

# POWAY

COMMUNITY SERVICES GUIDE



**WINTER 2018-19**

**REGISTRATION BEGINS  
NOVEMBER 13  
AT 7:30AM**

**[POWAY.ORG/CLASSES](http://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 at 5:15pm, followed by Santa's arrival. The event is cosponsored by the City of Poway, Old Poway Park Action Committee, The Hamburger Factory, Silver Moon Lighting, The Heritage Group, Lowe's, Francis Ralph Potograpiya, and Walter Andersen Nursery.

**Saturday, December 8, 2018 | 3:30-8:30pm**

**INFORMATION:** [poway.org/oldpowaypark](http://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 11, 2019 | 5:00-9:00pm**

**Saturday, January 12, 2019 | 3:30-8:30pm**

**INFORMATION:** [poway.org](http://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 12, 2019 | 11:00am-1:00pm**

**INFORMATION:** [poway.org](http://poway.org) or (858) 668-4671



# FISHING

## FREE! 24th Annual "Youth-Only" Fishing Derby

**Derby:** Fishing, prizes, bounce houses, games, entertainment, a free lunch, and more! Join us for an exciting day of fun at the FREE 24th Annual Youth-Only Fishing Derby! Freshly stocked with 1,500 pounds of rainbow trout, Lake Poway will be open only to youth ages 15 and younger from 6:00am-12:00pm. Parents, please leave the fishing to the kids during the derby.

**Seminar:** Want a slight advantage the night before the 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 free seminar immediately following at 5:30pm.

**Campout:** 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. No alcohol is permitted.

- Derby:** Saturday, February 2, 2019 | 6:00am-12:00pm
- Seminar:** Friday, February 1, 2019 | 5:00-7:00pm
- Campout:** Friday-Saturday, February 1-2, 2019 | 12:00pm-12:00pm

INFORMATION: [poway.org](http://poway.org) or (858) 668-4772

## FREE! Interpretive Services Parks Day

Celebrate Poway's natural and cultural resources at the **Blue Sky Ecological Reserve!** Join staff and docents from Blue Sky and the Kumeyaay-Ipai Interpretive Center for an afternoon of presentations, live animals, docent-led or self-guided hikes, and crafts. Kids: take home a tote bag filled with the crafts you make, including a bracelet, snake, birdhouse, and spirit rock.

**Saturday, November 17, 2018 | 12:00-4:00pm**

INFORMATION: [poway.org](http://poway.org) or (858) 668-4781

### SAVE THE DATE:

**Registration begins November 13 at 7:30am**

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### POWAY CENTER FOR THE PERFORMING ARTS 24

Early Summer Camp Registration starts April 9, 2019, at 7:30am. Look for a special camp preview in the Spring Community Services Guide. We don't want you to miss out on our summer fun!

# CLASSES

## Preschool 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 10

CLASS #	DAY	TIME	DATES	R/NR FEE
1500.300	TU/TH	9:00am-12:00pm	Jan 3-Jan 31	\$189/\$199*
1500.301	TU/TH	9:00am-12:00pm	Feb 5-Feb 28	\$189/\$199*
1500.302	TU/TH	9:00am-12:00pm	Mar 5-Mar 28	\$189/\$199*

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



## Kid's Night Out

### KID'S NIGHT OUT

GRADES 1-5

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

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

CLASS #	DAY	TIME	DATES	R/NR FEE
1000.300	F	4:30-9:00pm	Feb 1	\$10/\$20
1000.301	F	4:30-9:00pm	Mar 1	\$10/\$20



# Teen Programs

## NEW! TEEN MESS-TIVAL

GRADES 6-9

Who's ready to get messy? Grab some old clothes and your squad and join us for an evening mishmash full of goopy, slimy chaos of the best kind! Try to stay clean during one of our zany splooshy games; let your imagination ooze into goeey artsy masterpieces; forgo the napkins while chowing down on mouthwatering sticky treats; and more! It's the best-ival festival of all: Mess-tival! Getting dirty has never been this much fun!

**INSTRUCTOR:** Community Park Staff

**LOCATION:** Community Park, Auditorium

CLASS #	DAY	TIME	DATES	FEE
1001.300	SA	5:00-9:00pm	Feb 16	\$5



## NEW! TEEN GAME SHOWDOWN

GRADES 6-9

Hey teens! We're bringing your favorite games to life in the ultimate game showdown! Challenge your friends in life-size versions of classic board games; get your buzzer hand ready as you take on opponents in crazy adaptations of famous gameshows; and the competition is on like Donkey Kong in an amazing race that will have you and your teammates cheering for more! Don't just sit there—come on down! You're our next contestant in this wild game showdown!

**INSTRUCTOR:** Community Park Staff

**LOCATION:** Community Park, Auditorium

CLASS #	DAY	TIME	DATES	FEE
1001.301	SA	5:00-9:00pm	Mar 16	\$5



## Art

### 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 21

CLASS #	DAY	TIME	DATES	R/NR FEE
2505.300	M	10:00-10:45am	Jan 7-Feb 11	\$65/\$75
2505.301	M	10:00-10:45am	Feb 25-Mar 25	\$65/\$75

### 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 spring session: pencil, water color, markers, pastels, and clay.

**INSTRUCTOR:** Susan Bainbridge, ArtStart1.com

**LOCATION:** Old Poway Park, Great Room

**NO CLASS:** Feb 18

CLASS #	DAY	TIME	DATES	R/NR FEE
2500.300	M	4:00-5:15pm	Jan 28-Mar 25	\$124/\$134*

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

# Dance

Try it before you buy it!

Try age-appropriate Dance to EvOLvE classes without obligation on January 7, 8, & 9. Liability waiver required.

## NEW! BABY BOPPERS HIP HOP & CREATIVE MOVEMENT

AGES 2-3



A dance class not to be missed for your Baby Bopper girl or boy. This class is a fusion of creative movement and basic hip hop to get all the wiggles out. Class focuses on muscle development, coordination, and musicality

through fun and creative ways! Parent (or caregiver) presence required since parents participate when needed. No dress code.

