moore
**Location:** Garden Road Park
**Res/NON:**
9019.204 Sat 10:45-11:45am 29-Nov-2 $95/$105
9019.205 Sat 10:45-11:45am 9-Dec-14 $95/$105

**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 time will begin 30 minutes before class.

**Instructor:** Good Dog Training School, Lynne Moore
**Location:** Community Park, Dog Park Pen 2
**Res/NON:**
9019.206 Wed 6:30-7:30pm 25-Oct-30 $95/$105
9019.207 Wed 6:30-7:30pm 6-Nov-11 $95/$105

**Special Needs**

**Safety Training**

**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 will receive a ready reference card and an American Red Cross certification valid for two years.

**Instructor:** American Red Cross Instructor, Blythe Paley
**Location:** Community Park, Nutrition Room
**Res/NON:**
5418.201 Wed 6:00-9:00pm 2-Oct-19 $230/$330*
* $25 (certification) or $55 (information only) materials fee due on the first day of class.

**CPR for the Adult/Child/Infant | Ages 11+**
Become certified in this American Red Cross CPR class. Learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. Participants receive a ready reference card and an American Red Cross certification card valid for two years.

**Instructor:** American Red Cross Instructor, Blythe Paley
**Location:** Community Park, Nutrition Room
**Res/NON:**
5418.200 Tue 6:00-9:00pm 8-Oct $230/$340*
* $26 (certification) or $59 (information only) materials fee due on the first day of class.

**Baby’s Trainer’s CPR and First Aid | Ages 11+**
Participants who register in a Baby’s Trainer’s course can choose to receive a certification in Poolside CPR and First Aid valid for two years.

**Instructor:** American Red Cross Instructor, Blythe Paley
**Location:** Community Park, Activity Rooms 1 & 6
**Res/NON:**
7677.200 Sat 9:00am-3:00pm 28-Sep $45/$555
* $26 materials fee due on first day of class.

**Baby’s Trainer’s CPR & First Aid | Ages 11-18**
The American Red Cross has created a course for babysitters with components that include: professionalism, responsibility, child development, safety, and responding to emergencies while on the job.

**Instructor:** American Red Cross Instructor, Blythe Paley
**Location:** Community Park, Activity Rooms 1 & 6
**Res/NON:**
7677.201 Sun 5:00pm-8:00pm 3-Jun-19 $260/$350*
* $25 materials fee due on first day of class.

**Bowling | Ages 13+**
This bowling class provides unlimited fun for everyone! A winner 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:**
9397.200 Fri 10:30am-3:00pm 4-Oct-19 $40/$550*
* SL class fee is collected at bowling alley each week.

**Exceptional Art | Ages 13+**
This fun class will not only teach participants the basic techniques of drawing, painting, and sculpting, but more importantly, cultivate them to develop ways of creative and artistic thinking. Ultimately, the aim of the art classes is to provide participants with opportunities to reach their potential and teach them to use art as an outlet to help them cope with their environment and future challenges. At the final class, participants will hold a gallery “opening” to showcase their work for parents and caregivers.

**Instructor:** Sarah D’Agostino-Gana
**Location:** Community Park, Nutrition Room
**Res/NON:**
9397.201 Wed 4:30-6:00pm 2-Oct-19 $45/$555
* $25 materials fee due on first day of class.

**Poway Swim Center**

The PowayCommunity 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 residents and nonresidents of Poway 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.

**Location:** 13094 Civic Center Drive
**Information:**
www.poway.org/swim
(858) 668-4680

**Swim Center**

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 residents and nonresidents of Poway 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) 668-4500. Swimmers may be required to show proof of residency in order to be eligible for resident rates.

**Costs:**

**Daily Admission**
- **Res/NON:**
  - Adults (Ages 18+): $2.50/$5.00
  - Youth (Ages 17 and under): $2.00/$4.00
  - Seniors (Ages 60+): $2.00/$4.00

**Season and Yearly Passes**
Season passes will 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.

**NOTE:** Pass holders must stop and have your cards scanned prior to entering the facility.

**Season Pass Rates**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Adult Pass</th>
<th>Youth Pass</th>
<th>Family Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults (Ages 18+)</td>
<td>$59/$125</td>
<td>$57/$120</td>
<td>$157/$256</td>
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</table>

