

POWAY

COMMUNITY SERVICES GUIDE

SUMMER 2022

**REGISTRATION BEGINS
MAY 10, 2022
AT 7:30AM**

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



JOIN US FOR SOME SUMMER FUN!

2022 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 will be back at Lake Poway to serve-up your favorite foods: Born in Brooklyn and Pomodoro Rosso.

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

DATE	LOCATION	PERFORMER	MUSICAL STYLE
June 26	Lake Poway	BETAMAXX	80s
July 10	Lake Poway	The Mighty Untouchables	Dance
July 17	Old Poway Park	Lisa Sanders	Soulful Country Blues
July 24	Lake Poway	Blue Breeze Band	R&B Soul Funk
July 31	Old Poway Park	Outliers	Country
August 7	Lake Poway	Pop Vinyl	Dance
August 14	Old Poway Park	Pomerado Community Band	Big Band

2022 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
June 18	Community Park	Encanto
July 2	Community Park	Sing 2
July 16	Swim Center (Capacity: 500)	Luca
July 30	Community Park	The Mitchells vs. The Machines
August 13	Old Poway Park	The Sandlot



OLD-FASHIONED FOURTH OF JULY

FREE! Celebrate our country's independence by turning back the clocks to the 20th century. Bring your family and friends, and enjoy patriotic entertainment, Western reenactors, free crafts, and classic carnival games. Tasty treats, pony rides, and rides aboard the 1907 Baldwin Steam Engine will also be available for a nominal fee.

Monday, July 4 | 10:00am-4:00pm

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

JULY 4TH FIREWORKS

Enjoy two spectacular firework shows as they light up the sky over the Poway High School Stadium and Poway Sportsplex at 9:00pm. Gates at Poway High School open at 6:00pm for games, activities, and a DJ spinning the tunes. No registration is required, please pay at the gate. Children ages 11 and under are free with a paid adult admission (\$5). More information can be found on our website.

Monday, July 4 | 6:00-9:00pm

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



Connect with us and never miss a recreation opportunity again!



SAVE THE DATE:

Summer Class Registration: May 10 at 7:30am

SUMMER CAMP 2-18

Lake Poway Day Camp/CIT	2
Summer Camp Lunch Hour	3
Sports Camps	3
Dance Camps	7
Creative Arts Camps	8
Art Camps	9
Technology Camps	9
Science Camps	13
Special Interest Camps	15
Cooking Camps	18

SUMMER CLASSES 19-32

Health & Wellness	19
Free Older Adult Classes	19
Art	20
Sports	20
Dance	23
Open Play Sports	25
Safety Training	25
Dog Training	25
Swim Classes	26

POWAY PARKS & FACILITIES 33-36

Poway Community Park	33
Poway Library	33
Old Poway Park	34
Lake Poway	34
Poway Swim Center	35
Kumeyaay-Ipai Interpretive Center	36
Blue Sky Ecological Reserve	36

REGISTRATION 37

SUMMER CAMP

Summer Camp Registration going on now!

All camp participants should wear closed-toe shoes and bring water, a snack or lunch, and plenty of sunscreen (for outdoor camps).

LAKE POWAY DAY CAMP

AGES 6-12



Join us at Lake Poway Day Camp for a week of exciting fun! Each week, campers will have the opportunity to boat, fish, hike, create arts and crafts, play games, attend a variety of exciting field trips, and explore the great outdoors! During our adventure, campers will make new friends and create memories to last a lifetime. Extended care is available from 4:00-5:30pm, free of charge.

INFORMATION: poway.org/daycamp or (858) 668-4776

CLASS #	DAY	TIME	DATES	R/NR FEE
2934.100	M-F	8:00am-4:00pm	Jun 13-Jun 17	\$153/\$174
2934.101	M-F	8:00am-4:00pm	Jun 20-Jun 24	\$153/\$174
2934.102	M-F	8:00am-4:00pm	Jun 27-Jul 1	\$153/\$174
2934.103	TU-F	8:00am-4:00pm	Jul 5-Jul 8	\$123/\$144
2934.104	M-F	8:00am-4:00pm	Jul 11-Jul 15	\$153/\$174
2934.105	M-F	8:00am-4:00pm	Jul 18-Jul 22	\$153/\$174
2934.106	M-F	8:00am-4:00pm	Jul 25-Jul 29	\$153/\$174
2934.107	M-F	8:00am-4:00pm	Aug 1-Aug 5	\$153/\$174
2934.108	M-F	8:00am-4:00pm	Aug 8-Aug 12	\$153/\$174



LAKE POWAY DAY CAMP CIT

AGES 13-17

Calling all teens! Get ready to have a blast this summer with the Lake Poway Day Camp Counselor in Training (CIT) program! Each week, CIT's will lead campers in boating, fishing, hiking, games, attend exciting field trips, and more! This unique program provides CIT's the opportunity to build relationships and improve leadership and communication skills all while enjoying the adventure of camp! Extended care is available from 4:00-5:30pm, free of charge.

INFORMATION: poway.org/daycamp or (858) 668-4776

CLASS #	DAY	TIME	DATES	R/NR FEE
2935.100	M-F	8:00am-4:00pm	Jun 13-Jun 17	\$97/\$118
2935.101	M-F	8:00am-4:00pm	Jun 20-Jun 24	\$97/\$118
2935.102	M-F	8:00am-4:00pm	Jun 27-Jul 1	\$97/\$118
2935.103	TU-F	8:00am-4:00pm	Jul 5-Jul 8	\$78/\$99
2935.104	M-F	8:00am-4:00pm	Jul 11-Jul 15	\$97/\$118
2935.105	M-F	8:00am-4:00pm	Jul 18-Jul 22	\$97/\$118
2935.106	M-F	8:00am-4:00pm	Jul 25-Jul 29	\$97/\$118
2935.107	M-F	8:00am-4:00pm	Aug 1-Aug 5	\$97/\$118
2935.108	M-F	8:00am-4:00pm	Aug 8-Aug 12	\$97/\$118

Come Join Us for Lunch!

SUMMER CAMP LUNCH HOUR

ALL AGES



Create a full-day camp experience by taking advantage of Summer Camp Lunch Hour! Participants who register for a morning half-day camp and an afternoon half-day camp during the same week in the same location (does not have to be in the exact same area/room), can register for

Summer Camp Lunch Hour. Locations include: Community Park, Meadowbrook, and Twin Peaks. Participants will be supervised by staff and will be escorted to and from camp areas/rooms. All participants should bring a sack lunch and water to camp each day.

CLASS #	DAY	TIME	DATES	FEE
5003.100	M-F	12:00-1:00pm	Jun 13-Jun 17	\$25
5003.101	M-F	12:00-1:00pm	Jun 20-Jun 24	\$25
5003.102	M-F	12:00-1:00pm	Jun 27-Jul 1	\$25
5003.103	TU-F	12:00-1:00pm	Jul 5-Jul 8	\$20
5003.104	M-F	12:00-1:00pm	Jul 11-Jul 15	\$25
5003.105	M-F	12:00-1:00pm	Jul 18-Jul 22	\$25
5003.106	M-F	12:00-1:00pm	Jul 25-Jul 29	\$25
5003.107	M-F	12:00-1:00pm	Aug 1-Aug 5	\$25
5003.108	M-F	12:00-1:00pm	Aug 8-Aug 12	\$25



Sports Camps



INTRODUCTION TO FENCING

AGES 8-14

En Garde! Ready? Fence! Team Touche's fencing camp is a week of fun and engaging lessons in fencing that are sure to strengthen muscle and develop speed as participants learn to swing, carve, and strike with child-friendly fencing equipment. Equipment provided for camp use.

INSTRUCTOR: Team Touche

LOCATION: Community Park, Oak Hall East

CLASS #	DAY	TIME	DATES	R/NR FEE
6006.100	M-F	1:00-4:00pm	Jul 18-Jul 22	\$215/\$226
6006.101	M-F	9:00am-12:00pm	Aug 8-Aug 12	\$215/\$226

SOCCER SHOTS

AGES 3-8

Soccer Shots is all about getting young athletes excited about taking risks and creating confidence with the ball. Our professionally-trained, child-development experts teach Soccer Shots character traits, as well as soccer skills. Our goal is to have participants succeed on the soccer field and beyond the game!

INSTRUCTOR: Soccer Shots

LOCATION: Hilleary Soccer Field

CLASS #	DAY	TIME	DATES	R/NR FEE
6010.100	M-F	9:00am-12:00pm	Jun 27-Jul 1	\$170/\$181*
6010.101	M-F	9:00am-12:00pm	Jul 11-Jul 15	\$170/\$181*
6010.102	M-F	9:00am-12:00pm	Aug 8-Aug 12	\$170/\$181*

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

FIT KIDS AMERICA: MULTI-SPORT

AGES 5-12

Having trouble deciding which sport camp to choose? Never get bored in this multi-sport camp. Experience the fun of trying out a new sport every day 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: Hilleary Soccer Field

CLASS #	DAY	TIME	DATES	R/NR FEE
6016.100	M-F	9:00am-12:00pm	Jun 13-Jun 17	\$188/\$199
6016.101	M-F	9:00am-12:00pm	Jun 20-Jun 24	\$188/\$199
6016.102	M-F	9:00am-12:00pm	Jul 18-Jul 22	\$188/\$199
6016.103	M-F	9:00am-12:00pm	Aug 1-Aug 5	\$188/\$199

NEW! FIT KIDS AMERICA: VOLLEYBALL**AGES 7-12**

This camp is designed to help players learn and develop a basic understanding of volleyball. Participants learn the skills of serving, passing, setting, attacking, and blocking. Instruction also includes tactical skills of volleyball offensive and defensive play, as well as the rules and scoring.

INSTRUCTOR: Fit Kids America**LOCATION:** Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
6016.104	M-F	9:00am-12:00pm	Jun 27-Jul 1	\$188/\$199

ARCHERY**AGES 7-17**

Come enjoy a fun-filled week of archery! Learn archery basics and shoot with surprising accuracy in this week-long camp. Instructor works with participants at their individual skill level, making this camp perfect for beginners and skilled archers alike. Please do not bring personal equipment; equipment provided for camp use.

INSTRUCTOR: Rick Harper**LOCATION:** Lake Poway, Archery Range

CLASS #	DAY	TIME	DATES	R/NR FEE
6011.100	M-F	8:00-9:30am	Jun 13-Jun 17	\$75/\$86*
6011.101	M-F	10:00-11:30am	Jun 13-Jun 17	\$75/\$86*
6011.102	M-F	8:00-9:30am	Jun 20-Jun 24	\$75/\$86*
6011.103	M-F	10:00-11:30am	Jun 20-Jun 24	\$75/\$86*
6011.104	M-F	8:00-9:30am	Jun 27-Jul 1	\$75/\$86*
6011.105	M-F	10:00-11:30am	Jun 27-Jul 1	\$75/\$86*
6011.106	M-F	8:00-9:30am	Jul 11-Jul 15	\$75/\$86*
6011.107	M-F	10:00-11:30am	Jul 11-Jul 15	\$75/\$86*
6011.108	M-F	8:00-9:30am	Jul 18-Jul 22	\$75/\$86*
6011.109	M-F	10:00-11:30am	Jul 18-Jul 22	\$75/\$86*
6011.110	M-F	8:00-9:30am	Jul 25-Jul 29	\$75/\$86*
6011.111	M-F	10:00-11:30am	Jul 25-Jul 29	\$75/\$86*
6011.112	M-F	8:00-9:30am	Aug 1-Aug 5	\$75/\$86*
6011.113	M-F	10:00-11:30am	Aug 1-Aug 5	\$75/\$86*
6011.114	M-F	8:00-9:30am	Aug 8-Aug 12	\$75/\$86*
6011.115	M-F	10:00-11:30am	Aug 8-Aug 12	\$75/\$86*

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

**SKATEBOARDING & SWIM****AGES 5-13**

Skateboarders of all levels are invited to come build your ramp skills, develop tricks, learn safety techniques, meet guest pros, and make new friends! All participants MUST have a helmet, elbow pads, and knee pads each day. Bring a skateboard or contact the instructor for options prior to the first day. After lunch, participants cool off with free swim in the pool.

INSTRUCTOR: SD Skatelite, Andrew Barbosa:
Andrew@sdskatelite.com**LOCATION:** Community Park, Skate Park**Half Day: Skateboarding**

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.100	M-F	9:00am-12:00pm	Jun 13-Jun 17	\$165/\$176
6004.101	M-F	9:00am-12:00pm	Jun 20-Jun 24	\$165/\$176
6004.102	TU-F	9:00am-12:00pm	Jul 5-Jul 8	\$135/\$146
6004.103	M-F	9:00am-12:00pm	Jul 11-Jul 15	\$165/\$176
6004.104	M-F	9:00am-12:00pm	Jul 25-Jul 29	\$165/\$176
6004.105	M-F	9:00am-12:00pm	Aug 8-Aug 12	\$165/\$176

Full Day: Skateboarding & Free Swim

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.106	M-F	9:00am-3:00pm	Jun 13-Jun 17	\$250/\$261*
6004.107	M-F	9:00am-3:00pm	Jun 20-Jun 24	\$250/\$261*
6004.108	TU-F	9:00am-3:00pm	Jul 5-Jul 8	\$200/\$211*
6004.109	M-F	9:00am-3:00pm	Jul 11-Jul 15	\$250/\$261*
6004.110	M-F	9:00am-3:00pm	Jul 25-Jul 29	\$250/\$261*
6004.111	M-F	9:00am-3:00pm	Aug 8-Aug 12	\$250/\$261*

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

SWIM & TENNIS**AGES 8-14**

This camp consists of court etiquette, scoring system, footwork drills, forehand and backhand groundstroke drills, volley drills, serving drills, games, doubles strategy, court positioning, and conditioning. These techniques are designed to form a well-rounded tennis enthusiast with enhanced abilities. After lunch, participants cool off with free swim in the pool.

