

# POWAY

## COMMUNITY SERVICES GUIDE



**WINTER 2021-22**

**REGISTRATION BEGINS  
NOVEMBER 9  
AT 7:30AM**

**EVENTS, CLASSES, AND  
CAMPS SUBJECT TO CHANGE  
DUE TO COVID-19. CHECK  
OUR WEBSITE FOR UPDATES:  
[POWAY.ORG/CLASSES](https://poway.org/classes)**



# CHRISTMAS IN THE PARK



Join us at **Old Poway Park** for an old-fashioned holiday tradition that will take you back in time with caroling, live music, a visit with Santa, and so much more! Purchase tasty holiday treats, finish your Christmas shopping at the craft boutique, or board the Poway Midland Railroad for a night-time ride around the park on the 1907 Baldwin Steam Engine.

## Annual Tree Lighting

Don't miss the annual lighting of the community Christmas tree at 5:15pm, followed by Santa's arrival.

**Saturday, December 11, 2021 | 3:30-8:30pm**

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



# WINTER FESTIVAL



Experience the magic and charm of winter like never before at **Poway Community Park!** Feel snow between your fingers while sledding down snow hill; smell roasted marshmallows as you devour delicious s'mores; experience the wind in your hair skating around the synthetic ice rink; and peruse a variety of vendors and their sensational products. Bring the whole family; there's something for everyone!



**Friday, January 7, 2022 | 5:00-9:00pm**  
**Saturday, January 8, 2022 | 3:30-8:30pm**  
**INFORMATION:** [poway.org/winterfestival](http://poway.org/winterfestival) or (858) 668-4671

## Winter Festival for Our Special Needs Community



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



**Saturday, January 8, 2022 | 2:30-3:30pm**  
**INFORMATION:** [poway.org/winterfestival](http://poway.org/winterfestival) or (858) 668-4671



## 27th Annual “Youth-Only” Fishing Derby, Fishing Seminar & Campout

**Derby:** Saturday  
February 5, 2022 | 6:00am-12:00pm

**Seminar:** Friday  
February 4, 2022 | 5:00-7:00pm

**Campout:** Friday-Saturday  
February 4-February 5, 2022 | 7:00am-12:00pm

### DERBY

**FREE!**

Join us for an exciting day of fun and prizes at the 27th Annual “Youth-Only” Fishing Derby! Freshly stocked with 1,500 pounds of rainbow trout, Lake Poway will be open only to youth ages 15 and younger from 6:00am-12:00pm. Parents, please leave the fishing to the kids during the derby.

### SEMINAR

**FREE!**

Want a slight advantage the night before the Derby? Join us at 5:00pm to learn tips from Park Rangers and see demonstrations on how to properly rig a line.

### CAMPOUT

Participants and their families are invited to camp overnight and sleep under the stars for just \$16 per car. Don't forget your camping and grilling supplies! Absolutely no fishing is permitted prior to the 6:00am tournament start time. Families may start setting up their campsites at 7:00am Friday morning. No alcohol is permitted.

CLASS #	DAY	TIME	DATES	FEE
9039.300	F-SA	7:00am-12:00pm	Feb 4-5	\$16

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

Early Summer Camp Registration starts April 5, 2022 at 7:30am. Look for a special summer camp preview in the Spring Community Services Guide. We don't want you to miss out on our summer fun!



City of Poway



@cityofpoway



@cityofpoway



poway.org/connect

### SAVE THE DATE:

**Registration Begins November 9 at 7:30am**

### WINTER CAMPS 2

Skateboarding Camp	2
Jungle Safari Dance Camp	2

### WINTER CLASSES 3-14

Kid's Night Out	3
Art	3
Preschool Activities	3
Teen Programs	4
Dance	5
Health & Wellness	8
Free Older Adult Programs	9
Sports	10
Open Play Sports	13
Special Needs	14
Safety Training	14
Dog Training	14

### POWAY PARKS & FACILITIES 15-23

Mickey Cafagna Community Center	15
Poway Community Park	16
Old Poway Park	17
Poway Swim Center	18
Lake Poway	19
Kumeyaay-Ipai Interpretive Center	20
Blue Sky Ecological Reserve	21
Poway Library	22
Sportsplex USA	22
Cultural & Recreational Facilities Map	23

### REGISTRATION 24

Poway Center for the Performing Arts	25
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# WINTER 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

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.300	M-F	9:00am-12:00pm	Feb 21-25	\$165/\$176

## NEW! CAMP! JUNGLE SAFARI DANCE CAMP

AGES 4-8

Lions and tigers and bears...oh my! Embark on an adventure and dance your way through the jungle. Stomp like an elephant to the beat, leap like a leopard to the lyrics, and run in the sun filled with fun like the wild animals of the safari. With animal crafts, songs, and wildly fun activities, participants soar the safari. On Friday, participants put on a roaring show for family and friends.

