



POWAY

COMMUNITY SERVICES GUIDE

SPRING 2017

**REGISTRATION BEGINS
MARCH 7
AT 7:30AM**

POWAY.ORG/CLASSES



JOIN THE
FUN!

Summer Camp Preview

Can you believe that summer is almost here!? If you love summer as much as we do, then you're already looking for summer fun! In addition to the traditional and well-loved Lake Poway Day Camp, we're bringing you an amazing line-up of specialty camps sure to delight the aspiring film makers, curious scientists, creative artists, and talented athletes in your family. See page 11 for the 2017 summer camp line-up.

Early Summer Camp Registration begins April 11 at 7:30am.

Facility Rentals

Whether you want to watch the sun set over a picnic dinner, dance the night away at your wedding, or host a family gathering or reunion, our beautiful indoor and outdoor facilities, and parks are the perfect location! We offer a variety of unique and affordable facilities that can be rented for group meetings, private parties, ceremonies, receptions, picnics, and ballgames. Rental fees vary depending on the venue and amenities.

INFORMATION: www.poway.org or (858) 668-4580.

Save the Date!

Easter Egg Hunt at Community Park

April 15 | 8:00am-1:00pm



Looking For a Summer Job?

Look no further than your Community Services Department! We not only hire qualified candidates for summer jobs, but we even offer the training to qualify you! See page 27 for Lifeguard Training and Water Safety Instructor Training. As early as February, look for postings for Recreation Leaders for Day Camp and Lifeguards/Swim Instructors. All jobs are posted online at: www.poway.org.

Inflatables are Bouncing Back to the Poway Community Swim Center!

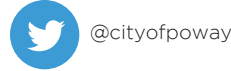
Can you become the Master of the Magneetor? Dare to Challenge My Little Dragon? Ready to Swing past all the hurdles of the Swing & Slide?

We offer three unique floating obstacle courses that are available during public sessions or for private rentals. A swim test is required for all swimmers; life jackets are available.

INFORMATION: www.poway.org/swim or (858) 668-4680.



Connect with us and never miss a recreation opportunity again!



SAVE THE DATE:

**Early Summer
Camp Registration
starts April 11
at 7:30am**

CAMP! SKATEBOARDING AGES 5-13

Skateboarders of all levels are invited to come build your ramp skills, develop tricks, learn safety techniques, meet guest pros, and make new friends! Participants will receive an SD Skatelife sticker pack. All participants MUST have a helmet, elbow pads, and knee pads each class. Bring a skateboard or contact the instructor for options prior to the first class.

INSTRUCTOR: SD Skate Life
Andrew Barbosa: Andrew@sdkatelife.com

LOCATION: Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.400	M-F	9:00am-12:00pm	Apr 10-Apr 14	\$150/\$160

CAMP! SWIM & TENNIS AGES 8-15

The tennis portion of this camp will consist of court etiquette, scoring system, forehand and backhand groundstroke drills, footwork, volley and serving drills, games, singles and doubles strategy, court positioning, and conditioning. After lunch, participants will cool off with free swim in the pool! Participants should bring a snack, swim suit, towel, and plenty of sunscreen!

INSTRUCTOR: Art Christophiades
LOCATION: Community Park, Tennis Courts / Swim Center

CLASS #	DAY	TIME	DATES	R/NR FEE
6003.412	M-F	10:00am-3:00pm	Apr 10-Apr 14	\$120/\$130*

*\$15 materials fee due on the first day of class

CAMP! ARCHERY AGES 7-15

Come enjoy a fun-filled week of archery! Learn archery basics and shoot with surprising accuracy in this week-long camp. Instructor works with participants at their individual skill level, making this camp perfect for beginners and skilled archers alike. Please do not bring personal equipment; equipment provided for class use.

INSTRUCTOR: Rick Harper
LOCATION: Lake Poway, Archery Range

CLASS #	DAY	TIME	DATES	R/NR FEE
6012.400	M-F	8:00-9:30am	Apr 10-Apr 14	\$75/\$85*
6012.401	M-F	10:00-11:30am	Apr 10-Apr 14	\$75/\$85*

*\$15 materials fee due on the first day of class

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POWAY CENTER FOR THE PERFORMING ARTS 32

Spring Class Registration begins
March 7 at 7:30am

Children's Activities

TINY TOTS

AGES 3-5

This education program teaches participants valuable learning skills through play, songs, games, structured learning, and crafts in a fun and engaging atmosphere! Participants will learn concepts such as letters, numbers, writing and math skills, social skills, and more! Participants must be potty-trained and able to participate independently. Please bring a snack and drink each day.

INSTRUCTOR: Charlene Donovan

LOCATION: Community Park, Youth Activity Room

CLASS #	DAY	TIME	DATES	R/NR FEE
1000.400	TU/TH	9:00am-12:00pm	Mar 28-Apr 20	\$185/\$195*
1000.401	TU/TH	9:00am-12:00pm	Apr 25-May 18	\$185/\$195*
1000.402	TU/TH	9:00am-12:00pm	May 23-Jun 15	\$185/\$195*

*\$10 materials fee due on the first day of class

GET SMART WITH ART

AGES 2-5

For beginning artists! A unique class for children to learn about artists and techniques, and create a new, framed masterpiece each week! Children explore their creativity through carefully-designed lessons that ignite the imagination and encourage skill development.

INSTRUCTOR: Get Smart with Art, Ms. Vivian

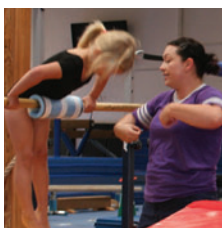
LOCATION: Community Park, Youth Activity Room

NO CLASS: Apr 10 & May 29

CLASS #	DAY	TIME	DATES	R/NR FEE
1001.400	M	10:00-10:45am	Mar 27-May 1	\$65/\$75
1001.401	M	10:00-10:45am	May 8-June 12	\$65/\$75

MOM & TOT GYMNASTICS

AGES WALKING-3.5



This class is designed for toddlers and a parent to participate together in basic gymnastics while interacting with others. Participants will develop their basic motor skills, confidence, balance, coordination, and social interaction in a fun-filled, positive atmosphere. Wear comfortable clothes

or a leotard with no snaps, zippers, or buttons. Participants should be walking independently

INSTRUCTOR: Poway Gymnastics

LOCATION: Poway Gymnastics: 12850 Brookprinter Place

NO CLASS: May 25 & 27

CLASS #	DAY	TIME	DATES	R/NR FEE
1004.400	TH	10:45-11:15am	Mar 30-Jun 15	\$161/\$171*
1004.401	SA	8:30-9:00am	Apr 1-Jun 17	\$161/\$171*

*\$10 materials fee due on the first day of class



SOCCER SHOTS MINIS

AGES 2-3

This high-energy program introduces children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active. All participants will receive an Adidas Soccer Shots jersey for their participation!

INSTRUCTOR: Soccer Shots

LOCATION: Community Park, Open Play Area

NO CLASS: Apr 15

CLASS #	DAY	TIME	DATES	R/NR FEE
1003.400	SA	9:00-9:30am	Apr 1-Jun 10	\$126/\$136*

*\$25 materials fee due on the first day of class

SOCCER SHOTS CLASSIC

AGES 3-6

Using imaginative games, we'll focus on basic soccer skills like dribbling, passing, and shooting while highlighting positive character trait such as respect, teamwork, and appreciation. Soccer Shots will introduce your child to the fun of soccer and provide the foundation needed to get started in the sport. All participants will receive an Adidas Soccer Shots jersey!

INSTRUCTOR: Soccer Shots

LOCATION: Community Park, Open Play Area

NO CLASS: Apr 15

CLASS #	DAY	TIME	DATES	R/NR FEE
1003.401	SA	9:35-10:20am	Apr 1-Jun 10	\$126/\$136*

*\$25 materials fee due on the first day of class

Creative Arts

MUSICSTAR® BEGINNING PIANO/KEYBOARD AGES 8-15



Did you know that music classes contribute to a healthier and longer life? They can also aid in child development and improve academic achievement. Learn how to play basic piano chords and simple melodies in a fun, group class setting! No music experience is necessary. All instruments are provided for class use.

INSTRUCTOR: Creative Brain Learning Staff

LOCATION: Old Poway Park, Great Room

CLASS #	DAY	TIME	DATES	R/NR FEE
4001.400	M	5:00-5:50pm	Apr 3-May 8	\$66/\$76*

*\$20 materials fee due on the first day of class

Kid's Night Out

KID'S NIGHT OUT GRADES 1-5

Kid's Night Out is a win-win for everyone! Parents, take the night off because Kid's Night Out is all about the kids. Offered every first Friday of the month during the school year, kids in grades 1st-5th will enjoy a themed night of recreation games, arts and crafts, special presenters, movies, and so much more. It's not your average night... its Kid's Night Out! Registration is required.

INSTRUCTOR: Community Park Staff

LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATES	FEE
1100.400	F	4:30-9:00pm	Apr 7	\$5
1100.401	F	4:30-9:00pm	May 5	\$5
1100.402	F	4:30-9:00pm	Jun 2	\$5



Teen Activities

TEEN GLOW-IN-THE-DARK EGG HUNT GRADES 6-9

When is an egg hunt not just an egg hunt? When it's a slammin' jammin' GLOW-IN-THE-DARK egg hunt! Join the quest for over one thousand glow-in-the-dark eggs filled with candy, kickin' gift cards, and tons of boss prizes. Don't miss out on the fun-bring your friends and get your hunt on! Register early; space is limited.

For more information or to register, please call (858) 668-4671.

INSTRUCTOR: Community Park Staff

LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATE	FEE
	SA	5:00-9:00pm	Apr 22	Free

TEEN CAMPOUT GRADES 6-9

Grab those sleeping bags and bring on the PJs; it's time for an overnight adventure at Community Park! Challenge your friends in one of our ridiculously-awesome, night-time games, craft your next masterpiece, swap spooky ghost stories by the campfire, or scarf down gooey s'mores. It's THE campout you and your friends will be talking about! Register early; space is limited.

For more information or to register, please call (858) 668-4671.

INSTRUCTOR: Community Park Staff

LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATE	FEE
	F-SA	6:00pm-8:00am	May 19-20	Free



TEEN EXCURSION: DISNEYLAND GRADES 6-9

Calling all Mouseketeers! School's out and it's time to celebrate! And what better place to start your summer than at Disneyland! With big thrills, Big Thunder Mountain, and BIG fun - you're not going to want to miss out on one magical second! Admission, transportation, and breakfast are included. Register early; space is limited.

INSTRUCTOR: Community Park Staff

DROP OFF & PICK UP: Community Park

CLASS #	DAY	TIME	DATE	FEE
1200.400	F	8:00am-11:00pm	Jun 9	\$60

Hey Teens! Check out Page 6 for a new fitness class just for you!

Dance

For Ms. Debbona's and Ms. Kellie's classes

Due to preparations for our annual dance recital, no new dance students will be accepted during the spring session for the following classes: Dance for Children, Tap and Ballet, Dance Production, Princess Ballet, Lyrical for Teens, and Fun 'n Funky Jazz. Only continuing students may re-enroll. Parent watching days are the last class of each month.

Missed the Winter/Spring session? Be sure to check page 15 for upcoming summer dance camps!

Don't miss the 28th Annual Dance Recital on June 13 and 14 at 6:30pm at the Poway Center for the Performing Arts!

Tickets are available at the door, prior to each show.

For more information:

www.MsDebborasDanceForChildren.com

TAP DANCE FOR ADULTS

AGES 18+

Come learn the exciting art of tap dance, no experience needed! Get your body moving in this music-filled, low-impact, toe-tapping class! Learn some new skills, meet new friends, and spend an hour just for you! Tap shoes are required.



INSTRUCTOR: Debbona Childress:
MsDebborasDanceForChildren.com

LOCATION: Community Park, Auditorium

NO CLASS: Apr 11 & May 16

CLASS #	DAY	TIME	DATES	R/NR FEE
3000.400	TU	6:30-7:15pm	Mar 28-Jun 6	\$98/\$108

BEAT BREAKERS & HIP HOP

AGES 4-12



This fun, high-energy hip hop and breakdancing class will definitely have you movin' to the beats. Learn to let loose while developing confidence, coordination, and listening skills. No need to be intimidated... this class is great for those who want to enhance their creativity.

All music and moves are age appropriate. All participants are invited to join our annual recital on June 10.

INSTRUCTOR: Dance to EvOLvE: dancetoevolve.com

LOCATION: Old Poway Park, Templars Hall

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
BEAT BREAKERS					
3002.400	4-7	W	3:55-4:50pm	Mar 29-May 3	\$98/\$108
3002.401	4-7	W	3:55-4:50pm	May 10-Jun 14	\$98/\$108
3002.402	4-7	W	3:55-4:50pm	Mar 29-Jun 14	\$177/\$197
HIP HOP					
3002.403	8-12	W	4:55-5:50pm	Mar 29-May 3	\$98/\$108
3002.404	8-12	W	4:55-5:50pm	May 10-Jun 14	\$98/\$108
3002.405	8-12	W	4:55-5:50pm	Mar 29-Jun 14	\$177/\$197



Open Play Sports

OPEN PLAY SPORTS

ALL AGES

The City of Poway operates two gymnasiums that provide a variety of activities for youth and adults. Open play basketball, volleyball, badminton, and pickleball are available during the week for your recreation needs at no charge.

During the months of April, May, and through June 18, free open gym times are as follows:

Twin Peaks Multipurpose Center

14640 Tierra Bonita Road
(858) 668-4599

FRIDAY	OPEN GYM HOURS	FEE
Open Badminton	6:00-9:00pm	Free
SATURDAY	OPEN GYM HOURS	FEE
Open Pickleball	2:30-5:30pm	Free
Open Badminton	6:00-9:00pm	Free
SUNDAY	OPEN GYM HOURS	FEE
Open Volleyball	6:00-9:00pm	Free

Meadowbrook Gymnasium

12320 Meadowbrook Lane
(858) 668-4598

TUESDAY	OPEN GYM HOURS	FEE
Open Basketball	6:00-9:00pm	Free
WEDNESDAY	OPEN GYM HOURS	FEE
Open Basketball	6:00-9:00pm	Free
SUNDAY	OPEN GYM HOURS	FEE
Open Adult Basketball	8:00-11:00am	Free
Open Basketball	11:00am-2:00pm	Free

Hours are subject to change without notice. For current operating hours, please visit our website at poway.org/gyms.

Special Needs

BOWLING

AGES 13+

This class provides unlimited fun for everyone! Awards and a party will conclude the last class. If your participant needs one-to-one attention, has behavioral issues, or special needs, please provide a description to the instructor. Depending on the circumstances, an aide may be required. All participants must be picked up by 3:30pm.

