

POWAY

COMMUNITY SERVICES GUIDE



WINTER 2019-20

**REGISTRATION BEGINS
NOVEMBER 12
AT 7:30AM**

POWAY.ORG/CLASSES



CHRISTMAS IN THE PARK

FREE!

Join us at **Old Poway Park** for an old-fashioned holiday tradition that takes you back in time with caroling, live music, a visit with Santa, free children's crafts, gingerbread cookie decorating, 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 on the 1907 Baldwin Steam Engine.



DON'T MISS THE ANNUAL LIGHTING OF THE COMMUNITY CHRISTMAS TREE at 5:15pm, followed by Santa's arrival. The event is generously supported by the Old Poway Park Action Committee, Silver Moon Lighting, Inc., The Hamburger Factory, Old Poway Village, Francis Ralph Potograpiya, and Walter Andersen Nursery.

Saturday, December 14, 2019 | 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 10, 2020 | 5:00-9:00pm

Saturday, January 11, 2020 | 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 to join in the fun. Registration is not required; however, participants must check-in when they arrive to receive an event wristband.

Saturday, January 11, 2020 | 2:30-3:30pm

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





25th Annual Youth-Only Fishing Derby

DERBY

FREE! Fishing, prizes, bounce houses, games, entertainment, a free lunch, and more! Join us for an exciting day of fun and prizes at the FREE 25th 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

FREE! Want a slight advantage the night before the Derby? Learn tips from Park Rangers 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. Families may start setting up their campsites as early as 7:00am Friday morning. No alcohol is permitted.

CLASS #	DAY	DATES	FEE
9039.300	F-SA	Jan 31-Feb 1	\$15

**Derby: Saturday
February 1, 2020 | 6:00am-12:00pm**

**Seminar: Friday
January 31, 2020 | 5:00-7:00pm**

**Campout: Friday-Saturday
January 31-February 1, 2020 |
12:00pm-12:00pm**

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

For the latest updates on the Mickey Cafagna Community Center, visit poway.org/mccc



SAVE THE DATE:

Registration begins November 12 at 7:30am

CLASSES	2-13
Preschool Activities	2
Kid's Night Out	2
Teen Programs	2
Art	3
Creative Arts	3
Dance	4
Health & Wellness	6
Equestrian	7
Sports	8
Open Play Sports	12
Special Needs	13
Dog Training	13
POWAY PARKS & FACILITIES	14-21
Poway Community Park	14
Old Poway Park	15
Poway Swim Center	16
Lake Poway	17
Blue Sky Ecological Reserve	18
Kumeyaay-Ipai Interpretive Center	19
Poway Library	20
Poway Senior Center	21
REGISTRATION	22
CULTURAL & RECREATIONAL FACILITIES MAP	23
POWAY CENTER FOR THE PERFORMING ARTS	24

Early Summer Camp Registration starts April 7, 2020, at 7:30am. Look for a special summer 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: Old Poway Park, Great Room

CLASS #	DAY	TIME	DATES	R/NR FEE
1500.300	TU/TH	9:00am-12:00pm	Jan 7-Jan 30	\$189/\$199*
1500.301	TU/TH	9:00am-12:00pm	Feb 4-Feb 27	\$189/\$199*
1500.302	TU/TH	9:00am-12:00pm	Mar 3-Mar 26	\$189/\$199*

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



PARENT AND ME LEARNING ADVENTURES

AGES 1.5-3

Engage in circle time, songs, social interaction, motor skills, storytime, and arts and crafts! This class is designed to make learning fun and introduce the idea of "preschool" to your child! Adult participation required per each child.

INSTRUCTOR: Charlene Donovan
LOCATION: Old Poway Park, Great Room

CLASS #	DAY	TIME	DATES	R/NR FEE
1500.303	F	9:30-10:30am	Jan 10-Jan 31	\$55/\$65
1500.304	F	9:30-10:30am	Feb 7-Feb 28	\$55/\$65
1500.305	F	9:30-10:30am	Mar 6-Mar 27	\$55/\$65

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: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1000.300	F	4:30-9:00pm	Feb 7	\$10/\$20
1000.301	F	4:30-9:00pm	Mar 6	\$10/\$20

Teen Programs



TEEN BACKYARD MOVIE NIGHT

GRADES 6-9

We're kickin' off 2020 with an epic backyard bash! Grab your friends and join us for a jam-packed evening filled with amazing activities, tasty barbecue, an uber sweet popcorn bar, and so much more! Then sit back and chill as we watch *Avengers: Endgame* on a giant, inflatable screen under the stars!

INSTRUCTOR: Community Park Staff
LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	FEE
1001.300	SA	5:00-9:30pm	Feb 15	\$5

NEW! TEEN MYSTERY NIGHT

GRADES 6-9

Shine them boots and dust off your dungarees; it's time to saddle up for an evening full of intrigue and mystery! When the train is robbed the night of the big Wild West Show debut, suddenly everyone becomes a suspect. It's up to you to help the sheriff catch the thief by hook or by crook - or throw him off your scent if you're the sticky-fingered rascal! So round up your posse and don them thinkin' caps because you're in for a thrilling treat when you figure out whodunnit!

INSTRUCTOR: Community Park Staff
LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	FEE
1001.301	SA	5:00-9:00pm	Mar 21	\$5



Art

GET SMART WITH ART

AGES 2-5

A unique beginners 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: Ms. Vivian

LOCATION: Old Poway Park, Great Room

NO CLASS: Jan 20

CLASS #	DAY	TIME	DATES	R/NR FEE
2505.300	M	10:00-10:45am	Jan 6-Feb 10	\$65/\$75
2505.301	M	10:00-10:45am	Feb 24-Mar 23	\$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: pencil, water color, markers, pastels, and clay.