INSTRUCTOR: Art Christophiades**LOCATION:** Community Park, Tennis Courts

CLASS #	DAY	TIME	DATES	R/NR FEE
6000.100	M-F	9:00am-3:00pm	Jun 13-Jun 17	\$150/\$161*
6000.101	M-F	9:00am-3:00pm	Jun 20-Jun 24	\$150/\$161*
6000.102	M-F	9:00am-3:00pm	Jun 27-Jul 1	\$150/\$161*
6000.103	TU-F	9:00am-3:00pm	Jul 5-Jul 8	\$120/\$131*
6000.104	M-F	9:00am-3:00pm	Jul 11-Jul 15	\$150/\$161*
6000.105	M-F	9:00am-3:00pm	Jul 18-Jul 22	\$150/\$161*
6000.106	M-F	9:00am-3:00pm	Jul 25-Jul 29	\$150/\$161*
6000.107	M-F	9:00am-3:00pm	Aug 1-Aug 5	\$150/\$161*
6000.108	M-F	9:00am-3:00pm	Aug 8-Aug 12	\$150/\$161*

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

**GWYNN BASEBALL:
YOUTH BASEBALL CAMP**

AGES 7-14



Gwynn Baseball provides a safe, healthy, learning environment for athletes to develop their athletic skills. Participants watch demonstrations by professional staff and partake in drills covering hitting, infield and outfield play, base running, and pitching. We are dedicated to providing a fun and stimulating experience that will be remembered for years!

INSTRUCTOR: Gwynn Baseball Staff

LOCATION: Community Park, Ball Field East & West

Full Week:

CLASS #	DAY	TIME	DATES	R/NR FEE
6007.100	M-F	8:00am-2:00pm	Jun 20-Jun 25	\$300/\$311
	SA	10:00am-3:00pm		

Half Week:

CLASS #	DAY	TIME	DATES	R/NR FEE
6007.101	W/F	8:00am-2:00pm	Jun 22, 24, 25	\$225/\$236
	SA	10:00am-3:00pm		

One Day:

CLASS #	DAY	TIME	DATES	R/NR FEE
6007.102	SA	10:00am-3:00pm	Jun 25	\$75/\$86



MASTER SPORTS: ADVENTURE LASERTAG

AGES 8-13

Can you make it through basic training, conquer the obstacle course, and tackle rope swings? Participants learn to work as a team to prepare for new missions: protecting home base, capturing the enemy tank, and rescuing captured teammates! An advanced G14 laser tag system and a playing field that resembles a Hollywood set make this a one-of-a-kind camp experience!

INSTRUCTOR: Master Sports

LOCATION: Hilleary Soccer Field

CLASS #	DAY	TIME	DATES	R/NR FEE
6008.100	M-F	9:00am-3:00pm	Jul 25-Jul 29	\$225/\$236

MASTER SPORTS: XTREME INDOOR GAMES

AGES 6-12

This camp features our most popular game ever invented: Xtreme Dodgeball! Participants also enjoy classic indoor game favorites like capture the flag, line tag, ultimate football, indoor soccer, kick ball, home run derby, and much more. Prepare yourself for an action-packed week of indoor games!

INSTRUCTOR: Master Sports

LOCATION: Twin Peaks Multipurpose Center

Half Day:

CLASS #	DAY	TIME	DATES	R/NR FEE
6008.101	TU-F	9:00am-12:00pm	Jul 5-Jul 8	\$128/\$139

Full Day:

CLASS #	DAY	TIME	DATES	R/NR FEE
6008.102	TU-F	9:00am-3:00pm	Jul 5-Jul 8	\$172/\$183

LOCATION: Meadowbrook Gymnasium

Half Day:

CLASS #	DAY	TIME	DATES	R/NR FEE
6008.103	M-F	9:00am-12:00pm	Jul 18-Jul 22	\$160/\$171

Full Day:

CLASS #	DAY	TIME	DATES	R/NR FEE
6008.104	M-F	9:00am-3:00pm	Jul 18-Jul 22	\$215/\$226





MASTER SPORTS: SKILL BUILDER BASKETBALL AGES 6-13

Build your physical and mental skills with this awesome camp that focuses on basketball essentials, giving every player the tools they need to succeed. Incorporated into the curriculum along with drills and games is the Fitlight Trainer, to train your brain and your game. Participants are divided into groups by skill and age to maximize their workouts and scrimmages. All participants receive a camp shirt.

INSTRUCTOR: Master Sports

LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
6008.105	M-F	9:00am-3:00pm	Jun 20-Jun 24	\$215/\$226
6008.106	M-F	9:00am-3:00pm	Aug 1-Aug 5	\$215/\$226

LOCATION: Twin Peaks Multipurpose Center

CLASS #	DAY	TIME	DATES	R/NR FEE
6008.107	M-F	9:00am-3:00pm	Jul 11-Jul 15	\$215/\$226

NEW! MASTER SPORTS: SWIM & SPORTS AGES 6-12

Everyday feels like a field trip without ever having to go anywhere! Enjoy non-stop, activity-filled days that include traditional sports, Xtreme Dodgeball, Rally Pedal Kart Racing, Laser Tag, and so much more! After lunch, participants cool off with free swim in the pool, except on Tuesdays.

INSTRUCTOR: Master Sports

LOCATION: Community Park, Open Play Area

CLASS #	DAY	TIME	DATES	R/NR FEE
6008.108	M-F	9:00am-3:00pm	Jun 13-Jun 17	\$250/\$261*
6008.109	M-F	9:00am-3:00pm	Jun 20-Jun 24	\$250/\$261*
6008.110	M-F	9:00am-3:00pm	Jun 27-Jul 1	\$250/\$261*
6008.111	TU-F	9:00am-3:00pm	Jul 5-Jul 8	\$200/\$211*
6008.112	M-F	9:00am-3:00pm	Jul 11-Jul 15	\$250/\$261*
6008.113	M-F	9:00am-3:00pm	Jul 18-Jul 22	\$250/\$261*
6008.114	M-F	9:00am-3:00pm	Jul 25-Jul 29	\$250/\$261*
6008.115	M-F	9:00am-3:00pm	Aug 1-Aug 5	\$250/\$261*
6008.116	M-F	9:00am-3:00pm	Aug 8-Aug 12	\$250/\$261*

*\$12 materials fee due on the first day of camp

NEW! BEGINNER GYMNASTICS

AGES 4-10

Jump, spin, swing, balance, tumble, play, and more! Participate in noncompetitive gymnastics, energizing fitness games, and themed fun that motivates and excites your gymnast all summer long! Each camp is uniquely designed to teach gymnastics fundamentals while keeping participants moving and active. With an overall emphasis on physical development and personal success, this camp is action packed! Please wear comfortable clothes or a leotard with no snaps, zippers, or buttons.

INSTRUCTOR: My Gym Poway

LOCATION: Twin Peaks Multipurpose Center

CLASS #	DAY	TIME	DATES	R/NR FEE
6017.100	M-F	9:00am-12:00pm	Jun 20-Jun 24	\$200/\$211
6017.101	M-F	9:00am-12:00pm	Jul 25-Jul 29	\$200/\$211
6017.102	M-F	9:00am-12:00pm	Aug 1-Aug 5	\$200/\$211

LOCATION: Community Park, Oak Hall East

CLASS #	DAY	TIME	DATES	R/NR FEE
6017.103	M-F	9:00am-12:00pm	Jul 11-Jul 15	\$200/\$211



Dance Camps

CHEERLEADING, DANCE & TUMBLE AGES 4-14

Learn the fundamentals of cheerleading and dance technique including: stretches, jumps/kicks, cheers, sideline dances, beginner stunting and tumbling, and a full routine, all of which are performed for families on the last day! FUN cheer-themed arts and crafts include: decorate your own hair bow, cheer camp t-shirt, water bottles, spirit sticks, posters, and more.

INSTRUCTOR: Charlene's Dance & Cheer: charlenesdance.com

LOCATION: Community Park, Willow Room 303

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
5703.100	8-14	M-F	9:00am-12:00pm	Jun 13-Jun 17	\$180/\$191
5703.101	4-10	M-F	9:00am-12:00pm	Jun 27-Jul 1	\$180/\$191
5703.102	4-10	M-F	1:00-4:00pm	Jul 18-Jul 22	\$180/\$191
5703.103	4-10	M-F	1:00-4:00pm	Aug 8-Aug 12	\$180/\$191

DANCING FAIRYTALE PRINCESSES AGES 3-8

All dancers in the kingdom are invited to spend a week of dance and enchantment with some of our favorite fairytale princesses! Learn ballet, tap, tumbling, and jazz dances to beloved songs from "Under the Sea" all the way to "Neverland" and more. A daily "royal" sparkly craft included. Fairy princess-themed attire encouraged; tap and ballet shoes required.

INSTRUCTOR: Debbora Childress:
contact@msdebborasschoolofdance.com

LOCATION: Ms. Debbora's School of Dance:
14005-B Midland Road

CLASS #	DAY	TIME	DATES	R/NR FEE
5700.100	M-F	9:30am-12:00pm	Jul 11-Jul 15	\$135/\$146
5700.101	M-F	9:30am-12:00pm	Aug 1-Aug 5	\$135/\$146

DANCING FAIRIES & UNICORNS! AGES 3-8

Let's dance with fairies and unicorns during this whimsical week of magical fun! We'll tip-toe through the garden, wiggle and tumble with fairies, and twirl and tap with unicorns. A daily "magical" sparkly craft included! Magical fairy and unicorn-themed attire encouraged; tap and ballet shoes required.

INSTRUCTOR: Debbora Childress:
contact@msdebborasschoolofdance.com

LOCATION: Ms. Debbora's School of Dance:
14005-B Midland Road

CLASS #	DAY	TIME	DATES	R/NR FEE
5700.102	M-F	9:30am-12:00pm	Jul 25-Jul 29	\$135/\$146

Wear dance attire and/or comfortable clothes and shoes. On Friday, participants show off their talents and creations to family and friends.

DANCE TO EVOLVE: CALLING ALL SUPERHEROES AGES 3-7

It's a bird, it's a plane, it's a dancing superhero! Superheroes show-off their hip hop dancing powers in this camp that includes a hip hop class, art projects, a superhero skit, and games.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com

LOCATION: Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
5702.100	M-F	9:00am-12:00pm	Jul 11-Jul 15	\$189/\$200

NEW! DANCE TO EVOLVE: SO YOU THINK YOU CAN DANCE AGES 7-13

Learn the most popular dance genres on TV! Participants are the decision makers by exploring various dance styles, choreography, music selection, show management, and art and costume design.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com

LOCATION: Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
5702.101	M-F	9:00am-12:00pm	Jul 18-Jul 22	\$189/\$200

NEW! DANCE TO EVOLVE: JUNGLE SAFARI AGES 4-8

Lions and Tigers and Bears, OH MY! 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. Embark on an adventure with animal crafts, soaring songs, wildly fun activities, and by dancing your way through the jungle.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com

LOCATION: Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
5702.102	M-F	9:00am-12:00pm	Jul 25-Jul 29	\$189/\$200

DANCE TO EVOLVE: RAINBOW UNICORN AGES 3-7

Dance, leap, and soar to create a true unicorn experience! With glittery crafts, rainbow-filled activities, mystical songs, and more, participants stay magically moving all week long!

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com

LOCATION: Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
5702.103	M-F	9:00am-12:00pm	Aug 1-Aug 5	\$189/\$200

NEW! DANCE TO EVOLVE: THE WORLD TOUR AGES 4-8

Join this exciting world tour! Dance to music from around the world as heard in your dancer's favorite movies. During their daily travels, participants discover energizing dances, fun games, and themed arts and crafts along the way.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com

LOCATION: Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
5702.104	M-F	9:00am-12:00pm	Aug 8-Aug 12	\$189/\$200

Creative Arts Camps



BEST OF BROADWAY & DISNEY AGES 7-14

Let's perform songs and scenes from your favorite shows! Develop skills in both acting and improv, take a fantastic dance class, and dive into vocal technique. We'll create a script together using our favorite musical theatre songs and perform our show on the last day of camp.

INSTRUCTOR: Catherine Colby

LOCATION: Poway Center for the Performing Arts:
15498 Espola Road

CLASS #	DAY	TIME	DATES	R/NR FEE
5803.100	M-F	9:00am-12:00pm	Jul 11-Jul 15	\$165/\$176*
5803.101	M-F	9:00am-12:00pm	Jul 25-Jul 29	\$165/\$176*
5803.102	M-F	9:00am-12:00pm	Aug 1-Aug 5	\$165/\$176*

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



NEW! ACTING & IMPROV AGES 7-16

Learn the secrets to sparkle onstage! Influenced by Viola Spolin's philosophy of imaginative play, we play fun acting games that focus on creating a character, telling a story, staging, acting technique, and more! Laugh and learn while we develop confidence and creativity! Beginners to advanced actors welcome!

INSTRUCTOR: Catherine Colby

LOCATION: Poway Center for the Performing Arts:
15498 Espola Road

CLASS #	DAY	TIME	DATES	R/NR FEE
5803.103	M-F	9:00am-12:00pm	Jun 27-Jul 1	\$150/\$161*
5803.104	M-F	9:00am-12:00pm	Jul 18-Jul 22	\$150/\$161*

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

CINEMATOGRAPHY

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-Pro®, gimbals, and drones. Digital cameras and equipment provided for camp use.



INSTRUCTOR: Children's Film Academy: Valente Aranda

LOCATION: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
5806.100	M-F	1:00-4:00pm	Jun 20-Jun 24	\$205/\$216
5806.101	M-F	1:00-4:00pm	Jun 27-Jul 1	\$205/\$216

PHOTOGRAPHY

AGES 9-15

Express your creativity through photography! Participants create a portfolio, learning how to organize each picture to fully showcase it. Participants learn about lighting, glare, angles, cropping, framing, editing, and other details that can make a photo the best it can be! Cameras provided for camp use.

INSTRUCTOR: Arimaw Productions: info@arimaw.com

LOCATION: Old Poway Park, Templars Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
5800.102	M-F	9:00am-12:00pm	Jun 20-Jun 24	\$155/\$166

NEW! DIGITAL MUSIC

AGES 9-16

Do you have ideas on how to make current songs sound even more awesome? Make your own rhythm by mixing songs and beats! Participants learn how to use music software, DJ software, and turntables to tweak timing and sound effects. Please Note: songs created at camp are for personal use only.