INSTRUCTOR: Sarah Gana-D'Agostino

LOCATION: Poway Fun Bowl: 12941 Poway Road

CLASS #	DAY	TIME	DATES	R/NR FEE
8000.400	F	1:30-3:30pm	Mar 31-Jun 9	\$40/\$50*

*An \$8 class fee is collected at the bowling alley each week

Safety Training

CPR/AED/FIRST AID

AGES 11+

For the Adult/Child/Infant

Participants will be able to recognize and respond appropriately to medical emergencies and successfully give immediate care to a suddenly injured or ill person until medical personnel arrive. Participants will receive ready-reference information and an American Red Cross CPR/AED/First Aid certification card valid for two years.

INSTRUCTOR: American Red Cross Instructor, Blythe Paley

LOCATION: Community Park, Nutrition Room

CLASS #	DAY	TIME	DATES	R/NR FEE
7000.400	W	6:00-8:30pm	Mar 15	\$55/\$65*
	TH	6:00-8:30pm	Mar 16	

*Materials fee due on the first day of class, choose from:

- \$40 for the CPR/AED & First Aid Certification
- \$33 to be certified for either the CPR/AED, OR First Aid
- \$4 if NOT being certified (for information only)

BABYSITTER'S TRAINING & CPR/FIRST AID

AGES 11-18

This American Red Cross course will develop your skills in leadership, professionalism, responsibility, child development, safety, and responding to emergencies. Participants will obtain an American Red Cross card with no expiration date, as well as a certification in Pediatric CPR and First Aid valid for two years. Bring a lunch and large doll or stuffed animal to class.

INSTRUCTOR: American Red Cross Instructor, Blythe Paley

LOCATION: Community Park, Activity Rooms I & II

CLASS #	DAY	TIME	DATES	R/NR FEE
7000.401	SA	8:00am-12:00pm	May 6	\$65/\$75*
	SA	8:00am-12:00pm	May 13	

*\$42 materials fee due on the first day of class

Dog Obedience Training

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

OBEEDIENCE CLASSES

DOGS 12 WEEKS+



Obedience classes are the best thing you can do for you and your dog! Basic commands will be taught in the Beginning class along with walking politely on a leash. As the classes advance, your dog will work toward obtaining a Canine Good Citizen Certification in the Intermediate class, and eventually learn to behave off-leash in Advanced training.

INSTRUCTOR: Good Dog Training School, Lynne Moore

Beginning

LOCATION: TU: Old Poway Park, Green Park
SA: Garden Road Park

CLASS #	DAY	TIME	DATES	R/NR FEE
9000.400	TU	6:30-7:30pm	Mar 28-May 2	\$95/\$105*
9000.401	SA	9:30-10:30am	Apr 1-May 6	\$95/\$105*
9000.402	TU	6:30-7:30pm	May 9-Jun 13	\$95/\$105*
9000.403	SA	9:30-10:30am	May 13-Jun 17	\$95/\$105*

*\$25 material fees due on the first day of class

Intermediate

LOCATION: Garden Road Park

CLASS #	DAY	TIME	DATES	R/NR FEE
9000.404	SA	10:45-11:45am	Apr 1-May 6	\$95/\$105
9000.405	SA	10:45-11:45am	May 13-Jun 17	\$95/\$105

Advanced

LOCATION: Community Park, Dog Park: Pen 2

CLASS #	DAY	TIME	DATES	R/NR FEE
9000.406	W	6:30-7:30pm	Mar 29-May 3	\$95/\$105
9000.407	W	6:30-7:30pm	May 10-Jun 14	\$95/\$105



Health & Wellness

NEW! PILATES BACK CARE

AGES 18+

Participants will gain an understanding of the principles of Pilates in a safe and fun environment leading to increased mobility and strength in the spine and throughout the body. We'll use the Pilates Reformer to support and strengthen your back and body not only in the Pilates environment, but in your daily life. All fitness levels are welcome.

INSTRUCTOR: Poway Pilates, Timmerie Millington

LOCATION: Poway Pilates: 14031 Midland Road

CLASS #	DAY	TIME	DATES	R/NR FEE
2003.400	W	3:30-4:20pm	Mar 29-May 3	\$84/\$94
2003.401	W	3:30-4:20pm	May 10-Jun 14	\$84/\$94

NEW! PILATES FUSION

AGES 18+

A contemporary Pilates approach that incorporates the Mat, MOTR (More Than A Roller), Barre, and Pilates equipment. This fun, challenging class focuses on movement and flexibility through the spine, as well as core strength and a whole body workout.

INSTRUCTOR: Poway Pilates, Timmerie Millington

LOCATION: Poway Pilates: 14031 Midland Road

CLASS #	DAY	TIME	DATES	R/NR FEE
2003.402	F	10:30-11:20am	Mar 31-May 5	\$84/\$94
2003.403	F	10:30-11:20am	May 12-Jun 16	\$84/\$94

NEW! TWEEN & TEEN PILATES

AGES 10-17

Teens - your family and friends will notice your increased strength and self-confidence! This fun, challenging class focuses on movement and flexibility through the spine, as well as core strength and a whole body workout.

INSTRUCTOR: Poway Pilates, Timmerie Millington

LOCATION: Poway Pilates: 14031 Midland Road

NO CLASS: May 29

CLASS #	DAY	TIME	DATES	R/NR FEE
2003.404	M	3:45-4:30pm	Mar 27-Apr 24	\$70/\$80
2003.405	M	3:45-4:30pm	May 1-Jun 5	\$70/\$80

AQUA ZUMBA®

AGES 16+

Integrating both Zumba and traditional aqua fitness techniques, Aqua Zumba blends it all together! This safe, challenging, workout will be cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Only your mid-chest is submerged in the water, so there is no requirement to know how to swim. Water shoes are encouraged. Pool is heated to 82 degrees.

INSTRUCTOR: Julie Clemmons

LOCATION: Community Swim Center

CLASS #	DAY	TIME	DATES	R/NR FEE
2002.400	W	6:00-7:00pm	Mar 29-May 31	\$85/\$95

YOGAZANDER/BEGINNING GENTLE YOGA

AGES 17+

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

INSTRUCTOR: Cheri Hotalen

LOCATION:

W: Old Poway Park, Great Room

TH: Old Poway Park, Templars Hall

NO CLASS: Apr 27 & May 25

CLASS #	DAY	TIME	DATES	R/NR FEE
2000.402	W	6:00-7:30pm	Mar 29-Apr 26	\$65/\$75
2000.403	TH	10:00-11:30am	Mar 30-May 4	\$65/\$75
2000.404	TH	10:00-11:30am	May 11-Jun 15	\$65/\$75

TAI CHI 24-FORMS

AGES 17+

Tai Chi Chuan is proven to be one of the most effective exercises to improve health, fitness, and relaxation. This class is for Tai Chi students of all levels. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

INSTRUCTOR: Cheri Hotalen

LOCATION: Old Poway Park, Templars Hall

NO CLASS: Apr 28, May 26 & 29

CLASS #	LEVEL	DAY	TIME	DATES	R/NR FEE
2000.400	Beg	F	10:00-11:30am	Apr 14-Jun 16	\$95/\$105
2000.401	Int	M	7:15-8:00pm	Apr 17-Jun 12	\$55/\$65

BEGINNING 18-FORM TAI CHI

AGES 17+

Learn and practice the beautiful WuDang 18-Form Taiji. This graceful moving meditation develops skills for healthy living; including, improved breathing, posture, balance, circulation, and coordination. These benefits strengthen body, mind, and spirit to create profound health and wellbeing. Wear comfortable clothing, flat-soled shoes or socks, and bring water.

INSTRUCTOR: Cheri Hotalen

LOCATION: Old Poway Park, Templars Hall

NO CLASS: May 29

CLASS #	DAY	TIME	DATES	R/NR FEE
2000.405	M	6:00-7:15pm	Apr 17-Jun 12	\$95/\$105



Sports

INTRO TO SKATEBOARDING

AGES 6-13

This beginner's class is designed to help build balance, confidence, and coordination. Students will learn the fundamentals of riding, skateboarding safety, and early trick development. All participants MUST have a helmet, elbow pads, and knee pads each class. Bring a skateboard or contact the instructor for options prior to the first class.

INSTRUCTOR: SD Skate Life
Andrew Barbosa: Andrew@sdskatelife.com

LOCATION: Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.401	W	5:00-6:00pm	Mar 29-May 3	\$80/\$90
6004.402	W	5:00-6:00pm	May 10-Jun 14	\$80/\$90

INTERMEDIATE/ADVANCED SKATEBOARDING

AGES 6-13

Participants will develop flowing runs, focus on the principles of getting air, flip tricks, and grinding, meet professionals, and participate in mock competitions. Participants must have at least one year of experience OR have participated in the Intro Skateboarding Class before enrolling. All participants MUST have a helmet, elbow pads, and knee pads each class. Bring a skateboard or contact the instructor for options prior to the first class.

INSTRUCTOR: SD Skate Life
Andrew Barbosa: Andrew@sdskatelife.com

LOCATION: Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.403	W	4:00-5:00pm	Mar 29-May 3	\$80/\$90
6004.404	W	4:00-5:00pm	May 10-Jun 14	\$80/\$90

LEARN TO ICE SKATE

AGES 3-17



Participants of all ages and abilities will have fun while acquiring basic ice skating skills, such as: marching, falling, getting up, swizzles, glides, stroking, and backward skating. Whether your desire is to master basic skating skills, or go on to play ice hockey, or figure skate, this class will certainly get you there!

INSTRUCTOR: Poway Ice Arena
LOCATION: Poway Ice Arena: 12455 Kerran St. #100

CLASS #	DAY	TIME	DATES	R/NR FEE
6013.400	W	4:30-5:00pm	Mar 29-Apr 19	\$75/\$85
6013.401	W	4:30-5:00pm	Apr 26-May 17	\$75/\$85
6013.402	W	4:30-5:00pm	May 24-Jun 14	\$75/\$85

YOUTH/TEEN TAEKWONDO & KARATE

AGES 5-15

This program is designed to help participants develop respect, self-control, and discipline while building confidence through self-defense skills. We'll learn Taekwondo kicks, blocks, and punches while incorporating Hapkido (joint locking techniques). A white taekwondo uniform is required and may be purchased from the instructor for \$20. Attend the first day of class for free! Liability waiver required.



INSTRUCTOR: Master Wolpert
(858) 748-1333
LOCATION: Community Park, Bill Bond Hall I
NO CLASS: May 29

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6001.400	5-8	M/W/F	5:00-6:00pm	Mar 27-Jun 9	\$89/\$99
6001.401	9-15	M/W/F	6:00-7:00pm	Mar 27-Jun 9	\$89/\$99

ADULT TAEKWONDO & KARATE

AGES 16+

This program is designed to help men and women of all ages develop strength, speed, coordination, endurance, and confidence. We'll learn Taekwondo blocks, kicks, and punches while incorporating Hapkido (joint locking techniques). A white taekwondo uniform is required and may be purchased from the instructor for \$20. Attend the first day of class for free! Liability waiver required.

INSTRUCTOR: Master Wolpert: (858) 748-1333
LOCATION: Community Park, Bill Bond Hall I
NO CLASS: May 29

CLASS #	DAY	TIME	DATES	R/NR FEE
6001.402	M/W/F	6:00-7:00pm	Mar 27-Jun 9	\$89/\$99

GIRLS BASKETBALL

AGES 9-14

This league is designed to provide an exciting balance of instruction and friendly competition. Coaches will run drills and provide skill training to prepare participants for 3-on-3, full-court, recreation games. Previous experience is always helpful, but not necessary to have a great time! Players will be divided according by age and skill level.

INSTRUCTOR: Paul Dekker: dekker@yahoo.com
LOCATION: Twin Peaks Multipurpose Center
NO CLASS: May 17

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6000.400	9-12	W	5:30-7:00pm	Mar 29-Jun 14	\$55/\$65
6000.401	10-14	W	7:00-8:30pm	Mar 29-Jun 14	\$55/\$65

YOUTH VOLLEYBALL**AGES 9-14**

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

INSTRUCTOR: David Claycomb**LOCATION:** Meadowbrook Gymnasium**NO CLASS:** Apr 3

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6002.400	9-12	M	5:30-6:30pm	Mar 27-May 22	\$55/\$65
6002.401	12-14	M	6:30-7:30pm	Mar 27-May 22	\$55/\$65

TENNIS: BEGINNER**AGES 5-15**

Beginning tennis skills are taught in this class. These skills include: forehand and backhand groundstrokes, 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 Christophiades**LOCATION:** Community Park, Tennis Courts

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6003.400	8-15	TU/TH	4:00-5:00pm	Mar 28-Apr 27	\$75/\$85*
6003.401	8-15	TU/TH	4:00-5:00pm	May 9-Jun 8	\$75/\$85*
6003.402	5-7	SA	9:00-10:00am	Apr 1-Apr 29	\$45/\$55*
6003.403	5-7	SA	9:00-10:00am	May 13-Jun 10	\$45/\$55*
6003.404	8-15	SA	10:00-11:00am	Apr 1-Apr 29	\$45/\$55*
6003.405	8-15	SA	10:00-11:00am	May 13-Jun 10	\$45/\$55*

*\$5 materials fee due on the first day of class

TENNIS: INTERMEDIATE**AGES 8-15**

Intermediate participants will be incorporating advanced techniques while fine-tuning beginning strokes. Participants will refine their topspin, forehand, and backhand groundstrokes, conventional volleys, serving techniques, 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 court etiquette.

INSTRUCTOR: Art Christophiades**LOCATION:** Community Park, Tennis Courts

CLASS #	DAY	TIME	DATES	R/NR FEE
6003.406	TU/TH	5:00-6:00pm	Mar 28-Apr 27	\$75/\$85*
6003.407	TU/TH	5:00-6:00pm	May 9-Jun 8	\$75/\$85*
6003.408	SA	11:00am-12:00pm	Apr 1-Apr 29	\$45/\$55*
6003.409	SA	11:00am-12:00pm	May 13-Jun 10	\$45/\$55*

*\$5 materials fee due on the first day of class

TENNIS: ADVANCED JUNIORS**AGES 8-17**

Tennis enthusiasts will enhance their ability level by focusing on forehand and backhand groundstroke drills, volley drills, serving drills, and overhead smash drills. The class includes singles and doubles play, and strategy. The class is preparing participants for tournaments, league play, and high school teams. Advanced class placement determined by instructor.

INSTRUCTOR: Art Christophiades**LOCATION:** Community Park, Tennis Courts

CLASS #	DAY	TIME	DATES	R/NR FEE
6003.410	M/W	4:00-5:30pm	Mar 27-Apr 26	\$90/\$100*
6003.411	M/W	4:00-5:30pm	May 8-Jun 7	\$90/\$100*

*\$5 materials fee due on the first day of class

NEW! 5-ON-5 BASKETBALL LEAGUE**AGES 18+**

Teams of up to 8 players are invited to join us for some exciting, friendly 5-on-5 basketball competition! Games are played on a full court with two professional officials, a scorekeeper, and a timer. Start times will vary each week between 6:00pm and 8:00pm. Limited spots available, so grab your friends and sign-up now!

