

# POWAY

## COMMUNITY SERVICES GUIDE

**FALL 2022**

**REGISTRATION BEGINS  
AUGUST 2, 2022  
AT 7:30AM**

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



# FALL INTO HISTORY



# ...AND NATURE!

## Rendezvous in Poway

**FREE!**

Want to experience life during California's turn-of-the-twentieth century and civil war eras?

Come meet real cowboys, pioneers, mountain men and women, fur traders, and soldiers as history comes to life at **Old Poway Park**. Hop aboard the Baldwin No. 3 steam locomotive, shop handmade items at the Boardwalk Craft Market, and pan for gold near the banks of Rattlesnake Creek.

**Saturday, October 1 | 10:00am-4:00pm**

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

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

## Rendezvous School Tours



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

**Thursday, September 29 | 9:00am-1:00pm**

**Friday, September 30 | 9:00am-1:00pm**

**INFORMATION OR TO BOOK A TOUR:** (858) 668-4576

## Hoot, Howl & Prowl



**Blue Sky Reserve** comes alive after dark! Meet the canyon's "wildlife" (docents dressed in animal costumes) up close! Groups will leave at 15-minute intervals, and tours last approximately 75 minutes. Kids are welcome to wear their costumes. End the evening

with a cup of hot chocolate! Registration required.

**REGISTRATION & INFORMATION:** [poway.org/classes](http://poway.org/classes) or (858) 668-4781

CLASS #	DAY	TIME	DATES	FEE
1200.201	SA	5:30pm	Oct 22	\$5 per person
1200.202	SA	5:45pm	Oct 22	\$5 per person
1200.203	SA	6:00pm	Oct 22	\$5 per person
1200.204	SA	6:15pm	Oct 22	\$5 per person
1200.205	SA	6:30pm	Oct 22	\$5 per person
1200.206	SA	6:45pm	Oct 22	\$5 per person
1200.207	SA	7:00pm	Oct 22	\$5 per person
1200.208	SA	7:15pm	Oct 22	\$5 per person

## Celebrate Halloween at Old Poway Park!

See Page 20 for details.





### 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
<b>July 30</b>	Community Park	The Mitchells vs. The Machines
<b>August 13</b>	Old Poway Park	The Sandlot

### 2022 SUMMER CONCERTS IN THE PARK

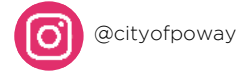
**FREE!**

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

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

DATE/LOCATION	PERFORMER/MUSICAL STYLE
<b>July 24</b> Lake Poway	Blue Breeze Band R&B SOUL FUNK
<b>July 31</b> Old Poway Park	Outliers COUNTRY
<b>August 7</b> Lake Poway	Pop Vinyl DANCE
<b>August 14</b> Old Poway Park	Pomerado Community Band BIG BAND

Connect with us and never miss a recreation opportunity again!



### SAVE THE DATE:

**Fall Class Registration: August 2 at 7:30am**

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**CAMP! SKATEBOARDING CAMP** 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** wear a helmet, elbow pads, and knee pads each day. Bring a skateboard or contact the instructor for options prior to the first day.

**INSTRUCTOR:** SD Skatelife, Andrew Barbosa:  
Andrew@skskatelife.com  
**LOCATION:** Community Park, Skate Park  
**NO CLASS:** Nov 24

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.200	M-F	9:00am-12:00pm	Nov 21-Nov 25	\$132/\$143

**CAMP! YOUNG ENGINEERS: SUPERHEROES** AGES 5-12

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



**INSTRUCTOR:** Young Engineers of Greater San Diego  
**LOCATION:** Community Park, Willow Room 304  
**NO CLASS:** Nov 24

CLASS #	DAY	TIME	DATES	R/NR FEE
6905.200	M-F	9:00am-12:00pm	Nov 21-Nov 25	\$147/\$158

## Move from Awareness to **ACTION!**

**Poway ALERT (855-56-ALERT)** is a 24-hour tip line for residents to call if they are concerned someone they know may be planning an act of violence or may be a danger to themselves or others.

Messages to Poway ALERT are immediately forwarded to more than a dozen law enforcement personnel for evaluation, but it does not replace 911. In the event of an emergency or immediate threat, always call 911.

Scan the QR code to download and save a vCard for your mobile device.

# CITY PROGRAMS



## Kid's Night Out

### KID'S NIGHT OUT

GRADES 1-5

Kid's Night Out is a win-win for everyone! Parents, take the night off because Kid's Night Out is all about the kids. Kids enjoy a themed night of recreation games, arts and crafts, special presenters, movies, and so much more. It's not your average night... it's Kid's Night Out!

**INSTRUCTOR:** Community Park Staff  
**LOCATION:** Community Park, Oak Hall

CLASS #	DAY	TIME	DATES	R/NR FEE
1000.200	F	4:30-9:00pm	Sep 2	\$10/\$21
1000.201	F	4:30-9:00pm	Oct 7	\$10/\$21
1000.202	F	4:30-9:00pm	Nov 4	\$10/\$21
1000.203	F	4:30-9:00pm	Dec 2	\$10/\$21

## Teen Programs

### TEEN SPLASH BASH

GRADES 6-9

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

**INSTRUCTOR:** Community Park Staff  
**LOCATION:** Community Park, Willow 306

CLASS #	DAY	TIME	DATES	FEE
1001.200	SA	5:00-9:00pm	Sep 17	\$5

### TEEN GLOW-IN-THE-DARK DODGEBALL

GRADES 6-9

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

**INSTRUCTOR:** Community Park Staff  
**LOCATION:** Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	FEE
1001.201	SA	5:00-9:00pm	Oct 15	\$5

### NEW! TEENS-GIVING

GRADES 6-9

We're (pumpkin) smashing all your fave things about fall with all the thankfulness of the season, and offering up a cornucopia of good times, good fun, and good company! Have a hoot competing in nutty games, gobble up delish autumn food, rake up a few laughs during unbe-leaf-able activities, craft a memory with your friends, and more! So throw on your coziest sweater, pull up a seat at the table, and get ready because you ain't seen stuffing yet!

**INSTRUCTOR:** Community Park Staff  
**LOCATION:** Community Park, Sycamore Hall

CLASS #	DAY	TIME	DATES	FEE
1001.202	SA	5:00-9:00pm	Nov 19	\$5

### NEW! TEEN ROCK THE DROP

GRADES 6-9

Who says you have to wait until December 31 to celebrate the new year? We're skipping ahead, amping the awesome to super sauce levels, and rocking the drop like it's 2099! Glow crazy with your friends on the dance floor, prep your own new year's party gear, spoil your taste buds with neon treats, glow the competition away during wacky blacklight challenges, count down to 2023 in raging style, and more! Grab your friends and end the year rockin' out! 3...2...1 — it's glow time!

