Summer Concert in the Park Series

Some of the best local entertainment and summer fun returns to Poway with the Summer Concert in the Park Series! Bring your blanket or chair, picnic dinner or snack, and have a great time with family and friends. Starting June 26 with a finale on August 14, the concerts take place every Sunday from 5:30 to 7:00 pm, with the exception of the July 4 weekend. The entertainment schedule will be advertised in the Summer Poway Today and on our website: www.poway.org. Information: (858) 668-4771.

Bring your friends and hang out at the Poway Community Swim Center for an evening filled with open swim, music, food, fun, and more! No need to pre-register, this program is designed strictly as a drop-in activity supervised by City of Poway recreation staff. For more information: (858) 668-4671.

Upcoming Summer Events

Summer Concert in the Park Series

Some of the best local entertainment and summer fun returns to Poway with the Summer Concert in the Park Series! Bring your blanket or chair, picnic dinner or snack, and have a great time with family and friends. Starting June 26 with a finale on August 14, the concerts take place every Sunday from 5:30 to 7:00 pm, with the exception of the July 4 weekend. The entertainment schedule will be advertised in the Summer Poway Today and on our website: www.poway.org. Information: (858) 668-4771.

Join us for FREE, family-fun activities beginning this SPRING at Community Park!

- Art in the Park: Mar 9, Apr 11, May 11
- Sunday Fun Day Afternoons: Mar 20, Apr 3
- Parents Night Out: Apr 9
- Contract Class and Summer Camp Fair: May 7
- Fun Flicks Movie in the Park Series: July 23, Aug 20, Sept 3

For additional information, contact the Recreation Office at (858) 668-4671 or visit www.poway.org/communitypark.

Old Poway Park Action Committee member, Poway Valley Garden Club, will host the 33rd Annual Standard Flower Show at Old Poway Park on April 16. This year’s theme is Old Poway 1900. All ages are welcome to enjoy this FREE, fun-filled day of gardening ideas, plant sales, and more. Participate and win a prize for your flowers or designs! The registration deadline for flower arrangements is April 1, and no registration is required for horticulture entries. Entries will be accepted at Old Poway Park on Thursday, April 14, from 5:00 to 7:30pm and Friday, April 15, from 7:30 to 9:30am. Information: (858) 672-2593.

Concert bands from near and far will offer a FREE weekend of music at Old Poway Park. The 17th Annual California Band Festival & Arts & Crafts Market is hosted by the Pomerado Community Band, an Old Poway Park Action Committee member, and honors the Armed Forces and their families. Military bands finish each day’s lineup. Arts and crafts market, refreshments, and train rides available for a nominal fee. Information: (858) 668-4576.

Bring your family and friends and celebrate our country’s independence “turn-of-the-20th-century-style” in Old Poway Park. This FREE event features patriotic entertainment and displays, mock gunfights and train robbery reenactments, face painting, old-fashioned games, an authentic arts and crafts market, model railroad displays, and iron working demonstrations. Train rides, pictures with Uncle Sam, picnic lunch, sweet treats, and ice cream will all be available for a nominal charge. Information: (858) 668-4576.

Early Registration for Lake Poway Day Camp will begin on-line APRIL 19 at: www.poway.org!

Lake Poway Day Camp is the perfect place for children ages 6 to 12 to experience summer fun! Each week includes: swimming, hiking, boating, fishing, arts and crafts projects, creative group games, exploring the outdoors, and exciting field trips! Camps are offered in eight, one-week sessions. Camp hours are from 8:00 am to 4:00 pm. Extended care is available from 4:00 pm to 5:30 pm. For more information, contact the Community Park Recreation Office at (858) 668-4679 or visit www.poway.org/lakepowaydaycamp.
NEW! My First Art Class ♦ Ages 20 months-2 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. Children are introduced to color, shape, texture, and art materials with new lessons each session.

Instructor: Abrakadoodle
Location: Community Park Youth Activity Room

4011.422 Wed 10:00-10:45am Mar 23-Apr 13 $48/$58
4011.422 Wed 10:00-10:45am Apr 27-May 18 $48/$58

NEW! Abrakadoodle Art Adventures ♦ Ages 3-5
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

4011.424 Wed 11:00-11:45am Mar 23-Apr 13 $48/$58
4011.425 Wed 11:00-11:45am Apr 27-May 18 $48/$58

NEW! The Five Senses ♦ Ages 3½-5
Preschoolers will experiment with sight, sound, and touch to discover the world through their senses. Use telescopes, mirrors, microscopes, and other scientific instruments to learn about eyes and sight. Discover how sound travels and conduct experiments to find out how music is made. Discover how sensitive your fingertips are as we conduct experiments that thrill your senses! Topics include Keep In Touch, Listen Closely, Eye to Eye, and more!

Instructor: Mad Science of San Diego
Location: Community Park Youth Activity Room

4011.430 Mon 10:00-10:45am Mar 21-Apr 11 $58/$68*
4011.431 Thu 10:00-10:45am Apr 28-May 19 $58/$68*
* $15 materials fee due first day of class

NEW! The World Around Us ♦ Ages 3½-5
Dive into the science of the sea to learn about the fascinating creatures that live in the ocean. Experiment with magnetism, measurement, and motion as you make your own magnetic galaxy. Preschoolers will use magnifying glasses, telescopes, binoculars, and other scientific equipment to see the world in different ways. Topics include Sea, Sand & Surf, Magnetic Attraction, Energy & Motion, and more!

Instructor: Mad Science of San Diego
Location: Community Park Youth Activity Room

4011.432 Thu 10:00-10:45am Mar 24-Apr 14 $58/$68*
4011.433 Mon 10:00-10:45am Apr 25-May 16 $58/$68*
* $15 materials fee due first day of class

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Location: Community Park Youth Activity Room

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Children’s Activities

Bowling | Ages 13+
This bowling class provides unlimited fun for everyone! The Poway Fun Bowl is the place to be. Promote physical fitness through the fun sport of bowling. While having fun, you’ll develop hand-eye coordination, balance, and physical fitness. In addition, you’ll enjoy the social and recreational aspects of the sport of bowling.

Location: Poway Fun Bowl, 12941 Poway Road
No Class: Apr 9
9397.400 Fri 10:45-11:15am May 6-Jun 10 $140/$150*
* $10 materials fee due first day of class

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.

Location: Community Park Auditorium
No Class: Apr 6
9397.401 Wed 4:00-6:00pm Mar 29-Jun 7 $45/$55*
* $25 materials fee due on first day of class

NEW! Friday Night Dances | Ages 18+
Come enjoy an evening of dancing and socializing! Music, fun, friends, and snacks will make unforgettable memories that will last a lifetime! Each dance will have a creative theme.

Location: Community Park Auditorium
No Class: May 7
9397.410 St. Patrick’s Day Fri 7:30-9:30pm Mar 25 $50/$60
9397.411 50’s Rock Hop Fri 7:30-9:30pm Apr 22 $50/$60
9397.413 Cinco de Mayo Fri 7:30-9:30pm May 20 $50/$60
9397.413 Luau Fri 7:30-9:30pm Jun 10 $50/$60

Tennis - Tiny Tot | Ages 4-6
The Tiny Tots 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, which is a great way for the parents to interact with their child if needed, racquets are available from the instructor.

Instructor: Art Christophides
Location: Community Park Tennis Courts
No Class: Apr 5 and May 31
3013.400 Sat 9:00-10:00am Mar 26-Apr 23 $40/$50*
3013.401 Sat 9:00-10:00am May 7-Jun 4 $40/$50*
* $5 materials fee due first day of class

Special Needs

Tennis - Tiny Tot | Ages 4-6
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* $5 materials fee due first day of class

Dance | Youth & Teen

Due to preparations for our annual dance recital June 15 and 16 at the Poway Center for the Performing Arts, no new dance students will be accepted during the spring session for the following classes: Dance for Children, Tap & Ballet, Dance Production, Ballet for Kids, Teen Lyrical Ballet, and Fun 'n Funky Jazz for Kids. Only continuing students may re-enroll. Students interested in attending these classes next season should watch for the summer Poway Today class schedule.