INSTRUCTOR: Arimaw Productions: info@arimaw.com

LOCATION: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
5800.103	M-F	1:00-4:00pm	Aug 8-Aug 12	\$140/\$151





Art Camps

NEW! GET SMART WITH ART: PAINTING LIKE THE MASTERS AGES 6-12

Paint, sculpt, print, draw, and explore unusual art materials. Learn about famous artists and their artwork as you create your own works of art inspired by their masterpieces. This class develops creativity and imagination as well as learning skills. All materials provided.

INSTRUCTOR: Ms. Vivian

LOCATION: Community Park, Willow Room 306

CLASS #	DAY	TIME	DATES	R/NR FEE
6505.100	M-F	1:00-4:00pm	Jun 20-Jun 24	\$150/\$161
6505.101	M-F	1:00-4:00pm	Jul 11-Jul 15	\$150/\$161
6505.102	M-F	1:00-4:00pm	Jul 25-Jul 29	\$150/\$161
6505.103	M-F	1:00-4:00pm	Aug 1-Aug 5	\$150/\$161

ART SMARTS AGES 5-16

USING A POSITIVE UPLIFTING ENVIRONMENT of creativity, we generate the “wow factor” while drawing and painting using a variety of mediums, including colored pencils, oil pastels, watercolors, aqua crayons, and watercolor pencils. All materials are provided.

INSTRUCTOR: Art Smarts

LOCATION: Community Park, Willow Room 306

NEW! ART SMARTS: ANIMAL DRAWING & PAINTING ART CAMP AGES 5-16

There are so many animals to choose from—which will you draw and paint?

CLASS #	DAY	TIME	DATES	R/NR FEE
6508.100	M-F	9:00am-12:00pm	Jun 13-Jun 17	\$225/\$236
6508.101	M-F	9:00am-12:00pm	Jun 27-Jul 1	\$225/\$236
6508.102	M-F	9:00am-12:00pm	Jul 18-Jul 22	\$225/\$236
6508.103	M-F	9:00am-12:00pm	Aug 1-Aug 5	\$225/\$236

NEW! ART SMARTS: CARTOONS, COMICS, MANGA/ANIME & PORTRAITS AGES 5-16

Have fun drawing your own portrait, cartoon and comic book characters, and some Japanese wide-eyed manga and anime.

CLASS #	DAY	TIME	DATES	R/NR FEE
6508.104	TU-F	9:00am-12:00pm	Jul 5-Jul 8	\$180/\$196

NEW! ART SMARTS: DRAWING & PAINTING ART CAMP AGES 5-16

Draw a stuffed animal (that you get to take home), flowers, landscapes, and more!

CLASS #	DAY	TIME	DATES	R/NR FEE
6508.105	M-F	9:00am-12:00pm	Jun 20-Jun 24	\$225/\$236
6508.106	M-F	9:00am-12:00pm	Jul 11-Jul 15	\$225/\$236
6508.107	M-F	9:00am-12:00pm	Jul 25-Jul 29	\$225/\$236
6508.108	M-F	9:00am-12:00pm	Aug 8-Aug 12	\$225/\$236

Technology Camps

NEW! MOVIES BY KIDS: ACTION MOVIE WORKSHOP AGES 7-13

Are you a big fan of fast-paced movies loaded with action-packed scenes? In this exciting Workshop, participants write, direct, and produce your own action sequence for the camera featuring stunt-fight training and film choreography. That’s not all, wait until your footage hits the editing room where we dub in sizzling sound effects and voice-overs. Lights, camera, ACTION! All projects will be available to download online.

INSTRUCTOR: Movies by Kids

LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
6602.100	M-F	9:00am-12:00pm	Jun 20-Jun 24	\$180/\$191*

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

NEW! MOVIES BY KIDS: LEGO® MOVIE AGES 7-13

Get ready to take your fascination with LEGOS® to the next level! The ideas will be yours, the sets will be built by you, and you will operate all the equipment to bring your masterpiece to the big screen. Just like in the blockbuster hit, “The Lego® Movie” you will be using the art of Stop-Motion-Animation! All projects will be available to download online.

INSTRUCTOR: Movies by Kids

LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
6602.101	M-F	1:00-4:00pm	Jun 20-Jun 24	\$180/\$191*

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

MOVIES BY KIDS: LIGHTS, CAMERA, ACTION! AGES 7-13

Are you ready to make a movie where you’re the writer, director, and star? Team up and create a story idea, storyboard it, and then film it. Experience the ultimate creativity from the first call of “action” to “that’s a wrap”! Come join the fun of making movies from beginning to end. All projects will be available to download online.

INSTRUCTOR: Movies by Kids

LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
6602.102	M-F	9:00am-12:00pm	Jul 18-Jul 22	\$180/\$191*

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



**MOVIES BY KIDS:
MINECRAFT MOVIES**

AGES 7-13

Do you love Minecraft? Come join us and design a Minecraft world using LEGOS®, create crazy Minecraft mini figures, and utilize smart devices to create your own Minecraft movie. You'll even create voices for all of your characters, design monsters, creepers, or your own personal hero to tackle the incredible environment you create. All projects will be available to download online.

INSTRUCTOR: Movies by Kids
LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
6602.103	M-F	1:00-4:00pm	Jul 18-Jul 22	\$180/\$191*

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

**INTRO TO STEM WITH
LEGO® MATERIALS**

AGES 5-9

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Tunnel Boring Machines, Stilt Houses, and Teacup Rides. Design and build as never before, and explore your craziest ideas in a supportive environment.



INSTRUCTOR: Play-Well TEKologies
LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
6600.100	M-F	9:00am-12:00pm	Jun 20-Jun 24	\$187/\$198

**MINECRAFT ENGINEERING WITH
LEGO® MATERIALS**

AGES 5-9

Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor.

INSTRUCTOR: Play-Well TEKologies
LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
6600.101	M-F	1:00-4:00pm	Jun 20-Jun 24	\$187/\$198

**INTRO TO STEM & MINECRAFT ENGINEERING
WITH LEGO® MATERIALS**

AGES 5-9

SIGN UP FOR BOTH Play-Well TEKologies camps at a discounted rate! Bring a sack lunch to camp each day.

INSTRUCTOR: Play-Well TEKologies
LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
6600.102	M-F	9:00am-4:00pm	Jun 20-Jun 24	\$355/\$366

**NEW! SUPER HERO ENGINEERING
WITH LEGO® MATERIALS**

AGES 5-9

Save the world with LEGO® Super Heroes! Enter the Phantom Zone, travel on Wonder Woman's Invisible Jet, and face off against Galactus. Create motorized and architectural projects with imagination and engineering to bring your super powers to life.



INSTRUCTOR: Play-Well TEKologies
LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
6600.103	M-F	9:00am-12:00pm	Jun 27-Jul 1	\$187/\$198

NEW! JEDI WITH LEGO® MATERIALS

AGES 5-9

Get ready to embark on your LEGO® journey in the Star Wars universe as you construct the Ewok Village on Endor, fly through space on our X-Wings, and defend the Echo Base on Hoth. Come explore a galaxy far, far away with the help of an experienced Play-Well instructor and learn which "Force" is actually with us!

INSTRUCTOR: Play-Well TEKologies
LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
6600.104	M-F	1:00-4:00pm	Jun 27-Jul 1	\$187/\$198



**NEW! SUPER HERO ENGINEERING
& JEDI WITH LEGO® MATERIALS**

AGES 5-9

SIGN UP FOR BOTH Play-Well TEKologies camps at a discounted rate! Bring a sack lunch to camp each day.

INSTRUCTOR: Play-Well TEKologies
LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
6600.105	M-F	9:00am-4:00pm	Jun 27-Jul 1	\$355/\$366

**NEW! ANIMAL ADVENTURES
WITH LEGO® MATERIALS**

AGES 5-9

Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.

INSTRUCTOR: Play-Well TEKologies

LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
6600.106	M-F	9:00am-12:00pm	Jul 11-Jul 15	\$187/\$198

**NEW! ENCHANTED ENGINEERING
WITH LEGO® MATERIALS**

AGES 5-9

Come join our fun and knowledgeable Play-Well Instructors as we use LEGO® materials to build and interact with our favorite fairy tales! Help Cinderella make it back before midnight, fly with Peter Pan and the Lost Boys, and ensure Alice outwits the Queen of Hearts. All we need is your creativity and a little magic to bring it all to life!

INSTRUCTOR: Play-Well TEKologies

LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
6600.107	M-F	1:00-4:00pm	Jul 11-Jul 15	\$187/\$198

**NEW! ANIMAL ADVENTURES & ENCHANTED
ENGINEERING WITH LEGO® MATERIALS**

AGES 5-9

SIGN UP FOR BOTH Play-Well TEKologies camps at a discounted rate! Bring a sack lunch to camp each day.

INSTRUCTOR: Play-Well TEKologies

LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
6600.108	M-F	9:00am-4:00pm	Jul 11-Jul 15	\$355/\$366

ROBOTICS USING LEGO® WEDO

AGES 7-10

Build and program robots in this introductory robotics class using the LEGO® WeDo System. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young robotics enthusiasts for our more advanced robotics programs.

INSTRUCTOR: Play-Well TEKologies

LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
6600.109	M-F	9:00am-12:00pm	Jul 18-Jul 22	\$205/\$216

Tap into your imagination with tens of thousands of LEGOS®!



ROBOTICS USING LEGO® EV3

AGES 10-14

Build and program robots using the new LEGO® Mindstorms EV3 system! Learn about mechanical and software design, loops, problem solving, and teamwork skills. Work in groups, program and build your robot, and rise to the challenge! Control the robot to avoid obstacles, move objects, and play sounds.

INSTRUCTOR: Play-Well TEKologies

LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
6600.110	M-F	1:00-4:00pm	Jul 18-Jul 22	\$205/\$216

MOVIE MAKERS

AGES 9-17

This hands-on, interactive camp instructs participants in the world of digital video design and production. Participants film, direct, and edit their own digital video creations. Get ready to amaze your peers with green screen and special effects skills!

INSTRUCTOR: Youth Tech, Inc.: youthtechinc.com

LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
6601.100	M-TH	9:00am-12:00pm	Jun 27-Jun 30	\$155/\$166*

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

VIDEO GAME DESIGN

AGES 10-17

This camp provides participants with a fun, interactive look at the world of video game design and development. Participants enrolled in this camp learn the basics of video game design and produce several different interactive video games to share with their friends and family.

INSTRUCTOR: Youth Tech, Inc.: youthtechinc.com

LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
6601.101	M-TH	1:00-4:00pm	Jun 27-Jun 30	\$170/\$181*

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

NEW! iCODE

AGES 6-12

This camp offers younger participants a fun, interactive look at coding. Create virtual apps and write your own programs that you can share with friends and family. This camp makes learning to code fun and explores problem solving and programming logic.

INSTRUCTOR: Youth Tech, Inc.: youthtechinc.com

LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
6601.102	TU-F	9:00am-12:00pm	Jul 5-Jul 8	\$155/\$166*

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

IGAME CREATORS**AGES 6-10**

Want to create video games? This is an introductory camp for younger participants who want to learn to build simple video games. This camp combines the art of video game design and animation to create interactive characters that fly around the screen. Amaze your friends and family with your fun, interactive games!

INSTRUCTOR: Youth Tech, Inc.: youthtechinc.com
LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
6601.103	TU-F	1:00-4:00pm	Jul 5-Jul 8	\$155/\$166*

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

NEW! ARCADE GAMES-ESPORTS**AGES 6-12**

This camp gives participants a look at online game development and puts them in the driver's seat of simple game creation. Develop online games including arcade style, platform, and other interactive games that you can publish and share online. Participants will also use their games in an eSport setting and compete like real gamers.

INSTRUCTOR: Youth Tech, Inc.: youthtechinc.com
LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
6601.104	M-TH	9:00am-12:00pm	Jul 11-Jul 14	\$150/\$161*

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

APPLICATION DESIGN**AGES 9-17**

This camp offers participants a hands-on look at the world of application design and development. Participants design their own app, which can be shared with friends and family with an Apple or Android device.

INSTRUCTOR: Youth Tech, Inc.: youthtechinc.com
LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
6601.105	M-TH	1:00-4:00pm	Jul 11-Jul 14	\$160/\$171*

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

**GRAPHIC DESIGN****AGES 9-17**

This camp covers the basics of digital imaging, as well as key concepts in the world of graphic design. Participants work with photos and learn how to manipulate images using powerful image editing software to create the image they envision.

INSTRUCTOR: Youth Tech, Inc.: youthtechinc.com
LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
6601.106	M-TH	9:00am-12:00pm	Jul 25-Jul 28	\$155/\$166*

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

ANIMATION**AGES 9-17**

In this camp, participants learn the basics of animation and digital design. Anyone who enjoys going to various sites to see fun, interactive animations will love this camp. This camp utilizes award-winning animation software and participants create amazing animations that they can share with the world.

INSTRUCTOR: Youth Tech, Inc.: youthtechinc.com
LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
6601.107	M-TH	1:00-4:00pm	Jul 25-Jul 28	\$160/\$171*

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

GAMERS PARADISE**AGES 6-15**

This is the ultimate camp for gamers who want to learn how to build and play. This camp is a combination of our most popular gaming camps. Participants design games using multiple platforms and create gaming experiences to share with friends and family.



INSTRUCTOR: Youth Tech, Inc.: youthtechinc.com
LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
6601.108	M-TH	9:00am-12:00pm	Aug 1-Aug 4	\$160/\$171*

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

ROBLOX STUDIO-PROGRAMMING & GAME DEVELOPMENT**AGES 9-15**

Calling all ROBLOX users! Join in with millions of gamers and immerse yourself in your own 3D world! ROBLOX Studio is a 3D-based program that uses physics, LUA programming, and individual creativity to build a world around you, and your avatar—unlike any other software. This camp guides participants through concepts such as beginner physics, LUA programming, and game development. Participants build and publish games to share with friends and family!

INSTRUCTOR: Youth Tech, Inc.: youthtechinc.com
LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
6601.109	M-TH	1:00-4:00pm	Aug 1-Aug 4	\$165/\$176*

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

Science Camps

WONDERS! 50 EXPERIMENT SCIENCE CAMPS

THESE SCIENCE CAMPS are hands-on fun from beginning to end! Participants engage in 50 different hands-on experiments each week.