INSTRUCTOR: New Era Basketball League:
Newerabasketballleague.com**LOCATION:** Meadowbrook Gym

CLASS #	DAY	TIME	DATES	FEE
6007.400	TH	6:00-9:00pm	Apr 6-Jun 8	\$300/team*

*A referee's fee of \$36 per team (cash) will be collected prior to each game

ADULT VOLLEYBALL**AGES 16+**

All players are divided into divisional four-person teams on the first night. This is followed by seven weeks of league play and a championship tournament night on the ninth week beginning at 6:00pm. Referees, roster/schedules, and prizes are included. New players must attend the starting orientation night. Intermediate and Women's: past volleyball experience is strongly recommended. Advanced: past league experience is required.

INSTRUCTOR: Dick Leatherman**LOCATION:** Twin Peaks Multipurpose Center**NO CLASS:** May 29**Coed Intermediate**

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
6005.400	Men's	TH	6:30-9:30pm	Apr 6-Jun 1	\$70/\$80
6005.401	Women's	TH	6:30-9:30pm	Apr 6-Jun 1	\$70/\$80

Coed Advanced

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
6005.402	Men's	TU	6:30-9:30pm	Apr 4-May 30	\$70/\$80
6005.403	Women's	TU	6:30-9:30pm	Apr 4-May 30	\$70/\$80

Women's

CLASS #	DAY	TIME	DATES	R/NR FEE
6005.404	M	6:30-9:30pm	Apr 10-Jun 12	\$70/\$80

Swim Classes



Swim Lesson Assessments

Make an appointment to have a free swim lesson assessment. It is highly recommended for determining the correct placement level for participants.

INFORMATION: (858) 668-4680

Swim Lesson Registration

Please note the age, skill level requirements, and times for each class. You can register online or in person at City Hall. If you are unsure which level to enroll in, skill assessments are available by appointment. Students 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 (858) 668-4683 prior to the start of the class to ensure that you are not dropped.

Waitlists

Can't find space in the class you're looking for? Contact us: (858) 668-4680 or e-mail: swimwaitlist@poway.org to be placed on a waitlist at no charge. Please include: participant's name, age, class activity number, and phone number. We will contact you if space becomes available.

PARENT & CHILD AGES 6-23 MONTHS

Introduces your child to the water and basic water skills. Parents must accompany their children in the water. Does not teach children to be accomplished swimmers or survival skills.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0010.410	M/W	4:20-4:50pm	April 10-26	\$39/\$49
Session 2				
0010.440	TU/TH	6:00-6:30pm	May 9-25	\$39/\$49

PLEASE NOTE: *There will be no classes on Monday, May 29.

PREGRUNION AGE 2

Designed for young children who are ready to begin learning basic swimming skills, but not ready to participate without their parents. Skills introduced are water entry, breath control, floats, and beginning swim stroke. Parents must accompany their children in the water.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0020.420	TU/TH	5:10-5:50pm	April 11-May 4	\$52/\$62
Session 2				
0020.440	TU/TH	3:30-4:10pm	May 9-June 1	\$52/\$62

GRUNION 1 AGES 3-4

A beginning class for children with limited or no swimming experience to become comfortable in the water. Skills range from submerging underwater, front and back floats, front and back kicking, and beginning swim stroke.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0101.410	M/W	3:30-4:10pm	April 10-May 3	\$52/\$62
0101.411	M/W	4:20-5:00pm	April 10-May 3	\$52/\$62
0101.412	M/W	5:10-5:50pm	April 10-May 3	\$52/\$62
0101.420	TU/TH	3:30-4:10pm	April 11-May 4	\$52/\$62
0101.421	TU/TH	4:20-5:00pm	April 11-May 4	\$52/\$62
0101.422	TU/TH	6:00-6:40pm	April 11-May 4	\$52/\$62
Session 2				
0101.430	M/W	3:30-4:10pm	May 8-May 31*	\$45/\$55
0101.431	M/W	4:20-5:00pm	May 8-May 31*	\$45/\$55
0101.432	M/W	5:10-5:50pm	May 8-May 31*	\$45/\$55
0101.440	TU/TH	3:30-4:10pm	May 9-June 1	\$52/\$62
0101.441	TU/TH	4:20-5:00pm	May 9-June 1	\$52/\$62

GRUNION 2 AGES 3-5

Introductory class for children who have successfully completed the Grunion 1 class or who are very comfortable in the water. Reinforces basic swim skills learned in Grunion 1, with a greater emphasis on independence.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0102.410	M/W	3:30-4:10pm	April 10-May 3	\$52/\$62
0102.411	M/W	4:20-5:00pm	April 10-May 3	\$52/\$62
0102.412	M/W	6:00-6:40pm	April 10-May 3	\$52/\$62
0102.420	TU/TH	3:30-4:10pm	April 11-May 4	\$52/\$62
0102.421	TU/TH	4:20-5:00pm	April 11-May 4	\$52/\$62
0102.422	TU/TH	5:10-5:50pm	April 11-May 4	\$52/\$62
0102.423	TU/TH	6:00-6:40pm	April 11-May 4	\$52/\$62
Session 2				
0102.430	M/W	3:30-4:10pm	May 8-May 31*	\$45/\$55
0102.431	M/W	4:20-5:00pm	May 8-May 31*	\$45/\$55
0102.432	M/W	6:00-6:40pm	May 8-May 31*	\$45/\$55
0102.440	TU/TH	3:30-4:10pm	May 9-June 1	\$52/\$62
0102.441	TU/TH	4:20-5:00pm	May 9-June 1	\$52/\$62
0102.442	TU/TH	5:10-5:50pm	May 9-June 1	\$52/\$62

GRUNION 3**AGES 3-5**

Designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasized skills include front and back crawl. Students should feel comfortable in at least four feet of water.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0103.410	M/W	3:30-4:10pm	April 10-May 3	\$52/\$62
0103.420	TU/TH	4:20-5:00pm	April 11-May 4	\$52/\$62
0103.421	TU/TH	6:00-6:40pm	April 11-May 4	\$52/\$62
Session 2				
0103.430	M/W	3:30-4:10pm	May 8-May 31*	\$45/\$55
0103.440	TU/TH	4:20-5:00pm	May 9-June 1	\$52/\$62

OTTER PUP**AGES 3-5**

This class is for swimmers that are ready to move on to the Otter level, but are not old enough. Focuses on improving technique, increased endurance of front and back crawl, and side breathing. Students must be proficient in all Grunion 3 skills to enroll.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0104.410	M/W	5:10-5:50pm	April 10-May 3	\$52/\$62
Session 2				
0104.430	M/W	5:10-5:50pm	May 8-May 31*	\$45/\$55
0104.440	TU/TH	4:20-5:00pm	May 9-June 1	\$52/\$62

**STARFISH****AGES 6-12**

Designed for older swimmers with limited or no swimming experience to gain confidence in the water. Students will learn fundamentals of submerging, floating, kicking, and swim strokes. Orientation to four feet of water is also introduced.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0201.410	M/W	4:20-5:00pm	April 10-May 3	\$52/\$62
0201.411	M/W	5:10-5:50pm	April 10-May 3	\$52/\$62
0201.420	TU/TH	3:30-4:10pm	April 11-May 4	\$52/\$62
0201.421	TU/TH	6:00-6:40pm	April 11-May 4	\$52/\$62
Session 2				
0201.430	M/W	4:20-5:00pm	May 8-May 31*	\$45/\$55
0201.440	TU/TH	5:10-5:50pm	May 9-June 1	\$52/\$62

PLEASE NOTE: *There will be no classes on Monday, May 29.

SEAHORSE**AGES 6-12**

This class is for older 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 four feet of water.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0202.410	M/W	5:10-5:50pm	April 10-May 3	\$52/\$62
0202.420	TU/TH	4:20-5:00pm	April 11-May 4	\$52/\$62
Session 2				
0202.430	M/W	4:20-5:00pm	May 8-May 31*	\$45/\$55
0202.431	M/W	6:00-6:40pm	May 8-May 31*	\$45/\$55
0202.440	TU/TH	5:10-5:50pm	May 9-June 1	\$52/\$62

OTTER**AGES 6-14**

This class improves technique, promotes self-proficiency, and increases endurance of front crawl and back crawl. Additionally, focuses on side-breathing, passing the Swim Test, and introduces the deep end.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0203.410	M/W	5:10-5:50pm	April 10-May 3	\$52/\$62
0203.420	TU/TH	4:20-5:00pm	April 11-May 4	\$52/\$62
Session 2				
0203.430	M/W	4:20-5:00pm	May 8-May 31*	\$45/\$55
0203.431	M/W	6:00-6:40pm	May 8-May 31*	\$45/\$55
0203.440	TU/TH	5:10-5:50pm	May 9-June 1	\$52/\$62
0203.441	TU/TH	6:00-6:40pm	May 9-June 1	\$52/\$62

SEAL**AGES 6-15**

Takes place in 11-12 feet of water. Must be able to swim 15 yards of front crawl with side breathing, back crawl, and elementary backstroke. Skills introduced are butterfly and breaststroke kick, diving from the side of the pool, and continued emphasis on stroke efficiency.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0204.410	M/W	6:00-6:40pm	April 10-May 3	\$52/\$62
0204.420	TU/TH	5:10-5:50pm	April 11-May 4	\$52/\$62
Session 2				
0204.430	M/W	5:10-5:50pm	May 8-May 31*	\$45/\$55
0204.431	M/W	6:00-6:40pm	May 8-May 31*	\$45/\$55
0204.440	TU/TH	6:00-6:40pm	May 9-June 1	\$52/\$62

STINGRAY**AGES 6-15**

This class continues to develop technique and endurance of front crawl, back crawl, and elementary backstroke in 11-12 feet of water. Introduced skills are breaststroke, sidestroke, and diving.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0205.410	M/W	6:00-6:40pm	April 10-May 3	\$52/\$62
0205.420	TU/TH	6:50-7:30pm	April 11-May 4	\$52/\$62
Session 2				
0205.430	M/W	6:00-6:40pm	May 8-May 31*	\$45/\$55

DOLPHIN AGES 6-15

Focuses on stroke refinement and increased swimming endurance. Proficiency in front crawl with side breathing, back crawl, elementary backstroke, sidestroke, and breaststroke are expected. New skills introduced are butterfly and flip turns.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0206.410	M/W	6:50-7:30pm	April 10-May 3	\$52/\$62
0206.420	TU/TH	6:50-7:30pm	April 11-May 4	\$52/\$62
Session 2				
0206.430	M/W	6:50-7:30pm	May 8-May 31*	\$45/\$55
0206.440	TU/TH	6:50-7:30pm	May 9-June 1	\$52/\$62

SWORDFISH AGES 6-15

Develop skill proficiency and continue to progress towards swimming greater distances in all strokes. Participants are expected to swim at least 50 yards without stopping prior to taking this class.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 2				
0207.430	M/W	6:50-7:30pm	May 8-May 31*	\$45/\$55
0207.440	TU/TH	6:50-7:30pm	May 9-June 1	\$52/\$62

ADULT BEGINNER AGES 16+

It's never too late to learn to swim! For adults who desire to become confident in the water and learn basic swimming skills.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0301.410	M/W	6:50-7:30pm	April 10-May 3	\$52/\$62
0301.420	TU/TH	6:50-7:30pm	April 11-May 4	\$52/\$62
Session 2				
0301.430	M/W	6:50-7:30pm	May 8-May 31*	\$45/\$55

ADULT INTERMEDIATE AGES 16+

For adults who are comfortable in the water and have basic swimming skills. Focuses on increased endurance, stroke refinement, and improvement.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0302.410	M/W	6:50-7:30pm	April 10-May 3	\$52/\$62
Session 2				
0302.440	TU/TH	6:50-7:30pm	May 9-June 1	\$52/\$62

PRIVATE LESSONS ALL AGES

Private lessons are tailored to the individual's ability and desired skills. Must register for a minimum of four classes. Lessons are 30 minutes each. Registration takes place in person at the Swim Center and is available on a first-come, first-serve basis. Children under the age of three may be required to have an adult in the water.

INFORMATION: (858) 668-4680

DAY	R/NR FEE
M-SA	\$26/\$36 per lesson

PLEASE NOTE: *There will be no classes on Monday, May 29.

SUMMER CAMP PREVIEW

Registration starts April 11 at 7:30am

LAKE POWAY DAY CAMP AGES 6-12

At Lake Poway Day Camp, we help your child make new friends and create lifelong memories. Each week campers will have the opportunity to go boating, fishing, hiking, swimming, create arts and crafts, play games, attend a variety of exciting field trips, and explore the great outdoors! Extended care is available from 4:00pm to 5:30pm, free of charge.

INFORMATION: poway.org/daycamp or (858) 668-4776

CLASS #	DAY	TIME	DATES	R/NR FEE
2934.100	M-F	8:00am-4:00pm	Jun 12-16	\$125/\$135
2934.101	M-F	8:00am-4:00pm	Jun 19-23	\$125/\$135
2934.102	M-F	8:00am-4:00pm	Jun 26-30	\$125/\$135
2934.103	W-F	8:00am-4:00pm	Jul 5-Jul 7	\$75/\$85
2934.104	M-F	8:00am-4:00pm	Jul 10-14	\$125/\$135
2934.105	M-F	8:00am-4:00pm	Jul 17-21	\$125/\$135
2934.106	M-F	8:00am-4:00pm	Jul 24-28	\$125/\$135
2934.107	M-F	8:00am-4:00pm	Jul 31-Aug 4	\$125/\$135
2934.108	M-F	8:00am-4:00pm	Aug 7-11	\$125/\$135

LAKE POWAY DAY CAMP CIT AGES 13-17

The Lake Poway Day Camp Counselor in Training (CIT) program gives teens the opportunity to build their leadership and communication skills while having a blast at camp! Each week our CIT's will be leading the campers in boating, fishing, hiking, swimming, create arts and crafts, play games, and attend a variety of exciting field trips! Extended care is available from 4:00pm to 5:30pm, free of charge.

INFORMATION: poway.org/daycamp or (858) 668-4776

CLASS #	DAY	TIME	DATES	R/NR FEE
2935.100	M-F	8:00am-4:00pm	Jun 12-16	\$52/\$62
2935.101	M-F	8:00am-4:00pm	Jun 19-23	\$52/\$62
2935.102	M-F	8:00am-4:00pm	Jun 26-30	\$52/\$62
2935.103	W-F	8:00am-4:00pm	Jul 5-Jul 7	\$32/\$42
2935.104	M-F	8:00am-4:00pm	Jul 10-14	\$52/\$62
2935.105	M-F	8:00am-4:00pm	Jul 17-21	\$52/\$62
2935.106	M-F	8:00am-4:00pm	Jul 24-28	\$52/\$62
2935.107	M-F	8:00am-4:00pm	Jul 31-Aug 4	\$52/\$62
2935.108	M-F	8:00am-4:00pm	Aug 7-11	\$52/\$62

Sports Camps

INTRODUCTION TO FENCING

AGES 6-14



En Guared! Ready? Fence! Team Touche's fencing camp is a week of fun and engaging lessons in fencing that are sure to strengthen muscle and develop speed as participants learn to swing, carve, and strike with child-friendly fencing equipment - provided for in-class use. Please wear closed-toed shoes to camp.