Leaps & Turns – Dance Team Technique | Ages 12-18
Are you trying out for a Dance Team? Even if you’re already part of the team, this is a great class for you! You will learn great technique and terminology, and all of the things that you need to know for audition success! Learn new leaps, and fun turns in an advanced, yet non-competitive, atmosphere. This class will help prepare you for the upcoming season! Parent watching days are the last class of each month. Dance clothes and black leather jazz shoes are required for class.

Instructor: Kellie Childress-Nichols
Location: Community Park Auditorium
No Class: Apr 5 and May 31
5121.407 Tue 6:00-6:45pm Mar 22-Jun 7 $98/$99

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: Apr 6
9397.401 Wed 4:00-6:00pm Mar 29-Jun 7 $45/$55*
* $25 materials fee due on first day of class

Camp Special Needs Spring Break Camp | Ages 13+
This camp is the perfect place for safe, Spring Break fun where everyone is welcome! During the week, campers will have the opportunity to create art and crafts projects, participate in modified sporting events, play fun group games, go swimming at the Poway Swim Center, explore the outdoors at Lake Poway with hiking and boating, and take exciting field trips to the movies, fire station, and more.

Information: www.poway.org/classes

Spring 2011
CAMP! Art Start: Spring Break Art Camp Half-Day  
Ages 8-14  
Enjoy a week packed full of art in the most creative camp ever! Susan Bainbridge's Art Start Camp returns to Poway during Spring Break. You will build up your sketchbook (provided) with fabulous drawings, create a mask cast from your own face, tie-dye a T-shirt, and explore a variety of media in a fun, relaxed atmosphere. Learn to draw and paint under the gentle guidance of a professional artist. Quality art materials and snack will be provided. Bring a washed, cotton T-shirt to the first class.
Instructor: Susan Bainbridge
Location: Old Poway Park Great Room
RES/NON
6182.401 M-F 9:00am-12:00pm Apr 6-8  
$105/$115*
6182.402 M-F 9:00am-3:00pm Apr 6-8  
$175/$185*
* $40 materials fee due first day of class

CAMP! Art Start: Spring Break Art Camp Half-Day  
Ages 8-14  
This camp is designed for the enthusiastic student with a passion for art. In addition to enjoying all the activities of the half-day camp, students in the full-day camp will have the opportunity for more one-on-one instruction. They can delve more intensely into projects such as painting on canvas, printmaking, silk painting, making duct tape wallets or creating mosaics. Quality art materials and snack will be provided. All full-day campers should bring a sack lunch or creating mosaics. Quality art materials and snack will be provided. Bring a washed, cotton T-shirt to the first class.
Instructor: Susan Bainbridge
Location: Old Poway Park Great Room
RES/NON
6182.401 M-F 9:00am-12:00pm Apr 6-8  
$152/$158*
6182.402 M-F 9:00am-3:00pm Apr 6-8  
$180 due first day of class for course book & CDs

MUSICSTAR® Rock Academy* | Ages 9-16  
MUSICSTAR® ROCK ACADEMY is a high octane curriculum that offers students a rock band experience from the very get-go. This camp offers students a total rock band experience with instruction in Electric Guitar, Keyboards, Drums, Bass and Vocals. Students are coached on making music together as a band based on common song material for all instruments. The content of the class centers on specific chord progressions and song material, different rock styles and student creativity. Instruments are provided for class use.
Instructor: MUSICSTAR®
Location: Old Poway Park Templars Hall
RES/NON
6182.409 M-F 9:00am-12:00pm Apr 6-8  
$120/$130*
6182.410 Thu 2:30-4:20pm Mar 24-May 19  
$15 due first day of class for course book & DVD

MUSICSTAR® Beginning Acoustic Guitar | Ages 7-13  
Music Classes aid in child development, improve academic achievement, and contribute to a healthier and longer life! Learn to play the guitar in this fun group class setting! You will explore music literacy, learn various guitar techniques, and play several songs by the end of this class. Guitars 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
No Class: April 14
RES/NON
6182.430 Thu 2:30-4:20pm Mar 24-May 19  
$145 due first day of class for course book & DVD

MUSICSTAR® Beginning Piano | Ages 7-13  
Did you know that Music Classes contribute to a healthier and longer life? Learn to play the piano in a fun group setting! By the end of this beginner course, students will have learned to read music, play songs with both hands, and will be ready for MUSICSTAR® Intermediate Piano. Keyboards 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
No Class: April 13
RES/NON
6182.431 Wed 4:30-5:20pm Mar 23-May 18  
$15 due first day of class for course book & DVD

MUSICSTAR® Early Intermediate Piano  
Did you know that Music Classes contribute to a healthier and longer life? Learn to play the piano in a fun group setting! By the end of this beginner course, students will have learned to read music, play songs with both hands, and will be ready for MUSICSTAR® Intermediate Piano. Keyboards 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
No Class: April 13
RES/NON
6182.434 Thu 4:30-5:20pm Mar 24-May 19  
$80/$90*
6182.435 Wed 5:30-6:20pm Mar 23-May 18  
$80/$90*

Take your playing to the next level!  
MUSICSTAR® Early Intermediate Acoustic Guitar  
Music Classes aid in child development, improve academic achievement, and contribute to a healthier and longer life! Learn to play the guitar in this fun group class setting! You will explore music literacy, learn various guitar techniques, and play several songs by the end of this class. Guitars 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
No Class: April 14
RES/NON
6182.434 Thu 4:30-5:20pm Mar 24-May 19  
$80/$90*
6182.435 Wed 5:30-6:20pm Mar 23-May 18  
$80/$90*

MUSICSTAR® Drumwork: Hand Drumming for Adults | Ages 16+  
Music Classes contribute to a healthier and longer life! Hand drumming, especially, has proven to reduce stress, depression, and should be part of a healthy lifestyle. MUSICSTAR® Drumwork is an opportunity for adults to explore hand drumming in a group setting. Focus is on djembe and/or Conga. Drums/practice pads 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
No Class: April 14
RES/NON
6182.433 Thu 6:30-7:20pm Mar 24-May 19  
$80/$90*  
$15 due first day of class for course book & DVD

Expressive Writing Workshop | Ages 16+  
Express yourself! Come explore the world of words by joining this fun and inspiring workshop. Have you ever wondered how to begin your life story? Everyone has a story, so begin to write it down here. Trying to think of words to go with a tune you’ve been working on? And, what is poetry about anyway? Bring your favorite music, photographs, and art as prompts to awaken the muses. A variety of methods will be used to “approach the page.” Create written images from memory, thoughts, and feelings. This is also an opportunity to improve your writing skills, but there are no grades – just fun! Sharing the writing developed in the workshop is encouraged, but not required. The only real requirement for this gathering is simply the willingness to create by scratching words down on paper!
Instructor: Cori Brown, The Writing Center in Poway
Location: Community Park Senior Center Nutrition Room
RES/NON
6182.440 Thu 6:00-8:00pm Apr 7-May 5  
$45/$55
6182.441 Thu 6:00-8:00pm May 12-Jun 9  
$45/$55

RES/NON
* $15 due first day of class for course book & DVD

RES/NON
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Health & Wellness

**My Fitness Class | Ages 16+**
Join us for a full week of fun and fitness or come whenever you can. Vary your routine to suit your schedule or fit your mood. Give yourself the gift of fitness whether it be one day a week or more.

