TROUT SEASON

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. Create 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 Train for a thrilling night-time ride around the park. Watch historic blacksmithing and view an extensive model train display.

Sleep under the stars at a campout, Friday, February 3, the night before the Youth Fishing Derby! Overnight camping will be available Friday evening for a $15 registration fee per car. Sign up for the Youth Derby Campout at the Lake Poway Recreation Office beginning January 2. Families will need to bring their own camping supplies and food to barbecue. Grills are available, but you are encouraged to bring your own. Families may start setting up their campsites at 7:00 am Friday morning. No alcohol is permitted. Information: (858) 668-4772.

Bring an Ornament for the Tree!

Come celebrate the annual roll-out of the park’s 1907 Baldwin Steam Engine with traditional songs about trains, and explore America’s steam age ingenuity and innovation. Information (858) 668-4576.
Looking for a gift for that hard-to-buy-for person? Look no further than the gift of Class! The City of Poway is now offering gift certificates to give someone you love the gift of recreation. Help them achieve their New Year’s goals for wellness or to learn a new skill. To purchase a gift certificate, visit the Community Services office in City Hall, 13325 Civic Center Drive. Customized denominations are available.

NEW! Boot Camp | Ages 16+
This class is designed to teach people the single most important factor of our lives... How to become and stay healthy for good! Working out is not about moving stuff around. Understanding the science of working for YOUR specific needs will change the way you feel about exercising and will make you permanently succeed at staying healthy while loving it!
Instructor: Dana Salom
Location: Lake Poway Ball Field
No Class: Jan 21
5417.350 Sat 9:00-10:00am Jan 7-Feb 11 $75/$85

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. Bring your own yoga mat, a large towel, and wear comfortable clothes.
Instructor: Jon Brock
Location: Midland Elementary School Multipurpose Room, 13910 Midland Rd
No Class: Feb 8 & Feb 22
5417.381 Wed 6:30-8:00pm Jan 6-Mar 14 $75/$85

Healthy Back | Ages 17+
Be kind to your back! Learn and practice a healing exercise routine that supports back health and injury prevention drawn from Pilates, Yoga, Feldenkrais Method, and the Alexander Technique. Weekly discussion topics include constructive rest, anatomy for daily living, ergonomics, and taking care of your back during sleep. Wear soft, comfortable clothing and bring a sticky yoga mat and a beach towel.
Instructor: Cheri Hotalen
Location: Old Poway Park, Templars Hall
No Class: Jan 21
5417.333 Thu 10:00-11:15am Feb 16-Mar 15 $45/$55* $5 materials fee due first day of class

Healing Qigong | Ages 17+
Now you can learn and practice a self-healing art that combines gentle flowing movements, relaxed breathing, visualization, and self-applied massage. Regular practice of Qigong can reduce stress, improve balance, prevent illness, and provide deep relaxation. This fun and easy moving meditation is suitable for people of all ages and fitness levels and can be practiced sitting or standing. Wear soft, comfortable clothing and flat-soled shoes or socks. Please bring a bottle of water.
Instructor: Cheri Hotalen
Location: Midland Elementary School Multipurpose Room, 13910 Midland Rd
No Class: Feb 7 & Feb 21
5417.331 Tue 6:00-7:30pm Jan 10-Mar 13 $75/$85* $5 materials fee due first day of class

Pilates Refomer | Ages 16+
Join us for custom-designed workouts on the Pilates reformer machines. This non-impact system of exercise focuses on the deep muscles of the abdomen and spine. Expect to burn up to 600 calories during your workout while improving flexibility and strengthening muscles! Classes will leave you feeling refreshed not exhausted.
Instructor: Jennifer Richards
Location: Poway Pilates, 14053 Midland Rd
No Class: Jan 16
5417.344 Mon 12:30-1:30pm Jan 9-Feb 13 $74/$84
5417.345 Tue 12:30-1:30pm Jan 24-Feb 5 $74/$84

Pilates | Ages 16+
Pilates is an innovative mind-body format using a floor mat or a variety of small props. Pilates builds strength without excess bulk, capable of creating a sleek, toned body with slender thighs and a flat abdomen. Pilates is a safe and sensible way to exercise that will help you feel your best. It teaches body awareness, good posture, improves flexibility and can even help alleviate back pain. No matter what your age or condition, it will make a difference. Join the nearly nine million other people in the U.S. and try a Pilates class!
Instructor: Emma Sarmiento
Location: Community Park, Activity Rooms 1 & 2
No Class: Feb 21
5417.304 Tue 6:00-7:00pm Jan 3-Mar 13 $90/$100

Zumba | Ages 16+
Are you ready to party yourself into shape? That’s exactly what Zumba is about! It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie burning dance party that’s moving millions of people toward health and joy. Zumba fuses spell-binding Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Join more than 10 million people of all shapes, sizes and ages taking Zumba classes in over 90,000 locations across more than 110 countries. Ditch the workout...join the party!
Instructor: Emma Sarmiento
Location: Community Park, Auditorium
No Class: Feb 22
5417.306 Wed 6:15-7:15pm Jan 6-Mar 14 $90/$100

Class Icons: These visual guides shown next to each class section will help you quickly find an activity that’s right for you

Register online at: www.poway.org/classes

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

Pilates & Zumba | Ages 16+
No Class: Feb 21 & Feb 22
5417.309 Tue 6:00-7:00pm Jan 3-Mar 14 $120/$130
Wed 6:15-7:15pm
*See individual class descriptions for locations

This year, give the gift of Fun and Recreation!
Exciting NEW Classes! for Growing Minds

NEW! More Than Ready: Kindergarten Preparation Program | Ages 3½-5½

Is your preschooler prepared for kindergarten? This unique program teaches kindergarten 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.


