

POWAY

COMMUNITY SERVICES GUIDE

WINTER 2017-18

**REGISTRATION BEGINS
NOVEMBER 14
AT 7:30AM**

POWAY.ORG/CLASSES



CHRISTMAS IN THE PARK

FREE!

Join us at **Old Poway Park** for an old-fashioned holiday tradition that will take you back in time with caroling, live music, a visit with Santa, free children's crafts, model train displays, and so much more! Purchase tasty holiday treats, finish your Christmas shopping at the craft boutique, or board the Poway Midland Railroad for a night-time ride around the park.



Annual Tree Lighting

Don't miss the annual lighting of the community Christmas tree and arrival of Santa at 5:15pm. The event is cosponsored by the City of Poway, the Old Poway Park Action Committee, The Hamburger Factory, Old Poway Village, Neal Electric, Francis Ralph Potograpiya, Marrokal Design & Remodeling, Silverman Lighting, Inc., and Walter Andersen Nursery.

Saturday, December 9, 2017 | 3:30-8:30pm

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

WINTER FESTIVAL

FREE!

Experience the magic and charm of winter like never before at **Poway Community Park!** Feel snow between your fingers while sledding down snow hill; smell roasted marshmallows as you devour delicious s'mores; experience the wind in your hair skating around the synthetic ice rink; and peruse a variety of vendors and their sensational products. Lights will twinkle, as music sets the tone and laughter fills the air. Winter Festival brings to life all of the appeal and entertainment of a cold-mountain town set right in Poway. Bring the whole family; there's something for everyone!

Friday, January 12, 2018 | 5:00-9:00pm

Saturday, January 13, 2018 | 3:30-8:30pm

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

Winter Festival for Our Special Needs Community

FREE!

Experience the magic and charm of winter during this exclusive event for kids and adults with special needs. Participants may bring one buddy with them to join in the fun. Registration is not required; however, participants must check-in when they arrive to receive their event wristband.

Saturday, January 13, 2018 | 11:00am-1:00pm

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



Youth Fishing Seminar & Friday Night Campout

FREE!

Want a slight advantage the night before the 23rd Annual “Youth-Only” Fishing Derby? Learn to fish from the pros and see demonstrations on how to properly rig a line. A free pizza dinner will be served for all attendees starting at 5:00pm, with the seminar immediately following at 5:30pm. Participants and their families are invited to camp overnight and sleep under the stars for just \$15 per car. Don't forget your camping and grilling supplies! Absolutely no fishing is permitted prior to the 6:00am tournament start time. Families may start setting up their campsites at 7:00am Friday morning. No alcohol is permitted.

Friday, February 2, 2018 | 5:00–7:00pm

CAMPING REGISTRATION: poway.org/classes

CLASS #	DAY	DATE	FEE
9039.300	F-SA	Feb 2-3	\$15

23rd Annual “Youth-Only” Fishing Derby

FREE!

Fishing, prizes, bounce houses, games, entertainment, story-telling contests, a free lunch, and more! Join us for an exciting day of fun and prizes at the 23rd Annual “Youth-Only” Fishing Derby! Freshly stocked with 1,500 pounds of rainbow trout, the Lake will be open only to youth ages 15 and younger from 6:00am-12:00pm. All children must check-in and receive a wristband in order to fish. Check-in begins at 5:45am. Limit 3 fish per child. Parents, please leave the fishing to the kids during the derby.

Saturday, February 3, 2018 | 6:00am-12:00pm

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

Pardon our Plaster!

In order to bring our community the best facility possible, the Swim Center will be closed starting December 11 for major renovations. Upgrades will be done to the pool, deck, and mechanical room. Look for some exciting new additions such as family restrooms and a zero-depth Splash Pad!

Watch for our grand reopening announcement in the Spring Community Services Guide and on our website: poway.org

SAVE THE DATE:

Registration begins November 14 at 7:30am

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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: Jan 11

CLASS #	DAY	TIME	DATES	R/NR FEE
1000.300	TU/TH	9:00am-12:00pm	Jan 9-Feb 1	\$162/\$172*
1000.301	TU/TH	9:00am-12:00pm	Feb 6-Mar 1	\$185/\$195*
1000.302	TU/TH	9:00am-12:00pm	Mar 6-Mar 29	\$185/\$195*

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



Early Camp Registration starts April 17, 2018 at 7:30 a.m. Look for a special camp preview in the Spring Community Services Guide. We don't want you to miss out on our summer fun!

