

POWAY

COMMUNITY SERVICES GUIDE



FALL 2017

**REGISTRATION BEGINS
AUGUST 1
AT 7:30AM**

POWAY.ORG/CLASSES



JOIN THE FUN!

Rendezvous in Poway

FREE!

Want to experience life during California's turn-of-the-twentieth-century and civil war eras? Come meet real cowboys, pioneers, mountain men and women, fur traders, gunslingers, and soldiers as history comes to life at **Old Poway Park**. Hop aboard the train, watch gun-fighting demonstrations, view handmade items for sale at the Boardwalk Craft Market, and pan for gold near the banks of Rattlesnake Creek.



Saturday, October 7 | 10:00am-4:00pm

Sunday, October 8 | 10:00am-2:00pm

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

Rendezvous School Tours

FREE!

Let your students LIVE history! Groups of 20 or more are invited to participate in a one-of-a-kind, interactive, hands-on learning experience. Visit historical encampments, see model railroad displays, take a ride aboard the Poway Midland Railroad, and pan for gold near the banks of Rattlesnake Creek. Advanced registration is required and space is limited.

October 5 & 6 | 9:00am-1:00pm

INFORMATION OR TO SCHEDULE A TOUR: (858) 668-4576

Hoot, Howl & Prowl

The **Blue Sky Reserve** comes alive after dark! Meet the canyon's "wildlife" (docents dressed in animal costumes) up close! Groups will leave at 15-minute intervals and tours last approximately 75 minutes. All are welcome to wear their costumes. End the evening with a cup of hot chocolate! Registration required: poway.org/classes. See Page 2 for activity numbers.

Saturday, October 21 | 5:30-7:30pm
\$5 per person

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

Once Upon A Hallowe'en

FREE!

Celebrate Halloween in a distinctly different way at this family-friendly event at **Old Poway Park**. Take a ride aboard the "Halloween Express", participate in a carved pumpkin contest for a nominal fee, enjoy story telling in Templars Hall, visit the "cemetery" and haunted house, play carnival-type games, and enjoy spooky Hallowe'en crafts plus tasty treats.

Sunday, October 29 | 5:30-8:30pm

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



THERE IS STILL TIME FOR SOME



2017 SUMMER CONCERTS IN THE PARK

FREE! Join us for the best local entertainment around on Sundays from 5:30-7:00pm. Our ever-popular food trucks will serve-up your favorite foods at Lake Poway. Special thanks to our sponsors: Toyota of Poway, Cox Communications, Marrokal Design & Remodeling, and Country Montessori School.

INFORMATION: poway.org or (858) 668-4774

DATE/LOCATION	PERFORMER/MUSICAL STYLE
July 23 Lake Poway	The Mighty Untouchables VARIETY
July 30 Old Poway Park	The Blackwaterside Band VARIETY
August 6 Lake Poway	Pickleback Shine COUNTRY
August 13 Old Poway Park	Pomerado Community Band BIG BAND

2017 SUMMER MOVIES IN THE PARK SERIES

FREE! Enjoy a family-friendly movie under the stars during the Summer Movies in the Park Series. Movies will be shown on Saturdays at sunset. NEW THIS YEAR - food and snacks will be available for purchase from Beachin' Boba food truck.



INFORMATION: poway.org or (858) 668-4671

DATE	LOCATION	MOVIE
July 29	Old Poway Park	Wizard of Oz (1939)
August 12	Community Park	Moana

Connect with us and never miss a recreation opportunity again!



City of Poway



@cityofpoway



poway.org/connectwithus

SAVE THE DATE:

Registration begins August 1 at 7:30am

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Volunteer Appreciation Dinner

Fall Into Nature

HOOT, HOWL & PROWL

ALL AGES

Participants—wear your costumes and come see how **Blue Sky Reserve** comes alive after dark! Groups will leave at 15-minute intervals, between 5:30 and 7:15pm, and tours last approximately 75 minutes. End the evening with a cup of hot chocolate!

INFORMATION: (858) 668-4781

LOCATION: Blue Sky Ecological Reserve

CLASS #	DAY	TIME	DATES	FEE
1600.201	SA	5:30pm	Oct 21	\$5 per person
1600.202	SA	5:45pm	Oct 21	\$5 per person
1600.203	SA	6:00pm	Oct 21	\$5 per person
1600.204	SA	6:15pm	Oct 21	\$5 per person
1600.205	SA	6:30pm	Oct 21	\$5 per person
1600.206	SA	6:45pm	Oct 21	\$5 per person
1600.207	SA	7:00pm	Oct 21	\$5 per person
1600.208	SA	7:15pm	Oct 21	\$5 per person



Volunteer!

We create community and enhance quality of life, but we don't do it alone! Poway is fortunate to have dedicated volunteers who give of their time and talent to help us make exceptional experiences. Volunteers ride the rails, patrol parks, engage others in ancient history, explore nature, get valuable experience in our teen program, and more!

As we return to school and schedules, why not "fall-into" some volunteer service? Not only will you make new friends with shared interests, but you will also make a difference in this fine community while having FUN! Apply online at poway.org.

CLASSES

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 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
NO CLASS: Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
1000.200	TU/TH	9:00am-12:00pm	Sep 12-Oct 5	\$185/\$195*
1000.201	TU/TH	9:00am-12:00pm	Oct 10-Nov 2	\$185/\$195*
1000.202	TU/TH	9:00am-12:00pm	Nov 7-Dec 5	\$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: Nov 20

CLASS #	DAY	TIME	DATES	R/NR FEE
1001.200	M	10:00-10:45am	Sep 11-Oct 2	\$56/\$66
1001.201	M	10:00-10:45am	Oct 9-Oct 30	\$56/\$66
1001.202	M	10:00-10:45am	Nov 6-Dec 4	\$56/\$66

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 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: Nov 16, 18, 23 & 25

CLASS #	DAY	TIME	DATES	R/NR FEE
1004.200	TH	10:45-11:15am	Sep 14-Dec 14	\$161/\$171*
1004.201	SA	8:30-9:00am	Sep 16-Dec 16	\$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 begin to experience the joy of playing soccer and being active. All participants receive an Adidas Soccer Shots jersey for their participation!