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

**LOCATION:** Community Park, Willow Room 305/303

CLASS #	DAY	TIME	DATES	R/NR FEE
5702.300	M-F	9:00am-12:00pm	Feb 21-25	\$180/\$191

# WINTER 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, Oak Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1000.300	F	4:30-9:00pm	Feb 4	\$10/\$21
1000.301	F	4:30-9:00pm	Mar 4	\$10/\$21

## 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:** Jan 17 & Feb 21

CLASS #	DAY	TIME	DATES	R/NR FEE
2505.300	M	10:00-10:45am	Jan 3-Feb 7	\$65/\$76
2505.301	M	10:00-10:45am	Feb 14-Mar 21	\$65/\$76



## 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

CLASS #	DAY	TIME	DATES	R/NR FEE
1500.300	TU/TH	9:00am-12:00pm	Jan 11-Jan 27	\$139/\$150*
1500.301	TU/TH	9:00am-12:00pm	Feb 1-Feb 24	\$185/\$196*
1500.302	TU/TH	9:00am-12:00pm	Mar 1-Mar 24	\$185/\$196*

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



# Teen Programs

## TEEN EXCURSION: GET AIR

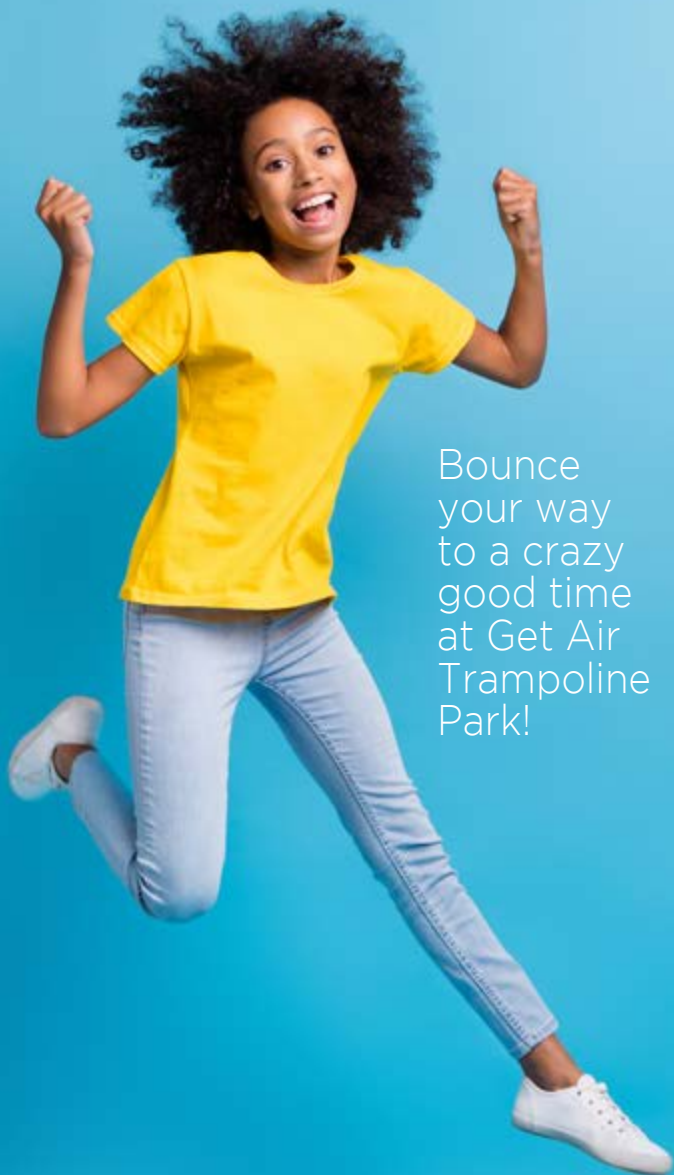
GRADES 6-9

Get ready to catch monstro air when you join us for a bounce-tastic evening at Get Air Trampoline Park! Flip head over heels into foam pits, test your stealth and agility on the ninja course, take on your friends in an extra bouncy game of dodgeball, and more! Whether you're mastering the slackline or literally jumping heads and shoulders above your friends, you'll bounce your way to a crazy good time! Admission and jump socks are included.

**INSTRUCTOR:** Community Park Staff

**LOCATION:** Get Air Poway: 12160 Community Road

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



Bounce your way to a crazy good time at Get Air Trampoline Park!



## TEEN BACKYARD MOVIE NIGHT

GRADES 6-9

We're throwing the ultimate, epic backyard bash! Grab your friends and join us for a jam-packed evening filled with cramazing activities, tasty barbecue, an uber-sweet popcorn bar, and so much more! Then sit back and chill as we watch *Shang-Chi and the Legend of the Ten Rings* (PG-13 - language) on a giant inflatable screen under the stars!

**INSTRUCTOR:** Community Park Staff

**LOCATION:** Community Park, Sycamore Hall

CLASS #	DAY	TIME	DATES	FEE
1001.301	SA	5:00-9:00pm	Feb 19	\$5

## NEW! TEEN GRUB CRAWL

GRADES 6-9

Calling all foodies! Take your tastebuds for a spin as we chow down on a tasty buffet of all things delicious during our first-ever Teen Grub Crawl! You and your friends will chomp, slurp, and nibble your way through a mouthwatering adventure filled with the sweet, savory, spicy, and more! From appetizers to desserts and everything in between, we'll celebrate the one thing we all love to do: EAT!