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: Jan 15

CLASS #	DAY	TIME	DATES	R/NR FEE
1001.300	M	10:00-10:45am	Jan 8-Feb 12	\$65/\$75
1001.301	M	10:00-10:45am	Feb 26-Mar 26	\$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 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: Jan 27

CLASS #	DAY	TIME	DATES	R/NR FEE
1004.300	TH	10:45-11:15am	Jan 11-Mar 15	\$161/\$171*
1004.301	SA	8:30-9:00am	Jan 13-Mar 24	\$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 Soccer Field: 16899 St. Andrews Dr.

SATURDAY: Community Park, Open Play Area

CLASS #	DAY	TIME	DATES	R/NR FEE
1003.300	W	4:00-4:30pm	Jan 17-Mar 21	\$140/\$150*
1003.302	SA	9:00-9:30am	Jan 20-Mar 24	\$140/\$150*

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

SOCCER SHOTS CLASSIC

AGES 3-6



Using imaginative games, we focus on basic soccer skills like dribbling, passing, and shooting while highlighting positive character traits 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: Community Park, Open Play Area

CLASS #	DAY	TIME	DATES	R/NR FEE
1003.305	SA	9:35-10:20am	Jan 20-Mar 24	\$140/\$150*

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

SOCCER SHOTS PREMIER

AGES 6-10

Soccer Shots nationally-recognized curriculum teaches further tactics, techniques, skills, and character development. We emphasize 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

CLASS #	DAY	TIME	DATES	R/NR FEE
1003.306	SA	8:00-8:55am	Jan 20-Mar 24	\$140/\$150*

*\$25 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 1-5 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
1100.300	F	4:30-9:00pm	Feb 2	\$5
1100.301	F	4:30-9:00pm	Mar 2	\$5

Teen Activities

NEW! TEEN MARDI GRAS

GRADES 6-9

FREE!

Friends? Check! Beads? Check! Masks? Check!

Ready to second-line at our Mardi Gras celebration until your feet fall off? You know it! Shake a tailfeather on the dance floor, get stuffed on southern goodies, win enough doubloons to make a pirate jealous, and party like it's going out of style! As they say in New Orleans: "Let the good times roll!"

INFORMATION OR TO REGISTER: (858) 668-4671

INSTRUCTOR: Community Park Staff

LOCATION: Community Park, Auditorium

DAY	TIME	DATES	FEE
SA	5:00-9:00pm	Feb 17	FREE



NEW! TEEN NIGHT AT THE PCPA

GRADES 6-9

FREE!

Hey teens! It's time to grab your friends and step

into the spotlight! We're rolling out the red carpet for a one-of-a-kind night that takes the creative arts and spins them on their head! Get ready for a triple threat treat full of A-list munchies, mysterious surprises, and blockbuster fun that will have you shouting encore! You won't want to miss it!

INFORMATION OR TO REGISTER: (858) 668-4671

INSTRUCTOR: Community Park Staff

LOCATION: Poway Center for the Performing Arts

DAY	TIME	DATES	FEE
SA	5:00-9:00pm	Mar 17	FREE

Creative Arts

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: Kids Act

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
4004.300	TH	5:30-6:30pm	Jan 11-Mar 1	\$148/\$158

NEW! ART START

AGES 7-12

Artist Susan Bainbridge will use directed drawing techniques to encourage students to develop their drawing skills, confidence and imagination. Young artists will learn to recognize the basic shapes that form their subject matter, the first steps toward realistic drawing. A variety of media will be explored during the Winter session: pencil, water color, markers, pastels and clay.

INSTRUCTOR: Susan Bainbridge, ArtStart1.com

LOCATION: Old Poway Park, Great Room

CLASS #	DAY	TIME	DATES	R/NR FEE
3100.300	M	4:00-5:00pm	Jan 22-Feb 12	\$62/\$72*
3100.301	M	4:00-5:00pm	Mar 5-Mar 26	\$62/\$72*

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

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, Parlour

NO CLASS: Feb 19

CLASS #	DAY	TIME	DATES	R/NR FEE
4001.300	M	5:00-5:50pm	Jan 22-Mar 5	\$66/\$76*

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

Dance

Dance classes with Ms. Debbara and Ms. Kellie are non-competitive and progressive, providing increased challenges over time. Classes are offered at multiple skill levels to ensure success! Continuing students can participate in our annual dance recital at the Poway Center for the Performing Arts in June 2018. Recital costumes are ordered in January, paid for by participants. Parent watch days are the last lesson of each month.