INSTRUCTOR: Soccer Shots
LOCATION: **WEDNESDAY:** Valle Verde Park
FRIDAY/SATURDAY: Community Park, Open Play Area
NO CLASS: Nov 11 & 25

CLASS #	DAY	TIME	DATES	R/NR FEE
1003.200	W	4:00-4:30pm	Sep 13-Nov 1	\$112/\$122*
1003.201	F	5:20-5:50pm	Sep 15-Nov 3	\$112/\$122*
1003.202	SA	9:00-9:30am	Sep 16-Dec 16	\$168/\$178*
1003.203	SA	10:25-10:55am	Sep 16-Dec 16	\$168/\$178*

*\$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 introduces your child to the fun of soccer and provides the foundation needed to get started in the sport. All participants receive an Adidas Soccer Shots jersey!

INSTRUCTOR: Soccer Shots**LOCATION:** **WEDNESDAY:** Valle Verde Park**FRIDAY/SATURDAY:** Community Park, Open Play Area**NO CLASS:** Nov 11 & 25

CLASS #	DAY	TIME	DATES	R/NR FEE
1003.204	W	4:35-5:20pm	Sep 13-Nov 1	\$112/\$122*
1003.205	F	4:30-5:15pm	Sep 15-Nov 3	\$112/\$122*
1003.206	SA	9:35-10:20am	Sep 16-Dec 16	\$168/\$178*
1003.207	SA	11:00-11:45am	Sep 16-Dec 16	\$168/\$178*

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

NEW! SOCCER SHOTS PREMIER**AGES 6-10**

Soccer Shots nationally-recognized curriculum teaches further tactics, techniques, skills, and character development. We'll also elaborate on the importance of teamwork, review vocabulary, and hone participant's skills to prepare them for competitive play. All participants receive an Adidas Soccer Shots jersey!

INSTRUCTOR: Soccer Shots**LOCATION:** Community Park, Open Play Area**NO CLASS:** Nov 11 & 25

CLASS #	DAY	TIME	DATES	R/NR FEE
1003.208	SA	8:00-8:55am	Sep 16-Dec 16	\$140/\$150*

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

Kid's Night Out

KID'S NIGHT OUT**AGES 6-10**

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...it's Kid's Night Out! Registration is required.

INSTRUCTOR: Community Park Staff**LOCATION:** Community Park, Auditorium

CLASS #	DAY	TIME	DATES	FEE
1100.200	F	4:30-9:00pm	Sep 1	\$5
1100.201	F	4:30-9:00pm	Oct 6	\$5
1100.202	F	4:30-9:00pm	Nov 3	\$5
1100.203	F	4:30-9:00pm	Dec 1	\$5

Teen Activities

NEW! TEEN SPLASH BASH**GRADES 6-9**

Not ready to say goodbye to summer? Neither are we! Join us for one more night of splash-tacular fun under the stars! Rock out while you challenge your friends to wicked water games, scarf down a delicious barbecue, try not to wipeout on our gnarly inflatable obstacle course, splash your way to sweet prizes, and more! Don't let the end of summer slip by—send it off in style!

INFORMATION OR TO REGISTER: (858) 668-4671**INSTRUCTOR:** Community Park Staff**LOCATION:** Poway Swim Center

DAY	TIME	DATES	FEE
SA	5:00-9:00pm	Sep 16	FREE

TEEN GLOW-IN-THE-DARK DODGEBALL**GRADES 6-9**

What's better than playing dodgeball!? Playing glow-in-the-dark dodgeball, of course! Bring yourself and your friends and get ready for some beast glow-in-the-dark fun with dodgeball, music, delicious treats, prizes, and more! Register early; space is limited.

INFORMATION OR TO REGISTER: (858) 668-4671**INSTRUCTOR:** Community Park Staff**LOCATION:** Meadowbrook Gymnasium

DAY	TIME	DATES	FEE
SA	5:00-9:00pm	Oct 21	FREE

**NEW! TEEN EXCURSION:
EPIC ROLLERTAINMENT****GRADES 6-9**

Hey teens! It's time to lace up and sidewind your way to a groovin' good time! Roll with us over to Epic Rollertainment where the tunes are kickin', the skates are flyin', and the fun is all in the footwork! Race your friends around the rink, show off your mad skating skills, and more! Admission, skate rental, dinner, and transportation are included. Registration required: Poway.org/classes.

INSTRUCTOR: Community Park Staff**DROP OFF & PICK UP:** Community Park

CLASS #	DAY	TIME	DATES	FEE
1200.200	SA	4:30-9:30pm	Nov 18	\$15

NEW! TEEN PAJAMA-RAMA MOVIE NIGHT**GRADES 6-9**

Grab your friends, your fave PJs, and join us at for an extreme pajama bash! There'll be popcorn, a movie, messy crafts, and goofy games, but that's not all! We have a couple of legit cool tricks up our sleeve—but you'll have to attend to find out what they are! Register early, space is limited.

INFORMATION OR TO REGISTER: (858) 668-4671**INSTRUCTOR:** Community Park Staff**LOCATION:** Community Park, Auditorium

DAY	TIME	DATES	FEE
SA	5:00-9:00pm	Dec 16	FREE

Creative Arts

NEW! CREATIVE KIDS

AGES 6-12

Expand your creativity and experience a “sampler platter” of art instruction! Practice the basics of drawing, painting, creating 3D art, and more. We'll also learn about famous artists, and explore a variety of media and styles through hands-on activities and individual instruction. We can't wait to see your masterpieces!

INSTRUCTOR: Dora Rowe
LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
3104.200	TH	4:00-5:00pm	Sep 7-Sep 28	\$65/\$75
3104.201	TH	4:00-5:00pm	Oct 12-Nov 2	\$65/\$75

NEW! KIDS ACT

AGES 6-10



Kids Act encourages participants to manifest their talents and abilities through the joy of creative expression. Participants learn improvisational skills through theater games, adapt a story for performance, paint their own scenery, and perform for family and friends on the last day of class.