<table>
<thead>
<tr>
<th>DAY &amp; TIME</th>
<th>LOCATION</th>
<th>CLASS</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 5:00-5:50 pm</td>
<td>Community Park Bill Bond</td>
<td>Zumba 101 Basics</td>
<td>$75/$85</td>
</tr>
<tr>
<td>Tue 7:00-8:00 pm</td>
<td>Community Park Auditorium</td>
<td>Pilates</td>
<td>$45/$55</td>
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<tr>
<td>Wed 6:30-7:15 pm</td>
<td>Community Park Auditorium</td>
<td>Zumba</td>
<td>$60/$70</td>
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<tr>
<td>Thu 7:30-8:30 pm</td>
<td>Community Park Bill Bond</td>
<td>Mind Body Relaxation</td>
<td>$45/$55</td>
</tr>
<tr>
<td>Fri 6:00-7:00 pm</td>
<td>Community Park Auditorium</td>
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</tbody>
</table>

Participants have the opportunity to create their own schedule! Instead of registering for a particular class, participants will sign up to attend one class per week, two classes per week, or an unlimited amount of classes per week. Then, just show up! Energetic fitness instructor, Emma Sarmiento, has created a schedule with variety, flexibility, and opportunity to help you reach your fitness goal, whatever it may be! Only classes that are taught by Emma Sarmiento and listed in the above schedule are eligible.

Instructor: Emma Sarmiento
No Class: April 4

<table>
<thead>
<tr>
<th>Class</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>5417.410 Session 1: Attend ANY 1 class/week</td>
<td>Mar 21-Apr 29 $60/$70</td>
</tr>
<tr>
<td>5417.411 Session 2: Attend ANY 1 class/week</td>
<td>May 2-Jun 3 $60/$70</td>
</tr>
<tr>
<td>5417.412 Session 1: Attend UNLIMITED classes/week</td>
<td>Mar 21-Apr 29 $75/$85</td>
</tr>
<tr>
<td>5417.413 Session 2: Attend ANY 1 class/week</td>
<td>May 2-Jun 3 $75/$85</td>
</tr>
<tr>
<td>5417.414 Session 2: Attend ANY 2 classes/week</td>
<td>May 2-Jun 3 $60/$70</td>
</tr>
<tr>
<td>5417.415 Session 2: Attend UNLIMITED classes/week</td>
<td>May 2-Jun 3 $75/$85</td>
</tr>
</tbody>
</table>

Hatha Yoga | Ages 18+
This popular class is for the beginner and continuing yoga student. Experience stress release with gentle movement and precise instruction in the poses. Proper breathing and the benefits of self-massage to energize and to soothe, to warm-up and to cool-down. Have fun as you move, stretch, and breathe! Wear soft, comfortable clothing.
Instructor: Jon Brock
Location: Midland Elementary School Multipurpose Room
No Class: April 6

<table>
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<tbody>
<tr>
<td>5417.431 Tue 6:30-8:00 pm</td>
<td>Mar 22-Jun 8 $75/$85</td>
</tr>
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</table>

Kettlebell Interval Training | Ages 16+
Restart your fitness goals with Kettlebell interval training. A non-intimidating approach to exercise that will turn your body into a fat burning machine. Kettlebell training works to develop dense muscles, which require much more energy. In addition, it will help with stamina, flexibility, and developing your core muscles. Your metabolism will keep burning calories for up to 24 hours after the workout. Working with kettlebells is safe and fun for all fitness levels. Equipment supplied. Wear comfortable workout clothes and bring a towel to class.

Instructor: Jennifer Richards
Location: Poway Pilates, 14053 Midland Rd

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<tbody>
<tr>
<td>5417.440 Mon 6:30-7:30pm</td>
<td>Mar 21-Apr 25 $74/$84</td>
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<tr>
<td>5417.441 Wed 6:30-7:30pm</td>
<td>Mar 23-Apr 27 $74/$84</td>
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<tr>
<td>5417.442 Fri 6:30-7:30pm</td>
<td>May 2-Jun 6 $74/$84</td>
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<tr>
<td>5417.443 Fri 6:30-7:30pm</td>
<td>May 6-Jun 8 $74/$84</td>
</tr>
</tbody>
</table>

Healing Qigong | Ages 17+
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 & fitness levels and can be practiced sitting or standing. Wear soft, comfortable clothing.

Instructor: Cheri Hotalen
Location: Midland Elementary School Multipurpose Room
No Class: Apr 5

| Class | FEE *
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>5417.431 Tue 6:30-8:00 pm</td>
<td>Mar 29-May 31 $75/$85</td>
</tr>
</tbody>
</table>

Tai Chi Easy Beginning | Ages 17+
Ancient Wellness and Stress Mastery for Modern Times: Transform Your Day and Your Life! Tai Chi Easy is a carefully-developed method and approach to Tai Chi that makes it easy, beneficial, and fun from the very beginning. Learn and enjoy postural alignment, gentle movement, breath practice, self-applied massage, relaxation, and meditation practices. Wear soft, comfortable clothing.

Instructor: Cheri Hotalen
Location: Old Poway Park Templars Hall, April 4: Old Poway Park Gazebo
No Class: May 30

| Class | FEE *
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>5417.432 Mon 10:15-11:30am</td>
<td>Mar 26-Jun 6 $75/$85</td>
</tr>
</tbody>
</table>

* $5 materials fee due first day of class

NEW! Pilates Reformer | 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

<table>
<thead>
<tr>
<th>Class</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>5417.444 Thu 12:30-1:30pm</td>
<td>Mar 30-Apr 28 $74/$84</td>
</tr>
<tr>
<td>5417.445 Mon 12:30-1:30pm</td>
<td>Mar 28-Apr 25 $74/$84</td>
</tr>
<tr>
<td>5417.446 Thu 12:30-1:30pm</td>
<td>May 5-Jun 2 $74/$84</td>
</tr>
<tr>
<td>5417.447 Mon 12:30-1:30pm</td>
<td>May 5-May 28 $74/$84</td>
</tr>
</tbody>
</table>

* $5 materials fee due first day of class

NEW! Tai Chi Easy Intermediate | Ages 17+
Ancient Wellness and Stress Mastery for Modern Times: Transform Your Day and Your Life! Tai Chi Easy is a carefully-developed method and approach to Tai Chi that makes it easy, beneficial, and fun from the very beginning. Learn and enjoy postural alignment, gentle movement, breath practice, self-applied massage, relaxation, and meditation practices. Wear soft, comfortable clothing.

Instructor: Cheri Hotalen
Location: Old Poway Park Templars Hall, April 4: Old Poway Park Gazebo
No Class: May 30

| Class | FEE *
<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>5417.433 Mon 9:00-10:15am</td>
<td>Mar 29-Jun 6 $75/$85</td>
</tr>
</tbody>
</table>

* $5 materials fee due first day of class

NEW! Strengthen & Stretch, Breathe & Balance! | Ages 17+
Revitalize yourself with a whole-body workout that is easy to learn and follow. Enjoy flowing movements, rhythmic breathing, and gentle stretches designed to warm your body, enliven your mind, and refresh your spirit. Experience the benefits of self-massage to energize and to soothe, to warm up and to cool down. Have fun as you move, stretch, and breathe! Wear soft, comfortable clothing.

Instructor: Cheri Hotalen
Location: Old Poway Park Templars Hall, April 7: Old Poway Park Gazebo

| Class | FEE *
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>5417.634 Thu 10:00-11:15am</td>
<td>Mar 31-Jun 2 $75/$85</td>
</tr>
</tbody>
</table>

Register online at: www.poway.org/classes

Spring 2011
Sports  Youth/Teens

**Youth Taekwondo**  Ages 6-13

This is a complete martial arts program for boys and girls. In addition to learning important self-defense skills, children develop respect, self-discipline, self-control, concentration, and confidence. Participants may take part in an examination at the end of the session to advance to a higher belt level. A martial arts uniform is required and may be purchased from the instructor for $25.

Instructor: Mr. J. Wolpert
Location: Community Park Senior Center Bill Bond Hall I
No Class: May 30
2091.409 MWI 6:00-7:00pm Mar 21-Jun 3  $75/$85

**Youth Basketball Training**  Ages 8-14

Love Basketball? Your 3rd - 8th grade child will love this educational and fun youth basketball clinic. Our coaching staff will guide the group through competitive drills, which reinforce the skills being taught. We finish each clinic with competitive team games. Teams are determined based on age and playing experience allowing each player to participate with players similar to their own experiences.