**INSTRUCTOR:** Community Park Staff

**LOCATION:** Community Park, Sycamore Hall

CLASS #	DAY	TIME	DATES	FEE
1001.302	SA	5:00-9:00pm	Mar 19	\$5



# Dance

Try it before you buy it!

Try high-quality, fun Dance To EvOLvE classes without obligation on Jan 10, 12 & 15. 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.



## 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.

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

**LOCATION:** Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.300	M	9:30-10:15am	Jan 10-Mar 21	\$177/\$188
1702.301	M	9:30-10:15am	Jan 10-Feb 7	\$89/\$100
1702.302	M	9:30-10:15am	Feb 14-Mar 21	\$107/\$118

## MAGICAL MUNCHKINS TAP/BALLET AGES 2-3.1

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

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.303	M	10:20-11:05am	Jan 10-Mar 21	\$177/\$188
1702.304	M	10:20-11:05am	Jan 10-Feb 7	\$89/\$100
1702.305	M	10:20-11:05am	Feb 14-Mar 21	\$107/\$118

## 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

### Tap/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.306	M	3:30-4:25pm	Jan 10-Mar 21	\$177/\$188
1702.307	M	3:30-4:25pm	Jan 10-Feb 7	\$89/\$100
1702.308	M	3:30-4:25pm	Feb 14-Mar 21	\$107/\$118

### Hip Hop/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.312	SA	9:00-9:55am	Jan 15-Mar 26	\$177/\$188
1702.313	SA	9:00-9:55am	Jan 15-Feb 12	\$89/\$100
1702.314	SA	9:00-9:55am	Feb 19-Mar 26	\$107/\$118



## 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

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.315	M	4:30-5:25pm	Jan 10-Mar 21	\$177/\$188
1702.316	M	4:30-5:25pm	Jan 10-Feb 7	\$89/\$100
1702.317	M	4:30-5:25pm	Feb 14-Mar 21	\$107/\$118
1702.318	SA	10:00-10:55am	Jan 15-Mar 26	\$177/\$188
1702.319	SA	10:00-10:55am	Jan 15-Feb 12	\$89/\$100
1702.320	SA	10:00-10:55am	Feb 19-Mar 26	\$107/\$118



**NEW! 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.

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

**LOCATION:** Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.321	SA	11:00-11:55am	Jan 15-Mar 26	\$177/\$188
1702.322	SA	11:00-11:55am	Jan 15-Feb 12	\$89/\$100
1702.323	SA	11:00-11:55am	Feb 19-Mar 26	\$107/\$118

**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: dancetoevolve.com

**LOCATION:** Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.324	M	5:30-6:25pm	Jan 10-Mar 21	\$177/\$188
1702.325	M	5:30-6:25pm	Jan 10-Feb 7	\$89/\$100
1702.326	M	5:30-6:25pm	Feb 14-Mar 21	\$107/\$118

**NEW! TEEN CONTEMPORARY**

**AGES 13-18**

Learn the most popular dance genre on TV! A gentle yet empowering class for teens to explore contemporary dance where you can develop your artistic voice. Movement is a mix of lyrical and ballet focusing on basic technique, combinations and learning choreography to some of your favorite songs. No experience necessary. All levels welcome!

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

**LOCATION:** Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.327	M	6:30-7:25pm	Jan 10-Mar 21	\$177/\$188
1702.328	M	6:30-7:25pm	Jan 10-Feb 7	\$89/\$100
1702.329	M	6:30-7:25pm	Feb 14-Mar 21	\$107/\$118

**ADULT TAP**

**AGES 18+**

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

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

**LOCATION:** Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.330	M	7:30-8:30pm	Jan 10-Mar 21	\$177/\$188
1702.331	M	7:30-8:30pm	Jan 10-Feb 7	\$89/\$100
1702.332	M	7:30-8:30pm	Feb 14-Mar 21	\$107/\$118

**NEW! BITTY BOPPERS** **AGES 2-3.1**

Calling all Bitty 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. Adult participation is required per each child as needed.

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.333	W	3:15-4:00pm	Jan 12-Mar 23	\$177/\$188
1702.334	W	3:15-4:00pm	Jan 12-Feb 9	\$89/\$100
1702.335	W	3:15-4:00pm	Feb 16-Mar 23	\$107/\$118

**HIP HOP** **AGES 4-18**

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

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303

**Beat Breakers**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.336	4-7	W	4:05-5:00pm	Jan 12-Mar 23	\$177/\$188
1702.337	4-7	W	4:05-5:00pm	Jan 12-Feb 9	\$89/\$100
1702.338	4-7	W	4:05-5:00pm	Feb 16-Mar 23	\$107/\$118

**Hip Hop: Pre-Teen**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.339	8-12	W	5:05-6:00pm	Jan 12-Mar 23	\$177/\$188
1702.340	8-12	W	5:05-6:00pm	Jan 12-Feb 9	\$89/\$100
1702.341	8-12	W	5:05-6:00pm	Feb 16-Mar 23	\$107/\$118

**Hip Hop: Teen**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.342	13-18	W	6:05-7:00pm	Jan 12-Mar 23	\$177/\$188
1702.343	13-18	W	6:05-7:00pm	Jan 12-Feb 9	\$89/\$100
1702.344	13-18	W	6:05-7:00pm	Feb 16-Mar 23	\$107/\$118



