

POWAY

COMMUNITY SERVICES GUIDE

FALL 2020

**REGISTRATION BEGINS
AUGUST 4
AT 7:30AM**

**EVENTS, CLASSES, AND
PROGRAMS SUBJECT TO CHANGE
DUE TO COVID-19. CHECK OUR
WEBSITE FOR UPDATES:
POWAY.ORG/CLASSES**



FALL INTO HISTORY



AND NATURE!

Rendezvous in Poway

FREE! Want to experience life during California's turn-of-the-twentieth-century and civil war eras? Come meet real cowboys, pioneers, mountain men and women, fur traders, and soldiers as history comes to life at **Old Poway Park**. Watch our website for a complete list of activities at this event.

Saturday, October 3 | 10:00am-4:00pm

Sunday, October 4 | 10:00am-2:00pm

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



Hoot, Howl & Prowl

The **Blue Sky Ecological Reserve** comes alive after dark! Meet the canyon's "wildlife" (docents dressed in animal costumes) up close! Groups will leave at 15-minute intervals, between 5:30 and 7:15pm, and tours last approximately 75 minutes. Kids are encouraged to wear their costumes. End the evening with a cup of hot chocolate!

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

CLASS #	DAY	TIME	DATES	FEE
1200.201	SA	5:30pm	Oct 17	\$5 per person
1200.202	SA	5:45pm	Oct 17	\$5 per person
1200.203	SA	6:00pm	Oct 17	\$5 per person
1200.204	SA	6:15pm	Oct 17	\$5 per person
1200.205	SA	6:30pm	Oct 17	\$5 per person
1200.206	SA	6:45pm	Oct 17	\$5 per person
1200.207	SA	7:00pm	Oct 17	\$5 per person
1200.208	SA	7:15pm	Oct 17	\$5 per person

Celebrate Halloween at Old Poway Park!

See Page 18 for details.





REPORT | CONNECT  

It's easier than ever to report an issue to the City of Poway. With the new **Poway CityApp**, just snap a photo and upload it to flag what needs fixing. When you report using the app (or online signed in as a user), you can track your request and receive messages from staff if they need more info. The Poway CityApp is much more than a fix-it tool — the mobile app offers links to important resources and information all from one convenient location. Download via the Apple Store or Google Play or go online to poway.org/service.

We are **SOCIAL**, how about you? Be the first to know about events, programs, and news:

-  City of Poway
-  @cityofpoway
-  @cityofpoway
-  poway.org/connect

SAVE THE DATE:

Fall Registration Begins August 4 at 7:30am



Skateboarding Camp!

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.

See page 9 for details.

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A message from our department:



We Are Here For You!

The seasons might be changing, but one thing never changes: We are here for you!

We continue to work hard to provide you and your family top-notch recreation opportunities and experiences in the safest way possible complying with all public health orders.

The times may be uncertain and our events and activities might look a little different, but YOU remain our top priority. We commit to bringing you the events, programs, classes, history, and culture that make the City of Poway so special!

Happy Fall Y'all!

CLASSES

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. Kids 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!

INSTRUCTOR: Community Park Staff

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1000.200	F	4:30-9:00pm	Sep 4	\$10/\$20
1000.201	F	4:30-9:00pm	Nov 6	\$10/\$20
1000.202	F	4:30-9:00pm	Dec 4	\$10/\$20

**NEW! KID'S NIGHT OUT EXCURSION:
GET AIR POWAY**

GRADES 1-5

Get ready to bounce off the walls! Kid's Night Out is springing on the fun with a special excursion to Get Air Trampoline Park! Leap sky-high on trampolines, play an extra bouncy game of dodgeball with your friends, defy gravity on the wobbly fidget ladder, and so much more! Whether you're tumbling into foam pits or bouncing yourself silly, fun is just a hop, skip, and a jump away! Admission and jump socks are included.

INSTRUCTOR: Community Park Staff

LOCATION: Get Air Poway: 12160 Community Road

CLASS #	DAY	TIME	DATES	R/NR FEE
1000.203	F	4:30-9:00pm	Oct 2	\$13/\$23





Teen Programs

TEEN SPLASH BASH GRADES 6-9

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

INSTRUCTOR: Community Park Staff
LOCATION: Poway Swim Center

CLASS #	DAY	TIME	DATES	FEE
1001.200	SA	5:00-9:00pm	Sep 19	\$5

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

What's better than playing dodgeball!? Playing glow-in-the-dark dodgeball, of course! Get ready for some beast glow-in-the-dark fun with dodgeball, kickin' tunes, dodgeball, boss treats, dodgeball, lit prizes, and more—dodgeball, every which way! This legendary showdown is a teen program fave that you and your friends won't want to miss!

INSTRUCTOR: Community Park Staff
LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	FEE
1001.201	SA	5:00-9:00pm	Oct 17	\$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
1001.202	SA	5:00-9:00pm	Nov 21	\$5

NEW! TEEN UGLY SWEATER PARTY GRADES 6-9

It's time to get your ugly on—sweaters, that is—because we're celebrating all things that make December wacky and tacky! Build an outrageously tasty gingerbread house, steal the show and the competition with your ugliest sweater, let your goof out with a flurry of zany activities, snuggle up with a cup of hot cocoa for a special screening of Elf, and more! Bring on the sequins, ribbons, and fringe galore; you've never been to an ugly sweater party like this before!

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

CLASS #	DAY	TIME	DATES	FEE
1001.203	SA	5:00-9:00pm	Dec 19	\$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 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, Templars Hall

NO CLASS: Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
2505.200	M	10:00-10:45am	Sep 14-Oct 5	\$52/\$62
2505.201	M	10:00-10:45am	Oct 12-Nov 2	\$52/\$62
2505.202	M	10:00-10:45am	Nov 9-Dec 7	\$52/\$62

NEW! PAINT YOUR OWN POTTERY & MOSAIC DESIGN

AGES 9-12

Come paint and mosaic with The Krafty Caterer! In this fun, hands-on class, participants experience the different techniques of painting ceramics with both acrylic and glazing paints for firing in a kiln. Participants also design and create a mosaic plaque using glass tiles and grout for a beautiful finished product! Each participant goes home with two finished ceramic works of art and a mosaic.