Location: Community Park, Youth Activity Room

No Class: Jan 16 & Feb 20

4011.300 MW 9:00am-12:00pm Jan 9-Feb 8 $716/$826

4011.301 MW 9:00am-12:00pm Feb 13-Mar 14 $716/$826

4011.302 TuTh 10:00-11:00am Jan 10-Feb 9 $128/$139

4011.303 TuTh 10:00-11:00am Feb 14-Mar 15 $128/$139

RES/NON

NEW! Little Comp U Kids: Preschool Science Tech Tykes | Ages 3-6

Join us on grand storybook adventures filled with science, technology, and robots for theme-based projects, hands-on learning, creativity, and interactive fun! A digital storybook is created to chronicle all their adventures, science findings, and creations. Each new lesson is highlighted on our website and includes a lesson overview, class pictures, and reinforcement activities!

Instructor: Comp U Kids, www.thecompukids.com

Location: Community Park, Youth Activity Room

No Class: Jan 16 & Feb 20

4011.330 Thu 9:00-10:00am Jan 12-Feb 16 $65/$75

RES/NON

My First Art Class | Ages 20 months to 3 years

For the truly beginner artist! This is a special art class for toddlers and parents (or their helpers). Little fingers experiment with painting, gluing, sticking, printing, and creating while developing fine motor, language, and self-help skills. This is an “I can do it!” class that is fun and creative. Children are introduced to color, shape, texture, and art materials with new lessons each session.

Instructor: Abrakadoodle

Location: Community Park, Youth Activity Room

No Class: Jan 16 & Feb 20

4011.321 Mon 2:30-3:15pm Jan 9-Feb 6 $52/$62

4011.322 Mon 2:30-3:15pm Feb 13-Mar 12 $52/$62

RES/NON

NEW! Mommy & Me Yoga: Pre-Crawlers & Ages adult and baby | 5-10 months

Relax and unwind doing yoga while spending time with your little one! This class will focus on yoga for both mom and baby. We will explore breathing practices and postures intended to increase flexibility, strength, balance, and calmness. Also, we will learn poses and techniques to help your baby relax, sleep better, and improve digestion. Please bring a yoga mat, baby blanket, and a hand-held baby toy to class.

Instructor: Courtney Bean

Location: Community Park, Auditorium

4011.350 Tue 9:00-10:00am Jan 10-Jan 31 $45/$55

4011.351 Tue 9:00-10:00am Feb 7-Feb 28 $45/$55

RES/NON

Abrakadoodle Art Adventures | Ages 4-5

Learn about artists and techniques, and create a new masterpiece each week! Children explore their creativity through carefully-designed lessons that ignite the imagination and encourage skill development. Each class introduces a new artist or art technique and each child leaves class with a framed piece of art. Using real artists’ materials, children sculpt, paint, draw, and print to create artwork that is truly unique.

Instructor: Abrakadoodle

Location: Community Park, Youth Activity Room

No Class: Jan 16 & Feb 20

4011.324 Mon 3:30-4:15pm Jan 9-Feb 6 $52/$62

4011.325 Mon 3:30-4:15pm Feb 13-Mar 12 $52/$62

RES/NON

Mom & Tot Gymnastics | Ages Walking-3 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 leotards with no snaps, zippers, or buttons.

Instructor: Tracy Salmari, (858) 748-1716

Location: Poway Gymnastics, 12850 Brookpicker Place

No Class: Jan 19 & Jan 21

2312.300 Thu 10:45-11:15am Jan 5-Mar 15 $161/$171*

2312.301 Sat 8:45-9:15am Jan 7-Mar 17 $161/$171*

* $10 materials fee due first day of class

SEASONAL! 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. Skate rental is included in the fee.

Instructor: Ann Daniels

Location: Community Park Tennis Courts

3013.300 Sat 9:00-10:00am Jan 14-Feb 18 $45/$55*

* $5 materials fee due first day of class

RES/NON

Tennis – Tiny Tot | Ages 4-6

The Tiny Totters will have fun learning basic forehand and backhand ground strokes, forehand and backhand volleys, and court etiquette. The class is designed to improve hand-eye coordination. This is a parent participation class. Parents will toss balls to their own child, with instructor providing tips and techniques.

Instructor: Art Christophades

Location: Community Park Tennis Courts

3013.300 Sat 9:00-10:00am Jan 14-Feb 18 $45/$55*

* $5 materials fee due first day of class

RES/NON
Ballet for Kids | Ages 3-12
Come join our class as we learn the beauty of ballet! This musical and creative class will teach children all the basics of ballet. Children will learn rhythm, coordination, flexibility, teamwork, and a love for dance! Dance attire and pink leather ballet slippers are required.
Instructor: Kellie Childress-Nichols, kchidress04@yahoo.com
Location: Community Park, Auditorium
No Class: Feb 21 & Feb 25

THEME:
Costumes are ordered in January and paid for by the participants.