Instructor: Coach Brooks Barnhard
Location: Twin Peaks Multipurpose Center, 1440 Tierra Bonita Road
2091.411 Wed 6:00-7:30pm Apr 13-May 18  $100/$110

**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 the learning of fundamental volleyball skills, including serving, passing, hitting approach, and hitting.

Instructor: David Claycomb
Location: Meadowbrook Gym, 12320 Meadowbrook Lane
2091.412 Mon 5:30-6:30pm Mar 21-May 9  $40/$50
2091.413 Mon 6:30-7:30pm Mar 21-May 9  $40/$50

**Safety Training**

Please Note:

If registering for both the First Aid class and a CPR class, the time for the First Aid class changes to 7:00pm, with a one-time $15 materials fee.

**First Aid**  Ages 11+

This 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, recognition, and care in life-threatening situations such as caring for burns, bleeding, broken bones, poisoning, bites and stings, and sudden illness. Participants will receive an American Red Cross certification valid for three years.

Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park Senior Ctr. Activity Rooms I & II
$418.400 Wed 6:00-9:00pm May 25  $20/$30*
* $15 materials fee due first day of class

**CPR for Adults**  Ages 11+

Become certified in American Red Cross CPR. Learn skills necessary to respond to breathing or cardiac emergencies. Learn emergency action steps, checking a conscious or unconscious victim, rescue breathing, choking, the signs and signals of a heart attack, and CPR. Participants receive an American Red Cross certification card valid for two years.

Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park Senior Ctr. Activity Rooms I & II
$418.401 T/W 6:00-8:30pm May 21-Jun 1  $30/$40*
* $15 materials fee due 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 Senior Center Bill Bond Hall I
1247.406 Thu 6:30-7:30pm Mar 24  $10/$20

**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
3013.402 T/Th 4:00-5:00pm Mar 22-Apr 21  $65/$75*
3013.403 Sat 10:00-11:00am Mar 26-Apr 23  $45/$55*
3013.404 T/Th 4:00-5:00pm May 3-Jun 2  $65/$75*
3013.405 Sat 10:00-11:00am May 7-Jun 4  $45/$55*
* $5 materials fee due first day of class

**Tennis**  Advanced Beginner/Intermediate  Ages 7-14

At this level, you will be incorporating advanced techniques, along with fine-tuning beginning strokes. Participants will refine their serve, overhead, backhand ground strokes, conventional volleys, a good first and second serve, and a good overhead smash. Instruction will include footwork drills, groundstrokes, approach shots, volleys, singles and doubles play and strategy, scoring system, light competitive games, and cool etiquette.

Instructor: Art Christophides
Location: Community Park Tennis Courts
3013.406 T/Th 5:00-6:00pm Mar 22-Apr 21  $65/$75*
3013.407 Sat 11:00am-12:00pm Mar 26-Apr 23  $45/$55*
3013.408 T/Th 5:00-6:00pm May 3-Jun 2  $65/$75*
3013.409 Sat 11:00am-12:00pm May 7-Jun 4  $45/$55*
* $5 materials fee due first day of class

**Tennis**  Advanced Juniors  Ages 8-17

At this hotshot level, tennis enthusiasts will 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
3013.410 MW 4:00-5:30pm Mar 21-Apr 20  $75/$85*
3013.411 Mon 5:30-7:00pm Mar 21-Jun 1  $75/$85*
* $5 materials fee due 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 Senior Center Bill Bond Hall I
1247.406 Thu 6:30-7:30pm Mar 24  $10/$20

**CPR for Adults**  Ages 11+

Become certified in American Red Cross CPR. Learn skills necessary to respond to breathing or cardiac emergencies. Learn emergency action steps, checking a conscious or unconscious victim, rescue breathing, choking, the signs and signals of a heart attack, and CPR. Participants receive an American Red Cross certification card valid for two years.

Instructor: American Red Cross Instructor, Blythe Paley
Location: Community Park Senior Ctr. Activity Rooms I & II
$418.402 Tue 6:00-9:00pm May 24  $20/$30*
* $15 materials fee due first day of class

Information: www.poway.org/classes
Sports | Adults

**Open Play Sports | Ages All Ages**
The City of Poway operates two recreation centers that offer a variety of activities for youth and adults. Basketball, volleyball, badminton, and futsal are just a few of the activities available for your recreation needs. During the months of April, May, and June the free open gym times are as follows:

<table>
<thead>
<tr>
<th>Sport</th>
<th>Age Range</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Twin Peaks Multipurpose Center</td>
<td>Ages All Ages</td>
<td>14601 Tienan Bonta Road (858) 668-4599</td>
</tr>
<tr>
<td>Meadowbrook Gymnasium</td>
<td>Ages All Ages</td>
<td>13220 Meadowbrook Lane (858) 668-4598</td>
</tr>
</tbody>
</table>

**Open Basketball**
- **Friday**: 6:00-9:00pm
- **Saturday**: 6:30-9:00pm
- **Sunday**: 6:30-9:00pm

**Open Volleyball**
- **Sunday**: 6:00-9:00pm

**Babysitter’s Training | Ages 11-15**
The American Red Cross has created a course for babysitters with components that include a guide to leadshers 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. Participants can also choose to receive a certification in Infant and Child CPR for an additional cost. Bring a lunch and a large doll or stuffed animal to class.

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<thead>
<tr>
<th>Course</th>
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<td>Community Park Senior Ctr. Activity Rooms I &amp; II</td>
</tr>
<tr>
<td>Advanced Obedience</td>
<td>Ages 12+</td>
<td>Community Park Senior Ctr. Activity Rooms I &amp; II</td>
</tr>
<tr>
<td>Dog Obedience Training</td>
<td>Ages 12+</td>
<td>Community Park Senior Ctr. Activity Rooms I &amp; II</td>
</tr>
</tbody>
</table>

**Information: www.poway.org/classes**

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

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<th>Course</th>
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</tr>
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<tr>
<td>Tae Kwon Do</td>
<td>Ages 18+</td>
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</table>

**Special Interest**

**Babysitter’s Training | Ages 11-15**
The American Red Cross has created a course for babysitters with components that include a guide to leadshers 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. Participants can also choose to receive a certification in Infant and Child CPR for an additional cost. Bring a lunch and a large doll or stuffed animal to class.

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<td>Ages 12+</td>
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**Intermediate Obedience | Ages 12+**
Dogs 6 months to Adult

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<tr>
<th>Course</th>
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<tbody>
<tr>
<td>Intermediate Obedience</td>
<td>Ages 12+</td>
<td>Community Park Senior Ctr. Activity Rooms I &amp; II</td>
</tr>
</tbody>
</table>

**Dog Obedience Training**
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

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<thead>
<tr>
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</tr>
<tr>
<td>Advanced Obedience</td>
<td>Ages 12+</td>
<td>Community Park Senior Ctr. Activity Rooms I &amp; II</td>
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</table>

**Instructor:** Lynne Moore, Good Dog Training School

**Intermediate Obedience | Owners Aged 12+**
Dogs 6 months to Adult

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**Instructor:** Lynne Moore, Good Dog Training School

**Advanced Obedience | Owners Aged 12+**
Dogs 6 months to Adult

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<td>Community Park Senior Ctr. Activity Rooms I &amp; II</td>
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</tbody>
</table>

**Instructor:** Lynne Moore, Good Dog Training School

**3-on-3 Basketball League | Ages 18+**
Teens 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. Season ends with a tournament where the winning team will receive bragging rights on the perpetual plaque posted at the gym. All players must sign the roster before the team’s first game.

