

# POWAY

COMMUNITY SERVICES GUIDE

WINTER 2022-23

REGISTRATION BEGINS  
**NOVEMBER 8**  
AT 7:30AM

[POWAY.ORG/CLASSES](https://poway.org/classes)



# CHRISTMAS IN THE PARK

**FREE!**

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

**Friday, December 9, 2022 | 5:30-8:30pm**

**Saturday, December 10, 2022 | 3:30-8:30pm**

## Annual Tree Lighting

Don't miss the annual lighting of the community Christmas tree at 6:15pm, followed by Santa's arrival.

**Friday, December 9, 2022**

**INFORMATION:**

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



# WINTER FESTIVAL

**FREE!**

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



**Friday, January 13, 2023 | 5:00-9:00pm**

**Saturday, January 14, 2023 | 3:30-8:30pm**

## Winter Festival for Our Special Needs Community

**FREE!**

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



**Saturday, January 14, 2023 | 2:30-3:30pm**

**INFORMATION:** [poway.org/winterfestival](http://poway.org/winterfestival)  
or (858) 668-4671



## 28th Annual “Youth-Only” Fishing Derby, Fishing Seminar & Campout

- Derby:** Saturday  
February 4, 2023 | 6:00am-12:00pm
- Seminar:** Friday  
February 3, 2023 | 5:00-7:00pm
- Campout:** Friday-Saturday  
February 3-February 4, 2023 |  
7:00am-12:00pm

### DERBY

**FREE!**

Join us for an exciting day of fun and prizes at the 28th Annual Youth-Only Fishing Derby! Freshly stocked with 1,500 pounds of rainbow trout, Lake Poway will be open only to youth ages 15 and younger from 6:00am-12:00pm. Parents, please leave the fishing to the kids during the derby.

### SEMINAR

**FREE!**

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

### CAMPOUT

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

CLASS #	DAY	TIME	DATES	FEE
9039.300	F	7:00am	Feb 3	\$16
	SA	12:00pm	Feb 4	

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

Early Summer Camp Registration starts April 4, 2023 at 7:30am. Look for a special summer camp preview in the Spring Community Services Guide. We don't want you to miss out on our summer fun!



City of Poway



@cityofpoway



@cityofpoway



poway.org/connect

### SAVE THE DATE:

Registration Begins: November 8 at 7:30am

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# WINTER CAMPS!



## CAMP! SKATEBOARDING

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@sdskatelife.com

**LOCATION:** Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.300	M-F	9:00am-12:00pm	Feb 20-Feb 24	\$165/\$176

## CAMP! DANCE TO EVOLVE: WINTER WONDERLAND DANCE

AGES 3-7

Enjoy a magical winter wonderland of swirling snowflakes, dancing snowmen, and frosty fun! Discover your dancing ice powers, create cozy crafts, and chill out with friends while playing wonderful wintery games. On Friday, family and friends are invited to a mystical show!

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

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

CLASS #	DAY	TIME	DATES	R/NR FEE
5702.300	M-F	9:00am-12:00pm	Feb 20-Feb 24	\$189/\$200

## CAMP! CLICBITZ: YOUTH SEWING: HOODIES

AGES 9-17

Create your very own hoodie! Learn sewing basics such as how to thread a machine, 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 304

CLASS #	DAY	TIME	DATES	R/NR FEE
5906.300	M-F	9:00am-12:00pm	Feb 20-Feb 24	\$220/\$231*

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



# 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
1000.300	F	4:30-9:00pm	Feb 3	\$10/\$21
1000.301	F	4:30-9:00pm	Mar 3	\$10/\$21

## Teen Programs

### TEEN EXCURSION: GET AIR

GRADES 6-9

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

**INSTRUCTOR:** Community Park Staff

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

CLASS #	DAY	TIME	DATES	FEE
1001.300	SA	5:00-9:00pm	Jan 21	\$14

### NEW! TEEN CASINO NIGHT

GRADES 6-9

Winner winner chicken dinner! We're upping the ante on fun with a night of glitz and prizes just for teens! Test your lucky streak when you go all in with a full house; double down with blackjack; or roll an eight the hard way for the win. Afterwards, trade in your chips for a chance to win awesome prizes! Grab your friends and get ready to hit the jackpot on fun!