INSTRUCTOR: Wonders! Science and Math

LOCATION: Community Park, Oak Hall East

WONDERS! CAMP 1

AGES 4-12

Experiments include: build electric bottles, make balloon-helicopters, make glow-in-the-dark rising and falling octopi, create UV detectors, build rock collections, put together amazing slimes, make a rubber-band sponge rocket, design invisible inks, fire rocket balloons, and much more.

CLASS #	DAY	TIME	DATES	R/NR FEE
6402.100	M-TH	9:00am-12:00pm	Jun 13-Jun 16	\$150/\$161*

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

WONDERS! CAMP 2

AGES 4-12

Experiments include: make gold pennies, experiment with glowing rocks and amazing super-magnets, mix incredible slime collections, mold candles, create surfboard styrofoam, make sounds appear out of nowhere, work hovercrafts, make underwater candles and high-powered marshmallow guns, crush cans with air pressure, and much more.

CLASS #	DAY	TIME	DATES	R/NR FEE
6402.101	M-TH	1:00-4:00pm	Jun 13-Jun 16	\$150/\$161*

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

WONDERS! CAMP 3

AGES 4-12

Experiments include: make fantastic rockets that shoot over buildings, fire the ultimate candy cannon and fly hot air balloons, concoct incredible super slimes, launch potatoes, make tornados, create ultraviolet light detectors, experiment with dry ice, experiment with the fantastic Wonders! anti-gravity trays, make eerie glow-in-the-dark tubes, build clowns that rise and fall on command, and much more.

CLASS #	DAY	TIME	DATES	R/NR FEE
6402.102	M-TH	9:00am-12:00pm	Jun 20-Jun 23	\$150/\$161*

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

WONDERS! CAMP 4

AGES 4-12

Experiments include: ride real hover-crafts, write with fascinating invisible inks, grow crystal gardens, steer floating 60-foot solar blimps, make rock board collections, float hot air balloons, launch giant smoke rings 100 feet, set-off the ultimate geysers, build lava lamps, make glow-in-the-dark signs, grow fantastic crystals, cast T-Rex dinosaur fossils, and much more.



CLASS #	DAY	TIME	DATES	R/NR FEE
6402.103	M-TH	1:00-4:00pm	Jun 20-Jun 23	\$150/\$161*

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



WONDERS! CAMP 5

AGES 4-12

Experiments include: build planes that fly over tall buildings, make wolf tooth necklaces, create glow-in-the-dark styrofoam, form amazing super-balls, do never-seen-before dry ice experiments, construct electric buzzers and switches, build incredible candles, fire marshmallow cannons, and much more.

CLASS #	DAY	TIME	DATES	R/NR FEE
6402.104	M-TH	9:00am-12:00pm	Jun 27-Jun 30	\$150/\$161*

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

WONDERS! CAMP 6

AGES 4-12

Experiments include: ride real hovercrafts, launch amazing rockets, fire balloon rockets, collect fossils, make amazing plaster animal footprints, make camera paper, build crystals, split water, make penny centrifugal experiments, create foot-long lighting balls, split light, launch rockets, and much more.

CLASS #	DAY	TIME	DATES	R/NR FEE
6402.105	M-TH	1:00-4:00pm	Jun 27-Jun 30	\$150/\$161*

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

WONDERS! CAMP 7

AGES 4-12

Experiments include: collect alligator bones, make 3D glow-in-the-dark crystals, experiment with amazing piezoelectricity, make a candle collection, dig real fossils, experiment with lasers and fiber-optics, create amazing bouncing slimes, work fascinating UV experiments, fire the incredible wonders launcher, and much more.

CLASS #	DAY	TIME	DATES	R/NR FEE
6402.106	TU-F	9:00am-12:00pm	Jul 5-Jul 8	\$150/\$161*

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

WONDERS! NASA ROCKET CAMP!

AGES 4-12

Join Wonders! Science in an unforgettable exploration of the furthest reaches of the universe! Build and launch a nearly three-foot-tall rocket, experiment with the actual conditions found on the planets (super-cooled air and frozen gases), make paper airplanes that soar over buildings, fire turbo-charged rocket cars, launch a 60-foot solar blimp, eat astronaut treats, and much more.



CLASS #	DAY	TIME	DATES	R/NR FEE
6402.107	TU-F	1:00-4:00pm	Jul 5-Jul 8	\$150/\$161*

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

AMAZING SCIENCE: STAR WARS SCIENCE AGES 5-10

Feel the power of the “Force” with the science behind “Star Wars”: light energy, flight forces, crystals, star constellations, robots, and plasma energy! Make mini jet fighters, constellation viewers, walking robots, magnet Jedi fighters, a lightsaber, and more! Students of the “Force” use their learned science skills to perfect their Jedi Knight training skills. Participants take home two projects each day.

INSTRUCTOR: Gina Brown
LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
6403.100	M-F	9:00am-12:00pm	Jul 25-Jul 29	\$185/\$196*

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



NEW! MAD SCIENCE: ADVENTURES IN THE WILD AGES 6-13

Take a walk on the wild side as we explore animals, birds, bugs, and beast for an out-of-this-world adventure! Have some creepy, crawly fun building a bug house and fill it with new friends to take home. Explore the amazing ways animals adapt in the wilderness as you hunt down their tracks and make an animal track of your own.

INSTRUCTOR: Mad Science of San Diego
LOCATION: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
6400.100	M-F	9:00am-12:00pm	Jul 11-Jul 15	\$185/\$196*

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

NEW! MAD SCIENCE: OPERATION INVENTION AGES 6-13

Join Mad Science as we take junior inventors on a journey of discovery from the real-life inventions of da Vinci, Edison, and the Wright brothers to Isaac Asimov’s dreams of future inventions. With a little bit of ingenuity, participants will be challenged to recreate some of the most important and exciting inventions of all time, including catapults, bridges, circuits, and light bulbs!



INSTRUCTOR: Mad Science of San Diego
LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
6400.101	M-F	9:00am-12:00pm	Aug 8-Aug 12	\$185/\$196*

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

NEW! MAD SCIENCE: LITTLE GREEN THUMBS AGES 6-13



Step into the garden to learn about soil, seeds, and sprouts in this camp that’s sure to inspire your budding gardener. Examine fruits, vegetables, plants and leaves, and learn about the interesting variety of creatures that live in and help your garden grow. Jump through puddles, bathe in the sun and enjoy the cool breeze as you dig into the soil and grow in Mad Science!

INSTRUCTOR: Mad Science of San Diego
LOCATION: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
6400.102	M-F	9:00am-12:00pm	Jul 25-Jul 29	\$185/\$196*

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

NEW! MAD SCIENCE: ALL STARS AGES 6-13

Learn about famous scientists and inventors who were all-stars in their field. Follow in their footsteps as we equip you with the science skills needed to rise to the top. Together with the Mad Science All-Star team, you will build super structures, create a volcanic eruption, and examine rocks formed from volcanic magma. Soar high above as you build a kite and experiment with lift, aerodynamics and air pressure.

INSTRUCTOR: Mad Science of San Diego
LOCATION: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
6400.103	M-F	1:00-4:00pm	Jul 25-Jul 29	\$185/\$196*

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

NEW! MAD SCIENCE: JR. DETECTIVE AGES 6-13

Take a fascinating journey into the world of detection, forensics, and classified information. Learn code language to send secret messages as part of your mission. Use special spyglasses to help learn about surveillance and the important role it plays in security. Investigate a pretend crime scene and sift through clues to crack the case. As part of the Mad Science Bureau of Investigation, you will gain observation skills that are used by secret agents.



INSTRUCTOR: Mad Science of San Diego
LOCATION: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
6400.104	M-F	9:00am-12:00pm	Aug 1-Aug 5	\$185/\$196*

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

Special Interest Camps

NEW! CLICBITZ: SEWING BASICS

AGES 10-16

New to sewing or need a refresher? This course is for you! Learn the sewing basics—from the importance of following grainlines, to how to properly measure your body and read a pattern. Learn your way around a sewing machine and complete a pair of your very own homemade pajama pants, and a sewing sample book! Sewing machines provided or bring your own. No experience necessary. Materials included. However, if you'd like to use your own materials, please bring 2.5 metres of pre-washed flannel fabric.

INSTRUCTOR: Clicbitz San Diego

LOCATION: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
6603.100	M-F	9:00am-12:00pm	Jun 13-Jun 17	\$200/\$211*
6603.101	M-F	1:00-4:00pm	Jul 11-Jul 15	\$200/\$211*

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

NEW! CLICBITZ: FASHION DESIGN & SEWING

AGES 8-14

Design and sew your own clothing! Learn basic sewing techniques, practice design and drawing skills, and then bring your idea to life in a wearable work of art. Old denim and jean jackets will be upcycled into custom creations. Sewing machines provided or bring your own. Beginners Welcome!

INSTRUCTOR: Clicbitz San Diego

LOCATION: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
6603.102	M-F	1:00-4:00pm	Jun 13-Jun 17	\$200/\$211*
6603.103	M-F	9:00am-12:00pm	Aug 8-Aug 12	\$200/\$211*

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



JR. ZOOKEEPER

AGES 6-13

We share the earth with some really amazing animals! Jr. Zookeeper participants learn to love and appreciate some fascinating creatures found in our world. Build habitats, prepare diets, and get the unique opportunity to meet many of our animal companions. A perfect camp for nature lovers and future zookeepers.

INSTRUCTOR: Arimaw Productions: info@arimaw.com

LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
5900.100	M-F	1:00-4:00pm	Jun 13-Jun 17	\$175/\$186

LOCATION: Community Park, Oak Hall East

CLASS #	DAY	TIME	DATES	R/NR FEE
5900.101	M-F	9:00am-12:00pm	Jul 25-Jul 29	\$175/\$186

BASIC WOODSHOP

AGES 7-12



Participants learn how to use basic tools to make wonderful hand-crafted items such as book ends, toolboxes, bird houses, and more. All projects are painted, personalized, and taken home to treasure. Participants use only safe, age-appropriate hand tools.

INSTRUCTOR: Arimaw Productions: info@arimaw.com

LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
5900.102	M-F	9:00am-12:00pm	Jun 13-Jun 17	\$160/\$171
5900.103	TU-F	1:00-4:00pm	Jul 5-Jul 8	\$128/\$139

FISHING

AGES 8-12

Participants learn the fundamentals of fishing: how to put together the best line for the location and desired catch; how to safely handle a rod for your sake and those around you; and little tricks that better your chances of catching a fish! Don't have your own rod? No problem! While we encourage participants to bring their own rod, hooks, and other fishing gear, equipment is provided for camp use.

INSTRUCTOR: Arimaw Productions: info@arimaw.com

LOCATION: Lake Poway, Pavilion

CLASS #	DAY	TIME	DATES	R/NR FEE
5900.104	M-F	9:00am-12:00pm	Jul 18-Jul 22	\$150/\$161
5900.105	M-F	9:00am-12:00pm	Aug 8-Aug 12	\$150/\$161



FORT BUILDING**AGES 6-13**

Participants use their creativity and problem-solving skills as they work in teams to build forts to survive the environment of the day. Learn various types of knots and other building techniques to increase their odds of success in the environment challenges.

INSTRUCTOR: Arimaw Productions: info@arimaw.com**LOCATION:** Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
5900.106	TU-F	9:00am-12:00pm	Jul 5-Jul 8	\$128/\$139

LOCATION: Community Park, Oak Hall East

CLASS #	DAY	TIME	DATES	R/NR FEE
5900.107	M-F	9:00am-12:00pm	Aug 1-Aug 5	\$160/\$171

INTRODUCTION TO MYSTERIES OF MAGIC**AGES 6-13**

Learn all the skills you need to mystify an audience like a true magician! Participants are introduced to the arts of illusion, mind reading, prestidigitation, and sleight of hand! Unlock the powers of your voice, your hands, and your mind. On Friday, we put on a magic show for friends and family.

**INSTRUCTOR:** Arimaw Productions: info@arimaw.com**LOCATION:** Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
5900.108	TU-F	1:00-4:00pm	Jul 5-Jul 8	\$116/\$127

NEW! ITTY BITTY SMASH LAB CAMP**AGES 5-7**

Everyone knows that there's one thing kids are great at—destruction! In this camp, participants can channel their inner destructive nature and have a blast in the process! Build a variety of structures, tear them down, take apart electronic devices, look at how they work, put them back together, and smash them. Please wear clothes you don't mind getting messy.

INSTRUCTOR: Arimaw Productions: info@arimaw.com**LOCATION:** Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
5900.109	M-F	9:00am-12:00pm	Jul 18-Jul 22	\$160/\$171

SMASH LAB CAMP**AGES 7-14**

Work as a team to put together a variety of electronics and other structures and witness what happens when you SMASH them! Drop eggs, feathers, melons, and more, just to see what happens! This camp is the perfect combination of fun and learning for anyone interested in how things work. Please wear clothes you don't mind getting messy.

INSTRUCTOR: Arimaw Productions: info@arimaw.com**LOCATION:** Community Park, Willow Room 306

CLASS #	DAY	TIME	DATES	R/NR FEE
5900.110	M-F	1:00-4:00pm	Jul 18-Jul 22	\$160/\$171

**YOUNG ENGINEERS****AGES 5-11**

YOUNG ENGINEERS specializes in an experiential and challenging learning environment, with games and scientific experiments that visualize natural phenomena and the forces acting around them. Learn the engineering behind the machines we use every day and perform science experiments and art projects to take home! Participants build exciting, motorized LEGO® bricks models, reflecting STEM theories learned together!

INSTRUCTOR: Young Engineers of Greater San Diego**LOCATION:** Community Park, Willow Room 304**NEW! YOUNG ENGINEERS: TREASURE HUNTERS****AGES 5-11**

X marks the spot for this adventure! Explore the fun and games to find what lies at the end of the treasure hunt. Hint: You may need to an expert at rock, paper, scissors; or hit a bulls eye; or even come across Hansel and Gretel!

CLASS #	DAY	TIME	DATES	R/NR FEE
6905.100	M-F	9:00am-12:00pm	Jun 20-Jun 24	\$184/\$195

NEW! YOUNG ENGINEERS: ENGINEER ACADEMY**AGES 5-11**

Recruitment for Engineer Academy has begun! Become an all-star today through STEM. Uncover the concepts of molecules, illusions, secret codes, and more!