**INSTRUCTOR:** Community Park Staff  
**LOCATION:** Community Park, Sycamore Hall

CLASS #	DAY	TIME	DATES	FEE
1001.203	SA	5:00-9:00pm	Dec 17	\$5



# FALL CLASSES



## Preschool Activities

### TINY TOTS AGES 3-5

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

**INSTRUCTOR:** Charlene Donovan  
**LOCATION:** Community Park, Willow Room 306  
**NO CLASS:** Nov 22 & 24

CLASS #	DAY	TIME	DATES	R/NR FEE
1500.200	TU/TH	9:00am-12:00pm	Sep 13-Oct 6	\$185/\$196*
1500.201	TU/TH	9:00am-12:00pm	Oct 11-Nov 3	\$185/\$196*
1500.202	TU/TH	9:00am-12:00pm	Nov 8-Dec 8	\$185/\$196*

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



## Art

### GET SMART WITH ART AGES 2-5

A unique beginners class for children to learn about artists and techniques, and create a new masterpiece each week! Children explore their creativity through carefully-designed lessons that ignite the imagination and encourage skill development.

**INSTRUCTOR:** Ms. Vivian  
**LOCATION:** Community Park, Willow Room 306  
**NO CLASS:** Nov 21

CLASS #	DAY	TIME	DATES	R/NR FEE
2505.200	M	10:00-10:45am	Sep 12-Oct 3	\$60/\$71
2505.201	M	10:00-10:45am	Oct 10-Oct 31	\$60/\$71
2505.202	M	10:00-10:45am	Nov 7-Dec 5	\$60/\$71

### NEW! DRAWING & PAINTING AGES 5-17

Using a positive, uplifting environment of creativity, we generate the “wow factor” using a variety of mediums, including colored pencils, oil pastels, watercolors, aqua crayons, and watercolor pencils. With over 200 lesson plans, participants enjoy drawing and painting animals, landscapes, portraiture, manga, birds, flowers, abstract design, and more. All materials provided.

**INSTRUCTOR:** Art Smarts  
**LOCATION:** Community Park, Willow Room 306

CLASS #	DAY	TIME	DATES	R/NR FEE
2508.200	TU	4:00-5:00pm	Sep 13-Oct 25	\$119/\$130
2508.201	TU	4:00-5:00pm	Nov 1-Dec 13	\$119/\$130

# Creative Arts

## NEW! MUSICAL THEATER AND DANCE: *ENCANTO* AGES 5-12

Let your inner star shine and be introduced to the world of musical theater and dance! Participants build confidence and performance skills through fun drama games and exercises. Get cast parts and learn lines, scenes, songs, and a dance routine from the hit musical *Encanto* in preparation for a family showcase on the last day of class. Costumes to borrow included.

**INSTRUCTOR:** Charlene's Dance & Cheer  
**LOCATION:** Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
1810.200	TH	4:30-5:30pm	Sep 15-Nov 17	\$120/\$131

## NEW! YOUTH COMMUNITY CHOIR AGES 8-14

Do you have a love for singing? This engaging and inclusive class teaches participants how to read music, be comfortable singing as a group, and follow a conductor. Get a basic understanding of the fundamentals of music including beat/rhythm, tempo, volume, and pitch. Each session has a different theme and will include a family performance on the last day of class.

**INSTRUCTOR:** Cindy Cribbins  
**LOCATION:** Community Park, Oak Hall East  
**NO CLASS:** Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
1811.200	W	4:00-5:00pm	Sep 14-Oct 26	\$135/\$146
1811.201	W	4:00-5:00pm	Nov 2-Dec 14	\$120/\$131



# Special Interests

## NEW! CLICBITZ: SEWING BASICS AGES 9-17



New to sewing or need a refresher? Learn your way around a sewing machine and sewing basics such as how to thread a machine, fit and measure, and cut out a basic pattern. Sewing machines provided or bring your own. No experience necessary.

**INSTRUCTOR:** Clicbitz San Diego  
**LOCATION:** Community Park, Willow Room 305

### PJ Pants

Make your own pajama pants. All materials included.

CLASS #	DAY	TIME	DATES	R/NR FEE
1906.200	W	4:30-6:30pm	Sep 14-Oct 12	\$200/\$211*

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

### Hoodies

Make your own Hoodie. All materials included.

CLASS #	DAY	TIME	DATES	R/NR FEE
1906.201	W	4:30-6:30pm	Oct 19-Nov 16	\$200/\$211*

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

# Special Needs

## HEALTHY LIFESTYLES AGES 18+

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

**INSTRUCTOR:** Villa de Vida, Inc.  
**LOCATION:** Community Park, Kitchen/Oak Hall West

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.200	TU	5:00-6:00pm	Sep 13-Nov 15	\$60/\$71*

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

## NEW! SPORTS & GAMES AGES 18+

Packed with sports and fun games, this class teaches participants the importance of being a team player, stretching, rules of the game, basic athletic skills, and building sportsmanship! Experience a different sport/game each week such as soccer, corn hole, basketball, bocce ball, and more.

**INSTRUCTOR:** Villa de Vida, Inc.  
**LOCATION:** Community Park, Willow 304

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.201	TH	4:00-5:00pm	Sep 15-Nov 17	\$60/\$71

# Dance

Try it before you buy it!

Try high-quality, fun Dance To EvOLvE classes without obligation on Sep 12, 14, & 17. Liability waiver required. Classes are designed to be progressive. All participants are invited to be part of the annual recital in June 2023. Affordable participation fee required; includes a costume participants keep.

## YOU&ME CREATIVE MOVEMENT AGES 1.2-2

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

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 21

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.200	M	9:30-10:15am	Sep 12-Dec 12	\$208/\$219
1702.201	M	9:30-10:15am	Sep 12-Oct 17	\$107/\$118
1702.202	M	9:30-10:15am	Oct 24-Dec 12	\$125/\$136



## MAGICAL MUNCHKINS AGES 2-3.2

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 hip hop and transition into ballet each week. Adult participation is required per each child as needed.