INSTRUCTOR: Kid's Act
LOCATION: Old Poway Park, Templars Hall
NO CLASS: Oct 5

CLASS #	DAY	TIME	DATES	R/NR FEE
4004.200	TH	5:30-6:30pm	Sep 14-Nov 9	\$148/\$158

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
4001.200	M	5:00-5:50pm	Oct 2-Nov 6	\$66/\$76*

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

Health & Wellness

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
NO CLASS: Nov 22

CLASS #	DAY	TIME	DATES	R/NR FEE
2003.200	W	3:30-4:20pm	Sep 13-Oct 18	\$84/\$94
2003.201	W	3:30-4:20pm	Oct 25-Dec 6	\$84/\$94

TWEEN & TEEN PILATES

AGES 10-17



This fun and energetic class focuses on movement and flexibility through the spine, as well as core strength and a whole-body workout. Learn a basic understanding of the principles of Pilates and an introduction to Pilates Mat, Reformer, and fitness accessories in a safe environment!

INSTRUCTOR: Poway Pilates, Timmerie Millington
LOCATION: Poway Pilates: 14031 Midland Road

CLASS #	DAY	TIME	DATES	R/NR FEE
2003.202	M	3:45-4:30pm	Sep 11-Oct 9	\$70/\$80
2003.203	M	3:45-4:30pm	Oct 16-Nov 13	\$70/\$80

BEGINNING GENTLE YOGA

AGES 17+

Enjoy the benefits of gentle yoga movements! Explore and improve your range of motion through proper breathing and alignment. Focus on basic hatha yoga poses to increase strength and flexibility while releasing tension. Great for beginning and continuing yoga students. Bring a yoga mat, small blanket or beach towel, and water.

INSTRUCTOR: Susan Burnett
LOCATION: **WEDNESDAY:** Old Poway Park, Great Room
THURSDAY: Old Poway Park, Templars Hall
NO CLASS: Oct 4 & 5, Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
2000.200	W	6:00-7:30pm	Sep 20-Nov 1	\$75/\$85
2000.201	TH	10:00-11:15am	Sep 14-Oct 19	\$59/\$69
2000.202	TH	10:00-11:15am	Oct 26-Nov 30	\$59/\$69



Dance

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: Debbora Childress
MsDebborasDanceForChildren.com

LOCATION: Community Park, Auditorium

NO CLASS: Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
3000.200	TH	6:00-6:45pm	Sep 14-Dec 7	\$100/\$110

DANCE PRODUCTION - THE NUTCRACKER!

AGES 5-18

Learn dances to classical “Nutcracker” music using a child-friendly version of this celebrated story! We’ll perform on December 12 at 6:30pm in the Auditorium and have one additional school-day performance in December. No tickets required.

Low-cost costumes are ordered in October and paid for by participants. Wear dance attire and ballet or jazz shoes to class.

INSTRUCTOR: Debbora Childress and Kellie Nichols
MsDebborasDanceForChildren.com

LOCATION: Community Park, Auditorium

NO CLASS: Nov 21

CLASS #	DAY	TIME	DATES	R/NR FEE
3000.201	TU	6:00-7:00pm	Sep 12-Dec 5	\$75/\$85*

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



DANCE FOR CHILDREN WITH MS. DEBBORA

AGES 2.5-5

Tumble and Pre-Dance for Boys and Girls

A perfect “first class” for beginning little dancers to tumble, dance, and sing! This child-friendly, fun-filled, tumbling and dance class is designed just for little ones! Learn self-control and body awareness, pre-dance skills, and fun tumbling tricks in a music-filled environment specifically created for your child’s success! Wear comfortable clothing or dance attire, and leather ballet slippers or bare feet.

INSTRUCTOR: Debbora Childress
MsDebborasDanceForChildren.com

LOCATION: Community Park, Auditorium

NO CLASS: Nov 20

CLASS #	DAY	TIME	DATES	R/NR FEE
3000.202	M	10:00-10:45am	Sep 11-Dec 4	\$110/\$120



PRINCESS BALLET FOR KIDS

AGES 3-13

Learn the beautiful art of ballet in a musical, fun, and creative environment! This class combines the grace and technique of classical ballet, with a princess twist! Dance clothes and pink leather ballet shoes required.

INSTRUCTOR: Kellie Childress-Nichols
MsDebborasDanceForChildren.com

LOCATION: Community Park, Auditorium

NO CLASS: Nov 25

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
3001.200	3-5	SA	9:00-9:45am	Sep 16-Dec 9	\$100/\$110
3001.201	6-9	SA	9:45-10:30am	Sep 16-Dec 9	\$100/\$110
3001.202	10-13	SA	10:30-11:15am	Sep 16-Dec 9	\$100/\$110



TAP AND BALLET

AGES 3-19

Tap is one of the most joyful, active, and theatrical forms of dance around! We move to great tunes while learning tap technique, rhythm, coordination, showmanship, and the beautiful art of basic ballet in a creative, fun-filled, and musical environment. Dance attire, tap shoes, and leather ballet slippers are required.

INSTRUCTOR: Debbora Childress
MsDebborasDanceForChildren.com
LOCATION: Community Park, Auditorium
NO CLASS: Nov 20 & 23

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
TINY TOT BEGINNER					
3000.203	3-6	M	11:00am-12:00pm	Sep 11-Dec 4	\$110/\$120
3000.204	3-6	M	3:00-4:00pm	Sep 11-Dec 4	\$110/\$120
CHILDREN'S BEGINNER					
3000.205	5-8	M	4:00-5:00pm	Sep 11-Dec 4	\$110/\$120
3000.206	5-8	TH	3:00-4:00pm	Sep 14-Dec 7	\$110/\$120
BEGINNER/INTERMEDIATE					
3000.207	8-13	M	5:00-6:00pm	Sep 11-Dec 4	\$110/\$120
3000.208	8-13	TH	4:00-5:00pm	Sep 14-Dec 7	\$110/\$120
INTERMEDIATE/ADVANCED					
3000.209	11-14	TH	5:00-6:00pm	Sep 14-Dec 7	\$110/\$120
ADVANCED TEEN					
3000.210	13-19	M	6:00-7:00pm	Sep 11-Dec 4	\$110/\$120

Please Note

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

Dance classes are designed to increase in difficulty with continued enrollment. Students who enroll in fall, winter, and spring sessions may perform in the annual June dance recital. Parent watching days are the last class of each month.