CLASS #	DAY	TIME	DATES	R/NR FEE
6905.101	M-F	9:00am-12:00pm	Jun 27-Jul 1	\$184/\$195

NEW! YOUNG ENGINEERS: SUPERHEROES**AGES 5-11**

A super camp that is dedicated to our favorite superheroes! Discover who is under the mask and explore their types of powers using science and Lego's!

CLASS #	DAY	TIME	DATES	R/NR FEE
6905.102	M-F	1:00pm-4:00pm	Jul 18-Jul 22	\$184/\$195

NEW! YOUNG ENGINEERS: ADVENTURE**AGES 5-11**

Join us on this adventure as we experience mental challenges through the exercise of finding creative solutions to problems. Participate in physical and sport challenges, while creating Lego constructions that can be used to make the obstacles easier.

CLASS #	DAY	TIME	DATES	R/NR FEE
6905.103	M-F	1:00pm-4:00pm	Aug 1-Aug 5	\$184/\$195



Challenge Island is where engineering meets imagination!

NEW! CHALLENGE ISLAND: ARCADE MANIA

AGES 6-12

This Kids-Choice Challenge Island adventure puts a 100% SCREEN-FREE STEAM twist on popular video games: From Super STEAMio to Island Blox to Mine Island to Fort Island to retro-inspired games like Space Aliens and Pinball Machines! You and your STEAM Team will swap game consoles for creativity and joysticks for ingenuity and imagination as you take on Islands of low-tech STEAM challenges created with game-loving kids in mind!

INSTRUCTOR: Challenge Island

LOCATION: Community Park, Willow Room 302

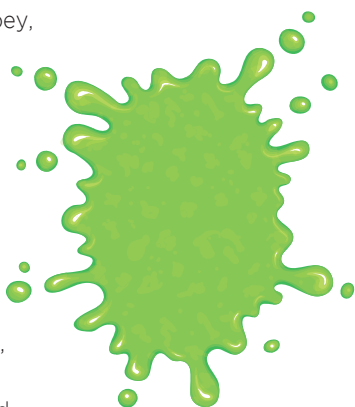
CLASS #	DAY	TIME	DATES	R/NR FEE
5903.100	M-F	1:00-4:00pm	Jun 13-Jun 17	\$189/\$200*

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

CHALLENGE ISLAND: SLIME-TOPIA

AGES 6-12

Introducing a brand new ooey, gooey, squishy, squashy, slime-drenched camp extravaganza! Learn the science behind the slime while you make different kinds of the addictively playful polymer. From butter to bubble; crunchy to munchy; and fluffy to foamy, we've got you and your tribe covered (in slime, that is). Don't miss out!



INSTRUCTOR: Challenge Island

LOCATION: Community Park, Willow Room 306

CLASS #	DAY	TIME	DATES	R/NR FEE
5903.101	M-F	1:00-4:00pm	Jun 27-Jul 1	\$189/\$200*

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

CHALLENGE ISLAND: SLIME SQUAD

AGES 6-12

A slime experience mixed with engineering adventure takes participants into a new slime-filled world every day—from alien ooze to ghostly goo to monster muck to lava, too. No matter how you squish, squeeze, or stretch it, this camp promises to be a blockbuster hit!

INSTRUCTOR: Challenge Island

LOCATION: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
5903.102	TU-F	1:00-4:00pm	Jul 5-Jul 8	\$156/\$167*

*\$24 materials fee due on the first day of camp



NEW! CHALLENGE ISLAND: STEAM TANK ENTREPRENEUR

AGES 6-12

Calling all innovative and inventive kids to an adventure in STEAM and entrepreneurship! You and your tribe design, create, and open a business every day: from SWEETrepreneur to SLIMEntrepreneur, to PETrepreneur, to HAUNTrepreneur. Can you convince the island sharks that your tribe's business belongs in the Challenge Island Mall? Don't miss out on this one-of-a-kind entrepreneurial experience!

INSTRUCTOR: Challenge Island

LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
5903.103	M-F	9:00am-12:00pm	Jul 25-Jul 29	\$189/\$200*

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

NEW! CHALLENGE ISLAND: SHARK CAMP™

AGES 6-12



STEAM + Reading = STREAM! This STREAMy camp brings The Bridge to Sharktooth Island, the first book in the Challenge Island series, to life! You and your STEAM Team will join book characters Daniel, Joy, Kimani, and Davinci on their Sharktooth Island adventures from bridge-building to pirate ship exploring to mixing up spectacular slime seas. You'll dive into the

fascinating world of SHARKS and tackle an ocean full of shark-inspired challenges! This FINtastic Camp is perfect for fans of the Challenge Island, Magic Tree House and Magic School Bus book series!

INSTRUCTOR: Challenge Island

LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
5903.104	M-F	9:00am-12:00pm	Aug 1-Aug 5	\$189/\$200*

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

Cooking Camps

COOKING ROUND THE WORLD is a fun and delicious way to introduce participants to food and cooking. Learn recipes from a chef and make two, themed dishes from scratch every day.

All fresh ingredients and cookware are included! The “ew” and “gross” around nutritious food is replaced with curiosity and tasting bravery. Learn measuring skills and how to read recipes to maximize deliciousness.

INSTRUCTOR: Cooking Round the World
LOCATION: Community Park, Oak Hall West



HARRY POTTER: TASTE THE MAGIC! AGES 6-14

From butterbeer pancakes to double-double chocolate cauldron cake, participants enjoy Hogwarts culinary delights.

CLASS #	DAY	TIME	DATES	R/NR FEE
6701.100	M-F	9:00am-12:00pm	Jun 13-Jun 17	\$250/\$261*
6701.101	M-F	1:00-4:00pm	Jun 13-Jun 17	\$250/\$261*

*\$50 materials fee due on the first day of camp

NEW! FOODS ALA-CART-OON NETWORK AGES 6-14

Participants re-create the yummy dishes they see on Cartoon Network such as sandwich of death on “The Regular Show”, bacon pancakes from “Adventure Time”, ramen noodle bowls from “Naruto”, and more.

CLASS #	DAY	TIME	DATES	R/NR FEE
6701.102	M-F	9:00am-12:00pm	Jun 20-Jun 24	\$250/\$261*
6701.103	M-F	1:00-4:00pm	Jun 20-Jun 24	\$250/\$261*

*\$50 materials fee due on the first day of camp

PIZZA MANIA AGES 6-14

Learn to make and love a variety of pizzas such as Indian Naan bread pizza, French Benedict pizza, German berry dessert pizza, and more.

CLASS #	DAY	TIME	DATES	R/NR FEE
6701.104	M-F	9:00am-12:00pm	Jun 27-Jul 1	\$250/\$261*
6701.105	M-F	1:00-4:00pm	Jun 27-Jul 1	\$250/\$261*

*\$50 materials fee due on the first day of camp

NEW! ISLAND COOKING AGES 6-14

Cook island-style, using only native ingredients. Enjoy pumpkin pancakes with palm sugar syrup from Aruba, yam bread from Trinidad, Filipino pancit rice noodles with shaved carrots, and more.

CLASS #	DAY	TIME	DATES	R/NR FEE
6701.106	TU-F	9:00am-12:00pm	Jul 5-Jul 8	\$200/\$211*
6701.107	TU-F	1:00-4:00pm	Jul 5-Jul 8	\$200/\$211*

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

A DISH OF DISNEY AGES 6-14

Cook, eat, and have fun with Disney interpretations, such as Pizza Planet pizza from “Toy Story”, grubs and bugs from “Lion King”, meatball stroganoff from “Anastasia”, and more.

CLASS #	DAY	TIME	DATES	R/NR FEE
6701.108	M-F	9:00am-12:00pm	Jul 11-Jul 15	\$250/\$261*
6701.109	M-F	1:00-4:00pm	Jul 11-Jul 15	\$250/\$261*

*\$50 materials fee due on the first day of camp

STAR WARS: MAY THE FORK BE WITH YOU! AGES 6-14

Visit the dark side and light side of the galaxy with imaginative food creations from “Star Wars” characters like Chewbacca, BB8, Princess Leia, Yoda, and more.

CLASS #	DAY	TIME	DATES	R/NR FEE
6701.110	M-F	9:00am-12:00pm	Jul 18-Jul 22	\$250/\$261*
6701.111	M-F	1:00-4:00pm	Jul 18-Jul 22	\$250/\$261*

*\$50 materials fee due on the first day of camp

COOKING ROUND THE WORLD AGES 6-14

Learn about cultures, tastes, and celebrations while enjoying a variety of foods and flavors from different countries around the world.

CLASS #	DAY	TIME	DATES	R/NR FEE
6701.112	M-F	9:00am-12:00pm	Jul 25-Jul 29	\$250/\$261*
6701.113	M-F	1:00-4:00pm	Jul 25-Jul 29	\$250/\$261*

*\$50 materials fee due on the first day of camp

A PLATE OF PIXAR AGES 6-14

Enjoy favorite Pixar movies AND the food featured in films like “Ratatouille”, “Toy Story”, “Monsters Inc.”, and more.

CLASS #	DAY	TIME	DATES	R/NR FEE
6701.114	M-F	9:00am-12:00pm	Aug 1-Aug 5	\$250/\$261*
6701.115	M-F	1:00-4:00pm	Aug 1-Aug 5	\$250/\$261*

*\$50 materials fee due on the first day of camp

NEW! NICKELODEON COOKING AGES 6-14

Have fun with the interpretation of foods featured on Nickelodeon such as krabby patty from “SpongeBob SquarePants”, magic muffins from “Fairly Oddparents”, “Dora the Explorer’s” picnic spread, and more.

CLASS #	DAY	TIME	DATES	R/NR FEE
6701.116	M-F	9:00am-12:00pm	Aug 8-Aug 12	\$250/\$261*
6701.117	M-F	1:00-4:00pm	Aug 8-Aug 12	\$250/\$261*

*\$50 materials fee due on the first day of camp



SUMMER CLASSES

Registration Begins
May 10 at 7:30am

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. You will leave the class feeling exhilarated.

INSTRUCTOR: Brent Garriepy

LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
1603.100	TH	6:30-7:30pm	Jun 23-Jul 28	\$60/\$71
1603.101	TH	6:30-7:30pm	Aug 18-Sep 8	\$40/\$51

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
1600.100	TH	6:00-7:00pm	Jun 23-Sep 1	\$110/\$121

MINDFUL MEDITATION & RELAXATION YOGA

AGES 18+

Make Pranayama and Mindful Meditation an integral part of your life and watch as you transform into a more calm, tranquil, and peaceful individual. If done regularly, it can improve one's mood and aid decision-making, reasoning, and self-control. Regular practice also helps relaxation, leading to a deeper awareness.

INSTRUCTOR: Yoga Rejoice

LOCATION: Community Park, Willow Room 302

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.101	TU	6:00-7:00pm	Jun 21-Aug 30	\$110/\$121



FREE OLDER ADULT CLASSES!

INFORMATION: poway.org/olderadults

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

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

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

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, Oak Hall East**NO CLASS:** Jul 5 & 7 & Aug 23 & 25

CLASS #	DAY	TIME	DATES	R/NR FEE
1608.100	TU	5:30-6:15pm	Jun 28-Sep 6	\$72/\$83
1608.101	TH	5:30-6:15pm	Jun 30-Sep 8	\$72/\$83

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 302**NO CLASS:** Jul 4

CLASS #	DAY	TIME	DATES	R/NR FEE
1609.100	M	6:30-7:30pm	Jun 20-Aug 1	\$90/\$101

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 301

CLASS #	DAY	TIME	DATES	R/NR FEE
2505.100	M	10:00-10:45am	Jun 20-Jul 25	\$60/\$71
2505.101	M	10:00-10:45am	Aug 1-Aug 29	\$60/\$71



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:** Jul 2

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.100	W	4:00-4:30pm	Jun 22-Aug 24	\$160/\$171*
2010.101	SA	9:00-9:30am	Jun 25-Aug 27	\$144/\$155*

*\$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:** Jul 2

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.102	W	4:35-5:20pm	Jun 22-Aug 24	\$160/\$171*
2010.103	SA	9:40-10:25am	Jun 25-Aug 27	\$144/\$155*
2010.104	SA	10:35-11:20am	Jun 25-Aug 27	\$144/\$155*

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

SOCCER SHOTS PREMIER**AGES 6-10**

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:** Jul 2

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.105	SA	11:30am-12:25pm	Jun 25-Aug 27	\$144/\$155*

*\$30 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 Skatelite, Andrew Barbosa:
Andrew@sdskatelite.com

LOCATION: Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.100	W	5:00-6:00pm	Jun 22-Jul 27	\$100/\$111
2004.101	W	5:00-6:00pm	Aug 3-Sep 7	\$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 Skatelite, Andrew Barbosa:
Andrew@sdskatelite.com

LOCATION: Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.102	W	4:00-5:00pm	Jun 22-Jul 27	\$100/\$111
2004.103	W	4:00-5:00pm	Aug 3-Sep 7	\$100/\$111

**TAEKWONDO****AGES 5+**

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
NO CLASS: Jul 4

BELT TESTING: Aug 15—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
2001.100	5-10	M/W	5:05-6:00pm	Jun 20-Aug 31	\$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
2001.101	11+	M/W	6:05-7:00pm	Jun 20-Aug 31	\$129/\$140

NEW! LEARN TO ICE SKATE**AGES 3+**

Our fun, introductory classes teach basic skating skills such as: how to properly fall down and get up, forward and backward skating, and stopping. Whether your desire is to master basic skating skills, play ice hockey, or figure skate, this class is the first step. Skate rental is included, and skaters can practice at our public session on the day of their class.