**INSTRUCTOR:** Dance to EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 21 & 26

### Tap/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.203	M	10:20-11:05am	Sep 12- Dec 12	\$208/\$219
1702.204	M	10:20-11:05am	Sep 12-Oct 17	\$107/\$118
1702.205	M	10:20-11:05am	Oct 24-Dec 12	\$125/\$136

### Hip Hop/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.206	SA	8:30-9:15am	Sep 17-Dec 17	\$208/\$219
1702.207	SA	8:30-9:15am	Sep 17-Oct 22	\$107/\$118
1702.208	SA	8:30-9:15am	Oct 29-Dec 17	\$125/\$136

## TINY MOVERS AGES 3-4.5

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

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 21 & 26

### Tap/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.209	M	11:10am-12:05pm	Sep 12-Dec 12	\$208/\$219
1702.210	M	11:10am-12:05pm	Sep 12-Oct 17	\$107/\$118
1702.211	M	11:10am-12:05pm	Oct 24-Dec 12	\$125/\$136
1702.212	M	3:30-4:25pm	Sep 12-Dec 12	\$208/\$219
1702.213	M	3:30-4:25pm	Sep 12-Oct 17	\$107/\$118
1702.214	M	3:30-4:25pm	Oct 24-Dec 12	\$125/\$136

### Hip Hop/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.215	SA	9:20-10:15am	Sep 17-Dec 17	\$208/\$219
1702.216	SA	9:20-10:15am	Sep 17-Oct 22	\$107/\$118
1702.217	SA	9:20-10:15am	Oct 29-Dec 17	\$125/\$136

## 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:** Nov 21 & 26

### Tap/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.218	M	4:30-5:25pm	Sep 12-Dec 12	\$208/\$219
1702.219	M	4:30-5:25pm	Sep 12-Oct 17	\$107/\$118
1702.220	M	4:30-5:25pm	Oct 24-Dec 12	\$125/\$136

### Hip Hop/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.221	SA	10:20-11:15am	Sep 17-Dec 17	\$208/\$219
1702.222	SA	10:20-11:15am	Sep 17-Oct 22	\$107/\$118
1702.223	SA	10:20-11:15am	Oct 29-Dec 17	\$125/\$136



**DREAM DANCERS BALLET** AGES 6-10

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

**INSTRUCTOR:** Dance To EvOLvE: danceto evolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 26

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.224	SA	11:20-12:15pm	Sep 17-Dec 17	\$208/\$219
1702.225	SA	11:20-12:15pm	Sep 17-Oct 22	\$107/\$118
1702.226	SA	11:20-12:15pm	Oct 29-Dec 17	\$125/\$136

**PRE-TEEN BALLET/JAZZ** AGES 7-12

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

**INSTRUCTOR:** Dance To EvOLvE: danceto evolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 21

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.227	M	5:30-6:25pm	Sep 12-Dec 12	\$208/\$219
1702.228	M	5:30-6:25pm	Sep 12-Oct 17	\$107/\$118
1702.229	M	5:30-6:25pm	Oct 24-Dec 12	\$125/\$136

**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: danceto evolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 21

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.230	M	6:30-7:25pm	Sep 12-Dec 12	\$208/\$219
1702.231	M	6:30-7:25pm	Sep 12-Oct 17	\$107/\$118
1702.232	M	6:30-7:25pm	Oct 24-Dec 12	\$125/\$136

**BITTY BOPPERS** AGES 2-3

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

**INSTRUCTOR:** Dance To EvOLvE: danceto evolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.233	W	3:30-4:25pm	Sep 14-Dec 14	\$208/\$219
1702.234	W	3:30-4:25pm	Sep 14-Oct 19	\$107/\$118
1702.235	W	3:30-4:25pm	Oct 26-Dec 14	\$125/\$136

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

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

**INSTRUCTOR:** Dance To EvOLvE: danceto evolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 23

**Beat Breakers**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.236	4-7	W	4:30-5:25pm	Sep 14-Dec 14	\$208/\$219
1702.237	4-7	W	4:30-5:25pm	Sep 14-Oct 19	\$107/\$118
1702.238	4-7	W	4:30-5:25pm	Oct 26-Dec 14	\$125/\$136

**Hip Hop: Pre-Teen**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.239	8-12	W	5:30-6:25pm	Sep 14-Dec 14	\$208/\$219
1702.240	8-12	W	5:30-6:25pm	Sep 14-Oct 19	\$107/\$118
1702.241	8-12	W	5:30-6:25pm	Oct 26-Dec 14	\$125/\$136

**Hip Hop: Teen**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.242	13-18	W	6:30-7:25pm	Sep 14-Dec 14	\$208/\$219
1702.243	13-18	W	6:30-7:25pm	Sep 14-Oct 19	\$107/\$118
1702.244	13-18	W	6:30-7:25pm	Oct 26-Dec 14	\$125/\$136





### CHILDREN'S HULA

AGES 3-6

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

**INSTRUCTOR:** Kristin "Kumu Hula Kawena" Garuba

**LOCATION:** Community Park, Sycamore Hall

**NO CLASS:** Nov 24

CLASS #	DAY	TIME	DATES	R/NR FEE
1704.200	TH	5:00-6:00pm	Sep 15-Dec 15	\$156/\$167

### 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

**NO CLASS:** Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.245	W	7:30-8:30pm	Sep 14-Dec 14	\$208/\$219
1702.246	W	7:30-8:30pm	Sep 14-Oct 19	\$107/\$118
1702.247	W	7:30-8:30pm	Oct 26-Dec 14	\$125/\$136

### ADULT TAP

AGES 18+

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

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

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

**NO CLASS:** Nov 21

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.248	M	7:30-8:30pm	Sep 12-Dec 12	\$208/\$219
1702.249	M	7:30-8:30pm	Sep 12-Oct 17	\$107/\$118
1702.250	M	7:30-8:30pm	Oct 24-Dec 12	\$125/\$136

### 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. Participants will perform a full routine during half time at a USD college football game.

**INSTRUCTOR:** Charlene's Dance & Cheer

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

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1703.200	3-5	TH	5:30-6:00pm	Sep 15-Nov 17	\$105/\$116
1703.201	6-12	TH	6:00-6:50pm	Sep 15-Nov 17	\$120/\$131

### BEGINNING HULA

AGES 7+

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 "Kumu Hula Kawena" Garuba

**LOCATION:** Community Park, Sycamore Hall

**NO CLASS:** Nov 24

CLASS #	DAY	TIME	DATES	R/NR FEE
1704.201	TH	6:00-7:00pm	Sep 15-Dec 15	\$156/\$167



# Health & Wellness

## 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:** Nov 22 & 24

CLASS #	DAY	TIME	DATES	R/NR FEE
1608.200	TU	5:30-6:15pm	Sep 20-Dec 13	\$96/\$107
1608.201	TH	5:30-6:15pm	Sep 22-Dec 15	\$96/\$107

## GENTLE YOGA

AGES 17+

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

**NO CLASS:** Nov 24

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.200	TH	6:00-7:00pm	Sep 15-Dec 8	\$120/\$131

## MINDFUL MEDITATION & RELAXATION YOGA

AGES 17+

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

**NO CLASS:** Nov 22

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.201	TU	6:00-7:00pm	Sep 13-Dec 6	\$120/\$131

## 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

CLASS #	DAY	TIME	DATES	R/NR FEE
1609.200	M	6:30-7:30pm	Sep 12-Oct 17	\$90/\$101



# FREE OLDER ADULT CLASSES!

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

# Sports

## SOCCER SHOTS MINIS

AGES 2-3

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

**INSTRUCTOR:** Soccer Shots

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

**SATURDAY:** Community Park, Open Play Area

**NO CLASS:** Nov 12 & 26

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.200	W	4:00-4:30pm	Sep 14-Nov 2	\$128/\$139*
2010.201	SA	9:00-9:30am	Sep 17-Dec 10	\$176/\$187*

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

## SOCCER SHOTS CLASSIC

AGES 4-6



Using imaginative games, we focus on basic soccer skills like dribbling, passing, and shooting. Positive character traits such as respect, teamwork, and appreciation are highlighted. Soccer Shots introduces your child to the fun of soccer and provides the foundation needed to

get started in the sport. All participants receive an Adidas Soccer Shots jersey.