FUN 'N FUNKY JAZZ FOR KIDS!

AGES 7-18



Come move and groove to the music as we learn Fun 'n Funky Jazz! This fun class teaches children the basics of jazz that they can use in many other styles of dance. Children learn rhythm, coordination, flexibility,

teamwork, and a love for dance! Dance attire and black jazz shoes are required.

INSTRUCTOR: Kellie Childress-Nichols
MsDebborasDanceForChildren.com
LOCATION: Community Park, Auditorium
NO CLASS: Nov 21

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
3001.203	7-12	TU	4:30-5:15pm	Sep 12-Dec 5	\$100/\$110
3001.204	13-18	TU	5:15-6:00pm	Sep 12-Dec 5	\$100/\$110

BEAT BREAKERS & HIP HOP

AGES 4-12



This high-energy dance class will definitely have you movin' to the beats. Let loose while developing confidence, coordination, and creativity. No need to be intimidated...this class is great for those who want to enhance their hip hop groove. All moves are age appropriate.

INSTRUCTOR: Dance to EvOLVe: dancetoevolve.com
LOCATION: Old Poway Park, Templars Hall
NO CLASS: Oct 4 and Nov 22

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
BEAT BREAKERS					
3002.200	4-7	W	4:00-4:55pm	Sep 13-Oct 25	\$98/\$108
3002.201	4-7	W	4:00-4:55pm	Nov 1-Dec 13	\$98/\$108
3002.202	4-7	W	4:00-4:55pm	Sep 13-Dec 13	\$177/\$187
HIP HOP					
3002.203	8-12	W	5:00-5:55pm	Sep 13-Oct 25	\$98/\$108
3002.204	8-12	W	5:00-5:55pm	Nov 1-Dec 13	\$98/\$108
3002.205	8-12	W	5:00-5:55pm	Sep 13-Dec 13	\$177/\$187



Sports

NEW! CHEERLEADING, DANCE N' TUMBLE AGES 2-9

In this high-energy class, participants learn the fundamentals of cheer, dance, and tumbling techniques including voice projection, stretching, jumps, kicks, beginner tumbling and stunting, cheers, sideline dances, and a full routine to be performed at the end of the session! Sep-Oct participants have the opportunity to perform at a USD College Football game.

INSTRUCTOR: Charlene's Dance N Cheer

LOCATION: Community Park, Auditorium

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1000.205	2-3	W	5:30-6:00pm	Sep 13-Oct 25	\$73/\$83*
1000.206	4-9	W	6:00-7:00pm	Sep 13-Oct 25	\$80/\$90*
1000.207	2-3	W	5:30-6:00pm	Nov 1-Dec 13	\$73/\$83*
1000.208	4-9	W	6:00-7:00pm	Nov 1-Dec 13	\$80/\$90*

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



“Charlene is an amazing instructor! She is very patient and extremely talented. She is very professional in all circumstances and relates well to the kids!”



YOUTH/TEEN TAEKWONDO & KARATE AGES 5-15

Try it before you buy it!

This program is designed to help participants develop respect, self-control, and discipline while building confidence through self-defense skills. You'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: Nov 10 & 24

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6001.200	5-8	M/W/F	5:00-6:00pm	Sep 11-Dec 15	\$89/\$99
6001.201	9-15	M/W/F	6:00-7:00pm	Sep 11-Dec 15	\$89/\$99

ADULT TAEKWONDO & KARATE AGES 16+

Try it before you buy it!

This program is designed to help men and women of all ages develop strength, speed, coordination, endurance, and confidence. You'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: Nov 10 & 24

CLASS #	DAY	TIME	DATES	R/NR FEE
6001.202	M/W/F	6:00-7:00pm	Sep 11-Dec 15	\$89/\$99

INTRO TO SKATEBOARDING**AGES 6-13**

This beginner's class is designed to help build balance, confidence, and coordination. Students 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

NO CLASS: Nov 22

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.200	W	5:00-6:00pm	Sep 13-Oct 18	\$80/\$90
6004.201	W	5:00-6:00pm	Nov 1-Dec 13	\$80/\$90

INTERMEDIATE/ADVANCED SKATEBOARDING AGES 6-13

Participants 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

NO CLASS: Nov 22

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.202	W	4:00-5:00pm	Sep 13-Oct 18	\$80/\$90
6004.203	W	4:00-5:00pm	Nov 1-Dec 13	\$80/\$90



All participants **MUST** have a helmet, elbow pads, and knee pads each class.



FENCING

AGES 7-12

En Garde! Ready? Fence! Team Touche's fencing program is full of 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 tools. Fencing has long been used to improve reaction time, dexterity, and grace, all while strengthening muscle and developing speed. All equipment provided, please wear closed-toed shoes to class.

INSTRUCTOR: Team Touche, Tedd Padgitt
LOCATION: Community Park, Bill Bond Hall I

CLASS #	DAY	TIME	DATES	R/NR FEE
6006.200	TH	5:00-6:00pm	Sep 14-Nov 2	\$180/\$190

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, 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
6013.200	W	4:00-4:30pm	Sep 13-Oct 4	\$75/\$85
6013.201	W	4:00-4:30pm	Oct 11-Nov 1	\$75/\$85
6013.202	W	4:00-4:30pm	Nov 8-Nov 29	\$75/\$85



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 is mixed with the learning of fundamental volleyball skills, including serving, passing, setting, and hitting.

INSTRUCTOR: David Claycomb
LOCATION: Meadowbrook Gymnasium

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6002.200	9-12	M	5:30-6:30pm	Sep 11-Oct 30	\$60/\$70
6002.201	12-14	M	6:30-7:30pm	Sep 11-Oct 30	\$60/\$70



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

Coed Intermediate

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
6005.200	Men's	TH	6:30-9:30pm	Sep 21-Nov 16	\$70/\$80
6005.201	Women's	TH	6:30-9:30pm	Sep 21-Nov 16	\$70/\$80

Coed Advanced

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
6005.202	Men's	TU	6:30-9:30pm	Sep 19-Nov 14	\$70/\$80
6005.203	Women's	TU	6:30-9:30pm	Sep 19-Nov 14	\$70/\$80

Women's

CLASS #	DAY	TIME	DATES	R/NR FEE
6005.204	M	6:30-9:30pm	Sep 18-Nov 13	\$70/\$80



TENNIS

AGES 5-17

Come learn tennis from beginners to advanced! Start by learning such skills as forehand and backhand groundstrokes, volleys, and a good first serve. Next, move on to court positioning, footwork drills, scoring system, and court etiquette while fine-tuning strokes in the Intermediate level. Enthusiasts enhance their ability levels in the Advanced Juniors course, preparing them for tournaments, league play, and high school teams. Advanced class placement is determined by the instructor.