INSTRUCTOR: Team Touche Instructor, Theodore Padgitt

LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
6006.100	M-F	9:00am-12:00pm	Jun 26-Jun 30	\$185/\$195
6006.101	M-F	9:00am-12:00pm	Jul 31-Aug 4	\$185/\$195

SPIRITKIDS SPORTS GYMNASTICS

AGES 4-12

SpiritKids Sports invites you to join them for a week of gymnastics, bar, tumbling, and most of all, FUN! This camp is designed to improve flexibility, strength, coordination and body awareness through gymnastics and tumbling skills, all while building self-esteem! Participants are guided through tumbling, the vault, and balance beam at their individual skill level.

INSTRUCTOR: SpiritKids Sports

LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
6010.100	M-F	9:00am-12:00pm	Jun 12-Jun 16	\$155/\$165
6010.101	M-F	1:00-4:00pm	Jul 17-Jul 21	\$155/\$165

ICE SKATING

AGES 5-15

All skills levels are welcome to join us for a week of ice skating fun! Participants will work on their skills on and off the ice with our Elite figure skating coaches and watch our Olympic hopefuls! Participants will receive a certificate of achievement and will be able to take skills tests through our nationally-recognized Learn-to-Skate Program. All equipment provided.

INSTRUCTOR: Poway Ice Arena

LOCATION: Poway Ice Arena, 12455 Kerran Street #100

NO CLASS: Jul 4

CLASS #	DAY	TIME	DATES	R/NR FEE
6013.100	M-F	1:00-4:00pm	Jun 26-Jun 30	\$225/\$235
6013.101	M-F	1:00-4:00pm	Jul 3-Jul 7	\$180/\$190
6013.102	M-F	9:00am-12:00pm	Jul 17-Jul 21	\$225/\$235
6013.103	M-F	9:00am-12:00pm	Aug 7-Aug 11	\$225/\$235

NEW! KIDZ LOVE SOCCER

AGES 6-10

Learn the basic and advanced techniques of soccer, including: dribbling, passing, receiving, and shooting. We keep it fun and lively, with a world-cup tournament and other engaging activities! Your child will come home happy, tired, and ready for more! Shin guards are required; soccer cleats recommended. All participants will receive a soccer ball and a Kidz Love Soccer jersey.

INSTRUCTOR: Kidz Love Soccer

LOCATION: Community Park, Valley Soccer Field

CLASS #	DAY	TIME	DATES	R/NR FEE
6015.100	M-F	9:00am-12:00pm	Jul 10-Jul 14	\$145/\$155

NEW! SOCCER SHOTS

AGES 3-8

Soccer Shots is all about getting young athletes excited about taking risks and creating confidence with the ball. Our professionally-trained, child-development experts teach Soccer Shots character traits, as well as soccer skills. Our goal is to have participants succeed on the soccer field and beyond the game!

INSTRUCTOR: Soccer Shots

LOCATION: Hilleary Soccer Field

CLASS #	DAY	TIME	DATES	R/NR FEE
6016.100	M-F	8:30am-11:30pm	Aug 7-11	\$135/\$145*

*\$20 materials fee due on the first day of class

ARCHERY

AGES 7-15

Come enjoy a fun-filled week of archery! Learn archery basics and shoot with surprising accuracy in this week-long camp. Instructor works with participants at their individual skill level, making this camp perfect for beginners and skilled archers alike. Please do not bring personal equipment; equipment provided for class use.

INSTRUCTOR: Rick Harper

LOCATION: Lake Poway, Archery Range

CLASS #	DAY	TIME	DATES	R/NR FEE
6012.100	M-F	8:00-9:30am	Jun 12-Jun 16	\$75/\$85*
6012.101	M-F	10:00-11:30am	Jun 12-Jun 16	\$75/\$85*
6012.102	M-F	8:00-9:30am	Jun 19-Jun 23	\$75/\$85*
6012.103	M-F	10:00-11:30am	Jun 19-Jun 23	\$75/\$85*
6012.104	M-F	8:00-9:30am	Jun 26-Jun 30	\$75/\$85*
6012.105	M-F	10:00-11:30am	Jun 26-Jun 30	\$75/\$85*
6012.106	M-F	8:00-9:30am	Jul 10-Jul 14	\$75/\$85*
6012.107	M-F	10:00-11:30am	Jul 10-Jul 14	\$75/\$85*
6012.108	M-F	8:00-9:30am	Jul 17-Jul 21	\$75/\$85*
6012.109	M-F	10:00-11:30am	Jul 17-Jul 21	\$75/\$85*
6012.110	M-F	8:00-9:30am	Jul 24-Jul 28	\$75/\$85*
6012.111	M-F	10:00-11:30am	Jul 24-Jul 28	\$75/\$85*
6012.112	M-F	8:00-9:30am	Jul 31-Aug 4	\$75/\$85*
6012.113	M-F	10:00-11:30am	Jul 31-Aug 4	\$75/\$85*
6012.114	M-F	8:00-9:30am	Aug 7-Aug 11	\$75/\$85*
6012.115	M-F	10:00-11:30am	Aug 7-Aug 11	\$75/\$85*

*\$15 materials fee due on the first day of class

SKATEBOARDING & SWIMMING **AGES 5-13**



Skateboarders of all levels are invited to come build your ramp skills, develop tricks, learn safety techniques, meet guest pros, and make new friends! Participants will receive an SD SkateLife sticker pack. All participants MUST have a helmet, elbow pads, and knee pads

each day. Bring a skateboard or contact the instructor for options prior to the first day.

INSTRUCTOR: SD Skate Life Instructor, Andrew Barbosa:
Andrew@sdskatelife.com

LOCATION: Community Park, Skate Park

Half Day: Skateboarding

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.100	M-F	9:00am-12:00pm	Jun 12-Jun 16	\$150/\$160
6004.101	M-F	9:00am-12:00pm	Jun 26-Jun 30	\$150/\$160
6004.102	M-F	9:00am-12:00pm	Jul 10-Jul 14	\$150/\$160
6004.103	M-F	9:00am-12:00pm	Jul 31-Aug 4	\$150/\$160

Full Day: Skateboarding & Swimming

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.104	M-F	9:00am-3:00pm	Jun 12-Jun 16	\$225/\$235*
6004.105	M-F	9:00am-3:00pm	Jun 26-Jun 30	\$225/\$235*
6004.106	M-F	9:00am-3:00pm	Jul 10-Jul 14	\$225/\$235*
6004.107	M-F	9:00am-3:00pm	Jul 31-Aug 4	\$225/\$235*

*\$15 materials fee due on the first day of class

Sign up for two weeks of skate camp and get a free SD Skatelife Skate Tool

SWIM & TENNIS **AGES 8-15**

The tennis portion of this camp will consist of court etiquette, scoring system, forehand and backhand groundstroke drills, footwork, volley and serving drills, games, singles and doubles strategy, court positioning, and conditioning. After lunch, participants will cool off with free swim in the pool!

INSTRUCTOR: Art Christophiades

LOCATION: Community Park, Tennis Courts / Swim Center

NO CLASS: Jul 4

CLASS #	DAY	TIME	DATES	R/NR FEE
6003.100	M-F	10:00am-3:00pm	Jun 12-Jun 16	\$120/\$130*
6003.101	M-F	10:00am-3:00pm	Jun 19-Jun 23	\$120/\$130*
6003.102	M-F	10:00am-3:00pm	Jun 26-Jun 30	\$120/\$130*
6003.103	M-F	10:00am-3:00pm	Jul 3-Jul 7	\$96/\$106*
6003.104	M-F	10:00am-3:00pm	Jul 10-Jul 14	\$120/\$130*
6003.105	M-F	10:00am-3:00pm	Jul 17-Jul 21	\$120/\$130*
6003.106	M-F	10:00am-3:00pm	Jul 24-Jul 28	\$120/\$130*
6003.107	M-F	10:00am-3:00pm	Jul 31-Aug 4	\$120/\$130*

*\$15 materials fee due on the first day of class



SKYHAWKS: BASKETBALL **AGES 6-12**

Using our progressional curriculum and focusing on the whole player, we teach participants the skills they need to be a better athlete. Our basketball staff will focus on respect, teamwork, and responsibility. Each day will start with a "skill of the day" and progress in to passing, shooting, dribbling, and rebounding. Drills and games make this an unforgettable camp experience!



INSTRUCTOR: Skyhawks Sports:
www.skyhawks.com

LOCATION: Twin Peaks Multipurpose Center

CLASS #	DAY	TIME	DATES	R/NR FEE
6014.100	M-F	1:00-4:00pm	Jun 12-Jun 16	\$159/\$169

SKYHAWKS: VOLLEYBALL **AGES 7-12**

Skyhawks takes the energy and excitement of volleyball and puts it together into one, fun-filled camp. Skills are taught through drills and exercises that focus on passing, setting, hitting, and serving. Our staff will assist each athlete in developing their volleyball skills through game-based drills and daily scrimmages aimed at developing the whole player.

INSTRUCTOR: Skyhawks Sports: www.skyhawks.com

LOCATION: Twin Peaks Multipurpose Center

CLASS #	DAY	TIME	DATES	R/NR FEE
6014.101	M-F	1:00-4:00pm	Jul 24-Jul 28	\$159/\$169



SKYHAWKS: MINI HAWK**AGES 4-7**

This baseball, basketball, and soccer program gives children a fun and positive first step into athletics. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. All participants receive a T-shirt, ball, and a merit award.

INSTRUCTOR: Skyhawks Sports:
www.skyhawks.com

LOCATION: Community Park, Open Play Area

CLASS #	DAY	TIME	DATES	R/NR FEE
6014.102	M-F	9:00am-12:00pm	Jun 26-Jun 30	\$159/\$169
6014.103	M-F	9:00am-12:00pm	Aug 7-Aug 11	\$159/\$169

TONY GWYNN'S CAMP 19 BASEBALL**AGES 7-14**

Camp 19 provides a safe, healthy, learning environment for athletes to develop their athletic skills. Participants will watch demonstrations by professional staff and partake in drills covering hitting, infield and outfield play, base running, and pitching. We are dedicated to providing a fun and stimulating experience that will be remembered for years! Participants will all receive a Camp 19 T-shirt.

INSTRUCTOR: Camp 19 Instructors, Landon Burt and Tony Gwynn Jr.

LOCATION: Community Park, Ball Field East / West

Half Week:

CLASS #	DAY	TIME	DATES	R/NR FEE
6008.100	M/W/F	9:00am-2:00pm	Jul 10-Jul 14	\$270/\$280*
6008.101	M/W/F	9:00am-2:00pm	Jul 24-Jul 28	\$270/\$280*

Full Week:

CLASS #	DAY	TIME	DATES	R/NR FEE
6008.102	M-F	9:00am-2:00pm	Jul 10-Jul 14	\$375/\$385*
6008.103	M-F	9:00am-2:00pm	Jul 24-Jul 28	\$375/\$385*

*\$25 materials fee due on the first day of class

**NEW! MASTER SPORTS:
SHOT REPS BASKETBALL****AGES 10-14**

Designed by NBA shooting coaches, Shot Reps improves your shot through efficient, quality repetitions. Certified coaches will focus on the fundamentals: elite footwork off the dribble and pass, optimal shooting arc, and follow through. Our "Dr. Dish" shooting machines allow us to keep track of stats, while creating a competitive atmosphere. Participants will work on professional dribbling and offensive moves through drills and scrimmages.

INSTRUCTOR: Master Sports

LOCATION: Twin Peaks Multipurpose Center

CLASS #	DAY	TIME	DATES	R/NR FEE
6009.100	M-F	9:00am-12:00pm	Jul 17-Jul 21	\$225/\$235

MASTER SPORTS: ADVENTURE LASERTAG**AGES 8-13**

Can you make it through basic training, conquer the obstacle course, and tackle rope swings? Participants will learn to work as a team to prepare for new missions; protecting home base, capturing the enemy tank, and rescuing captured teammates! An advanced G14 laser tag system and a playing field that resembles a Hollywood set make this a one-of-a-kind camp experience!

INSTRUCTOR: Master Sports

LOCATION: Hilleary Soccer Field

Half Day:

CLASS #	DAY	TIME	DATES	R/NR FEE
6009.101	M-F	9:00am-12:00pm	Jun 12-Jun 16	\$200/\$210

Full Day:

CLASS #	DAY	TIME	DATES	R/NR FEE
6009.102	M-F	9:00am-3:00pm	Jun 12-Jun 16	\$225/\$235

MASTER SPORTS: XTREME DODGEBALL CAMP**AGES 6-12**

We've combined some of the most popular games of all time like Dodgeball, Capture the Flag, Hide and Seek, and Paintball, to create an incredibly fun, adrenaline-rush game! Xtreme Dodgeball teaches teamwork, strategy, and sportsmanship while providing physical fitness benefits. Inflatable obstacles and child-friendly dodgeballs are used to create a safe and Xtremely fun time!

INSTRUCTOR: Master Sports

LOCATION: Twin Peaks Multipurpose Center

Half Day:

CLASS #	DAY	TIME	DATES	R/NR FEE
6009.103	M-F	9:00am-12:00pm	Jun 19-Jun 23	\$155/\$165
6009.104	M-F	9:00am-12:00pm	Jul 10-Jul 14	\$155/\$165

Full Day:

CLASS #	DAY	TIME	DATES	R/NR FEE
6009.105	M-F	9:00am-3:00pm	Jun 19-Jun 23	\$175/\$185
6009.106	M-F	9:00am-3:00pm	Jul 10-Jul 14	\$175/\$185





Dance Camps

NEW! CHEERLEADING, DANCE, & TUMBLE AGES 4-10

Learn the fundamentals of cheerleading and dance technique including: stretches, jumps/kicks, cheers, sideline dances, beginner stunting and tumbling, and a full routine, all of which will be performed for families on the last day! FUN cheer-themed arts and crafts include: decorate your own hair bow, cheer camp T-shirt, water bottles, spirit sticks, posters, and more!