**INSTRUCTOR:** Soccer Shots

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

**SATURDAY:** Community Park, Open Play Area

**NO CLASS:** Nov 12 & 26

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.202	W	4:35-5:20pm	Sep 14-Nov 2	\$128/\$139*
2010.203	SA	9:35-10:20am	Sep 17-Dec 10	\$176/\$187*
2010.204	SA	10:25-11:10am	Sep 17-Dec 10	\$176/\$187*

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

## SOCCER SHOTS PREMIER

AGES 7-10

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

**INSTRUCTOR:** Soccer Shots

**LOCATION:** Community Park, Open Play Area

**NO CLASS:** Nov 12 & 26

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.205	SA	11:15am-12:10pm	Sep 17-Dec 10	\$176/\$187*

\*\$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 wear a helmet, elbow pads, and knee pads each class. Bring a skateboard or contact the instructor for options prior to the first class.

**INSTRUCTOR:** SD Skatelife, Andrew Barbosa:

Andrew@sdskatelife.com

**LOCATION:** Community Park, Skate Park

**NO CLASS:** Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.200	W	5:00-6:00pm	Sep 14-Oct 19	\$100/\$111
2004.201	W	5:00-6:00pm	Oct 26-Dec 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 wear a helmet, elbow pads, and knee pads each class. Bring a skateboard or contact the instructor for options prior to the first class.

**INSTRUCTOR:** SD Skatelife, Andrew Barbosa:

Andrew@sdskatelife.com

**LOCATION:** Community Park, Skate Park

**NO CLASS:** Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.202	W	4:00-5:00pm	Sep 14-Oct 19	\$100/\$111
2004.203	W	4:00-5:00pm	Oct 26-Dec 7	\$100/\$111





## 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
2012.200	3-5	F	3:30-4:00pm	Sep 30-Oct 21	\$80/\$91
2012.201	3-5	F	3:30-4:00pm	Oct 28-Nov 18	\$80/\$91

### Youth

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2012.202	6-14	F	4:00-4:30pm	Sep 30-Oct 21	\$80/\$91
2012.203	6-14	F	4:00-4:30pm	Oct 28-Nov 18	\$80/\$91

### Adult

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2012.204	15+	SA	10:45-11:15am	Oct 1-Oct 22	\$80/\$91
2012.205	15+	SA	10:45-11:15am	Oct 29-Nov 19	\$80/\$91

## 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

**BELT TESTING:** Nov 28—Participants will be notified if they're eligible to attend; \$45 belt testing fee required.

### Youth Taekwondo

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

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.200	5-10	M/W	5:00-6:00pm	Sep 12-Dec 14	\$129/\$140

### Junior/Adult Taekwondo

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

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.201	11+	M/W	6:05-7:05pm	Sep 12-Dec 14	\$129/\$140

### Junior/Adult Taekwondo—Black Belt Participants

This program is for black belt participants only. Combined with the Junior/Adult Taekwondo class (2001.201) for the first hour, black belt participants stay an extra 20 minutes for individual instruction.

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.202	11+	M/W	6:05-7:25pm	Sep 12-Dec 14	\$129/\$140



You'll learn  
kicks, blocks,  
and punches.  
Try it before  
you buy it!

**YOUTH VOLLEYBALL****AGES 9-14**

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

**INSTRUCTOR:** Shelby Friends**LOCATION:** Meadowbrook Gymnasium**NO CLASS:** Oct 10 & 17

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2002.200	9-12	M	5:30-6:30pm	Sep 12-Nov 14	\$70/\$81
2002.201	12-14	M	6:30-7:30pm	Sep 12-Nov 14	\$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. Past volleyball experience is required.

**INSTRUCTOR:** Dick Leatherman**LOCATION:** Twin Peaks Multipurpose Center**Coed Intermediate**

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.200	Men	TH	6:30-9:30pm	Sep 22-Nov 17	\$70/\$81
2005.201	Women	TH	6:30-9:30pm	Sep 22-Nov 17	\$70/\$81

**Coed Advanced**

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.202	Men	TU	6:30-9:30pm	Sep 20-Nov 15	\$70/\$81
2005.203	Women	TU	6:30-9:30pm	Sep 20-Nov 15	\$70/\$81

**Women**

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.204	Women	M	6:30-9:30pm	Sep 19-Nov 14	\$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:** Oct 31 & Nov 21-24 & 26**Beginner**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.200	8-14	TU/TH	4:00-5:00pm	Sep 13-Oct 13	\$70/\$81
2000.201	6-8	SA	9:00-10:00am	Sep 17-Oct 15	\$35/\$46
2000.202	8-14	SA	10:00-11:00am	Sep 17-Oct 15	\$35/\$46
2000.203	8-14	TU/TH	4:00-5:00pm	Oct 25-Dec 1	\$70/\$81
2000.204	6-8	SA	9:00-10:00am	Oct 29-Dec 3	\$35/\$46
2000.205	8-14	SA	10:00-11:00am	Oct 29-Dec 3	\$35/\$46

**Intermediate**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.206	8-14	TU/TH	5:00-6:00pm	Sep 13-Oct 13	\$70/\$81
2000.207	8-14	SA	11:00am-12:00pm	Sep 17-Oct 15	\$35/\$46
2000.208	8-14	TU/TH	5:00-6:00pm	Oct 25-Dec 1	\$70/\$81
2000.209	8-14	SA	11:00am-12:00pm	Oct 29-Dec 3	\$35/\$46

**Advanced Juniors**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.210	9-14	M/W	4:00-5:30pm	Sep 12-Oct 12	\$90/\$101
2000.211	9-14	M/W	4:00-5:30pm	Oct 24-Dec 5	\$90/\$101



## Open Play Sports

**OPEN PLAY SPORTS**

**ALL AGES**

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

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

### Twin Peaks Multipurpose Center

14640 Tierra Bonita Road

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

### Meadowbrook Gymnasium

12320 Meadowbrook Lane

ACTIVITY	DAY	OPEN GYM HOURS
Open Basketball	TU	6:00-9:00pm
Open Basketball	TH	6:00-9:00pm
Open Pickleball	F	6:00-9:00pm
Open Adult Basketball	SU	8:00-11:00am
Open Basketball	SU	11:00am-2:00pm

Hours are subject to change without notice. For current operating hours, please visit our website at [poway.org/gyms](http://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
2100.200	SA	9:30am-1:30pm	Oct 15	\$59/\$70*

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

## Dog Training

Proof of current vaccinations must be shown at first class. An adult must accompany all dog handlers 16 and younger. No metal choke chains or pinch collars; they are not needed!