**INSTRUCTOR:** Community Park Staff

**LOCATION:** Community Park, Oak Hall

CLASS #	DAY	TIME	DATES	FEE
1001.301	SA	5:00-9:00pm	Feb 18	\$5

### NEW! TEEN MOVIE NIGHT

GRADES 6-9

Lights, camera, action! You and your friends have the starring roles in this red-carpet evening filled with blockbuster fun! Go off-script playing goofy games, set the scene with Oscar-winning crafts, treat yourself to an uber-sweet popcorn bar and big screen munchies, and sit back and chillax for a special premiere of *Top Gun: Maverick* (PG-13 language). This is one event that's sure to be a box-office smash!



**INSTRUCTOR:** Community Park Staff

**LOCATION:** Community Park, Oak Hall

CLASS #	DAY	TIME	DATES	FEE
1001.302	SA	5:00-9:00pm	Mar 18	\$5

# WINTER 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:** Jan 12

CLASS #	DAY	TIME	DATES	R/NR FEE
1500.300	TU/TH	9:00am-12:00pm	Jan 3-Jan 26	\$167/\$178*
1500.301	TU/TH	9:00am-12:00pm	Jan 31-Feb 23	\$190/\$201*
1500.302	TU/TH	9:00am-12:00pm	Feb 28-Mar 23	\$190/\$201*

\*\$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:** Jan 16

CLASS #	DAY	TIME	DATES	R/NR FEE
2505.300	M	10:00-10:45am	Jan 9-Feb 13	\$75/\$86
2505.301	M	10:00-10:45am	Feb 27-Mar 20	\$60/\$71

### NEW! ART SMARTS: 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
2508.300	TU	4:00-5:00pm	Jan 3-Feb 7	\$102/\$113
2508.301	TU	4:00-5:00pm	Feb 14-Mar 21	\$102/\$113

# Creative Arts

## NEW! MUSICAL THEATER AND DANCE: AGES 5-12 *DESCENDANTS 3*

Let your inner star shine while being 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 *Descendants 3* 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
1810.300	TH	4:30-5:30pm	Jan 19-Mar 9	\$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:** Jan 25 & Feb 22

CLASS #	DAY	TIME	DATES	R/NR FEE
1811.300	W	4:00-5:00pm	Jan 11-Mar 15	\$160/\$171



# Dance

Try it before you buy it!

Try high-quality, fun Dance To EvOLvE classes without obligation on Jan 4, 7, & 9. Liability waiver required. Classes are designed to be progressive. All participants are invited to be part of the annual recital in June 2023. Affordable participant fee required; includes a costume participants keep.

## YOU&ME CREATIVE MOVEMENT AGES 1.2-2.2

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

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.300	M	10:00-10:45am	Jan 9-Feb 6	\$90/\$101
1702.301	M	10:00-10:45am	Feb 13-Mar 20	\$107/\$118



## 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:** Jan 14

### Tap/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.302	M	10:50-11:35am	Jan 9-Feb 6	\$90/\$101
1702.303	M	10:50-11:35am	Feb 13-Mar 20	\$107/\$118

### Hip Hop/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.304	SA	8:30-9:15am	Jan 7-Feb 11	\$90/\$101
1702.305	SA	8:30-9:15am	Feb 18-Mar 25	\$107/\$118

**TINY MOVERS****AGES 3-4**

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: danceto evolve.com**LOCATION:** Community Park, Willow Room 303**NO CLASS:** Jan 14**Tap/Ballet**

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.306	M	11:40am-12:35pm	Jan 9-Feb 6	\$90/\$101
1702.307	M	11:40am-12:35pm	Feb 13-Mar 20	\$107/\$118
1702.308	M	3:15-4:10pm	Jan 9-Feb 6	\$90/\$101
1702.309	M	3:15-4:10pm	Feb 13-Mar 20	\$107/\$118

**Hip Hop/Ballet**

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.310	SA	9:20-10:15am	Jan 7-Feb 11	\$90/\$101
1702.311	SA	9:20-10:15am	Feb 18-Mar 25	\$107/\$118

**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: danceto evolve.com**LOCATION:** Community Park, Willow Room 303**NO CLASS:** Jan 14**Tap/Ballet**

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.312	M	4:15-5:10pm	Jan 9-Feb 6	\$90/\$101
1702.313	M	4:15-5:10pm	Feb 13-Mar 20	\$107/\$118

**Hip Hop/Ballet**

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.314	SA	10:20-11:15am	Jan 7-Feb 11	\$90/\$101
1702.315	SA	10:20-11:15am	Feb 18-Mar 25	\$107/\$118