INSTRUCTOR: Art Christophiades

LOCATION: Community Park, Tennis Courts

NO CLASS: Nov 11, 20-25

Beginner

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6003.200	8-15	TU/TH	4:00-5:00pm	Sep 12-Oct 12	\$75/\$85*
6003.201	8-15	TU/TH	4:00-5:00pm	Oct 24-Nov 30	\$75/\$85*
6003.202	5-7	SA	9:00-10:00am	Sep 16-Oct 14	\$45/\$55*
6003.203	5-7	SA	9:00-10:00am	Oct 28-Dec 9	\$45/\$55*
6003.204	8-15	SA	10:00-11:00am	Sep 16-Oct 14	\$45/\$55*
6003.205	8-15	SA	10:00-11:00am	Oct 28-Dec 9	\$45/\$55*

Intermediate

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6003.206	8-15	TU/TH	5:00-6:00pm	Sep 12-Oct 12	\$75/\$85*
6003.207	8-15	TU/TH	5:00-6:00pm	Oct 24-Nov 30	\$75/\$85*
6003.208	8-15	SA	11:00am-12:00pm	Sep 16-Oct 14	\$45/\$55*
6003.209	8-15	SA	11:00am-12:00pm	Oct 28-Dec 9	\$45/\$55*

Advanced Juniors

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6003.210	8-17	M/W	4:00-5:30pm	Sep 11-Oct 11	\$85/\$95*
6003.211	8-17	M/W	4:00-5:30pm	Oct 23-Nov 29	\$85/\$95*

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

GIRLS BASKETBALL

AGES 9-14

This league is designed to provide an exciting balance of instruction and friendly competition. Coaches run drills and provide skill training to prepare participants for 3-on-3, 4-on-4, full-court, recreation games. Previous experience is always helpful, but not necessary to have a great time! Players are divided according by age and skill level.

INSTRUCTOR: Paul Dekker: dekker@yahoo.com

LOCATION: Twin Peaks Multipurpose Center

NO CLASS: Nov 22

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6000.200	9-12	W	5:30-7:00pm	Sep 13-Dec 6	\$55/\$65
6000.201	10-14	W	7:00-8:30pm	Sep 13-Dec 6	\$55/\$65





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.

From September through December, 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
THURSDAY	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 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

NO CLASS: Nov 24

CLASS #	DAY	TIME	DATES	R/NR FEE
8000.200	F	1:30-3:30pm	Sep 29-Dec 8	\$40/\$50*

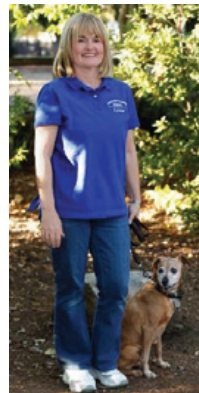
*An \$8 class fee is collected at the bowling alley each week

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!

OBEDIENCE CLASSES

DOGS 12 WEEKS+



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

INSTRUCTOR: Good Dog Training School, Lynne Moore

Beginning

LOCATION: TUESDAY: Old Poway Park, Green Park

SATURDAY: Garden Road Park

CLASS #	DAY	TIME	DATES	R/NR FEE
9000.200	TU	6:30-7:30pm	Sep 12-Oct 17	\$95/\$105*
9000.201	SA	9:30-10:30am	Sep 16-Oct 21	\$95/\$105*
9000.202	TU	6:30-7:30pm	Oct 24-Nov 28	\$95/\$105*
9000.203	SA	9:30-10:30am	Oct 28-Dec 2	\$95/\$105*

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

Intermediate

LOCATION: Garden Road Park

CLASS #	DAY	TIME	DATES	R/NR FEE
9000.204	SA	10:45-11:45am	Sep 16-Oct 21	\$95/\$105
9000.205	SA	10:45-11:45am	Oct 28-Dec 2	\$95/\$105

Swim Classes

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.

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



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 served basis. Children under 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

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				
0010.210	M/W	6:00-6:30pm	Aug 28-Sep 13*	\$32/\$42
Session 2				
0010.240	TU/TH	4:20-4:50pm	Sep 26-Oct 12	\$39/\$49



*PLEASE NOTE: There will be no classes on September 4.

PRE-GRUNION

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				
0020.210	M/W	5:10-5:50pm	Aug 28-Sep 20*	\$45/\$55
Session 2				
0020.240	TU/TH	5:10-5:50pm	Sep 26-Oct 19	\$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				
0101.210	M/W	4:20-5:00pm	Aug 28-Sep 20*	\$45/\$55
0101.211	M/W	5:10-5:50pm	Aug 28-Sep 20*	\$45/\$55
0101.220	TU/TH	3:30-4:10pm	Aug 29-Sep 21	\$52/\$62
0101.221	TU/TH	4:20-5:00pm	Aug 29-Sep 21	\$52/\$62
0101.222	TU/TH	6:00-6:40pm	Aug 29-Sep 21	\$52/\$62
Session 2				
0101.230	M/W	3:30-4:10pm	Sep 25-Oct 18	\$52/\$62
0101.231	M/W	4:20-5:00pm	Sep 25-Oct 18	\$52/\$62
0101.240	TU/TH	3:30-4:10pm	Sep 26-Oct 19	\$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
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Session 1

0102.210	M/W	3:30-4:10pm	Aug 28-Sep 20*	\$45/\$55
0102.211	M/W	4:20-5:00pm	Aug 28-Sep 20*	\$45/\$55
0102.212	M/W	6:00-6:40pm	Aug 28-Sep 20*	\$45/\$55
0102.220	TU/TH	3:30-4:10pm	Aug 29-Sep 21	\$52/\$62
0102.221	TU/TH	4:20-5:00pm	Aug 29-Sep 21	\$52/\$62
0102.222	TU/TH	6:00-6:40pm	Aug 29-Sep 21	\$52/\$62