Ages 3-4
5121.300 Tue 10:00-10:45pm Jan 3-Mar 13 $98/$108
5121.301 Sat 9:00-9:45am Jan 7-Mar 17 $98/$108
5121.302 Sat 9:45-10:30am Jan 7-Mar 17 $98/$108

Ages 5-6
5121.303 Tue 3:30-4:15pm Jan 3-Mar 13 $98/$108
5121.304 Sat 10:30-11:15am Jan 7-Mar 17 $98/$108
5121.306 Sat 11:15am-12:00pm Jan 7-Mar 17 $98/$108

Ages 7-12
5121.305 Tue 3:45-4:30pm Jan 3-Mar 13 $98/$108
5121.307 Sat 1:00-1:45pm Jan 14-Mar 10 $98/$108
5121.308 Sat 1:45-2:30pm Jan 14-Mar 10 $98/$108

Lyrical for Teens | Ages 13-18
Come join our class as we learn the art of lyrical! This class combines the grace of ballet with the popular music and modern style of dance. Lyrical is a great way to learn the terminology and steps used in ballet class, and still have lots of fun dancing to the music you love! Dance attire and pink ballet shoes are required.
Instructor: Kellie Childress-Nichols, kchidress04@yahoo.com
Location: Community Park, Auditorium
No Class: Feb 21

Ages 7-12
5121.310 Tue 6:00-6:45pm Jan 3-Mar 13 $98/$108

Tap and Ballet | Ages 3-18
Come dance and sing with us! This fun-filled, action-packed, dynamic tap and ballet program will teach your child rhythm and coordination, as well as a love of dance. Dance attire, leather ballet slippers, and tap shoes are required.
Instructor: Deborah Childress, (760) 747-9777, Deborah@cox.net
Location: Community Park, Auditorium
No Class: Feb 20 & Feb 26

Ages 3-4
5111.301 Mon 11:00am-12:00pm Jan 2-Mar 12 $108/$118
5111.302 Mon 2:00-3:00pm Jan 2-Mar 12 $108/$118
5111.303 Thu 1:00-2:00pm Jan 5-Mar 15 $108/$118

Ages 5-6
5111.304 Thu 2:00-3:00pm Jan 5-Mar 15 $108/$118
5111.305 Mon 3:00-4:00pm Jan 5-Mar 15 $108/$118
5111.306 Mon 4:00-5:00pm Jan 5-Mar 15 $108/$118

Ages 7-8
5111.307 Thu 3:00-4:00pm Jan 5-Mar 15 $108/$118
5111.308 Mon 5:15-6:15pm Jan 5-Mar 15 $108/$118

Ages 8-10
5111.309 Thu 4:00-5:00pm Jan 5-Mar 15 $108/$118
5111.310 Thu 5:00-6:00pm Jan 5-Mar 15 $108/$118

Ages 12-18
5111.311 Mon 6:15-7:15pm Jan 5-Mar 15 $108/$118
5111.312 Thu 6:15-7:30pm Jan 5-Jun 4 $108/$118*

* Some Monday rehearsals required from 7:15-8:30pm beginning in February.
** One time tuition fee through June.

Dance for Children with Ms. Debbora | Ages 3-5
Creative Movement and Tumbling for Boys and Girls
Dance, sing, tumbling, 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 during this fun-filled, ongoing program. Wear comfortable clothing or dance attire, and leather ballet slippers or bare feet.
Instructor: Debbora Childress, (760) 747-9777, Deborah@cox.net
Location: Community Park, Auditorium
No Class: Feb 20

Ages 3-5
5111.300 Mon 10:00-10:45am Jan 2-Mar 12 $108/$118

Dance Production with Ms. Debbora | Ages 6-18
This special class will allow students to participate in a dance “play” incorporating many levels and styles of dance, and some acting too! Our “production” will be performed at our June recital at the PCPA. Special costumes (paid for by the participants) and concurrent enrollment in Tap & Ballet are required.
Instructor: Debbora Childress, (760) 747-9777, Deborah@cox.net
Location: Community Park, Auditorium
No Class: Feb 20 & Feb 26

Ages 6-12
5111.315 Thu 6:15-7:30pm Jan 5-Mar 15 $108/$118*

Fun’s Funky Jazz for Kids | Ages 7-18
Come join our class as we learn Fun’s Funky jazz! Students will learn rhythm, coordination, flexibility, teamwork and a love for dance! For teens, concurrent enrollment in Leaps and Turns is recommended. Leotard, black jazz pants, and black leather jazz shoes are required.
Instructor: Kellie Childress-Nichols, kchidress04@yahoo.com
Location: Community Park, Auditorium
No Class: Feb 21

Ages 7-12
5121.307 Tue 4:30-5:15pm Jan 3-Mar 13 $98/$108
5121.308 Tue 5:15-6:00pm Jan 3-Mar 13 $98/$108

Creating Adults

MUSICSTAR® Music Classes - Beginning | Ages 7-13
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? You will explore music literacy, learn various techniques, and play several songs by the end of these classes. All instruments are provided for class use. There will be a final Showcase Performance on the last day of class.
Instructor: MUSICSTAR®
Location: Old Poway Park, Templars Hall
6182.331 Thu 3:30-4:20pm Jan 5-Mar 12 $88/$98*
Starting Piano
6182.332 Thu 3:30-4:20pm Jan 5-Mar 12 $88/$98*
Beginning Acoustic Guitar
6182.333 Thu 3:30-4:20pm Jan 5-Mar 12 $88/$98*

Video Game Design Ages 10-17
This course provides students with a fun, interactive look at the world of video game design and development. Students enrolled in this class will learn the basics of video game design and produce several different interactive video games to share with their friends and family.
Instructor: Youth Tech, Inc.
Location: Old Poway Park, Great Room
4916.302 Sat 9:00am-4:00pm Mar 3 & Mar 10 $156/$170*
* $25 materials fee due first day of class