**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:** Jan 14

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.316	SA	11:20-12:15pm	Jan 7-Feb 11	\$90/\$101
1702.317	SA	11:20-12:15pm	Feb 18-Mar 25	\$107/\$118

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

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

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

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.318	M	5:15-6:10pm	Jan 9-Feb 6	\$90/\$101
1702.319	M	5:15-6:10pm	Feb 13-Mar 20	\$107/\$118

**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

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.320	M	6:15-7:10pm	Jan 9-Feb 6	\$90/\$101
1702.321	M	6:15-7:10pm	Feb 13-Mar 20	\$107/\$118

**BITTY BOPPERS HIP HOP****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: dancetoevolve.com

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

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.322	W	3:25-4:10pm	Jan 4-Feb 8	\$107/\$118
1702.323	W	3:25-4:10pm	Feb 15-Mar 22	\$107/\$118

**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

**Beat Breakers**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.324	4-7	W	4:15-5:10pm	Jan 4-Feb 8	\$107/\$118
1702.325	4-7	W	4:15-5:10pm	Feb 15-Mar 22	\$107/\$118

**Hip Hop: Pre-Teen**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.326	8-12	W	5:15-6:10pm	Jan 4-Feb 8	\$107/\$118
1702.327	8-12	W	5:15-6:10pm	Feb 15-Mar 22	\$107/\$118

**Hip Hop: Teen**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.328	13-18	W	6:15-7:10pm	Jan 4-Feb 8	\$107/\$118
1702.329	13-18	W	6:15-7:10pm	Feb 15-Mar 22	\$107/\$118

Have fun while developing a variety of dance techniques!





**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](http://dancetoevolve.com)  
**LOCATION:** Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.330	W	7:15-8:15pm	Jan 4-Feb 8	\$107/\$118
1702.331	W	7:15-8:15pm	Feb 15-Mar 22	\$107/\$118

**ADULT TAP** **AGES 18+**

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



**INSTRUCTOR:** Dance To EvOLvE: [dancetoevolve.com](http://dancetoevolve.com)  
**LOCATION:** Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.332	M	7:15-8:15pm	Jan 9-Feb 6	\$90/\$101
1702.333	M	7:15-8:15pm	Feb 13-Mar 20	\$107/\$118

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

In this high-energy class, participants use pom-poms and learn the fundamentals of cheer, dance, and tumbling techniques including voice projection, stretching, jumps, kicks, beginner tumbling and stunting, cheers, and sideline dances. Participants perform a full routine during half time at a USD college basketball game.

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

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1703.300	3-5	TH	5:30-6:00pm	Jan 19-Mar 9	\$104/\$115
1703.301	6-12	TH	6:00-6:50pm	Jan 19-Mar 9	\$120/\$131



# 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:** Mar 2

CLASS #	DAY	TIME	DATES	R/NR FEE
1608.300	TU	5:30-6:15pm	Jan 10-Mar 21	\$88/\$99
1608.301	TH	5:30-6:15pm	Jan 19-Mar 23	\$72/\$83

## 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:** Jan 12

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.300	TH	6:00-7:00pm	Jan 5-Mar 23	\$110/\$121

## 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
1609.300	M	6:30-7:30pm	Jan 2-Feb 6	\$90/\$101



# FREE OLDER ADULT PROGRAMS!

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:**  
2010.300: Old Poway Park, Green Park  
2010.301: Valle Verde Park, Soccer Field

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

**NO CLASS:** Feb 18

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.300	W	9:00-9:30am	Jan 11-Mar 22	\$187/\$198*
2010.301	W	4:00-4:30pm	Feb 8-Mar 22	\$119/\$130*
2010.302	SA	9:00-9:30am	Jan 21-Mar 25	\$153/\$164*

\*\$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:**  
2010.303: Old Poway Park, Green Park  
2010.304: Valle Verde Park, Soccer Field

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

**NO CLASS:** Feb 18

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.303	W	9:35-10:20am	Jan 11-Mar 22	\$187/\$198*
2010.304	W	4:35-5:20pm	Feb 8-Mar 22	\$119/\$130*
2010.305	SA	9:40-10:25am	Jan 21-Mar 25	\$153/\$164*
2010.306	SA	10:35-11:20am	Jan 21-Mar 25	\$153/\$164*

\*\$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:** Feb 18

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.307	SA	11:30am-12:25pm	Jan 21-Mar 25	\$153/\$164*