INSTRUCTOR: Tara Brewer

LOCATION: Old Poway Park, Great Room

CLASS #	DAY	TIME	DATES	R/NR FEE
2504.200	TU	4:00-5:00pm	Sep 22-Oct 27	\$55/\$65*

*\$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 still-image and short scenes.

Participants create a portfolio of visual, non-narrative work by learning key cinematography concepts, such as composition, lighting, color, and tone. Discover the importance of camera angles, shot sizes, and camera movements, and learn basics of Go-Pros®, gimbals, and drones. Digital cameras and equipment 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
1806.200	TH	4:00-5:00pm	Sep 17-Nov 5	\$129/\$139

Dance

Try it before you buy it!

Try high-quality, fun Dance To EvOLvE classes without obligation on Sep 14 & 16.

Liability Waiver required. **All participants are invited to be part of the annual recital in June 2021. No recital fee; only an affordable costume fee.**

NEW! MAGICAL MUNCHKINS BALLET/HIP HOP

AGES 2-3.2

This gentle introductory combination dance class of tap, ballet, tumbling, and games is energetic, expressive, and fun! It will have your Magical Munchkin learning dance basics in an age-appropriate way. Adult participation is required per each child.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com

LOCATION: Old Poway Park, Templars Hall

NO CLASS: Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.200	M	3:15-4:00pm	Sep 14-Dec 14	\$199/\$209
1702.201	M	3:15-4:00pm	Sep 14-Oct 19	\$102/\$112
1702.202	M	3:15-4:00pm	Oct 26-Dec 14	\$119/\$129



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 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

NO CLASS: Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.203	M	4:05-5:00pm	Sep 14-Dec 14	\$199/\$209
1702.204	M	4:05-5:00pm	Sep 14-Oct 19	\$102/\$112
1702.205	M	4:05-5:00pm	Oct 26-Dec 14	\$119/\$129

STAR SHINERS TAP/BALLET AGES 4.5-6

Keep your Star Shiner moving in this tap and ballet combination dance class! 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 transition into ballet each week, and are designed to be progressive.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Old Poway Park, Templars Hall
NO CLASS: Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.206	M	5:05-6:00pm	Sep 14-Dec 14	\$199/\$209
1702.207	M	5:05-6:00pm	Sep 14-Oct 19	\$102/\$112
1702.208	M	5:05-6:00pm	Oct 26-Dec 14	\$119/\$129

NEW! PRE-TEEN BALLET/JAZZ AGES 7-12

A beginner/intermediate ballet and jazz dance class focusing on ballet technique through barre and center work, which is fundamental to turn, kick, and leap your way into jazz! This class begins a young dancer's training by developing grace, strength, balance, rhythm, coordination, and flexibility, while always having fun. Classes are designed to be progressive.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Old Poway Park, Great Room
NO CLASS: Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.209	M	6:05-7:00pm	Sep 14-Dec 14	\$199/\$209
1702.210	M	6:05-7:00pm	Sep 14-Oct 19	\$102/\$112
1702.211	M	6:05-7:00pm	Oct 26-Dec 14	\$119/\$129

BEAT BREAKERS & HIP HOP AGES 4-12

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
NO CLASS: Nov 25

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
BEAT BREAKERS					
1702.212	4-7	W	4:00-4:55pm	Sep 16-Dec 16	\$199/\$209
1702.213	4-7	W	4:00-4:55pm	Sep 16-Oct 21	\$102/\$112
1702.214	4-7	W	4:00-4:55pm	Oct 28-Dec 16	\$119/\$129
HIP HOP					
1702.215	8-12	W	5:00-5:55pm	Sep 16-Dec 16	\$199/\$209
1702.216	8-12	W	5:00-5:55pm	Sep 16-Oct 21	\$102/\$112
1702.217	8-12	W	5:00-5:55pm	Oct 28-Dec 16	\$119/\$129

CHEERLEADING, DANCE & 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. Learn a full routine to be performed at the end of the session.

INSTRUCTOR: Charlene's Dance & Cheer
LOCATION: Old Poway Park, Great Room

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1703.200	2-3	TH	5:30-6:00pm	Sep 17-Nov 5	\$80/\$90
1703.201	4-10	TH	6:00-6:50pm	Sep 17-Nov 5	\$89/\$99

NEW! HULA AGES 12+

Hula is a beautiful art form fulfilling to the body, mind, and spirit. Learn traditional hula protocol, proper terminology, basic hula steps, and choreography. Focused on building a strong foundation and a love of hula and the Hawaiian culture, each participant receives the personal attention needed to work on hand position, posture, and rhythm. See the value and benefit of hula over time as we strive for fitness, confidence, and grace.

INSTRUCTOR: Kristin "Aunty Kawena" Garuba
LOCATION: Old Poway Park, Templars Hall
NO CLASS: Nov 11

CLASS #	DAY	TIME	DATES	R/NR FEE
1704.200	W	6:15-7:15pm	Sep 16-Dec 16	\$100/\$110



Poway Parks & Trails



Explore one of the finest trails systems in Southern California. There are 78 miles of trails in Poway with varying levels of difficulty and terrain. Whether you're interested in a rolling path through a rural neighborhood or a challenging climb to a scenic peak, our new online trails guide is a great way to plan your adventure. Click on a trail segment to view a description that includes the length, terrain, and other trail connections. View it at poway.org/trails.

Health & Wellness

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 exhilarated!

INSTRUCTOR: Brent Garriepy
LOCATION: Old Poway Park, Templars Hall
NO CLASS: Nov 26

CLASS #	DAY	TIME	DATES	R/NR FEE
1603.200	TH	6:30-7:30pm	Sep 17-Dec 17	\$117/\$127



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
NO CLASS: Nov 24 & 26

CLASS #	DAY	TIME	DATES	R/NR FEE
1608.200	TU	5:30-6:15pm	Sep 15-Dec 15	\$104/\$114
1608.201	TH	5:30-6:15pm	Sep 17-Dec 17	\$104/\$114

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: Oct 5

CLASS #	DAY	TIME	DATES	R/NR FEE
1609.200	M	6:30-7:30pm	Sep 14-Nov 9	\$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**LOCATION:** Old Poway Park, Great Room**NO CLASS:** Dec 9

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.200	W	6:00-7:30pm	Sep 16-Dec 16	\$117/\$127

NEW! MEDITATION & RELAXATION YOGA**AGES 18+**

Make meditation and relaxation an integral part of your life and watch yourself turning calm, tranquil, and peaceful. If done regularly, these practices can improve one's mood and aid in decision-making, reasoning, and self-control. The consistency of meditation and relaxation can lead to a deeper awareness.