<table>
<thead>
<tr>
<th>Course</th>
<th>Age Range</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>3-on-3 Basketball League</td>
<td>Ages 18+</td>
<td>Community Park Senior Ctr. Activity Rooms I &amp; II</td>
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</tbody>
</table>

**Instructor:** Recreation Staff

**Information: www.poway.org/classes**
Outdoor Activities

Outdoor Dutch Oven Cooking | Ages 18+
(Ages 11+ w/ Adult)
Are you tired of hamburgers and hotdogs for your campout meals? Learn to cook delicious, impressive meals that will make the food the talk of the trip. Discover how to make bread, stews, breakfast, and desserts using charcoal and wood fires. Find out which oven to choose and how to care for it. This is a beginner’s course. $15 for each additional family member (max. 2).
Instructor: Jeff Beers
Location: First class meets at Old Poway Park Gazebo
3439.401 Sat 9:30-11:30am Mar 26-Apr 23 $30/$45*
* $15 materials fee per person due first day of class
3439.402 Sat 9:30-11:30am Apr 30-May 21 $30/$45* $20 materials fee due first day of class

CAMP! Archery Basics
Camp | Ages 7-15
An enjoyable fun-filled week of archery. Learn archery basics and shoot with surprising accuracy in the week long camp. Please do not bring bows or arrows. Equipment provided for class use.
Instructor: Jim Velazquez
Location: Lake Poway Archery Range
2443.413 M 9:00-11:00am Apr 4 T-F 9:00-10:15am Apr 5-8
* $15材料s fee due first day of class

Youth Archery | Ages 9-17
Bullseyes! Join this exciting archery class! Archers will learn how to shoot a recurve bow, range safety, and proper equipment handling. Participants will have a chance to shoot at balloons and play a variety of archery games. All classes use a whistle system and are taught by USA Archery Certified Coaches. Equipment provided for class use. NOTE: Parents/guardians of registered youth may also register and participate with their child. Registration fee is due for both.
Instructor: USA Archery Certified Coach, Dan Jazdzewski
Location: Lake Poway Archery Range
2443.420 Sat 11:00am-12:00pm Apr 2-May 21 $70/$80

Adult Archery | Ages 17+
Join this exciting archery class! Learn how to shoot a recurve bow, score, arrange, and proper equipment handling. Participants will have a chance to increase their skill level with USA Archery nationally certified coaches. Each week is designed to teach a new skill while incorporating some type of “friendly competition”! Equipment provided for class use.
Instructor: USA Archery Certified Coach, Dan Jazdzewski
Location: Lake Poway Archery Range
2443.421 Sat 12:00-1:00pm Apr 2-May 21 $70/$80

Hiking for Fun & Fitness | Ages 8+
Enjoy easy to moderate hikes on Poway’s excellent trails. Learn about flora, fauna, local history, and how to find the trails. Each hike is about 3 miles and 1.5 hours long. Lug sole shoes (grip pattern) are recommended. Bring water and a hiking stick if you wish. An adult must accompany all participants under 18.
Instructor: Mike Fry (858)748-5166, mnfry@cox.net
Location: First hike meets at the Lake Poway Grill & Tackle (concession). Contact instructor for hike schedule if you cannot attend first hike.
3439.400 Wed 6:00-7:30pm Apr 6-Jun 8 $5/person $10/family

The Poway Community Swim Center is located at 15094 Civic Center Drive, within the 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, swimmers can enjoy the one- and three-meter diving boards, open swimming areas, and lap swimming lanes. A one-foot depth wading pool is available in the spring, summer, and fall for children under 7 years. Shower and dressing areas are available. Water temperature: 81 to 84 degrees. Information regarding pool hours and fees (858) 668-4680. Swimmers may be required to show proof of residency in order to be eligible for resident rates.

Costs:

<table>
<thead>
<tr>
<th>Daily Admission</th>
<th>RES/NON</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults (Ages 18+)</td>
<td>$2.50/$5.00</td>
</tr>
<tr>
<td>Youth</td>
<td>$2.00/$4.00</td>
</tr>
<tr>
<td>Seniors (Ages 60+)</td>
<td>$2.00/$4.00</td>
</tr>
<tr>
<td>A responsible adult who has paid the admission fee must accompany children under 7 in the water.</td>
<td></td>
</tr>
</tbody>
</table>

Seasonal and Yearly Passes
Season and yearly passes can 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 3 months from date of purchase.

<table>
<thead>
<tr>
<th>Season Pass Rates</th>
<th>RES/NON</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults (Ages 18+)</td>
<td>$96/$125</td>
</tr>
<tr>
<td>Family</td>
<td>$139/$156</td>
</tr>
<tr>
<td>Seniors (Ages 60+)</td>
<td>$73/$105</td>
</tr>
<tr>
<td>Family</td>
<td>$117/$126</td>
</tr>
<tr>
<td>Yearly Pass Rates</td>
<td>RES/NON</td>
</tr>
<tr>
<td>Adults (Ages 18+)</td>
<td>$225/$355</td>
</tr>
<tr>
<td>Youth</td>
<td>$185/$261</td>
</tr>
<tr>
<td>Seniors (Ages 60+)</td>
<td>$185/$261</td>
</tr>
<tr>
<td>Family</td>
<td>$392/$564</td>
</tr>
</tbody>
</table>

Please Note: Pass holders must stop and have their cards scanned prior to entering the facility.

Aquatic Safety
Staff is available to give presentations on aquatic safety to schools, scout troops, and organizations. Information: (858) 668-4680.
**Swim Lessons**

Spring Swim Lesson Assessment | All Ages

Thinking of enrolling you or a family member 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) 668-4680 for availability.

Parent/Child | Ages 6-24 months

This class, equivalent to the American Red Cross “Prechool” level, develops a comfort for the water and introduces basic water skills. This class does not teach children to be accomplished swimmers; nur to survive in the water. Parents must accompany their children in the water.

Pre-Grunion | Ages 2-3

This course is designed for young children who are ready to begin learning swimming skills, but who are not ready to participate in a 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.

Grunion | Ages 3-5

An introduction to American Red Cross Level 1, this class is designed for children with limited or no swimming experience. Skills include submersion under water, front and back float, skill entry on front and back, and beginning swim stroke.

Grunion 2 | Continued...

Seal | Ages 6-12

At an introduction to American Red Cross Level 2, this class is a continuation of the Grunion class and is designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasis is placed on reinforcing front crawl, creating self-proficiency of back crawl, and introducing elementary backstroke. Students should feel comfortable in at least 4 feet of water.

Seahorse | Ages 6-12

An introduction to American Red Cross Level 2, this class is a continuation of the Grunion class and is designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasis is placed on improving the front crawl and back crawl. Students should feel comfortable in at least 4 feet of water.

Otter | Ages 6-12

A completion of those skills introduced in American Red Cross Level 2, this class is designed to improve technique, promote self-proficiency, and increase endurance of front crawl and back crawl. Orientation to water deeper than 5 feet, diving boards, and treading water is included. Completion of this class signifies the ability to pass the “Open Swim” test.

Seal | Ages 6-12

Equivalent to Level 3 of the American Red Cross series, this course takes place in 11-12 feet of water. The ability to swim 15 yards of front crawl, back crawl, and elementary backstroke is prerequisite of this class. Students are taught Elementary back stroke, breast stroke, side stroke, back stroke, alternate breathing, and diving from the diving boards.

Sting Ray | Ages 6-16

This class, compatible to American Red Cross Level 4, further develops technique and endurance of front crawl, back crawl, and elementary backstroke in 11-12 feet of water. Breaststroke, sidestroke, front crawl, and alternate breathing, and diving from the diving boards are included.

Dolphin | Ages 6-16

The Dolphin class, or American Red Cross Level 5, focuses on stroke refinement and increased swimming distance. Knowledge of the front crawl (alternate breathing), back stroke, elementary backstroke, sidestroke, and breaststroke are expected. Skills introduced include butterfly and flip turns.