**INSTRUCTOR:** Dance to EvOLvE: dancetoevolve.com

**LOCATION:** Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.300	TU	3:45-4:30pm	Jan 8-Feb 12	\$102/\$112
1702.301	TU	3:45-4:30pm	Feb 19-Mar 26	\$102/\$112
1702.302	TU	3:45-4:30pm	Jan 8-Mar 26	\$184/\$194

## NEW! MAGICAL MUNCHKINS TAP/BALLET

AGES 2-3.2



This gentle introductory combination dance class of tap, ballet, tumbling, and games is fun, energetic, and expressive! Great for girls and boys, your Magical Munchkin will learn all the basics for their first dance class. Classes start with tap and then transition into ballet each week, and are designed to be progressive. Parent (or caregiver) presence required as parents participate when needed.

**INSTRUCTOR:** Dance to EvOLvE: dancetoevolve.com

**LOCATION:** Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.303	M	9:30-10:15am	Jan 7-Feb 11	\$102/\$112
1702.304	M	9:30-10:15am	Feb 18-Mar 25	\$102/\$112
1702.305	M	9:30-10:15am	Jan 7-Mar 25	\$184/\$194



## NEW! TINY MOVERS TAP/BALLET

AGES 3-4.5

A combination dance class of tap and ballet with tumbling and dance games for kids. This energetic and expressive class will have your Tiny Mover learning basic dance and motor skills, musicality, and rhythm to reach class goals in fun, creative ways. Classes start with tap and then transition into ballet each week, and are designed to be progressive. This is the first 'big girls and boys' class as parents watch from outside of the room.

**INSTRUCTOR:** Dance to EvOLvE: dancetoevolve.com

**LOCATION:** Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.306	M	10:20-11:10am	Jan 7-Feb 11	\$102/\$112
1702.307	M	10:20-11:10am	Feb 18-Mar 25	\$102/\$112
1702.308	M	10:20-11:10am	Jan 7-Mar 25	\$184/\$194
1702.309	M	3:00-3:55pm	Jan 7-Feb 11	\$102/\$112
1702.310	M	3:00-3:55pm	Feb 18-Mar 25	\$102/\$112
1702.311	M	3:00-3:55pm	Jan 7-Mar 25	\$184/\$194

## NEW! STAR SHINERS TAP/BALLET

AGES 4.5-6

Keep your Star Shiner moving in this tap and ballet combination dance class for girls and boys! This progressive class introduces curriculum goals through fun movement allowing your dancer to be challenged while expressing themselves. Dancers develop dance, listening, and coordination skills, including an emphasis on ballet terminology and technique. Classes start with tap and then transition into ballet each week, and are designed to be progressive.

**INSTRUCTOR:** Dance to EvOLvE: dancetoevolve.com

**LOCATION:** Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.312	M	4:00-4:55pm	Jan 7-Feb 11	\$102/\$112
1702.313	M	4:00-4:55pm	Feb 18-Mar 25	\$102/\$112
1702.314	M	4:00-4:55pm	Jan 7-Mar 25	\$184/\$194

For adult dance classes, see Health & Wellness on page 6.

**NEW! BALLET** **AGES 7-18**

A ballet class to discover your inner ballerina! A beginner/intermediate ballet dance class focusing on ballet technique through barre and center work. This class begins a young dancer's ballet training by developing grace, strength, and balance while always having fun. Classes are designed to be progressive.

**INSTRUCTOR:** Dance to EvOLvE: dancetoevolve.com

**LOCATION:** Community Park, Auditorium

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
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**PRE-TEEN**

1702.315	7-12	M	5:00-5:55pm	Jan 7-Feb 11	\$102/\$112
1702.316	7-12	M	5:00-5:55pm	Feb 18-Mar 25	\$102/\$112
1702.317	7-12	M	5:00-5:55pm	Jan 7-Mar 25	\$184/\$194

**TEEN**

1702.318	13-18	M	6:00-6:55pm	Jan 7-Feb 11	\$102/\$112
1702.319	13-18	M	6:00-6:55pm	Feb 18-Mar 25	\$102/\$112
1702.320	13-18	M	6:00-6:55pm	Jan 7-Mar 25	\$184/\$194

**NEW! JAZZ** **AGES 7-18**

Turn, kick, and leap your way into jazz! A beginner/intermediate jazz dance class that uses ballet as a foundation while focusing on energetic jazz techniques to keep things movin'. This class begins a young dancer's jazz training by developing rhythm, coordination, and flexibility. Classes are designed to be progressive.

**INSTRUCTOR:** Dance to EvOLvE: dancetoevolve.com

**LOCATION:** Community Park, Auditorium

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
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**PRE-TEEN**

1702.321	7-12	TU	4:35-5:30pm	Jan 8-Feb 12	\$102/\$112
1702.322	7-12	TU	4:35-5:30pm	Feb 19-Mar 26	\$102/\$112
1702.323	7-12	TU	4:35-5:30pm	Jan 8-Mar 26	\$184/\$194

**TEEN**

1702.324	13-18	TU	5:35-6:30pm	Jan 8-Feb 12	\$102/\$112
1702.325	13-18	TU	5:35-6:30pm	Feb 19-Mar 26	\$102/\$112
1702.326	13-18	TU	5:35-6:30pm	Jan 8-Mar 26	\$184/\$194



**BEAT BREAKERS & HIP HOP** **AGES 4-18**

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

**INSTRUCTOR:** Dance to EvOLvE: dancetoevolve.com

**LOCATION:** Old Poway Park, Templars Hall

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

1702.327	4-7	W	4:00-4:55pm	Jan 9-Feb 13	\$102/\$112
1702.328	4-7	W	4:00-4:55pm	Feb 20-Mar 27	\$102/\$112
1702.329	4-7	W	4:00-4:55pm	Jan 9-Mar 27	\$184/\$194

**HIP HOP: PRE-TEEN**

1702.330	8-12	W	5:00-5:55pm	Jan 9-Feb 13	\$102/\$112
1702.331	8-12	W	5:00-5:55pm	Feb 20-Mar 27	\$102/\$112
1702.332	8-12	W	5:00-5:55pm	Jan 9-Mar 27	\$184/\$194

**NEW! HIP HOP: TEEN**

1702.333	13-18	W	6:15-7:10pm	Jan 9-Feb 13	\$102/\$112
1702.334	13-18	W	6:15-7:10pm	Feb 20-Mar 27	\$102/\$112
1702.335	13-18	W	6:15-7:10pm	Jan 9-Mar 27	\$184/\$194



**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 on the last day of class! Jan-Feb participants in the 4-9 age group have the opportunity to perform at a USD college basketball game!