**TRAINING CLASSES**

**DOGS 12 WEEKS+**

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

**INSTRUCTOR:** Good Dog Training School, Lynne Moore

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

**SATURDAY:** Garden Road Park, Open Area

### Basic Obedience

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.200	TU	6:30-7:30pm	Sep 13-Oct 18	\$95/\$106*
2300.201	SA	9:30-10:30am	Sep 17-Oct 22	\$95/\$106*
2300.202	TU	6:30-7:30pm	Oct 25-Nov 29	\$95/\$106*
2300.203	SA	9:30-10:30am	Oct 29-Dec 3	\$95/\$106*

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

### Intermediate Obedience: Canine Good Citizen

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.204	SA	10:45-11:45am	Sep 17-Oct 22	\$95/\$106
2300.205	SA	10:45-11:45am	Oct 29-Dec 3	\$95/\$106

Training classes are the best thing you can do for you and your dog.





# Swim Classes

## Swim Lesson Registration

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

## Waitlist

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

## Swim Lesson Assessments

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

INFORMATION: (858) 668-4680



\*PLEASE NOTE: No classes on Monday, September 5.

### PARENT & CHILD AGES 6-23 MONTHS

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0010.220	TU/TH	4:20-4:50pm	Aug 23-Sep 8	\$46/\$69

### PRE-GRUNION AGE 2

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0020.210	M/W	5:10-5:50pm	Aug 22-Sep 14*	\$54/\$81

### GRUNION 1 AGES 3-4

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0101.210	M/W	4:20-5:00pm	Aug 22-Sep 14*	\$54/\$81
0101.211	M/W	5:10-5:50pm	Aug 22-Sep 14*	\$54/\$81
0101.220	TU/TH	5:10-5:50pm	Aug 23-Sep 15	\$62/\$93
0101.221	TU/TH	6:00-6:40pm	Aug 23-Sep 15	\$62/\$93
<b>Session 2</b>				
0101.230	M/W	4:20-5:00pm	Sep 19-Oct 12	\$62/\$93
0101.240	TU/TH	4:20-5:00pm	Sep 20-Oct 13	\$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.

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0102.210	M/W	4:20-5:00pm	Aug 22-Sep 14*	\$54/\$81
0102.211	M/W	5:10-5:50pm	Aug 22-Sep 14*	\$54/\$81
0102.212	M/W	6:00-6:40pm	Aug 22-Sep 14*	\$54/\$81
0102.220	TU/TH	4:20-5:00pm	Aug 23-Sep 15	\$62/\$93
0102.221	TU/TH	5:10-5:50pm	Aug 23-Sep 15	\$62/\$93
0102.222	TU/TH	6:00-6:40pm	Aug 23-Sep 15	\$62/\$93
<b>Session 2</b>				
0102.230	M/W	5:10-5:50pm	Sep 19-Oct 12	\$62/\$93
0102.240	TU/TH	4:20-5:00pm	Sep 20-Oct 13	\$62/\$93
0102.241	TU/TH	5:10-5:50pm	Sep 20-Oct 13	\$62/\$93

**GRUNION 3****AGES 3-5**

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0103.210	M/W	5:10-5:50pm	Aug 22-Sep 14*	\$54/\$81
0103.211	M/W	6:00-6:40pm	Aug 22-Sep 14*	\$54/\$81
0103.220	TU/TH	5:10-5:50pm	Aug 23-Sep 15	\$62/\$93
<b>Session 2</b>				
0103.230	M/W	6:00-6:40pm	Sep 19-Oct 12	\$62/\$93
0103.240	TU/TH	4:20-5:00pm	Sep 20-Oct 13	\$62/\$93

**OTTER PUP****AGES 3-5**

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0104.220	TU/TH	4:20-5:00pm	Aug 23-Sep 15	\$62/\$93
<b>Session 2</b>				
0104.230	M/W	5:10-5:50pm	Sep 19-Oct 12	\$62/\$93

**STARFISH****AGES 6-12**

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0201.210	M/W	4:20-5:00pm	Aug 22-Sep 14*	\$54/\$81
0201.211	M/W	6:00-6:40pm	Aug 22-Sep 14*	\$54/\$81
0201.220	TU/TH	4:20-5:00pm	Aug 23-Sep 15	\$62/\$93
0201.221	TU/TH	5:10-5:50pm	Aug 23-Sep 15	\$62/\$93
<b>Session 2</b>				
0201.230	M/W	4:20-5:00pm	Sep 19-Oct 12	\$62/\$93
0201.231	M/W	5:10-5:50pm	Sep 19-Oct 12	\$62/\$93
0201.240	TU/TH	6:00-6:40pm	Sep 20-Oct 13	\$62/\$93





### SEAHORSE

AGES 6-12

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0202.210	M/W	4:20-5:00pm	Aug 22-Sep 14*	\$54/\$81
0202.211	M/W	6:00-6:40pm	Aug 22-Sep 14*	\$54/\$81
0202.220	TU/TH	4:20-5:00pm	Aug 23-Sep 15	\$62/\$93
0202.221	TU/TH	6:00-6:40pm	Aug 23-Sep 15	\$62/\$93
<b>Session 2</b>				
0202.230	M/W	4:20-5:00pm	Sep 19-Oct 12	\$62/\$93
0202.231	M/W	6:00-6:40pm	Sep 19-Oct 12	\$62/\$93
0202.241	TU/TH	5:10-5:50pm	Sep 20-Oct 13	\$62/\$93
0202.242	TU/TH	6:00-6:40pm	Sep 20-Oct 13	\$62/\$93

### OTTER

AGES 6-14

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0203.210	M/W	4:20-5:00pm	Aug 22-Sep 14*	\$54/\$81
0203.211	M/W	6:00-6:40pm	Aug 22-Sep 14*	\$54/\$81
0203.220	TU/TH	5:10-5:50pm	Aug 23-Sep 15	\$62/\$93
0203.221	TU/TH	6:00-6:40pm	Aug 23-Sep 15	\$62/\$93
<b>Session 2</b>				
0203.230	M/W	6:00-6:40pm	Sep 19-Oct 12	\$62/\$93
0203.240	TU/TH	5:10-5:50pm	Sep 20-Oct 13	\$62/\$93
0203.241	TU/TH	6:00-6:40pm	Sep 20-Oct 13	\$62/\$93

\*PLEASE NOTE: No classes on Monday, September 5.