DANCE PRODUCTION WITH MS. DEBBORA

AGES 6-18

Students perform a danced version of a famous story, using a variety of dance styles and music! This theatrical class provides students with a quality stage experience complete with beautiful sets, props and scene changes...performed at our annual dance recital on a professional stage. A truly enriching education that can't be beat! Required: Concurrent enrollment in Tap & Ballet, some 7:00 pm Monday rehearsals, and enrollment in Spring 2018.

INSTRUCTOR: Debbara Childress and Kellie Childress-Nichols
MsDebborasDanceForChildren.com

LOCATION: Community Park, Auditorium

NO CLASS: Jan 11 & Feb 22

CLASS #	DAY	TIME	DATES	R/NR FEE
3000.301	TH	6:15-7:30pm	Jan 4-Mar 29	\$75/\$85*

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

DANCE FOR CHILDREN WITH MS. DEBBORA

AGES 2.5-5

Pre-Dance and Tumble

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: Debbara Childress

MsDebborasDanceForChildren.com

LOCATION: Community Park, Auditorium

NO CLASS: Feb 19

CLASS #	DAY	TIME	DATES	R/NR FEE
3000.302	M	10:00-10:45am	Jan 8-Mar 26	\$110/\$120



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: Jan 11, Feb 19 & 22

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
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TINY TOT BEGINNER

3000.303	3-6	M	11:00am-12:00pm	Jan 8-Mar 26	\$110/\$120
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3000.304	3-6	M	3:00-4:00pm	Jan 8-Mar 26	\$110/\$120
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CHILDREN'S BEGINNER

3000.305	5-8	M	4:00-5:00pm	Jan 8-Mar 26	\$110/\$120
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3000.306	5-8	TH	3:00-4:00pm	Jan 4-Mar 29	\$110/\$120
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BEGINNER/INTERMEDIATE

3000.307	8-13	M	5:00-6:00pm	Jan 8-Mar 26	\$110/\$120
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3000.308	8-13	TH	4:00-5:00pm	Jan 4-Mar 29	\$110/\$120
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INTERMEDIATE/ADVANCED

3000.309	11-14	TH	5:00-6:00pm	Jan 4-Mar 29	\$110/\$120
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ADVANCED TEEN

3000.310	13-19	M	6:00-7:00pm	Jan 8-Mar 26	\$110/\$120
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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: Jan 13 & Feb 24

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
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3001.300	3-5	SA	9:00-9:45am	Jan 6-Mar 31	\$100/\$110
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3001.301	6-9	SA	9:45-10:30am	Jan 6-Mar 31	\$100/\$110
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3001.302	10-13	SA	10:30-11:15am	Jan 6-Mar 31	\$100/\$110
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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: Feb 20

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
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3001.303	7-12	TU	4:30-5:15pm	Jan 9-Mar 27	\$100/\$110
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3001.304	13-18	TU	5:15-6:00pm	Jan 9-Mar 27	\$100/\$110
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LYRICAL FOR TEENS

AGES 13-18

Come join our class as we learn the art of Lyrical! Lyrical dance is the fusion of ballet, jazz, and contemporary techniques—combining the beauty and grace of classical ballet with the freedom and expressiveness of jazz and modern dance. Lyrical is a great way to learn the terminology and steps used in ballet class and still have lots of fun dancing Lyrical style to the music you love!

INSTRUCTOR: Kellie Childress-Nichols
MsDebborasDanceForChildren.com

LOCATION: Community Park, Auditorium

NO CLASS: Feb 20

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
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3001.305	13-18	TU	6:00-6:30pm	Jan 9-Mar 27	\$75/\$85
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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: Feb 21

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
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BEAT BREAKERS

3002.300	4-7	W	4:00-4:55pm	Jan 17-Feb 14	\$82/\$92
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3002.301	4-7	W	4:00-4:55pm	Feb 28-Mar 28	\$82/\$92
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3002.302	4-7	W	4:00-4:55pm	Jan 17-Mar 28	\$148/\$158
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HIP HOP

3002.303	8-12	W	5:00-5:55pm	Jan 17-Feb 14	\$82/\$92
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3002.304	8-12	W	5:00-5:55pm	Feb 28-Mar 28	\$82/\$92
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3002.305	8-12	W	5:00-5:55pm	Jan 17-Mar 28	\$148/\$158
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Health & Wellness

NEW! COUNTRY HEAT LIVE

AGES 16+

This country line dance workout is unlike any other workout you've tried before! In no time, participants will be addicted to the simple steps and catchy country songs that make this class such a fun-filled, calorie-scorching good time!