INSTRUCTOR: The Rinks - Poway ICE

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

Tiny Tots

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2012.100	3-5	F	3:30-4:00pm	Jun 24-Jul 15	\$80/\$91
2012.101	3-5	F	3:30-4:00pm	Jul 22-Aug 12	\$80/\$91
2012.102	3-5	F	3:30-4:00pm	Aug 19-Sep 9	\$80/\$91

Youth

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2012.103	6-14	F	4:00-4:30pm	Jun 24-Jul 15	\$80/\$91
2012.104	6-14	F	4:00-4:30pm	Jul 22-Aug 12	\$80/\$91
2012.105	6-14	F	4:00-4:30pm	Aug 19-Sep 9	\$80/\$91

Adult

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2012.106	15+	SA	10:45-11:15am	Jun 25-Jul 16	\$80/\$91
2012.107	15+	SA	10:45-11:15am	Jul 23-Aug 13	\$80/\$91
2012.108	15+	SA	10:45-11:15am	Aug 20-Sep 10	\$80/\$91

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: Shelby Friends**LOCATION:** Meadowbrook Gymnasium**NO CLASS:** Jul 4

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2002.100	9-12	M	5:30-6:30pm	Jun 20-Aug 15	\$70/\$81
2002.101	12-14	M	6:30-7:30pm	Jun 20-Aug 15	\$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**NO CLASS:** Jul 4**Coed Intermediate**

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.100	Men	TH	6:30-9:30pm	Jun 30-Aug 25	\$70/\$81
2005.101	Women	TH	6:30-9:30pm	Jun 30-Aug 25	\$70/\$81

Coed Advanced

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.102	Men	TU	6:30-9:30pm	Jun 28-Aug 23	\$70/\$81
2005.103	Women	TU	6:30-9:30pm	Jun 28-Aug 23	\$70/\$81

Women

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.104	Women	M	6:30-9:30pm	Jun 27-Aug 29	\$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:** Jul 4**Beginner**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.100	8-14	TU/TH	4:00-5:00pm	Jun 21-Jul 21	\$70/\$81
2000.101	6-8	SA	9:00-10:00am	Jun 25-Jul 23	\$35/\$46
2000.102	8-14	SA	10:00-11:00am	Jun 25-Jul 23	\$35/\$46
2000.103	8-14	TU/TH	4:00-5:00pm	Aug 2-Sep 1	\$70/\$81
2000.104	6-8	SA	9:00-10:00am	Aug 6-Sep 3	\$35/\$46
2000.105	8-14	SA	10:00-11:00am	Aug 6-Sep 3	\$35/\$46

Intermediate

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.106	8-14	TU/TH	5:00-6:00pm	Jun 21-Jul 21	\$70/\$81
2000.107	8-14	SA	11:00am-12:00pm	Jun 25-Jul 23	\$35/\$46
2000.108	8-14	TU/TH	5:00-6:00pm	Aug 2-Sep 1	\$70/\$81
2000.109	8-14	SA	11:00am-12:00pm	Aug 6-Sep 3	\$35/\$46

Advanced Juniors

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.110	9-14	M/W	4:00-5:30pm	Jun 20-Jul 25	\$90/\$101
2000.111	9-14	M/W	4:00-5:30pm	Aug 8-Sep 7	\$90/\$101

Dance

Try high-quality, fun Dance To EvOLvE classes without obligation on Jun 20, 22, & 25. Liability waiver required. Classes are designed to be progressive. All participants are invited to be part of the annual recital in June 2023. No recital fee; only an affordable costume fee.

Try it before you buy it!

MAGICAL MUNCHKINS

AGES 2-3.1

This gentle introductory combination dance class of tap or ballet, hip hop, and dance games is energetic, expressive, and fun. It will have your Magical Munchkin learning dance basics in an age-appropriate way. Classes start with tap or ballet and transition into hip hop 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: Jul 20 & Aug 10

Tap/Hip Hop

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.100	W	3:15-4:00pm	Jun 22-Aug 31	\$160/\$171
1702.101	W	3:15-4:00pm	Jun 22-Jul 27	\$89/\$100
1702.102	W	3:15-4:00pm	Aug 3-Aug 31	\$71/\$82

Ballet/Hip Hop

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.103	SA	8:30-9:15am	Jun 25-Sep 3	\$177/\$188
1702.104	SA	8:30-9:15am	Jun 25-Jul 30	\$107/\$118
1702.105	SA	8:30-9:15am	Aug 6-Sep 3	\$89/\$100

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: Jul 4 & 18 & Aug 8

Tap/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.106	M	3:30-4:25pm	Jun 20-Aug 29	\$128/\$139
1702.107	M	3:30-4:25pm	Jun 20-Jul 25	\$71/\$82
1702.108	M	3:30-4:25pm	Aug 1-Aug 29	\$71/\$82

Hip Hop/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.109	SA	9:20-10:15am	Jun 25-Sep 3	\$177/\$188
1702.110	SA	9:20-10:15am	Jun 25-Jul 30	\$107/\$118
1702.111	SA	9:20-10:15am	Aug 6-Sep 3	\$89/\$100

STAR SHINERS

AGES 4.5-6

Keep your Star Shiner moving in this tap or hip hop 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 or hip hop and transition into ballet each week.



INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Jul 4

Tap/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.112	M	4:30-5:25pm	Jun 20-Aug 29	\$161/\$172
1702.113	M	4:30-5:25pm	Jun 20-Jul 25	\$89/\$100
1702.114	M	4:30-5:25pm	Aug 1-Aug 29	\$89/\$100

Hip Hop/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.115	SA	10:20-11:15am	Jun 25-Sep 3	\$177/\$188
1702.116	SA	10:20-11:15am	Jun 25-Jul 30	\$107/\$118
1702.117	SA	10:20-11:15am	Aug 6-Sep 3	\$89/\$100

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
1702.118	SA	11:20am-12:15pm	Jun 25-Sep 3	\$177/\$188
1702.119	SA	11:20am-12:15pm	Jun 25-Jul 30	\$107/\$118
1702.120	SA	11:20am-12:15pm	Aug 6-Sep 3	\$89/\$100

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
NO CLASS: Jul 4

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.121	M	5:30-6:25pm	Jun 20-Aug 29	\$161/\$172
1702.122	M	5:30-6:25pm	Jun 20-Jul 25	\$89/\$100
1702.123	M	5:30-6:25pm	Aug 1-Aug 29	\$89/\$100

NEW! TEEN BALLET**AGES 13-18**

A beginner/intermediate ballet class focusing on learning fundamental ballet technique through a structured yet exciting class. This class teaches ballet positions and movements to develop your dancer's grace, strength, flexibility, and musicality while building self-confidence.



INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Jul 4

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.124	M	6:30-7:25pm	Jun 20-Aug 29	\$161/\$172
1702.125	M	6:30-7:25pm	Jun 20-Jul 25	\$89/\$100
1702.126	M	6:30-7:25pm	Aug 1-Aug 29	\$89/\$100

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

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

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com
LOCATION: Community Park, Willow Room 303
NO CLASS: Jul 20 & Aug 10 (Beat Breakers only)

Beat Breakers

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.127	4-7	W	4:05-5:00pm	Jun 22-Aug 31	\$160/\$171
1702.128	4-7	W	4:05-5:00pm	Jun 22-Jul 27	\$89/\$100
1702.129	4-7	W	4:05-5:00pm	Aug 3-Aug 31	\$71/\$82

Hip Hop: Pre-Teen

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.130	8-12	W	5:05-6:00pm	Jun 22-Aug 31	\$177/\$188
1702.131	8-12	W	5:05-6:00pm	Jun 22-Jul 27	\$107/\$118
1702.132	8-12	W	5:05-6:00pm	Aug 3-Aug 31	\$89/\$100

Hip Hop: Teen

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.133	13-18	W	6:05-7:00pm	Jun 22-Aug 31	\$177/\$188
1702.134	13-18	W	6:05-7:00pm	Jun 22-Jul 27	\$107/\$118
1702.135	13-18	W	6:05-7:00pm	Aug 3-Aug 31	\$89/\$100

NEW! ADULT HIP HOP**AGES 18+**

Come get your groove on! This non-intimidating dance class based on basic hip hop will help you get your sweat on while having fun. 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

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.136	W	7:05-8:05pm	Jun 22-Aug 31	\$177/\$188
1702.137	W	7:05-8:05pm	Jun 22-Jul 27	\$107/\$118
1702.138	W	7:05-8:05pm	Aug 3-Aug 31	\$89/\$100

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
NO CLASS: Jul 4

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.139	M	7:30-8:30pm	Jun 20-Aug 29	\$161/\$172
1702.140	M	7:30-8:30pm	Jun 20-Jul 25	\$89/\$100
1702.141	M	7:30-8:30pm	Aug 1-Aug 29	\$89/\$100

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
1703.100	3-5	TH	5:30-6:00pm	Jun 23-Aug 11	\$80/\$91
1703.101	6-12	TH	6:00-6:50pm	Jun 23-Aug 11	\$89/\$100

CHILDREN'S HULA**AGES 3-7**

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 301

CLASS #	DAY	TIME	DATES	R/NR FEE
1704.100	W	9:00-10:00am	Jul 27-Sep 7	\$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. A pa'u skirt may be purchased from the instructor for \$30 (children) or \$50 (adults), but is not required.

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

CLASS #	DAY	TIME	DATES	R/NR FEE
1704.101	TH	6:00-7:00pm	Jul 28-Sep 8	\$84/\$95



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 summer 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.

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
2100.100	SA	9:30am-1:30pm	Aug 6	\$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. Take your dog training one step further in Advanced Obedience classes, which includes obeying off-leash commands and playing with other dogs.

INSTRUCTOR: Good Dog Training School, Lynne Moore

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

WEDNESDAY: Community Park, Dog Pen 2

SATURDAY: Garden Road Park, Open Area

Basic Obedience

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.100	TU	6:30-7:30pm	Jun 21-Jul 26	\$95/\$106*
2300.101	SA	9:30-10:30am	Jun 25-Jul 30	\$95/\$106*
2300.102	TU	6:30-7:30pm	Aug 2-Sep 6	\$95/\$106*
2300.103	SA	9:30-10:30am	Aug 6-Sep 10	\$95/\$106*

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

Intermediate Obedience: Canine Good Citizen

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.104	SA	10:45-11:45am	Jun 25-Jul 30	\$95/\$106
2300.105	SA	10:45-11:45am	Aug 6-Sep 10	\$95/\$106

Advanced Obedience

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.106	W	6:30-7:30pm	Jun 22-Jul 27	\$95/\$106
2300.107	W	6:30-7:30pm	Aug 3-Sep 7	\$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: (858) 668-4680 or email 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

Unsure which level to enroll in? Make an appointment for a free swim lesson assessment! It is highly recommended for determining the correct placement level for participants.

INFORMATION: (858) 668-4680



***PLEASE NOTE:** There will be no classes on Monday, July 4.

PARENT & CHILD AGES 6-23 MONTHS

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

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0010.110	M-TH	12:00-12:30pm	Jun 13-Jun 21	\$46/\$69
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Session 4

0010.140	M-TH	12:00-12:30pm	Jul 25-Aug 2	\$46/\$69
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Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0010.160	TU/TH	5:30-6:00pm	Jun 14-Jun 30	\$46/\$69
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Session 2

0010.170	M/W	5:30-6:00pm	Jul 11-Jul 27	\$46/\$69
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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. An adult **must** accompany their child in the water.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 2

0020.120	M-TH	9:20-10:00am	Jun 27-Jul 7*	\$54/\$81
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Session 3

0020.130	M-TH	10:10-10:50am	Jul 11-Jul 21	\$62/\$93
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Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0020.160	M/W	6:20-7:00pm	Jun 13-Jul 6*	\$54/\$81
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Session 2

0020.170	TU/TH	6:20-7:00pm	Jul 12-Aug 4	\$62/\$93
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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..

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0101.110	M-TH	8:30-9:10am	Jun 13-Jun 23	\$62/\$93
0101.111	M-TH	9:20-10:00am	Jun 13-Jun 23	\$62/\$93
0101.112	M-TH	10:10-10:50am	Jun 13-Jun 23	\$62/\$93
0101.113	M-TH	11:00-11:40am	Jun 13-Jun 23	\$62/\$93

Session 2				
0101.120	M-TH	8:30-9:10am	Jun 27-Jul 7*	\$54/\$81
0101.121	M-TH	10:10-10:50am	Jun 27-Jul 7*	\$54/\$81
0101.122	M-TH	11:00-11:40am	Jun 27-Jul 7*	\$54/\$81

Session 3				
0101.130	M-TH	8:30-9:10am	Jul 11-Jul 21	\$62/\$93
0101.131	M-TH	9:20-10:00am	Jul 11-Jul 21	\$62/\$93
0101.132	M-TH	10:10-10:50am	Jul 11-Jul 21	\$62/\$93
0101.133	M-TH	11:00-11:40am	Jul 11-Jul 21	\$62/\$93

Session 4				
0101.140	M-TH	8:30-9:10am	Jul 25-Aug 4	\$62/\$93
0101.141	M-TH	9:20-10:00am	Jul 25-Aug 4	\$62/\$93
0101.142	M-TH	11:00-11:40am	Jul 25-Aug 4	\$62/\$93

Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0101.160	M/W	5:30-6:10pm	Jun 13-Jul 6*	\$54/\$81
0101.161	M/W	6:20-7:00pm	Jun 13-Jul 6*	\$54/\$81
0101.162	TU/TH	5:30-6:10pm	Jun 14-Jul 7	\$62/\$93
0101.163	TU/TH	6:20-7:00pm	Jun 14-Jul 7	\$62/\$93

Session 2				
0101.170	M/W	5:30-6:10pm	Jul 11-Aug 3	\$62/\$93
0101.171	M/W	6:20-7:00pm	Jul 11-Aug 3	\$62/\$93
0101.172	TU/TH	5:30-6:10pm	Jul 12-Aug 4	\$62/\$93
0101.173	TU/TH	6:20-7:00pm	Jul 12-Aug 4	\$62/\$93



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.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0102.110	M-TH	8:30-9:10am	Jun 13-Jun 23	\$62/\$93
0102.111	M-TH	9:20-10:00am	Jun 13-Jun 23	\$62/\$93
0102.112	M-TH	11:00-11:40am	Jun 13-Jun 23	\$62/\$93
0102.113	M-TH	11:50am-12:30pm	Jun 13-Jun 23	\$62/\$93

Session 2				
0102.120	M-TH	8:30-9:10am	Jun 27-Jul 7*	\$54/\$81
0102.121	M-TH	9:20-10:00am	Jun 27-Jul 7*	\$54/\$81
0102.122	M-TH	10:10-10:50am	Jun 27-Jul 7*	\$54/\$81
0102.123	M-TH	11:00-11:40am	Jun 27-Jul 7*	\$54/\$81

Session 3				
0102.130	M-TH	8:30-9:10am	Jul 11-Jul 21	\$62/\$93
0102.131	M-TH	9:20-10:00am	Jul 11-Jul 21	\$62/\$93
0102.132	M-TH	11:00-11:40am	Jul 11-Jul 21	\$62/\$93
0102.133	M-TH	11:50am-12:30pm	Jul 11-Jul 21	\$62/\$93

Session 4				
0102.140	M-TH	8:30-9:10am	Jul 25-Aug 4	\$62/\$93
0102.141	M-TH	9:20-10:00am	Jul 25-Aug 4	\$62/\$93
0102.142	M-TH	11:00-11:40am	Jul 25-Aug 4	\$62/\$93

Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0102.160	M/W	5:30-6:10pm	Jun 13-Jul 6*	\$54/\$81
0102.161	M/W	6:20-7:00pm	Jun 13-Jul 6*	\$54/\$81
0102.162	TU/TH	5:30-6:10pm	Jun 14-Jul 7	\$62/\$93
0102.163	TU/TH	6:20-7:00pm	Jun 14-Jul 7	\$62/\$93

Session 2				
0102.170	M/W	5:30-6:10pm	Jul 11-Aug 3	\$62/\$93
0102.171	M/W	6:20-7:00pm	Jul 11-Aug 3	\$62/\$93
0102.172	TU/TH	5:30-6:10pm	Jul 12-Aug 4	\$62/\$93
0102.173	TU/TH	6:20-7:00pm	Jul 12-Aug 4	\$62/\$93

*PLEASE NOTE: There will be no classes on Monday, July 4.