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

**LOCATION:** Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.300	W	5:00-6:00pm	Jan 4-Feb 8	\$102/\$113
2004.301	W	5:00-6:00pm	Feb 22-Mar 22	\$85/\$96

**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 Skatelite, Andrew Barbosa:  
Andrew@sdskatelite.com

**LOCATION:** Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.302	W	4:00-5:00pm	Jan 4-Feb 8	\$102/\$113
2004.303	W	4:00-5:00pm	Feb 22-Mar 22	\$85/\$96





## 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

**LOCATION:** The Rinks: 12455 Kerran Street #100

### Tiny Tots

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2012.300	3-5	F	3:30-4:00pm	Jan 6-Jan 27	\$80/\$91
2012.301	3-5	F	3:30-4:00pm	Feb 17-Mar 10	\$80/\$91

### Youth

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2012.302	6-14	F	4:00-4:30pm	Jan 6-Jan 27	\$80/\$91
2012.303	6-14	F	4:00-4:30pm	Feb 17-Mar 10	\$80/\$91

### Adult

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2012.304	15+	SA	10:45-11:15am	Jan 7-Jan 28	\$80/\$91
2012.305	15+	SA	10:45-11:15am	Feb 18-Mar 11	\$80/\$91

## TAEKWONDO

AGES 5+

Try it  
before  
you buy  
it!

You'll learn Taekwondo kicks, blocks, and punches. A white Taekwondo uniform is required and may be purchased from the instructor for \$45. Attend the first day of class for free! Liability waiver required.

**INSTRUCTOR:** Master Chen

**LOCATION:** Community Park, Sycamore Hall

**BELT TESTING:** Mar 6—Participants will be notified if they're eligible to attend; \$45 belt testing fee required.

### Youth Taekwondo

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

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.300	5-10	M/W	5:00-6:00pm	Jan 9-Mar 22	\$129/\$140

### Junior/Adult Taekwondo

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

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.301	11+	M/W	6:05-7:05pm	Jan 9-Mar 22	\$129/\$140

### Junior/Adult Taekwondo—Black Belt Participants

This program is for black belt participants only. Combined with the Junior/Adult Taekwondo class (2001.301) for the first hour, black belt participants stay an extra 20 minutes for individual instruction.

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.302	11+	M/W	6:05-7:25pm	Jan 9-Mar 22	\$129/\$140



**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:** Feb 20

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2002.300	9-12	M	5:30-6:30pm	Jan 23-Mar 20	\$75/\$86
2002.301	12-14	M	6:30-7:30pm	Jan 23-Mar 20	\$75/\$86

**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**NO CLASS:** Feb 20 & Mar 2**Coed Intermediate**

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.300	Men	TH	6:30-9:30pm	Jan 19-Mar 23	\$70/\$81
2005.301	Women	TH	6:30-9:30pm	Jan 19-Mar 23	\$70/\$81

**Coed Advanced**

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.302	Men	TU	6:30-9:30pm	Jan 17-Mar 14	\$70/\$81
2005.303	Women	TU	6:30-9:30pm	Jan 17-Mar 14	\$70/\$81

**Women**

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.304	Women	M	6:30-9:30pm	Jan 9-Mar 13	\$70/\$81

**TENNIS****AGES 6-14**

Come learn tennis from beginner to advanced! Start by learning skills such as forehand and backhand groundstrokes, volleys, and a good first serve in the Beginner class. After attending two sessions of the Beginner class, participants can register for the Intermediate class. In the Intermediate class, learn court positioning, footwork drills, scoring system, and court etiquette while fine-tuning strokes. Enthusiasts enhance their ability in the Advanced Juniors class, preparing them for tournaments, league play, and high school teams. Advanced Juniors class placement is determined by the instructor.

**INSTRUCTOR:** Art Christophiades**LOCATION:** Community Park, Tennis Courts**NO CLASS:** Jan 12 & 14**Beginner**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.300	8-14	TU/TH	4:00-5:00pm	Jan 3-Feb 28	\$112/\$123
2000.301	6-8	SA	9:00-10:00am	Jan 7-Mar 4	\$56/\$67
2000.302	6-8	SA	10:00-11:00am	Jan 7-Mar 4	\$56/\$67

**Intermediate**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.303	9-14	TU/TH	5:00-6:00pm	Jan 3-Feb 28	\$112/\$123
2000.304	9-14	SA	11:00am-12:00pm	Jan 7-Mar 4	\$56/\$67

**Advanced Juniors**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.305	9-14	M/W	4:00-5:30pm	Jan 2-Feb 22	\$144/\$155



# Open Play Sports

## OPEN PLAY SPORTS

ALL AGES

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

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

### Twin Peaks Multipurpose Center

14640 Tierra Bonita Road

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

### Meadowbrook Gymnasium

12320 Meadowbrook Lane

ACTIVITY	DAY	OPEN GYM HOURS
Open Basketball	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).