NEW! Creative Brain* FotoWorkz | Ages 7-13
Creative Brain* FotoWorkz is an introduction to digital photography! Digital photography provides children with a very unique medium to capture their experiences and express their creativity. Participants learn about camera basics and fundamentals of photography, and are coached in applying photography as a journalism and art. Digital cameras are provided for class use.
Instructor: MUSICSTAR®
Location: Old Poway Park, Templars Hall
6182.340 Wed 3:30-4:20pm Jan 11-Feb 29 $88/$98*
* $15 materials fee due first day of class

NEW! Creative Brain* FotoExplorer | Ages 7-13
Creative Brain* FotoExplorer is an introduction to digital photography! Digital photography provides children with a very unique medium to capture their experiences and express their creativity. Participants learn about camera basics and fundamentals of photography, and are coached in applying photography as a journalism and art. Digital cameras are provided for class use.
Instructor: MUSICSTAR®
Location: Old Poway Park, Templars Hall
6182.341 Wed 3:30-4:20pm Jan 11-Feb 29 $88/$98*
* $15 materials fee due first day of class
**Youth Tennis**

**Tennis – Beginner | Ages 6-14**

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, scoring system, and court etiquette.

Instructor: Art Christophides

Location: Community Park, Tennis Courts

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3013.302</td>
<td>T/Th</td>
<td>4:00-5:00pm</td>
<td>Jan 10</td>
<td>Feb 16</td>
<td>$75/$85*</td>
</tr>
<tr>
<td>3013.303</td>
<td>Sat</td>
<td>10:00-11:00am</td>
<td>Jan 14</td>
<td>Feb 18</td>
<td>$50/$60*</td>
</tr>
</tbody>
</table>

* $5 materials fee due first day of class

**Tennis – Advanced Beginner/Intermediate | Ages 10-17**

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, approach shots, volleys, singles and doubles play and strategy, scoring system, light competitive games, and court etiquette.

Instructor: Art Christophides

Location: Community Park, Tennis Courts

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3013.306</td>
<td>T/Th</td>
<td>4:00-5:00pm</td>
<td>Jan 10</td>
<td>Feb 16</td>
<td>$75/$85*</td>
</tr>
<tr>
<td>3013.307</td>
<td>Sat</td>
<td>11:00am-12:00pm</td>
<td>Jan 14</td>
<td>Feb 18</td>
<td>$50/$60*</td>
</tr>
</tbody>
</table>

* $5 materials fee due first day of class

**Tennis – Advanced Juniors | Ages 10-17**

At this hot-shot level, tennis enthusiasts enhance their ability level by focusing on forehand and backhand ground strokes, volleys, serving, and overhead smash drills. The class includes singles and doubles play and strategy. The class is preparing students for tournaments, league play, and high school teams. Advanced class placement determined by instructor.

Instructor: Art Christophides

Location: Community Park, Tennis Courts

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3013.310</td>
<td>M/W</td>
<td>6:00-7:00pm</td>
<td>Jan 9</td>
<td>Feb 15</td>
<td>$80/$90*</td>
</tr>
</tbody>
</table>

* $5 materials fee due first day of class

**Youth Open Play Sports**

**Tennis – Advanced Men’s | Ages 10-17**

All intermediate players are divided into divisional four-person teams on the first night, which precedes seven weeks of league play and a championship tournament on the last night. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night.

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center, 14640 Tierra Bonita Road

Intermediate Men’s

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1247.300</td>
<td>Thu</td>
<td>6:30-9:30pm</td>
<td>Jan 5</td>
<td>Mar 1</td>
<td>$60/70</td>
</tr>
</tbody>
</table>

Intermediate Women’s

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Fee ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1247.301</td>
<td>Thu</td>
<td>6:30-9:30pm</td>
<td>Jan 5</td>
<td>Mar 1</td>
<td>$60/70</td>
</tr>
</tbody>
</table>

**Advanced Men’s**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Fee ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1247.302</td>
<td>Tue</td>
<td>6:30-9:30pm</td>
<td>Jan 3</td>
<td>Feb 28</td>
</tr>
</tbody>
</table>

**Advanced Women’s**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Fee ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1247.303</td>
<td>Tue</td>
<td>6:30-9:30pm</td>
<td>Jan 3</td>
<td>Feb 28</td>
</tr>
</tbody>
</table>

**Adult Open Play Sports**

**Intermediate Coed Volleyball | Ages 18+**

All intermediate players are divided into divisional four-person teams on the first night, which precedes seven weeks of league play and a championship tournament on the last night. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night.

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center, 14640 Tierra Bonita Road

Intermediate Men’s

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Fee ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1247.300</td>
<td>Thu</td>
<td>6:30-9:30pm</td>
<td>Jan 5</td>
<td>Mar 1</td>
</tr>
</tbody>
</table>

Intermediate Women’s

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Fee ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1247.301</td>
<td>Thu</td>
<td>6:30-9:30pm</td>
<td>Jan 5</td>
<td>Mar 1</td>
</tr>
</tbody>
</table>

**Adult Coed Volleyball | Ages 18+**

All advanced players are divided into divisional four-person teams on the first night, which precedes seven weeks of league play and a championship tournament on the last night. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night.

Instructor: Dick Leatherman

Location: Twin Peaks Multipurpose Center, 14640 Tierra Bonita Road

Advanced Men’s

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Fee ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1247.302</td>
<td>Tue</td>
<td>6:30-9:30pm</td>
<td>Jan 3</td>
<td>Feb 28</td>
</tr>
</tbody>
</table>

Advanced Women’s

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Time</th>
<th>Start Date</th>
<th>Fee ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1247.303</td>
<td>Tue</td>
<td>6:30-9:30pm</td>
<td>Jan 3</td>
<td>Feb 28</td>
</tr>
</tbody>
</table>
Safety Training

Please Note:

If registering for both the First Aid class and CPR class, there is a one-time $39 materials fee.