**CHEERLEADING, DANCE & TUMBLE** **AGES 3-12**

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 303

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1703.300	3-5	TH	5:30-6:00pm	Jan 13-Mar 3	\$80/\$91
1703.301	5-12	TH	6:00-6:50pm	Jan 13-Mar 3	\$89/\$100

**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
1704.300	W	9:00-10:00am	Jan 12-Feb 23	\$84/\$95



**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, Sycamore Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1704.301	TH	6:00-7:00pm	Jan 13-Feb 24	\$84/\$95

# 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 305  
**NO CLASS:** Feb 24

CLASS #	DAY	TIME	DATES	R/NR FEE
1603.300	TH	6:30-7:30pm	Jan 13-Mar 24	\$100/\$111

## 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 302

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.300	TH	6:00-7:00pm	Jan 13-Mar 24	\$110/\$121

## 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 302

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.301	TU	6:00-7:00pm	Jan 4-Mar 22	\$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:** **TUESDAY:** Community Park, Willow Room 303  
**THURSDAY:** Community Park, Willow Room 305  
**NO CLASS:** Feb 3

CLASS #	DAY	TIME	DATES	R/NR FEE
1608.300	TU	5:30-6:15pm	Jan 11-Mar 22	\$88/\$99
1608.301	TH	5:30-6:15pm	Jan 13-Mar 24	\$80/\$91





# FREE OLDER ADULT PROGRAMS!

INFORMATION: [poway.org/olderadults](http://poway.org/olderadults)

## 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
1609.300	M	6:30-7:30pm	Jan 10-Feb 14	\$90/\$101

## NEW! ADULT CARDIO DANCE

AGES 18+

This non-intimidating workout class based on basic hip hop will help you get your sweat on while having fun. All levels are welcome to discover your inner groove using the rhythms of fun, high-energy music.

**INSTRUCTOR:** Dance To EvOLvE: [danceto evolve.com](http://danceto evolve.com)

**LOCATION:** Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
1610.303	W	7:05-8:05pm	Jan 12-Mar 23	\$177/\$188
1610.304	W	7:05-8:05pm	Jan 12-Feb 9	\$89/\$100
1610.305	W	7:05-8:05pm	Feb 16-Mar 23	\$107/\$118

## 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

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.300	W	4:00-4:30pm	Jan 12-Mar 16	\$160/\$171*
2010.301	SA	9:00-9:30am	Jan 15-Mar 19	\$160/\$171*

\*\$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

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.302	W	4:40-5:25pm	Jan 12-Mar 16	\$160/\$171*
2010.303	SA	9:40-10:25am	Jan 15-Mar 19	\$160/\$171*
2010.304	SA	10:35-11:20am	Jan 15-Mar 19	\$160/\$171*

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

## 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

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.305	SA	11:30am-12:25pm	Jan 15-Mar 19	\$160/\$171*

\*\$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:** Jan 27

CLASS #	DAY	TIME	DATES	R/NR FEE
2013.300	TH	11:15-11:45am	Jan 6-Mar 17	\$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:** Jan 27 & 29

CLASS #	DAY	TIME	DATES	R/NR FEE
2013.301	TH	10:45-11:15am	Jan 6-Mar 17	\$180/\$191*
2013.302	SA	8:30-9:00am	Jan 8-Mar 19	\$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

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.300	W	5:00-6:00pm	Jan 5-Feb 9	\$100/\$111
2004.301	W	5:00-6:00pm	Feb 23-Mar 23	\$84/\$95

**SKATEBOARDING: INTERMEDIATE/ADVANCED** **AGES 6-13**

Participants develop flowing runs, focus on the principles of getting air, flip tricks, and grinding, meet professionals, and participate in mock competitions. Participants must have at least one year of experience **OR** have participated in the Skateboarding: Beginner class before enrolling. All participants **MUST** have a helmet, elbow pads, and knee pads each class. Bring a skateboard or contact the instructor for options prior to the first class.

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

**LOCATION:** Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.302	W	4:00-5:00pm	Jan 5-Feb 9	\$100/\$111
2004.303	W	4:00-5:00pm	Feb 23-Mar 23	\$84/\$95



**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 \$45. Attend the first day of class for free! Liability waiver required.

**INSTRUCTOR:** Master Chen**LOCATION:** Community Park, Sycamore Hall**BELT TESTING:** Feb 28 - Participants will be notified if they're eligible to attend; \$45 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
2001.300	5-10	M/W	5:00-6:00pm	Jan 3-Mar 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
2001.301	11+	M/W	6:05-7:20pm	Jan 3-Mar 16	\$129/\$140



Try it before  
you buy it!