**Yearly Pass Rates**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Adult Pass</th>
<th>Youth Pass</th>
<th>Seniors (Ages 60+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults (Ages 18+)</td>
<td>$225/$355</td>
<td>$183/$261</td>
<td>$183/$261</td>
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<tr>
<td>Family</td>
<td>$392/$640</td>
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**Hours:**

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<th>Day</th>
<th>Time of Day</th>
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<tr>
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<td>8:00am-7:00pm</td>
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<tr>
<td>Saturday/Sunday</td>
<td>10:00am-3:00pm</td>
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**Closed**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time of Day</th>
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<tr>
<td>September 28</td>
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<tr>
<td>December 16</td>
<td>Swim Meet Pool maintenance</td>
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**Winter (October 28, 2013-April 6, 2014)**

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<tr>
<th>Day</th>
<th>Time of Day</th>
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<tr>
<td>Saturday/Sunday</td>
<td>3:00pm-7:00pm</td>
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</table>

**Birthday Party Package**

**Why not have your next Birthday Party 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 dividend refund. The Birthday Party Packages are available on weekends only during regular business hours. Sign up for a birthday party at the pool.

**Information:** (858) 668-4680
**Res/NON:**
527362

**Information:** www.poway.org/swim
Swim Lessons

Swim Lesson Assessment | All Ages
Thinking of enrolling yourself or members of your family in swim lessons? Make an appointment to have a swim lesson assessment with one of our instructors. This service is free of charge and highly recommended for determining the appropriate placement level for participants. Call (858) 688-4680 for availability.

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 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 Varga at (858) 688-4083, 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? Email us at swim@poaway.org and ask to be placed on a waitlist for no charge. If a space becomes available, we will attempt to fill it from the waitlist. Please include the participant's name, birthdate, address, the activity number of the class you're interested in, and a phone number. The Swim Center will call you if a space becomes available.

Please note: *There will be no classes held on Monday, September 2 due to the Labor Day Holiday. For Monday/ Wednesday lessons, classes will instead be held on Friday, September 6 for that week only.

Parent/Child | Ages 6 months-2 years
This class develops a comfort for the water and introduces basic water skills. This class does not teach children to be accomplished swimmers nor to survive in the water. Parents must accompany their children in the water.

<table>
<thead>
<tr>
<th>Class Number</th>
<th>Days/Time</th>
<th>Age Group</th>
<th>Skill Level</th>
<th>Location</th>
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<tbody>
<tr>
<td>1212.200</td>
<td>M/W 6:45-7:00pm</td>
<td>Aug 26-Sep 11</td>
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<tr>
<td>1212.200</td>
<td>M/W 7:00-7:15pm</td>
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<tr>
<td>1212.200</td>
<td>TUE/THU 6:45-7:00pm</td>
<td>Aug 26-Sep 11</td>
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Grunion | Ages 3-5
This is an introductory class for children who have successfully completed the Gruenion 1 class or who are very comfortable in the water. This class reinforces skills learned in Gruenion 1, with a greater emphasis on efficiency.

<table>
<thead>
<tr>
<th>Class Number</th>
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<tbody>
<tr>
<td>1222.200</td>
<td>MW 7:30-8:00pm</td>
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<tr>
<td>1222.200</td>
<td>M/W 8:00-8:15pm</td>
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Pre-Grunion | Ages 2 years
This class is designed for young children who are ready to begin learning swimming skills, but who are not ready to participate in class without their parents. Skills introduced will include water entry, breath control, bobbing, and beginning swim stroke. Parents must accompany their children in the water.

<table>
<thead>
<tr>
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Seal | Ages 6-15
This course takes place in 11-12 feet of water. Frenquenz for this class includes: the ability to swim 15 yards of front crawl (with side breathing), back crawl, and elementary backstroke. Skills introduced will be butterfly, kick, breaststroke, and an introduction to diving from the side of the pool.

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<td>0212.200</td>
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Grunion 2 | Ages 3-5
This is an introductory class for children who have successfully completed the Gruenion 1 class or who are very comfortable in the water. This class reinforces skills learned in Gruenion 1, with a greater emphasis on efficiency.

<table>
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<tr>
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Swimming 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 diving from the diving boards are introduced.

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<tr>
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<td>Aug 26-Sep 11</td>
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Dolphin | Ages 6-16
The Dolphin class focuses on stroke refinement and increased swimming distance. Knowledge of the front crawl (alternate breathing), back crawl, elementary backstroke, sidestroke, and breaststroke are expected. Skills introduced include butterfly and flip turns.