INSTRUCTOR: Charlene's Dance N Cheer:
www.charlenesdance.com

LOCATION: Community Park, Auditorium

NO CLASS: Jul 4

CLASS #	DAY	TIME	DATES	R/NR FEE
3003.100	M-F	9:00am-12:00pm	Jul 3-Jul 7	\$108/\$118*

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
3003.101	M-F	1:00-4:00pm	Jul 24-Jul 28	\$135/\$145*

*\$15 materials fee due on the first day of class

DANCE TO EVOLVE: CREATIVE EXPLORERS: DANCE, ART, & MUSIC AGES 3-6

Your little one will explore the world of dance, music, and art. Camp begins with dance games, exploring music through singing silly songs, and playing all kinds of fun instruments, camp ends with fun and creative art projects. Participants will show off their talents and creations during the end-of-the-week show. Wear dance attire and/or regular clothes and shoes.

INSTRUCTOR: Dance To EvOLvE: www.danceto evolve.com

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
3002.100	M-F	1:00-4:00pm	Jun 19-Jun 23	\$165/\$175

DANCE TO EVOLVE: BEAT BREAKERS HIP HOP AGES 4-7

This high-energy hip hop camp will definitely have you movin' to the beats! Activities include basic hip hop moves, dance games, and arts and crafts in a non-stop environment. No experience needed. On Friday, participants will show off what they've learned for parents, family, and friends! Wear dance attire and/or regular clothes and shoes.

INSTRUCTOR: Dance To EvOLvE: www.danceto evolve.com

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
3002.101	M-F	9:00am-12:00pm	Jul 10-Jul 14	\$165/\$175

DANCE TO EVOLVE: SUPERHERO DANCE AGES 3-6

This non-stop camp is catered towards the energy of a hero or heroine! Superheroes will show off their hip hop dancing powers in this camp that includes a hip hop class, art projects, a Superhero skit, and games. This is the camp for anyone who loves to perform, no experience required! Wear Superhero attire and/or regular clothes and shoes.

INSTRUCTOR: Dance To EvOLvE: www.danceto evolve.com

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
3002.102	M-F	9:00am-12:00pm	Jul 17-Jul 21	\$165/\$175

PRINCESS FAIRYTALE DANCE AGES 3-8

Calling all princesses! Come learn ballet, tap, tumbling and jazz dance to some of our favorite fairytale songs. A daily sparkly craft included. Come dressed for fun on each of our themed days: Mermaid Monday, Tianna Tuesday, Wonderland Wednesday, Tinkerbell Thursday and Frozen Friday! Please bring tap and ballet shoes to camp.

INSTRUCTOR: Debbora Childress:
www.MsDebborasDanceforChildren.com

LOCATION: Twin Peaks Multipurpose Center

CLASS #	DAY	TIME	DATES	R/NR FEE
3000.100	M-F	9:30-11:30am	Jul 3-Jul 7	\$100/\$110
3000.101	M-F	9:30-11:30am	Jul 24-Jul 28	\$100/\$110

LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
3000.102	M-F	9:30-11:30am	Aug 7-Aug 11	\$100/\$110



Special Interest Camps

AERIAL AND PARKOUR AGES 6-16

Come learn the latest trends in fun and fitness: aerial and parkour! Work with our instructors on aerial silks, aerial hoops, and trapeze, along with free-running and parkour moves in a safe and progressive manner. Activities are designed to build strength, agility, confidence, and flexibility! Participants will get to show off what they've learned to their families in a Friday performance.

INSTRUCTOR: De Leon Dynamics

LOCATION: De Leon Dynamics:
12335 World Trade Drive, #8, San Diego

CLASS #	DAY	TIME	DATES	R/NR FEE
5003.100	M-F	9:00am-3:00pm	Jun 12-Jun 16	\$200/\$210
5003.101	M-F	9:00am-3:00pm	Aug 7-Aug 11	\$200/\$210

TEEN CLIMBING AGES 12-17

Come learn the basics of rock climbing in the comfort of an air conditioned gym! Participants are taught top-roping, bouldering, and climbing, plus specific exercises to build confidence and skill. Participants will also experience the excitement and challenge of lead climbing and rappelling. Join us this summer for a week of adventure!

INSTRUCTOR: Vertical Hold Rock Climbing Gym

LOCATION: 13026 Stowe Drive

CLASS #	DAY	TIME	DATES	R/NR FEE
5001.100	M-F	9:00am-1:00pm	Jun 19-Jun 23	\$200/\$210
5001.101	M-F	9:00am-1:00pm	Jul 10-Jul 14	\$200/\$210
5001.102	M-F	9:00am-1:00pm	Jul 31-Aug 4	\$200/\$210



All camp participants should bring water, a snack or lunch, and plenty of sunscreen (for outdoor camps).

NEW! FORT BUILDING AGES 6-13

Fort Building Camp lets participants use their creativity and problem solving skills as they work in teams to build forts to survive the environment of the day. Participants are instructed on various types of knots and other building techniques to increase their odds of success in the environment challenges!

INSTRUCTOR: Arimaw Productions: info@arimaw.com

LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
5002.100	M-F	1:00-4:00pm	Aug 7-Aug 11	\$160/\$170

SMASH LAB CAMP AGES 7-14

Work as a team to put together a variety of electronics and other structures and witness what happens when you SMASH them! We'll drop eggs, feathers, melons, and more, just to see what happens! This camp is the perfect combination of fun and learning for anyone interested in how things work. Please wear clothes you don't mind getting messy!

INSTRUCTOR: Arimaw Productions: info@arimaw.com

LOCATION: Twin Peaks Multipurpose Center

CLASS #	DAY	TIME	DATES	R/NR FEE
5002.101	M-F	1:00-4:00pm	Jul 17-Jul 21	\$160/\$170

MYSTERIES OF MAGIC AGES 6-13

Learn all the skills you'll need to mystify an audience like a true Magician! Participants will be introduced to the arts of illusion, mind reading, prestidigitation, and sleight of hand! Unlock the powers of your voice, your hands, and your mind. On Friday, we'll put on a Magic Show!



INSTRUCTOR: Arimaw Productions: info@arimaw.com

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
5002.102	M-F	1:00-4:00pm	Jun 26-Jun 30	\$145/\$155

STAR WARS AGES 6-13

Get ready to enact your favorite scenes from "Rogue One" and the rest of the Star Wars saga! Participants will attend the Jedi Academy and celebrate Star Wars in this fun, interactive camp that is perfect for the ultimate fan. We'll incorporate creative games, trivia, and arts and crafts using the ever-expanding universe of Star Wars.

INSTRUCTOR: Arimaw Productions: info@arimaw.com

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
5002.103	M-F	9:00am-12:00pm	Aug 7-Aug 11	\$150/\$160



JR. ZOOKEEPER

AGES 6-13

We share the earth with some really amazing animals! Participants in our Jr. Zookeeper Camp will learn to love and appreciate some fascinating creatures found in our world. We'll build habitats, prepare diets, and get the unique opportunity to meet many of our animal companions. A perfect camp for nature lovers and future zoo keepers!

INSTRUCTOR: Arimaw Productions: info@arimaw.com
LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
5002.104	M-F	9:00am-12:00pm	Jul 31-Aug 4	\$175/\$185



NEW! CHALLENGE ISLAND: ICKY ME MINION

AGES 6-12

Challenge Island is where engineering meets imagination! If you go bananas over little yellow creatures wearing goggles, Challenge Island's Minion Party Camp is the place for you! Our movie-inspired STEM challenges will include building a lab, making rocket launchers and jelly blasters, and designing ways to keep the minions safe in their missions.

INSTRUCTOR: Challenge Island: www.challenge-island.com
LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
5004.100	M-F	9:00am-12:00pm	Jun 19-Jun 23	\$169/\$179*

*\$6 materials fee due on the first day of class

NEW! CHALLENGE ISLAND: MINDCRAFT 2: INTO THE NETHERWORLD

AGES 6-12

Challenge Island is where engineering meets imagination! From building your own shelters, crafting tables, and enchanted bookshelves to making mob blasters and Nether volcanoes. You and your tribe will have tons of fun as you take on a host of emerald-worthy challenges based on Endermen, Zombies, and much more!

INSTRUCTOR: Challenge Island: www.challenge-island.co
LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
5004.101	M-F	1:00-4:00pm	Jul 17-Jul 21	\$169/\$179*

*\$6 materials fee due on the first day of class

Safety Training Camps

BABYSITTERS TRAINING

AGES 11-16

Learn the basics of the "business of babysitting;" child supervision, diapering and feeding skills, choosing safe, age-appropriate activities, and more! Participants will learn to recognize and respond to emergencies and will receive certification in Pediatric CPR and First Aid and Babysitter's Training from the American Red Cross. Bring a doll or stuffed animal to class.

INSTRUCTOR: Blythe Paley
LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
7000.100	M-TH	8:30am-12:00pm	Jun 19-Jun 22	\$150/\$160*

*\$48 certification and materials fee due on the first day of class



Bring a doll or stuffed animal to class.

Art Camps

NEW! COMIC BOOK KIDS

AGES 5.5-12

Create your own comic book adventure! Learn to draw your favorite characters, play games, and receive individualized instruction to create a unique story all your own. Learn how to draw emotions, texture, and shading, as well as create characters and storyline basics. All abilities and levels welcome!

INSTRUCTOR: Dora Rowe

LOCATION: Old Poway Park, Parlour

CLASS #	DAY	TIME	DATES	R/NR FEE
3104.100	M-F	1:00-4:00pm	Aug 7-Aug 11	\$130/\$140

WOODSHOP WIZARDS:

AGES 6-13

PLANES, TRAINS & AUTOMOBILES

Participants will learn hands-on techniques that enable them to build their very own wood bi-plane, racecar, and complete train with an engine, caboose, and cars! All projects will be painted, personalized, and taken home to treasure. Participants use only safe, age-appropriate hand tools.

INSTRUCTOR: Woodshop Wizards Instructor, Anthony Demopoulos

LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
3103.100	M-F	9:00am-12:00pm	Jul 10-Jul 14	\$160/\$170*
3103.101	M-F	1:00-4:00pm	Jul 24-Jul 28	\$160/\$170*

*\$50 materials fee due on the first day of class

WOODSHOP WIZARDS:

AGES 6-13

SEA WORTHY OCEAN VESSELS

Participants will learn hands-on techniques that enable them to build their very own sea-worthy cruise ship, battleship, aircraft carrier, ferryboat, and more! All projects will be painted, personalized, and taken home to treasure. Participants use only safe, age-appropriate hand tools.

INSTRUCTOR: Woodshop Wizards Instructor, Anthony Demopoulos

LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
3103.102	M-F	9:00am-12:00pm	Jul 17-Jul 21	\$160/\$170*

*\$50 materials fee due on the first day of class



ART START: HALF DAY

AGES 7-14

Enjoy a week packed full of art in the most creative camp ever! Load up your sketchbook (provided) with fabulous drawings, create a mask cast from your own face, make clay tiles, tie-dye t-shirts, and explore a variety of media in a fun, relaxed atmosphere!

INSTRUCTOR: Susan Bainbridge: www.artstart1.com

LOCATION: Old Poway Park, Great Room

CLASS #	DAY	TIME	DATES	R/NR FEE
3100.100	M-F	9:00am-12:00pm	Jul 10-Jul 14	\$130/\$140*
3100.101	M-F	9:00am-12:00pm	Jul 17-Jul 21	\$130/\$140*
3100.102	M-F	9:00am-12:00pm	Jul 31-Aug 4	\$130/\$140*
3100.103	M-F	9:00am-12:00pm	Aug 7-Aug 11	\$130/\$140*

*\$45 materials fee due on the first day of class

ART START: FULL DAY

AGES 8-14

This camp is designed for enthusiastic participants with a passion for art. In addition to enjoying the activities of the half-day camp, students in the full-day camp will have an opportunity for more one-on-one instruction and delve into more complex art projects.

INSTRUCTOR: Susan Bainbridge: www.artstart1.com

LOCATION: Old Poway Park, Great Room

CLASS #	DAY	TIME	DATES	R/NR FEE
3100.104	M-F	9:00am-3:00pm	Jul 10-Jul 14	\$215/\$225*
3100.105	M-F	9:00am-3:00pm	Jul 17-Jul 21	\$215/\$225*
3100.106	M-F	9:00am-3:00pm	Jul 31-Aug 4	\$215/\$225*
3100.107	M-F	9:00am-3:00pm	Aug 7-Aug 11	\$215/\$225*

*\$65 materials fee due on the first day of class

For Art Start: All quality art materials will be provided. Bring a washed, cotton T-shirt to the first day of camp. Please note: lessons will repeat from week to week.

ARTVENTURE: OCEAN COMMOTION AGES 3-6

Discover octopus, turtles, sharks, stingrays, jellyfish, and sea stars in this art camp devoted to the underwater world! Join us as we paint, print, collage, stamp, stick, and sculpt, creating artwork inspired by our ocean environment. Along the way, we'll read stories and play games and have a whale of a time! All materials and camp T-shirt provided.

INSTRUCTOR: ArtVenture

LOCATION: Old Poway Park, Parlour

CLASS #	DAY	TIME	DATES	R/NR FEE
3101.100	M-F	9:00am-12:00pm	Jun 12-Jun 16	\$179/\$189

ARTVENTURE: ARTASTIC FANTASTIC! AGES 7-12

Art is everywhere! Artists from around the world inspire our sculptures, acrylic paintings on canvas, three-dimensional creations, monoprints, and more as we travel the globe to visit galleries, museums, and art collections. Create a masterpiece (or two!) each day as we embark on our artistic adventure! All materials and camp T-shirt provided.

INSTRUCTOR: ArtVenture

LOCATION: Old Poway Park, Great Room

CLASS #	DAY	TIME	DATES	R/NR FEE
3101.101	M-F	9:00am-12:00pm	Jun 19-Jun 23	\$179/\$189

ARTVENTURE: OOEY GOOEY STICKY ART AGES 3-6

Smush, mush, smash, and mash! Make a mess and don't clean it up! We experiment with all kinds of unusual materials to create colorful and creative works of art. Explore sculpture, painting, printing, and more as we celebrate our creativity! All materials and camp T-shirt provided.

INSTRUCTOR: ArtVenture

LOCATION: Old Poway Park, Parlour

CLASS #	DAY	TIME	DATES	R/NR FEE
3101.102	M-F	9:00am-12:00pm	Jun 19-Jun 23	\$179/\$189

ARTVENTURE: ART MANIA! AGES 7-12

Even if you have never picked up a paintbrush, you can design Japanese lacquerware, create mosaic glassware, learn pen and ink drawing techniques and paint a masterpiece! Develop new skills and learn new techniques to create beautiful and unique works of art! All materials and camp T-shirt provided.

INSTRUCTOR: ArtVenture

LOCATION: Old Poway Park, Great Room

CLASS #	DAY	TIME	DATES	R/NR FEE
3101.103	M-F	9:00am-12:00pm	Jun 26-Jun 30	\$179/\$189



Develop new skills and learn new techniques to create beautiful and unique works of art!