INSTRUCTOR: Emily Staments
LOCATION: Templars Hall, Old Poway Park
NO CLASS: Jan 15 & Feb 19

CLASS #	DAY	TIME	DATES	R/NR FEE
2001.300	M	6:00-7:00pm	Jan 8-Mar 26	\$85/\$95

NEW! P90X LIVE

AGES 16+

P90X Live is a total-body strength program that will keep your body guessing and transforming with a variety of strength training moves, cardio conditioning, and core work. It's tough—but your instructor can show you how to modify any move, and the group motivation will help you push past your plateaus. Bring light weights, a yoga mat or towel, and water.

INSTRUCTOR: Brent Garriepy
LOCATION: Community Park, Activity Rooms I & II

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.300	TH	5:30-6:30pm	Jan 18-Mar 29	\$85/\$95

PILATES BACK CARE

AGES 18+



Participants 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, Sarah Nightingale
LOCATION: Poway Pilates: 14031 Midland Road
NO CLASS: Jan 15

CLASS #	DAY	TIME	DATES	R/NR FEE
2003.300	M	12:30-1:20pm	Jan 8-Feb 12	\$84/\$94
2003.301	M	12:30-1:20pm	Feb 26-Mar 26	\$84/\$94



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: Debhora Childress
 MsDebborasDanceForChildren.com

LOCATION: Community Park, Auditorium

NO CLASS: Feb 20

CLASS #	DAY	TIME	DATES	R/NR FEE
3000.300	TU	6:30-7:15pm	Jan 9-Mar 27	\$100/\$110



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
NO CLASS: Jan 15

CLASS #	DAY	TIME	DATES	R/NR FEE
2003.302	M	3:45-4:30pm	Jan 8-Feb 12	\$70/\$80
2003.303	M	3:45-4:30pm	Feb 26-Mar 26	\$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

CLASS #	DAY	TIME	DATES	R/NR FEE
2000.300	W	6:00-7:30pm	Jan 10-Feb 28	\$79/\$89
2000.301	TH	10:00-11:30am	Jan 11-Mar 1	\$79/\$89

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! Jan-Feb participants (ages 4-9) have the opportunity to perform at a USD College Basketball game.

INSTRUCTOR: Charlene's Dance N Cheer
LOCATION: Community Park, Auditorium

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1000.305	2-3	W	5:30-6:00pm	Jan 10-Feb 14	\$73/\$83*
1000.306	4-9	W	6:00-6:50pm	Jan 10-Feb 14	\$80/\$90*
1000.307	2-3	W	5:30-6:00pm	Feb 21-Mar 28	\$73/\$83*
1000.308	4-9	W	6:00-6:50pm	Feb 21-Mar 28	\$80/\$90*

*\$10 materials fee due on the first day of 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
6006.300	TH	5:00-6:00pm	Jan 18-Mar 8	\$180/\$190

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

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.300	W	5:00-6:00pm	Jan 10-Feb 14	\$80/\$90
6004.301	W	5:00-6:00pm	Feb 21-Mar 28	\$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

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.302	W	4:00-5:00pm	Jan 10-Feb 14	\$80/\$90
6004.303	W	4:00-5:00pm	Feb 21-Mar 28	\$80/\$90

SKATEBOARDING CAMP AGES 5-13

Come build your ramp skills, develop new tricks, learn safety techniques, meet special guest pros, and make new friends. This camp will benefit skateboarders of all levels! All participants MUST have a helmet, elbow pads, and knee pads each class. Bring your own skateboard or contact the instructor for rental 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
6004.304	M-F	9:00am-12:00pm	Feb 19-23	\$165/\$175



Off from school? Come join us for this President's Week Camp!

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: Jan 12 & Feb 19

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6001.300	5-8	M/W/F	5:00-6:00pm	Jan 8-Mar 23	\$89/\$99
6001.301	9-15	M/W/F	6:00-7:00pm	Jan 8-Mar 23	\$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: Jan 12 & Feb 19

CLASS #	DAY	TIME	DATES	R/NR FEE
6001.302	M/W/F	6:00-7:00pm	Jan 8-Mar 23	\$89/\$99



LEARN TO ICE SKATE

AGES 3-15

Our fun, introductory classes teach basic skating skills such as: how to properly fall down and get up, forward and backward skating, and stopping. Whether your desire is to master basic skating skills, play ice hockey, or figure skate, this class is the first step! Skate rental is included and skaters can practice on our public session on the day of their class.