<table>
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<tr>
<td>0232.200</td>
<td>TUE/THU 6:30-7:00pm</td>
<td>Aug 26-Sep 11</td>
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Adult | Ages 16+
Adults will be taught at their own pace. Skills will be developed around each individual's needs. Skills range from beginner to moderate swimmer level.

<table>
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Water Exercise | Ages 16+
Water exercise is a low-impact exercise for any ability. Classes are held in 4-foot water depth. Advanced swimming skills are not required. Daily admission is required. Class is dependent on instructor availability.

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<thead>
<tr>
<th>Class Number</th>
<th>Days/Time</th>
<th>Age Group</th>
<th>Skill Level</th>
<th>Location</th>
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<tr>
<td>0212.200</td>
<td>MW 6:30-7:00pm</td>
<td>Aug 26-Sep 11</td>
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<td>0212.200</td>
<td>TUE/THU 6:30-7:00pm</td>
<td>Aug 26-Sep 11</td>
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Private Lessons | All Ages
These classes are available for any age or ability. Instruction is geared to the student's ability. Participants must register for a minimum of four classes. Registration is for private lessons at the Swim Center. For times and additional information, please call (858) 688-4080.

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<tr>
<th>Class Number</th>
<th>Days/Time</th>
<th>Age Group</th>
<th>Skill Level</th>
<th>Location</th>
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<td>TUE/THU 6:30-7:00pm</td>
<td>Aug 26-Sep 11</td>
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AquaSafe
The aquatic staff is available to give presentations on aquatic safety to schools, scout troops, and organizations. For more information, call the pool at (858) 688-4080.
Poway Community Park

Location: 13094 Civic Center Drive

Park Hours: Daily, Sunrise-Sunset
Rec Oregon Office
Me Sat-Sun 9am-5pm | Sun 12pm-5pm
Ball Parks
Daily, 8am-10pm
Bocce Courts
Same hours as Rec Office
Dog Park/Swimming Pool/Basketball Court
Daily, Sunrise-10pm

Information: For more information about Poway Community Park, facility and field rentals, family activities, amenities, and more, call (858) 668-4671 or visit www.poway.org/communitypark

For Free Fall Fun, visit the recreation office to borrow basketballs, footballs, and other cool recreation equipment! Be sure to bring a valid photo ID.

Lake Poway

Location: 14644 Lake Poway Road

Park Hours: January-December Daily, 6am to sunset
Lake Fishing & Boating Hours: January-December October Wed-Sun, 6am to sunset Wed-Sun, 6am to sunset (Wed-Fri) and (Wed-Sun, 6am to sunset)

Information: (858) 668-4770 | www.poway.org/lakepoway
Park Ranger Office (858) 668-4772
Park/Pavillion Reservations (858) 668-4595
Lake Poway Concession (858) 668-4778

Night Fishing
Night Fishing continues until September 7 this fall with two additional night fishing weekends during the month of October. Visit the Lake for night fishing until 10:30 pm during the weekends of October 11, 12 and 25-26. Whether you are fishing for bass or catfish, Lake Poway is the perfect destination to try out the night bite. Lake Poway will be stacked regularly with catfish, but is also full of huge resident catfish and thriving bass population. Motor boats and rowboats are offered for rental on a first-come, first-served basis. There is plenty of shoreline to fish from! For more information, visit www.poway.org/lakepoway or call (858) 668-4770.

TROUT SEASON RETURNS TO LAKE POWAY!
As soon as the water temperature is just right, we will kick off Trout season with our legendary rainbow trout. Lake Poway currently holds the record at 7.85 pounds, and our reputation as the “Big Trout Destination” still holds true. During fishing season, we open the gates at sunrise, Wednesday through Sunday. The full-service Lake Poway concession offers fishing permits, boat rentals, boat and tackle, as well as food and beverages. We have the best permit and boat prices in the area. Senior 55+ and active-duty military receive reduced rates. Lake Fishing Licenses are not required. Watch for the opening date to be announced on our website at www.poway.org/lakepoway.