### SEAL

AGES 6-15

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0204.210	M/W	5:10-5:50pm	Aug 22-Sep 14*	\$54/\$81
0204.220	TU/TH	6:00-6:40pm	Aug 23-Sep 15	\$62/\$93
<b>Session 2</b>				
0204.230	M/W	6:00-6:40pm	Sep 19-Oct 12	\$62/\$93
0204.240	TU/TH	4:20-5:00pm	Sep 20-Oct 13	\$62/\$93
0204.241	TU/TH	5:10-5:50pm	Sep 20-Oct 13	\$62/\$93

### STINGRAY

AGES 6-15

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0205.210	M/W	6:50-7:30pm	Aug 22-Sep 14*	\$54/\$81
0205.220	TU/TH	6:50-7:30pm	Aug 23-Sep 15	\$62/\$93
<b>Session 2</b>				
0205.230	M/W	4:20-5:00pm	Sep 19-Oct 12	\$62/\$93
0205.231	M/W	6:50-7:30pm	Sep 19-Oct 12	\$62/\$93
0205.240	TU/TH	6:00-6:40pm	Sep 20-Oct 13	\$62/\$93





**DOLPHIN** AGES 6-15

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0206.220	TU/TH	6:50-7:30pm	Aug 23-Sep 15	\$62/\$93
<b>Session 2</b>				
0206.240	M/W	6:50-7:30pm	Sep 19-Oct 12	\$62/\$93
0206.250	TU/TH	6:50-7:30pm	Sep 20-Oct 13	\$62/\$93

**SWORDFISH** AGES 6-15

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 2</b>				
0207.230	M/W	6:50-7:30pm	Sep 19-Oct 12	\$62/\$93

**ADULT BEGINNER** AGES 16+

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0301.210	M/W	6:50-7:30pm	Aug 22-Sep 14*	\$54/\$81
0301.220	TU/TH	6:50-7:30pm	Aug 23-Sep 15	\$62/\$93
<b>Session 2</b>				
0301.230	M/W	6:50-7:30pm	Sep 19-Oct 12	\$62/\$93
0301.240	TU/TH	6:50-7:30pm	Sep 20-Oct 13	\$62/\$93

**ADULT INTERMEDIATE** AGES 16+

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0302.210	M/W	6:50-7:30pm	Aug 22-Sep 14*	\$54/\$81
<b>Session 2</b>				
0302.240	TU/TH	6:50-7:30pm	Sep 20-Oct 13	\$62/\$93

**PRIVATE LESSONS** ALL AGES

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

INFORMATION: (858) 668-4680

R/NR FEE

\$31/\$44 per lesson



# POWAY PARKS & FACILITIES



## POWAY COMMUNITY PARK

13094 Civic Center Drive  
(858) 668-4671

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

### Hours

Daily | Sunrise-Sunset

#### Office

Daily | 8:00am-9:00pm

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

#### Dog Park | Tennis Courts | Basketball Court

Daily | Sunrise-10:00pm

#### Skate Park

Daily | 8:00am-8:00pm

### IN THE PARK SERIES

ALL AGES

**FREE!** Have an emu-sing time letting your creativity run wild, use your wily wits to find buried treasure, bug out with creepy crawly friends, or rock out with fossils! Community Park's In The Park Series is two hours of themed-fun that's sure to provide exciting, unique experiences for the whole family. While the theme may change from month-to-month, one thing is guaranteed: **FUN!**

DAY	TIME	DATES	THEME	FEE
M	10:00am-12:00pm	Sep 19	Rock & Fossils	FREE

### 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 the 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](http://poway.org/olderadults) or call (858) 668-4671.

### BINGO

AGES 18+

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

**LOCATION:** Community Park, Sycamore Hall

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

### FREE EQUIPMENT

ALL AGES

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

### SAVE THE DATE!

ALL AGES

## Winter Festival

Experience the magic and charm of winter like never before at Community Park! This year, the **FREE** event will be held on: **Friday, January 13, 2023 and Saturday, January 14, 2023**

# POWAY SWIM CENTER

13094 Civic Center Drive  
(858) 668-4680

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

The Swim Center includes a 50-meter by 25-yard pool with attached diving well and shallow children's area.

The facility also features:

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

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

## Hours

### Fall Schedule (Aug 15–Oct 16)

#### Adult Lap Swim

Mon/Wed/Fri	10:30am–7:00pm*
Tues/Thurs	8:00am–1:30pm (Long Course) 2:00–7:00pm
Sat/Sun	10:30am–5:00pm

#### Recreational Swim/Splash Pad

(Splash Pad may be closed based on seasonal weather)

Mon/Wed/Fri	10:30am–4:00pm (Shallow Square/Splash Pad only; Diving Board Closed) 4:00–7:00pm*
Tues/Thurs	8:00am–4:00pm (Shallow Square/Splash Pad only; Diving Board Closed) 4:00–7:00pm
Sat/Sun	1:00–5:00pm

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

#### Holiday Hours

Labor Day | Sept 5 | 10:30am–5:00pm



#### 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

#### FAMILY SWIM

ALL AGES

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

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

#### PARTY PACKAGES

ALL AGES

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

Party Packages include admission for 25 swimmers, reserved picnic tables, public pool use, use of facility refrigerator and freezer.

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

**INFORMATION:** [poway.org/poolpartypackages](http://poway.org/poolpartypackages) or (858) 668-4680

#### RED CROSS LIFEGUARD TRAINING

AGES 15+

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

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

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



CLASS #	DAY	TIME	DATES	FEE
0700.204	M	5:00–8:00pm Pretest	Oct 17	\$210*
	SA	8:00am–5:00pm	Oct 22, 29	
	M/W	5:00–8:00pm	Oct 24, 26, 31, Nov 2	

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

# OLD POWAY PARK

14134 Midland Road  
(858) 668-4576

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

## Hours

**Railroad Info:**  
[powaymidlandrr.org](http://powaymidlandrr.org)

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

### ONCE UPON A HALLOWE'EN ALL AGES

**FREE!**

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

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

**Saturday, October 29 | 4:30-8:30pm**

PHOTO CREDIT: PEGGY PEATTIE



### TRAIN SONG FESTIVAL ALL AGES

**FREE!**

Railroads have long been an important part of our heritage and we invite you to join us in their celebration. In addition to a main stage in the gazebo filled with musical entertainment from San Diego Folk Heritage, there will be model railroad layouts in the Porter House, and the Heritage Museum and Nelson House will be open for tours. Of course, the Poway Midland Railroad will provide train rides around the park for a nominal fee. Come join us for a day of history and fun!