INSTRUCTOR: Susan Bainbridge: ArtStart1.com

LOCATION: Old Poway Park, Great Room

NO CLASS: Feb 17

CLASS #	DAY	TIME	DATES	R/NR FEE
2500.300	M	4:00-5:15pm	Jan 27-Mar 16	\$170/\$180*

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

Creative Arts

CINEMATOGRAPHY 101

AGES 7-13

An introduction to digital photography and cinematography. Learn the aesthetics of visual arts by telling a story through image. Using digital cameras, each participant creates a visual composition of non-narrative work. The objective is to tell a story visually by learning composition, lighting, color, and tone. Digital cameras provided for class use.

INSTRUCTOR: Children's Film Academy, Valente Aranda:
info@thechildrensfilmacademy.com

LOCATION: Old Poway Park, Parlour

CLASS #	DAY	TIME	DATES	R/NR FEE
1806.300	TH	4:00-5:00pm	Jan 9-Feb 27	\$129/\$139



Dance

Try it before you buy it!

Try high-quality, fun Dance To EvOLvE classes without obligation on Jan 6, 7, & 8. Liability Waiver required.

BABY BOPPERS HIP HOP & CREATIVE MOVEMENT

AGES 2-3



This class for boys and girls 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! Adult

participation is required per each child. No dress code.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.300	TU	3:30-4:15pm	Jan 7-Mar 24	\$184/\$194
1702.301	TU	3:30-4:15pm	Jan 7-Feb 11	\$102/\$112
1702.302	TU	3:30-4:15pm	Feb 18-Mar 24	\$102/\$112

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. Adult participation is required per each child.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.303	M	3:15-4:00pm	Jan 6-Mar 23	\$184/\$194
1702.304	M	3:15-4:00pm	Jan 6-Feb 10	\$102/\$112
1702.305	M	3:15-4:00pm	Feb 17-Mar 23	\$102/\$112



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: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.306	TU	4:20-5:15pm	Jan 7-Mar 24	\$184/\$194
1702.307	TU	4:20-5:15pm	Jan 7-Feb 11	\$102/\$112
1702.308	TU	4:20-5:15pm	Feb 18-Mar 24	\$102/\$112

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 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: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.309	M	4:05-5:00pm	Jan 6-Mar 23	\$184/\$194
1702.310	M	4:05-5:00pm	Jan 6-Feb 10	\$102/\$112
1702.311	M	4:05-5:00pm	Feb 17-Mar 23	\$102/\$112

PRE-TEEN BALLET

AGES 7-12

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: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.312	M	5:05-6:00pm	Jan 6-Mar 23	\$184/\$194
1702.313	M	5:05-6:00pm	Jan 6-Feb 10	\$102/\$112
1702.314	M	5:05-6:00pm	Feb 17-Mar 23	\$102/\$112

For adult dance classes, see Health & Wellness on page 7.

PRE-TEEN JAZZ

AGES 7-12

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: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.315	TU	5:20-6:15pm	Jan 7-Mar 24	\$184/\$194
1702.316	TU	5:20-6:15pm	Jan 7-Feb 11	\$102/\$112
1702.317	TU	5:20-6:15pm	Feb 18-Mar 24	\$102/\$112



Turn, kick, and leap your way into jazz!



BEAT BREAKERS & HIP HOP

AGES 4-18

These fun, high-energy classes will definitely have you movin' to the beats! Let loose while developing musicality, confidence, coordination, and creativity. No need to be intimidated...these classes are 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
BEAT BREAKERS					
1702.318	4-7	W	4:00-4:55pm	Jan 8-Mar 25	\$184/\$194
1702.319	4-7	W	4:00-4:55pm	Jan 8-Feb 12	\$102/\$112
1702.320	4-7	W	4:00-4:55pm	Feb 19-Mar 25	\$102/\$112
HIP HOP: PRE-TEEN					
1702.321	8-12	W	5:00-5:55pm	Jan 8-Mar 25	\$184/\$194
1702.322	8-12	W	5:00-5:55pm	Jan 8-Feb 12	\$102/\$112
1702.323	8-12	W	5:00-5:55pm	Feb 19-Mar 25	\$102/\$112
HIP HOP: TEEN					
1702.324	13-18	W	6:00-6:55pm	Jan 8-Mar 25	\$184/\$194
1702.325	13-18	W	6:00-6:55pm	Jan 8-Feb 12	\$102/\$112
1702.326	13-18	W	6:00-6:55pm	Feb 19-Mar 25	\$102/\$112

CHEERLEADING, DANCE N' TUMBLE

AGES 2-10

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, and sideline dances. A full routine to be performed at a local event.

INSTRUCTOR: Charlene's Dance N Cheer

LOCATION: Old Poway Park, Great Room

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1703.300	2-3	TH	5:30-6:00pm	Jan 30-Mar 19	\$80/\$90
1703.301	4-10	TH	6:00-6:50pm	Jan 30-Mar 19	\$89/\$99

Health & Wellness

LITTLE BEE YOGA

AGES 5-10

Learn about yoga in a fun and creative class. We combine yoga poses with familiar stories and songs. We become curious with guided imagery, relaxation techniques, and breathing exercises. We build confidence, balance the body and mind, increase self-awareness, and gain a better understanding of our own thoughts and feelings.

INSTRUCTOR: Sarah Webre

LOCATION: Old Poway Park, Great Room

CLASS #	DAY	TIME	DATES	R/NR FEE
1605.300	TH	4:00-5:00pm	Jan 9-Feb 13	\$85/\$95
1605.301	TH	4:00-5:00pm	Feb 20-Mar 26	\$85/\$95

PIYO LIVE

AGES 12+

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 exhilarated!