**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
2002.300	9-12	M	5:30-6:30pm	Jan 3-Feb 21	\$70/\$81
2002.301	12-14	M	6:30-7:30pm	Jan 3-Feb 21	\$70/\$81

**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
2005.300	Men	TH	6:30-9:30pm	Jan 13-Mar 10	\$70/\$81
2005.301	Women	TH	6:30-9:30pm	Jan 13-Mar 10	\$70/\$81

**Coed Advanced**

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.302	Men	TU	6:30-9:30pm	Jan 11-Mar 8	\$70/\$81
2005.303	Women	TU	6:30-9:30pm	Jan 11-Mar 8	\$70/\$81

**Women**

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.304	Women	M	6:30-9:30pm	Jan 10-Mar 7	\$70/\$81



**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:** Jan 17

**Beginner**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.300	8-14	TU/TH	4:00-5:00pm	Jan 11-Mar 3	\$112/\$123
2000.301	6-8	SA	9:00-10:00am	Jan 15-Mar 5	\$56/\$67
2000.302	8-14	SA	10:00-11:00am	Jan 15-Mar 5	\$56/\$67

**Intermediate**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.303	8-14	TU/TH	5:00-6:00pm	Jan 11-Mar 3	\$112/\$123
2000.304	8-14	SA	11:00am-12:00pm	Jan 15-Mar 5	\$56/\$67

**Advanced Juniors**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.305	9-14	M/W	4:00-5:30pm	Jan 10-Mar 7	\$144/\$155

# Open Play Sports

**OPEN PLAY SPORTS** **ALL AGES**

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

During the winter months, free open gym times are as follows:

**Twin Peaks Multipurpose Center**

14640 Tierra Bonita Road

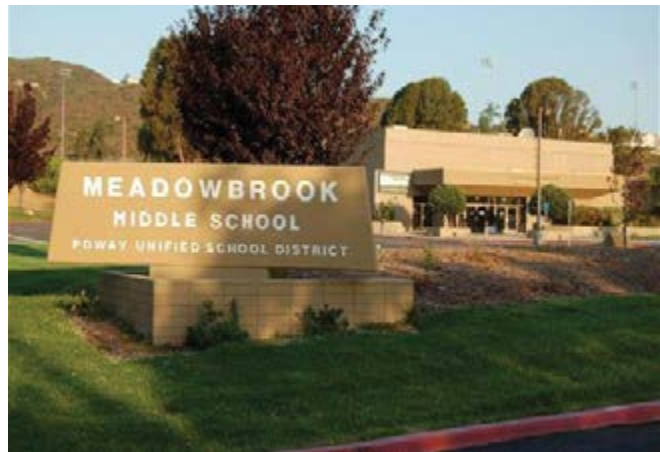
ACTIVITY	DAY	OPEN GYM HOURS
Open Badminton	F	6:00-9:00pm
Open Volleyball	SU	6:00-9:00pm



**Meadowbrook Gymnasium**

12320 Meadowbrook Lane

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



Hours are subject to change without notice. For current operating hours, please visit our website at [poway.org/gyms](http://poway.org/gyms).

# Special Needs

## 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
2201.300	TU	4:00-5:00pm	Jan 4-Mar 22	\$60/\$71*

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



## 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:** Community Park, Kitchen

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.301	TH	5:15-6:15pm	Jan 13-Mar 24	\$55/\$66*

\*\$33 materials fee due on the first day of class

## NEW! RESUME BUILDING & JOB PREPAREDNESS AGES 18+

Come create a functional and well-written resume with the intention of finding employment in the community. Join us as we conduct practice interviews, learn skills that help you find and keep a job, and create strategies on how to become successful in the workplace.

**INSTRUCTOR:** Villa de Vida, Inc.

**LOCATION:** Community Park, Willow Room 306

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.302	W	5:00-6:00pm	Jan 5-Mar 23	\$60/\$71*

\*\$10 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
2100.300	SA	9:30am-1:30pm	Jan 15	\$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
2300.300	TU	6:30-7:30pm	Jan 4-Feb 8	\$95/\$106*
2300.301	SA	9:30-10:30am	Jan 8-Feb 12	\$95/\$106*
2300.302	TU	6:30-7:30pm	Feb 15-Mar 22	\$95/\$106*
2300.303	SA	9:30-10:30am	Feb 19-Mar 26	\$95/\$106*

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

### Intermediate Obedience: Canine Good Citizen

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.304	SA	10:45-11:45am	Jan 8-Feb 12	\$95/\$106
2300.305	SA	10:45-11:45am	Feb 19-Mar 26	\$95/\$106



# POWAY PARKS & FACILITIES



## MICKEY CAFAGNA COMMUNITY CENTER

Located in Community Park  
13094 Civic Center Drive

[poway.org/rentals](http://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](http://poway.org/rentals) or call (858) 668-4580.



# POWAY COMMUNITY PARK

13094 Civic Center Drive  
(858) 668-4671

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

### 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	Feb 21	Bubbles	FREE



### CONGREGATE MEAL PROGRAM FOR OLDER ADULTS

For more information about the congregate meal program, please visit [poway.org/olderadults](http://poway.org/olderadults) or call (858) 668-4761.