First Aid | Ages 11+
This newly revised American Red Cross class will prepare you to handle any emergency first aid situation with loved ones, friends, and co-workers. This course includes responding, recognizing, and care in life-threatening situations such as burns and bleeding; muscle, bone, and joint injuries; head and spinal injuries; heat and cold-related emergencies; and sudden illness. Participants will receive a ready reference card and an American Red Cross certification valid for two years.

Instructor: Lynne Moore, Good Dog Training School
Location: Community Park, Activity Rooms I & II
5418.300 Wed 6:00-9:00pm Jan 11 $280/$300* $22 materials fee due first day of class

CPR for the Adult/Child/Infant | Ages 11+
Become certified in this newly revised American Red Cross CPR class. Learn skills necessary to recognize and respond appropriately to breathing or cardiac emergencies. This course teaches skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Participants receive 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, Activity Rooms I & II
5418.301 Tue 6:00-9:00pm Jan 10 *$36 materials fee due first day of class
5418.301 Tue 6:00-9:00pm Jan 10 $385/$400* $26 materials fee due first day of class

Babysitter’s Training | Ages 11-18
The American Red Cross has created a course for babysitters with components that include a guide to leadership, the business aspect of babysitting, and safety while on the job. Participants will learn about child development, encouraging positive behavior, discipline techniques, and the essentials of basic child care. If an emergency occurs, be ready with basic first aid training and how to deal with breathing emergencies. Participants will receive a certification card from the American Red Cross with no expiration date. Bring a lunch and a large doll or stuffed animal to class.

Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park, Activity Rooms I & II
7617.300 Sat 9:00am-3:00pm Jan 21 $455/$555* $26 materials fee due first day of class

Special Interest

Dog Training

Please Note:

Proof of current vaccinations must be shown at first class. An adult must accompany all participants under 16.

Puppy Kindergarten | Owners Aged 12+
Dogs 8-12 weeks
The Puppy Kindergarten class lays the groundwork for a well-behaved adult dog and provides an opportunity for appropriate socialization with other puppies. The basic commands of sit, stay, down, and come, as well as walking politely on a leash will be covered. The commands of come, sit, down, stand, heel, and stay will also be covered.

Instructor: Lynne Moore, Good Dog Training School
Location: Community Park, Dog Park Pen 2
9019.300 Sat 9:30-10:30am Jan 7-Feb 11 $95/$105*
9019.301 Thu 6:30-7:30pm Jan 3-Feb 7 $95/$105*
9019.302 Thu 6:30-7:30pm Feb 7-Mar 13 $95/$105*
9019.303 Sat 9:30-10:30am Feb 11-Mar 17 $95/$105*

* $25 materials fee due on first day of class

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: Lynne Moore, Good Dog Training School
Location: Old Poway Park, Gazebos
9019.300 Sat 9:30-10:30am Jan 14-Feb 4 $60/$75
9019.301 Sat 9:30-10:30am Jan 7-Feb 11 $95/$105*
9019.302 Sat 9:30-10:30am Feb 7-Mar 13 $95/$105*
9019.303 Sat 9:30-10:30am Feb 11-Mar 17 $95/$105*

* $25 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 (AKC program) and experience more distraction training such as leaving other dogs and people alone. Dogs in this class must have taken an introductory course or have knowledge of basic commands.

Instructor: Lynne Moore, Good Dog Training School
Location: Garden Road Park
9019.304 Tue 6:30-7:30pm Jan 7-Feb 11 $95/$105
9019.305 Tue 6:30-7:30pm Feb 7-Mar 13 $95/$105
9019.306 Tue 6:30-7:30pm Feb 11-Mar 17 $95/$105

* $25 materials fee due on first day of class

Advanced Obedience | Owners Aged 12+
Dogs 6 months to Adult
In the Advanced Obedience class, your dog will learn to obey commands, play appropriately off leash, and continue to build an even stronger bond with you. Dogs in this class must have knowledge of all basic commands.

Instructor: Lynne Moore, Good Dog Training School
Location: Community Park Dog Park Pen 2
9019.306 Wed 6:30-7:30pm Feb 8-Mar 14 $95/$105

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
Location: Poway Fun Bowl, 12941 Poway Road
No Class: Jan 13
9397.300 Fri 7:30-10:30pm Jan 6-Mar 16 $43/$55* $58 class fee due at bowling alley each week

5418.300 Wed 6:00-9:00pm Jan 11 $280/$300* $22 materials fee due first day of class

Special Needs

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
Location: Community Park Auditorium
No Class: Jan 11
9397.301 Wed 4:00-6:00pm Jan 4-Mar 14 $45/$55* $25 materials fee due on first day of class

Women’s Self-Defense Workshop | Ages 16+
The workshop will include tips on preventing assaults and simple self-defense techniques that you can use to escape from an assailant. It's easier than you think to learn basic self-defense moves and simple steps that you can take to avoid dangerous encounters.