INSTRUCTOR: Brent Garriepy

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1603.300	TH	6:30-7:30pm	Jan 16-Feb 13	\$40/\$50
1603.301	TH	6:30-7:30pm	Feb 27-Mar 26	\$40/\$50

POUND

AGES 13+

Participants release their inner rockstar while engaging in this exhilarating, full-body workout that combines cardio, conditioning, and strength training with the rhythms and motions of drumming. POUND uses slightly-weighted drumsticks to provide an effective way to work out, relieve stress, and have fun. Yoga mats are required.

INSTRUCTOR: Brittanie Arnett

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1608.300	TH	5:30-6:15pm	Jan 9-Mar 26	\$96/\$106

BEGINNING GENTLE YOGA

AGES 18+

Make yoga an integrated part of your life and watch yourself grow stronger physically, mentally, and emotionally. Enjoy yoga with creative and innovative sequencing, a spirit of playfulness, and a dose of inspiration to help you deepen your practice. Step off the mat feeling refreshed, nourished, and balanced. Bring a yoga mat, small blanket or beach towel, and water.

INSTRUCTOR: Yoga Rejoice, Darshan Kaur

LOCATION: Old Poway Park, Great Room

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.300	W	6:00-7:30pm	Jan 8-Mar 25	\$108/\$118



NEW! QIGONG**AGES 16+**

Learn a self-healing art that combines gentle flowing movements, relaxed breathing, visualization, and self-applied massage. The practice of Qigong can reduce stress, improve balance, prevent illness, and provide deep relaxation. This moving meditation is suitable for all ages and fitness levels. Wear comfortable clothing and bring a yoga mat or small blanket and water.

INSTRUCTOR: Veronique Cometti**LOCATION:** Old Poway Park, Templars Hall**NO CLASS:** Jan 20 & Feb 17

CLASS #	DAY	TIME	DATES	R/NR FEE
1609.300	M	6:45-7:45pm	Jan 6-Mar 23	\$120/\$130

ADULT TAP**AGES 18+**

Come 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:** Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.327	TU	6:20-7:15pm	Jan 7-Mar 24	\$184/\$194
1702.328	TU	6:20-7:15pm	Jan 7-Feb 11	\$102/\$112
1702.329	TU	6:20-7:15pm	Feb 18-Mar 24	\$102/\$112



Equestrian

NEW! PARENT & ME HORSEMANSHIP**AGES 2-6**

Located on a scenic ranch, this class is designed for an adult and child to learn together on and around horses in a safe and friendly environment. Participants are introduced to safety, ground work, proper horsemanship manners, and getting comfortable around horses. Learn about using equine equipment, grooming, and tacking up your own horse for the ride. No previous riding experience required. Boots are required, and helmets are provided.

INSTRUCTOR: Nicole Stone**LOCATION:** Poway Equestrian Center: 14875 Mino De Oro

CLASS #	DAY	TIME	DATES	R/NR FEE
2800.300	TH	10:00am-12:00pm	Jan 9-Jan 30	\$250/\$260*

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

NEW! HANDS-ON HORSEMANSHIP**AGES 13+**

Located on a scenic ranch, this class offers unique and comprehensive hands-on lessons taught by experienced instructors. Learn the fundamentals of horsemanship in a safe and friendly environment. Participants are introduced to safety, groundwork and equipment, proper horsemanship manners, and getting comfortable around horses. Learn about using equine equipment, grooming, and tacking up your own horse in preparation for the ride. No previous riding experience required. Boots are required, and helmets are provided.

INSTRUCTOR: Nicole Stone**LOCATION:** Poway Equestrian Center: 14875 Mino De Oro

CLASS #	DAY	TIME	DATES	R/NR FEE
2800.301	SA	10:00am-12:00pm	Jan 11-Feb 1	\$250/\$260*

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



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: **WEDNESDAY:** Valle Verde, Soccer Field
SATURDAY: Community Park, Open Play Area

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.300	W	4:00-4:30pm	Feb 5-Mar 25	\$120/\$130*
2010.301	SA	9:00-9:30am	Jan 25-Mar 28	\$150/\$160*

*\$30 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: **WEDNESDAY:** Valle Verde, Soccer Field
SATURDAY: Community Park, Open Play Area

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.302	W	4:35-5:20pm	Feb 5-Mar 25	\$120/\$130*
2010.303	SA	9:35-10:20am	Jan 25-Mar 28	\$150/\$160*
2010.304	SA	10:30-11:15am	Jan 25-Mar 28	\$150/\$160*

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



NEW! GYMNASTICS: CRAWLING TO WALKING

AGES CRAWLING-1.5

This class is designed for participants and an adult to enjoy quality time while introducing fun and developmentally-stimulating activities. Participants learn locomotor skills such as rolling, hand-eye coordination, social skills and more! We use movement concepts such as over and under, going in and out of tunnels, log rolling, and more! Wear comfortable clothes with no snaps, zippers, or buttons. Adult participation is required per each child.

INSTRUCTOR: Poway Gymnastics

LOCATION: Poway Gymnastics: 12850 Brookprinter Place

CLASS #	DAY	TIME	DATES	R/NR FEE
2013.300	TH	11:15-11:45am	Jan 9-Mar 26	\$10/\$20

GYMNASTICS: MOM & TOT

AGES WALKING-3.5

This class is designed for toddlers and an adult 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. Adult participation is required per each child.