**Swim Lessons**

Red Cross Lifeguard Training | Ages 15+

These classes are available for any age or ability. Instruction is geared independently to the needs of each participant. Participants must register for a minimum of four classes. These classes are 30 minutes. Register for classes in person at the Swim Center. Children under 1 year may be required to have adult assistance. Information and available times: (858) 668-4680. Begins March 28, 2011.

Private Lessons | All Ages

These classes are available for any age or ability. Instruction is geared independently to the needs of each participant. Participants must register for a minimum of four classes. These classes are 30 minutes. Register for classes in person at the Swim Center. Children under 1 year may be required to have adult assistance. Information and available times: (858) 668-4680. Begins March 28, 2011.

Water Exercise | All Ages

Water exercise is a low-impact exercise for any age or ability. Classes are held in 4-feet of water. Advanced swimming skills are not required. Classes held Monday, Wednesday, Friday, 11:00 a.m. to 12:00 p.m. Daily admission fee is required. Class is dependent upon instructor availability.
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.

The Skate Park is subject to closures due to rain or inclement weather, maintenance, holidays, special events, and violations of Skate Park rules. 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 12 and younger.

Daily, 8:00am-8:00pm except Friday, 8:00am-6:00pm

Supervised Skate Park Program  Ages 14+
Join us for an evening of FREE, family-friendly fun on Friday nights at our Supervised Youth Skate Park Program! Family members over the age of 14 are welcome to participate as long as they are accompanied by a registered participant.

Friday  6:00-8:00pm  FREE

Lake Poway

Location: 14644 Lake Poway Road

Fishing & Boating Hours:

November-May
June-September  Mon-Wed, 7:00am to 6:00pm

Park Hours:

November-May
Mon-Tue, 7:00am to 10:00pm

June-October  Daily, 7:00am to 10:00pm

Information:

Park Ranger Office  (858) 668-4772/LakeRanger@poway.org
Area Reservations  (858) 668-4550
Lake Poway Grill & Tackle  (858) 486-1234

Open Trout Derby

March 12 at Lake Poway!
The Lake will be stocked with 3000 pounds of rainbow trout and prizes will be awarded. For more information, visit our website at www.poway.org/lakepoway or call (858) 668-4770.

No State Fishing License Required!
Lake Poway is a great place for families to share the experience of catching fish. In an effort to provide reasonably-priced family fun, State fishing licenses are no longer required to fish at Lake Poway. Daily fishing permits are still required: $6 for adults, $3 for youths ages 8-15, $3 for seniors (65+), $4 for military (with ID) and children ages 7 and under. Fish free with a paid adult. Bring the whole family out for a day of boating and fishing fun at Lake Poway.

For the most up-to-date fishing conditions and tips, sign up for our weekly fishing report at: www.poway.org/lakepoway.

Family Campouts

Bring the entire family for a magical night under the stars at Lake Poway. The campouts are perfect for the first-time camper with easy round-the-clock vehicle access and planned activities. Activities include: Blue Sky disco-dance-led night hikes and nature program, campfire, and pedal boating.

Families need to bring their own camping equipment and dinner supplies to barbecue. Grills will be available, but you are encouraged to bring your own. Charcoal provided along with S'mores around the campfire. Families may start setting up their campsites at 7 am. No alcohol is permitted. Up to 5 persons for family $10 per each additional family member. Information: (858) 668-4781.

RES/NON
9039.100 Sat-Sun 5pm-9am  Jun 18-19  $32/56
9039.101 Sat-Sun 5pm-9am  Jul 16-17  $32/56
9039.102 Sat-Sun 5pm-9am  Aug 13-14  $32/56

Family Campout - Adventure Series | All Ages
Are you a Lake Poway Family Campout Veteran? Itching for a pre-summer camping trip? Then the Lake Poway Family Campout – Adventure Series is for you! Come try casting your line under the full moon to land a trophy-sized trout or some record breaking bass. This campout includes: camping for four in the bowl area, one motor boat rental after sunset, four fishing permits, and barbecue with hot coffee or hot chocolate. Night fishing: 7:30pm to 11:30pm. Rain or shine! No alcohol permitted. Up to 4 persons per family, limited to a maximum of 40 families. Information: (858) 668-4772 or LakeRanger@poway.org.

COST
9039.103 Sat-Sun 5pm-9am  Apr 16-17  $40

Old Poway Park

Location: 14134 Midland Road

Information: (858) 668-4576

Historical Tours
We offer easy, inexpensive, educational field trips that will exceed your expectations. Reservations are accepted for Tuesday through Thursday for just $4 per participant. We can present to groups of 20 or more and tailor presentations to meet any need. Our tours are appropriate for any age or grade level, and meet the curriculum needs of third through fifth, and eighth grades. Experience the Nelson House, Heritage Museum, a train safety presentation, and a train ride aboard the Poway-Midland Railroad.

Tours are great for schools, ESS, and adult daycares. Information: www.poway.org/oldpowaypark or (858) 668-4576.

Folk Concerts in the Park
San Diego Folk Heritage is pleased to present music for all ages. Phil Boroff will perform Blues Guitar in Temples Hall on Saturday, April 30 at 7:00 pm. Admission is $15 for San Diego Folk Heritage members and $18 for non-members.

Information and advance ticket purchases: (858) 566-4040.

Date  Performer  Musical Style
Saturday, Apr 30  Phil Boroff  Blues Guitar

The Farmers Market
Flower! Fresh Food! Fun! It’s spring, so lay openauls and enjoy Poway’s Certified Farmers Market every Saturday from 8:00 am to 1:30 pm at Old Poway Park. Choose from garden-fresh fruits, citrus, tomatoes, vegetables, and more. All produce is certified and inspected by the agricultural commission and is brought to you directly from the grower. The spring market offers beautiful, newly-picked flower bouquets to brighten your home, homemade tamales, kettle corn, and salsas. If you are looking for some of the finest produce, unique foods, and a great “City in the country” atmosphere, the Farmers Market is it! Information: (858) 668-4576.
Kumeyaay-Ipai Interpretive Center

Location: 13104 Ipai Waaypuk Trail (formerly Silver Lake Rd)
Information: (858) 668-1292

A chill may still be in the air, but spring blooms are beginning to emerge at the Kumeyaay-Ipai Interpretive Center. Come join us for a Saturday morning hike and view the more than 50 native plants onsite, all of which are water efficient. Specially-trained docents can lead you on a hike or engage you in a lecture filled with information about the foods, medicines, and culture of Poway’s first residents.

The City of Poway manages the park with support from the volunteers of the Friends of the Kumeyaay. Information and docent volunteer opportunities: (858) 668-1292

Blue Sky Ecological Reserve

Location: Espola Road, 1 mile north of Lake Poway Road
Reserve Hours: Daily, Sunrise-Sunset
Information: (858) 668-4781

Blue Sky is a 700-acre ecological reserve in Poway on Espola Road, less than one mile north of Lake Poway Road. Trails are open to the public during daylight hours. The City of Poway, California Department of Fish and Game, and County of San Diego Department of Parks and Recreation manage the Reserve, with support from the nonprofit Friends of Blue Sky Canyon.

Nature Walks
For up-to-date information on dates and times of docent-led nature walks please visit the City of Poway’s website at www.poway.org/bluesky to download our latest Activities Schedule, or pick up a copy at Blue Sky’s onsite kiosk, Community Services, Poway Library, 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.

School Tours
The outdoor nature program at Blue Sky Ecological Reserve emphasizes observational skills, resource protection, and identification of our plants and animals. Tours are led by fully-trained docents. Tours are available on Wednesday and Friday mornings, for up to 30 students per visit. For reservations, call the Blue Sky office at (858) 668-4781. Please provide at least four weeks advance notice. Additional information is available at www.poway.org/bluesky. Fee: $4 per student.

Join Our Invasive Removal Team
Do you have a couple of hours on the second Saturday morning of each month to join us in this worthwhile cause? Keeping Blue Sky beautiful and free of nonnative plants is achieved through the dedication and effort of volunteers. Spring is the season of prolific weed growth and help is needed the most between March and June. If you would like to join us, please email aransom@poway.org, or call (858) 668-4781.