**INSTRUCTOR:** Charlene's Dance N' Cheer

**LOCATION:** Jan 9: Community Park, Bill Bond Hall II & III  
All Other Classes: Community Park, Auditorium

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
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1703.300	2-3	W	5:30-6:00pm	Jan 9-Feb 13	\$60/\$70
1703.301	4-9	W	6:00-6:50pm	Jan 9-Feb 13	\$69/\$79
1703.302	2-3	W	5:30-6:00pm	Feb 20-Mar 27	\$60/\$70
1703.303	4-9	W	6:00-6:50pm	Feb 20-Mar 27	\$69/\$79

# Health & Wellness

## NEW! LITTLE BEE YOGA

AGES 5-10

Come learn about yoga in this fun and creative class! We use play to support learning, understanding, and development, offering new ways for children to explore that are engaging and free of judgement. We experiment and become curious in building social skills, gaining a better understanding about thoughts, feelings, and one's own body.

**INSTRUCTOR:** Sarah Webre

**LOCATION:** Old Poway Park, Great Room

CLASS #	DAY	TIME	DATES	R/NR FEE
1605.300	TH	4:30-5:30pm	Jan 10-Feb 14	\$85/\$95
1605.301	TH	4:30-5:30pm	Feb 21-Mar 28	\$85/\$95



## 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:** Old Poway Park, Great Room

**NO CLASS:** Feb 20

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.300	W	6:00-7:30pm	Jan 9-Mar 27	\$110/\$120

## PIYO LIVE

AGES 14+

PiYo LIVE brings elements of Pilates and yoga combined with the use of your body weight to increase strength, flexibility, and range of motion. The class is a music-driven, athletic workout that is low impact, but high intensity! When you're done you'll feel that exhilarating glow that comes with doing something great for your body!

**INSTRUCTOR:** Brent Garriepy

**LOCATION:** Community Park, Bill Bond Hall I

CLASS #	DAY	TIME	DATES	R/NR FEE
1603.300	TH	6:00-7:00pm	Jan 17-Mar 28	\$85/\$95

## NEW! CORE DE FORCE LIVE

AGES 12+

Core De Force is a mixed martial arts-inspired workout that puts fire in your exercise routine! This is a non-contact, high-energy, total-body sculpting class that combines movements from Western Boxing, Brazilian Jiu Jitsu, Muay Thai, and more. Learn how to move and train like a fighter - with agility, control, balance, and precision. Please note, this is not a combat or self-defense class.

**INSTRUCTOR:** Jenna Bert

**LOCATION:** Old Poway Park, Templars Hall

**NO CLASS:** Jan 24 & Feb 21

CLASS #	DAY	TIME	DATES	R/NR FEE
1602.300	TH	6:00-7:00pm	Jan 10-Mar 28	\$85/\$95

## COUNTRY HEAT LIVE

AGES 12+

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! Please note, this is not a line dancing class.

**INSTRUCTOR:** Jenna Bert

**LOCATION:** Old Poway Park, Templars Hall

**NO CLASS:** Jan 21 & Feb 18

CLASS #	DAY	TIME	DATES	R/NR FEE
1602.301	M	6:00-7:00pm	Jan 7-Mar 25	\$85/\$95

## NEW! ADULT TAP

AGES 18+

Come and get your tap on! Create rhythm with tried and true tap steps in this fun, low-impact tap class that is sure to show results. Give yourself the gift of time! No experience necessary.



**INSTRUCTOR:** Dance to eVOLVE: dancetoevolve.com

**LOCATION:** Community Park, Auditorium

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.336	TU	6:35-7:30pm	Jan 8-Feb 12	\$102/\$112
1702.337	TU	6:35-7:30pm	Feb 19-Mar 26	\$102/\$112
1702.338	TU	6:35-7:30pm	Jan 8-Mar 26	\$184/\$194

## NEW! ADULT HIP HOP

AGES 18+

Hip-Hop isn't just for kids! This fun, high-energy dance class will definitely have you movin' to the beats while building confidence, coordination, and showing off your creativity. No need to be intimidated...this class is great for those who want to get their cardio, groove, and dance on! No experience necessary.

**INSTRUCTOR:** Dance to eVOLVE: dancetoevolve.com

**LOCATION:** Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.339	W	7:15-8:10pm	Jan 9-Feb 13	\$102/\$112
1702.340	W	7:15-8:10pm	Feb 20-Mar 27	\$102/\$112
1702.341	W	7:15-8:10pm	Jan 9-Mar 27	\$184/\$194

# Sports

## 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:** Community Park, Open Play Area

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.300	SA	9:00-9:30am	Jan 26-Mar 30	\$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. Positive character traits such as respect, teamwork, and appreciation are highlighted. 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
2010.301	SA	9:35-10:20am	Jan 26-Mar 30	\$140/\$150*

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



## 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 24 & 26

CLASS #	DAY	TIME	DATES	R/NR FEE
2013.300	TH	10:45-11:15am	Jan 10-Mar 28	\$180/\$190*
2013.301	SA	8:30-9:00am	Jan 12-Mar 30	\$180/\$190*