INSTRUCTOR: Poway Gymnastics

LOCATION: Poway Gymnastics: 12850 Brookprinter Place

CLASS #	DAY	TIME	DATES	R/NR FEE
2013.301	TH	10:45-11:15am	Jan 9-Mar 26	\$180/\$190*
2013.302	SA	8:30-9:00am	Jan 11-Mar 28	\$180/\$190*

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

MINI-HAWK MULTI-SPORT

AGES 2-6

Introduce your little superstar to sports in our most popular program! This soccer and basketball class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Adult participation is required per each child for class 2014.300.

INSTRUCTOR: Skyhawks Sports Academy

LOCATION: Community Park, Open Play Area

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2014.300	2-3.5	TU	4:00-4:40pm	Jan 21-Feb 25	\$115/\$125
2014.301	3.5-6	TU	4:50-5:30pm	Jan 21-Feb 25	\$115/\$125

SKYHAWKS HOOPSTERTOTS**AGES 3.5-6**

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing, and teamwork. Adjustable hoops and appropriately-sized basketballs are used to provide just the right amount of challenge.



INSTRUCTOR: Skyhawks Sports Academy
LOCATION: Community Park, Basketball Court

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2014.302	3.5-4.5	TH	4:00-4:40pm	Jan 23-Feb 27	\$115/\$125
2014.303	4.5-6	TH	4:50-5:30pm	Jan 23-Feb 27	\$115/\$125

SKYHAWKS BASKETBALL**AGES 6-12**

This fun, skill-intensive program is designed for beginning to intermediate players. An active class of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. Our basketball staff also focuses on respect, teamwork, and responsibility.

INSTRUCTOR: Skyhawks Sports Academy
LOCATION: Community Park, Basketball Court

CLASS #	DAY	TIME	DATES	R/NR FEE
2014.304	TH	5:45-6:45pm	Jan 23-Feb 27	\$125/\$135

SKATEBOARDING: BEGINNER**AGES 6-13**

This beginner's class is designed to help build balance, confidence, and coordination. Participants 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 8-Feb 12	\$90/\$100
2004.301	W	5:00-6:00pm	Feb 26-Mar 25	\$75/\$85

SKATEBOARDING: INTERMEDIATE/ADVANCED**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 Skateboarding: Beginner 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 8-Feb 12	\$90/\$100
2004.303	W	4:00-5:00pm	Feb 26-Mar 25	\$75/\$85

CAMP! SKATEBOARDING CAMP**AGES 5-13**

Participants of all levels are invited to build ramp skills, develop new tricks, learn safety techniques, meet guest pros, and make new friends. All participants MUST have a helmet, elbow pads, and knee pads each day. Bring a skateboard or contact the instructor for options prior to the first day.

INSTRUCTOR: SD Skatelife
 Andrew Barbosa: Andrew@sdskatelife.com
LOCATION: Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.300	M-F	9:00am-12:00pm	Feb 17-Feb 21	\$165/\$175



If you're looking to change up your workout, why not try skateboarding? It has about the same cardio impact as jumping rope or cycling, but it's a whole lot more fun. Enjoy the ride! poway.org/skate



LEARN TO ICE SKATE

AGES 3-16

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: The Rinks - Poway ICE: 12455 Kerran Street #100

Tiny Tots

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2012.300	3-5	W	5:25-5:55pm	Jan 8-Jan 29	\$60/\$70
2012.301	3-5	W	5:25-5:55pm	Feb 5-Feb 26	\$60/\$70
2012.302	3-5	W	5:25-5:55pm	Mar 4-Mar 25	\$60/\$70

Youth

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2012.303	6-16	W	5:25-5:55pm	Jan 8-Jan 29	\$60/\$70
2012.304	6-16	W	5:25-5:55pm	Feb 5-Feb 26	\$60/\$70
2012.305	6-16	W	5:25-5:55pm	Mar 4-Mar 25	\$60/\$70

YOUTH VOLLEYBALL

AGES 9-14

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

INSTRUCTOR: David Claycomb

LOCATION: Meadowbrook Gymnasium

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2002.300	9-12	M	5:30-6:30pm	Jan 6-Feb 24	\$65/\$75
2002.301	12-14	M	6:30-7:30pm	Jan 6-Feb 24	\$65/\$75



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: Feb 25

Coed Intermediate

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.300	Men's	TH	6:30-9:30pm	Jan 9-Mar 5	\$70/\$80
2005.301	Women's	TH	6:30-9:30pm	Jan 9-Mar 5	\$70/\$80

Coed Advanced

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.302	Men's	TU	6:30-9:30pm	Jan 7-Mar 10	\$70/\$80
2005.303	Women's	TU	6:30-9:30pm	Jan 7-Mar 10	\$70/\$80

Women's

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.304	Women's	M	6:30-9:30pm	Jan 6-Mar 2	\$70/\$80

TENNIS

AGES 6-14

Come learn tennis from beginner to advanced! In the Beginner class, start by learning skills such 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 class. Enthusiasts enhance their ability in the Advanced Juniors class, preparing them for tournaments, league play, and high school teams. Advanced Juniors 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 14-Feb 20	\$84/\$94*
2000.301	6-8	SA	9:00-10:00am	Jan 18-Feb 22	\$42/\$52*
2000.302	8-14	SA	10:00-11:00am	Jan 18-Feb 22	\$42/\$52*

Intermediate

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.303	8-14	TU/TH	5:00-6:00pm	Jan 14-Feb 20	\$84/\$94*
2000.304	8-14	SA	11:00am-12:00pm	Jan 18-Feb 22	\$42/\$52*

Advanced Juniors

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.305	9-14	M/W	4:00-5:30pm	Jan 13-Feb 19	\$108/\$118*

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



Try it before you buy it!

TAEKWONDO & KARATE

AGES 5+



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: Meadowbrook Gymnasium

NO CLASS: Jan 22, Feb 14 & 26

BELT TESTING: Mar 6 - participants will be notified if attendance is required.