ARTVENTURE: MERMAID WISHES AND FISH KISSES AGES 3-6

Visit a magical world under the sea where mermaids and their sea friends play all day long! We'll paint, print, watercolor, collage, and design a dreamy underwater world in this camp devoted to the beautiful sea! Along the way, we'll play games, sing songs, and read tales of mermaid adventures. All materials and camp T-shirt provided.

INSTRUCTOR: ArtVenture

LOCATION: Old Poway Park, Parlour

CLASS #	DAY	TIME	DATES	R/NR FEE
3101.104	M-F	9:00am-12:00pm	Jul 17-Jul 21	\$179/\$189

ARTVENTURE: SUPER DUPER 3D ART AGES 7-12

Art really pops! Design mobiles, work with clay, experiment with plaster and papier mache, create dimensional mosaics, and much more in this unique sculpture camp! We'll explore art and artists that really come at you while we learn about special techniques to create artworks that truly stand out! All materials and camp T-shirt provided.

INSTRUCTOR: ArtVenture

LOCATION: Old Poway Park, Great Room

CLASS #	DAY	TIME	DATES	R/NR FEE
3101.105	M-F	9:00am-12:00pm	Jul 24-Jul 28	\$179/\$189

ARTVENTURE: PIRATE ADVENTURE AGES 3-6

Come aboard as we travel to "Pirate Island" where we'll find treasure chests, sandy beaches, colorful parrots, and lots of fun and adventure! We create treasure maps, golden doubloons, sea monsters, ships, and more! Along the way, we'll play games, sing songs, read pirate stories, and hunt for treasure! Arrrgh! All materials and camp T-shirt provided.

INSTRUCTOR: ArtVenture

LOCATION: Old Poway Park, Parlour

CLASS #	DAY	TIME	DATES	R/NR FEE
3101.106	M-F	9:00am-12:00pm	Jul 24-Jul 28	\$179/\$189

ARTVENTURE: SPARKLE, GLITTER, & GLAM AGES 3-6

Celebrate all things glitzy, glamorous, and fancy! We will make colorful and shiny art creations using paint, collage, sculpture, and more, all inspired by the "Fancy Nancy" book series. Come join us for a week of sparkling adventures! All materials and camp T-shirt provided.

INSTRUCTOR: ArtVenture

LOCATION: Old Poway Park, Parlour

CLASS #	DAY	TIME	DATES	R/NR FEE
3101.107	M-F	9:00am-12:00pm	Jul 31-Aug 4	\$179/\$189

Creative Arts Camps

NEW! INCREDIFLIX: LIVE ACTION FLIX AGES 7-13

Do you want to have a blast making a movie? Let us take you from “Action” to “That’s a wrap!” We’ll guide you through the Hollywood process as you brainstorm, location scout, bring in props and costumes, act, and direct in a collaborative movie that is fun for the entire audience.

INSTRUCTOR: Incrediflix
LOCATION: Lake Poway, Pavilion

CLASS #	DAY	TIME	DATES	R/NR FEE
4003.100	M-F	9:00am-12:00pm	Jul 17-Jul 21	\$190/\$200*

*\$30 materials fee due on the first day of class

NEW! INCREDIFLIX: LEGO® FLIX AGES 7-13

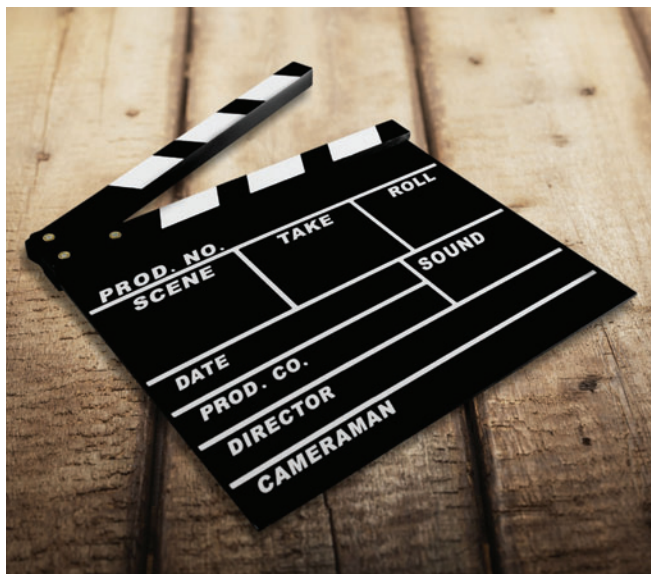
We know you love LEGO and can create incredible LEGO worlds, now it’s time to bring those worlds to life in LEGO stop-motion animated flix! We provide the Legos, and you provide your imagination. Participants will create a LEGO set with Lego characters for a movie they storyboard, write, shoot, and voice-over in age-appropriate groups.

INSTRUCTOR: Incrediflix
LOCATION: Lake Poway, Pavilion

CLASS #	DAY	TIME	DATES	R/NR FEE
4003.101	M-F	1:00-4:00pm	Jul 17-Jul 21	\$190/\$200*

*\$30 materials fee due on the first day of class

Sign up for both Incrediflix camps and receive a \$20 materials fee discount and free lunch supervision.



NEW! ITTY BITTY MUSIC AGES 4-7

Itty Bitty Music is the perfect way for your child to learn the fundamentals of music! Our instructor will teach the most basic beats and notes by having participants play along with a variety of easy-to-use instruments such as drums, shakers, flutes, and many other basic instruments. Participants will also make their own instruments to personalize and take home!

INSTRUCTOR: Arimaw Productions: info@arimaw.com
LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
4002.100	M-F	9:00am-12:00pm	Jul 24-Jul 28	\$140/\$150

MUSICSTAR®: ROCK AGES 7-15

Musicstar® Rock Camp provides the ultimate rock star experience! Participants will work in teams to learn their instruments and create their very own songs. This program provides in-depth coaching in instrumental and vocal performance, stage presence, recording, and more!

INSTRUCTOR: Creative Brain Learning
LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
4001.100	M-F	9:00am-12:00pm	Jun 26-Jun 30	\$149/\$159*

*\$25 materials fee due on the first day of class

PHOTOGRAPHY AGES 9-15

Express your creativity through photography! Participants will create a portfolio for their pictures, learning how to organize and place them to showcase each one. Participants will also learn to edit pictures, learn about lighting and glare, angles, cropping, framing, and other details that can make a photo the best it can be!

INSTRUCTOR: Arimaw Productions: info@arimaw.com
LOCATION: Lake Poway, Pavilion

CLASS #	DAY	TIME	DATES	R/NR FEE
4002.101	M-F	9:00am-12:00pm	Jul 24-Jul 28	\$155/\$165

BEST OF BROADWAY & DISNEY AGES 6-12

Learn from specialized experts in acting, dance, and voice! We’ll develop skills in both acting and improv, take a fantastic dance class, and a dive into vocal technique. We’ll create a script together using our favorite musical theater songs and perform our show on the last day of camp! All participants will receive show scripts, CDs, and a camp T-shirt.

INSTRUCTOR: Catherine Colby
LOCATION: Twin Peaks Multipurpose Center

CLASS #	DAY	TIME	DATES	R/NR FEE
4000.100	M-F	9:00am-2:00pm	Jun 26-Jun 30	\$199/\$209*

LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
4000.101	M-F	9:00am-2:00pm	Jul 31-Aug 4	\$199/\$209*

*\$20 materials fee due on the first day of class

Technology Camps

NEW! INTRO TO STEM WITH LEGO® AGES 5-6

Tap into your imagination with tens of thousands of LEGO! Build engineer-designed projects such as boats, snowmobiles, catapults, and merry-go-rounds. Then use special pieces to create your own unique design! Participants can explore the endless creative possibilities of the LEGO building system with the guidance of an experienced Play-Well instructor.

INSTRUCTOR: Play-Well TEKologies
LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
4100.100	M-F	9:00am-12:00pm	Jun 12-Jun 16	\$200/\$210

NEW! STEM FUNDAMENTALS WITH LEGO® AGES 7-12

Power on your engineering skills with Play-Well TEKologies and thousands of LEGO! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as snowmobiles, towers, catapults, and battletracks! Design, build, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge participants to engineer at the next level.

INSTRUCTOR: Play-Well TEKologies
LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
4100.101	M-F	1:00-4:00pm	Jun 12-Jun 16	\$200/\$210

JEDI ENGINEERING LEGO® AGES 5-6

Young Jedi will explore worlds far, far away and engineering principles right in front of them! Defeat the Empire by designing and refining LEGO X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators, and defense turrets.

INSTRUCTOR: Play-Well TEKologies
LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
4100.102	M-F	9:00am-12:00pm	Jun 26-Jun 30	\$200/\$210

Tap into your imagination with tens of thousands of LEGO®!



JEDI MASTER ENGINEERING USING LEGO® AGES 7-12

Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, and fortresses. Play-Well's Jedi instructors reinforce key engineering concepts such as gear trains, worm drives, eccentric motion, and more as students tap into the powerful forces of imagination and engineering.

INSTRUCTOR: Play-Well TEKologies
LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
4100.103	M-F	1:00-4:00pm	Jun 26-Jun 30	\$200/\$210



MINE, CRAFT, BUILD: ADVENTURE GAME USING LEGO® AGES 5-6

Resourcefulness and creativity come together in this unique building adventure game; roll the dice to mine for resources and use them to build special items to help in our adventures! Build a Zoo, create a Medieval Castle, and design a Tree House Village! This ultimate LEGO Minecraft experience is an original game designed by Play-Well instructors.

INSTRUCTOR: Play-Well TEKologies
LOCATION: Meadowbrook Gymnasium

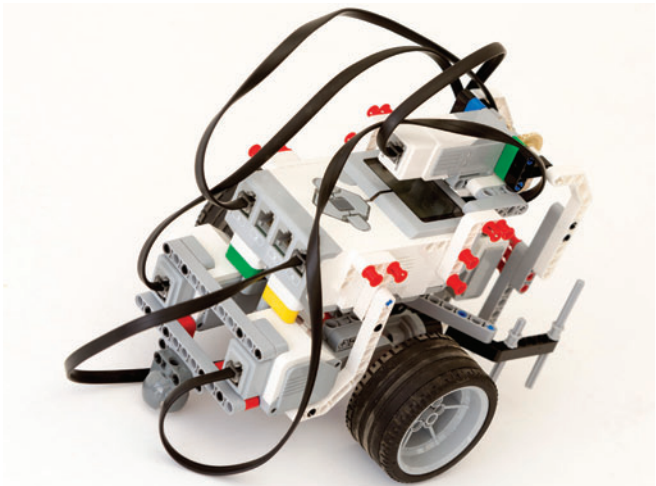
CLASS #	DAY	TIME	DATES	R/NR FEE
4100.104	M-F	9:00am-12:00pm	Jul 10-Jul 14	\$200/\$210

MINE, CRAFT, BUILD: SURVIVAL GAME USING LEGO® AGES 7-12

Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for Creepers! This ultimate LEGO Minecraft experience is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game.

INSTRUCTOR: Play-Well TEKologies
LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
4100.105	M-F	1:00-4:00pm	Jul 10-Jul 14	\$200/\$210



JR. ROBOTICS USING LEGO® WEDO **AGES 7-9**

Build and program robots in this introductory robotics class using the LEGO WeDo System. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young robotics enthusiasts for our more advanced robotics programs.

INSTRUCTOR: Play-Well TEKologies
LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
4100.106	M-F	9:00am-12:00pm	Jul 24-Jul 28	\$260/\$270

ROBOTICS USING LEGO® EV3 **AGES 9-14**

Build and program robots using the new LEGO Mindstorms EV3 system! Learn about mechanical and software design, loops, problem solving, and teamwork skills. Work in groups, program and build your robot, and rise to the challenge! Control the robot to avoid obstacles, move objects, and play sounds.

INSTRUCTOR: Play-Well TEKologies
LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
4100.107	M-F	1:00-4:00pm	Jul 24-Jul 28	\$260/\$270

VIDEO GAME DESIGN **AGES 10-15**

This course provides participants with a fun, interactive look at the world of video game design and development. Participants enrolled in this camp 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.: www.youthtechinc.com
LOCATION: Meadowbrook Gymnasium
NO CLASS DATE: July 4

CLASS #	DAY	TIME	DATES	R/NR FEE
4101.100	M-TH	9:00am-12:00pm	Jun 19-Jun 22	\$170/\$180*
4101.101	M-F	1:00-4:00pm	Jul 3-Jul 7	\$170/\$180*

*\$10 materials fee due on the first day of class

MOVIE MAKERS **AGES 9-15**

This hands-on, interactive course will instruct participants on the world of digital video design and production. Participants will film, direct, and edit their own digital video creations. Get ready to amaze your peers with green screen and special effects skills!

INSTRUCTOR: Youth Tech, Inc.: www.youthtechinc.com
LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
4101.102	M-TH	1:00-4:00pm	Jun 19-Jun 22	\$150/\$160*

*\$10 materials fee due on the first day of class

NEW! ANIMATION **AGES 9-15**

In this class, participants will learn the basics of animation and digital design. Anyone who enjoys going to various sites to see fun interactive animations will love this course. This camp will utilize award-winning animation software and participants will create fun, interactive animations that they can share with the world.

INSTRUCTOR: Youth Tech, Inc.: www.youthtechinc.com
LOCATION: Meadowbrook Gymnasium
NO CLASS DATE: July 4

CLASS #	DAY	TIME	DATES	R/NR FEE
4101.103	M-F	9:00am-12:00pm	Jul 3-Jul 7	\$160/\$170*

*\$10 materials fee due on the first day of class

NEW! iGAME CREATORS **AGES 6-10**



Want to create video games? This is an introductory course for younger participants who want learn to build simple video games. This course combines the art of video game design and animation to create interactive characters that fly around the screen. Amaze your friends and family with your fun, interactive games!

INSTRUCTOR: Youth Tech, Inc.: www.youthtechinc.com
LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
4101.104	M-TH	9:00am-12:00pm	Jul 17-Jul 20	\$150/\$160*

*\$10 materials fee due on the first day of class

NEW! iCODE **AGES 6-12**

This course offers younger participants a fun, interactive look at coding. We'll create virtual apps and write programs that can be shared with friends and family. This course makes learning to code fun and explores problem solving and programming logic.

INSTRUCTOR: Youth Tech, Inc.: www.youthtechinc.com
LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
4101.105	M-TH	1:00-4:00pm	Jul 17-Jul 20	\$150/\$160*

*\$10 materials fee due on the first day of class

Science Camps

MAD SCIENCE: ROBOT RECRUIT

AGES 5-9

Become a robot engineer as you build a motorized robot that transforms into four unique creatures. Experiment with circuits, gears, sensors, and power supplies. Learn about robot programming and the different tasks robots perform in our world. Experiment with sound sensing, line tracking, and solar-powered robots. Take-home projects include: EM4 Robot, Bugbot, Robot Hand and more!