INSTRUCTOR: Yoga Rejoice**LOCATION:** Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.201	TU	6:30-7:30pm	Sep 15-Dec 15	\$126/\$136



Sports

SOCCER SHOTS MINIS

AGES 2-3

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

INSTRUCTOR: Soccer Shots

LOCATION: **WEDNESDAY:** Valle Verde Park, Soccer Field

SATURDAY: Community Park, Open Play Area

NO CLASS: Nov 28

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.200	W	4:00-4:30pm	Sep 16-Oct 28	\$105/\$115*
2010.201	SA	9:00-9:30am	Sep 19-Dec 12	\$180/\$190*

*\$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 Park, Soccer Field

SATURDAY: Community Park, Open Play Area

NO CLASS: Nov 28

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.202	W	4:35-5:20pm	Sep 16-Oct 28	\$105/\$115*
2010.203	SA	9:35-10:20am	Sep 19-Dec 12	\$180/\$190*
2010.204	SA	10:30-11:15am	Sep 19-Dec 12	\$180/\$190*

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



GYMNASTICS: CRAWLING TO WALKING

CRAWLING TO 1.5

Enjoy quality time while introducing fun and developmentally-stimulating activities 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

NO CLASS: Nov 26

CLASS #	DAY	TIME	DATES	R/NR FEE
2013.200	TH	11:15-11:45am	Sep 17-Dec 17	\$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

NO CLASS: Nov 26 & 28

CLASS #	DAY	TIME	DATES	R/NR FEE
2013.201	TH	10:45-11:15am	Sep 17-Dec 17	\$180/\$190*
2013.202	SA	8:30-9:00am	Sep 19-Dec 19	\$180/\$190*

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

Skyhawks Sports

Introduce your child to a life-time love of sports for a greatly-reduced price! Start with a three-week class to identify the right ball for their active hands! Try one or all three!

Then, sign up for a six-week class where we continue to develop a love of the game. Plus, participants build character along with sports skills!

SKYHAWKS 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 2014.200 and 2014.202.

INSTRUCTOR: Skyhawks Sports Academy
LOCATION: Community Park, Open Play Area
NO CLASS: Oct 31

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2014.200	2-3.5	SA	12:00-12:40pm	Sep 19-Oct 3	\$55/\$65
2014.201	3.5-6	SA	12:50-1:30pm	Sep 19-Oct 3	\$55/\$65
2014.202	2-3.5	SA	12:00-12:40pm	Oct 10-Nov 21	\$109/\$119
2014.203	3.5-6	SA	12:50-1:30pm	Oct 10-Nov 21	\$109/\$119

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
NO CLASS: Oct 31

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2014.204	3.5-4.5	SA	2:00-2:40pm	Sep 19-Oct 3	\$55/\$65
2014.205	4.5-6	SA	2:50-3:30pm	Sep 19-Oct 3	\$55/\$65
2014.206	3.5-4.5	SA	2:00-2:40pm	Oct 10-Nov 21	\$109/\$119
2014.207	4.5-6	SA	2:50-3:30pm	Oct 10-Nov 21	\$109/\$119

SKYHAWKS BASKETBALL AGES 7-12

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
NO CLASS: Oct 31

CLASS #	DAY	TIME	DATES	R/NR FEE
2014.208	SA	3:40-4:20pm	Sep 19-Oct 3	\$55/\$65
2014.209	SA	3:40-4:20pm	Oct 10-Nov 21	\$109/\$119



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 Skatelite, Andrew Barbosa:
 Andrew@sdskatelite.com
LOCATION: Community Park, Skate Park
NO CLASS: Nov 11 & 25

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.200	W	5:00-6:00pm	Sep 16-Oct 21	\$90/\$100
2004.201	W	5:00-6:00pm	Oct 28-Dec 16	\$90/\$100

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 Skatelite, Andrew Barbosa:
 Andrew@sdskatelite.com
LOCATION: Community Park, Skate Park
NO CLASS: Nov 11 & 25

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.202	W	4:00-5:00pm	Sep 16-Oct 21	\$90/\$100
2004.203	W	4:00-5:00pm	Oct 28-Dec 16	\$90/\$100

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 Skatelite, Andrew Barbosa:
 Andrew@sdskatelite.com
LOCATION: Community Park, Skate Park
NO CLASS: Nov 26

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.200	M-F	9:00am-12:00pm	Nov 23-Nov 27	\$132/\$142





TAEKWONDO & KARATE

AGES 5+

Try it before you buy it!

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: Oct 30, Nov 11 & 27
BELT TESTING: Dec 4 - 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
2001.200	5-8	TU/W/F	5:15-6:15pm	Sep 22-Dec 18	\$99/\$109
2001.201	9-15	TU/W/F	6:15-7:15pm	Sep 22-Dec 18	\$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
2001.202	16+	TU/W F	6:15-7:15pm 6:15-7:45pm	Sep 22-Dec 18	\$99/\$109

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
2012.200	3-5	W	5:25-5:55pm	Oct 14-Nov 4	\$60/\$70

Youth

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2012.201	6-16	W	5:25-5:55pm	Oct 14-Nov 4	\$60/\$70

YOUTH VOLLEYBALL

AGES 9-14

Looking for a fun sport? Come and play 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
2002.200	9-12	M	5:30-6:30pm	Sep 14-Nov 2	\$65/\$75
2002.201	12-14	M	6:30-7:30pm	Sep 14-Nov 2	\$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: 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
2005.200	Men	TH	6:30-9:30pm	Sep 24-Nov 19	\$70/\$80
2005.201	Women	TH	6:30-9:30pm	Sep 24-Nov 19	\$70/\$80