Wanted! Blue Sky Docents & Field Volunteers
Do you love nature and being outdoors? Do you have an enthusiastic attitude towards people? Become a docent at Blue Sky Ecological Reserve!

Docents perform a variety of tasks including leading guided nature walks, restoring damaged habitat, minor trail maintenance, assisting at interpretive programs, foot patrols, and maintaining kiosk displays.

Some prior knowledge of natural history is desirable, but willingness to learn is all that is required. Training begins on Wednesday, March 2, 2011. This fun, educational eight-week training course consists of Wednesday evening class sessions at Lake Poway from 7:00 pm to 9:00 pm, followed by Saturday morning field visits to the Reserve from 8:00 am to 11:00 am. There is no training Easter week.

Field Volunteers perform all of the above with the exception of leading nature walks. Field volunteers are not required to participate in docent training and can start right away if you are interested in becoming a docent. For more information call the Blue Sky office at (858) 668-4781.

Sycamore Canyon Goodan Ranch

Location: 16281 Sycamore Canyon Road Poway, California 92064
Information: (858) 513-4737

For a complete schedule of activities at Goodan Ranch, visit: www.sdparks.org

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

Events, hikes, and programs start at various Preserve locations. Some require a one-mile walk from Goodan Ranch staging to the visitor center. Please check descriptions closely. No vehicular traffic is permitted in the Preserve. Transportation for those with disabilities can be arranged, by calling the ranger at (858) 513-4737.
Business Leaders Come Together at Poway’s Business Summit 2011

On January 26, 2011, 70 members of Poway’s business community gathered for the Poway Business Summit at the Hampton Inn & Suites to brainstorm creative ideas that will help develop and support local businesses. The topics discussed were the result of an exciting collaboration between the City of Poway and local businesses to gather direct feedback from the business community.

Businesses in attendance included large and small companies alike. The roundtable format was designed to tackle issues that mattered most to the audience, while also providing time for networking between members of the business community.

Business leaders discussed ways to strengthen communication between the City, the Poway Chamber of Commerce and the business community. The small groups also discussed ways to create more business-to-business opportunities, marketing and outreach programs of benefit, and ways to identify workforce development and training opportunities.

The Poway City Council, also in attendance at the Summit, reaffirmed its commitment to its business outreach and retention program and support of local businesses. Staff will produce a complete summary of the feedback received during the Summit. The City and the Chamber will also host a series of upcoming focus groups with Poway businesses to determine the best plan of action for future economic development efforts. If you are interested in scheduling a business retention visit with the City of Poway, please contact Tony Winney at (858) 668-4552 or twinney@poway.org.

Meet John Walters
Poway’s New Director of Administrative Services

On November 29, 2010, the City of Poway welcomed John Walters as its new Director of Administrative Services. John has a bachelor’s degree in Accounting, as well as a master’s degree in Public Administration from California State University, Stanislaus. He comes to Poway from Atwater, CA, where he once held the position of Administrative Services Director. John has also served other California cities as the City Manager for the City of Newman, and most recently as the Assistant City Manager for the City of Turlock.

As Director of Administrative Services, John oversees the divisions responsible for budget preparation, economic forecasting, administration of water and sewer billing, municipal insurance and risk management, and information technology. John views this assignment as a terrific fit for his expertise—and the timing for his family was perfect. Since starting his new job, John has observed that the staff at Poway have an optimistic attitude with a “positive expectation of good outcomes,” which he finds refreshing.

John moved to the area in November and his family plans to join him from the Central Valley when his son graduates from high school in June. His family is familiar with the San Diego area and is very excited about the move. John enjoys outdoor activities that include sailing, kayaking, mountain biking and backpacking. He owns a sailboat that he hopes to soon put to good use. John has spoken with people across the country who would love to come to Poway, and he is happy to be here.

Poway’s First Baby! Meet Niahni, the first baby of 2011

The City of Poway would like to welcome Niahni Kailani Kahlea Heathi-Kaihewalu. She was born at 10:45 a.m. on January 2, 2011, at Pomerado Hospital, making her the first Poway baby born in the New Year. Niahni was welcomed to her family. She weighed 7 lbs, 12 oz, and was 19 ½ inches at birth.

As part of the City’s First Baby Program, a $200 gift certificate was presented to her family.

Meet John French
Poway’s 30+ Year Employees Celebrate Anniversary of the City’s Incorporation

December 1, 2010 marked the 30th anniversary since Poway’s incorporation in 1980. The newly-formed City absorbed both the Poway Municipal Water District and the Pomerado County Water District making their employees instant City workers. Last year, as the City commemorated 30 years of cityhood, ten City employees celebrated 30 or more years of service to Poway residents.

Those who have worked for the City since incorporation or earlier include Assessment District Specialist Robert Wilcox, Director of Safety Services Mark Sanchez, Fire Captains Tim Carle and Bob Stanberry, Fire Engineers Bill Cummins and Steve Harrison, Senior Planner Jim Lyon, Utilities Manager Tom Howard, Wastewater Utilities Crew Leader David Vigliotti, and Water Treatment Plant Supervisor Kevin O’Reilly.

With 37 years of service, Fire Captain Bob Stanberry has the distinction of being with the City the longest. He started with the Poway Municipal Water District in October 1973. Honorable mention goes to John Walters, who, while not an employee at the beginning, had previously worked for the Poway Municipal Water District and joined the City two months after incorporation.

Mark Sanchez has spent his 36-year career in the fire service with Poway. Mark quickly rose through the ranks and for more than 20 of those years he has been the Director of Safety Services. He fondly remembers one of the highlights of his career as being selected to attend paramedic training to become part of the first paramedic team to serve Poway. Mark says, “We watch out for each other to stay safe, and remember that this is the best job in the world.”

Robert Wilcox began his career with Poway when he took a part-time job as a Park Ranger with the Poway Municipal Water District over 31 years ago. He never imagined that it would eventually lead to a career. Robert had grown up and gone to school here, so he felt it was natural to stay and grow with the City. Looking back, Robert says “I can’t imagine doing anything else.”

What he has enjoyed the most about working here is the work itself. “The work has always been interesting, challenging, and you can make a difference. At the end of the day, it feels that you are a part of Poway,” he adds.

Thanks to all of these employees for their many contributions and for choosing to spend their careers with Poway!
Activities at PSC...

- Wii sports every 3rd Wed, each month
- Quilting, Needlecrafts, Ceramics
- Feeling Fit Aerobics – Mon and Thur 10:00am
- Defensive Driving (AARP) program
- Join our new Book Club; 1st Fri of each month
Healthy Cooking classes coming soon!

La Bella Bistro – Serving up a Delicious Lunch!

Lunch is served from 11:30 a.m. to 12:30 p.m. Monday through Friday. Call and get a copy of the Newsletter, “The Senior Voice” and check out our menu. Suggested donation for seniors (60+) is $4.00. Cost is $6.00 for anyone under 60 years of age. Door-to-door transportation is available for a requested donation of only $3.00 for those who dine with us. Call and find out if your zip code qualifies you for pick up.

If you know someone homebound who could use a meal, call and find out if your zip code qualifies you for pick up. Requested donation of only $3.00 for those who dine with us. Call and find out if your zip code qualifies you for pick up.

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Youth Tix to all shows only $5!
(with purchase of an adult ticket)

Buy tickets online at
www.powayarts.org

Join the eClub for special ticket offers!

POWAY CENTER for the PERFORMING ARTS

The Poway Center for the Performing Arts (PCPA)
hosts professional performances ranging from major plays and
concerts to appearances by nationally-acclaimed artists. The
PCPA also encourages performing arts in the area by provid-
ing first-class performance space for the Poway Unified School
District students and community-based productions. Consider the Poway Center for the Performing Arts for your
upcoming event. This state-of-the-art, 899-seat theatre was
designed for professional performances and community-based
productions. Owned and operated by the City of Poway, the
PCPA staff will do everything possible to ensure your event runs
smoothly and successfully.