INSTRUCTOR: Mad Science of San Diego

LOCATION: Lake Poway, Pavilion

CLASS #	DAY	TIME	DATES	R/NR FEE
2100.100	M-F	9:00am-12:00pm	Jun 12-Jun 16	\$125/\$135*

*\$45 materials fee due on the first day of class

MAD SCIENCE: ALL-STARS

AGES 5-10

Learn about famous scientists and inventors who were all-stars in their field of expertise. Together with your teammates, you will build super structures, create a volcanic eruption, and examine rocks formed from volcanic magma. Take-home projects include: Magnetic Soccer Game, Rocket Racer, Star Locator, Kite, Animal Track, Crystal Garden, and more!

INSTRUCTOR: Mad Science of San Diego

LOCATION: Lake Poway, Pavilion

CLASS #	DAY	TIME	DATES	R/NR FEE
2100.101	M-F	1:00-4:00pm	Jun 19-Jun 23	\$125/\$135*

*\$30 materials fee due on the first day of class

NEW! MAD SCIENCE: LITTLE GREEN THUMBS

AGES 4-5

Step into the garden to learn about soil, seeds, and sprouts in this camp that's sure to inspire your budding gardener. Examine fruits, vegetables, plants, and leaves, and learn about the interesting variety of creatures that live in our gardens. Take-home projects include: a radish plant, sun visor, bean necklace, veggie placemat, and bug bracelet.

INSTRUCTOR: Mad Science of San Diego

LOCATION: Old Poway Park, Templars Hall

NO CLASS: Jul 4

CLASS #	DAY	TIME	DATES	R/NR FEE
2100.102	M-F	9:00am-12:00pm	Jul 3-Jul 7	\$100/\$110*

*\$30 materials fee due on the first day of class



NEW! MAD SCIENCE: CRAZY CHEM-WORKS

AGES 5-10

Become a junior chemist! Learn to recognize chemical reactions and mix up a few reactive ingredients for some sensational results. Check out the colors of chemistry with the power of pH paper and create a stopper-popping reaction. Take-home projects include: a reaction tube kit, thermo-color cup, slippery slime, Professor Beakerdude, and more!

INSTRUCTOR: Mad Science of San Diego

LOCATION: Community Park, Auditorium

NO CLASS DATE: July 4

CLASS #	DAY	TIME	DATES	R/NR FEE
2100.103	M-F	1:00-4:00pm	Jul 3-Jul 7	\$100/\$110*
2100.104	M-F	9:00am-12:00pm	Jul 24-Jul 28	\$125/\$135*

*\$40 materials fee due on the first day of class

MAD SCIENCE: NASA SPACE ACADEMY

AGES 6-11

Mad Science and NASA have teamed up to bring you the excitement and wonder of space. Learn the science involved in rocket construction as you build and launch your own rocket. Explore our solar system and create a lunar eclipse in our planetary tour. Take-home projects include: Skyblazer Rocket, Shuttle Copter, Spacewalk Challenge, Stereo Viewer, Cosmic Disk, and more!

INSTRUCTOR: Mad Science of San Diego

LOCATION: Lake Poway Pavilion

NO CLASS: Jul 4

CLASS #	DAY	TIME	DATES	R/NR FEE
2100.105	M-F	9:00am-12:00pm	Jul 3-Jul 7	\$100/\$110*

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
2100.106	M-F	1:00-4:00pm	Aug 7-Aug 11	\$125/\$135*

*\$50 materials fee due on the first day of class

MAD SCIENCE: ADVENTURES IN THE WILD AGES 5-10



Explore animals, birds, and bugs in this out-of-this-world adventure! Have some creepy-crawly fun building a bug house, exploring the amazing ways animals adapt as you hunt down their tracks, and discover what an owl found for dinner by dissecting its pellet.

Take-home projects include a Bug House,

Animal Track, Sundial, Solar Cooker, and more!

INSTRUCTOR: Mad Science of San Diego

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
2100.107	M-F	1:00-4:00pm	Jul 10-Jul 14	\$125/\$135*

*\$30 materials fee due on the first day of class

WONDERS SCIENCE: WEEK 1 AGES 5-12

Participants will experiment with 30 hands-on projects throughout the week, including: putting together constellation charts, telling time with handmade sundials, gauging barometric pressure with their own handmade barometer, constructing a working water filtration system, conducting hydrophilic and hydrophobic experiments, water-proofing substances, growing mini gardens, and more!

INSTRUCTOR: Wonders Science

LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
2101.100	M-F	1:00-4:00pm	Jun 12-Jun 16	\$125/\$135*

*\$35 materials fee due on the first day of class

WONDERS SCIENCE: WEEK 2 AGES 5-12

This week, participants will experience a whole new set of 30 amazing experiments, including: riding hover-crafts, creating invisible inks, growing crystal gardens, steering 60-foot solar blimps, making rock board collections, floating hot air balloons, launching giant smoke rings, setting-off the ultimate Mentos geyser, building lava lamps, making glow-in-the-dark signs, casting fossils, and much more!

INSTRUCTOR: Wonders Science

LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
2101.101	M-F	1:00-4:00pm	Jun 26-Jun 30	\$125/\$135*

*\$35 materials fee due on the first day of class



Cooking Camps

4LITTLECOOKS: JR. IRON CHEF COOKING AGES 7-12

This hands-on camp will focus on food, food history, kitchen safety, nutrition, and working as a team. On the final day, each table will compete in an Iron Chef-style "battle" using a secret ingredient revealed that day. Participants will receive a copy of all recipes and a copy of Chef Janet's cookbook, "CHOP, COOK, MUNCH!"

INSTRUCTOR: Janet Burgess

LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
5100.100	M-F	1:00-4:00pm	Jun 19-Jun 23	\$165/\$175*

*\$10 materials fee due on the first day of class

NEW! 4LITTLECOOKS: DAZZLING DESSERTS AND SILLY SNACKS AGES 7-12



A hands-on camp that will focus on nutrition and making food fun! Participants will learn to measure, read product labels, and kitchen safety and hygiene. This camp will include baking and the use of many summer fruits and vegetables. Participants will receive a copy of all recipes and a copy of Chef Janet's cookbook, "CHOP, COOK, MUNCH!"

INSTRUCTOR: Janet Burgess

LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
5100.101	M-F	1:00-4:00pm	Jul 10-Jul 14	\$165/\$175*

*\$10 materials fee due on the first day of class



NEW! 4LITTLECOOKS: KIDS IN THE KITCHEN AGES 7-12

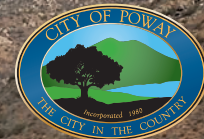
Send your budding chef to chop, cook, and munch! Chef Janet will teach participants about kitchen safety and nutrition while participants prepare three dishes daily. The class will feature American, Asian, Mexican, and Italian goodies. Participants will receive a copy of all recipes and a copy of Chef Janet's cookbook, "CHOP, COOK, MUNCH!"

INSTRUCTOR: Janet Burgess

LOCATION: Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
5100.102	M-F	1:00-4:00pm	Jul 31-Aug 4	\$165/\$175*

*\$10 materials fee due on the first day of class



POWAY PARKS & FACILITIES

POWAY COMMUNITY PARK

13094 Civic Center Drive
(858) 668-4671

poway.org/communitypark

Hours

Daily | Sunrise-Sunset

Recreation Office

Monday-Saturday | 8:00am-9:00pm
Sunday | 12:00-9:00pm

Ball Fields

Daily | 8:00am-9:00pm

Bocce Courts

Monday-Saturday | 8:00am-9:00pm
Sunday | 12:00-9:00pm

Dog Park/Tennis Courts/Basketball Court

Daily | Sunrise-10:00pm

Unsupervised Skate Park

Daily | 8:00am-8:00pm

For FREE fun, visit the recreation office to borrow basketballs, footballs, and other cool recreation equipment! Be sure to bring a valid photo ID or keys.



IN THE PARK SERIES

ALL AGES

Express your creativity while constructing a masterpiece, challenge your friends to a game of Apples to Apples, enjoy the sweet sounds of music, or make homemade slime in whatever color you want! Community Park's In The Park Series will bring you two hours of themed-fun that's sure to provide exciting, unique experiences for the whole family. While the theme may change from month-to-month, one thing is guaranteed: FUN!

DAY	TIME	DATE	THEME	FEE
M	10:00am-12:00pm	Apr 10	Reptiles	Free

LAKE POWAY

14644 Lake Poway Road
(858) 668-4770

poway.org/lakepoway

Park Ranger Office (858) 668-4772
Park/Pavilion Reservations (858) 668-4580
Lake Poway Concession (858) 668-4778

Hours

January-December
Daily | 6:00am-Sunset

Lake Fishing and Boating Hours

January-December
Wednesday-Sunday | 6:00am-Sunset

Entry Station

Open Weekends & Holidays
\$10 non-resident entry fee for vehicles
Active Military free with ID

The Trout are Still Biting at Lake Poway!



Chaulk Mound Ranch will be stocking their famous "Tail Walking" rainbow trout through April. We have the best permit and boat prices in the area, along with a full-service concession. Make sure to come and take your chance at the "Big One" before the season is over.

INFORMATION: poway.org/lakepoway or (858) 668-4772

SPRING CAMPING SERIES

ALL AGES

Spring is a beautiful time to camp at Lake Poway! Hike, fish, or simply relax by your campsite and enjoy all the natural beauty that the park has to offer. Fishing permits and boat rentals are not included; but may be purchased for a nominal fee. This is a rain or shine event!

INFORMATION OR TO REGISTER: poway.org/lakepoway or (858) 668-4772

CLASS #	DAY	TIME	DATES	FEE PER CAR
9039.400	F/SA	1:00pm-10:00am	Apr 14-15	\$25
9039.401	F/SA	1:00pm-10:00am	Apr 28-29	\$25
9039.402	F/SA	1:00pm-10:00am	May 19-20	\$25

"Our son loves fishing at Lake Poway, and looks forward to camping there every Spring!" - Poway Father of an 8-year old



OLD POWAY PARK

14134 Midland Road
(858) 668-4576

poway.org/oldpowaypark

Hours

Farmers Market

Saturdays | 8:00am-1:00pm

Train Rides

powaymidlandrr.org

HISTORICAL TOURS

ALL AGES



Experience Poway history first hand during our Historical Tours program. Providing the perfect combination of fun and education, this program is ideal for 20 or more participants. \$4 per person, Tuesday-Thursday by reservation only.

INFORMATION: poway.org/oldpowaypark or (858) 668-4576

FARMERS MARKET

ALL AGES

Find the best locally and organically grown farm fresh produce and artisan foods at our "City in the Country" Farmers Market **every Saturday, 8:00am-1:00pm** on Midland Road at Old Poway Park. Rain or shine!

INFORMATION: poway.org/oldpowaypark or (858) 668-4576

VICTORIAN DAY IN THE GARDEN

ALL AGES

The Poway Historical and Memorial Society will host "History Day: Victorian Day in the Garden" on **Saturday, April 8, from 9:00am-4:00pm**. Enjoy crafters, gardening books, plants sales and more.

INFORMATION: powayhistoricalsociety.org

39TH ANNUAL STANDARD FLOWER SHOW

ALL AGES

The Poway Valley Garden Club will host the 39th Annual Standard Flower Show on **Saturday, April 29, from 9:00am-3:00pm**. This year's theme is "Out of This World". Enter your design or just come admire the numerous locally-grown horticultural entries.

INFORMATION: powayvalleygardenclub.org

COMMUNITY BAND FESTIVAL

ALL AGES

Come listen to great music and amazing concert bands during a FREE weekend of music during the 23rd Annual California Band Festival and Arts and Crafts Market on **Saturday, May 20, from 10:00am-7:00pm and Sunday, May 21, from 11:00am-8:00pm**.

INFORMATION: poway.org (858) 668-4576

POWAY SWIM CENTER

13094 Civic Center Drive
(858) 668-4680

poway.org/swim

Hours

Spring (April 3–June 11)

Monday/Wednesday/Friday | 10:30am–7:30pm

Tuesday/Thursday | 8:00am–7:30pm

Saturday/Sunday | 10:30am–5:00pm

Long Course (Through May 25)

Tuesday/Thursday | 8:00am–1:30pm

Family Swim

Saturday/Sunday | 10:30am–1:00pm

Holiday Hours

Memorial Day | May 29 | 10:30am–5:00pm

Costs

DAILY ADMISSION FEE	R/NR FEE
Adults (Ages 18+)	\$2.50/\$5.00
Youth & Seniors (Ages 55+)	\$2.00/\$4.00
Per Resident/Non-Resident Family	\$8.00*/\$11.00

*Proof of residency will be required for the reduced family swim rate.

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

Season and yearly passes: poway.org/swim

INFLATABLE PARTY PACKAGES ALL AGES

Get the party started with an inflatable obstacle course at the pool! Your party package includes a reserved picnic area for two hours, public pool use, and two hours of exclusive use of an inflatable of your choice for up to 25 people.

INFORMATION: poway.org/492/Party-Package or (858) 668-4680

INFLATABLE DAYS ALL AGES

What better way to jump into the weekend? Every other Friday afternoon, the Swim Center will have one of our inflatable obstacle courses available to the public!

PREREQUISITE: Swim test will be required for all swimmers.

Daily admission not included in inflatable fee.

INFORMATION: (858) 668-4680

DAY	TIME	DATES	R/NR FEE
F	3:30/4:30/5:30pm	Apr 14 & 28, May 12 & 26, June 9	\$5/\$7

FAMILY SWIM ALL AGES

Family Swim is a designated time for families to come in together and enjoy their toys, rafts, fins, snorkels, and inner tubes. Items not provided by Swim Center.

DAYS	TIME	R/NR FEE
SA/SU	10:30am–1:00pm	\$8.00*/\$11.00 Per Family

*Proof of residency will be required for the reduced family swim rate.

WATER EXERCISE AGES 16+

Water exercise is a low-impact exercise for any ability. Classes are held in four feet of water. Advanced swimming skills are not required.

DAYS	TIME	FEE
M/W/F	11:00am–12:00pm	Daily pool admission

RED CROSS LIFEGUARD TRAINING AGES 15+

Lifeguard training course teaches the necessary skills to become a professional lifeguard. Upon successful completion of the course, participants will earn their certifications for Lifeguarding/First Aid/CPR/AED/Title 22/Oxygen.

Learning occurs in and outside of class. 100% attendance and participation is required. Class fee includes materials, book, and a resuscitation mask.

PREREQUISITE: There is a water skills test on the first day of class that must be passed in order to take the class. Must be 15 years of age by the first day of class.

INFORMATION: poway.org/515/Lifeguard-Training or (858) 668-4683.

CLASS #	DAY	TIME	DATES	R/NR FEE
0700.303	M-F	8:00am–5:00pm	Apr 10-14	\$153/\$163*
0700.304	SA	8:00am–5:00pm	Apr 15 & 29	\$153/\$163*
	M/W	5:00–8:00pm	Apr 17–26	

*There is a \$35 fee that all students will have to pay directly to the American Red Cross.