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



**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 Skatelife  
Andrew Barbosa: Andrew@sdskatelife.com

**LOCATION:** Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.300	W	5:00-6:00pm	Jan 9-Feb 13	\$90/\$100
2004.301	W	5:00-6:00pm	Feb 20-Mar 27	\$90/\$100



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

**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 to 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 Skatelife  
Andrew Barbosa: Andrew@sdskatelife.com

**LOCATION:** Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.302	W	4:00-5:00pm	Jan 9-Feb 13	\$90/\$100
2004.303	W	4:00-5:00pm	Feb 20-Mar 27	\$90/\$100

**SKATEBOARDING CAMP AGES 6-13**

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

**INSTRUCTOR:** SD Skatelife  
Andrew Barbosa: Andrew@sdskatelife.com

**LOCATION:** Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.304	M-F	9:00am-12:00pm	Feb 18-22	\$165/\$175

**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 at our public session on the day of their class.



**INSTRUCTOR:** The Rinks - Poway ICE  
**LOCATION:** 12455 Kerran St. #100

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2012.300	3-6	W	4:00-4:30pm	Jan 9-Jan 30	\$60/\$70
2012.301	7-15	W	4:30-5:00pm	Jan 9-Jan 30	\$60/\$70
2012.302	3-6	W	4:00-4:30pm	Feb 6-Feb 27	\$60/\$70
2012.303	7-15	W	4:30-5:00pm	Feb 6-Feb 27	\$60/\$70
2012.304	3-6	W	4:00-4:30pm	Mar 6-Mar 27	\$60/\$70
2012.305	7-15	W	4:30-5:00pm	Mar 6-Mar 27	\$60/\$70

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

**INSTRUCTOR:** Paul Dekker: dekker@yahoo.com  
**LOCATION:** Twin Peaks Multipurpose Center  
**NO CLASS:** Mar 6

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2003.300	9-12	W	5:30-7:00pm	Jan 23-Mar 27	\$55/\$65
2003.301	10-14	W	7:00-8:30pm	Jan 23-Mar 27	\$55/\$65

**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:** Grandmaster Wolpert: (858) 748-1333  
**LOCATION:** Community Park, Bill Bond Hall I  
**NO CLASS:** Jan 11 & 21, Feb 18

CLASS #	DAY	TIME	DATES	R/NR FEE
2001.302	M/F	6:00-7:00pm	Jan 7-Mar 22	\$89/\$99
	W	6:00-7:30pm		

**YOUTH/TEEN TAEKWONDO & KARATE****AGES 5-15**

This program is designed to help participants develop respect, self-control, and discipline while building confidence through self-defense skills. 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:** Grandmaster Wolpert: (858) 748-1333  
**LOCATION:** Community Park, Bill Bond Hall I  
**NO CLASS:** Jan 11 & 21, Feb 18

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.300	5-8	M/W/F	5:00-6:00pm	Jan 7-Mar 22	\$89/\$99
2001.301	9-15	M/W/F	6:00-7:00pm	Jan 7-Mar 22	\$89/\$99



Try it before you buy it!



**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:** Jan 28

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2002.300	9-12	M	5:30-6:30pm	Jan 7-Mar 4	\$60/\$70
2002.301	12-14	M	6:30-7:30pm	Jan 7-Mar 4	\$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
2005.300	Men's	TH	6:30-9:30pm	Jan 10-Mar 7	\$70/\$80
2005.301	Women's	TH	6:30-9:30pm	Jan 10-Mar 7	\$70/\$80

**Coed Advanced**

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.302	Men's	TU	6:30-9:30pm	Jan 8-Mar 5	\$70/\$80
2005.303	Women's	TU	6:30-9:30pm	Jan 8-Mar 5	\$70/\$80

**Women's**

CLASS #	DAY	TIME	DATES	R/NR FEE
2005.304	M	6:30-9:30pm	Jan 7-Mar 4	\$70/\$80

**TENNIS** **AGES 6-14**

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

**Beginner**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.300	8-14	TU/TH	4:00-5:00pm	Jan 15-Mar 7	\$112/\$122*
2000.301	6-8	SA	9:00-10:00am	Jan 19-Mar 9	\$56/\$66*
2000.302	8-14	SA	10:00-11:00am	Jan 19-Mar 9	\$56/\$66*

**Intermediate**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.303	8-14	TU/TH	5:00-6:00pm	Jan 15-Mar 7	\$112/\$122*
2000.304	8-14	SA	11:00am-12:00pm	Jan 19-Mar 9	\$56/\$66*

**Advanced Juniors**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.305	8-14	M/W	4:00-5:30pm	Jan 14-Mar 6	\$144/\$154*

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





## 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
2200.300	F	1:30-3:30pm	Jan 11-Mar 22	\$40/\$50*

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

## 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

ACTIVITY	DAY	OPEN GYM HOURS
Open Badminton	F	6:00-9:00pm
Open Volleyball	SU	6:00-9:00pm

#### Meadowbrook Gymnasium

12320 Meadowbrook Lane

ACTIVITY	DAY	OPEN GYM HOURS
Open Basketball	TH	6:00-9:00pm
Open Pickleball	F	6:00-9:00pm
Open Basketball	SU	8:00-11:00am

Hours are subject to change without notice. For current operating hours, please visit our website at [poway.org/gyms](http://poway.org/gyms). Recurring low attendance may result in Open Play cancellation.

## Dog 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!

### TRAINING CLASSES

DOGS 12 WEEKS+

Training classes are the best thing you can do for you and your dog! Basic commands are taught in beginning classes along with walking politely on a leash. As the curriculum advances, your dog works toward obtaining a Canine Good Citizen certification, greeting other dogs and people politely, and obeying commands off-leash, including coming when called. Take your dog training one step further by learning new tricks and having the opportunity to take the Trick Novice test offered by the AKC.