### 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](http://friendsofpowayseniors.org).

**LOCATION:** Community Park, Sycamore Hall

DAY	DOORS OPEN	STARTS
TU	9:30am	11:30am
SU	10:30am	12:30pm



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

# OLD POWAY PARK

14134 Midland Road  
(858) 668-4576

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

## Hours

### Railroad Info:

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

### Farmers Market

Saturdays | 8:00am-1:00pm

### HISTORICAL TOURS

ALL AGES

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

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

### VETERANS DAY

ALL AGES

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

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



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



### FARMERS MARKET

ALL AGES

Saturdays | 8:00am-1:00pm

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

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

# POWAY SWIM CENTER

13094 Civic Center Drive

(858) 668-4680

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

For more detailed information about our facility and operations, please visit our website at [poway.org/swim](http://poway.org/swim)

## Seasonal Information

**Winter Schedule** (Oct 18-April 3)

### Adult Lap Swim

Mon/Wed/Fri Short Course  
11:00am-1:30pm; 3:30-7:00pm\*

Tues/Thurs Long Course  
8:00am - 1:30pm  
Short Course  
3:30-7:00pm

Sat 12:00am-3:00pm

Sun Closed

### Recreational Swim

Mon-Fri Shallow Square/Splash Pad only;  
Diving Boards Closed  
11:00am - 1:30pm  
All Areas and Diving Boards  
3:30-7:00pm\*

Sat/Sun Closed

\*The Swim Center will be closed at 1:30pm on the 1st Friday of every month for Staff Training.

### Holiday Hours

Thanksgiving | Nov 26 & 27 Closed

### Seasonal Closure

Dec 19-Jan 9 Closed

## Costs

Please visit [poway.org/swim](http://poway.org/swim) for current user fees.



### WATER EXERCISE

AGES 16+

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

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

### RED CROSS LIFEGUARD TRAINING

AGES 15+

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

Learning occurs in and outside of class. 100% attendance and participation are required for scheduled dates. There is a water skills pretest 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.



Class participants that successfully complete the course and obtain their lifeguard certification are eligible for a full refund of the class costs if hired by the Swim Center!

CLASS #	DAY	TIME	DATES	FEE
0700.300	W	5:00-8:00pm Pretest	Feb 16	\$210
	M-F	8:00am-5:00pm	Feb 21-25	
0700.301	W	5:00-8:00pm Pretest	Mar 9	\$210
	M/W	5:00-8:00pm	Mar 14, 16, 21, 23	
	SA	8:00am-5:00pm	Mar 19, 26	

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

# LAKE POWAY

14644 Lake Poway Road  
(858) 668-4770

[poway.org/lakepoway](http://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 Thanksgiving | Nov 28

Open Christmas | Dec 25

## TROUT SEASON RETURNS TO LAKE POWAY! ALL AGES

The fishing frenzy returns early December when Lake Poway is once again stocked with Rainbow Trout.

We offer the best permit and boating prices in the area and our concessions offers everything you might need to catch "The Big One". Please check our website for the most up-to-date fishing conditions and stocking dates at [poway.org/lakepoway](http://poway.org/lakepoway).



## FREE FISHING SEMINAR ALL AGES

Want to fish but don't know where to start? This winter, our Lake Poway Rangers will be hosting free Fishing Seminars. Come learn the basic fishing techniques to help you reel in the big one. No equipment is necessary, but feel free to bring your own.

DAY	TIME	DATE	FEE
SA	8:00-9:00am	Jan 8	FREE
SA	8:00-9:00am	Mar 12	FREE
SA	8:00-9:00am	Apr 9	FREE

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



# 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 third Saturday of each month. 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](mailto:aransom@poway.org) or apply online at [poway.org/volunteer](http://poway.org/volunteer).



## KUMEYAAY-IPAII INTERPRETIVE CENTER

13104 Ipai Waaypuk Trail

(858) 668-4781

Parking located at 13104 Carriage Road, Poway

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

### Hours

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

#### GUIDED TOURS OF THE ANCIENT COMMUNITY OF PAUWAI

ALL AGES



Visit us on the third Saturday morning of each month for a docent-led tour. Experience artifacts, 'ewaas, milling and grinding stations. If you prefer to wander the trail at your own pace, our easy-to-navigate, self-guided tour brochure is available at the Interpretive Center.

#### 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: [poway.org/classes](http://poway.org/classes)

CLASS #	DAY	TIME	DATES	FEE
1200.300	SA	9:00-11:00am	Jan 29	\$3 per child

#### SCHOOL TOURS

GRADE 3

Offered the first and second Thursday and Friday mornings each month. 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](http://poway.org/kiic)

#### FEE

\$4 per student

#### WATERCOLOR CLASS

AGES 8+

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

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

CLASS #	DAY	TIME	DATES	FEE
1200.305	SA	9:00am-12:00pm	Mar 26	\$5



# BLUE SKY ECOLOGICAL RESERVE

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

## Hours

Daily | Sunrise-Sunset

### 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? Help 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: [poway.org/classes](http://poway.org/classes)

CLASS #	DAY	TIME	DATES	FEE
1200.306	SA	9:00-11:30am	Nov 13	\$3 per child

### TURN NEW YEAR RESOLUTIONS INTO FITNESS SOLUTIONS!

Hiking is one of the best things you can do for your health. Come join our 'Fun and Fitness' hiking series! What better way to meet new friends, de-stress, connect with nature, and get into shape? The fun begins at the south end of the parking lot. Distance and fitness level will gradually increase over six Monday mornings. All fitness levels welcomed.

INFORMATION: [aransom@poway.org](mailto:aransom@poway.org) or (858) 668-4781

DAY	TIME	DATE	FEE
M	9:00am	Jan 3-Feb 14	FREE

### FREE! DOCENT-LED NATURE WALKS ALL AGES

Find our Activities Schedule on the website or at Blue Sky Reserve, City Hall, or Lake Poway. Please dress appropriately and carry plenty of water. Scout and group tours are available by reservation. All hikes meet at the bus shelter in the parking lot.