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.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0103.110	M-TH	8:30-9:10am	Jun 13-Jun 23	\$62/\$93
0103.111	M-TH	9:20-10:00am	Jun 13-Jun 23	\$62/\$93
0103.112	M-TH	10:10-10:50am	Jun 13-Jun 23	\$62/\$93

Session 2

0103.120	M-TH	8:30-9:10am	Jun 27-Jul 7*	\$54/\$81
0103.121	M-TH	9:20-10:00am	Jun 27-Jul 7*	\$54/\$81
0103.122	M-TH	11:50am-12:30pm	Jun 27-Jul 7*	\$54/\$81

Session 3

0103.130	M-TH	8:30-9:10am	Jul 11-Jul 21	\$62/\$93
0103.131	M-TH	9:20-10:00am	Jul 11-Jul 21	\$62/\$93
0103.132	M-TH	10:10-10:50am	Jul 11-Jul 21	\$62/\$93

Session 4

0103.140	M-TH	8:30-9:10am	Jul 25-Aug 4	\$62/\$93
0103.141	M-TH	9:20-10:00am	Jul 25-Aug 4	\$62/\$93
0103.142	M-TH	10:10-10:50am	Jul 25-Aug 4	\$62/\$93

Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0103.160	M/W	5:30-6:10pm	Jun 13-Jul 6*	\$54/\$81
0103.161	M/W	7:10-7:50pm	Jun 13-Jul 6*	\$54/\$81
0103.162	TU/TH	6:20-7:00pm	Jun 14-Jul 7	\$62/\$93
0103.163	TU/TH	7:10-7:50pm	Jun 14-Jul 7	\$62/\$93

Session 2

0103.170	M/W	6:20-7:00pm	Jul 11-Aug 3	\$62/\$93
0103.171	M/W	7:10-7:50pm	Jul 11-Aug 3	\$62/\$93
0103.172	TU/TH	5:30-6:10pm	Jul 12-Aug 4	\$62/\$93
0103.173	TU/TH	6:20-7:00pm	Jul 12-Aug 4	\$62/\$93
0103.174	TU/TH	7:10-7:50pm	Jul 12-Aug 4	\$62/\$93



*PLEASE NOTE: There will be no classes on Monday, July 4.

**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.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0104.110	M-TH	10:10-10:50am	Jun 13-Jun 23	\$62/\$93
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Session 2

0104.120	M-TH	10:10-10:50am	Jun 27-Jul 7*	\$54/\$81
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Session 3

0104.130	M-TH	10:10-10:50am	Jul 11-Jul 21	\$62/\$93
0104.131	M-TH	11:50am-12:30pm	Jul 11-Jul 21	\$62/\$93

Session 4

0104.141	M-TH	11:50am-12:30pm	Jul 25-Aug 4	\$62/\$93
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Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0104.160	M/W	5:30-6:10pm	Jun 13-Jul 6*	\$54/\$81
0104.161	TU/TH	6:20-7:00pm	Jun 14-Jul 7	\$62/\$93

Session 2

0104.170	M/W	6:20-7:00pm	Jul 11-Aug 3	\$62/\$93
0104.171	TU/TH	6:20-7:00pm	Jul 12-Aug 4	\$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.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0201.110	M-TH	8:30-9:10am	Jun 13-Jun 23	\$62/\$93
0201.111	M-TH	11:50am-12:30pm	Jun 13-Jun 23	\$62/\$93

Session 2

0201.120	M-TH	8:30-9:10am	Jun 27-Jul 7*	\$54/\$81
0201.121	M-TH	11:50am-12:30pm	Jun 27-Jul 7*	\$54/\$81

Session 3

0201.130	M-TH	8:30-9:10am	Jul 11-Jul 21	\$62/\$93
0201.131	M-TH	11:50am-12:30pm	Jul 11-Jul 21	\$62/\$93

Session 4

0201.140	M-TH	8:30-9:10am	Jul 25-Aug 4	\$62/\$93
0201.141	M-TH	11:50am-12:30pm	Jul 25-Aug 4	\$62/\$93

Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0201.160	M/W	6:20-7:00pm	Jun 13-Jul 6*	\$54/\$81
0201.161	TU/TH	5:30-6:10pm	Jun 14-Jul 7	\$62/\$93

Session 2

0201.170	M/W	7:10-7:50pm	Jul 11-Aug 3	\$62/\$93
0201.171	TU/TH	5:30-6:10pm	Jul 12-Aug 4	\$62/\$93



*PLEASE NOTE: There will be no classes on Monday, July 4.

**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.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0202.110	M-TH	8:30-9:10am	Jun 13-Jun 23	\$62/\$93
0202.111	M-TH	9:20-10:00am	Jun 13-Jun 23	\$62/\$93
0202.112	M-TH	10:10-10:50am	Jun 13-Jun 23	\$62/\$93

Session 2

0202.120	M-TH	8:30-9:10am	Jun 27-Jul 7*	\$54/\$81
0202.121	M-TH	9:20-10:00am	Jun 27-Jul 7*	\$54/\$81
0202.122	M-TH	10:10-10:50am	Jun 27-Jul 7*	\$54/\$81

Session 3

0202.130	M-TH	8:30-9:10am	Jul 11-Jul 21	\$62/\$93
0202.131	M-TH	9:20-10:00am	Jul 11-Jul 21	\$62/\$93
0202.132	M-TH	10:10-10:50am	Jul 11-Jul 21	\$62/\$93

Session 4

0202.140	M-TH	8:30-9:10am	Jul 25-Aug 4	\$62/\$93
0202.141	M-TH	9:20-10:00am	Jul 25-Aug 4	\$62/\$93
0202.142	M-TH	10:10-10:50am	Jul 25-Aug 4	\$62/\$93

Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
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Session 1

0202.160	M/W	5:30-6:10pm	Jun 13-Jul 6*	\$54/\$81
0202.161	M/W	6:20-7:00pm	Jun 13-Jul 6*	\$54/\$81
0202.162	M/W	7:10-7:50pm	Jun 13-Jul 6*	\$54/\$81
0202.163	TU/TH	5:30-6:10pm	Jun 14-Jul 7	\$62/\$93
0202.164	TU/TH	6:20-7:00pm	Jun 14-Jul 7	\$62/\$93
0202.165	TU/TH	7:10-7:50pm	Jun 14-Jul 7	\$62/\$93

Session 2

0202.170	M/W	5:30-6:10pm	Jul 11-Aug 3	\$62/\$93
0202.171	M/W	6:20-7:00pm	Jul 11-Aug 3	\$62/\$93
0202.172	M/W	7:10-7:50pm	Jul 11-Aug 3	\$62/\$93
0202.173	TU/TH	5:30-6:10pm	Jul 12-Aug 4	\$62/\$93
0202.174	TU/TH	6:20-7:00pm	Jul 12-Aug 4	\$62/\$93
0202.175	TU/TH	7:10-7:50pm	Jul 12-Aug 4	\$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.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0203.110	M-TH	9:20-10:00am	Jun 13-Jun 23	\$62/\$93
0203.111	M-TH	11:00-11:40am	Jun 13-Jun 23	\$62/\$93
0203.112	M-TH	11:50am-12:30pm	Jun 13-Jun 23	\$62/\$93
Session 2				
0203.120	M-TH	9:20-10:00am	Jun 27-Jul 7*	\$54/\$81
0203.121	M-TH	11:00-11:40am	Jun 27-Jul 7*	\$54/\$81
0203.122	M-TH	11:50am-12:30pm	Jun 27-Jul 7*	\$54/\$81
Session 3				
0203.130	M-TH	9:20-10:00am	Jul 11-Jul 21	\$62/\$93
0203.131	M-TH	11:00-11:40am	Jul 11-Jul 21	\$62/\$93
0203.132	M-TH	11:50am-12:30pm	Jul 11-Jul 21	\$62/\$93
Session 4				
0203.140	M-TH	9:20-10:00am	Jul 25-Aug 4	\$62/\$93
0203.141	M-TH	11:00-11:40am	Jul 25-Aug 4	\$62/\$93
0203.142	M-TH	11:50am-12:30pm	Jul 25-Aug 4	\$62/\$93

Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0203.160	M/W	5:30-6:10pm	Jun 13-Jul 6*	\$54/\$81
0203.161	M/W	7:10-7:50pm	Jun 13-Jul 6*	\$54/\$81
0203.162	TU/TH	5:30-6:10pm	Jun 14-Jul 7	\$62/\$93
0203.163	TU/TH	7:10-7:50pm	Jun 14-Jul 7	\$62/\$93
Session 2				
0203.170	M/W	5:30-6:10pm	Jul 11-Aug 3	\$62/\$93
0203.171	M/W	7:10-7:50pm	Jul 11-Aug 3	\$62/\$93
0203.172	TU/TH	5:30-6:10pm	Jul 12-Aug 4	\$62/\$93
0203.173	TU/TH	7:10-7:50pm	Jul 12-Aug 4	\$62/\$93

*PLEASE NOTE: There will be no classes on Monday, July 4.

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.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0204.110	M-TH	9:20-10:00am	Jun 13-Jun 23	\$62/\$93
0204.111	M-TH	10:10-10:50am	Jun 13-Jun 23	\$62/\$93
0204.112	M-TH	11:00-11:40am	Jun 13-Jun 23	\$62/\$93
Session 2				
0204.120	M-TH	9:20-10:00am	Jun 27-Jul 7*	\$54/\$81
0204.121	M-TH	10:10-10:50am	Jun 27-Jul 7*	\$54/\$81
0204.122	M-TH	11:00-11:40am	Jun 27-Jul 7*	\$54/\$81
Session 3				
0204.130	M-TH	9:20-10:00am	Jul 11-Jul 21	\$62/\$93
0204.131	M-TH	10:10-10:50am	Jul 11-Jul 21	\$62/\$93
0204.132	M-TH	11:00-11:40am	Jul 11-Jul 21	\$62/\$93
Session 4				
0204.140	M-TH	8:30-9:10am	Jul 25-Aug 4	\$62/\$93
0204.141	M-TH	10:10-10:50am	Jul 25-Aug 4	\$62/\$93
0204.142	M-TH	11:00-11:40am	Jul 25-Aug 4	\$62/\$93

Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0204.160	M/W	6:20-7:00pm	Jun 13-Jul 6*	\$54/\$81
0204.161	M/W	7:10-7:50pm	Jun 13-Jul 6*	\$54/\$81
0204.162	TU/TH	6:20-7:00pm	Jun 14-Jul 7	\$62/\$93
0204.163	TU/TH	7:10-7:50pm	Jun 14-Jul 7	\$62/\$93
0204.164	TU/TH	8:00-8:40pm	Jun 14-Jul 7	\$62/\$93
Session 2				
0204.170	M/W	6:20-7:00pm	Jul 11-Aug 3	\$62/\$93
0204.171	M/W	7:10-7:50pm	Jul 11-Aug 3	\$62/\$93
0204.172	TU/TH	7:10-7:50pm	Jul 12-Aug 4	\$62/\$93
0204.173	TU/TH	8:00-8:40pm	Jul 12-Aug 4	\$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.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0205.110	M-TH	8:30-9:10am	Jun 13-Jun 23	\$62/\$93
0205.111	M-TH	11:00-11:40am	Jun 13-Jun 23	\$62/\$93
Session 2				
0205.120	M-TH	8:30-9:10am	Jun 27-Jul 7*	\$54/\$81
0205.121	M-TH	11:00-11:40am	Jun 27-Jul 7*	\$54/\$81
Session 3				
0205.130	M-TH	8:30-9:10am	Jul 11-Jul 21	\$62/\$93
0205.131	M-TH	11:00-11:40am	Jul 11-Jul 21	\$62/\$93
Session 4				
0205.140	M-TH	9:20-10:00am	Jul 25-Aug 4	\$62/\$93
0205.141	M-TH	11:00-11:40am	Jul 25-Aug 4	\$62/\$93

Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0205.160	M/W	7:10-7:50pm	Jun 13-Jul 6*	\$54/\$81
0205.161	M/W	8:00-8:40pm	Jun 13-Jul 6*	\$54/\$81
0205.162	TU/TH	7:10-7:50pm	Jun 14-Jul 7	\$62/\$93
0205.163	TU/TH	8:00-8:40pm	Jun 14-Jul 7	\$62/\$93
Session 2				
0205.170	M/W	7:10-7:50pm	Jul 11-Aug 3	\$62/\$93
0205.171	M/W	8:00-8:40pm	Jul 11-Aug 3	\$62/\$93
0205.172	TU/TH	7:10-7:50pm	Jul 12-Aug 4	\$62/\$93
0205.173	TU/TH	8:00-8:40pm	Jul 12-Aug 4	\$62/\$93



*PLEASE NOTE: There will be no classes on Monday, July 4.