An easy, slow-paced curriculum modified to fit skill levels and abilities.

## Special Needs

### NEW! SELF-CARE 101

AGES 18+

Self-care can be defined as anything that supports mental, emotional, and physical well-being. Experience the numerous benefits from learning self-care strategies, including reducing levels of stress and increasing happiness. Participants are guided through a provided self-care journal and exercises designed to improve confidence, self-respect, self-soothing, and self-compassion.

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

**LOCATION:** Villa De Vida, Inc.: 12939 Pomerado Road

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.300	TU	4:00-5:00pm	Jan 3-Mar 7	\$60/\$71*

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

### NEW! ADAPTIVE YOGA

AGES 18+

Participants are guided through mindful breathing exercises, stretching, basic poses, and postures. This class provides an easy, slow-paced curriculum that is modified to fit skill levels and abilities.

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

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

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.301	W	4:00-5:00pm	Jan 4-Mar 8	\$60/\$71

# Safety Training

**CHILD & BABYSITTING SAFETY**

**AGES 10-17**

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

**INSTRUCTOR:** Lockhart Training

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

CLASS #	DAY	TIME	DATES	R/NR FEE
2100.300	SA	9:30am-1:30pm	Feb 25	\$59/\$70*

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



# Dog Training

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

## TRAINING CLASSES

**DOGS 12 WEEKS+**

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



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

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

SATURDAY: Garden Road Park, Open Area

### Basic Obedience

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.300	TU	6:30-7:30pm	Jan 3-Feb 7	\$95/\$106*
2300.301	SA	9:30-10:30am	Jan 7-Feb 11	\$95/\$106*
2300.302	TU	6:30-7:30pm	Feb 14-Mar 21	\$95/\$106*
2300.303	SA	9:30-10:30am	Feb 18-Mar 25	\$95/\$106*

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

### Intermediate Obedience: Canine Good Citizen

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.304	SA	10:45-11:45am	Jan 7-Feb 11	\$95/\$106
2300.305	SA	10:45-11:45am	Feb 18-Mar 25	\$95/\$106

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

# 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	Feb 20	Pirates	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.



# 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.

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

## Seasonal Information

**Winter Schedule** (Oct 1-April 2)

### Adult Lap Swim

Mon/Wed/Fri	Short Course 10:30am-1:30pm; 4:15-7:00pm*
Tues/Thurs	Long Course 8:00am-1:30pm Short Course 4:15-7:00pm
Sat	Short Course 12:00am-3:00pm
Sun	Closed

### Recreational Swim

Mon-Fri	Shallow Square/Splash Pad 10:30am-1:30pm All Areas and Diving Boards 4:15-7:00pm*
Sat/Sun	Closed

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

### Holiday Hours

Closed Thanksgiving | Nov 24 & 25

### Seasonal Closure

Closed Dec 18-Jan 8

## Costs

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



### WATER EXERCISE

AGES 16+

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

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

### RED CROSS LIFEGUARD TRAINING

AGES 15+

Lifeguard training course teaches the necessary skills to become a professional lifeguard. Upon successful completion of the course, participants will earn their certifications for Lifeguarding/First Aid/CPR/AED/Title 22. Learning occurs in and outside of class. 100% attendance and participation are required for scheduled dates. There is a water skills pretest that must be passed before the first class. Class fee includes materials, book, resuscitation mask, and completion certificate. Must be 15 years of age by the first day of class.



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

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

CLASS #	DAY	TIME	DATES	FEE
0700.300	W	5:00-8:00pm	Pretest Feb 15	\$210
	M-F	8:00am-5:00pm	Feb 20-24	
0700.301	M	5:00-8:00pm	Pretest Mar 6	\$210
	M/W	5:00-8:00pm	Mar 13, 15, 20, 22	
	SA	8:00am-5:00pm	Mar 11, 18	



## OLD POWAY PARK

14134 Midland Road  
(858) 668-4576

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

### Hours

#### Railroad Info:

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

#### Farmers Market

Saturdays | 8:00am-1:00pm

### HISTORICAL TOURS

ALL AGES

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

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

### VETERANS DAY

ALL AGES

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

**Friday, November 11, 2022 | 11:00am**

### FARMERS MARKET

ALL AGES

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

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

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





# 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 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.

### BLUE SKY'S BALANCING ACT AGES 3-17

Join Ranger Sierra for an interactive presentation and craft activity to learn about delicate food chains within Blue Sky Reserve. Find out why critters and plants have their own important roles to play in our ecosystem. Nature could always use a helping hand, so come connect with us and learn what YOU can do to keep Blue Sky Reserve thriving! Limited to 25 children.