### SCHOOL TOURS & OUTREACH PROGRAM GRADES 2-4

The Outdoor Tour program and In-Classroom program introduce important scientific concepts as outlined in Science Content Standards for grades 2-5. Tours in the Reserve last approximately two hours for \$4 per student. The one-hour Outreach Program at your school is available mornings only for \$4 per student. A reduced fee of \$6 per student is offered when both a Tour and Outreach program are scheduled at the same time. Teachers/Chaperones are free.

FOR RESERVATIONS: [poway.org/bluesky](http://poway.org/bluesky)



### SOLAR WALK/STARGAZING ALL AGES



Join us on a journey into outer space and view our nighttime skies! Before traveling through the solar system on a 1.5 mile-hike into the Reserve, you will learn about how our universe was created from NASA Solar System Ambassador and Blue Sky docent Jessica. At the end of our hike, we join Curiosity Peak Observatory astronomers with their powerful telescopes focused on a distant constellation or planet so that you can experience it up-close. This program is suitable for all ages, and everyone should dress warmly. Limited to 25 participants per time slot.

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

CLASS #	DAY	TIME	DATES	FEE
1200.301	SA	4:30pm	Apr 30	\$5
1200.302	SA	4:45pm	Apr 30	\$5
1200.303	SA	5:00pm	Apr 30	\$5
1200.304	SA	5:15pm	Apr 30	\$5



## POWAY LIBRARY

13137 Poway Road  
(858) 513-2900

Please watch our website for future programming:

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

### Community Health Opportunities:

#### Palomar Health Community Flu Shot Clinics

Nov 19 | 1:00-3:00pm

Dec 15 | 11:00am-1:00pm

Flu shots are free and for ages 9 and up.  
Masks are required.