**INSTRUCTOR:** Good Dog Training School

**LOCATION:** **TUESDAY:** Old Poway Park, Green Park

**SATURDAY:** Garden Road Park, Open Area

#### Basic Obedience

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.300	TU	6:30-7:30pm	Jan 8-Feb 12	\$95/\$105*
2300.301	SA	9:30-10:30am	Jan 12-Feb 16	\$95/\$105*
2300.302	TU	6:30-7:30pm	Feb 19-Mar 26	\$95/\$105*
2300.303	SA	9:30-10:30am	Feb 23-Mar 30	\$95/\$105*

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

#### Intermediate Obedience: Canine Good Citizen

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.304	SA	10:45-11:45am	Jan 12-Feb 16	\$95/\$105
2300.305	SA	10:45-11:45am	Feb 23-Mar 30	\$95/\$105





# POWAY PARKS & FACILITIES

## POWAY COMMUNITY PARK

13094 Civic Center Drive  
(858) 668-4671

[poway.org/communitypark](http://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

Daily | 8:00am-9:00pm

#### Dog Park/Tennis Courts/Basketball Court

Daily | Sunrise-10:00pm

#### Unsupervised Skate Park

Daily | 8:00am-8:00pm

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



IN THE PARK SERIES

ALL AGES

**FREE!**

Use the rainbow to create a colorful masterpiece, challenge your friends to a game of kickball, let out your loudest Tyrannosaurus Rex roar, or get your green-thumb on by planting your favorite flower! 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
M	10:00am-12:00pm	Feb 18	Colors	FREE



# OLD POWAY PARK

14134 Midland Road  
(858) 668-4576

[poway.org/oldpowaypark](http://poway.org/oldpowaypark)

## Hours

### Farmers Market

Saturdays | 8:00am-1:00pm

### Train Rides

[powaymidlandrr.org](http://powaymidlandrr.org)

## HISTORICAL TOURS

## ALL AGES

Experience the Nelson House, Heritage Museum, a train safety presentation, and 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](http://poway.org/oldpowaypark) or (858) 668-4576



## FARMERS MARKET

## ALL AGES

Saturdays | 8:00am-1:00pm

Find the best locally and organically-grown, farm-fresh produce and artisan foods at our “City in the Country” Farmers Market on Midland Road. Rain or shine!

**INFORMATION:** [poway.org/oldpowaypark](http://poway.org/oldpowaypark) or (858) 668-4576



## POWAY SWIM CENTER

13094 Civic Center Drive  
(858) 668-4680

[poway.org/swim](http://poway.org/swim)

The Poway Swim Center is in the final stages of a major renovation necessary to keep the swim center, built in 1989, operational and code compliant. We appreciate the community's patience and understanding during the construction process.



Please visit [poway.org/swim](http://poway.org/swim) for the most up-to-date information about the Swim Center's reopening, hours of operation, and scheduled classes.

The renovated Poway Swim Center features a 50-meter by 25-yard pool, which was updated with new plaster, tile, and deck. It includes an attached diving well, shallow children's area, one- and three-meter diving boards, open swim areas, and lap swimming lanes. Water temperature is maintained between 80 and 84 degrees.



The new **Splash Pad** is a spray-ground play area equipped with geysers, overhead buckets, a water tunnel, and more! Swim Center renovations also include a new entrance with direct access to the pool deck, two family restrooms and locker rooms that offer individual shower stalls, and private changing areas.

During open recreational swim, lanes are set aside for lap swimming. Some open recreational swim times are shared with City programs and rentals – during those times, portions of the pool may not be available for use by the public. Diving boards are not available during posted times for long course hours. Splash Pad may be closed based on seasonal weather.

# Swim Center Preview

Following is a preview of the Winter class schedule and updated Swim Center pricing. Course offerings and dates are subject to change pending the completion of the Swim Center renovation. Please visit [poway.org/swim](http://poway.org/swim) for updated information.

## Prices

DAILY ADMISSION	R/NR FEE
Adults (Ages 18+)	\$4.00/\$8.00
Youth & Seniors (Ages 55+)	\$3.00/\$6.00

LAP CARD (11 SWIMS)	R/NR FEE
Adults (Ages 18+)	\$40.00/\$80.00
Youth & Seniors (Ages 55+)	\$30.00/\$60.00

SEASON PASS	R/NR FEE
Adults (Ages 18+)	\$116.00/\$154.00
Youth & Seniors (Ages 55+)	\$87.00/\$125.00
Family	\$212.00/\$346.00

ANNUAL PASS	R/NR FEE
Adults (Ages 18+)	\$261.00/\$412.00
Youth & Seniors (Ages 55+)	\$196.00/\$280.00
Family	\$430.00/\$705.00



### 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.

**PREREQUISITE:** Must be 15 years of age by the first day of class.

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

CLASS #	DAY	TIME	DATES	FEE
0700.300	W	5:00-8:00pm Pretest	Feb 13	\$170*
	M-F	8:00am-5:00pm	Feb 18-22	
0700.301	W	5:00-8:00pm Pretest	Mar 6	\$170*
	SA	8:00am-5:00pm	Mar 9, 16	
	M/W	5:00-8:00pm	Mar 11, 13, 18, 20	

\*There is a \$41 fee that all students will have to pay directly to the American Red Cross.

### WATER SAFETY INSTRUCTOR TRAINING AGES 16+

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

Learning occurs in and outside of class. 100% attendance and participation is required. Class fee includes the books. Prerequisite: Mandatory stroke performance skills test on first day consistent with the American Red Cross Level 4 Stroke Performance Chart.

**PREREQUISITE:** Must be 16 years of age by the first day of class.

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

CLASS #	DAY	TIME	DATES	FEE
0602.400	W	5:00-8:00pm Pretest	Jan 16	\$225*
	SA	10:00am-4:30pm	Jan 26, Feb 2 & 9	
	M/W	5:00-8:00pm	Jan 28 & 30, Feb 4 & 6	

\*There is a \$37 fee that all students will have to pay directly to the American Red Cross.