Instructor: Mr. J. Wolpert
Location: Community Park, Bill Bond Hall
1247.306 Thu 5:30-7:00pm Jan 5 $10/$20 Information: www.poway.org/classes

Page 8 Winter 2011

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
Location: Community Park Auditorium
No Class: Jan 11
9397.301 Wed 4:00-6:00pm Jan 4-Mar 14 $45/$55* $25 materials fee due on first day of class
Outdoor Activities

Hiking for Fun & Fitness | Ages 8+
Enjoy easy to moderate two to three-mile hikes on sidewalks with street lights. We will use hiking trails when the moon is bright. Bring a flashlight and wear light color clothing. An adult must accompany all participants under 18. Contact the instructor for a hike schedule if you cannot attend the first hike.
Instructor: Mike Fry, (858) 748-5166, mmfry@cox.net
Location: First hike meets at the Community Park tennis courts. Contact instructor for hike schedule if you cannot attend the first hike.

Costs:
- **Daily Admission**
  - Adults (Ages 18+): $2.50/$5.00
  - Youth (Ages <17): $2.00/$4.00
  - Seniors (Ages 60+): $2.00/$4.00
- **Season and Yearly Passes**
  - **Season Pass Rates**
    - Adults (Ages 18+): $182/$261
    - Youth (Ages <17): $108/$261
    - Seniors (Ages 60+): $73/$261
    - Family: $157/$256
- **Yearly Pass Rates**
  - Adults (Ages 18+): $225/$355
  - Youth (Ages <17): $180/$261
  - Seniors (Ages 60+): $180/$261
  - Family: $392/$643

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.

Information: www.poway.org/swim

Poway Swim Center

Location: 13094 Civic Center Drive

Winter (October 31, 2011 - April 2, 2012)
- Monday-Friday: 11:00am-1:30pm / 3:00-7:00pm
- Saturday/Sunday: CLOSED

Pool Closed
- November 11: Swim Meet (3:00-7:00pm)
- November 24-25: Thanksgiving Holiday

Lap Swimming Hours
During all 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 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) 668-4830.

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. Classes are held Monday, Wednesday, and Friday, from 11:00 a.m. to 12:00 p.m. Daily admission fee is required.

Red Cross Lifeguard Training | Ages 15+
This lifeguard training course includes certification in CPR/AED for the Professional Rescuer, first aid training (includes infant, youth and adult CPR, use of the CPR mask, two-person CPR and how to use an AED), and the necessary skills to become a professional lifeguard. The following skills will be tested on the first day. Failure to complete will result in dismissal from course: swim 300 yards continuously using front crawl and breaststroke, enter the water feet-first, swim 20 yards and retrieve a 10-pound brick from 11.5 feet of water, return 20 yards and climb out of the pool in under one minute and forty-five seconds. 100% attendance is required. Class fee does not include books 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.

Water Exercise
- **Daily Admission Fee**
  - $2.00/$4.00

Water Exercise
- **Season Pass Rates**
  - Adults (Ages 18+): $392/$643
  - Youth (Ages <17): $343/$500
  - Seniors (Ages 60+): $298/$450
  - Family: $500/$835

Swim Meet (3:00-7:00pm)
- **Daily Admission Fee**
  - $343/$500

Swim Meet (3:00-7:00pm)
- **Season Pass Rates**
  - Adults (Ages 18+): $392/$643
  - Youth (Ages <17): $343/$500
  - Seniors (Ages 60+): $298/$450
  - Family: $500/$835

Swim Meet (3:00-7:00pm)
- **Yearly Pass Rates**
  - Adults (Ages 18+): $100/$110 for all classes

Swim Meet (3:00-7:00pm)
- **Weekly Registration Fee**
  - $49 for all classes

Swim Meet (3:00-7:00pm)
- **Special Registration Fee**
  - $40 materials fee due first day of class and includes rod, reel, line, hooks, bait and permits.

Swim Meet (3:00-7:00pm)
- **Special Registration Fee**
  - $200 for all classes

Swim Meet (3:00-7:00pm)
- **Special Registration Fee**
  - $300 for all classes
Old Poway Park

Location: 14134 Midland Road

Information: (858) 668-4576

New! Stop by the recreation office to borrow a basketball, football, and other fun recreational equipment. Be sure to bring a valid photo ID.

Folk Concerts in the Park

San Diego Folk Heritage and the City of Poway are pleased to present a lineup of folk concerts at Old Poway Park. Don’t miss these amazing concerts where sounds of the fiddle and other acoustic instruments fill the air with music for the whole family. All concerts are held in Templars Hall at 7:00 pm. Admission is $15 for San Diego Folk Heritage members and $18 for non-members. On December 3, the Musical Celebration of a Life Well Lived in honor of Allen Singer will be offered for free starting at 5:30 pm. For information or to purchase advance tickets, please contact San Diego Folk Heritage at (858) 566-4040.

<table>
<thead>
<tr>
<th>Date</th>
<th>Performer(s)</th>
<th>Musical Style</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday Dec 3</td>
<td>Allen Singer, DOWN THE ROAD</td>
<td>A Musical Celebration of a Life Well Lived</td>
</tr>
<tr>
<td>Saturday Jan 7</td>
<td>Stephanie Bettman &amp; Luke Halpin</td>
<td>Bluegrass</td>
</tr>
<tr>
<td>Saturday Mar 10</td>
<td>Cosy Sheridan</td>
<td>Folk</td>
</tr>
</tbody>
</table>

Unsupervised Skate Park Hours

Enrollment in the Poway Skate Park is now required. For more information, call the Community Park Recreation Office at (858) 668-4671 or visit: www.poway.org/skatepark. State law requires that helmets, elbow pads, and knee pads be worn at all times while at the Skate Park. Skates, roller blades, and skate boards are the only items allowed in the Skate Park. A guardian must supervise children aged twelve and younger.