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

**Saturday, November 5 | 10:00am-4:00pm**

### SAVE THE DATE! ALL AGES

## Christmas in the Park

**Friday, December 9  
4:30-8:30pm and  
Saturday, December 10  
3:30-8:30pm**



# LAKE POWAY

14644 Lake Poway Road  
(858) 668-4770

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

**Park Ranger Office** (858) 668-4772

**Lake Poway Concession** (858) 668-4778

## Hours

Daily | 6:00am-Sunset

### Lake Fishing and Boating Hours

Wednesday-Sunday | 6:00am-Sunset

### Entry Station

Open Weekends & Holidays  
\$10 non-resident entry fee for vehicles  
Active Military free with ID

### Holiday Hours

Open Labor Day | Sep 5  
Open Thanksgiving | Nov 24  
Open Christmas | Dec 25

### FALL CAMPING SERIES ALL AGES

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



CLASS #	DAY	TIME	DATES	FEE
1103.200	F-SA	1:00pm-10:00am	Sep 9-10	\$26
1103.201	F-SA	1:00pm-10:00am	Sep 23-24	\$26
1103.202	F-SA	1:00pm-10:00am	Oct 7-8	\$26
1103.203	F-SA	1:00pm-10:00am	Oct 21-22	\$26

### Night Fishing

Think you're ready for the night bite? Stocked regularly with catfish, Lake Poway also has a thriving bass population. Fish until 11:30pm on Friday & Saturday nights through September 3.

### Trout Season Returns to Lake Poway!

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

# BLUE SKY ECOLOGICAL RESERVE

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



## Hours

Daily | Sunrise-Sunset

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

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

### 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: (858) 668-4781

### SAVE THE DATE! ALL AGES

## Hoot, Howl and Prowl

Saturday, October 22 | 5:30-7:15pm

Please see inside front cover for all the details!



## KUMEYAAY-IPAII INTERPRETIVE CENTER

13104 Ipai Waaypuk Trail  
(858) 668-4781

Parking located at 13104 Carriage Road, Poway

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

## Hours

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

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

Visit us on the third Saturday morning of each month and take a guided tour. Experience artifacts, 'ewaas, milling and grinding stations.



### 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: (858) 668-4781

# POWAY LIBRARY

13137 Poway Road  
(858) 513-2900

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

## Hours

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



Access free digital resources, including eBooks, eAudiobooks, research databases, learning resources, and more with your SDCL card! Don't have a library card? Apply for a free instant digital card at [sdcl.org](http://sdcl.org).

For more up-to-date information about our programs & events, please visit the Poway Library or our website at [sdcl.org](http://sdcl.org).