CLASS #	DAY	TIME	DATES	FEE
1200.301	SA	9:00am–12:00pm	Nov 12	\$3 per person

### FREE! TURN NEW YEAR RESOLUTIONS INTO FITNESS SOLUTIONS!

Hiking is one of the best things you can do for your health. Come join our 'Fun and Fitness' hiking series! What better way to meet new friends, de-stress, connect with nature, and get into shape? The fun begins at the south end of the parking lot. Distance and fitness level will gradually increase over six Monday mornings. All fitness levels welcomed. No reservation required.

**INFORMATION:** [siturzaeta@poway.org](mailto:siturzaeta@poway.org) or (858) 668-4777

DAY	TIME	DATE	FEE
M	9:00am	Jan 9–Feb 13	FREE

### 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:** [siturzaeta@poway.org](mailto:siturzaeta@poway.org) or (858) 668-4777

DAY	TIME	DATE	FEE
SA	9:00–11:00am	Feb 18	FREE

### SCHOOL TOURS & OUTREACH PROGRAM GRADES 2-5

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

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



# KUMEYAAY-IPAI INTERPRETIVE CENTER

13104 Ipai Waaypuk Trail

(858) 668-4781

Parking located at 13104 Carriage Road, Poway

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

## Hours

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

### GUIDED TOURS OF THE ANCIENT COMMUNITY OF PAUWAI

ALL AGES

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



### 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:** [siturzaeta@poway.org](mailto:siturzaeta@poway.org) or (858) 668-4777

### SCHOOL TOURS

GRADE 3

Offered the first and second Thursday and Friday mornings each month. Experience the life of the Kumeyaay, discover artifacts and ancient milling sites, and participate in hands-on traditional activities.

**SCHEDULE YOUR TOUR ONLINE:** [poway.org/kiic](http://poway.org/kiic)

#### FEE

\$4 per student



### WATERCOLOR CLASS

AGES 8+

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

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

CLASS #	DAY	TIME	DATES	FEE
1200.302	SA	9:00am-12:00pm	Mar 25	\$5





## POWAY LIBRARY

13137 Poway Road  
(858) 513-2900

Please watch our website for future programming: [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

#### FREE! ADULT PROGRAMS AGES 18+

**Zumba Inclusive for adults of all abilities:**  
Mondays | 10:00am

**Tai Chi for Adults:** Fridays | 10:00am

**American Mah Jongg:** Thursdays | 1:00pm

**Ukulele Class:** Second Wednesday | 2:00pm

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

**Ukelele Jam:** Last Wednesday | 5:00pm

**Live WOW Bus:** Friday, Nov 18 | 10:00am-3:00pm

**Poway Symphonette Music Concert:**  
Saturday, Dec 10 | 3:00pm

#### FREE! TEEN PROGRAMS GRADES 6-12

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

#### FREE! CHILDREN'S PROGRAMS BIRTH TO GRADE 5

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

**Storytime:** Thursdays | 10:30am

**Crafternoon:** Thursdays | 1:00-2:00pm

**Love on a Leash:** Fridays | 3:30-4:30pm

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

**Dinovember:** Wednesday, Nov 16 | 3:30-4:30pm



# 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 Thanksgiving | Nov 24  
Open Christmas | Dec 25



### TROUT SEASON RETURNS TO LAKE POWAY! ALL AGES

The fishing frenzy returns early December when Lake Poway is once again stocked with Rainbow Trout. We offer the best permit and boating prices in the area and our concessions offers everything you might need to catch "The Big One". Please check our website for the most up-to-date fishing conditions and stocking dates at [poway.org/lakepoway](http://poway.org/lakepoway).

### NEW! CATCH THE MIGHTY RAINBOW ALL AGES

Think you could catch the next BIG one? Join us at Lake Poway December through April and take your chance at catching the biggest rainbow trout. Each month one lucky winner who catches the largest trout will win a prize. Trout must be weighed in at the boat dock and the winner will be contacted at the end of each month.