Session 2

0102.230	M/W	3:30-4:10pm	Sep 25-Oct 18	\$52/\$62
0102.231	M/W	4:20-5:00pm	Sep 25-Oct 18	\$52/\$62
0102.232	M/W	6:00-6:40pm	Sep 25-Oct 18	\$52/\$62
0102.240	TU/TH	4:20-5:00pm	Sep 26-Oct 19	\$52/\$62
0102.241	TU/TH	5:10-5:50pm	Sep 26-Oct 19	\$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
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Session 1

0103.210	M/W	3:30-4:10pm	Aug 28-Sep 20*	\$45/\$55
0103.211	M/W	4:20-5:00pm	Aug 28-Sep 20*	\$45/\$55
0103.220	TU/TH	3:30-4:10pm	Aug 29-Sep 21	\$52/\$62
0103.221	TU/TH	5:10-5:50pm	Aug 29-Sep 21	\$52/\$62

Session 2

0103.230	M/W	3:30-4:10pm	Sep 25-Oct 18	\$52/\$62
0103.231	M/W	4:20-5:00pm	Sep 25-Oct 18	\$52/\$62
0103.232	M/W	5:10-5:50pm	Sep 25-Oct 18	\$52/\$62
0103.240	TU/TH	3:30-4:10pm	Sep 26-Oct 19	\$52/\$62
0103.241	TU/TH	6:00-6:40pm	Sep 26-Oct 19	\$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
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Session 1

0104.210	M/W	4:20-5:00pm	Aug 28-Sep 20*	\$45/\$55
0104.220	TU/TH	5:10-5:50pm	Aug 29-Sep 21	\$52/\$62

Session 2

0104.230	M/W	5:10-5:50pm	Sep 25-Oct 18	\$52/\$62
0104.240	TU/TH	6:00-6:40pm	Sep 26-Oct 19	\$52/\$62

*PLEASE NOTE: There will be no classes on September 4.

**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
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Session 1

0201.210	M/W	3:30-4:10pm	Aug 28-Sep 20*	\$45/\$55
0201.211	M/W	6:00-6:40pm	Aug 28-Sep 20*	\$45/\$55
0201.220	TU/TH	4:20-5:00pm	Aug 29-Sep 21	\$52/\$62

Session 2

0201.240	TU/TH	4:20-5:00pm	Sep 26-Oct 19	\$52/\$62
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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
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Session 1

0202.210	M/W	5:10-5:50pm	Aug 28-Sep 20*	\$45/\$55
0202.220	TU/TH	4:20-5:00pm	Aug 29-Sep 21	\$52/\$62
0202.221	TU/TH	5:10-5:50pm	Aug 29-Sep 21	\$52/\$62

Session 2

0202.230	M/W	4:20-5:00pm	Sep 25-Oct 18	\$52/\$62
0202.231	M/W	6:00-6:40pm	Sep 25-Oct 18	\$52/\$62
0202.240	TU/TH	3:30-4:10pm	Sep 26-Oct 19	\$52/\$62
0202.241	TU/TH	5:10-5:50pm	Sep 26-Oct 19	\$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				
0203.210	M/W	5:10-5:50pm	Aug 28-Sep 20*	\$45/\$55
0203.220	TU/TH	5:10-5:50pm	Aug 29-Sep 21	\$52/\$62
0203.221	TU/TH	6:00-6:40pm	Aug 29-Sep 21	\$52/\$62
Session 2				
0203.230	M/W	5:10-5:50pm	Sep 25-Oct 18	\$52/\$62
0203.231	M/W	6:00-6:40pm	Sep 25-Oct 18	\$52/\$62
0203.240	TU/TH	4:20-5:00pm	Sep 26-Oct 19	\$52/\$62
0203.241	TU/TH	5:10-5:50pm	Sep 26-Oct 19	\$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				
0204.210	M/W	6:00-6:40pm	Aug 28-Sep 20*	\$45/\$55
0204.220	TU/TH	6:00-6:40pm	Aug 29-Sep 21	\$52/\$62
Session 2				
0204.230	M/W	5:10-5:50pm	Sep 25-Oct 18	\$52/\$62
0204.240	TU/TH	6:00-6:40pm	Sep 26-Oct 19	\$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				
0205.210	M/W	6:50-7:30pm	Aug 28-Sep 20*	\$45/\$55
0205.220	TU/TH	6:50-7:30pm	Aug 29-Sep 21	\$52/\$62
Session 2				
0205.230	M/W	6:00-6:40pm	Sep 25-Oct 18	\$52/\$62
0205.240	TU/TH	6:50-7:30pm	Sep 26-Oct 19	\$52/\$62



*PLEASE NOTE: There will be no classes on September 4.



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				
0206.210	M/W	6:50-7:30pm	Aug 28-Sep 20*	\$45/\$55
0206.220	TU/TH	6:50-7:30pm	Aug 29-Sep 21	\$52/\$62
Session 2				
0206.240	TU/TH	6:00-6:40pm	Sep 26-Oct 19	\$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				
0207.230	M/W	6:50-7:30pm	Sep 25-Oct 18	\$52/\$62
0207.240	TU/TH	6:50-7:30pm	Sep 26-Oct 19	\$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				
0301.210	M/W	6:50-7:30pm	Aug 28-Sep 20*	\$45/\$55
Session 2				
0301.230	M/W	6:50-7:30pm	Sep 25-Oct 18	\$52/\$62
0301.240	TU/TH	6:50-7:30pm	Sep 26-Oct 19	\$52/\$62

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				
0302.220	TU/TH	6:50-7:30pm	Aug 29-Sep 21	\$52/\$62
Session 2				
0302.230	M/W	6:50-7:30pm	Sep 25-Oct 18	\$52/\$62



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 more 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

Challenge your creativity while constructing a masterpiece, be a silly goose like Dr. Seuss, or make home-made 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, one thing is guaranteed: FUN!