- Sat-Thur: 8:00am-8:00pm  | Wed 8:00am-6:00pm  | Fri 8:00am-6:00pm

Youth Supervised Skate Park Sessions

All Ages

Join us for FREE, supervised youth skate sessions! Family members over the age of 14 are welcome to participate as long as they are accompanied with a registered participant.

- Friday 6:00-8:00pm  FREE
- Wednesday 6:00-8:00pm  FREE

Supervised Bike Sessions

All Ages

Join us for FREE, supervised bike sessions at the Poway Skate Park. Helmets, plastic-covered bike pegs, and completed waiver forms required.

- Wednesday 6:00-8:00pm
- Friday 4:00-6:00pm  FREE

Kumeyaay-Ipai Interpretive Center at Pauwai

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

Information: (858) 668-1292

FREE Docent-led Tours:

(858) 668-1292

Classes Offered:

Basket Weaving, Native Food, Medicines & Materials, Flint Knapping, more

Information: (858) 668-1292

www.friendsofthekumeyaay.org

Volunteers Wanted!

Interested in Native American Culture or helping students learn about this valuable archaeological site? Want to become a Friend of the Kumeyaay? A variety of opportunities are available and training is provided in a self-paced workshop style setting. Information: Visit the Center during regular hours to learn more or see the website: poway.org/kicc.

“Walk in the Path of the Ancients”

Visit the five-acre archaeological reserve and experience the sustainable lifestyle, history, and culture of the Kumeyaay. See replica items of Kumeyaay daily living and artifacts in “Poway’s First People: Remembering the Past” exhibit. FREE

FARMERS MARKET

Information: www.poway.org/kiic

Now Available - Poway School Tours

Students learn the history, experience the life of the Kumeyaay, "discover" artifacts and ancient milling sites, and participate in "spirit rock" painting. Cost: $4 per student. Information and scheduling: www.poway.org/kiic

POWAY Community Park

Location: 13094 Civic Center Drive

Information: www.poway.org/communitypark

FREE Art in the Park

Join us for a morning of arts and crafts fun at Community Park! Express your creativity with family and friends while making cool art projects. Each month has a different theme and is open to everyone!

Monday 10:00am-12:00pm

Nov 21, Jan 16, Feb 20, Apr 2

FREE Family-Fun Afternoons

Join us for an afternoon of recreational activities the whole family will enjoy: parachute games, hula hooping, arts and crafts, music, and more. We hope to see you there!

Sundays 1:00-3:00pm

Nov 13, Jan 29, Mar 25, May 6

Railroad.

Tours are great for schools, Scout troops, ESS, and adult daycares. For more information or to book the Nelson House, Heritage Museum, a train safety presentation, and a train ride aboard the Poway-Midland Railroad. Tours 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 groups of all ages.

For more information about Poway Community Park, its facility and field rentals, family-friendly programs, amenities, and more, call (858) 668-4671 or visit www.poway.org/communitypark.
Blue Sky is a 700-acre ecological reserve. Fully-trained docents offer hands-on experiences to identify and observe plants and animals, and 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.

**Docent-led Nature Walks and Discovery Tables**
For an up-to-date list of dates and times, pick up our latest Activities Schedule at Blue Sky, Community Services, or Lake Poway. Please wear comfortable shoes, a hat, and carry your own water. Binoculars are recommended. Scout and group tours are available by reservation. Walks are FREE. Discovery touch tables are set up in the Reserve on the third Sunday of each month from 8:30 am – 11:00 am.

**Field Volunteers**
Field Volunteers perform all of the duties of a docent with the exception of leading nature hikes. Field Volunteers can join our team at any time throughout the year. If interested in leading nature hikes, Field Volunteers can participate in the next available docent training.

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

**School Tours and Outreach Program**
The School Tour program and the in-classroom Outreach Program utilize oak habitat to introduce important scientific concepts for second through fifth grades. These concepts meet Science Content Standards and include: Plants and animals meet their needs in different ways; food chains; biodiversity; life cycles; photosynthesis and energy flow. Observation skills, resource protection, identification of our plants and animals, and the history of the Poway Oak are also emphasized. Tours are available on Wednesday and Friday mornings throughout the school year for up to 30 students per visit. Tours last approximately two hours and cost $4 per student. The in-classroom Outreach Program is available on Monday and Wednesday mornings and lasts approximately one hour. The cost is $4 per student. A reduced fee of $6 per student is offered when both a Tour and Outreach Program are scheduled at the same time. Teachers and helpers/parents are free. Tours and Outreach programs can be reserved online at www.poway.org/bluesky.
Poway Library

Location:
13137 Poway Road, Poway, CA 92064

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

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

Poway Senior Center

Location:
Poway Community Park, Weingart Center Bldg.
13094 Civic Center Drive, Poway, CA 92064

Hours:
Senior Center Mon-Fri 8:30am-4:00pm
Gift Shop Mon-Fri 10:00am-2:00pm

Information:
(858) 748-6094
www.powayseniorthcenter.org

Teens & Adults

Computer classes at PSC!
- Beginner
- Intermediate
- Specialty courses
- Call us for the latest schedule.

Are you 50 or older?
VALUE-ADDED Membership at PSC has its Privileges!
Discounts at over 20 local businesses: Restaurants, Retail stores, Personal services, Automotive and Health.
Receive your FREE benefits when you join! Just $25.00 a year for adults 50+ is a great value! Bring a friend to join, and receive a gift!