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



## Poway's Premier Sports Complex

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

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

Leagues now forming. Visit us online today!  
[SportsplexUSA.com](http://SportsplexUSA.com)

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



# CLASS REGISTRATION

Registration Begins: November 8 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.

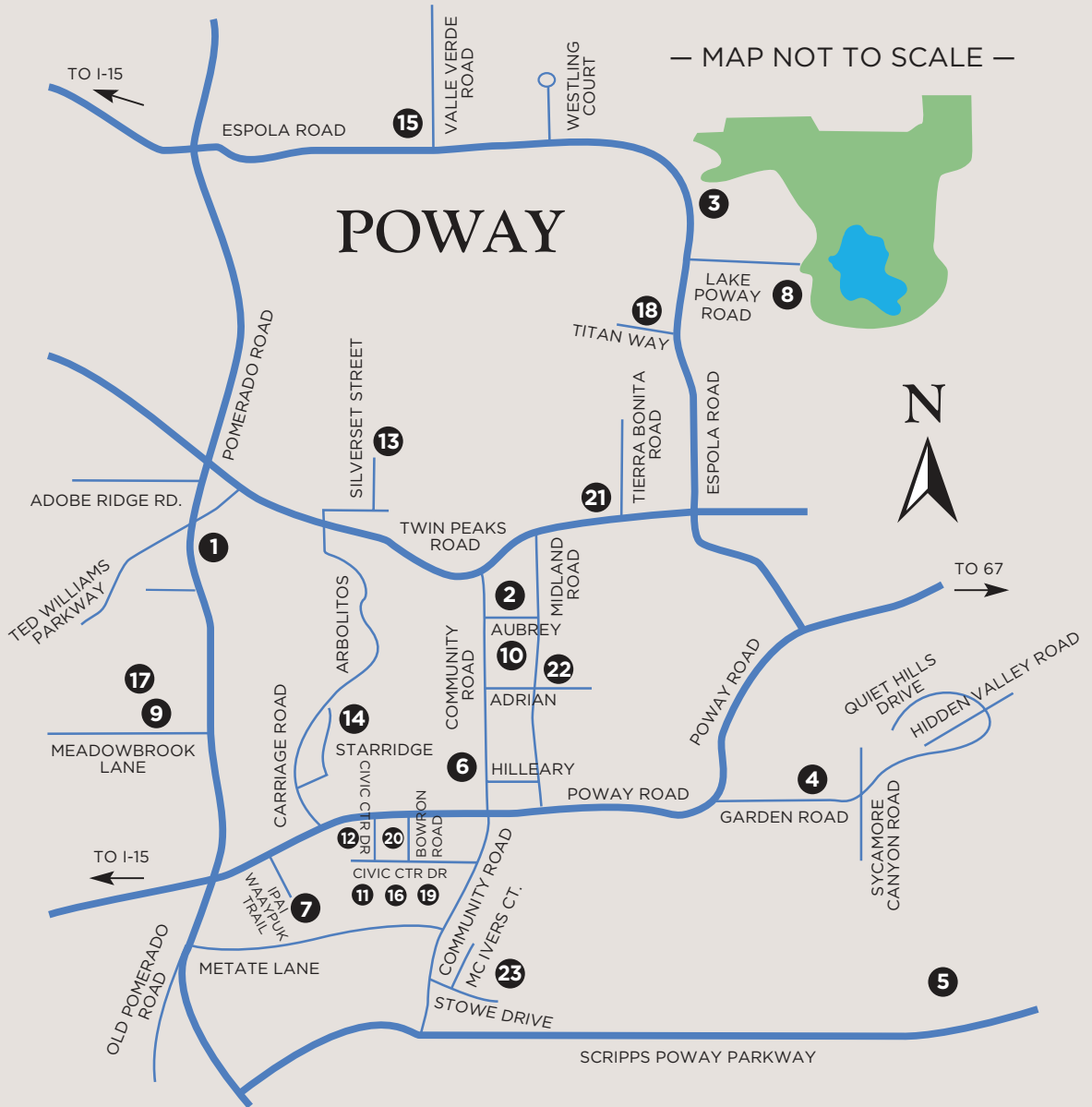
## Financial Assistance

**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.

# CULTURAL & RECREATIONAL FACILITIES



- |  |   |  |
|--|---|--|
| <p><b>1 Arbolitos Sports Fields</b><br/>14401 Pomerado Road</p> <p><b>2 Aubrey Park</b><br/>13544 Aubrey Street</p> <p><b>3 Blue Sky Ecological Reserve</b><br/>16275 Espola Road</p> <p><b>4 Garden Road Neighborhood Park</b><br/>14901 Garden Road</p> <p><b>5 Goodan Ranch</b><br/>16281 Sycamore Canyon Road</p> <p><b>6 Hilleary Park</b><br/>13500 Community Road</p> <p><b>7 Kumeyaay-Ipai Interpretive Center</b><br/>13104 Ipai Waaypuk Trail</p> <p><b>8 Lake Poway Recreation Area</b><br/>14644 Lake Poway Road</p> | <p><b>9 Meadowbrook Soccer Field</b><br/>12250 Meadowbrook Lane</p> <p><b>10 Old Poway Park</b><br/>14134 Midland Road</p> <p><b>11 Poway Community Park</b><br/>13094 Civic Center Drive</p> <ul style="list-style-type: none"> <li>• Community Swim Center</li> <li>• Mickey Cafagna Community Center</li> <li>• Dog Park</li> </ul> <p><b>12 Poway Skate Park</b><br/>13090 Civic Center Drive</p> <p><b>13 Silverset Neighborhood Park</b><br/>14795 Silverset Street</p> <p><b>14 Starridge Neighborhood Park</b><br/>13745 Carriage Road</p> <p><b>15 Valle Verde Neighborhood Park</b><br/>16899 St. Andrews Drive</p> | <p><b>16 Valley Soccer Field</b><br/>13094 Civic Center Drive</p> <p><b>17 Meadowbrook Gymnasium</b><br/>12320 Meadowbrook Lane</p> <p><b>18 Poway Center for the Performing Arts</b><br/>15498 Espola Road</p> <p><b>19 Poway City Hall</b><br/>13325 Civic Center Drive</p> <p><b>20 Poway Community Library</b><br/>13137 Poway Road</p> <p><b>21 Twin Peaks Multipurpose Center</b><br/>14640 Tierra Bonita Road</p> <p><b>22 Veterans Park</b><br/>14135 Midland Road</p> <p><b>23 Sportsplex USA</b><br/>12349 McIvers Court</p> |