Youth/Teen Taekwondo & Karate

This program is designed to help participants develop respect, self-control, and discipline while building confidence through self-defense skills.

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.300	5-8	TU/W/F	5:15-6:15pm	Jan 7-Mar 20	\$99/\$109
2001.301	9-15	TU/W/F	6:15-7:15pm	Jan 7-Mar 20	\$99/\$109

Adult Taekwondo & Karate

This is a complete martial arts program designed to help men and women of all ages develop strength, speed, coordination, endurance, and confidence.

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.302	16+	TU/W	6:15-7:15pm	Jan 7-Mar 20	\$99/\$109
		F	6:15-7:45pm		

Open Play Sports

OPEN PLAY SPORTS

ALL AGES

FREE!

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

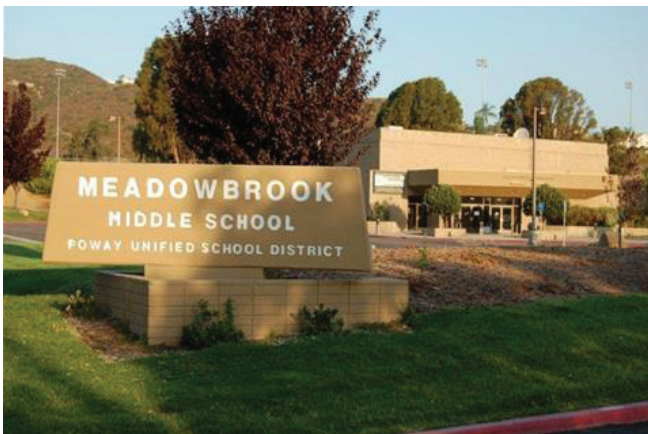
ACTIVITY	DAY	OPEN GYM HOURS
Open Badminton	F	6:00-9:00pm
Open Pickleball	SA	6:00-9:00pm
Open Volleyball	SU	6:00-9:00pm



Meadowbrook Gymnasium

12320 Meadowbrook Lane

ACTIVITY	DAY	OPEN GYM HOURS
Open Basketball	TU/W	7:30-9:30pm
Open Basketball	TH	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.

Team sports not only help you physically, they sharpen you mentally because of the camaraderie that comes with working as a group. Just one more reason to check out the open play options available at Twin Peaks and Meadowbrook gyms. 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
2200.300	F	1:30-3:30pm	Jan 10-Mar 20	\$40/\$50*

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

NEW! HEALTHY LIFESTYLES

AGES 18+



Join us as we discuss healthy eating while watching food demonstrations and sampling recipes for easy-to-prepare meals and snacks. Topics include: salads, fruits, vegetables, meats and proteins,

milk and soy products, beverages, and more! All participants must be picked up by 6:30pm.

INSTRUCTOR: Villa de Vida, Inc.

LOCATION: Abraxas, Room 20: 12450 Glen Oak Road

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.300	TH	5:30-6:30pm	Jan 16-Mar 19	\$40/\$50

NEW! EMPLOYMENT PREPAREDNESS

AGES 18+

Looking for that perfect job? Join us for this 10-week series as we: write a resume, search for potential work sites, participate in practice interviews, discuss professional interview attire, and follow-up with employers after the interview. Once your paychecks start coming in, learn how to budget and achieve your financial goals. All participants must be picked up by 6:30pm.

INSTRUCTOR: Villa de Vida, Inc.

LOCATION: Abraxas, Room 20: 12450 Glen Oak Road

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.301	TU	5:30-6:30pm	Jan 14-Mar 17	\$40/\$50

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 the Basic Obedience classes along with walking politely on leash. As the curriculum advances in the Intermediate Obedience classes, your dog works towards obtaining a Canine Good Citizen Title (AKC certified), which includes greeting other dogs politely on leash and coming when called.

INSTRUCTOR: Good Dog Training School, Lynne Moore

LOCATION: TUESDAY: Old Poway Park, Gazebo

SATURDAY: Garden Road Park, Open Area

Basic Obedience

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.300	TU	6:30-7:30pm	Jan 7-Feb 11	\$95/\$105*
2300.301	SA	9:30-10:30am	Jan 11-Feb 15	\$95/\$105*
2300.302	TU	6:30-7:30pm	Feb 18-Mar 24	\$95/\$105*
2300.303	SA	9:30-10:30am	Feb 22-Mar 28	\$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 11-Feb 15	\$95/\$105
2300.305	SA	10:45-11:45am	Feb 22-Mar 28	\$95/\$105





POWAY PARKS & FACILITIES

POWAY COMMUNITY PARK

13094 Civic Center Drive
(858) 668-4671

poway.org/communitypark

Hours

Daily | Sunrise-Sunset

Recreation Office (located at Swim Center)

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

Sunday | 12:00-9:00pm

Ball Fields/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

IN THE PARK SERIES

ALL AGES

FREE!

Have an emu-sing time letting your creativity run wild, take a swing at a colorful fiesta piñata, challenge your friends to a life-size game of Connect Four, or let your imagination soar with your favorite stories! Community Park's In The Park Series is 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 17	Fiesta	FREE

Playing outside helps kids with their social, emotional, cognitive, and physical well-being.

With 22 different parks to choose from, it's easy to give your kids a healthy dose of fun!
poway.org/park-map

OLD POWAY PARK

14134 Midland Road
(858) 668-4576

poway.org/oldpowaypark

Hours

Farmers Market

Saturdays | 8:00am-1:00pm

Train Rides

powaymidlandrr.org

HISTORICAL TOURS

ALL AGES

Experience 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 or (858) 668-4576

VETERANS DAY CEREMONY

ALL AGES

Join the Veterans Park Committee, VFW Post 7907, and City of Poway as we honor those who have selflessly served to ensure our freedom. A ceremony will be held at Poway Veterans Park on Veterans Day to honor past, present, and future Veterans. The ceremony will include unveiling new tiles, guest speakers, and the firing of the cannon.