DAY	TIME	DATES	THEME	FEE
F	10:00am-12:00pm	Sep 29	Dr. Seuss	FREE
F	10:00am-12:00pm	Nov 10	Get Crafty	FREE



Save the Date!

Winter Festival

Experience the magic and charm of winter like never before! This year, the FREE event will be held on **Friday, January 12, 2018, and Saturday January 13, 2018.**

OLD POWAY PARK

14134 Midland Road
(858) 668-4576

poway.org/oldpowaypark

Hours

Farmers Market

Saturdays | 8:00am-1:00pm

Train Rides

powaymidlandrr.org



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



Save the Date!
A Holiday Tradition:

Christmas in the Park

December 9, 3:30-8:30pm

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

Holiday Hours

Open Labor Day Sep 4

Closed Thanksgiving Nov 23

FALL CAMPING SERIES

ALL AGES



Camping your way! Set up your tent and explore the park at your own pace. Hike the many trails, drop a line to catch a fish, cruise the lake on a motorboat, or simply relax by your campsite, and take in all the natural beauty that Lake Poway offers. Fishing permits and boat rentals are not included, but may be purchased at a nominal cost.

CLASS #	DAY	TIME	DATES	R/NR FEE
9039.201	F-SA	1:00pm-10:00am	Sep 15-16	\$25
9039.202	F-SA	1:00pm-10:00am	Oct 6-7	\$25
9039.203	F-SA	1:00pm-10:00am	Oct 20-21	\$25

NIGHT FISHING

ALL AGES

Think you're ready for the night bite? Stocked regularly with catfish, Lake Poway also has a thriving bass population. Fish until 11:30pm on Friday & Saturday nights through August 27.

TROUT SEASON RETURNS TO LAKE POWAY!

ALL AGES

Temperatures dropping means trout are returning! Lake Poway has the best permit and boat prices in the area and is truly a "Big Trout Destination!" The Trout Season opening date will be announced on our website at poway.org/LakePoway.

POWAY SWIM CENTER

13094 Civic Center Drive
 (858) 668-4680
poway.org/swim

Hours

Fall (August 21-October 22)
 Monday/Wednesday/Friday | 10:30am-7:30pm
 Tuesday/Thursday | 8:00am-7:30pm
 Saturday/Sunday | 10:30am-5:00pm

Long Course

Tuesday/Thursday | 8:00am-1:30pm

Family Swim

Saturday/Sunday | 10:30am-1:00pm

Holiday Hours

September 4 | Labor Day | 10:30am-5:00pm

The Swim Center includes a 50-meter by 25-yard pool with an attached diving well and shallow children's area. During open pool hours, residents and nonresidents of Poway can enjoy the one- and three-meter diving boards, open swimming areas, wading pool, and lap swimming lanes. The Swim Center offers a complete shower and dressing area. The water temperature in the pool is maintained between 80 and 84 degrees, providing for comfortable swimming for various aquatic activities.

During open recreational swim, lanes will be set aside for those interested in swimming laps. Some open recreational swim times will be shared with City programs and rentals. Portions of the pool may not be available for use by the public during these times. Diving Boards and open play areas are not available during posted long course hours.



Cannonball
 into Fall at the
 Poway Community
 Swim Center



FAMILY SWIM

ALL AGES

Bring your family and floaties to the pool! 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.

DAY	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 workout for any ability. Classes are held in four feet of water. Advanced swimming skills are not required. Daily admission is required.

DAY	TIME	FEE
M/W/F	11:00am-12:00pm	Admission price

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. There is a water skills test on the first day of class that must be passed in order to take the class. Class fee includes materials, book, and a resuscitation mask. 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
0700.305	W	5:00-8:00pm	Pretest Sep 27	\$153/\$163*
	SA	8:00am-5:00pm	Oct 7 & 14	
	M/W	5:00-8:00pm	Oct 9, 11, 16 & 18	

*\$35 certification fee paid by participant directly to the American Red Cross

INFLATABLE DAYS

ALL AGES

What better way to jump into the weekend? Join us every other Friday afternoon for one-hour of inflatable obstacle course fun! Swim test will be required for all swimmers. Daily admission is required plus the inflatable fee.

INFORMATION: (858) 668-4680

DAY	TIME	DATES	R/NR FEE
F	3:30, 4:30, 5:30pm	Aug 25, Sep 8 & 22, Oct 6 & 20	\$5/\$7

NEW! POOL PARTY PACKAGES

ALL AGES

The Poway Community Swim Center is the best place to throw a party that will make a splash! Reservations for any party package must be done in person at the Swim Center during regular business hours.

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

PARTY PACKAGE TIMES: April–October, Saturday and Sunday. 11:00am–1:00pm; 11:30am–1:30pm; 2:00–4:00pm; 2:30–4:30pm



Large Inflatable Party

Package includes two hours of exclusive use on one of our two larger inflatable obstacle courses: Magneetor or Swing & Slide. Also includes reserved picnic area, public pool use, and admission for 25 guests!

R/NR FEE
\$300/\$310



Mini Inflatable Party

My Little Dragon is a smaller course designed for younger kids to have a roaring good time! Includes two hours of exclusive inflatable time, public pool use, and admission for 25 guests!

R/NR FEE
\$250/\$260

Picnic Table Reservation

Includes picnic area for two hours, public pool use, and admission for 25 guests! We have options near the deep end and shallow end.

R/NR FEE
\$115/\$125





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 pick up a copy at Lake Poway or the Reserve. Bring water and dress appropriately for the weather. All hikes begin at the bus stop in the parking lot. Group walks available by reservation.

SCHOOL TOURS & OUTREACH PROGRAM GRADES 2-5

Bring nature to your classroom! Our Outreach program will help you meet California's Science Content Standards. Or, book a field trip where observation skills, resource protection, identification of plants and animals are also emphasized. \$4 per student per program, or a reduced fee of \$6 per student when both a Tour and Outreach program are scheduled at the same time. Online reservation required at poway.org/bluesky.

FAMILY NATURE CRAFTS AGES 5-10

Calling all families with kids ages 5-10! Join us for a morning of animal-themed crafts and painting. Design and paint your own tote bag, fill it with various animals that you can make and paint, and top it off with a birdhouse for your garden.