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. There are also three convenient loca-
tions where you can purchase tickets: the PCPA Lobby,
Community Services Department at City Hall,
and the Old Poway Park office. 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 our productions. Information: www.powaycenter.com
or (858) 668-4795.

2010/2011 PROFESSIONAL PERFORMANCE SEASON

CELEBRATING TWENTY YEARS!

ALFRED HITCHCOCK'S
THE 39 STEPS
Tony® Award Winner for Best New Comedy
SUNDAY | APRIL 16 | 2 pm
Adults: $42

The Royal Family of the Guitar
THE ROMEROS
SUNDAY | APRIL 2 | 8 pm
Adults: $42

The Wizard of Oz
Missoula Children’s Theatre
Auditions Monday, March 7 at 4 pm SHARP!
Performances:
SATURDAY | MARCH 12 | 3 & 7 PM
Adults: $17; Youth $5

POWAY CENTER for the PERFORMING ARTS

Information: www.powaycenter.com

Thanks to our generous Season Sponsors

Location:
15498 Espola Rd, Poway, CA 92064

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

Art Gallery & Facility
Tue-Fri 9:00am-5:00pm
Sat 10:00am-3:00pm
Closed Sunday, Monday, and major holidays.
A new exhibit opens monthly, with the exception of July
and August, ensuring a wide variety of styles, and
media from local and regional artists.

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

There are 3 convenient ways to register for classes:

1. Mail-In
   - Mail-in registration may be paid by check or credit card (MasterCard or Visa). Checks should be made payable to the City of Poway. Cash will not be accepted. Please submit a separate check for each class requested. If space is not available in a class, that specific check will be returned to you without delaying your registration for any other classes. Mail to: P.O. Box 789, Poway, CA 92074-0789

2. Walk-In
   - Walk-in registration is available at the Community Services Department during business hours. Location: 13325 Civic Center Drive. Extended Hours: Mon-Thurs 7:30am-3:30pm Fri 8:00am-5:00pm (Closed every other Friday).

3. Online
   - Online registration is available by visiting the City of Poway web site below. A $1.50 convenience fee will be charged per class registration or waitlist request. Payment must be made by credit card only (MasterCard or Visa). Website: www.poway.org/classes

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.

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

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

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 web site at www.poway.org/play. A huge Thank You to our 2011 P.L.A.Y. scholarship sponsors!

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

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.

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 (if under 18) __/__/____ Age ______ Sex _______ Class Title ______________

Class Registration # First Choice _ Alt. Choices __________ Fee ______

FORM OF PAYMENT:  

☐ Cash amount $________

☐ Charge MC/Visa #________ Exp. __/____

☐ Check #________

Would you like to support the P.L.A.Y. Scholarship Program or the Fireworks Fund by including an additional $2 or $5 or $10 or _______ in your payment?

Signature __________________________ Date: __________________________

Participant Waiver: The undersigned fully understands that my/my child’s participation in the above events/classes potentially exposes my child or me to the risk of personal injury or property damage. I hereby acknowledge that participation in these events/classes is voluntary and agree to assume any such risks. Furthermore, in consideration for being permitted to participate in these events/classes, I hereby agree, for myself, my heirs, administrators, executors and assigns, that I shall indemnify and hold harmless the City of Poway, and its officers, agents, and employees from any and all claims, demands, actions or suits arising out of the connection with my/my child’s participation in these events/classes.

FOR STAFF ONLY: Entered by: __________________________ Date: __________________________

www.poway.org
City of Poway Residents Services

Preventing Residential and Auto Burglaries

Although Poway continues to enjoy a low crime rate compared to other communities in San Diego County, the prevalence of residential and auto burglaries is a challenge for both the Sheriff's Department and the citizens of Poway. According to the Poway Sheriff Station's Crime Prevention Unit, many of these are crimes of opportunity where the criminal had easy access to the residence and to the property inside the vehicle. There are crime prevention measures that can be implemented to reduce the risk of these two types of crimes from affecting the quality of life of Poway's residents. There are certainly advantages to living in a low crime community such as Poway, but this can also create a false sense of security. Simple and easy steps such as locking one's home and vehicle, closing the garage, and never leaving property in one's vehicle are often overlooked. Making your home safer can begin with the following crime prevention practices:

- Always lock your doors and windows (including sliding glass doors & second story windows) when leaving your home. Be sure the locks are strong and reliable. Consider keeping doors and windows locked even when you are at home.
- Keep the garage door closed especially when you are away or overnight. Many residential burglaries occur because garage doors are left open either intentionally or accidentally. Be sure to lock the doors that lead into the garage from the side yard and from the garage into the home. Install and use an alarm system.
- Put timers on lights and a radio or a TV when you are away from your home.
- Don’t let newspapers accumulate on your property.
- Keep your lawn maintained. Landscaping should provide a false sense of security. Simple and easy steps such as locking one's home and vehicle, closing the garage, and never leaving property in one's vehicle are often overlooked.
- Vehicle burglaries continue to be a very common crime in Poway due in part to a false sense of security, lack of awareness, and carelessness. It is the goal of the Sheriff’s Station for the community to take this crime seriously and to make every effort to reduce this very preventable crime. Minimize your chances of becoming a victim by following these tips:
  - Close all the windows (even in hot weather) and lock the doors. Many vehicle thefts are from unlocked vehicles.
  - Always remove your property (including satellite radios and GPS systems) from your vehicle, especially anything that is in plain view. Most vehicle burglaries occur because the thief sees something of value in the vehicle.
  - If possible, park your vehicle inside the garage rather than in the driveway or on the street. Otherwise, park in open, well-lighted areas and use reliable anti-theft devices.
- Be aware of your surroundings and report suspicious activity to the Sheriff's Department Communications Center (858) 565-5200. For other Crime Prevention information, including Neighborhood Watch, please call (858) 513-2807.

Items Accepted:
- Furniture
- Appliances (charges apply for appliances containing freon)
- Residential wood waste
- Yard waste
- Scrap metal

Directions and more information are provided on the coupon. Please be sure to have your coupon with you and present a picture I.D. with the current address for a copy of an EDCO trash bill that corresponds to the service address listed on the reverse side of the coupon to qualify for FREE disposal for a disposal fee.

EDCO WASTE MTA 6069

City of Poway Residents Services

Spring Clean Up

EDCO Waste and Recycling Services is sponsoring two self haul clean up events for Poway customers this year, providing the opportunity to plan both a spring and fall clean up day. The spring event will start with EDCO mailing a coupon to residential customers at the end of March, which is good for FREE disposal of one load of household bulky items at either the Ramona Transfer Station or the Escondido Transfer Station. The transfer stations are open every day. Ramona transfer station is closed on Sundays between 7:00 a.m. and 4:30 p.m., giving you the flexibility to use the coupon at your convenience between April and June.

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The current rate for disposal is $100.00 to $150.00 per load. The spring clean up day will begin Saturday, April 23, 9:00 AM at Community Park. The fall clean up day will begin Saturday, November 5, 9:00 AM at Community Park.

For more information on these and other Poway events visit www.poway.org

City Council

Mayor Don Higginson
Deputy Mayor Jim Cunningham
Councilmember Merilee Boyack
Councilmember Dave Grosch
Councilmember John Mullin

Open Trout Derby at Lake Poway
Saturday March 12, Sunrise to sunset | Lake Poway

Old Poway 1900 Flower Show
Saturday April 16, 9:00 am - 3:00 pm | Old Poway Park

Spring Egg Hunt
Saturday April 23, 9:00 am | Community Park

Contract Class & Camp Fair
Saturday May 7, 10:00 am - 1:30 pm | Community Park

Poway Dog Day
Saturday May 14, 11:00 am - 3:00 pm | Community Park

Band Festival, Arts & Crafts Market
Saturday & Sunday, May 14-15, 10:30 am - 7:30 pm | Old Poway Park

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