Old Poway Park

Location: 14134 Midland Road

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

Christmas in the Park
Enjoy a one-of-a-kind, magical holiday delight for the whole family during Poway’s annual Christmas in the Park event. This year, the FREE event will be held on Saturday, December 14, from 3:30 p.m. to 8:30 p.m.
Blue Sky Ecological Reserve

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

Reserve Hours: Daily, Sunrise-Sunset

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

Blue Sky is a 700-acre ecological reserve. Fully-trained docents offer hands-on experiences to identify and observe plants and animals, resource preservation activities, and programs. Bring your school or Scout group for an outdoor nature program, discover skins, skulls, and mammal artifacts with the family, or enjoy a relaxing hike in this unique habitat. Extensive information about Nature Walks, Discovery Tables, and School Tours can be found at www.poway.org/bluesky.

School Tours & Outreach Program
The Outdoor Tour program and In-Classroom program introduce important scientific concepts as outlined in Science Content Standards for grades 2-5. Tours in the Reserve last approximately two hours and are available on Wednesday and Friday mornings for $4 per student. The one-hour Outreach Program at your school is available on Monday and Wednesday mornings for $4 per student. A reduced fee of $3 per student is offered when both a Tour and Outreach program are scheduled in the same school year. Teachers'/Chaperones are free. Reservations can be made online at www.poway.org/bluesky.

Save the Date!
Hoot, Howl & Prowl
October 26 at Blue Sky
See Page 4 for Details

FREE Docent-led Nature Walks
Find our Activities Schedule on the website or at Blue Sky Reserve, City Hall, or Lake Poway. Please wear comfortable shoes, a hat, and carry plenty of water. Binoculars are recommended. Scout and group tours are available by reservation. All hikes begin at the south end of the Blue Sky parking lot.

FREE Junior Nature Ranger Program
This program is a wonderful opportunity for families to share time together and connect with nature. Children must be between the ages of 6-10 years old. Docents will lead children through a series of activities allowing them to experience nature first-hand. A Nature Ranger certificate will be issued upon completion of activities. Space limited to 15 children. For more information or to sign up, call the Blue Sky office at (858) 668-4781.

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.sdarks.org

The Goodan staging area is accessed from Poway Road east on Garden Road, then south on Sycamore Canyon Road, which ends at the staging area. Highway 57 staging area accessed through SOUTHBOUND HIGHWAY 57 ONLY, one-half 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

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 FIsh, 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 Ranch Fall Activities
Space is limited with some activities; please call (858) 513-4737 for reservations. RAIN or CLOUDS will CANCEL some events.

September
Star Party - Fri, Sep 28 | 7:00pm
Owl Program | Sat, Sep 28 | 11:00am-12:00pm
(Reservations required: call (858) 513-4737)

October
Star Party - Fri, Oct 19 | 7:00pm
Bats Alive! | Sat, Oct 20 | 11:00am-12:00pm
(Reservations required: call (858) 513-4737)

November
Star Party - Fri, Nov 1 | 7:00-8:00pm
(Space is limited to 30; please call (858) 513-4737 for reservations)
Star Party - Fri, Nov 15 | 7:00pm
(Sunset)

Kumeyaay-Ipai Interpretive Center at Pauwai

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

Hours: Saturdays 9:00am-12:30pm
FREE Docent-led Public Tours
(858) 668-1292

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

Information: (858) 668-1292
www.poway.org/kiic
www.friendsofthekumeyaay.org

Docents Wanted!
Interested in Native American culture or helping students learn about this valuable archaeologic 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, tweave, and a milling and grinding station.

Look What’s New!
NEW! Solar Walk/Stargazing
Join us on a journey into space and view of our nighttime skies! We will travel through the solar system as we hike 1.5 miles into the Reserve to meet up with the San Diego Astronomers Association. Their powerful telescopes will be focused on a distant constellation or planet so that you can experience it up close. Participants are encouraged to dress warmly. Space is limited to 100 participants; registration is required. To register, visit www.poway.org/classes or on after August 6.

Location: Blue Sky Ecological Reserve

Friday, Sat
169.220 Sat 4:30pm Nov 9 $5/person
169.221 Sat 4:30pm Nov 9 $5/person
169.222 Sat 5:00pm Nov 9 $5/person
169.223 Sat 5:15pm Nov 9 $5/person

FREE Junior Nature Ranger Program
This program is a wonderful opportunity for families to share time together and connect with nature. Children must be between the ages of 6-10 years old. Docents will lead children through a series of activities allowing them to experience nature first-hand. A Nature Ranger certificate will be issued upon completion of activities. Space limited to 15 children. For more information or to sign up, call the Blue Sky office at (858) 668-4781.