Coed Advanced

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.202	Men	TU	6:30-9:30pm	Sep 22-Nov 17	\$70/\$80
2005.203	Women	TU	6:30-9:30pm	Sep 22-Nov 17	\$70/\$80

Women

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.204	Women	M	6:30-9:30pm	Sep 21-Nov 16	\$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**NO CLASS:** Nov 23-28**Beginner**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.200	8-14	TU/TH	4:00-5:00pm	Sep 15-Oct 15	\$70/\$80
2000.201	6-8	SA	9:00-10:00am	Sep 19-Oct 17	\$35/\$45
2000.202	8-14	SA	10:00-11:00am	Sep 19-Oct 17	\$35/\$45
2000.203	8-14	TU/TH	4:00-5:00pm	Nov 3-Dec 10	\$70/\$80
2000.204	6-8	SA	9:00-10:00am	Nov 7-Dec 12	\$35/\$45
2000.205	8-14	SA	10:00-11:00am	Nov 7-Dec 12	\$35/\$45

Intermediate

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.206	8-14	TU/TH	5:00-6:00pm	Sep 15-Oct 15	\$70/\$80
2000.207	8-14	SA	11:00am-12:00pm	Sep 19-Oct 17	\$35/\$45
2000.208	8-14	TU/TH	5:00-6:00pm	Nov 3-Dec 10	\$70/\$80
2000.209	8-14	SA	11:00am-12:00pm	Nov 7-Dec 12	\$35/\$45

Advanced Juniors

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.210	9-14	M/W	4:00-5:30pm	Sep 14-Oct 14	\$90/\$100
2000.211	9-14	M/W	4:00-5:30pm	Nov 2-Dec 9	\$90/\$100



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 fall 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 Adult Basketball	SU	8:00-11:00am
Open Basketball	SU	11:00am-2:00pm

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

Safety Training

NEW! CHILD & BABYSITTING SAFETY**AGES 10-17**

This hands-on, community education program teaches basic care techniques and child safety for infants and children. Participants practice infant care skills on dolls and manikins, as well as other babysitter activities! Topics include: playtime safety, infant and child feeding, recognizing emergencies, and more. Upon completion of the course, participants receive a Babysitting Certificate from the American Safety & Health Institute and a Pediatric CPR participant card.

INSTRUCTOR: Lockhart Training**LOCATION:** Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
2100.200	SA	9:30am-1:30pm	Oct 17	\$59/\$69*

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

NEW! WOMEN'S SELF-DEFENSE**AGES 16+**

Stay safe and improve self-confidence by knowing what to look for and how to avoid dangerous situations. Participants learn ways to easily escape from an assailant, basic striking techniques, and vulnerable targets that will enable you to effectively stop your attacker. Wear comfortable, loose-fitting clothes, and tennis shoes.

INSTRUCTOR: Grandmaster Wolpert: (858) 748-1333**LOCATION:** Old Poway Park, Great Room

CLASS #	DAY	TIME	DATES	R/NR FEE
2101.200	SA	10:00-11:30am	Sep 26	\$25/\$35

Special Needs

NEW! EXTRAORDINARY YOGA & DANCE PARTY

AGES 18+

Yoga is a great way to connect with your body and practice meditation, but this isn't your typical yoga class. Participants are guided through breathing exercises, stretching, basic poses, and each class ends with a super fun dance party! Bring a yoga mat, small blanket or beach towel, and water.

INSTRUCTOR: Villa de Vida, Inc.

LOCATION: Old Poway Park, Great Room

NO CLASS: Nov 24

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.200	TU	5:15-6:15pm	Sep 15-Dec 8	\$50/\$60

NEW! ARTS & CRAFTS

AGES 18+

Are you ready to express your creative side? Join us for an arts and crafts extravaganza filled with painting, drawing, and mixed media projects! Let your artistic mind loose on a different project every week.

INSTRUCTOR: Villa de Vida, Inc.

LOCATION: Old Poway Park, Parlour

NO CLASS: Nov 11 & 25



CLASS #	DAY	TIME	DATES	R/NR FEE
2201.201	W	5:15-6:15pm	Sep 16-Dec 2	\$50/\$60*

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



NEW! HEALTHY LIFESTYLES

AGES 18+

Learn to live a healthy lifestyle by cooking healthy dishes! Taught by an extraordinary chef, participants learn kitchen safety, watch live demonstrations, and sample healthy dishes. Get your aprons ready because this class is full of delicious recipes!

INSTRUCTOR: Villa de Vida, Inc.

LOCATION: Elements Cafe: 15250 Avenue of Science

NO CLASS: Nov 26

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.202	TH	5:15-6:15pm	Sep 17-Dec 10	\$55/\$65*

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

Dog Training

Proof of current vaccinations must be shown at first class. An adult must accompany all dog handlers 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
2300.200	TU	6:30-7:30pm	Sep 15-Oct 20	\$95/\$105*
2300.201	SA	9:30-10:30am	Sep 19-Oct 24	\$95/\$105*
2300.202	TU	6:30-7:30pm	Oct 27-Dec 1	\$95/\$105*
2300.203	SA	9:30-10:30am	Oct 31-Dec 5	\$95/\$105*

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

Intermediate Obedience: Canine Good Citizen

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.204	SA	10:45-11:45am	Sep 19-Oct 24	\$95/\$105
2300.205	SA	10:45-11:45am	Oct 31-Dec 5	\$95/\$105





Swim Classes

Swim Lesson Registration

Please note the age, skill level requirements, and times for each class. Students enrolled either above or below their ability level may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call (858) 668-4683 prior to the start of the class to ensure that you are not dropped.

Waitlist

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

Swim Lesson Assessments

If you are unsure which level to enroll in, make an appointment to have a free swim lesson assessment! It is highly recommended for determining the correct placement level for participants.