#### American Red Cross Blood Drive

Dec 22 | 9:30am-3:30pm

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

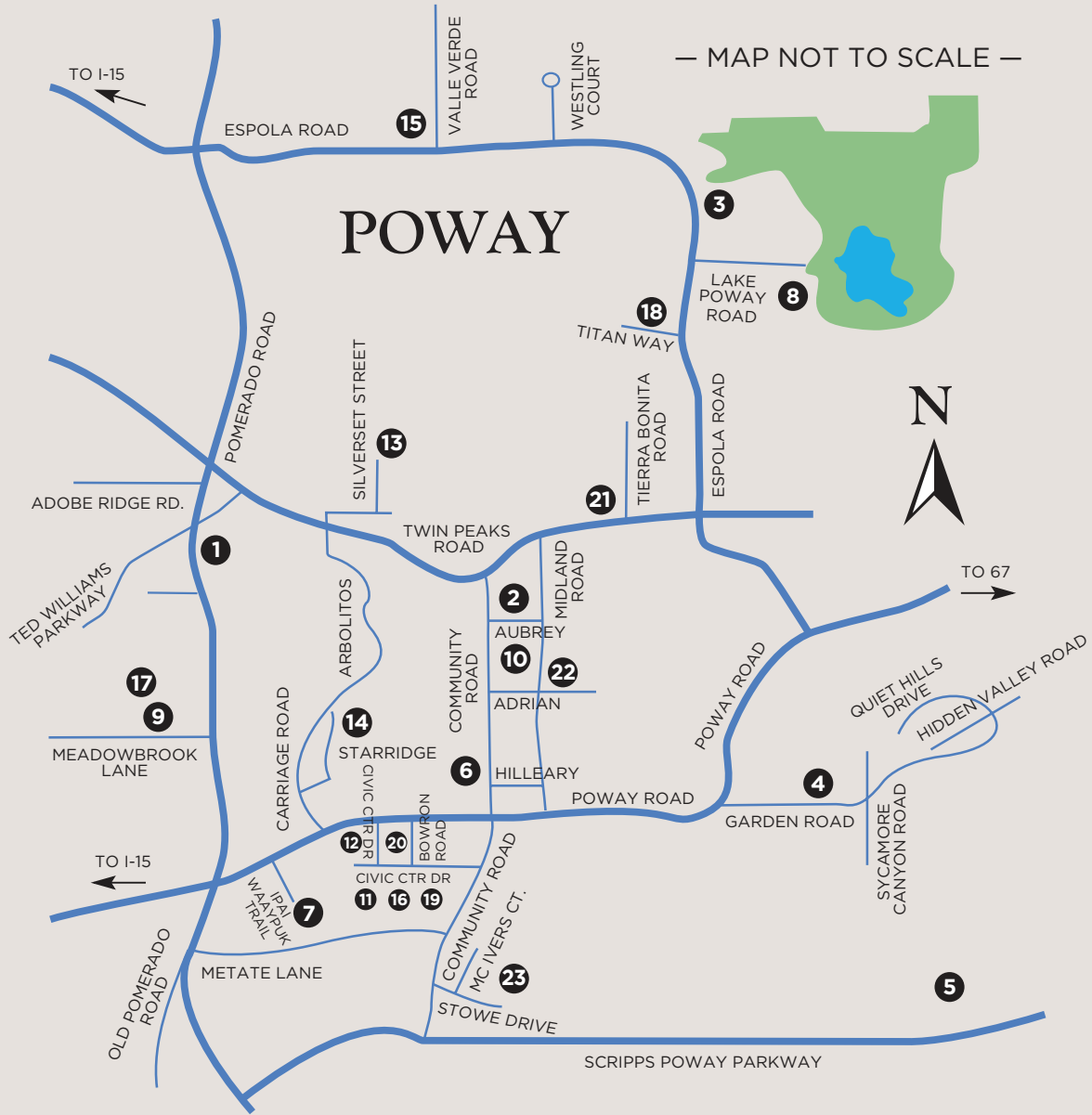
**Poway's Premier Sports Complex**

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

Leagues now forming. Visit us online today!  
[SportsplexUSA.com](http://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
- 23 Sportsplex USA**  
12349 McIvers Court



# CLASS REGISTRATION

Fall Registration Begins November 9, 2021 at 7:30am

1

## ONLINE REGISTRATION

is available by visiting the City of Poway website: [poway.org/classes](http://poway.org/classes). A \$1.50 convenience fee will be charged per transaction. Payment must be made by MasterCard, Visa, or American Express.

2

## WALK-IN REGISTRATION

is available at the Community Services Department during business hours.

### Location

13325 Civic Center Drive

### Hours

Check [poway.org](http://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](mailto: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](http://poway.org/play).

### Access

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

# We look forward to celebrating the Arts with you!

- Intermission is over and we're excited for the September 2021-June 2022 season. We're bringing back a diverse lineup of performances from Poway OnStage, the Poway Unified School District, and our numerous and talented community organizations.
- Tickets and information for all performances and exhibits are available at [powaycenter.com](http://powaycenter.com) now!

## POWAY CENTER FOR THE PERFORMING ARTS

15498 Espola Road  
[PowayCenter.com](http://PowayCenter.com)



### Rental Requests

[business@powaycenter.com](mailto:business@powaycenter.com)

### Administration

(858) 668-4693

Tuesday through Friday | 10:00am-2:00pm

### Box Office

(858) 748-0505

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-Thursday | 10:00am-2:00pm

Friday | 12:00-5:00pm

Saturday | 10:00am-3:00pm

Closed on major holidays



## POWAY ONSTAGE



**30th**  
Anniversary  
Season



Presenting professional performances featuring a lineup of marquee talent from the worlds of drama, dance, music, and comedy. [powayonstage.org](http://powayonstage.org)

## POWAY UNIFIED SCHOOL DISTRICT



Student stars of all ages sing, act, dance and show off their talents. [powayusd.com](http://powayusd.com)

## COMMUNITY PRESENTERS



Talented groups bring a diverse lineup of live performances to the stage including ballet, orchestra, youth theatre, musicals and more. [powaycenter.com](http://powaycenter.com)

## ART SHOWS



Rotating exhibits ensure a wide variety of styles and media from local, regional, and student artists. [powaycenter.com](http://powaycenter.com)



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

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PERMIT NO. 1942

-  City of Poway
-  @cityofpoway
-  @cityofpoway
-  [poway.org/connect](mailto:poway.org/connect)

\*\*\*\*\*ECRWSEDDM\*\*\*\*

**POSTAL CUSTOMER**  
Poway, CA 92064

# WINTER 2021-22 EVENTS AT A GLANCE



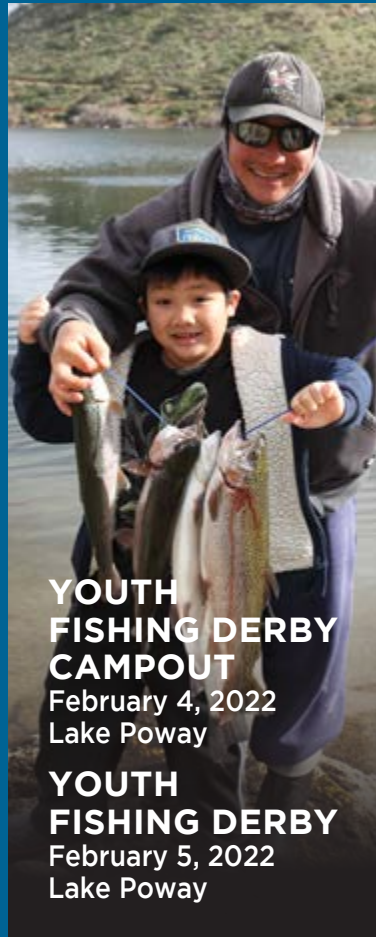
**TROUT SEASON**  
Starts Early  
December 2021  
Lake Poway



**CHRISTMAS IN THE PARK**  
December 11, 2021  
Old Poway Park



**WINTER FESTIVAL**  
January 7 & 8, 2022  
Community Park



**YOUTH FISHING DERBY CAMPOUT**  
February 4, 2022  
Lake Poway

**YOUTH FISHING DERBY**  
February 5, 2022  
Lake Poway

## Poway City Council

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

## SAVE THE DATE!

Registration begins  
November 9 at 7:30am.  
See page 24 for details,  
or visit [poway.org/classes](http://poway.org/classes).