|--|---|--|

## POWAY ONSTAGE

There are many local opportunities to celebrate the arts in late 2022 and into 2023. Poway High brings both the Fall Play and Spring Musical to the theatre. Local SoCal Ballet, New West Ballet, and California Ballet will host Nutcracker performances and Poway OnStage's presentation of "Big Bad Voodoo Daddy's Wild & Swingin' Holiday Party" is not to be missed. Poway Symphony Orchestra returns with their full symphony and MET2 always brings fun youth theatre to Poway. There's something for everyone at YOUR theatre!

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



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

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

### Box Office

(858) 748-0505

Friday | 1:00-6:00pm

Saturday | 1:00-6:00pm

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 | 1:00-6:00pm

Saturday | 1:00-6:00pm

Closed on major holidays

## POWAY UNIFIED SCHOOL DISTRICT



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

## COMMUNITY PRESENTERS

Photo Credit: Mojalet Dance Collective



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)

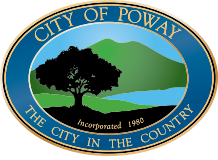
## ART SHOWS

Art Credit: Donald R. Britton



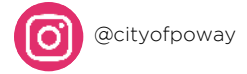
Rotating exhibits and NEW monthly "Art on View" event (special hours, beverage discounts, lite bites, free entry & parking). [powaycenter.com](http://powaycenter.com)





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

Connect with us and never miss a recreation opportunity again!



# WINTER 2022-23 EVENTS AT A GLANCE

**TROUT SEASON**  
 Starts Early  
 December 2022  
 Lake Poway



**CHRISTMAS IN THE PARK**  
 December 9 & 10, 2022  
 Old Poway Park



**WINTER FESTIVAL**  
 January 13 & 14, 2023  
 Community Park



**YOUTH FISHING DERBY CAMPOUT**  
 February 3, 2023  
 Lake Poway  
**YOUTH FISHING DERBY**  
 February 4, 2023  
 Lake Poway



## Poway City Council

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

## SAVE THE DATE!

Registration begins November 8 at 7:30am. See page 23 for details, or visit [poway.org/classes](http://poway.org/classes).