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

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6013.300	3-6	W	4:00-4:30pm	Jan 10-Jan 31	\$75/\$85
6013.301	7-15	W	4:30-5:00pm	Jan 10-Jan 31	\$75/\$85
6013.302	3-6	W	4:00-4:30pm	Feb 7-Feb 28	\$75/\$85
6013.303	7-15	W	4:30-5:00pm	Feb 7-Feb 28	\$75/\$85
6013.304	3-6	W	4:00-4:30pm	Mar 7-Mar 28	\$75/\$85
6013.305	7-15	W	4:30-5:00pm	Mar 7-Mar 28	\$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
NO CLASS: Feb 19

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6002.300	9-12	M	5:30-6:30pm	Jan 22-Mar 19	\$60/\$70
6002.301	12-14	M	6:30-7:30pm	Jan 22-Mar 19	\$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
NO CLASS: Jan 15 & Feb 19

Coed Intermediate

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
6005.300	Men's	TH	6:30-9:30pm	Jan 11-Mar 8	\$70/\$80
6005.301	Women's	TH	6:30-9:30pm	Jan 11-Mar 8	\$70/\$80

Coed Advanced

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
6005.302	Men's	TU	6:30-9:30pm	Jan 9-Mar 6	\$70/\$80
6005.303	Women's	TU	6:30-9:30pm	Jan 9-Mar 6	\$70/\$80

Women's

CLASS #	DAY	TIME	DATES	R/NR FEE
6005.304	M	6:30-9:30pm	Jan 8-Mar 19	\$70/\$80

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, 4-on-4, full-court, recreation games. Previous experience is always helpful, but not necessary to have a great time! Players will be divided according to age and skill level.

INSTRUCTOR: Paul Dekker: dekker@yahoo.com
LOCATION: Twin Peaks Multipurpose Center
NO CLASS: Mar 7

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6000.300	9-11	W	5:30-7:00pm	Jan 10-Mar 28	\$55/\$65
6000.301	10-14	W	7:00-8:30pm	Jan 10-Mar 28	\$55/\$65

TENNIS AGES 6-18

Come learn tennis from beginners to advanced! Start by learning such skills as forehand and backhand ground-strokes, 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: Jan 11, 15 & Feb 19

Beginner

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6003.300	8-14	TU/TH	4:00-5:00pm	Jan 9-Mar 8	\$95/\$105*
6003.302	6-8	SA	9:00-10:00am	Jan 20-Mar 24	\$65/\$75*
6003.303	8-14	SA	10:00-11:00am	Jan 20-Mar 24	\$65/\$75*

Intermediate

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6003.306	8-14	TU/TH	5:00-6:00pm	Jan 9-Mar 8	\$95/\$105*
6003.307	8-14	SA	11:00am-12:00pm	Jan 20-Mar 24	\$65/\$75*

Advanced Juniors

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
6003.310	9-14	M/W	4:00-5:30pm	Jan 8-Mar 7	\$125/\$135*

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





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 winter months, 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
SUNDAY	OPEN GYM HOURS	FEE
Open Volleyball	6:00-9:00pm	FREE

Meadowbrook Gymnasium

12320 Meadowbrook Lane, (858) 668-4598

THURSDAY	OPEN GYM HOURS	FEE
Open Basketball	6:00-9:00pm	FREE
FRIDAY	OPEN GYM HOURS	FEE
Open Pickleball	6:00-9:00pm	FREE
SUNDAY	OPEN GYM HOURS	FEE
Open Basketball	8:00-11:00am	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

CLASS #	DAY	TIME	DATES	R/NR FEE
8000.300	F	1:30-3:30pm	Jan 12-Mar 23	\$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
9000.300	TU	6:30-7:30pm	Jan 9-Feb 13	\$95/\$105*
9000.301	SA	9:30-10:30am	Jan 13-Feb 17	\$95/\$105*
9000.302	TU	6:30-7:30pm	Feb 20-Mar 27	\$95/\$105*
9000.303	SA	9:30-10:30am	Feb 24-Mar 31	\$95/\$105*