### FREE! ADULT PROGRAMS

AGES 18+

**Zumba Inclusive for adults with special needs:**

Mondays | 10:00am

**Tai Chi for Adults:** Fridays | 10:00am (No class Aug 12)

**Arts & Crafts for Adults:** Third Saturday | 2:00pm

**American Mah Jongg:** Second & Fourth Thursday | 1:00pm

**Ukulele Class:** Third Thursday | 2:00pm

**Knitting Group:** Fourth Monday | 1:00 pm

**Handwriting Analysis:** Jul 23 | 2:00pm

**Music with Fred Benedetti:** Jul 30 | 2:00pm

**Webb Space Telescope Update with NASA Ambassador:**  
Aug 31 | 5:30pm

**Blood Drive:** Sep 22 | 10:00am-4:00pm

### FREE! TEEN PROGRAMS

GRADES 6-12

**Teen Tuesdays:** Check [sdcl.org/poway](http://sdcl.org/poway) for more details | 4:00-6:00pm

### FREE! CHILDREN'S PROGRAMS

BIRTH TO GRADE 5

**Christopher T. Barnes, Magician:** Thursday, Jul 21 | 10:30am

**Hullabaloo, Music:** Thursday, Jul 28 | 10:30am

**Crafternoon:** Mondays | 3:30pm-4:30pm (starting Aug 1)

**STEAM:** Wednesdays | 12:30pm-1:30pm (starting Aug 3)

**Baby Storytime:** Tuesdays | 1:00pm

**Dance Party Storytime:** Saturdays | 10:30am

**Preschool Storytime:** Thursdays | 10:30am (starting Aug 4)



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

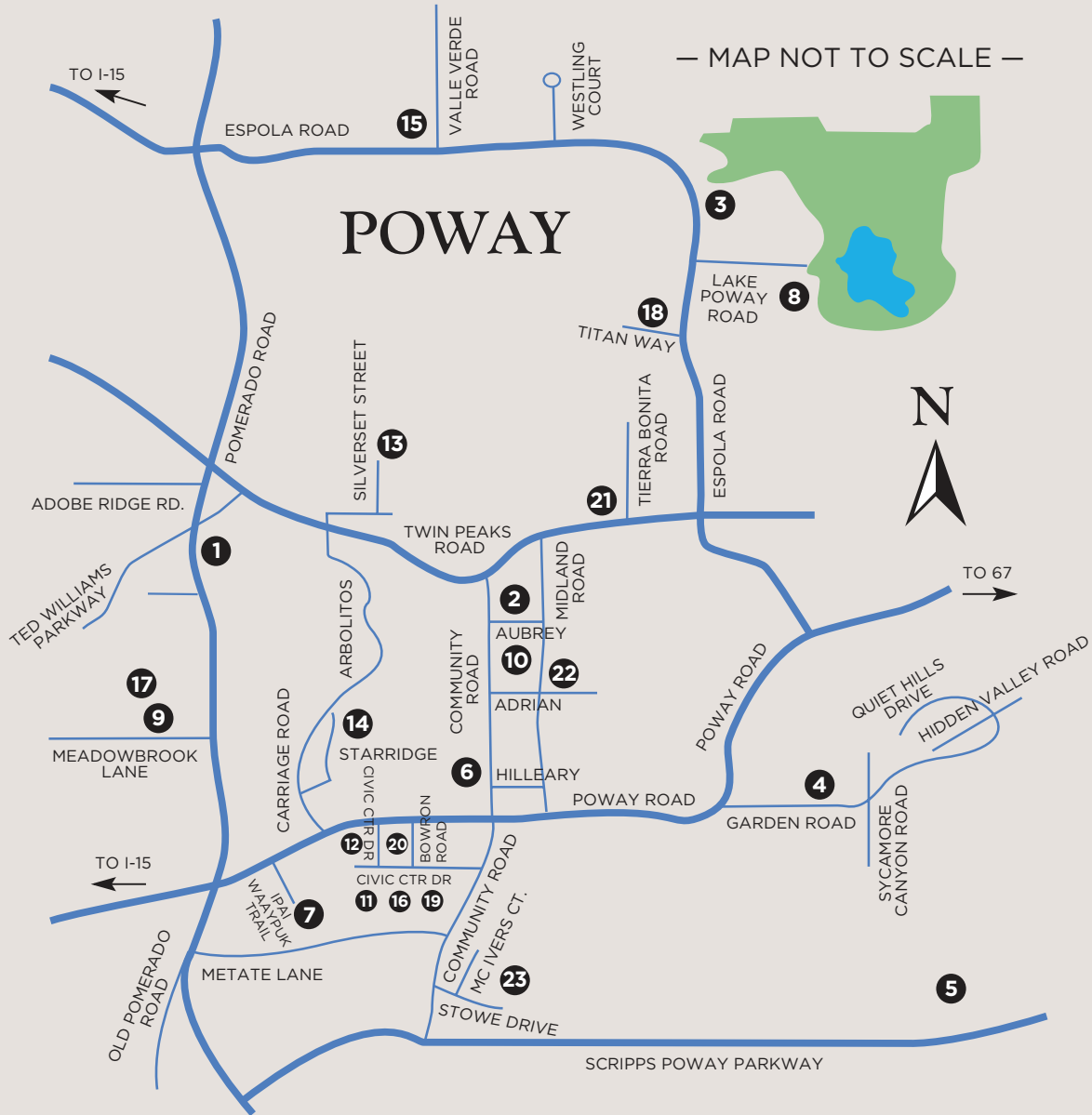
**Poway's Premier Sports Complex**

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

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

**12349 McIvers Ct. Poway, CA 92064**

# CULTURAL & RECREATIONAL FACILITIES



- 1 Arbolitos Sports Fields**  
14401 Pomerado Road
- 2 Aubrey Park**  
13544 Aubrey Street
- 3 Blue Sky Ecological Reserve**  
16275 Espola Road
- 4 Garden Road Neighborhood Park**  
14901 Garden Road
- 5 Goodan Ranch**  
16281 Sycamore Canyon Road
- 6 Hilleary Park**  
13500 Community Road
- 7 Kumeyaay-Ipai Interpretive Center**  
13104 Ipai Waaypuk Trail
- 8 Lake Poway Recreation Area**  
14644 Lake Poway Road

- 9 Meadowbrook Soccer Field**  
12250 Meadowbrook Lane
- 10 Old Poway Park**  
14134 Midland Road
- 11 Poway Community Park**  
13094 Civic Center Drive
  - Community Swim Center
  - Mickey Cafagna Community Center
  - Dog Park
- 12 Poway Skate Park**  
13090 Civic Center Drive
- 13 Silverset Neighborhood Park**  
14795 Silverset Street
- 14 Starridge Neighborhood Park**  
13745 Carriage Road
- 15 Valle Verde Neighborhood Park**  
16899 St. Andrews Drive

- 16 Valley Soccer Field**  
13094 Civic Center Drive
- 17 Meadowbrook Gymnasium**  
12320 Meadowbrook Lane
- 18 Poway Center for the Performing Arts**  
15498 Espola Road
- 19 Poway City Hall**  
13325 Civic Center Drive
- 20 Poway Community Library**  
13137 Poway Road
- 21 Twin Peaks Multipurpose Center**  
14640 Tierra Bonita Road
- 22 Veterans Park**  
14135 Midland Road
- 23 Sportsplex USA**  
12349 McIvers Court



# CLASS REGISTRATION

## Fall Registration: August 2 at 7:30am

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

## Class and Camp Refund/Transfer Policy

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

**All Other Refunds:**  
 Refunds or transfers must be requested in writing by noon at least one week prior to the start date. Written requests may be submitted via email to [Activenet@poway.org](mailto:Activenet@poway.org), or by mail to City of Poway, Community Services Department, P.O. Box 789, Poway, CA 92074. A \$16 cancellation fee will be deducted. No cancellation fee will be deducted if customer places refund as a credit on account. If class, camp, or program is less than the \$16 cancellation fee, the refund will automatically be given as credit on account. Credit on account will be valid for one year and may be applied to another enrollment or reservation. If the credit is not used after one year, the funds will be forfeited and the customer's account will be cleared. Except as otherwise provided in this policy, if a registrant fails to attend a program after it begins, the registrant is **not**

entitled to a refund. Exceptions may be authorized by the Director of Community Services. A doctor's note or written request describing the extenuating circumstances must be submitted to the Community Services Department 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](http://poway.org/play).

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

We're ready for the 2022-23 season! Are YOU? The fall features performances by Southern California Ballet, Scripps Theatre Arts, Mojalet Dance Collective, and the ever-popular Poway High School Fall Play. Poway OnStage opens their season with the family-friendly *Sugar Skull*, a *Dia de Muertos Musical Adventure*, and three-time GRAMMY® Award-Winner *Taj Mahal*.

TICKETS AND INFORMATION: [powaycenter.com](http://powaycenter.com)

## POWAY CENTER FOR THE PERFORMING ARTS

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



### Rental Requests

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

### Administration

(858) 668-4693

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

### Box Office

(858) 748-0505

Friday | 12:00pm-5:00pm

Saturday | 10:00am-3:00pm

Closed on major holidays

The Box Office opens one hour before scheduled performance times and remains open 30 minutes after performances begin.

### Art Gallery & Facility

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

Friday | 12:00-5:00pm

Saturday | 10:00am-3:00pm

Closed on major holidays

## POWAY ONSTAGE



Presenters of World-Class Talent at the Poway Center for the Performing Arts  
[powayonstage.org](http://powayonstage.org)

## POWAY UNIFIED SCHOOL DISTRICT



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

## COMMUNITY PRESENTERS



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

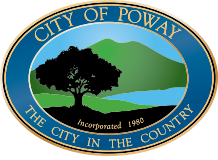
## ART SHOWS



Art Credit: Weston Riffle

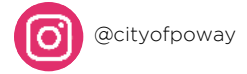
Rotating exhibits ensure a wide variety of styles and media from local, regional, and student artists. [powaycenter.com](http://powaycenter.com)





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

Connect with us and never miss a recreation opportunity again!



# FALL 2022 EVENTS AT A GLANCE



**FALL CAMPING**  
 September 9-10  
 September 23-24  
 October 7-8  
 October 21-22  
 Lake Poway



**RENDEZVOUS**  
 October 1 & 2  
 Old Poway Park



**HOOT, HOWL & PROWL**  
 October 22  
 Blue Sky Reserve



**ONCE UPON A HALLOWE'EN**  
 October 29  
 Old Poway Park

**Poway City Council**

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

**SAVE THE DATE!**

Registration begins August 2 at 7:30am.  
 See page 24 for details,  
 or visit [poway.org/classes](http://poway.org/classes).