INFORMATION OR TO REGISTER: poway.org/classes or (858) 668-4781

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.200	SA	8:00-10:00am	Aug 5	\$3 per child

INTERACTIVE DISCOVERY TABLES ALL AGES

DAY	TIME	DATES	FEE
SU	8:30-11:00am	Oct 14	FREE



Save the Date!

Hoot, Howl & Prowl

is **October 21**. Please see page 2 for all the details!

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

Community Group Tours

Free and available by calling: (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 OF THE ANCIENT COMMUNITY OF PAUWAI

Visit us on the second or fourth Saturday morning of each month and take a guided tour. Experience artifacts, 'ewaas, milling and grinding stations.



VOLUNTEER TODAY, INSPIRE FOR A LIFETIME AGES 18+

Kumeyaay-Ipai Center volunteers are Poway's greatest cultural resource. You can be, too! 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

GOODAN RANCH/ SYCAMORE CANYON COUNTY 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

FOR INFORMATION OR TO MAKE EVENT RESERVATIONS:

Call (858) 513-4737 or email

Justin.Gibbons@sdcounty.ca.gov

September

TOUCH TABLE

ALL AGES

September 2 | 8:00am

STAR PARTY

ALL AGES

September 15 | Sunset

October

CREEPY CRAWLIES

ALL AGES

October 7 | 10:00–11:00am

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

TOUCH TABLE

ALL AGES

October 21 | 8:00am

November

INTRODUCTION TO GEOCACHING

ALL AGES

November 4 | 10:00am–12:00pm

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

STAR PARTY

ALL AGES

November 17 | Sunset



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: Mondays–Saturdays at 10:30am

Baby Storytime: Tuesdays & Wednesdays at 9:45am

After-School Programs: Mondays & Wednesdays at 3:30pm

Kids' Craft Corner: Fridays at 3:00pm

Kids' 3D Design & Printing: Saturdays at 12:00pm

Kids'/Family Program: Sundays at 1:00pm

TEEN PROGRAMS

GRADES 6–12

Tuesdays & Thursdays from 4:00–5:00pm

ADULT PROGRAMS

AGES 18+

Citizenship: Mondays at 6:30pm

Tai Chi: Mondays at 11:00am

Gentle Yoga: Second Thursday at 10:00am

Zumba: Fridays at 10:00am

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.

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**

BINGO

COME HAVE FUN AND WIN!

Saturdays | 5:30pm Tuesdays | 12:15pm

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 Poway Senior Center.



RAFFLE DRAWINGS

Beautiful Hand-Stitched Quilt. Made by our Poway Senior Center Quilters. Tickets sold in the Gift Shop.

Gift Basket. Every month, we have a new, themed-gift basket in our lobby that you can win!! Tickets sold at the Reception Desk.

VOLUNTEER OPPORTUNITIES

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 support programs at the Poway Senior Center.

BUNKO FUNDRAISER

Sunday, September 10 | 3:00-5:00pm

It's that time again! We are looking forward to another fun-filled day of Bunko! This year, there will be lots of prizes and opportunity drawings! Come hungry as there will be a dollar food menu available and a wine bar, too!

RESERVE YOUR SEAT NOW: \$20 advanced purchase, \$25 at the door

Bring your friends and **GET READY TO ROLL THE DICE!!**

Stay tuned and
check out our website:

Be prepared for flu season! Fall date to be announced for a Flu Clinic at Poway Senior Center. Cost: \$20.00 per person

FREE! Animal Exhibit: Safari Park animal handlers will bring animals for you to touch and learn about up-close and in person.





CLASS REGISTRATION

Fall Registration Begins: August 1 at 7:30am

3 convenient ways to register for classes:

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 by noon 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.

SEPTEMBER



A Collection of California Artists

The September exhibit will feature a variety of artists utilizing mediums ranging from sculptures, acrylic, mixed media, and woven canvas.

OCTOBER



Sophie's Art Gallery

The show entitled Re • Purpose will feature repurposed painted cabinet doors, painted primary Sunday school chairs, mosaic cabinet door samples, mosaic casement windows, recycled doors & drawers, and upcycled bowling pins.

PHOTO CREDIT: Repurposed Cabinet Door Sample © Andrea Sheldon 2017.

NOVEMBER

Color! Color! Color!

COLOR! COLOR! COLOR! includes the works of four artists with a range of abstract works on paper and canvas, figures, florals, and landscapes.





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

2017/2018 Professional Performance Series

KANSAS

40th Anniversary Leftoverture Tour
SEP 19 | Tuesday 8PM

BJ THOMAS

SEP 30 | Saturday 8PM

ROGER McGUINN

OCT 7 | Saturday 8PM

ANA GASTEYER

NOV 4 | Saturday 8PM

LOVE LETTERS FROM VIETNAM

NOV 18 | Saturday 8PM

AARON NEVILLE

DEC 2 | Saturday 8PM

CAMERON CARPENTER

FEB 17 | Saturday 8PM



TAO: Drum Heart

SOUNDS OF THE BIG EASY

FEB 24 | Saturday 8PM

LOS LOBOS

MAR 16 | Friday 8PM

BERKLEY HART

APR 14 | Saturday 8PM

TAO: DRUM HEART

APR 27 | Friday 8PM

POWAY
ONSTAGE

PRESENTED AT THE POWAY CENTER
FOR THE PERFORMING ARTS

15498 Espola Road | Poway, CA 92064 | *Convenient, free parking*
www.PowayOnStage.org 858.748.0505

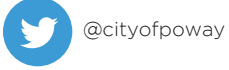
Get the best seats at the best price – subscribe today!
Subscription discounts apply to purchases of 5 or more shows

Join our eClub at www.PowayOnStage.org
for the latest info.



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 Poway, CA 92064

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FALL 2017 EVENTS AT A GLANCE



RENDEZVOUS
 October 7-8
 Old Poway Park



ONCE UPON A HALLOWE'EN
 October 29
 Old Poway Park



HOOT, HOWL & PROWL
 October 21
 Blue Sky Reserve



POWAY DAYS PARADE
 September 9
 9:00am
 Poway Road

Poway City Council

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

SAVE THE DATE!

Registration begins
 August 1 at 7:30am.
 See page 23 for details,
 or visit poway.org/classes.