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

Intermediate

LOCATION: Garden Road Park

CLASS #	DAY	TIME	DATES	R/NR FEE
9000.304	SA	10:45-11:45am	Jan 13-Feb 17	\$95/\$105
9000.305	SA	10:45-11:45am	Feb 24-Mar 31	\$95/\$105



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

Holiday Hours

Recreation Office and restrooms are closed;
 all other park amenities are open on:

- November 23
- December 24, 25 & 31
- January 1, 2018



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	DATES	THEME	FEE
M	10:00am-12:00pm	Feb 19	Ocean Fun	FREE

OLD POWAY PARK

14134 Midland Road

(858) 668-4576

poway.org/oldpowaypark

Hours

Farmers Market

Saturdays | 8:00am-1:00pm

Train Rides

powaymidlandrr.org

Holiday Hours

Closed November 23, December 25, 2017
and January 1, 2018

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

HISTORICAL TOURS

ALL AGES

Experience the Nelson House, Heritage Museum, a train safety presentation, as well as ride aboard the Poway-Midland Railroad. These easy, inexpensive, educational field trips are offered March through June, Tuesday through Thursday for just \$4 per participant. Appropriate for any age or grade level, tours are great for schools, scout troops, ESS, assisted living facilities, or any group of 20 or more.

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





POWAY SWIM CENTER

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

Hours

Winter (October 23–December 8)
 Monday/Wednesday/Friday | 11:00am–1:30pm
 Tuesday/Thursday | 8:00am–1:30pm
 Monday–Friday | 3:00–7:00pm

Long Course

Tuesday/Thursday | 8:00am–1:30pm

Holiday Hours

Closed November 23 & 24

Beginning December 11

Pool closed for construction

For general information regarding pool hours and fees, visit our website at poway.org/swim or call (858) 668-4680.

Pardon our Plaster!

In order to bring our community the best facility possible, the Swim Center will be closed starting December 11 for major renovations. Upgrades will be done to the pool, deck, and mechanical room. Look for some exciting new additions such as family restrooms and a zero-depth Splash Pad!

Watch for our grand reopening announcement in the Spring Community Services Guide and on our website: poway.org

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 are not available during posted long course hours.

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

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

FREE!

Find our Activities Schedule on the website or at Blue Sky Reserve, City Hall, or Lake Poway. Please dress appropriately 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.



JUNIOR NATURE RANGER PROGRAM AGES 6-10

FREE!

Become a Blue Sky Junior Nature Ranger! Connect with nature and share valuable family time together! Docents will lead children (ages 6-10) through a series of activities allowing them to experience nature first-hand, and have fun in the outdoors. A Nature Ranger certificate will be issued on completion of activities. Limited to 15 children.

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

DAY	TIME	DATE	FEE
SA	9:00–11:00am	Feb 17	FREE

SCHOOL TOURS & OUTREACH PROGRAM GRADES 2-5

The Outdoor Tour program and In-Classroom program introduce important scientific concepts as outlined in Next Generation Science 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.

FOR RESERVATIONS: poway.org/bluesky

TURN NEW YEAR RESOLUTIONS INTO FITNESS SOLUTIONS!

Hiking is one of the best things you can do for your health. Come out and join our 'Twin Lakes' hiking series! What better way to meet new friends, de-stress, connect with nature, and get into shape? The fun begins at the south end of the parking lot at 9:00am. Distance and fitness level will gradually increase over eight Wednesday mornings for beginners, culminating in a hike around Lake Poway, and six Monday mornings culminating in a hike to Ramona Dam for seasoned hikers.

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

DAY	DATE	TIME	LEVEL	FEE
W	Jan 10–Feb 28	9:00am	Beginners	FREE
M	Jan 8–Feb 12	9:00am	Non-beginners	FREE

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 Curiosity Peak Observatory Astronomers. 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	FEE
1600.300	SA	4:30pm	Mar 10	\$5
1600.301	SA	4:45pm	Mar 10	\$5
1600.302	SA	5:00pm	Mar 10	\$5
1600.303	SA	5:15pm	Mar 10	\$5

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.

FOR RESERVATIONS: poway.org/kiic

\$4 per student

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

GUIDED TOURS OF THE ANCIENT COMMUNITY OF PAUWAI

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



WATERCOLOR/SKETCHING CLASS (PLEIN AIR ART FORM)

Join us in capturing the beauty of this authentic Native American site in watercolor and pencil! Artists of every skill level are welcome to experience creating en plein air ("in the open air"). Pick a painting or sketching spot around the site to inspire you! Instructors will be there to provide supplies and to teach some basic skills for both forms.