INFORMATION: (858) 668-4680

PARENT & CHILD

AGES 6-23 MONTHS

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0010.220	TU/TH	4:20-4:50pm	Aug 25-Sep 10	\$45/\$67

PRE-GRUNION

AGE 2

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0020.210	M/W	5:10-5:50pm	Aug 24-Sep 16*	\$52/\$78
Session 2				
0020.230	M/W	5:10-5:50pm	Sep 21-Oct 14	\$60/\$90

*PLEASE NOTE: There will be no class on Monday, September 7



GRUNION 1

AGES 3-4

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0101.210	M/W	3:30-4:10pm	Aug 24-Sep 16*	\$52/\$78
0101.211	M/W	4:20-5:00pm	Aug 24-Sep 16*	\$52/\$78
0101.220	TU/TH	3:30-4:10pm	Aug 25-Sep 17	\$60/\$90
0101.221	TU/TH	5:10-5:50pm	Aug 25-Sep 17	\$60/\$90
Session 2				
0101.230	M/W	3:30-4:10pm	Sep 21-Oct 14	\$60/\$90
0101.231	M/W	4:20-5:00pm	Sep 21-Oct 14	\$60/\$90
0101.240	TU/TH	3:30-4:10pm	Sep 22-Oct 15	\$60/\$90
0101.241	TU/TH	4:20-5:00pm	Sep 22-Oct 15	\$60/\$90

GRUNION 2

AGES 3-5

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0102.210	M/W	3:30-4:10pm	Aug 24-Sep 16*	\$52/\$78
0102.211	M/W	5:10-5:50pm	Aug 24-Sep 16*	\$52/\$78
0102.212	M/W	6:00-6:40pm	Aug 24-Sep 16*	\$52/\$78
0102.220	TU/TH	3:30-4:10pm	Aug 25-Sep 17	\$60/\$90
0102.221	TU/TH	4:20-5:00pm	Aug 25-Sep 17	\$60/\$90
0102.222	TU/TH	5:10-5:50pm	Aug 25-Sep 17	\$60/\$90
Session 2				
0102.230	M/W	3:30-4:10pm	Sep 21-Oct 14	\$60/\$90
0102.231	M/W	5:10-5:50pm	Sep 21-Oct 14	\$60/\$90
0102.240	TU/TH	3:30-4:10pm	Sep 22-Oct 15	\$60/\$90
0102.241	TU/TH	4:20-5:00pm	Sep 22-Oct 15	\$60/\$90
0102.242	TU/TH	5:10-5:50pm	Sep 22-Oct 15	\$60/\$90

*PLEASE NOTE: There will be no class on Monday, September 7

GRUNION 3

AGES 3-5

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0103.210	M/W	3:30-4:10pm	Aug 24-Sep 16*	\$52/\$78
0103.211	M/W	5:10-5:50pm	Aug 24-Sep 16*	\$52/\$78
0103.220	TU/TH	6:00-6:40pm	Aug 25-Sep 17	\$60/\$90
Session 2				
0103.230	M/W	3:30-4:10pm	Sep 21-Oct 14	\$60/\$90
0103.231	M/W	6:00-6:40pm	Sep 21-Oct 14	\$60/\$90
0103.240	TU/TH	4:20-5:00pm	Sep 22-Oct 15	\$60/\$90

OTTER PUP

AGES 3-5

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0104.220	TU/TH	4:20-5:00pm	Aug 25-Sep 17	\$60/\$90
Session 2				
0104.230	M/W	5:10-5:50pm	Sep 21-Oct 14	\$60/\$90



STARFISH**AGES 6-12**

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

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0201.210	M/W	4:20-5:00pm	Aug 24-Sep 16*	\$52/\$78
0201.211	M/W	6:00-6:40pm	Aug 24-Sep 16*	\$52/\$78
0201.220	TU/TH	3:30-4:10pm	Aug 25-Sep 17	\$60/\$90
0201.221	TU/TH	5:10-5:50pm	Aug 25-Sep 17	\$60/\$90

Session 2

0201.230	M/W	4:20-5:00pm	Sep 21-Oct 14	\$60/\$90
0201.231	M/W	5:10-5:50pm	Sep 21-Oct 14	\$60/\$90
0201.240	TU/TH	4:20-5:00pm	Sep 22-Oct 15	\$60/\$90
0201.241	TU/TH	6:00-6:40pm	Sep 22-Oct 15	\$60/\$90

SEAHORSE**AGES 6-12**

This class is for older swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Emphasis is placed on improving the front crawl and back crawl. Students should feel comfortable in at least four feet of water.

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0202.210	M/W	4:20-5:00pm	Aug 24-Sep 16*	\$52/\$78
0202.211	M/W	6:00-6:40pm	Aug 24-Sep 16*	\$52/\$78
0202.220	TU/TH	4:20-5:00pm	Aug 25-Sep 17	\$60/\$90
0202.221	TU/TH	6:00-6:40pm	Aug 25-Sep 17	\$60/\$90

Session 2

0202.230	M/W	4:20-5:00pm	Sep 21-Oct 14	\$60/\$90
0202.231	M/W	6:00-6:40pm	Sep 21-Oct 14	\$60/\$90
0202.240	TU/TH	3:30-4:10pm	Sep 22-Oct 15	\$60/\$90
0202.241	TU/TH	5:10-5:50pm	Sep 22-Oct 15	\$60/\$90
0202.242	TU/TH	6:00-6:40pm	Sep 22-Oct 15	\$60/\$90

OTTER**AGES 6-14**

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

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0203.210	M/W	4:20-5:00pm	Aug 24-Sep 16*	\$52/\$78
0203.211	M/W	6:00-6:40pm	Aug 24-Sep 16*	\$52/\$78
0203.220	TU/TH	5:10-5:50pm	Aug 25-Sep 17	\$60/\$90
0203.221	TU/TH	6:00-6:40pm	Aug 25-Sep 17	\$60/\$90

Session 2

0203.230	M/W	4:20-5:00pm	Sep 21-Oct 14	\$60/\$90
0203.231	M/W	6:00-6:40pm	Sep 21-Oct 14	\$60/\$90
0203.240	TU/TH	5:10-5:50pm	Sep 22-Oct 15	\$60/\$90
0203.241	TU/TH	6:00-6:40pm	Sep 22-Oct 15	\$60/\$90

**SEAL****AGES 6-15**

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

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0204.210	M/W	5:10-5:50pm	Aug 24-Sep 16*	\$52/\$78
0204.220	TU/TH	6:00-6:40pm	Aug 25-Sep 17	\$60/\$90

Session 2

0204.230	M/W	6:00-6:40pm	Sep 21-Oct 14	\$60/\$90
0204.240	TU/TH	5:10-5:50pm	Sep 22-Oct 15	\$60/\$90

STINGRAY**AGES 6-15**

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

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0205.210	M/W	6:50-7:30pm	Aug 24-Sep 16*	\$52/\$78
0205.220	TU/TH	6:50-7:30pm	Aug 25-Sep 17	\$60/\$90

Session 2

0205.230	M/W	6:50-7:30pm	Sep 21-Oct 14	\$60/\$90
0205.240	TU/TH	6:00-6:40pm	Sep 22-Oct 15	\$60/\$90



DOLPHIN AGES 6-15

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0206.220	TU/TH	6:50-7:30pm	Aug 25-Sep 17	\$60/\$90
Session 2				
0206.240	TU/TH	6:50-7:30pm	Sep 22-Oct 15	\$60/\$90

SWORDFISH AGES 6-15

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 2				
0207.230	M/W	6:50-7:30pm	Sep 21-Oct 14	\$60/\$90

ADULT BEGINNER AGES 16+

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0301.210	M/W	6:50-7:30pm	Aug 24-Sep 16*	\$52/\$78
0301.220	TU/TH	6:50-7:30pm	Aug 25-Sep 17	\$60/\$90
Session 2				
0301.230	M/W	6:50-7:30pm	Sep 21-Oct 14	\$60/\$90
0301.240	TU/TH	6:50-7:30pm	Sep 22-Oct 15	\$60/\$90

*PLEASE NOTE: There will be no class on Monday, September 7

ADULT INTERMEDIATE AGES 16+

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0302.210	M/W	6:50-7:30pm	Aug 24-Sep 16*	\$52/\$78
Session 2				
0302.240	TU/TH	6:50-7:30pm	Sep 22-Oct 15	\$60/\$90

PRIVATE LESSONS ALL AGES

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

INFORMATION: (858) 668-4680

DAY	R/NR FEE
M-SA	\$30/\$42 per lesson





POWAY COMMUNITY PARK

13094 Civic Center Drive
(858) 668-4671

poway.org/communitypark

Hours

Daily | Sunrise-Sunset

During construction amenities are open, but check website for updates.

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

Watch the progress of your new community center:
For updates and the latest construction photos, visit the Mickey Cafagna Community Center page on our website: poway.org/mccc.

IN THE PARK SERIES ALL AGES

FREE! Learn to hula with your ohana, get wildly creative with your inner friendly monster, pound out the beat to your favorite melody, or blast your imagination into space and beyond! 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	FREE
M	10:00am-12:00pm	Sep 21	Luau	FREE
W	10:00am-12:00pm	Nov 11	Friendly Monsters	FREE

SAVE THE DATE! ALL AGES

Winter Festival

FREE! Experience the magic and charm of winter like never before at Community Park! This year, the **FREE** event will be held on: **Friday, January 8 & Saturday, January 9, 2021.**





OLD POWAY PARK

14134 Midland Road
(858) 668-4576

poway.org/oldpowaypark

Hours

Railroad Info:

powaymidlandrr.org

Farmers Market

Saturdays | 8:00am-1:00pm

WORKIN' ON THE RAILROAD

ALL AGES

FREE!

Railroads have been an important part of our heritage and we'd like you to join us in their celebration. Catch live musical entertainment on the main stage (gazebo) from San Diego Folk Heritage, enjoy model railroad layouts in the Porter House, and tour the Heritage Museum and Nelson House. Watch our website for a complete list of activities at this event. Come join us for a day of history and fun!

Saturday, November 7 | 11:00am-4:00pm

ONCE UPON A HALLOWE'EN

ALL AGES

FREE!

Celebrate Halloween in a distinctly-different way at this family-friendly event, now taking place on Saturday! Watch our website for a complete list of activities at this event.

Saturday, October 24 | 4:30-8:30pm



SAVE THE DATE!

ALL AGES



Christmas in the Park

Saturday, December 12
3:30-8:30pm

BLUE SKY ECOLOGICAL RESERVE

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

Hours

Daily | Sunrise-Sunset



FREE! DOCENT-LED NATURE WALKS ALL AGES

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

SCHOOL TOURS & OUTREACH PROGRAM GRADES 2-5

The Outdoor Tour program and In-Classroom program introduce important scientific concepts as outlined in Science Content Standards for grades 2-5. Tours in the Reserve last approximately two hours and cost \$4 per student. The one-hour Outreach Program at your school is available mornings only for \$4 per student. Book both at the same time: \$6 per student.

FOR RESERVATIONS: poway.org/bluesky

HIKING AGES 5-10

Feel like a pack mule hiking with the kids? Why not let the kids share a little of the load? It will help them develop a degree of self-sufficiency and independence. Each child will be given their own kid-size pack and hiking stick to decorate. We'll provide some lightweight essential items for them to put in their packs before heading out on the trail with a ranger or docent for a one-mile hike. Limited to 40 children. Registration required: poway.org

INFORMATION OR TO REGISTER: aransom@poway.org
or (858) 668-4781

CLASS #	DAY	TIME	DATES	R/NR FEE
1200.209	SA	9:00-11:00am	Nov 14	\$3 per child

SAVE THE DATE! ALL AGES



Hoot, Howl, & Prowl

**Saturday, October 17
5:30-7:15pm**

Please see inside front cover for all the details!



Calling All Volunteers!

Volunteers are the heart and soul of our community, and our best cultural resource!

The City of Poway offers a wide array of volunteer opportunities that allows individuals or groups a way to give back to their community in meaningful ways. Currently, we are looking for:

- Kumeyaay-Ipai Interpretive Center volunteers to lead tours for third grade students on Thursday or Friday mornings, or public tours on the second and fourth Saturdays. Lead just one tour a month (more if you prefer!) and you will impact lives for a lifetime!
- If digging in the dirt is your preference, the Kumeyaay Center needs assistance removing invasive species, planting new natives, trimming trails, and general help beautifying the site!
- Join our team of docents at Blue Sky Reserve. Docents assist in leading nature hikes, habitat restoration, and at special events.

Absolutely no experience is required and our self-paced training is completely free!

FOR INFORMATION OR TO VOLUNTEER:

Contact Annie Ransom by email at aransom@poway.org or apply online at poway.org/volunteer.

POWAY SWIM CENTER

13094 Civic Center Drive

(858) 668-4680

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:

- One- and three-meter diving boards
- Lap swimming lanes
- Full locker rooms with private shower stalls and changing areas
- Family/single-use restrooms
- Splash Pad with geysers, overhead buckets, water tunnel, and more!
- Water maintained between 80 and 84 degrees

Lanes will be set aside during recreational swim for those interested in swimming laps. Some recreational swim times will be shared with City programs and facility rentals. Portions of the pool and diving boards may not be available for use by the public during these times.

Hours

Fall (Aug 17-Oct 18)

Adult Lap Swim

Mon/Wed/Fri	6:30-8:30am 10:30am-7:00pm*
Tues/Thurs	6:30am-1:30pm (Long Course) 1:30-7:00pm
Sat/Sun	10:30am-5:00pm

Recreational Swim/Splash Pad

(Splash Pad may be closed based on seasonal weather)

Mon/Wed/Fri	10:30am-12:00pm (Shallow Square/Splash Pad only; Diving Board Closed) 12:00-7:00pm*
Tues/Thurs	8:00am-2:00pm (Shallow Square/Splash Pad only; Diving Board Closed) 2:00-7:00pm
Sat/Sun	1:00-5:00pm

Holiday Hours

Labor Day | Sep 7 10:30am-5:00pm

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



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

FAMILY SWIM

ALL AGES

Bring your family and floaties to the pool! Family Swim is a designated time for families to come swim together and enjoy their toys, rafts, fins, snorkels, and inner tubes. Items not provided by Swim Center. Proof of residency will be required for the resident rate. Family rate includes two adults and two children.

DAYS	TIME	R/NR FEE
SA/SU	10:30am-1:00pm	\$11/\$15

PARTY PACKAGES**ALL AGES**

The Poway Community Swim Center is the best place to throw a party that really makes waves! Make reservations in person at the Swim Center during regular business hours.

Party Packages all include reserved picnic tables, public pool use, use of facility refrigerator and freezer, admission for 25 swimmers, and the option to add an inflatable of your choosing!

INFORMATION: poway.org/489/Swim-Center or (858) 668-4680

OPTIONS		R/NR FEE
Large Inflatable	Rec: ages 8+	\$300/\$310
Small Inflatable	Rec: ages 3-7	\$250/\$260
Picnic Tables	(Deep end or Splash Pad)	\$115/\$125

**INFLATABLE DAYS****ALL AGES**

What better way to jump into the weekend? Inflatable obstacle courses are available to the public every other Friday! Swim test will be required for all swimmers. Daily admission not included in inflatable fee.

INFORMATION: (858) 668-4680

DAY	TIME	DATES	R/NR FEE
F	3:30/4:30/5:30pm	Aug 21, 28, Sep 11, 25	\$5/\$7

RED CROSS LIFEGUARD TRAINING**AGES 15+**

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

Learning occurs in and outside of class. 100% attendance and participation is required. There is a water skills test on the first day of class that must be passed in order to take the class. Class fee includes materials, book, and a resuscitation mask. Must be 15 years of age by the first day of class.

INFORMATION: poway.org/lifeguardtraining or (858) 668-4683.

CLASS #	DAY	TIME	DATES	FEE
0700.204	M	5:00-8:00pm	Pretest Oct 7	\$210*
	SA	8:00am-5:00pm	Oct 17, 24	
	M/W	5:00-8:00pm	Oct 19, 21, 26, 28	

*This includes a \$41 fee that the City will pay directly to the American Red Cross for each student's certification.

LAKE POWAY

14644 Lake Poway Road
(858) 668-4770

poway.org/lakepoway

Park Ranger Office (858) 668-4772

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

Open Labor Day Sep 2
Open Thanksgiving Nov 26
Open Christmas Dec 25

FALL CAMPING SERIES**ALL AGES**

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



CLASS #	DAY	TIME	DATES	FEE
1103.200	F-SA	1:00pm-10:00am	Sep 11-12	\$25
1103.201	F-SA	1:00pm-10:00am	Sep 25-26	\$25
1103.202	F-SA	1:00pm-10:00am	Oct 9-10	\$25
1103.203	F-SA	1:00pm-10:00am	Oct 23-24	\$25

Night Fishing

Think you're ready for the night bite? Stocked regularly with catfish, Lake Poway also has a thriving bass population. Fish until 11:30pm on Friday & Saturday nights through September 5.

Trout Season Returns to Lake Poway!

Temperatures dropping means trout are returning! Lake Poway has the best permit and boat prices in the area and is truly a "Big Trout Destination!" Watch our website for the opening of Trout Season: poway.org/LakePoway.

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

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



NATIVE AMERICAN INSPIRED GAMES AND CRAFTS

AGES 5-10

Through Native American inspired games and crafts, children can explore traditional Native American values and cultural history. Kids will paint their own "spirit rock", grind acorns, braid a bracelet, make plant cards, and play games as an engaging way to connect to our nation's heritage. Parents must accompany children. Limited to 25 participants. Registration required: poway.org.

INFORMATION OR TO REGISTER: aransom@poway.org or (858) 668-4781

CLASS #	DAY	TIME	DATES	FEE
1200.200	SA	9:00am-12:00pm	Sep 26	\$3



POWAY LIBRARY

13137 Poway Road
(858) 513-2900

sdcl.org

As of publication time, San Diego County Library is offering Door-Side Service at selected branches, including the Poway Library, **by appointment only**. Door-side service allows the pickup of requested items for individuals who have reserved items.