### WATER EXERCISE AGES 16+

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

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



## LAKE POWAY

14644 Lake Poway Road  
(858) 668-4770

[poway.org/lakepoway](http://poway.org/lakepoway)

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

### Hours

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 Thanksgiving | Nov 22  
Closed Christmas Day | Dec 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 [www.poway.org/lakepoway](http://www.poway.org/lakepoway).

#### Want to fish but don't know where to start?

This winter, Lake Poway Rangers will be hosting FREE Fishing Seminars. They will go over the basics of fishing techniques to help you reel in the big one. No equipment is necessary.



**Saturday, January 5, 2019 | 8:00–9:00am**

**Saturday, March 2, 2019 | 8:00–9:00am**

**Saturday, April 6, 2019 | 8:00–9:00am**

INFORMATION: [lakerangers@poway.org](mailto:lakerangers@poway.org) or (858) 668-4772

#### Youth Fishing Derby & Campout

**Derby: Saturday, February 2, 2019 | 6:00am–12:00pm**

**Campout: Friday–Saturday, February 1–2, 2019 | 12:00pm–12:00pm**

INFORMATION: [poway.org](http://poway.org) or (858) 668-4772

# KUMEYAAY-IPAI INTERPRETIVE CENTER

13104 Ipai Waaypuk Trail

(858) 668-4781

[poway.org/kiic](http://poway.org/kiic)

## Hours

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

## 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](http://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](http://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 and fourth Saturday of each month and take a guided tour. Experience artifacts, 'ewaas, milling and grinding stations, and more.



### WATERCOLOR CLASS

Join us in capturing the beauty of this authentic Native American site in watercolor. Artists of every skill level are welcome to experience creating en plein air ("in the open air"). Pick a painting spot around the site to inspire you! Instruction in basic skills and all materials will be provided. Limited to 25 participants.

**REGISTER ONLINE:** [poway.org/classes](http://poway.org/classes)

CLASS #	DAY	TIME	DATES	FEE
1200.300	SA	9:00am-12:00pm	Mar 30	\$5



# BLUE SKY ECOLOGICAL RESERVE

16275 Espola Road  
1 mile north of Lake Poway Road  
(858) 668-4781  
[poway.org/bluesky](http://poway.org/bluesky)

## Hours

Daily | Sunrise-Sunset

### FREE DOCENT-LED NATURE WALKS ALL AGES

**FREE!**

Find our Activities Schedule online 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 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](mailto:bluesky@poway.org) or (858) 668-4781

DAY	TIME	DATE	FEE
SA	9:00-11:00am	Feb 16	FREE



**INTERPRETIVE SERVICES PARKS DAY ALL AGES**

**FREE!** Celebrate Poway's natural and cultural resources! Join staff and docents from Blue Sky and the Kumeyaay-Ipai Interpretive Center for an afternoon of crafts, presentations, live animals, and docent-led or self-guided hikes. Kids: take home your own decorated tote bag filled with all the crafts you make, including a bracelet, snake, birdhouse, spirit rock, and much more!

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

DAY	TIME	DATE	FEE
SA	12:00-4:00pm	Nov 17	FREE



## GOODAN RANCH/ SYCAMORE CANYON COUNTY PRESERVE

16281 Sycamore Canyon Road  
(858) 513-4737

[sdparks.org](http://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:**  
Visit us online: [sdparks.org](http://sdparks.org) or call (858) 513-4737.

**RANGER-LED WALK ALL AGES**

**Saturday, November 17, 2018 | 9:00am-12pm**

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

**SCHOOL TOURS & OUTREACH PROGRAM GRADES 2-5**

The Outdoor Tour program and In-Classroom program introduce important scientific concepts as outlined in Science Content Standards for grades 2-5. Tours in the Reserve last approximately two hours 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](http://poway.org/bluesky)

**TURN NEW YEAR RESOLUTIONS INTO FITNESS SOLUTIONS!**

**FREE!** Hiking is one of the best things you can do for your health. Come out and join our 'Fun and Fitness' 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! Distance and fitness level will gradually increase over six Monday mornings. All levels of fitness welcomed.



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

DAY	TIME	DATE	FEE
M	9:00am	Jan 7-Feb 11	FREE



## POWAY LIBRARY

13137 Poway Road  
 (858) 513-2900  
[sdcl.org](http://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  
**Afterschool Programs:** Mondays & Wednesdays | 3:30–4:30pm  
**Kids' Craft Corner:** Fridays | 3:00pm  
**Kids' Tech Programs:** Saturdays | 12:00pm

#### FREE! TEEN PROGRAMS GRADES 6–12

**Teen Tuesdays & Thursdays** | 4:00–5:00pm (schedule varies—check with library)

#### FREE! ADULT PROGRAMS AGES 18+


**Acoustic Showcase Concert:** Second Saturday monthly | 2:00pm  
**Tai Chi:** Mondays | 11:00am  
**Citizenship Class:** Mondays | 6:30pm  
**Hoop Fitness:** Wednesdays | 10:00am  
**Zumba:** Fridays | 9:45am  
**Gentle Yoga:** Second Thursday monthly | 10:00am  
**Poway Library Book Club:** Third Tuesday monthly | 6:30pm

## POWAY SENIOR CENTER

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



[powayseniorcenter.org](http://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**



#### FREE TAX PREPARATION ASSISTANCE AVAILABLE!

Qualify for AARP's assistance.  
 Call for more information: **(858) 748-6094**

**VOTE HERE!**

# Poll Site for precinct 462430

Tuesday, November 6 |

7:00am-8:00pm

Activity Rooms 1 & 2

Exercise your constitutional right!



**COMMUNITY SUPPORT/FUNDRAISING**

## Monthly Gift Basket



Every month it's something new!