DAY	TIME	DATES	FEE
M	11:00am	Nov 11	FREE



When you shop at a farmer's market, you're getting freshly-picked, seasonal produce at its peak in flavor and nutrition. Shop healthy and shop smart at the Poway Farmers Market. poway.org/farmers-market



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/farmers-market or (858) 668-4576

POWAY SWIM CENTER

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

Hours

Winter (Through Apr 6)

Adult Lap Swim

Mon/Wed/Fri	6:30–8:30am 11:00am–1:30pm 3:00–7:00pm*
Tues/Thurs	6:30am–1:30pm (Long Course) 3:00–7:00pm
Sat/Sun	Closed

Recreational Swim/Splash Pad

(Splash Pad may be closed due to inclement weather)

Mon/Wed/Fri	11:00am–1:30pm (Shallow end/Splash Pad only; Diving Board Closed) 3:00–7:00pm*
Tues/Thurs	8:00am–1:30pm (Shallow end/Splash Pad only; Diving Board Closed) 3:00–7:00pm
Sat/Sun	Closed

Holiday Hours

Thanksgiving | Nov 28 & 29 | Closed

Seasonal Closure

Dec 14–Jan 5

*The Swim Center will be closed at 5pm on the 1st Friday of every month for Staff Training.

Costs

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

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

For more detailed information about our facility, operations, and seasonal and yearly passes please visit our website at poway.org/swim

The Swim Center includes a 50-meter by 25-yard pool with attached diving well and shallow children's area. The facility also features a spray ground play area which is equipped with geysers, overhead buckets, water tunnel, and more!

Additionally, the Swim Center offers one- and three-meter diving boards, open swim areas, lap swimming lanes, full locker rooms, and two single-use/family restrooms.

The pool is maintained between 80 and 84 degrees, providing for comfortable swimming for various aquatic activities.

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

WATER EXERCISE

AGES 16+

Water exercise is a low-impact exercise for any ability. Classes are held in four feet of water. Daily admission is required.

DAYS	TIME	FEE
M/W/F	11:00am–12:00pm	Daily Admission Fee

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/lifeguardtraining or (858) 668-4680.

CLASS #	DAY	TIME	DATES	FEE
0700.300	W	5:00–8:00pm	Pretest Feb 12	\$170*
	M-F	8:00am–5:00pm	Feb 17–21	
0700.301	W	5:00–8:00pm	Pretest Mar 4	\$170*
	M/W	5:00–8:00pm	Mar 9, 11, 16, 18	
	SA	8:00am–5:00pm	Mar 14, 21	

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

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

Daily | 6:00am-Sunset

Lake Fishing and Boating Hours

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 28
Closed Christmas Day | Dec 25

TROUT SEASON RETURNS TO LAKE POWAY! ALL AGES

The fishing frenzy returns early December when Lake Poway is once again stocked with the popular "Nebraska Tail Walker." We offer the best permit and boating prices in the area and our concession 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.



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

FREE!

This winter, our Lake Poway Park Rangers will be hosting free Fishing Seminars. They will teach the basic fishing techniques to help you reel in the big one. No equipment is necessary.

DAY	TIME	DATE	FEE
SA	8:00am	Jan 11	FREE
SA	8:00am	Feb 8	FREE
SA	8:00am	Mar 14	FREE

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





BLUE SKY ECOLOGICAL RESERVE

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

Hours

Daily | Sunrise–Sunset

DOCENT-LED NATURE WALKS ALL AGES

FREE!

Find our Activities Schedule online or at Blue Sky Reserve, City Hall, or Lake Poway.

SCHOOL TOURS & OUTREACH PROGRAM GRADES 2-4

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

LEAVE NO TRACE SCAVENGER HUNT ALL AGES

FREE!

Bring the family and your Smart phone or camera and join us for a fun-filled morning looking for cool things in Blue Sky. Help us keep Blue Sky beautiful by taking only pictures and leaving only footprints. Meet at the amphitheater to receive your scavenger hunt list before heading off to explore our trails.

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

DAY	TIME	DATE	FEE
SA	8:30-10:30am	Nov 16	FREE

TURN NEW YEAR RESOLUTIONS INTO FITNESS SOLUTIONS!

FREE!

Hiking is one of the best things you can do for your health. Come 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 6-Feb 10	FREE

WILD WINGS OVER BLUE SKY ALL AGES



Bring the family out to the Reserve for a fun, bird-themed afternoon! We'll kick off the program with a presentation on birds followed by a 1/2 mile hike with our im-peck-able docents to look for our feathered friends! Spread your wings and see which native bird you measure up to. Before leaving the trail, paint your very own bird house and create some bird-related crafts. Limited to 50 participants.

REGISTER ONLINE: poway.org/classes

CLASS #	DAY	TIME	DATES	FEE
1200.300	SA	1:00-4:00pm	Feb 15	\$3

Docents kick off the New Year with Fun and Fitness hikes at Blue Sky Ecological Reserve. Over six weeks, meet new friends, de-stress, connect with nature, and get in shape. poway.org/bluesky

KUMEYAAY-IPAI INTERPRETIVE CENTER

13104 Ipai Waaypuk Trail
(858) 668-4781

Parking located at 13104 Carriage Road, Poway
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 milling sites, and participate in hands-on traditional activities.