REGISTER ONLINE: poway.org/classes

CLASS #	DAY	TIME	DATES	FEE
1600.304	SA	9:00am-11:00am	Mar 31	\$5





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

Live native education raptors on display at visitor center. For interpretive talks, contact park staff at (858) 513-4747.

FOR INFORMATION OR TO MAKE EVENT RESERVATIONS:

Call (858) 513-4737 or email
Justin.Gibbons@sdcounty.ca.gov

Sycamore Canyon Preserve consists of 2,272 acres of coastal sage scrub and chaparral-covered hills, including the 325-acre Goodan Ranch.

December

LEAVE NO TRACE TALK

ALL AGES

Saturday, December 2, 2017 | 10:00am–12pm

Space limited; registration required.

REGISTRATION REQUIRED: (858) 513-4737

MOUNTAIN BIKE RACE

ALL AGES

Saturday, December 9, 2017 | 6:00am–3:00pm

REGISTRATION REQUIRED: quickndirtymtb.com

DIRTY FEET 10K/HALF-MARATHON

ALL AGES

Saturday, December 16, 2017 | 8:00am–1:00pm

REGISTRATION REQUIRED: dirtyfeet.us/trailraces

January

STAR PARTY

ALL AGES

Friday, January 19, 2018 | Sunset

Rain or clouds cancel.

TOUCH TABLE

ALL AGES

Saturday, January 27, 2018 | 9:00–10:00am

Rain cancels event.



February

SEARCH AND THEN FIND

ALL AGES

Saturday, February 10, 2018 | 9:00–11:00am

Space limited; registration required. Rain or muddy conditions cancel.

REGISTRATION REQUIRED: (858) 513-4737

DIRTY FEET 10K/50K/HALF-MARATHON

ALL AGES

Saturday, February 24, 2018 | all day

REGISTRATION REQUIRED: dirtyfeet.us/trailraces

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

Closed November 23, December 25

TROUT SEASON RETURNS TO LAKE POWAY! ALL AGES

The fishing frenzy returns late fall/early winter when Lake Poway is once again stocked with the popular “Nebraska Tail Walkers”. Poway currently holds the County record for rainbow trout at 17.85 pounds and our reputation as the “Big Trout Destination” still holds true. We offer the best permit and boating prices in the area and our concessions offers everything you might need to catch “The Big One”. Please check our website for the most up-to-date fishing conditions and stocking dates at poway.org/lakepoway.



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

FREE! CHILDREN'S PROGRAMS BIRTH TO GRADE 5

Storytime: Mondays–Saturdays | 10:30am

Baby Storytime: Tuesdays & Wednesdays | 9:45am

Dreidel Day, featuring Literature Comes to Life performing “The Run-away Latkas”: December 10 | 1:00pm

Santa Visits the Poway Library: December 17 | 1:00pm

Celebrate Library Love Month : every Saturday in February

FREE! TEEN PROGRAMS GRADES 6–12

Teen Tuesdays | 4:00pm

Teen Tech Thursdays | 4:00pm

FREE! ADULT PROGRAMS AGES 18+

Acoustic Showcase Concert: Second Saturday monthly | 2:00pm

Tai Chi: Mondays | 11:00am

Zumba Inclusive: Tuesdays | 10:00am

Hoop Fitness: Wednesdays | 11:00am

Gentle Yoga: Second Thursday monthly | 10:00am

Zumba Fitness: Fridays | 10:00am

Poway Library Book Club: Third Tuesday monthly | 6:30pm

Citizenship Class: Mondays | 6:30pm

3D Printing and Design for Adults: Third Sunday monthly | 2:00pm (schedule may vary)

Adult Coloring Club: Last Thursday monthly | 10:00am

Zentangle Art Method Workshop (registration required): November 18 | 10:30am

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**

COME HAVE FUN AND WIN!

Big Money 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 the public, adults 18 and older. All proceeds help support the programs and services of PSC.

Saturdays | 5:30pm

Tuesdays | 12:15pm

VOTE!

Vote on November 7

Polling Site:

Senior Center Activity Rooms 1 & 2

Polls Open | 7:00am-8:00pm



VOLUNTEER OPPORTUNITIES!