Saturday Nov 16
9:00am-11:00am FREE

For further information about any of the above programs, or to find out about additional programs, call the Blue Sky office at (858) 668-4781.

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: $4 per student. Information and scheduling: www.poway.org/kiic

Information: www.poway.org/kiic
Fall Children’s Programs
September, October, November

Baby Storytime (Ages birth-12 months)
Mondays, 9:45am Sep 9-Nov 18
Toddler Storytime (Ages 1-2)
Mondays & Tuesdays, 10:30am Sep 3-Nov 19
Preschool Storytime (Ages 3-5)
Wednesdays & Fridays, 10:30am Sep 4-Nov 22
World Languages Storytime (Ages 2-5)
Thursdays, 10:30am Sep 5-Nov 21
Pj Storytime (Families with children)
Wednesdays, 7:00pm Sep 25, Oct 23, Nov 20
Toddler Time (Ages 1-2)
Wednesdays at 1:00 pm Sep 11, Oct 9, Nov 13
Gross Science (Grades 3-5)
Thursday at 4:00 pm Sep 12
Baby Yoga (Ages Birth-12 months)
Mondays at 9:00 pm Sep 16, Oct 7, Nov 4
Fancy Nancy Fashion Party (Grades K-3)
Wednesday at 4:00 pm Sep 25
2nd/3rd Book Group (Grades 2-3)
Thursdays at 4:00 pm Sep 26, Oct 24, Nov 21
4th/5th Book Group (Grades 4-5)
Thursdays at 6:00 pm Sep 26, Oct 24, Nov 21
Elementary Age Yoga Series (Grades 2-5)
Thursday at 4:00 pm Oct 3-24
Tiny Tot Monster Mash (Ages birth-5)
Tuesday at 1:00 pm Oct 29
Monster Mash (Grades 1-4)
Wednesday at 6:00 pm Oct 30
Diwali Celebration (Children, Teens and Families)
Tuesday at 5:00 pm Nov 5
Holiday Cards for the Troops (Grades K-5)
Wednesday at 4:00 pm Nov 20

Fall Teen Programs Grades 6-12

September
Winter Fight! Sep 3, 4:00 pm
Teen Craft: Shrinky Dinks Sep 10, 4:00 pm
Teen Book Club: Kickoff Party Sep 17, 4:00 pm
Teen Movie & Pizza Night Sep 24, 4:00 pm

October
Teen Game Day Oct 1, 4:00 pm
Teen Craft: Halloween Oct 8, 4:00 pm
Teen Mystery Night Oct 15, 4:00 pm
Teen After Hours Halloween Party Oct 16, 6:30-10:00 pm
Teen Book Club Oct 22, 4:00 pm
Teen Pumpkin Carving (Registration Required) Oct 29, 4:00 pm

November
Teen Diwali Celebration Nov 5, 4:00 pm
Teen Movie & Pizza Night Nov 12, 4:00 pm
Teen Book Club Nov 19, 4:00 pm

Fall Adult Programs

POWAY LIBRARY BOOK CLUB
Third Tuesday every month, 6:30-8:00pm
September 17: Team of Rivals by Doris Kearns Goodwin
October 15: The Testament by John Grisham
November 19: Moloka’i by Alan Brounct

ACOUSTIC SHOWCASE CONCERT
Saturday, September 14, 2:00pm

BOOKS & COFFEE
Saturday, October 19, 10:00-11:00am
Library staff make reading recommendations and book reviews; coffee and refreshments provided

GENTLE YOGA
Thursday mornings, 10:00-11:00am
September 13, October 10, November 14

SPECIAL PROGRAMS
November 2, 1:00pm
Author Jon Westman’s visit
Saturday, November 16, 2:00pm
Documentary Film: “Red Air Painter of Santa Ysabel” by Peter Maxwell

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.