### Monthly Opportunity Drawings

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

### Tickets sold at the Reception Desk

\$1.00 a ticket or 6 for \$5.00

**COME HAVE FUN AND WIN!**

## 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



**VOLUNTEER OPPORTUNITIES!**

**Home-Delivered Meal Drivers** needed to deliver delicious and nutritious lunches once a week in the Poway, Rancho Bernardo, or Scripps Ranch area. We ensure homebound seniors have a healthy meal each day. This service usually takes about an hour and you will be paid in smiles. Please contact Lisa LaScala, Nutrition Manager, at **(858) 748-6094 ext. 304**. Call today to make a difference in someone's life!



**SHOP LOCALLY!**

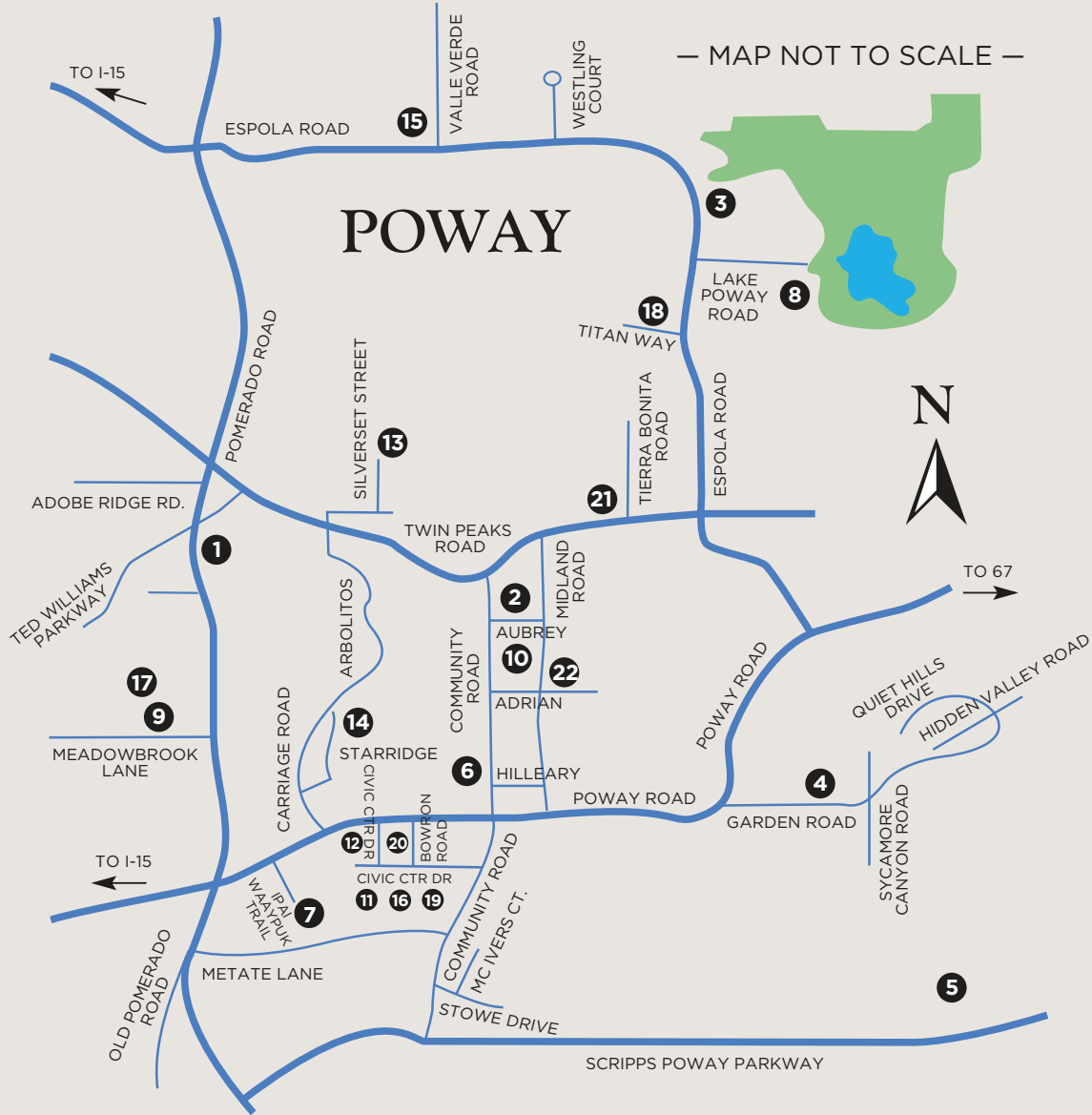
## Think: Poway Senior Center Gift Shop

Located inside Poway Senior Center

Monday-Friday | 10:00am-2:00pm

You will find many unique treasures!! Also, view the latest hand-stitched quilt up for drawing.

# CULTURAL AND RECREATIONAL FACILITIES



- |  |  |   |
|--|--|---|
| <p><b>1 Arbolitos Sports Fields</b><br/>14401 Pomerado Road</p> <p><b>2 Aubrey Park</b><br/>13544 Aubrey Street</p> <p><b>3 Blue Sky Ecological Reserve</b><br/>16275 Espola Road</p> <p><b>4 Garden Road Neighborhood Park</b><br/>14901 Garden Road</p> <p><b>5 Goodan Ranch</b><br/>16281 Sycamore Canyon Road</p> <p><b>6 Hilleary Park</b><br/>13500 Community Road</p> <p><b>7 Kumeyaay-Ipai Interpretive Center</b><br/>13104 Ipai Waaypuk Trail</p> <p><b>8 Lake Poway Recreation Area</b><br/>14644 Lake Poway Road</p> | <p><b>9 Meadowbrook Soccer Field</b><br/>12250 Meadowbrook Lane</p> <p><b>10 Old Poway Park</b><br/>14134 Midland Road</p> <p><b>11 Poway Community Park</b><br/>13094 Civic Center Drive<br/><b>Community Swim Center</b><br/>13094 Civic Center Drive<br/><b>Dog Park</b><br/>13094 Civic Center Drive<br/><b>Poway Senior Center</b><br/>13094 Civic Center Drive</p> <p><b>12 Poway Skate Park</b><br/>13090 Civic Center Drive</p> <p><b>13 Silverset Neighborhood Park</b><br/>14795 Silverset Street</p> <p><b>14 Starridge Neighborhood Park</b><br/>13745 Carriage Road</p> | <p><b>15 Valle Verde Neighborhood Park</b><br/>16899 St. Andrews Drive</p> <p><b>16 Valley Soccer Field</b><br/>13094 Civic Center Drive</p> <p><b>17 Meadowbrook Gymnasium</b><br/>12320 Meadowbrook Lane</p> <p><b>18 Poway Center for the Performing Arts</b><br/>15498 Espola Road</p> <p><b>19 Poway City Hall</b><br/>13325 Civic Center Drive</p> <p><b>20 Poway Community Library</b><br/>13137 Poway Road</p> <p><b>21 Twin Peaks Multipurpose Center</b><br/>14640 Tierra Bonita Road</p> <p><b>22 Veterans Park</b><br/>14135 Midland Road</p> |
|--|--|---|