SCHEDULE YOUR TOUR ONLINE: 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 and fourth Saturday of each month and take a guided tour. Experience artifacts, 'ewaas, milling and grinding stations, and more.

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



WATERCOLOR CLASS

AGES 8+

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 that inspires you! Instruction in basic skills and all materials will be provided. Limited to 25 participants.

REGISTER ONLINE: poway.org/classes

CLASS #	DAY	TIME	DATES	FEE
1200.301	SA	9:00am-12:00pm	Mar 21	\$5





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
STEAM Kids Afterschool program: Mondays | 3:30pm
Baby Storytime: Tuesdays & Wednesdays | 9:45am
Crafternoon: Wednesdays | 12:30pm
Kids' Craft Corner: Fridays | 3:00pm

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
Yoga: Mindful Movement Mondays | 9:30am
Hoop Fitness: Wednesdays | 10:00am
Zumba: Fridays | 10:00am
Friends of the Poway Library Book Sale:
Saturday, February 15 | 10:00am–4:00pm
Sunday, February 16 | 12:00–3:00pm
Flamenco Gallardo: Saturday, February 22 | 2:00pm


Programs subject to change without notice.
For more information about programs and events,
call the library at **(858) 513-2900**.

POWAY SENIOR CENTER

New location!

16315 Pomerado Road
Poway, CA 92064
(858) 618-5545



 Visit us on Facebook

Hours

Monday-Friday | 8:00am-4:00pm



BINGO

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

EXERCISE AT THE CENTER!

- Feeling Fit Classes - FREE!
- Tai Chi
- Line Dancing
- Yoga

FLU CLINIC

Friday, November 8 | 10:00am-2:00pm
\$20.00 advanced purchase or \$25 at the door
(cash or check).

VOLUNTEER OPPORTUNITIES!

Like to volunteer? We could use your help!



FREE! TAX SERVICE

Tax preparation provided by AARP. Call for an appointment starting the end of January 2020:
(858) 618-5545.



LUNCH

Monday-Friday | 11:15am-12:15pm
\$4.00 suggested donation for those 60+.
\$7.00 for those under 60. Need a ride to lunch? Call us!

MONTHLY OPPORTUNITY DRAWING

Win a themed Gift Basket!
\$1.00 per chance or 6 for \$5.00





CLASS REGISTRATION

Winter Registration Begins: November 12 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/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, 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.

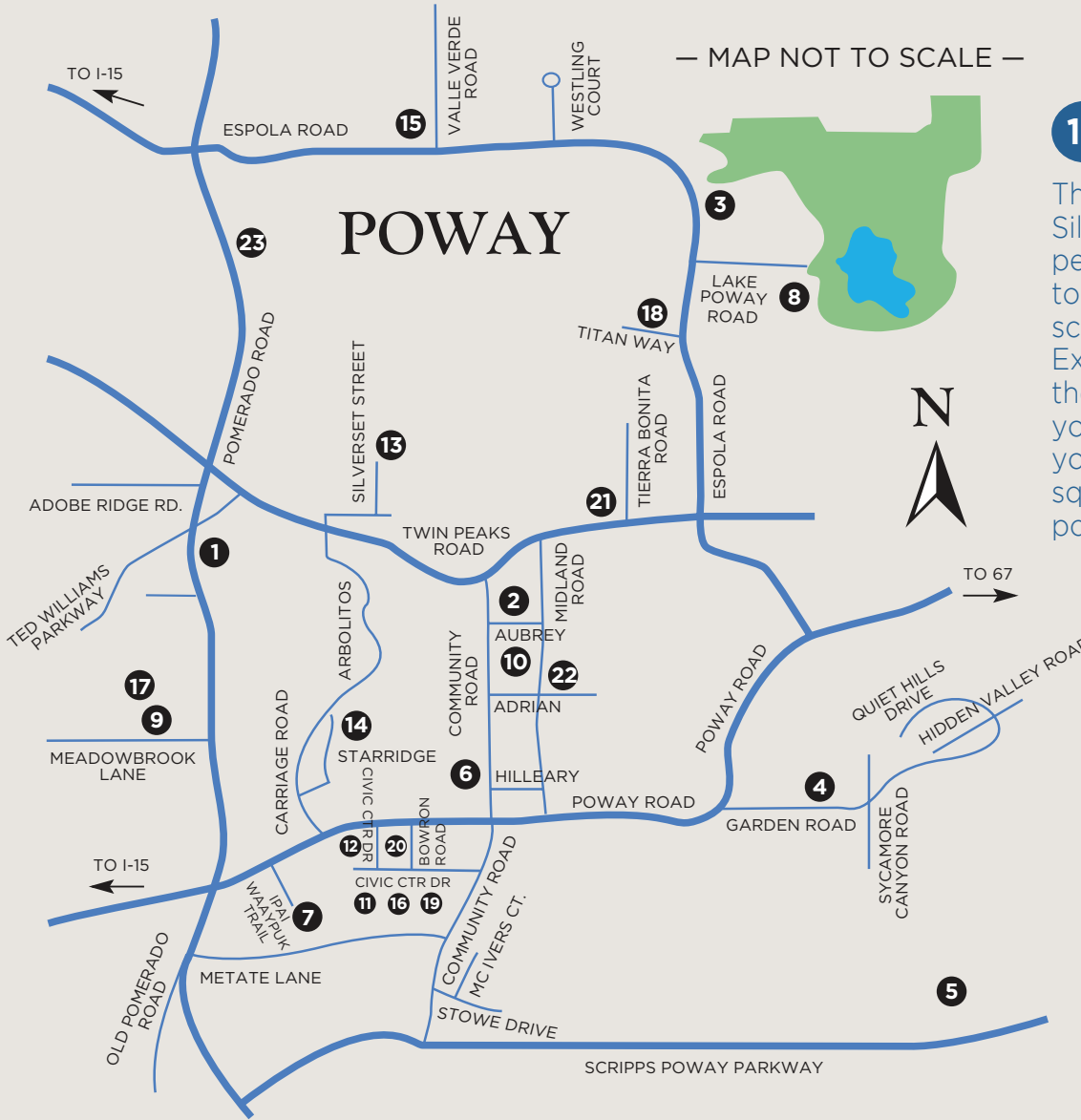
Financial Assistance

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.