BINGO!
Win your share of $5000 in Cash!
Open to adults, 18 and older. All proceeds help support the programs and services of PSC. Come have fun and win.
Every Saturday, 5:30pm
Every Tuesday, 12:15pm

Annual Membership Only $35.00!
EVERY MONTH at PSC we offer:
- Feeling Fit Exercise twice weekly
- Wii Bowling
- Needlecrafts, Quilting, and Jewelry Making
- Health & Wellbeing Lectures and Presentations
- Social Groups

YES, I want to join the Poway Senior Center!
Here is my Membership fee of $35 (cash or check), to Poway Senior Center:
Name:
Address:
City: State: Zip:
Phone/Email:

Be Prepared
Flu Season Starts Soon!
Flu Clinic
Friday, October 4, 2013
10 a.m. - 1 p.m.
Luanne Arango-Law RN, Med, will be here to provide flu shots. Please call PSC for time, and cost: (858) 748-6094.
The Poway Center for the Performing Arts (PCA) is a 600 seat, state-of-the-art theatre owned and operated by the City of Poway. The PCA hosts a variety of events that include professional performances, concerts, dance productions, community theater groups, art exhibits, and Poway Unified School District events. Available for rent, the PCA is the perfect venue for professional performances and community-based productions from September through June. For more information, visit www.powaycenter.com.

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.

Get Involved! Become a part of the theatre world without ever stepping on stage. Our team of volunteer ushers provide 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.

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.

September
- Green Tree World by Gary Walker – Acrylic and Mixed Media Paintings

October
- Maraes Aval – Photography and Mixed Media

November
- Gordon Beikhardt – Watercolor Paintings

For details about the exhibits and artists, visit www.powaycenter.com.

Poway Center for the Performing Arts Foundation Presents

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

THE ROBERT CRAY BAND

Friday, October 25, 2013
With 15 Grammy nominations, two Grammy Awards, millions of record sales worldwide, and thousands of sold-out performances, blues rock icon Robert Cray is one of the greatest practitioners of his generation. Rolling Stone Magazine credits Cray with reinventing the blues with his "distinct razor sharp guitar playing" and credits his 1985 breakthrough album Strong Persuader with introducing a new generation of rock fans to the blues. A must-see for blues fans of any generation!

ROGER MCGUINN AND MARTY STUART WITH THE FABULOUS SUPERLATIVES

Friday, October 11, 2013
What do you get when you mix The Byrds’ signature 12-string ‘chime’ and country rock’s most beloved and popular albums of the 60s and 70s? A dream concert that brings a bit of the Grand Ole Opry and the 60s Sunset Strip to Poway.

BARBARA EDEN AND HAL LINDEN IN A.R. Gurney’s LOVE LETTERS

Saturday, October 26, 2013
Television stars Barbara Eden (“I Dream of Jeannie”) and Hal Linden (“Barney Miller”) star in a modern American Classic, Love Letters is A.R. Gurney’s beloved play about two people who grow up and in love with each other’s writing; is it as much a celebration of the power of the written word as it is to love itself.

BERKLEY HART AND BACK TO THE GARDEN PRESENT THE LAST WALZ

Saturday, November 16, 2013
Featuring the music of The Band, Bob Dylan, Eric Clapton, Neil Young, Van Morrison and more. In 1978, Martin Scorcese released The Last Waltz, a film that would set a new standard for rock music documentaries. Now Berkley Hart (The Berkley Where Hart Thou?) and Back to the Garden recreate the legendary concert live on stage, aided by some of San Diego’s finest folk, rock and blues musicians.

Tickets on Sale Now POWAYARTS.ORG 858-748-0505
REFUNDS should you withdraw from a class, you will be charged a $15.00 administrative fee, which will be deducted from the refund amount. Full refunds will be issued for all classes canceled or overlooked by the City of Poway and/or the Independent Contract Instructor. Refunds after the start of the second class require written verification of an emergency/illness. Refunds approved after the second class will be prorated and the $15 administrative fee will be applied. Requests may be mailed or submitted in person to the Community Services Department, located at 13325 Civic Center Drive. If a refund is approved, a check or credit will be issued within three to four weeks from the date of approval. Credit card accounts will be credited.

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. Waitlists will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

FACILITY ACCESS

For all participants, it 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 need assistance or have any questions, please call (858) 668-4595.

CLASS INSTRUCTION

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

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

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

FINANCIAL ASSISTANCE - P.L.A.Y. (Poway Leisure Assistance for Youth) Did you know that developmentally disabled individuals and youth might be eligible to receive up to $40 worth of City-sponsored recreation classes each season at no cost to you? To find out more, please visit our website at www.poway.org/play.