# CLASS REGISTRATION

Winter Registration Begins: November 13 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](http://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/Transfer 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](mailto: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](http://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.

### Connect with us!

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



## Upcoming Art Exhibits

### NOVEMBER

#### Friendship Quilters of San Diego

A collection of handmade quilts featuring various sizes, different techniques, and interesting mediums by members of the Friendship Quilters of San Diego.



### DECEMBER



#### North County Society of Fine Arts

"Tis the Season" is a group exhibit composed of a diverse array of North County Society Fine Art members' recent celebrated artwork. NCSFA was established in

1996 with the purpose to provide education for its members in the area of fine arts, to further art appreciation in the community, and to promote art scholarships for students.

### JANUARY

#### Monica Cadish, Alexandra Rubio, Zinayida Schlacketzki

Three artists will be presenting various acrylic and mixed media pieces that explore color, texture, and composition.

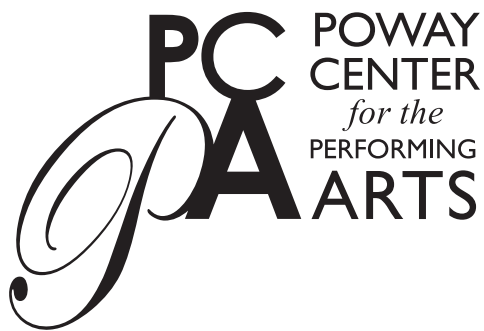


### FEBRUARY



**Tokeli** is a multidimensional painter, composer, and writer who expresses in mixed media and music what one would call "consciousness," or the theatre of perceptual awareness. Each painting is associated with a piece of music of her composing and a philosophical writing.

Spend some time with the work and be sure to read each exhibition tile. You will enjoy this deeper awareness and connection to the beauty and mystery of the human mind.



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

POWAY ONSTAGE



THE KINGSTON TRIO  
NOV 18 • 3PM

BIG BAD VOODOO DADDY  
NOV 30 • 8PM

MURPHY'S CELTIC LEGACY  
FEB 17 • 7PM



ARLO GUTHRIE  
MAR 16 • 8PM



MOTOWN WITH A TWIST  
MAR 24 • 2PM



ONE NIGHT IN MEMPHIS  
APR 13 • 8PM



CAPITOL STEPS  
MAY 3 • 8PM

Presenters of World-Class  
Talent at the  
Poway Center for the  
Performing Arts

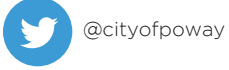


15498 Espola Road  
Poway, CA 92064  
858.748.0505  
[www.PowayOnStage.org](http://www.PowayOnStage.org)



**City of Poway**  
 13325 Civic Center Drive  
 Poway, CA 92064

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**POSTAL CUSTOMER**  
 Poway, CA 92064

# WINTER 2018-19 EVENTS AT A GLANCE



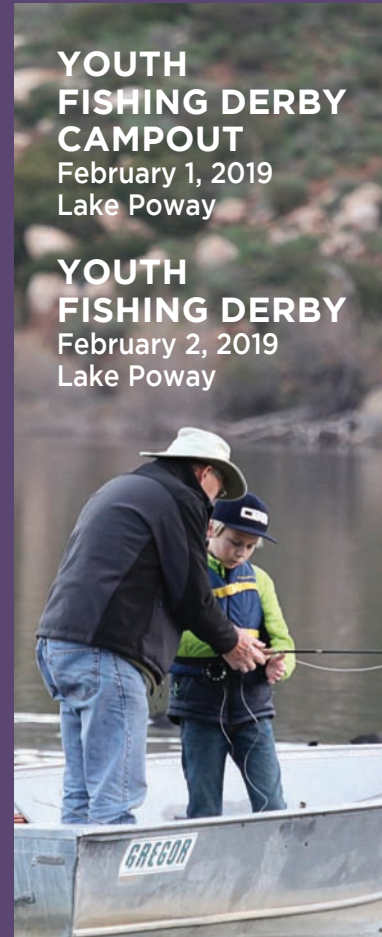
**TROUT SEASON**  
 Starts Late  
 November, 2018  
 Lake Poway



**CHRISTMAS IN THE PARK**  
 December 8, 2018  
 Old Poway Park



**WINTER FESTIVAL**  
 January 11 & 12, 2019



**YOUTH FISHING DERBY CAMPOUT**  
 February 1, 2019  
 Lake Poway

**YOUTH FISHING DERBY**  
 February 2, 2019  
 Lake Poway

## Poway City Council

- Mayor: STEVE VAUS
- Deputy Mayor: JOHN MULLIN
- Councilmember: CAYLIN FRANK
- Councilmember: BARRY LEONARD
- Councilmember: DAVE GROSCH

## SAVE THE DATE!

Registration begins  
 November 13 at 7:30am.  
 See page 23 for details,  
 or visit [poway.org/classes](http://poway.org/classes).