Dance, Dance, Dance
the last Friday of every month from 1-3:00 pm. Sandy de Vito Quartet plays your favorites. $5.00 per person and refreshments are served.
- December 30 – no dance
- January 27
- February 24

Start Your New Year Right!

“Healthy You” Lecture Series
Join us for the second series of Healthy You lectures in partnership with Palomar Pomerado Hospital. Luanne Arangio-Law, RN, MEd, will kick off the season on the third Thursday each month with tips and tools to improve your health for the rest of your life:
- March 15 – “Medical Emergencies: What to Do Before Help Arrives.”
- May 17 – “Cholesterol: Understanding the Numbers.”
Open to the Public. Please RSVP to 858-748-6094.

BINGO!
$60,000 a Month in Cash Prizes!
The best fun in Poway on a Saturday night! Open to adults, 18 and older. All proceeds help support the programs and services of PSC for the seniors in the Poway area. Come have fun and win! Every Saturday, 5:30pm
Every Tuesday, 12:15pm

NEW CLASS! Dance Lessons with Duffy!
A great form of exercise and fun, to boot! Join us the last Friday of each month at 12:00 pm.
- January 27
- February 24
- March 30

Soup & Salad Bar
Chef Paul Boston is serving Soup & Salad Bar every Monday. Call and request the rest of our healthy menu – calories and sodium content listed. Lunch is served 11:30 am to 12:30 pm, Monday through Friday. No reservation needed.
Suggested donation for seniors (60+) is $4.00. Cost is $6.00 for anyone under 60 years of age.

FREE TAX PREPARATION - OPEN TO THE PUBLIC!
Sign up now for the best secret in Poway. Have your taxes prepared by AARP Volunteers trained in the latest tax law. They were recognized by the IRS for having the highest rate of accuracy.
By appointment only, February 1 – April 15. Appointments fill quickly, please call 858-748-6094 and reserve yours now.

Add exercise, healthy food, and education to your program this year:
- Start with a Fitness Evaluation on Thursday.
- Stay for a healthy lunch with Salmon & veggies
- Sign up for Fealing Fit Exercise and Silver Age Yoga.
- Discover how to manage chronic disease with our six-week course.

Bilingual Storytime
Chef Paul Boston is serving Soup & Salad Bar every Monday. Call and request the rest of our healthy menu – calories and sodium content listed. Lunch is served 11:30 am to 12:30 pm, Monday through Friday. No reservation needed.
Suggested donation for seniors (60+) is $4.00. Cost is $6.00 for anyone under 60 years of age.

FREE TAX PREPARATION - OPEN TO THE PUBLIC!
Sign up now for the best secret in Poway. Have your taxes prepared by AARP Volunteers trained in the latest tax law. They were recognized by the IRS for having the highest rate of accuracy.
By appointment only, February 1 – April 15. Appointments fill quickly, please call 858-748-6094 and reserve yours now.

Add exercise, healthy food, and education to your program this year:
- Start with a Fitness Evaluation on Thursday.
- Stay for a healthy lunch with Salmon & veggies
- Sign up for Fealing Fit Exercise and Silver Age Yoga.
- Discover how to manage chronic disease with our six-week course.

Children’s Programs
(Toddlers - 5th grade)

Storytime
Event 
Toddlers Storytime
Preschoolers Storytime
Bilingual Storytime
Pajama Storytime
Read to a Real Furry Friend
Tuesdays: 3-5 graders
Activities for K-2 graders
Date/Time
Mondays & Tuesdays, 10:30am
Wednesdays & Thursdays, 10:30am
Mondays, 4:00pm (English/Spanish)
3rd Wednesdays, 6:30pm
Saturday, 10:00-11:30am and alternate Sundays 1:00-2:00pm
Wednesdays, 4:00pm

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

Information:
www.sdcl.org

powayseniorthcenter.org
POWAY CENTER FOR THE PERFORMING ARTS FOUNDATION PRESENTS

Youth Tix to all shows only $10!
(with purchase of an adult ticket)
Buy tickets online at www.powayarts.org
Join the eClub for special ticket offers!

2011/2012 PROFESSIONAL PERFORMANCE SEASON

Missoula Children’s Theatre Presents

THE TORTOISE VERSUS THE HARE
SATURDAY | MARCH 10 | 3 & 7 pm
Adults: $17
AUDITIONS: MONDAY | MARCH 5 | 4 pm

An Intimate Evening with
CRYSTAL GAYLE
TUESDAY | FEBRUARY 14 | 8 pm
Adults: $55

GUITAR MASTERS:
Andy McKee
Antoine Dufour
and Stephen Bennett
SATURDAY | FEBRUARY 25 | 8 pm
Adults: $40

ORCHESTRA NOVA:
A Taste of Spain
FRIDAY | MARCH 23 | 8 pm
Adults: $45

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.

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.

Purchase Tickets the Easy Way!
Tickets can be purchased at any location with an internet-capable computer and printer. You can easily purchase and print your tickets at home. The internet ticket handling fee has been reduced to $3 per ticket. Purchases made at our Box Office or over the phone are subject to a $5 per ticket handling fee. View upcoming shows and purchase tickets online at our website: powaycenter.com.

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.

The Poway Center for the Performing Arts Foundation Presents
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 Varga at (858) 668-4683, prior to the start of the class to ensure that you are not dropped. Waitlists will be contacted, by phone, in the order they were received. Attending the first day of class does NOT increase your chances of being added from the waitlist.

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

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) 668-4593.

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.

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 overbooked 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/extended 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.

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. Thank You to our 2011 P.L.A.Y. scholarship sponsors!

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

FOR STAFF ONLY: Entered by: Date: