

POWAY

COMMUNITY SERVICES GUIDE

MICKEY CAFAGNA
COMMUNITY CENTER

FALL 2021

REGISTRATION BEGINS
AUGUST 3
AT 7:30AM

EVENTS, CLASSES, AND
CAMPS 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**. Hop aboard the train and watch mock train robberies, view handmade items for sale at the Boardwalk Craft Market, and pan for gold near the banks of Rattlesnake Creek.

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

Sunday, October 3 | 10:00am-2:00pm

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

Rendezvous School Tours



Let your student's LIVE history! Groups of 20 or more are invited to participate in a one-of-a-kind, interactive experience at **Old Poway Park**. Advanced registration is required.

Thursday, September 30 | 9:00am-1:00pm

Friday, October 1 | 9:00am-1:00pm

INFORMATION OR TO BOOK A TOUR: (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 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 23	\$5 per person
1200.202	SA	5:45pm	Oct 23	\$5 per person
1200.203	SA	6:00pm	Oct 23	\$5 per person
1200.204	SA	6:15pm	Oct 23	\$5 per person
1200.205	SA	6:30pm	Oct 23	\$5 per person
1200.206	SA	6:45pm	Oct 23	\$5 per person
1200.207	SA	7:00pm	Oct 23	\$5 per person
1200.208	SA	7:15pm	Oct 23	\$5 per person

Celebrate Halloween at Old Poway Park!

See Page 18 for details.





THERE IS STILL
TIME FOR SOME
SUMMER
FUN

2021 SUMMER MOVIES IN THE PARK SERIES

FREE! Enjoy a family-friendly movie under the stars during the **Summer Movies in the Park Series**. Movies will be shown on Saturdays at sunset. Bring your favorite snacks or a picnic dinner; food will not be available for purchase.

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

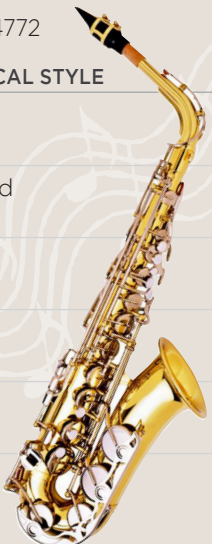
DATE	LOCATION	MOVIE
July 24	Community Park	Onward
August 7	Community Park	Raya and the Last Dragon
August 21	Old Poway Park	The Jungle Book (1967)

**2021 COX COMMUNICATIONS
SUMMER CONCERTS IN THE PARK**

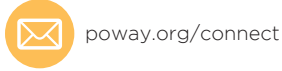
FREE! What goes together with summer and fun? Music, of course! So get your dancing shoes on, grab the family, and join us for the best local entertainment around on Sundays from 5:30-7:00pm. Our famous food trucks **Born in Brooklyn** and **Pomodoro Rosso** will be back at Lake Poway to serve up your favorite foods.

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

DATE/LOCATION	PERFORMER/MUSICAL STYLE
July 18 Old Poway Park	Berkley Hart AMERICANA
July 25 Lake Poway	Blue Breeze Band R&B SOUL FUNK
August 1 Old Poway Park	Highland Way CELTIC
August 8 Lake Poway	Pop Vinyl DANCE
August 15 Old Poway Park	Benedetti Trio VARIETY



Have you seen our new **MICKEY CAFAGNA COMMUNITY CENTER** at Community Park? Check out page 16 for photos, amenities, and rental opportunities for your next event.



SAVE THE DATE:

Fall Registration Begins August 3 at 7:30am

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FALL CAMPS!

CAMP! SKATEBOARDING CAMP

AGES 5-13

Skateboarders of all levels are invited to build your ramp skills, develop tricks, learn safety techniques, meet guest pros, and make new friends. Participants will receive an SD Skatelife sticker pack. 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

NO CLASS: Nov 25

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.200	M-F	9:00am-12:00pm	Nov 22-Nov 26	\$132/\$143

NEW! CAMP! YOUNG ENGINEERS: ADVENTURE CAMP

AGES 5-11

Participants work through challenges and creatively problem solve through the process of building exciting motorized LEGO® models reflecting STEM theories. Learn the engineering behind everyday machines, perform science experiments, and create art projects to take home.



INSTRUCTOR: Young Engineers of Greater San Diego

LOCATION: Community Park, Willow Room 302

NO CLASS: Nov 25

CLASS #	DAY	TIME	DATES	R/NR FEE
6905.200	M-F	9:00am-12:00pm	Nov 22-Nov 26	\$108/\$119

NEW! CAMP! YOUNG ENGINEERS: SUPERHEROES CAMP

AGES 5-11



A super camp dedicated to our favorite superheroes! Discover who is under the mask and explore their powers using science and LEGOs®. Learn the engineering behind everyday machines, perform science experiments, and create art projects to take home.

INSTRUCTOR: Young Engineers of Greater San Diego

LOCATION: Community Park, Willow Room 302

NO CLASS: Nov 25

CLASS #	DAY	TIME	DATES	R/NR FEE
6905.201	M-F	1:00-4:00pm	Nov 22-Nov 26	\$108/\$119

FALL 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: Community Park, Willow Room 306

CLASS #	DAY	TIME	DATES	R/NR FEE
1000.200	F	4:30-9:00pm	Sep 3	\$10/\$21
1000.201	F	4:30-9:00pm	Nov 5	\$10/\$21
1000.202	F	4:30-9:00pm	Dec 3	\$10/\$21

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 1	\$13/\$24



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: Community Park, Willow 306

CLASS #	DAY	TIME	DATES	FEE
1001.200	SA	5:00-9:00pm	Sep 18	\$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 16	\$5

NEW! TEEN FALL FRENZY

GRADES 6-9

Oh, my gourd! We're taking all of your favorite things about fall, turning up the (pumpkin) spice level to twelve, and tossing them into a ginormous leaf pile full of crisp, corny fun! Have a hoot competing in wildly nutty games, get ooey gooey while gobbling up caramel apples, make the comfiest coziest crafts ever, scare up a few laughs and even a prize in unbe-leaf-able activities, and more! So grab your friends and channel your flannel; you've never experienced fall like this before!

INSTRUCTOR: Community Park Staff

LOCATION: Community Park, Willow 306

CLASS #	DAY	TIME	DATES	FEE
1001.202	SA	5:00-9:00pm	Nov 20	\$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 (PG), 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: Community Park, Willow 306

CLASS #	DAY	TIME	DATES	FEE
1001.203	SA	5:00-9:00pm	Dec 18	\$5

Preschool Activities

TINY TOTS

AGES 3-5

This education program teaches participants valuable learning skills through play, songs, games, structured learning, and crafts in a fun and engaging atmosphere. Participants learn concepts such as letters, numbers, writing, and math skills, social skills, and more. Participants must be potty-trained and able to participate independently. Please bring a snack and drink each day.

INSTRUCTOR: Charlene Donovan

LOCATION: Community Park, Willow Room 306

NO CLASS: Nov 23 & 25

CLASS #	DAY	TIME	DATES	R/NR FEE
1500.200	TU/TH	9:00am-12:00pm	Sep 14-Oct 7	\$165/\$176*
1500.201	TU/TH	9:00am-12:00pm	Oct 12-Nov 4	\$165/\$176*
1500.202	TU/TH	9:00am-12:00pm	Nov 16-Dec 16	\$165/\$176*

*\$10 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: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
1806.200	TH	4:00-5:00pm	Sep 16-Nov 4	\$129/\$140

Dance

Try high-quality, fun Dance To EvOLvE classes without obligation on Sep 13, 15 & 18. Liability waiver required. Classes are designed to be progressive. All participants are invited to be part of the annual recital in June 2022. No recital fee; only an affordable costume fee.

Try it before you buy it!



NEW! YOU&ME CREATIVE MOVEMENT AGES 1.2-2

Spend a magical time with your little mover while they move to music, enhance motor skills, and develop listening skills in a fun environment. This class is designed for an adult and child to interact together while moving creatively and interacting with others. Adult participation is required per each child. No dance shoes or dance attire are required.

INSTRUCTOR: Dance to EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 22

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.200	M	9:30-10:15am	Sep 13-Dec 13	\$209/\$220
1702.201	M	9:30-10:15am	Sep 13-Oct 18	\$107/\$118
1702.202	M	9:30-10:15am	Oct 25-Dec 13	\$125/\$136

MAGICAL MUNCHKINS TAP/BALLET 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. Classes start with tap and transition into ballet each week. Adult participation is required per each child as needed.

INSTRUCTOR: Dance to EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 22

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.203	M	10:20-11:05am	Sep 13-Dec 13	\$209/\$220
1702.204	M	10:20-11:05am	Sep 13-Oct 18	\$107/\$118
1702.205	M	10:20-11:05am	Oct 25-Dec 13	\$125/\$136

TINY MOVERS AGES 3-4.5

A combination dance class of tap or hip hop, ballet, and dance games for kids. This energetic and expressive class will have your Tiny Mover learning age-appropriate dance and motor skills, musicality, and rhythm to reach class goals in fun, creative ways. Classes start with tap or hip hop and transition into ballet each week. This is the first big girls and boys class as parents watch from outside of the room.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 22, 24, & 27

Tap/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.206	M	3:30-4:25pm	Sep 13-Dec 13	\$209/\$220
1702.207	M	3:30-4:25pm	Sep 13-Oct 18	\$107/\$118
1702.208	M	3:30-4:25pm	Oct 25-Dec 13	\$125/\$136
1702.209	W	9:15-10:10am	Sep 15-Dec 15	\$209/\$220
1702.210	W	9:15-10:10am	Sep 15-Oct 20	\$107/\$118
1702.211	W	9:15-10:10am	Oct 27-Dec 15	\$125/\$136

Hip Hop/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.212	SA	9:00-9:55am	Sep 18-Dec 18	\$209/\$220
1702.213	SA	9:00-9:55am	Sep 18-Oct 23	\$107/\$118
1702.214	SA	9:00-9:55am	Oct 30-Dec 18	\$125/\$136

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.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 22 & 27

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.215	M	4:30-5:25pm	Sep 13-Dec 13	\$209/\$220
1702.216	M	4:30-5:25pm	Sep 13-Oct 18	\$107/\$118
1702.217	M	4:30-5:25pm	Oct 25-Dec 13	\$125/\$136
1702.218	SA	10:00-10:55am	Sep 18-Dec 18	\$209/\$220
1702.219	SA	10:00-10:55am	Sep 18-Oct 23	\$107/\$118
1702.220	SA	10:00-10:55am	Oct 30-Dec 18	\$125/\$136





DREAM DANCERS BALLET AGES 6-10

A beginner ballet class focusing on learning fundamental ballet technique through a structured yet exciting class. This class starts developing your young dancer's grace, strength, flexibility, and musicality while always having fun. Appropriate dance shoes and attire required.

INSTRUCTOR: Dance To EvOLvE: danceto evolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 27

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.221	SA	11:00-11:55am	Sep 18-Dec 18	\$209/\$220
1702.222	SA	11:00-11:55am	Sep 18-Oct 23	\$107/\$118
1702.223	SA	11:00-11:55am	Oct 30-Dec 18	\$125/\$136

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.

INSTRUCTOR: Dance To EvOLvE: danceto evolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 22

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.224	M	5:30-6:25pm	Sep 13-Dec 13	\$209/\$220
1702.225	M	5:30-6:25pm	Sep 13-Oct 18	\$107/\$118
1702.226	M	5:30-6:25pm	Oct 25-Dec 13	\$125/\$136

NEW! TEEN MODERN AGES 13-18

A gentle yet empowering class for teens to learn the basics of modern dance through movement and flow in floorwork and exercises. Participants develop technique, strength, flexibility, body awareness, musicality, fun choreography, and the character and storytelling aspect of dance.

INSTRUCTOR: Dance To EvOLvE: danceto evolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 22

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.227	M	6:30-7:25pm	Sep 13-Dec 13	\$209/\$220
1702.228	M	6:30-7:25pm	Sep 13-Oct 18	\$107/\$118
1702.229	M	6:30-7:25pm	Oct 25-Dec 13	\$125/\$136

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: danceto evolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 22

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.230	M	7:30-8:30pm	Sep 13-Dec 13	\$209/\$220
1702.231	M	7:30-8:30pm	Sep 13-Oct 18	\$107/\$118
1702.232	M	7:30-8:30pm	Oct 25-Dec 13	\$125/\$136

NEW! BABY BOPPERS AGES 2-3.2

Calling all Baby Boppers! This class is a fusion of basic hip hop and creative movement to get all the dancing wiggles out. Through creativity, classes focus on muscle development, coordination, and musicality. Participants should wear comfortable clothing and shoes they can move in. Adult participation is required per each child as needed.

INSTRUCTOR: Dance To EvOLvE: danceto evolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 24

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.233	W	3:15-4:00pm	Sep 15-Dec 15	\$209/\$220
1702.234	W	3:15-4:00pm	Sep 15-Oct 20	\$107/\$118
1702.235	W	3:15-4:00pm	Oct 27-Dec 15	\$125/\$136

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: danceto evolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Nov 24

Beat Breakers

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.236	4-7	W	4:05-5:00pm	Sep 15-Dec 15	\$209/\$220
1702.237	4-7	W	4:05-5:00pm	Sep 15-Oct 20	\$107/\$118
1702.238	4-7	W	4:05-5:00pm	Oct 27-Dec 15	\$125/\$136

Hip Hop: Pre-Teen

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.239	8-12	W	5:05-6:00pm	Sep 15-Dec 15	\$209/\$220
1702.240	8-12	W	5:05-6:00pm	Sep 15-Oct 20	\$107/\$118
1702.241	8-12	W	5:05-6:00pm	Oct 27-Dec 15	\$125/\$136

Hip Hop: Teen

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.242	13-18	W	6:05-7:00pm	Sep 15-Dec 15	\$209/\$220
1702.243	13-18	W	6:05-7:00pm	Sep 15-Oct 20	\$107/\$118
1702.244	13-18	W	6:05-7:00pm	Oct 27-Dec 15	\$125/\$136

CHEERLEADING, DANCE & TUMBLE**AGES 3-11**

In this high-energy class, participants use pom-poms and 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:** Community Park, Willow Room 305

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1703.200	3-5	TH	5:30-6:00pm	Sep 16-Nov 4	\$80/\$91
1703.201	6-11	TH	6:00-6:50pm	Sep 16-Nov 4	\$89/\$100

NEW! CHILDREN'S HULA**AGES 3-6**

Keiki hula class is an age-appropriate introduction to hula that young children can enjoy. The focus of the class is a strong foundation of hula basics and developing a love of hula and the Hawaiian culture. Both boys and girls learn through sing-a-long, dance, Hawaiian language, and stories. Hula develops coordination, strength, and rhythm.

**INSTRUCTOR:** Kristin "Aunty Kawena" Garuba**LOCATION:** Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
1704.201	W	9:00-10:00am	Sep 15-Dec 15	\$140/\$151

BEGINNING HULA**AGES 8+**

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:** Community Park, Willow Room 306**NO CLASS:** Nov 11 & 25

CLASS #	DAY	TIME	DATES	R/NR FEE
1704.200	TH	6:00-7:00pm	Sep 16-Dec 16	\$120/\$131

NEW! KUPUNA HULA**AGES 50+**

Hula helps with flexibility, strength, coordination, posture, and confidence. All levels of experience are welcome as this class focuses on fundamental hula steps and low impact choreography. All participants learn proper terminology, Hawaiian language, mythology, history, and culture. Can be performed from a seated or standing position.

INSTRUCTOR: Kristin "Aunty Kawena" Garuba**LOCATION:** Community Park, Sycamore Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1704.202	W	10:00-11:00am	Sep 15-Dec 15	\$140/\$151

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:** Community Park, Willow Room 303**NO CLASS:** Oct 28 & Nov 25

CLASS #	DAY	TIME	DATES	R/NR FEE
1603.200	TH	6:30-7:30pm	Sep 16-Dec 16	\$120/\$131

POUND**AGES 12+**

Participants release their inner rockstar while engaging in this exhilarating, full-body workout that combines cardio, conditioning, and strength training with the rhythm 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:** Community Park, Willow Room 303**NO CLASS:** Nov 23 & 25

CLASS #	DAY	TIME	DATES	R/NR FEE
1608.200	TU	5:30-6:15pm	Sep 14-Dec 14	\$104/\$115
1608.201	TH	5:30-6:15pm	Sep 16-Dec 16	\$104/\$115

**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:** Community Park, Willow Room 304**NO CLASS:** Nov 25

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.200	TH	6:00-7:00pm	Sep 16-Dec 16	\$117/\$128

MEDITATION & RELAXATION YOGA AGES 18+

Transform yourself into a more tranquil and peaceful individual by making meditation and relaxation an integral part of your life. 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: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.201	TU	6:00-7:00pm	Sep 14-Dec 14	\$126/\$137

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: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
1609.200	M	6:30-7:30pm	Oct 18-Nov 22	\$90/\$101

NEW! ADULT CARDIO BARRE AGES 18+

Join us in this fun workout class that will get you fit using the secrets of dancers. No need to be intimidated. These classes are great for anyone at any level looking to get their sweat on. Ballet shoes or socks with grip are required.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com

LOCATION: Community Park, Willow Room 303

NO CLASS: Nov 24

CLASS #	DAY	TIME	DATES	R/NR FEE
1610.200	W	10:15-11:15am	Sep 15-Dec 15	\$209/\$220
1610.201	W	10:15-11:15am	Sep 15-Oct 20	\$107/\$118
1610.202	W	10:15-11:15am	Oct 27-Dec 15	\$125/\$136

NEW! ADULT CARDIO DANCE AGES 18+

Come get your sweat on and have some fun too! This is a non-intimidating workout class based on basic hip hop. All levels are welcome to find your inner groove using the rhythms of fun, high energy music.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com

LOCATION: Community Park, Willow Room 303

NO CLASS: Nov 24

CLASS #	DAY	TIME	DATES	R/NR FEE
1610.203	W	7:05-8:05pm	Sep 15-Dec 15	\$209/\$220
1610.204	W	7:05-8:05pm	Sep 15-Oct 20	\$107/\$118
1610.205	W	7:05-8:05pm	Oct 27-Dec 15	\$125/\$136



NEW! FEELING FIT ALL AGES

Feeling Fit offers a safe, comfortable environment to engage in physical activity, social interaction, and fun. Learn about the benefits of exercise, health, and fitness components. All moves and exercises are designed to be adapted to various physical abilities and can be performed from a seated or standing position. Equipment provided for class use.

INSTRUCTOR: Feeling Fit

LOCATION: Community Park, Sycamore Hall

DAY	TIME	R/NR FEE
M	10:00-11:00am	FREE
TH	10:00-11:00am	FREE

NEW! LINE DANCING ALL AGES

Do you love music, like to dance, but don't have a partner? Learn to line dance! Each dance is a pattern of steps that repeats throughout the song. We'll learn a new dance each week to different music. Wear soft-soled shoes and bring water.

INSTRUCTOR: Duffy

LOCATION: Community Park, Sycamore Hall

DAY	TIME	R/NR FEE
W	1:30-3:30pm	FREE
F	1:30-3:30pm	FREE

NEW! SILVER AGE YOGA ALL AGES

Silver Age Yoga is designed to reach the entire bell curve of the older adult population so that adults from beginner to advanced can safely participate at their own level of comfort. Can be performed from a seated or standing position.

INSTRUCTOR: Silver Age Yoga

LOCATION: Community Park, Sycamore Hall

DAY	TIME	R/NR FEE
F	9:30-10:30am	FREE



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 27

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.200	W	4:00-4:30pm	Sep 15-Oct 27	\$105/\$116*
2010.201	SA	9:00-9:30am	Sep 18-Dec 11	\$180/\$191*

*\$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 27

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.202	W	4:40-5:25pm	Sep 15-Oct 27	\$105/\$116*
2010.203	SA	9:40-10:25am	Sep 18-Dec 11	\$180/\$191*
2010.204	SA	10:35-11:20am	Sep 18-Dec 11	\$180/\$191*

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

NEW! SOCCER SHOTS PREMIER

AGES 7-10

Premier classes focus on individual skill, fitness, and sportsmanship, providing an opportunity for participants to be challenged through fun games and team interaction. Participants are also introduced to competition in a developmentally-appropriate manner.

INSTRUCTOR: Soccer Shots

LOCATION: Community Park, Open Play Area

NO CLASS: Nov 27

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.205	SA	11:30am-12:25pm	Sep 18-Dec 11	\$180/\$191*

*\$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 25

CLASS #	DAY	TIME	DATES	R/NR FEE
2013.200	TH	11:15-11:45am	Sep 16-Dec 16	\$10/\$21

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 25 & 27

CLASS #	DAY	TIME	DATES	R/NR FEE
2013.201	TH	10:45-11:15am	Sep 16-Dec 16	\$180/\$191*
2013.202	SA	8:30-9:00am	Sep 18-Dec 18	\$180/\$191*

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

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

NO CLASS: Nov 24

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.200	W	5:00-6:00pm	Sep 15-Oct 20	\$100/\$111
2004.201	W	5:00-6:00pm	Nov 3-Dec 15	\$100/\$111



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

NO CLASS: Nov 24

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.202	W	4:00-5:00pm	Sep 15-Oct 20	\$100/\$111
2004.203	W	4:00-5:00pm	Nov 3-Dec 15	\$100/\$111



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 13-Nov 1	\$65/\$76
2002.201	12-14	M	6:30-7:30pm	Sep 13-Nov 1	\$65/\$76

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.

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 23-Nov 18	\$70/\$81
2005.201	Women	TH	6:30-9:30pm	Sep 23-Nov 18	\$70/\$81

Coed Advanced

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.202	Men	TU	6:30-9:30pm	Sep 21-Nov 16	\$70/\$81
2005.203	Women	TU	6:30-9:30pm	Sep 21-Nov 16	\$70/\$81

Women

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.204	Women	M	6:30-9:30pm	Sep 20-Nov 15	\$70/\$81

TAEKWONDO

AGES 5+



Try it
before
you buy
it!

You'll learn Taekwondo kicks, blocks, and punches. A white Taekwondo uniform is required and may be purchased from the instructor for \$55. Attend the first day of class for free! Liability waiver required.

INSTRUCTOR: Grandmaster Wolpert's Instructor

LOCATION: Community Park, Sycamore Hall

NO CLASS: Nov 11 & 25

BELT TESTING: Dec 16 - Participants will be notified if they're eligible to attend; \$50 belt testing fee required.

Youth Taekwondo

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	5-10	TU/TH	5:00-6:00pm	Sep 21-Dec 16	\$129/\$140

Junior/Adult Taekwondo

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
2001.201	11+	TU/TH	6:05-7:20pm	Sep 21-Dec 16	\$129/\$140



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 22-27

Beginner

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.200	8-14	TU/TH	4:00-5:00pm	Sep 14-Oct 14	\$70/\$81
2000.201	6-8	SA	9:00-10:00am	Sep 18-Oct 16	\$35/\$46
2000.202	8-14	SA	10:00-11:00am	Sep 18-Oct 16	\$35/\$46
2000.203	8-14	TU/TH	4:00-5:00pm	Oct 26-Dec 2	\$70/\$81
2000.204	6-8	SA	9:00-10:00am	Oct 30-Dec 4	\$35/\$46
2000.205	8-14	SA	10:00-11:00am	Oct 30-Dec 4	\$35/\$46

Intermediate

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.206	8-14	TU/TH	5:00-6:00pm	Sep 14-Oct 14	\$70/\$81
2000.207	8-14	SA	11:00am-12:00pm	Sep 18-Oct 16	\$35/\$46
2000.208	8-14	TU/TH	5:00-6:00pm	Oct 26-Dec 2	\$70/\$81
2000.209	8-14	SA	11:00am-12:00pm	Oct 30-Dec 4	\$35/\$46

Advanced Juniors

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.210	9-14	M/W	4:00-5:30pm	Sep 13-Oct 13	\$90/\$101
2000.211	9-14	M/W	4:00-5:30pm	Oct 25-Dec 1	\$90/\$101

NEW! MULTI-SPORT

AGES 5-12

Experience the fun of trying out a new sport every week and practicing with speed drills, scrimmaging, endurance training, agility obstacles, balance testing, experienced-based learning, and more. Traditional sports like flag football, basketball, and soccer are included, as well as dodgeball, field games, and more to mix up the fun.

INSTRUCTOR: Fit Kids America

LOCATION: Community Park, Open Play Area

CLASS #	DAY	TIME	DATES	R/NR FEE
2016.200	W	4:00-5:00pm	Sep 15-Oct 27	\$104/\$115
2016.201	W	4:00-5:00pm	Nov 3-Dec 15	\$104/\$115

NEW! INTELLECTUAL ATHLETE: BASKETBALL+

AGES 6-12

In a playful environment, participants learn to focus, reduce stress, gain confidence, and improve performance both on and off the court. Intellectual Athlete fuses basketball skill-development with breathwork and free play to build a well-rounded player. This progressive and exciting program helps participants strengthen their instinctive response to stress through a fun play-practice framework.

INSTRUCTOR: Intellectual Athlete

LOCATION: Community Park, Basketball Court

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2015.200	6-9	TU	4:00-5:30pm	Sep 14-Nov 2	\$160/\$171*
2015.201	10-12	TH	4:00-5:30pm	Sep 16-Nov 4	\$160/\$171*

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

Open Play Sports

OPEN PLAY SPORTS

ALL AGES

The City of Poway operates two gymnasiums that provide a variety of activities for youth and adults. Open play basketball, volleyball, badminton, and pickleball are available during the week for your recreation needs at no charge.

During the 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 Volleyball	SU	6:00-9:00pm

Meadowbrook Gymnasium

12320 Meadowbrook Lane

ACTIVITY	DAY	OPEN GYM HOURS
Open Basketball	TU	6:00-9:00pm
Open Basketball	TH	6:00-9:00pm
Open Pickleball	F	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.



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: Community Park, Willow Room 306

NO CLASS: Nov 22

CLASS #	DAY	TIME	DATES	R/NR FEE
2505.200	M	10:00-10:45am	Sep 13-Oct 4	\$52/\$63
2505.201	M	10:00-10:45am	Oct 11-Nov 1	\$52/\$63
2505.202	M	10:00-10:45am	Nov 8-Dec 6	\$52/\$63

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 beautifully-finished product! Each participant goes home with two, finished ceramic works-of-art and a mosaic.

INSTRUCTOR: Tara Brewer

LOCATION: Community Park, Willow Room 306

CLASS #	DAY	TIME	DATES	R/NR FEE
2504.200	TH	4:00-5:00pm	Oct 7-Nov 11	\$55/\$66*

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

NEW! BASICS IN WATERCOLOR

AGES 18+

Take your creativity to the next level with this adult level watercolor class. Explore the basics of watercolor painting along with the fundamentals of color theory by using photographic depictions of animals as your muse. Each class includes an instructor demonstration, painting time, and evaluation. Whether this is your first watercolor class or you're an experienced painter, this class is for you! Materials not provided. Participants will be emailed a supply list.

INSTRUCTOR: Nancy Oleksa

LOCATION: Community Park, Willow Room 301

CLASS #	DAY	TIME	DATES	R/NR FEE
2507.200	TH	11:30am-2:30pm	Sep 16-Oct 7	\$100/\$111
2507.201	TH	11:30am-2:30pm	Sep 16	\$30/\$41
2507.202	TH	11:30am-2:30pm	Sep 23	\$30/\$41
2507.203	TH	11:30am-2:30pm	Sep 30	\$30/\$41
2507.204	TH	11:30am-2:30pm	Oct 7	\$30/\$41
2507.205	TH	11:30am-2:30pm	Oct 14-Nov 4	\$100/\$111
2507.206	TH	11:30am-2:30pm	Oct 14	\$30/\$41
2507.207	TH	11:30am-2:30pm	Oct 21	\$30/\$41
2507.208	TH	11:30am-2:30pm	Oct 28	\$30/\$41
2507.209	TH	11:30am-2:30pm	Nov 4	\$30/\$41

Special Interests

NEW! CULINARY KIDS

AGES 6-12

No matter where we live, we all have one thing in common: eating. With a foundation of kitchen safety and nutrition, participants create unique dishes from different regions of the world and gain an appreciation for what food is and where it comes from. Learn measuring, seasoning, kitchen vocabulary, how to follow a recipe, and much more. This hands-on approach to learning makes being a junior chef fun and delicious!



INSTRUCTOR: Fit Kids America

LOCATION: Community Park, Willow Room 301

NO CLASS: Nov 25

CLASS #	DAY	TIME	DATES	R/NR FEE
1904.200	TH	4:00-5:00pm	Sep 16-Oct 21	\$112/\$123*
1904.201	TH	4:00-5:00pm	Oct 28-Dec 9	\$112/\$123*

*\$40 materials fee due on the first day of class

NEW! YOUNG ENGINEERS: ALGOPLAY

AGES 5-11

Discover the basic functions of coding LEGO® creations and creating parameters that move to your command. Young Engineers AlgoPlay is a screen-free coding program that provides participants with an entertaining way to learn coding sequences while playing with the AlgoBrix's unique coding blocks.

INSTRUCTOR: Young Engineers of Greater San Diego

LOCATION: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
1905.200	M	4:00-5:15pm	Sep 13-Nov 1	\$100/\$111

NEW! YOUNG ENGINEERS: AMUSEMENT PARK

AGES 5-11

Explore the STEM behind amusement park rides using LEGOs® in this engaging and hands-on learning experience. See how many rides you can create while learning the techniques to make them fast, fun, safe, and totally thrilling!

INSTRUCTOR: Young Engineers of Greater San Diego

LOCATION: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
1905.201	W	4:00-5:15pm	Sep 15-Nov 3	\$100/\$111

NEW! MAZE GAME & 3D PRINTING

AGES 8-14

Create your very own maze game from beginning to end! First, map your maze using LEGOs®, then transfer your design to a pixelated program, draw your course, and create custom sprites. Along the way, participants learn the basics of block coding, 3D CAD sprite design, and the fundamentals of "if then" statements while having fun and getting creative.

INSTRUCTOR: Clicbitz, Tracey Herriot

LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
2602.200	M	4:00-5:30pm	Sep 13-Oct 25	\$105/\$116*

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

Special Needs

NEW! ZUMBA

AGES 18+

This dance-inspired fitness program features high-energy, Latin beats that will have you dancing to the rhythm of merengue, salsa, mamba, reggaeton, and more. You won't even know that you're working out! This truly unique exercise is easy to do, effective, totally exhilarating, and tons of fun.



INSTRUCTOR: Villa de Vida, Inc.

LOCATION: Community Park, Willow Room 306

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.200	M	4:00-5:00pm	Sep 13-Nov 15	\$55/\$66

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 each week!

INSTRUCTOR: Villa de Vida, Inc.

LOCATION: Community Park, Willow Room 306

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.201	TU	4:30-5:30pm	Sep 14-Nov 16	\$55/\$66*

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



NEW! SELF-CARE 101

AGES 18+

Participants are guided through exercises designed to improve confidence, self-respect, self-soothing, and self-compassion. Self-care supports our mental, emotional, and physical well-being. We will walk you through Villa de Vida's very own self-care journal (provided). Experience numerous benefits from learning self-care strategies including reducing levels of stress and increasing happiness.

INSTRUCTOR: Villa de Vida, Inc.

LOCATION: Villa de Vida: 12939 Pomerado Road

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.202	W	4:00-5:00pm	Sep 15-Nov 17	\$55/\$66*

*\$18 materials fee due on the first day of class

Safety Training

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. Participants should bring a snack and water.

INSTRUCTOR: Lockhart Training

LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
2100.200	SA	9:30am-1:30pm	Oct 30	\$59/\$70*

*\$10 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 14-Oct 19	\$95/\$106*
2300.201	SA	9:30-10:30am	Sep 18-Oct 23	\$95/\$106*
2300.202	TU	6:30-7:30pm	Oct 26-Nov 30	\$95/\$106*
2300.203	SA	9:30-10:30am	Oct 30-Dec 4	\$95/\$106*

*\$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 18-Oct 23	\$95/\$106
2300.205	SA	10:45-11:45am	Oct 30-Dec 4	\$95/\$106





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				
0010.420	TU/TH	4:20-4:50pm	Aug 24-Sep 9	\$46/\$69

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				
0020.410	M/W	5:10-5:50pm	Aug 23-Sep 15*	\$54/\$81
Session 2				
0020.430	M/W	4:20-5:00pm	Sep 20-Oct 13	\$62/\$93

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				
0101.410	M/W	3:30-4:10pm	Aug 23-Sep 15*	\$54/\$81
0101.411	M/W	4:20-5:00pm	Aug 23-Sep 15*	\$54/\$81
0101.420	TU/TH	3:30-4:10pm	Aug 24-Sep 16	\$62/\$93
0101.421	TU/TH	5:10-5:50pm	Aug 24-Sep 16	\$62/\$93
Session 2				
0101.430	M/W	3:30-4:10pm	Sep 20-Oct 13	\$62/\$93
0101.431	M/W	4:20-5:00pm	Sep 20-Oct 13	\$62/\$93
0101.440	TU/TH	3:30-4:10pm	Sep 21-Oct 14	\$62/\$93
0101.441	TU/TH	4:20-5:00pm	Sep 21-Oct 14	\$62/\$93

*PLEASE NOTE: There will be no class on Monday, September 6



GRUNION 2 AGES 3-5

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0102.410	M/W	3:30-4:10pm	Aug 23-Sep 15*	\$54/\$81
0102.411	M/W	5:10-5:50pm	Aug 23-Sep 15*	\$54/\$81
0102.412	M/W	6:00-6:40pm	Aug 23-Sep 15*	\$54/\$81
0102.420	TU/TH	3:30-4:10pm	Aug 24-Sep 16	\$62/\$93
0102.421	TU/TH	4:20-5:00pm	Aug 24-Sep 16	\$62/\$93
0102.422	TU/TH	5:10-5:50pm	Aug 24-Sep 16	\$62/\$93
Session 2				
0102.430	M/W	3:30-4:10pm	Sep 20-Oct 13	\$62/\$93
0102.431	M/W	5:10-5:50pm	Sep 20-Oct 13	\$62/\$93
0102.440	TU/TH	3:30-4:10pm	Sep 21-Oct 14	\$62/\$93
0102.441	TU/TH	4:20-5:00pm	Sep 21-Oct 14	\$62/\$93
0102.442	TU/TH	5:10-5:50pm	Sep 21-Oct 14	\$62/\$93

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				
0103.410	M/W	3:30-4:10pm	Aug 23-Sep 15*	\$54/\$81
0103.411	M/W	5:10-5:50pm	Aug 23-Sep 15*	\$54/\$81
0103.420	TU/TH	6:00-6:40pm	Aug 24-Sep 16	\$62/\$93
Session 2				
0103.430	M/W	3:30-4:10pm	Sep 20-Oct 13	\$62/\$93
0103.431	M/W	6:00-6:40pm	Sep 20-Oct 13	\$62/\$93
0103.440	TU/TH	4:20-5:00pm	Sep 21-Oct 14	\$62/\$93

*PLEASE NOTE: There will be no class on Monday, September 6

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				
0104.420	TU/TH	4:20-5:00pm	Aug 24-Sep 16	\$62/\$93
Session 2				
0104.430	M/W	5:10-5:50pm	Sep 20-Oct 13	\$62/\$93

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
Session 1				
0201.410	M/W	4:20-5:00pm	Aug 23-Sep 15*	\$54/\$81
0201.411	M/W	6:00-6:40pm	Aug 23-Sep 15*	\$54/\$81
0201.420	TU/TH	3:30-4:10pm	Aug 24-Sep 16	\$62/\$93
0201.421	TU/TH	5:10-5:50pm	Aug 24-Sep 16	\$62/\$93
Session 2				
0201.430	M/W	4:20-5:00pm	Sep 20-Oct 13	\$62/\$93
0201.431	M/W	5:10-5:50pm	Sep 20-Oct 13	\$62/\$93
0201.440	TU/TH	4:20-5:00pm	Sep 21-Oct 14	\$62/\$93
0201.441	TU/TH	6:00-6:40pm	Sep 21-Oct 14	\$62/\$93

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
Session 1				
0202.410	M/W	4:20-5:00pm	Aug 23-Sep 15*	\$54/\$81
0202.411	M/W	6:00-6:40pm	Aug 23-Sep 15*	\$54/\$81
0202.420	TU/TH	4:20-5:00pm	Aug 24-Sep 16	\$62/\$93
0202.421	TU/TH	6:00-6:40pm	Aug 24-Sep 16	\$62/\$93
Session 2				
0202.430	M/W	4:20-5:00pm	Sep 20-Oct 13	\$62/\$93
0202.431	M/W	6:00-6:40pm	Sep 20-Oct 13	\$62/\$93
0202.440	TU/TH	3:30-4:10pm	Sep 21-Oct 14	\$62/\$93
0202.441	TU/TH	5:10-5:50pm	Sep 21-Oct 14	\$62/\$93
0202.442	TU/TH	6:00-6:40pm	Sep 21-Oct 14	\$62/\$93





OTTER AGES 6-14

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0203.410	M/W	4:20-5:00pm	Aug 23-Sep 15*	\$54/\$81
0203.411	M/W	6:00-6:40pm	Aug 23-Sep 15*	\$54/\$81
0203.420	TU/TH	5:10-5:50pm	Aug 24-Sep 16	\$62/\$93
0203.421	TU/TH	6:00-6:40pm	Aug 24-Sep 16	\$62/\$93
Session 2				
0203.430	M/W	6:00-6:40pm	Sep 20-Oct 13	\$62/\$93
0203.440	TU/TH	5:10-5:50pm	Sep 21-Oct 14	\$62/\$93
0203.441	TU/TH	6:00-6:40pm	Sep 21-Oct 14	\$62/\$93

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
Session 1				
0204.410	M/W	5:10-5:50pm	Aug 23-Sep 15*	\$54/\$81
0204.420	TU/TH	6:00-6:40pm	Aug 24-Sep 16	\$62/\$93
Session 2				
0204.430	M/W	6:00-6:40pm	Sep 20-Oct 13	\$62/\$93
0204.440	TU/TH	5:10-5:50pm	Sep 21-Oct 14	\$62/\$93

STINGRAY AGES 6-15

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0205.410	M/W	6:50-7:30pm	Aug 23-Sep 15*	\$54/\$81
0205.420	TU/TH	6:50-7:30pm	Aug 24-Sep 16	\$62/\$93
Session 2				
0205.430	M/W	6:50-7:30pm	Sep 20-Oct 13	\$62/\$93
0205.440	TU/TH	6:00-6:40pm	Sep 21-Oct 14	\$62/\$93

*PLEASE NOTE: There will be no class on Monday, September 6

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				
0206.420	TU/TH	6:50-7:30pm	Aug 24-Sep 16	\$62/\$93
Session 2				
0206.440	M/W	6:50-7:30pm	Sep 20-Oct 13	\$62/\$93
0206.450	TU/TH	6:50-7:30pm	Sep 21-Oct 14	\$62/\$93

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				
0207.430	M/W	6:50-7:30pm	Sep 20-Oct 13	\$62/\$93

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				
0301.410	M/W	6:50-7:30pm	Aug 23-Sep 15*	\$54/\$81
0301.420	TU/TH	6:50-7:30pm	Aug 24-Sep 16	\$62/\$93
Session 2				
0301.430	M/W	6:50-7:30pm	Sep 20-Oct 13	\$62/\$93
0301.440	TU/TH	6:50-7:30pm	Sep 21-Oct 14	\$62/\$93

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				
0302.410	M/W	6:50-7:30pm	Aug 23-Sep 15*	\$54/\$81
Session 2				
0302.440	TU/TH	6:50-7:30pm	Sep 21-Oct 14	\$62/\$93

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 the age of three may be required to have an adult in the water.

INFORMATION: (858) 668-4680

R/NR FEE

\$31/\$44 per lesson

POWAY PARKS & FACILITIES



MICKEY CAFAGNA COMMUNITY CENTER

Located in Community Park
13094 Civic Center Drive

poway.org/rentals

Looking for a venue to host your next celebration or corporate function? Look no further than the brand-new Mickey Cafagna Community Center at Community Park. With both indoor and outdoor spaces, this is the perfect place for your wedding, reception, child's birthday party, or fundraiser.

For more information on rental rates, hours, and amenities for *all* of our Community Services facilities, please visit poway.org/rentals or call (858) 668-4580.



POWAY COMMUNITY PARK

13094 Civic Center Drive
(858) 668-4671

poway.org/communitypark

Hours

Daily | Sunrise-Sunset

Office

Daily | 8:00am-9:00pm

Ball Fields | Bocce Courts Daily | 8:00am-sunset
(10:00pm with reservation)

Dog Park | Tennis Courts | Basketball Court
Daily | Sunrise-10:00pm

Unsupervised Skate Park Daily | 8:00am-8:00pm



BINGO

AGES 18+

B-4! N-36! Whether you're a seasoned pro or new to the game, come test your luck. With multiple winners, everybody has a chance to win cash, jackpot prizes, bonus rewards, and more. Brought to you by the Friends of Poway Seniors. For more information visit: friendsofpowayseniors.org.

DAY	TIME
TU	11:30-3:00pm
SU	12:30-4:00pm

MEAL PROGRAM

Meal Program for Older Adults

For more information about the current meal program, please visit poway.org/olderadults.



IN THE PARK SERIES

ALL AGES

FREE!

Rustle up fun while panning for "gold", pop yourself silly in a bubble-palooza, pound out the beat of 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	FEE
M	10:00am-12:00pm	Sep 27	Space	FREE
TH	10:00am-12:00pm	Nov 11	Music	FREE

SAVE THE DATE!

ALL AGES

Winter Festival

Experience the magic and charm of winter like never before at Community Park! This year, the **FREE** event will be held on:

Friday, January 7, 2022
Saturday, January 8, 2022





OLD POWAY PARK

14134 Midland Road
(858) 668-4576

poway.org/oldpowaypark

Hours

Railroad Info:
powaymidlandrr.org

Farmers Market
Saturdays | 8:00am-1:00pm

SAM HINTON FOLK FESTIVAL ALL AGES

FREE! Hosted by the San Diego Folk Heritage, the FREE Annual Sam Hinton Festival will feature a variety of musical performances (Bluegrass, Olde Time, Irish music), workshops, group jams, and an open mic stage.

Saturday, September 25 | 11:00am-5:00pm
INFORMATION: sdfolkheritage.org or (858) 668-4576



ONCE UPON A HALLOWE'EN ALL AGES

FREE! Celebrate Halloween in a distinctly different way at this family-friendly event. Take a ride aboard the "Halloween Express" locomotive, visit the "cemetery" and haunted house, play carnival-type games, and enjoy spooky Halloween crafts, plus tasty treats. Some activities require a nominal fee.



Sunday, October 24 | 4:30-8:30pm
INFORMATION: poway.org or (858) 668-4576

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. In addition to a main stage in the gazebo filled with musical entertainment from San Diego Folk Heritage, there will be model railroad layouts in the Porter House. The Nelson House will be open for tours. The Poway Midland Railroad will provide train rides around the park for a nominal fee. Come join us for a day of history and fun!

Saturday, November 6 | 11:00am-4:00pm
INFORMATION: poway.org or (858) 668-4576

SAVE THE DATE! ALL AGES

Christmas in the Park

**Saturday, December 11
3:30-8:30pm**



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 16–Oct 17)

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 6 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/\$16

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 and admission for 25 swimmers!*

	R/NR FEE
Picnic Tables (Deep end or Splash Pad)	\$119/\$130

INFORMATION: poway.org/poolpartypackages
or (858) 668-4680

*Inflatable Packages will return in Spring 2022.

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
0700.404	M	5:00–8:00pm Pretest	Oct 18	\$210*
	SA	8:00am–5:00pm	Oct 23, 30	
	M/W	5:00–8:00pm	Oct 25, 27; Nov 1, 3	

*This includes the \$43 certification fee paid directly to the American Red Cross.

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 6
Open Thanksgiving | Nov 28
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 10–11	\$26
1103.201	F-SA	1:00pm–10:00am	Sep 24–25	\$26
1103.202	F-SA	1:00pm–10:00am	Oct 8–9	\$26
1103.203	F-SA	1:00pm–10:00am	Oct 22–23	\$26

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 4.

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.

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 OPEN IN SEPTEMBER

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.

HIKING WITH KIDS

AGES 5-10

Feel like a pack mule hiking with the kids? Why not let them 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 backpack to decorate. We'll also 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 30 children. Children must be accompanied by an adult. Register online at poway.org/classes.

CLASS #	DAY	TIME	DATES	FEE
1200.209	SA	9:00–11:30am	Nov 13	\$3 per child

STORYBOOK AND TRAIL TIME

ALL AGES

Connect with nature and introduce your kids to a fun, new story every few weeks posted along the Green Valley Truck Trail and Creekside Trail. Be sure to stop at the Bird Wingspan sign and measure the family against some of the birds that can be found in Blue Sky.

SAVE THE DATE!

ALL AGES

Hoot, Howl and Prowl

Saturday, October 23 | 5:30–7:15pm

Please see inside front cover for all the details!





KUMEYAAY-IPAI INTERPRETIVE CENTER

13104 Ipai Waaypuk Trail

(858) 668-4781

Parking located at 13104 Carriage Road, Poway

poway.org/kiic

Hours

Open third Saturday of each month | 10:00am-1:00pm

GUIDED AND SELF-GUIDED TOURS OF THE ANCIENT COMMUNITY OF PAUWAI ALL AGES

Visit us on the third Saturday of each month and take a docent-led tour or enjoy learning about the Kumeyaay's traditional lifestyle and culture at your own pace. Experience 'ewaa in our replica village, ramadas, milling and grinding stations.

NATIVE AMERICAN INSPIRED CRAFTS AGES 5-10

Through Native American inspired crafts, children can explore traditional Native American values and cultural history. Kids will paint their own "spirit rock", make a rainstick, decorate a card with native plants, paint a gourd, and make Pshok game sticks. Parents must accompany children. Limited to 25 children. Register online at poway.org/classes.

CLASS #	DAY	TIME	DATES	FEE
1200.200	SA	9:00-11:00am	Sep 25	\$3 per child

SCHOOL TOURS GRADE 3

Offered alternate 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.

FEE

\$4 per student

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 LIBRARY

13137 Poway Road
(858) 513-2900

sdcl.org

The Poway Library is open!

Most services are available, but with some modifications. Services include computer use, printing and copying, holds pickup, access to books, movies, and CDs for checkout, and Wi-Fi access. Library materials may be returned inside the building during business hours or via the outdoor book drops 24/7.

For the latest updates on our hours of operation and services, please visit our website: sdcl.org.

**SPORTSPLEX
★ USA ★**
Your Place To Play.

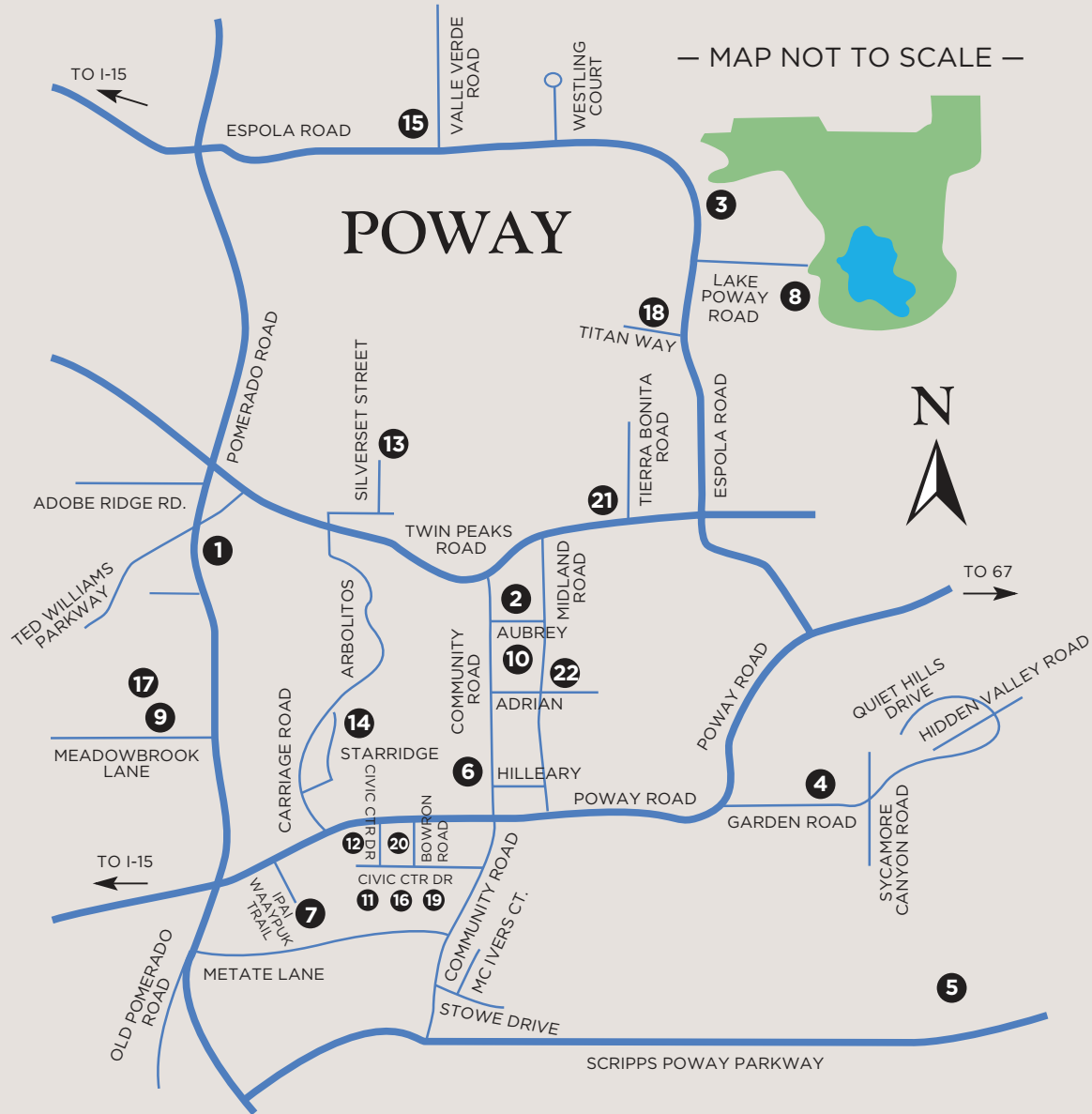
Poway's Premier Sports Complex

- ▶ **Adult Softball**
- ▶ **Adult Indoor Soccer**
- ▶ **Youth Indoor Soccer (3-12yrs)**
- ▶ **Birthday Parties**

Leagues now forming. Visit us online today!
SportsplexUSA.com

12349 McIvers Ct. Poway, CA 92064

CULTURAL & RECREATIONAL FACILITIES



1 Arbolitos Sports Fields
14401 Pomerado Road

2 Aubrey Park
13544 Aubrey Street

3 Blue Sky Ecological Reserve
16275 Espola Road

4 Garden Road Neighborhood Park
14901 Garden Road

5 Goodan Ranch
16281 Sycamore Canyon Road

6 Hilleary Park
13500 Community Road

7 Kumeyaay-Ipai Interpretive Center
13104 Ipai Waaypuk Trail

8 Lake Poway Recreation Area
14644 Lake Poway Road

9 Meadowbrook Soccer Field
12250 Meadowbrook Lane

10 Old Poway Park
14134 Midland Road

11 Poway Community Park
13094 Civic Center Drive
• Community Swim Center
• Mickey Cafagna Community Center
• Dog Park

12 Poway Skate Park
13090 Civic Center Drive

13 Silverset Neighborhood Park
14795 Silverset Street

14 Starridge Neighborhood Park
13745 Carriage Road

15 Valle Verde Neighborhood Park
16899 St. Andrews Drive

16 Valley Soccer Field
13094 Civic Center Drive

17 Meadowbrook Gymnasium
12320 Meadowbrook Lane

18 Poway Center for the Performing Arts
15498 Espola Road

19 Poway City Hall
13325 Civic Center Drive

20 Poway Community Library
13137 Poway Road

21 Twin Peaks Multipurpose Center
14640 Tierra Bonita Road

22 Veterans Park
14135 Midland Road



CLASS REGISTRATION

Fall Registration Begins August 3, 2021 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

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

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 \$16 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 \$16 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
PowayCenter.org



Administration

(858) 668-4691

Box Office

(858) 748-0505

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 | 10:00am-2:00pm
Saturday | 10:00am-3:00pm
Closed on major holidays.

We can't wait to celebrate the Arts with you!

Intermission is almost over and excitement is building for our September 2021-June 2022 season. We'll bring back a diverse lineup of performances from Poway OnStage, the Poway Unified School District, and our numerous and talented community organizations. More details to be released in August and rental applications are now being accepted at business@powaycenter.com

Poway OnStage



THE GATLIN BROTHERS
SEPT 17



CATAPULT SHADOW DANCE COMPANY
OCT 10



TAPE FACE
OCT 15

"Truly Magical"
- Chortle
"Utterly Spectacular!"
- Time Out



MANHATTAN TRANSFER
NOV 6



JOHN MAYALL and WALTER TROUT
DEC 11



NATURALLY 7
FEB 11



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

15498 Espola Road, Poway, CA 92064
For ticket information, visit www.PowayOnStage.org



City of Poway
13325 Civic Center Drive
Poway, CA 92064

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SAN DIEGO, CA
PERMIT NO. 1942

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

*****ECRWSEDDM****

POSTAL CUSTOMER
Poway, CA 92064

FALL 2021 EVENTS AT A GLANCE

FALL CAMPING
September 10-11
September 24-25
October 8-9
October 22-23
Lake Poway



RENDEZVOUS
October 2 & 3
Old Poway Park

**HOOT, HOWL
& PROWL**
October 23
Blue Sky Reserve



**ONCE UPON A
HALLOWE'EN**
October 24
Old Poway Park

Poway City Council

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

SAVE THE DATE!

Registration begins
August 3 at 7:30am.
See page 24 for details,
or visit poway.org/classes.