Registration Form

City of Poway: P.O. Box 789, Poway, CA 92074-0789 | Community Services Dept.: (858) 668-4595

Parent/Guardian Name (please print)

Address

City/State/Zip

First & Last Name of Participant

Birthday (under 18)

Age

Sex

Class Title

Class Registration #

First Choice

Alt. Choices

Fee

FORM OF PAYMENT:

Cash $ 

Charge | MC/Visa # Exp.

Check

Would you like to support the PLAY Scholarship Program or the Fireworks Fund by including an additional $2 $5 $10 or $ __________ in your payment?

Would you like to support the PLAY Scholarship Program or the Fireworks Fund by including an additional $2 $5 $10 or $ __________ in your payment?

Participant Waiver: I understand and agree that by my child's participation in the swim lesson/class, I hereby agree to and use of personal property on the premises. I further acknowledge that participation in these events/activities is voluntary and grants the City the right to use any photographs with/in this event. I hereby agree to and agree to be liable for any injury, loss, damage, or death that may result from my child's participation in the City of Poway and its officers, agents, and employees, directly or indirectly or in connection with the City of Poway and any higan/things/acts or such NEGLIGENCE/AND ANY OTHERS ACTIVITIES/ACTIVITY/ACTIVITIES, I SIGNIFICANTLY AND COMPLETELY renounce and release the City of Poway for any liability, damage or indirectly associated with the use of the said NEGLIGENCE.

Signature

Date

FOR STAFF ONLY: Entered by: ____________________________ Date: ______________
The rainy season officially begins in October, bringing the possibility of flooding in Poway. The City provides free, unfilled sandbags and loose sand to residents for use during severe winter storms. These supplies can be picked up on Garden Road (across from Garden Road School), Milliard Lane (across from Old Poway Park Train Barn), and Lake Poway flood at the first parking lot on the right approaching the lake. All fire stations also have unfilled sandbags available.

Maintenance of drainage facilities and natural creeks is very important because any obstructions to flow can cause flooding, stream bank erosion, and property damage for you and your neighbors. Obstructions can also result in the accumulation of debris and cause sedimentation build-up increasing the chance of a creek overflow. It is important to know that individual property owners are responsible for the maintenance of creeks or private drainage facilities located on private property. Permits may be required to perform maintenance within natural creeks. Routine maintenance of natural creeks that may not require permits could include the removal of fallen trees, yard waste that has been dumped into creeks, stockpiled wood or other material, grass clippings, leaves and other debris, and the trimming or pruning of dense vegetation. It is also recommended that property owners inspect, clean, and repair rain gutters, roof tops, and yard drains, and take care of any problems noticed during last year’s rainy season. If you are unsure whether a particular facility or creek is City-maintained, or if you have any questions regarding the maintenance of drainage facilities, you may contact the City’s Development Services Department at 858-682-4600.

The City of Poway participates in the National Flood Insurance Program (NFIP). The NFIP makes flood insurance available to everyone, even for properties that have previously flooded. Flood insurance is mandatory in certain situations; however, even if it is not required for your property, you can still talk to your insurance agent about purchasing a flood insurance policy if you are concerned about the possibility of flood damage.

"Natural" Pollutants: Bacteria and Sediment

What do the most common pollution problems found in Poway’s waterways have in common? They are "natural" substances that become serious pollutants when human activity increases their levels.

Bacteria

Bacteria, viruses and other organisms can cause flu-like illnesses, skin rashes and other infections. Sources of the pollutants can be falling septic systems, sewage spills, trash, pet waste, rotting plant material, and other sources.

Here are some ways you can prevent bacteria pollution in our streams:

- Deposit trash in the proper receptacles
- Pick up after your pets
- Eliminate overwatering and overspray from your irrigation system
- Maintain your septic system and private sewage pipes
- Keep animals and animal waste away from drainage ditches
- Sweep up yard clippings and trash

Sediment

Excess sediment or dirt in water can smother aquatic life, clog fish gills and cut off light to underwater plants. Sediment can also block waterways and cause flooding. Excess sediment is the result of erosion from exposed dirt.

You can help prevent sediment pollution by:

- Properly installing silt fencing, fiber rolls, and other protective devices during grading and landscaping
- Replanting or using mulch to cover bare ground
- Performing weed removal by mowing rather than digging

Even if your property is not near a stream, you can help prevent water pollution. Remember, what goes into our storm drains and drainage ditches flows untreated into our creeks, lakes, and oceans.