RED CROSS WATER SAFETY INSTRUCTOR AGES 16+

The American Red Cross Water Safety Instructor training course teaches the skills needed to teach swim lessons and water safety classes. Upon successful completion of the course, participants will earn their Water Safety Instructor certification.

Learning occurs in and outside of class. 100% attendance and participation is required. Class fee includes the books.

PREREQUISITE: Mandatory stroke performance skills test on March 21 consistent with the American Red Cross Level 4 Stroke Performance Chart. Must be 16 years of age by the first day of class.

INFORMATION: poway.org/825/Water-Safety-Instructor or (858) 668-4680

CLASS #	DAY	TIME	DATES	R/NR FEE
0602.400	TU	5:00–7:00pm	Mar 21	\$200/\$210*
	SA	10:30am–4:30pm	Mar 25-Apr 8	
	TU/TH	5:00–8:00pm	Mar 25-Apr 8	

*There is a \$35 fee that all students will have to pay directly to the American Red Cross.



POWAY LIBRARY

13137 Poway Road
(858) 513-2900

sdcl.org

Hours

Monday–Thursday | 9:30am–8:00pm
Friday–Saturday | 9:30am–5:00pm
Sunday | 12:00–5:00pm

CHILDREN'S PROGRAMS BIRTH TO GRADE 5

Storytime: Monday–Saturday at 10:30am
Baby Storytime: Tuesdays and Wednesdays at 9:45am
After-School Programs: Mondays and Wednesdays from 3:30–4:30pm
Kids Craft Corner: Friday | 3:00–4:00pm

TEEN PROGRAMS GRADES 6–12

Teen Tuesdays and Thursdays: 4:00–5:00pm
(schedule varies – check with library)

ADULT PROGRAMS AGES 18+

Acoustic Showcase Concert: Second Saturday monthly at 2:00pm
Tai Chi: Mondays at 11:00am
Gentle Yoga: Second Thursday monthly at 10:00am
Poway Library Book Club: Third Tuesday monthly at 6:30pm
Conversation Café: Fridays at 10:00am
Citizenship Class: Mondays at 6:30pm

For more information about programs and events, call the library at (858) 513-2900

KUMEYAAY-IPAI INTERPRETIVE CENTER

13104 Ipai Waaypuk Trail
(858) 668-4781

poway.org/kiic

Hours

Open second and fourth Saturday of each month
10:00am–1:00pm

Tours

Free Docent-led Public Tours: (858) 668-4781

SCHOOL TOURS GRADE 3

Offered Thursday and Friday mornings

Experience the life of the Kumeyaay, discover artifacts and ancient millings sites, and participate in hands-on traditional activities.

SCHEDULE YOUR TOUR ONLINE: poway.org/kiic \$4 per student

GUIDED TOURS ALL AGES



Long before the Spanish arrived in the 1500s, thriving communities of native people populated Pauwai. Visit us on the second and fourth Saturday of each month and take a guided tour. Experience artifacts, 'ewaas, milling and grinding stations.

VOLUNTEER TODAY, INSPIRE FOR A LIFETIME AGES 18+

Looking for a unique volunteer opportunity? We have it! Support the tour program at the Kumeyaay-Ipai Center. We need docents to lead tours for third grade students. Absolutely no experience is required and our self-paced training is completely free! Lead just one tour a month and you will impact young lives for a lifetime.

INFORMATION: poway.org/kiic or (858) 668-4781

NATIVE AMERICAN INSPIRED GAMES AND CRAFTS AGES 5–10

Children will explore traditional Native American values and culture as they paint their own “spirit rock,” create a Dream Catcher, and play several engaging games. Limited to 50 participants.

INFORMATION: poway.org/kiic or (858) 668-4781

CLASS #	DAY	TIME	DATES	FEE
1600.404	SA	9:00–11:00am	Apr 1	\$3

SYCAMORE CANYON/ GOODAN RANCH PRESERVE

16281 Sycamore Canyon Road
(858) 513-4737

sdparks.org

Hours

Pedestrian access available daily from Sunrise–Sunset

Goodan Ranch Staging Area

April–September | 8:00am–7:00pm

October–March | 8:00am–5:00pm

Highway 67 Staging Area

8:00am–5:00pm

Over ten miles of trails and service roads are available for hiking, mountain biking, and equestrian use. Come see us at our Preserve Visitor Center. Live animals and exhibits on Goodan History, Cedar Fire, Kumeyaay, and the MSCP are on display. Live native educational raptors on exhibit by appointment at Preserve Visitor Center. Call for information.

For information or to make event reservations, call (858) 513-4737 or email Justin.Gibbons@sdcounty.ca.gov.

March

STAR PARTY ALL AGES

March 17 | Sunset

EDIBLE PLANTS ALL AGES

March 25 | 9:00–11:00am

RESERVATIONS ARE REQUIRED. Please call (858) 513-4737.

April

SNAKES ENCOUNTER ALL AGES

April 8 | 10:00–11:00am

RESERVATIONS ARE REQUIRED. Please call (858) 513-4737.

May

STAR PARTY ALL AGES

May 19 | Sunset

BLUE SKY ECOLOGICAL RESERVE

16275 Espola Road

1 mile north of Lake Poway Road

(858) 668-4781

poway.org/bluesky

Hours

Daily | Sunrise–Sunset



FREE DOCENT-LED NATURE WALKS ALL AGES

Find our Activities Schedule on the website or at Blue Sky Reserve, City Hall, or Lake Poway. Please wear comfortable shoes, a hat, and carry plenty of water. Binoculars are recommended. Scout and group tours are available by reservation. All hikes meet at the bus shelter in the parking lot.

SCHOOL TOURS AND OUTREACH PROGRAM GRADES 2–5

The Outdoor Tour program and In-Classroom program introduce important scientific concepts as outlined in Science Content Standards for grades 2–5. Tours in the Reserve last approximately two hours and are available on Wednesday and Friday mornings for \$4 per student. The one-hour Outreach Program at your school is available mornings only for \$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/Chaperones are free.

SCHEDULE YOUR TOUR ONLINE: poway.org/bluesky

SOLAR WALK/STARGAZING ALL AGES

Join us on a journey into outer space and view our nighttime skies! We will travel through the solar system as we hike 1.5 miles into the Reserve to meet up with Oceanside Photo and Telescope. Their powerful telescopes will be focused on a distant constellation or planet so that you can experience it up-close. This program is suitable for all ages, and everyone should dress warmly. Space is limited to 100 participants. Staggered start times between 4:30–5:15pm.

REGISTER ONLINE: poway.org/classes

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.300	SA	4:30pm	Mar 4	\$5
1600.301	SA	4:45pm	Mar 4	\$5
1600.302	SA	5:00pm	Mar 4	\$5
1600.303	SA	5:15pm	Mar 4	\$5

POWAY SENIOR CENTER

Poway Community Park
Weingart Center Building
13094 Civic Center Drive
(858) 748-6094



powayseniorcenter.org
Visit us on Facebook

Hours

Senior Center: Monday-Friday | 8:00am-4:00pm
Gift Shop: Monday-Friday | 10:00am-2:00pm

Poway Senior Center is a non-profit organization that provides programs, activities, and services to the seniors in Poway and the surrounding communities.

Poway Pets in the Park

March 18 | 10:00am-2:00pm

Bring your Pets to Old Poway Park on March 18 for games, fun booths, and prizes. Also, don't forget to visit the farmer's market and nearby the train will be running for the kiddos to enjoy! All proceeds benefit the Poway Senior Center. Visit Pets in the Park on Facebook for more information



LA BELLA BISTRO

Join Us for Lunch!

Monday-Friday | 11:15am-12:15pm

A donation of \$4.00 is suggested for those 60 and older. Lunch for guests under 60 is \$6.00. Check out our menu on our website, newsletter, or just stop by and enjoy the special of the day. Reservations are not required.

Need a ride to lunch? Call JoAnne Montano for Bus Transportation at **(858) 748-6094 ext. 309**



VOLUNTEER OPPORTUNITIES!

Volunteerism is an important component of the Poway Senior Center. More than 100 seniors are active volunteers. Come be a part of our team and make a difference!

Receptionist: Answer phones, greet visitors and perform light office tasks. A wonderful way to meet new people and support the Poway Senior Center.

Bingo Volunteer: Managers and Monitor positions open! Join our Bingo Team on Tuesday afternoons or Saturday Evenings. Have fun and meet new friends! Our Bingo income goes directly to programs at the Poway Senior Center.

Call today! Mary Supanchick **(858) 748-6094 ext. 305**

COMMUNITY SUPPORT/FUNDRAISING

Monthly Gift Basket

Every month it's something new!

Monthly Opportunity Drawings

Every month in our lobby, we have a new themed gift basket you can win!

Tickets sold at the Reception Desk

\$1.00 a ticket or 6 for \$5.00

COME HAVE FUN AND WIN!

BINGO!

Win Your Share of \$5,000 in Cash, with Progressive Game of \$1,199!

The best fun in Poway twice a week!

Open to all adults, 18 and older. All proceeds help support the programs and services of PSC.

Saturdays | 5:30pm

Tuesdays | 12:15pm



CLASS REGISTRATION

Spring Registration: March 7 at 7:30am

Early Summer Camp Registration: April 11 at 7:30am. 3 convenient ways to register for classes/camps:

- 1** Online registration is available by visiting the City of Poway website: poway.org/classes. A \$1.50 convenience fee will be charged per transaction. Payment must be made by MasterCard, Visa, or American Express.
- 2** Walk-in registration is available at the Community Services Department during business hours.

Location
13325 Civic Center Drive

Hours
Monday–Thursday | 7:30am–5:30pm
Friday | 8:00am–5:00pm
(closed every other Friday)
- 3** Mail-in registration is available by check (payable to City of Poway) or by credit card (Master Card, Visa, or American Express). 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

Class and Camp Refund Policy

1. Cancelled by City:

A full refund will be issued for all classes or camps cancelled or overbooked by the City of Poway and/or the independent contract instructor.

2. All Other Refunds:

Refunds must be requested in writing at least one week prior to the start date. A \$15 cancellation fee will be deducted. No cancellation fee will be deducted if customer places refund as a credit on account. If class, camp, or program is less than the \$15 cancellation fee, the refund will automatically be given as credit on account. Credit on account will be valid for one year and may be applied to another enrollment or reservation. If the credit is not used after one year, the funds will be forfeited and the customer's account will be cleared.

3. Except as otherwise provided in this policy, if a registrant fails to attend a program after it begins, the registrant is **not** entitled to a refund. Exceptions may be authorized by the Director of Community Services. A doctor's note or

written request describing the extenuating circumstances must be submitted to the Community Services Department.

Residency

Poway Residents are defined as those persons who live within the City limits of Poway. Proof of residency is required at the time of registration.

Financial Assistance

Poway Leisure Assistance for Youth (PLAY) Scholarship

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 poway.org/play.

Access

We strive to ensure our programs, services, and facilities include and accommodate those with developmental disabilities.



POWAY CENTER FOR THE PERFORMING ARTS

15498 Espola Road
(858) 748-0505

PowayCenter.org

Administration

(858) 668-4693

Box Office

(858) 748-0505

Hours

Box Office Hours

Friday | 12:00pm–5:00pm

Saturday | 10:00am–3:00pm

Closed on major holidays.

The Box Office opens one hour before scheduled performance times and remains open 30 minutes after performances begin.

Art Gallery & Facility

Tuesday–Friday | 9:00am–5:00pm

Saturday | 10:00am–3:00pm

Closed on major holidays.

The Poway Center for the Performing Arts is available for rent September through June. It's the perfect venue for professional and community performances.

Upcoming Art Exhibits

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

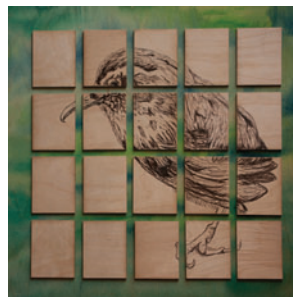
MARCH



Poway Woman's Club

"Celebrate Women" is a Poway Woman's Club service project showcasing the creative talents of local women artists. To learn more, visit www.powaywomansclub.org.

APRIL



Stacie Birky Greene

"Fractured Memories" by Stacie Birky Greene will present her ongoing series of endangered birds drawn on handmade paper made from recycled junk mail. Along with pieces from her 'extinct' series, drawn on reclaimed wooden rectangles and presented in a fragmented grid, each of the birds shown has gone extinct since 1970.

MAY

Palomar Council PTA Reflections

The National PTA Reflections Program provides students with the opportunity to create works of art for fun and recognition. Approximately 150 Poway Unified School District student artists will be recognized for their entries in the program based upon this year's theme: "What Is Your Story."





The Poway Center for the Performing Arts is an 800-seat, state-of-the art theatre owned and operated by the City of Poway. We host a variety of events that include professional performances, concerts, dance productions, community theater groups, art exhibits, and Poway Unified School District events. Available for rent September through June, it's the perfect venue for professional and community performances.

Become a Volunteer Usher Today!

Information: (858) 668-4795

TICKETS AVAILABLE NOW!

View full season and purchase tickets at www.powayonstage.org

At the Poway Center for the Performing Arts (Convenient, free parking)
15498 Espola Road | Poway, CA 92064 | 858.748.0505



THE IRISH ROVERS: 50th Anniversary Tour



MAR 9 8PM

ANDY MCKEE with special guest CELINO ROMERO



APR 8 8PM

TAJ EXPRESS: The Bollywood Musical Review



presented by McCarthy-Goldsmith Theatre Fund

APR 23 2PM

THE DOO WOP PROJECT



APR 29 8PM

Entertaining, Educating and Enriching through Powerful Live Performances



City of Poway
 13325 Civic Center Drive
 Poway, CA 92064

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City of Poway



@cityofpoway



poway.org/connectwithus

POSTAL CUSTOMER

City of Poway
 Poway, CA 92065

ECR-WSS

SPRING 2017 EVENTS AT A GLANCE

**SOLAR WALK/
 STARGAZING**
 Blue Sky
 Ecological
 Reserve
 March 4

**EASTER
 EGG HUNT**
 Community Park
 April 15

**SPRING
 CAMPOUTS**
 Lake Poway
 Apr 14-15
 Apr 28-29
 May 19-20

**FLOWER
 SHOW**
 Old Poway Park
 April 29

**COMMUNITY
 BAND
 FESTIVAL
 AND ARTS
 & CRAFTS
 MARKET**
 Old Poway Park
 May 20 & 21

Poway City Council

- Mayor: STEVE VAUS
- Deputy Mayor: BARRY LEONARD
- Councilmember: JOHN MULLIN
- Councilmember: DAVE GROSCH
- Councilmember: JIM CUNNINGHAM

SAVE THE DATE!

Registration begins
 March 7 at 7:30am.
 See page 31 for details,
 or visit poway.org/classes.