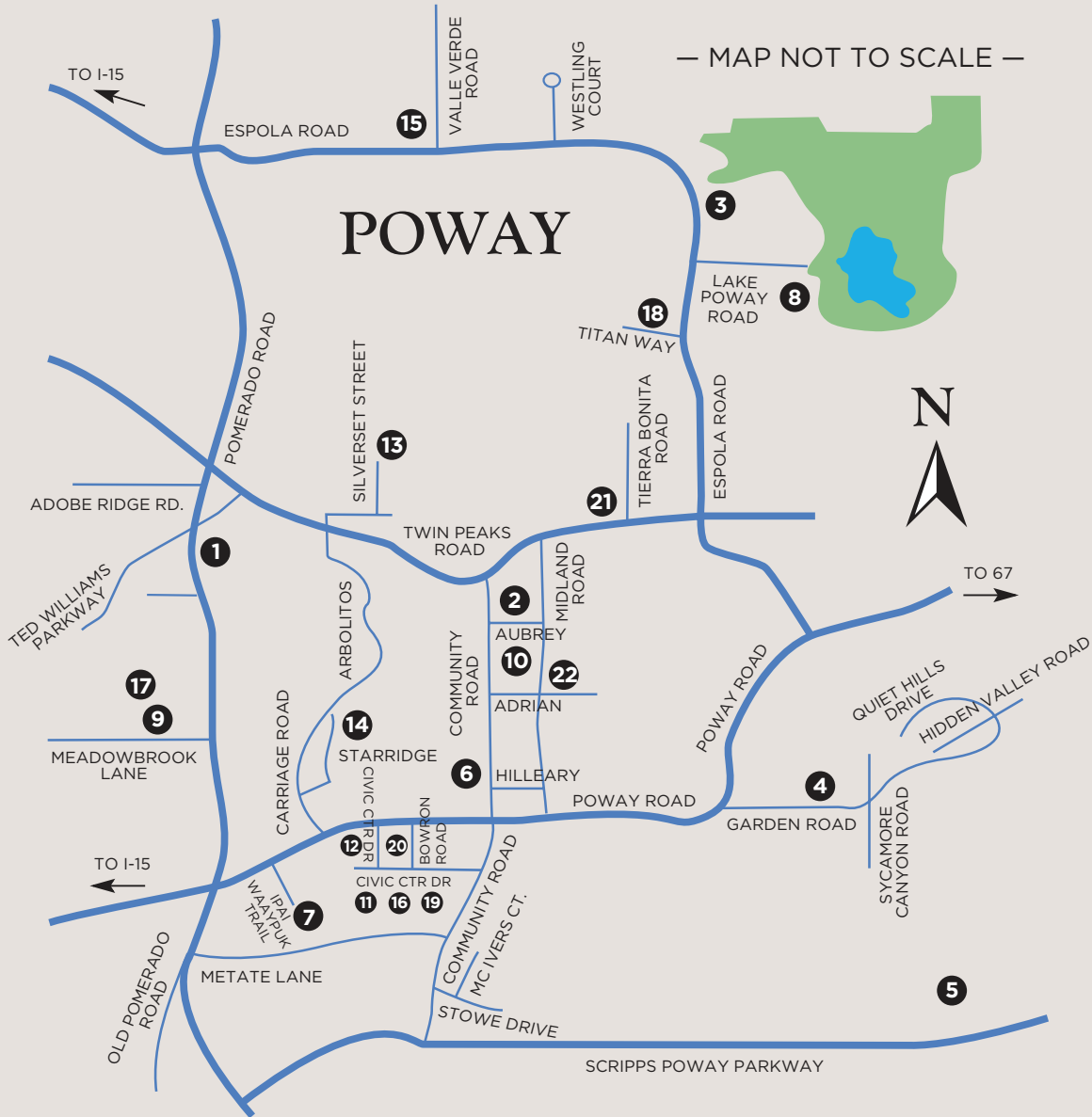
We look forward to providing expanded services at our locations as guidelines permit, per the County's Public Health Officer. Please visit our website sdcl.org and social media channels for updates.

eLIBRARY

Enjoy ebooks, audiobooks, digital magazines & more.

Get an eCard for digital access

CULTURAL & RECREATIONAL FACILITIES



- | | | |
|--|---|--|
| <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> |
|--|---|--|



CLASS REGISTRATION

Fall Registration Begins August 4 at 7:30am

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

Check poway.org for current hours.

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

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.

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.

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

Developmentally-disabled individuals and youth may be eligible to receive up to \$40 worth of City-sponsored recreation classes each season at no cost to you. To find out more, please visit our website at poway.org/play.

Access

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



POWAY CENTER FOR THE PERFORMING ARTS

15498 Espola Road
(858) 668-4691
PowayCenter.com

During this difficult time of COVID-19, our top priority is the health and safety of our community, patrons, staff, and performers. At the time of publication, the status of the Poway Center for the Performing Arts is "closed until further notice." We are monitoring the situation daily, working diligently to respond to information requests, taking care of maintenance and repairs, and reviewing the Center for Disease Control and County regulations and industry guidelines for event venues. We will remain closed until it is safe and viable to reopen to the community.

INFORMATION: powaycenter.com



**POWAY
ONSTAGE**

30th
1990 • 2020 • ANNIVERSARY

Anniversary Season!
2020/2021

This year Poway OnStage celebrates 30 years of bringing world-class talent to the Poway Center for the Performing Arts.

Visit PowayOnStage.org for a complete list of professional concerts, comedy, dance, drama and more.

SUBSCRIBE and SAVE 25% OFF regularly priced tickets.

**Poway OnStage: Entertaining, Educating and Enriching through
Powerful Live Performances for 30 years!**

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



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13325 Civic Center Drive
Poway, CA 92064

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FALL 2020 EVENTS AT A GLANCE



POWAY DAYS PARADE
September 12
Poway Road



RENDEZVOUS
October 3 & 4
Old Poway Park



HOOT, HOWL & PROWL
October 17
Blue Sky Reserve



ONCE UPON A HALLOWE'EN
October 24
Old Poway Park

Poway City Council

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

SAVE THE DATE!

Registration begins
August 4 at 7:30am.
See page 24 for details,
or visit poway.org/classes.