If you would like more information on preventing water pollution, please contact the Development Services Department at (858) 686-4600 or visit the City’s website at www.poway.org.

SAN DIEGO COUNTY MOBILE DISASTER PREPAREDNESS APP

Disaster preparedness starts with you - and now there is an app for that! The County of San Diego developed an app that can provide the public with information about ongoing emergency incidents. Available for Android and Apple smart phones and other devices, the SD Emergency app has breaking news about incidents, maps of incidents, and locations of shelters. Your family may not be together when disaster strikes, so it is important to make plans in advance:

- How will you contact one another?
- How will you get back together?
- What should you do in different disaster situations?

With SD Emergency, the tools you need to be prepared, no matter what happens, are right at your fingertips.

The SD Emergency app contains disaster preparedness information and interactive checklists to help you create an emergency plan and build an emergency supply kit. With the app, you can:

- Prepare for the next emergency
- Learn steps you need to take to be prepared and react in an emergency
- Keep your emergency information updated
- View and download the app from the App Store or Google Market. For more information, go to the following webpage: www.sandiegocounty.gov. If you register for the app and provide contact information, push notifications will be sent to your device for new emergencies and updates.
Trek the South Poway Trail

The South Poway Trail offers trail users a unique way of experiencing Poway’s urban side of town. It begins at Poway’s western border with San Diego on the hilltop that is west of Pomerado Road between Poway Road and Scripps Poway Parkway.

As you begin down the hill heading east you immediately find yourself weaving through the Old Pomerado area. This historic area was for many years the sole south entrance into Poway, with Old Pomerado Road serving as a piece of Historic Highway 395. As you continue your trek east, the trail becomes much easier to identify and navigate just past Pomerado Road. From the northwest corner of Pomerado and Stowe, continue northeast and you’ll soon encounter the urban choices that characterize this trail. Veer right to the Business Park or left to the South Poway Staging Area (Downtown Poway) or simply continue east on the main trail and keep watch for your next set of choices. In less than a mile you’ll cross under Community Road via a unique tunnel that was specifically built for trail use. This is your unofficial halfway point.

As you continue up and over the foothills to the east you soon find yourself in one of the most picturesque spots Poway has to offer. Enjoy views of the Business Park to the south, Garden Road Valley to the north, and a unique overlook of Downtown Poway to the northwest. Continue slightly farther east and you’ll have reached the City limits which, to date, is the official end of the South Poway Trail — but that’s about to change!

With the City of San Diego showing interest in connecting the “Mission Trails North” extension into Southern Poway, and the County of San Diego nearing completion of its Poway Trail to Goodland Ranch, the South Poway Trail is in the final planning stages to provide even more hiking opportunities and becoming even better.

POWAY FIRE DEPARTMENT OPEN HOUSE

The Poway Firefighter’s Association, in cooperation with the City of Poway Fire Department, invites residents and visitors to Poway’s 28th annual Fire Department Open House on Saturday, October 5, 2013, from 10 a.m. to 1 p.m. The event will be held at Poway’s Fire Training Tower which is located at 12335 Goldsworthy Circle in the Poway Business Park. This year’s Open House activities will include:

- Tours of the Fire Training Tower
- Firedowns from the City of San Diego Fire Department
- The Kid’s Safety House where children can experience and learn fire and burn prevention methods
- Vehicle extraction, roof ventilation, and aerial ladder truck operation demonstrations
- Spray a fire hose at a target

Food booth with refreshments for sale.

This year’s theme is PREVENT KITCHEN FIRES. More fires start in the kitchen than in any other part of the home and unattended cooking is the leading cause. Often, when firefighters are called to a cooking related fire, the residents explain that they only left the kitchen for a few minutes. Sadly, that’s all it takes for a dangerous fire to start. The reality of fire is that, when it strikes, your home could be engulfed in smoke and flames in just a few minutes. The bottom line is that there’s really no safe period of time for the cook to step away from a hot stove. Nothing is more important than the safety of your family, so bring the whole family to this fun and educational event. For more information, contact Michelle Clark at the Poway Fire Department at (858) 668-4460 and Press Box.

FIRE PREVENTION WEEK OCT. 6-12, 2013
PREVENT KITCHEN FIRES
GO TO FPW.ORG AND GET COOKIN’ WITH FIRE SAFETY!

What’s Inside:

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