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.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0206.110	M-TH	11:00-11:40am	Jun 13-Jun 23	\$62/\$93
Session 2				
0206.120	M-TH	10:10-10:50am	Jun 27-Jul 7*	\$54/\$81
0206.121	M-TH	11:00-11:40am	Jun 27-Jul 7*	\$54/\$81
Session 3				
0206.130	M-TH	11:00-11:40am	Jul 11-Jul 21	\$62/\$93
Session 4				
0206.140	M-TH	10:10-10:50am	Jul 25-Aug 4	\$62/\$93
0206.141	M-TH	11:00-11:40am	Jul 25-Aug 4	\$62/\$93

Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0206.160	M/W	8:00-8:40pm	Jun 13-Jul 6*	\$54/\$81
0206.161	TU/TH	7:10-7:50pm	Jun 14-Jul 7	\$62/\$93
Session 2				
0206.170	M/W	8:00-8:40pm	Jul 11-Aug 3	\$62/\$93
0206.171	TU/TH	8:00-8:40pm	Jul 12-Aug 4	\$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.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0207.110	M-TH	10:10-10:50am	Jun 13-Jun 23	\$62/\$93
0207.111	M-TH	11:50am-12:30pm	Jun 13-Jun 23	\$62/\$93
Session 2				
0207.120	M-TH	9:20-10:00am	Jun 27-Jul 7*	\$54/\$81
0207.121	M-TH	11:50am-12:30pm	Jun 27-Jul 7*	\$54/\$81
Session 3				
0207.130	M-TH	11:50am-12:30pm	Jul 11-Jul 21	\$62/\$93
Session 4				
0207.140	M-TH	10:10-10:50am	Jul 25-Aug 4	\$62/\$93

Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0207.160	M/W	8:00-8:40pm	Jun 13-Jul 6*	\$54/\$81
0207.161	TU/TH	8:00-8:40pm	Jun 14-Jul 7	\$62/\$93
Session 2				
0207.170	M/W	8:00-8:40pm	Jul 11-Aug 3	\$62/\$93
0207.171	TU/TH	7:10-7:50pm	Jul 12-Aug 4	\$62/\$93



ADVANCED TECHNIQUE SWIMMING (ATS) AGES 6-15

Technique and endurance are further developed for all strokes, in preparation for a novice swim team. Skills introduced are competitive turns for all strokes, diving from the starting blocks, time intervals, and use of training equipment. Participants must be able to swim at least 100 yards without stopping prior to taking this class.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0208.110	M-TH	11:50am-12:30pm	Jun 13-Jun 23	\$62/\$93
Session 2				
0208.120	M-TH	11:50am-12:30pm	Jun 27-Jul 7*	\$54/\$81
Session 3				
0208.130	M-TH	11:50am-12:30pm	Jul 11-Jul 21	\$62/\$93
Session 4				
0208.140	M-TH	9:20-10:00am	Jul 25-Aug 4	\$62/\$93
0208.141	M-TH	11:50am-12:30pm	Jul 25-Aug 4	\$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.

Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0301.160	M/W	8:00-8:40pm	Jun 13-Jul 6*	\$54/\$81
0301.161	TU/TH	8:00-8:40pm	Jun 14-Jul 7	\$62/\$93
Session 2				
0301.170	M/W	8:00-8:40pm	Jul 11-Aug 3	\$62/\$93
0301.171	TU/TH	8:00-8:40pm	Jul 12-Aug 4	\$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.

Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0302.160	M/W	8:00-8:40pm	Jun 13-Jul 6*	\$54/\$81
0302.161	TU/TH	8:00-8:40pm	Jun 14-Jul 7	\$62/\$93
Session 2				
0302.170	M/W	8:00-8:40pm	Jul 11-Aug 3	\$62/\$93
0302.171	TU/TH	8:00-8:40pm	Jul 12-Aug 4	\$62/\$93

BEGINNING DIVING AGES 6-15

Participants will be introduced to entries, acrobatic maneuvers, and basic diver on the diving boards. Students must possess beginner level swim skills (Otter and above) to enroll.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0401.110	M-TH	10:00-10:40am	Jun 13-Jun 23	\$62/\$93
Session 2				
0401.120	M-TH	10:00-10:40am	Jun 27-Jul 7*	\$54/\$81
Session 3				
0401.130	M-TH	10:00-10:40am	Jul 11-Jul 21	\$62/\$93
Session 4				
0401.140	M-TH	10:00-10:40am	Jul 25-Aug 4	\$62/\$93

PEE WEE WATER POLO AGES 6-9

A fun introduction to water polo in the shallow end of the pool. This class covers the basics of water polo, simplified rules of the game, and emphasizes teamwork. Students must be comfortable in the water. Flotation devices will be provided if needed.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 2				
0501.120	M-TH	11:50am-12:30pm	Jun 27-Jul 7*	\$54/\$81
Session 4				
0501.140	M-TH	11:50am-12:30pm	Jul 25-Aug 4	\$62/\$93

Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0501.160	M/W	7:10-7:50pm	Jun 13-Jul 6*	\$54/\$81

BEGINNING WATER POLO AGES 8-15



Introduces the fundamentals of water polo, including eggbeater, head-up freestyle, passing, shooting, and the rules of the game. Students must be able to swim 100 yards front crawl, 50 yards backstroke, and tread for two minutes.

Morning Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0502.110	M-TH	9:20-10:00am	Jun 13-Jun 23	\$62/\$93
Session 3				
0502.130	M-TH	9:20-10:00am	Jul 11-Jul 21	\$62/\$93

Evening Classes

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 2				
0502.170	M/W	5:30-6:10pm	Jul 11-Aug 3	\$62/\$93

POWAY PARKS & FACILITIES



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
Summer Hours: Jun 13- Aug 14 | 8:00am-9:00pm

CONGREGATE MEAL PROGRAM FOR OLDER ADULTS

Join us for a delicious and nutritious lunch served Monday through Friday from 11:00am-12:30pm at the Mickey Cafagna Community Center. Lunch is \$5.00 per meal. Reservations are required and must be made in-person by 12:00pm the day before. Payment is due at time of reservation. Reservations can be made up to 25 days in advance. For more information and to see the monthly menu, visit poway.org/olderadults or call (858) 668-4671.

POWAY LIBRARY

13137 Poway Road
(858) 513-2900

sdcl.org

Hours

Monday & Thursday | 10:00am-6:00pm
Tuesday & Wednesday | 12:00-7:00pm
Friday, Saturday & Sunday | 10:00am-5:00pm

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FREE! ADULT PROGRAMS

AGES 18+

Zumba Inclusive for adults with special needs:

Mondays | 10:00am

Zumba for Adults: Thursdays | 10:00am (Apr & May)
Wednesdays | 5:30pm (Jun & Jul)

Tai Chi for Adults: Fridays | 10:00am

FREE! TEEN PROGRAMS

AGES 12-17

High School Hangout: Games, Craft, and Socializing.
First & Third Tuesdays | 4:00pm

Teen Game Afternoon: Second & Fourth Tuesdays | 4:00pm

OLD POWAY PARK

14134 Midland Road
(858) 668-4576

poway.org/oldpowaypark

Hours

Railroad Info:

powaymidlandrr.org

Farmers Market

Saturdays | 8:00am-1:00pm

FREE! COMMUNITY BAND FESTIVAL

ALL AGES

Saturday, May 21 | 10:00am-7:00pm

Sunday, May 22 | 10:00am-7:00pm

Come listen to amazing concert bands during the FREE 26th Annual California Band Festival and Arts and Crafts Market.

INFORMATION: pomeradoband.org or (858) 668-4576

FREE! SAM HINTON FOLK FESTIVAL

ALL AGES

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, Jun 4 | 11:00am-5:00pm

INFORMATION: sdfolkheritage.org or (858) 668-4576

FREE! 4TH OF JULY

VETERANS PARK CEREMONY

ALL AGES

Join VFW Post 7907 and the Poway Veterans Park Committee for a ceremony to honor those who selflessly served our Country.

Monday, Jul 4 | 11:00am

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



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

NIGHT FISHING

ALL AGES

Catfish season is back! Why not try the night bite? Stocked regularly with catfish, Lake Poway also has a thriving bass population. Watch our website for select Fridays and Saturdays this summer.



FAMILY CAMPOUTS

ALL AGES

Calling all novice campers! Come enjoy outdoor fun in a family-friendly environment. Activities included: guided night hikes, campfire with s'mores, and a magic show. Fishing permits and boat rentals are not included; but, may be purchased for a nominal fee. Poway Kiwanis Club will serve breakfast for \$5 per person. Don't forget your own camping equipment, dinner supplies, and grill/charcoal if you want to BBQ (5 persons per family).

INFORMATION OR TO REGISTER: poway.org/classes or (858) 668-4772

CLASS #	DAY	TIME	DATES	R/NR FEE
9039.106	SA-SU	1:00pm-10:00am	Jul 2-Jul 3	\$55/\$66
9039.107	SA-SU	1:00pm-10:00am	Jul 16-Jul 17	\$55/\$66
9039.108	SA-SU	1:00pm-10:00am	Jul 30-Jul 31	\$55/\$66

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

Summer Schedule (Jun 13–Aug 14)

Adult Lap Swim

Mon/Wed/Fri	5:00–7:00am (Long Course)
Mon–Thurs	9:00am–7:00pm
Fri	11:00am–8:00pm
Sat/Sun	10:30am–5:00pm

Recreational Swim

Mon–Thurs	1:00–5:00pm
Fri	1:00–8:00pm
Sat/Sun	1:00–8:00pm

Splash Pad

Mon–Thurs	9:00am–7:00pm
Fri	11:00am–8:00pm
Sat/Sun	10:30am–5:00pm

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

Holiday Hours and Closures

Memorial Day | May 30 | 10:30am–5:00pm

Fourth of July | Jul 4 | 10:30am–5:00pm

Costs

Please visit poway.org/swim for current user fees.



FAMILY SWIM

ALL AGES

Bring your family and floaties to the pool! Family Swim is a designated time for families to swim together and enjoy their toys, rafts, fins, snorkels, and inner tubes. Items not provided by Swim Center. Fee includes 2 adults and 2 children.

DAYS	TIME	R/NR FEE
SA/SU	10:30am–1:00pm	\$11/\$16

WATER EXERCISE

AGES 16+

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

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

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 are available on weekends, all include reserved picnic tables, public pool use, use of facility refrigerator and freezer, and admission for 25 swimmers!

Reservations must be made in person at the Swim Center.

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



KUMEYAAY-IPAII INTERPRETIVE CENTER

13104 Ipai Waaypak 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 TOURS OF THE ANCIENT COMMUNITY OF PAUWAI ALL AGES

Visit us on the third Saturday morning of each month between 10:00am and 1:00pm 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.



VOLUNTEER TODAY, INSPIRE FOR A LIFETIME AGES 18+

Kumeyaay-Ipai Interpretive Center volunteers are Poway's greatest cultural resource. You can be, too! We need docents to lead tours for third grade students. Absolutely no experience is required, and our self-paced training is completely free! Lead just one tour a month and you will impact young lives for a lifetime.

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

BLUE SKY ECOLOGICAL RESERVE

16275 Espola Road
1 mile north of Lake Poway Road
(858) 668-4781

poway.org/bluesky

Hours

Daily | Sunrise-Sunset



FREE! DOCENT-LED NATURE WALKS ALL AGES

Find our Activities Schedule on the website or 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.

FREE! JUNIOR NATURE RANGER AGES 6-10

Come share family time and connect with nature! Docents lead children through a series of activities allowing them to experience nature while having fun in the outdoors. A Nature Ranger certificate will be issued upon completion of activities. Limited to 15 children.

RESERVE YOUR SPOT:

Email Annie Ransom at aransom@poway.org

DAY	TIME	DATES	FEE
SA	8:00-10:00am	May 14	FREE
SA	8:00-10:00am	Jun 11	FREE

BECOME A BLUE SKY DOCENT AGES 18+

Do you love wildlife and being outdoors? Would you like to join our dedicated team of docent naturalists by becoming a tour leader? No experience needed. Learn about the flora and fauna of our area at your own pace. We guarantee you will make a lasting impact.

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





CLASS REGISTRATION

Summer Registration: May 10 at 7:30am

- 1 ONLINE REGISTRATION**
is available by visiting the City of Poway website: poway.org/classes. A \$1.50 convenience fee will be charged per transaction. Payment must be made by MasterCard, Visa, or American Express.
- 2 WALK-IN REGISTRATION**
is available at the Community Services Department during business hours.
Location
13325 Civic Center Drive
Hours
Check poway.org for current hours.
- 3 MAIL-IN REGISTRATION**
is available by check (payable to City of Poway) or by credit card (Master Card, Visa, or American Express). Cash will not be accepted. Please submit a separate check for each class requested. If space is not available in a class, that specific check will be returned to you without delaying your registration for any other classes.
Mail to
P.O. Box 789, Poway, CA 92074-0789

Class and Camp Refund/Transfer Policy

Cancelled by City:

A full refund will be issued for all classes or camps cancelled or overbooked by the City of Poway and/or the independent contract instructor.

All Other Refunds:

Refunds or transfers must be requested in writing by noon at least one week prior to the start date. Written requests may be submitted via email to Activenet@poway.org, or by mail to City of Poway, Community Services Department, P.O. Box 789, Poway, CA 92074. A \$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 within two weeks of the refund request.

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.



City of Poway
 13325 Civic Center Drive
 Poway, CA 92064

Connect with us and never miss a recreation opportunity again!



City of Poway



@cityofpoway



@cityofpoway



poway.org/connect

SUMMER 2022 EVENTS AT A GLANCE

SUMMER CONCERTS

Lake Poway
 June 26, July 10,
 July 24, August 7
 Old Poway Park
 July 17, July 31,
 August 14



SUMMER MOVIES

Community Park
 June 18, July 2,
 July 30
 Swim Center
 July 16
 Old Poway Park
 August 13



JULY 4TH FIREWORKS

Enjoy spectacular fireworks as they light up the night sky at two locations at 9:00pm.

OLD-FASHIONED FOURTH OF JULY

Old Poway Park
 July 4th



FAMILY CAMPOUTS

Lake Poway
 July 2-3
 July 16-17
 July 30-31



Poway City Council

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

SAVE THE DATE!

Registration begins
 May 10 at 7:30am.
 See page 37 for details,
 or visit poway.org/classes.