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

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

ANNUAL MEMBERSHIP ONLY \$35.00!

We Offer:

- Monthly Newsletter mailed to your home
- Feeling Fit Exercise twice weekly
- Needlecrafts, Quilting & Jewelry Making
- Health & Wellbeing Lectures & Presentations
- Social Groups & Support Groups
- Fun Fridays! Ping-Pong, Board Games, Cards, Line Dancing, Billiards, & more

Join us today!

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





CLASS REGISTRATION

Winter Registration Begins: November 14 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 or transfers must be requested in writing by noon at least one week prior to the start date. Written requests may be submitted via email to Activenet@poway.org, or by mail to City of Poway, Community Services Department, P.O. Box 789, Poway, CA 92074. 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

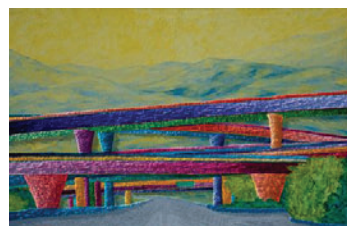
Tuesday-Friday | 9:00am-5:00pm
Saturday | 10:00am-3:00pm
Closed on major holidays.

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.

DECEMBER-JANUARY



Nancy Wise

In the modern world so many of us live in cities. Our environment provides seemingly endless opportunities for new and varied experiences. The new, the unusual, the

exotic awakens minds and creativity. But as our day-to-day world unfolds, much is lost and we no longer see the magic. Like the Impressionists of an earlier era I want to reawaken that magic. By transforming the familiar, we see our world again with new eyes. I love the vibrancy of bright colors, thick impasto-like textures against thin washes and strong forms to enhance perception. It is my way to abstract and transform our ordinary experiences and reawaken life's vibrant aesthetic.

FEBRUARY



John Linthurst

John Linthurst's art incorporates a crossover of traditional photographic technique into a collage of additional elements to re-master a reality. The idea is to create stories and

character, and not necessarily to document them. The result at times may be surreal, to even chaotic — and often include multiple mixed media elements.



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



Ana Gasteyer
NOV 4 • 8PM



Aaron Neville
DEC 2 • 8PM



Sounds of The Big Easy
FEB 24 • 8PM



Love Letters from Vietnam
NOV 18 • 8PM



Cameron Carpenter
FEB 17 • 8PM



Los Lobos: Disconnected, An Acoustic Show
MAR 16 • 8PM

Tickets Available at www.PowayOnStage.org
At the Poway Center for the Performing Arts (Convenient, free parking)
15498 Espola Road | Poway, CA 92064 | 858.748.0505





City of Poway
 13325 Civic Center Drive
 Poway, CA 92064

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WINTER 2017-18 EVENTS AT A GLANCE



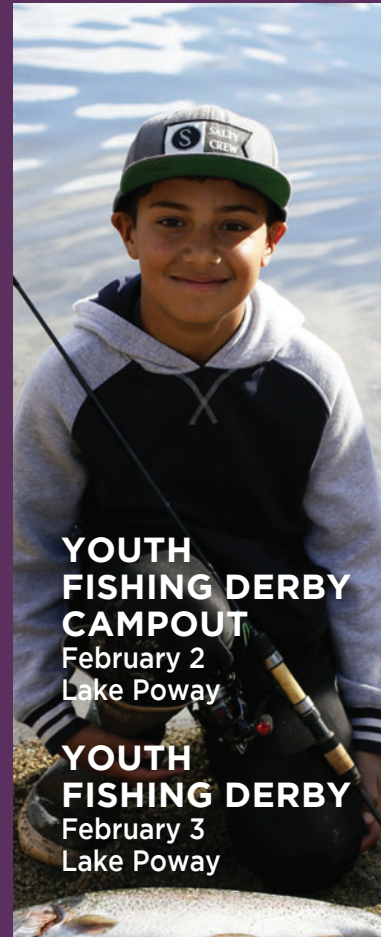
TROUT SEASON
 Starts Late November
 Lake Poway



CHRISTMAS IN THE PARK
 December 9
 Old Poway Park



WINTER FESTIVAL
 January 12 & 13



YOUTH FISHING DERBY CAMPOUT
 February 2
 Lake Poway
YOUTH FISHING DERBY
 February 3
 Lake Poway

Poway City Council

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

SAVE THE DATE!

Registration begins
 November 14 at 7:30am.
 See page 19 for details,
 or visit poway.org/classes.