CULTURAL & RECREATIONAL FACILITIES



13

The path around Silverset Park is the perfect place for families to walk, jog, or ride scooters together. Exercise stations along the way encourage you to challenge yourself with pull-ups, squats, and more! poway.org/park-map

- | | | |
|--|---|---|
| <p>1 Arbolitos Sports Fields
14401 Pomerado Road</p> <p>2 Aubrey Park
13544 Aubrey Street</p> <p>3 Blue Sky Ecological Reserve
16275 Espola Road</p> <p>4 Garden Road Neighborhood Park
14901 Garden Road</p> <p>5 Goodan Ranch
16281 Sycamore Canyon Road</p> <p>6 Hilleary Park
13500 Community Road</p> <p>7 Kumeyaay-Ipai Interpretive Center
13104 Ipai Waaypuk Trail</p> <p>8 Lake Poway Recreation Area
14644 Lake Poway Road</p> | <p>9 Meadowbrook Soccer Field
12250 Meadowbrook Lane</p> <p>10 Old Poway Park
14134 Midland Road</p> <p>11 Poway Community Park
13094 Civic Center Drive
Community Swim Center
13094 Civic Center Drive
Dog Park
13094 Civic Center Drive</p> <p>12 Poway Skate Park
13090 Civic Center Drive</p> <p>13 Silverset Neighborhood Park
14795 Silverset Street</p> <p>14 Starridge Neighborhood Park
13745 Carriage Road</p> <p>15 Valle Verde Neighborhood Park
16899 St. Andrews Drive</p> | <p>16 Valley Soccer Field
13094 Civic Center Drive</p> <p>17 Meadowbrook Gymnasium
12320 Meadowbrook Lane</p> <p>18 Poway Center for the Performing Arts
15498 Espola Road</p> <p>19 Poway City Hall
13325 Civic Center Drive</p> <p>20 Poway Community Library
13137 Poway Road</p> <p>21 Twin Peaks Multipurpose Center
14640 Tierra Bonita Road</p> <p>22 Veterans Park
14135 Midland Road</p> <p>23 Poway Senior Center
16315 Pomerado Road</p> |
|--|---|---|



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!



Upcoming Art Exhibits

DECEMBER



North County Society of Fine Arts - "A Symphony of Color Inspired by the Season"

NCSFA represents 90 local artists in the Poway and Rancho Bernardo area. The members will display artwork

that best reflects the way color musically creates harmony in the universe in an exhibition called "A Symphony of Color Inspired by the Season."

JANUARY

Therese Verner - "Celebrating Life"

A self-taught artist, Therese specializes in creating paintings and mixed-media works. Her exhibition, "Celebrating Life," features artwork that celebrates all aspects of her life. In 2018, she created an oil painting "Healing," inspired by her daughter's treatment for breast cancer. Recently, Therese was also diagnosed with breast cancer, and is Healing. Therese's celebration of life is evident in her artwork: expressive love for nature, animals, and explosive use of color.



FEBRUARY



"Undeclared Boundaries"

This exhibition is called "Undeclared Boundaries" by five female artists. The title refers to an absence of rules or regulations for the artists. Through a variety of mediums, styles, and abstract expression of art, the artist allows the viewer's imagination to be free.



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

STEVE POLTZ with Special Guest
JACK TEMPCHIN
NOV 2



MELISSA ETHERIDGE
NOV 15



Presented by
Leah McBride
skyline
HOME LOANS

JOHN TESH: An Acoustic Christmas
DEC 7



ELVIN BISHOP and
CHARLIE MUSSELWHITE
FEB 15



Presented by
Trance Nature, Inc.
Healing - Helping - Teaching

WINTER DANCE PARTY:
A Tribute to Buddy
Holly, Richie Valens
and the Big Bopper
FEB 29



Presented by
GVCA
www.GVCA.info

ROSANNE CASH
MAR 7



Presented by
DENTISTRY FOR ALL AGES
Dr. David Rauterkus
Serving Poway for over 20 years

15498 Espola Road, Poway, CA 92064
858.748.0505 | www.PowayOnStage.org

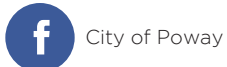
Presenters of World-Class Talent at the
Poway Center for the Performing Arts





City of Poway
13325 Civic Center Drive
Poway, CA 92064

PRSR STD
U.S. POSTAGE
PAID
SAN DIEGO, CA
PERMIT NO. 1942



City of Poway



@cityofpoway



@cityofpoway



poway.org/connectwithus

*****ECRWSEDDM****

POSTAL CUSTOMER
Poway, CA 92064

WINTER 2019-20 EVENTS AT A GLANCE



TROUT SEASON
Starts Early
December 2019
Lake Poway



CHRISTMAS IN THE PARK
December 14, 2019
Old Poway Park



WINTER FESTIVAL
January 10-11, 2020



YOUTH-ONLY FISHING DERBY CAMPOUT
January 31, 2020
Lake Poway
YOUTH-ONLY FISHING DERBY
February 1, 2020
Lake Poway

Poway City Council

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

SAVE THE DATE!

Registration begins
November 12 at 7:30am.
See page 22 for details,
or visit poway.org/classes.