

# POWAY

## COMMUNITY SERVICES GUIDE



**FALL 2023**

**REGISTRATION BEGINS  
AUGUST 1, 2023  
AT 7:30AM**

**[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 7 | 10:00am-4:00pm**

**Sunday, October 8 | 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, October 5 | 9:00am-1:00pm**

**Friday, October 6 | 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.

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

CLASS #	DAY	TIME	DATES	FEE
1200.200	SA	5:30pm	Oct 21	\$5 per person
1200.201	SA	5:45pm	Oct 21	\$5 per person
1200.202	SA	6:00pm	Oct 21	\$5 per person
1200.203	SA	6:15pm	Oct 21	\$5 per person
1200.204	SA	6:30pm	Oct 21	\$5 per person
1200.205	SA	6:45pm	Oct 21	\$5 per person
1200.206	SA	7:00pm	Oct 21	\$5 per person
1200.207	SA	7:15pm	Oct 21	\$5 per person





### 2023 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](http://poway.org) or (858) 668-4671

DATE	LOCATION	MOVIE
<b>July 29</b>	Community Park	The Bad Guys
<b>August 12</b>	Old Poway Park	Alice in Wonderland (1951)

### 2023 SUMMER CONCERTS IN THE PARK

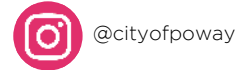
**FREE!**

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](http://poway.org)

DATE/LOCATION	PERFORMER/MUSICAL STYLE
<b>July 30</b> Old Poway Park	Lisa Sanders SOULFUL COUNTRY BLUES
<b>August 6</b> Lake Poway	Britain's Finest BEATLES TRIBUTE
<b>August 13</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 1 at 7:30am**

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**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

**NO CLASS:** Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.200	M-F	9:00am-12:00pm	Nov 20-Nov 24	\$140/\$151

**CAMP! YOUNG ENGINEERS:  
ENGINEER ACADEMY** **AGES 5-12**

Young Engineers specializes in an experiential and challenging learning environment, with games and scientific experiments that visualize natural phenomena and the forces acting around them. Participants build exciting, motorized LEGO® bricks models, reflecting STEM theories learned together! Recruitment for Engineer Academy has begun! Become an all-star today through STEM. Uncover the concepts of molecules, illusions, secret codes, and more!

**INSTRUCTOR:** Young Engineers of Greater San Diego

**LOCATION:** Community Park, Willow Room 302

**NO CLASS:** Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
6901.200	M-F	9:00am-12:00pm	Nov 20-Nov 24	\$154/\$165

# 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	5:00-9:00pm	Sep 1	\$10/\$21
1000.201	F	5:00-9:00pm	Oct 6	\$10/\$21
1000.202	F	5:00-9:00pm	Nov 3	\$10/\$21
1000.203	F	5:00-9:00pm	Dec 1	\$10/\$21

## Teen Programs

### NEW! TEEN LUAU

GRADES 6-9

Not ready to say aloha to summer? Neither are we! Join us for one more night of island-style fun under the stars! Grab your Hawaiian shirts and grass skirts, then hula on over to Community Park for a luau of mythical proportions! Mack out on ono (good food), try not to wipeout on our gnarly inflatable obstacle course, go banzai challenging your friends to cannonball contests, and more! The sun may be setting on summer, but it's not setting on FUN!

**INSTRUCTOR:** Community Park Staff

**LOCATION:** Community Park, Willow 306

CLASS #	DAY	TIME	DATES	FEE
1001.200	SA	5:00-9:00pm	Sep 16	\$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 21	\$5

### NEW! TEEN FALL FEST

GRADES 6-9

It's time to channel your flannel; the fall festival to rule them all is here! We're taking all of your favorite things about the season, turning up the (pumpkin) spice level to twelve, and tossing them into a chai-normous leaf pile full of crisp, nutty fun! Laugh a latte competing in acorny activities, get ooey gooey while gobbling up delish autumn treats, craft a cozy memory with your friends, and more! So round up your crew, throw on your comfiest sweaters, and get ready to rake up the gourd times!

**INSTRUCTOR:** Community Park Staff

**LOCATION:** Community Park, Sycamore Hall

CLASS #	DAY	TIME	DATES	FEE
1001.202	SA	5:00-9:00pm	Nov 18	\$5

### NEW! TEEN BACKYARD MOVIE NIGHT

GRADES 6-9

We're closing out 2023 with the ultimate epic backyard bash! Grab your friends and join us for a jam-packed evening filled with cramazing activities, awesome lawn games, tasty barbecue, an uber-sweet popcorn bar, and so much more! Then bundle up and kick back as we watch ***Dungeons and Dragons: Honor Among Thieves (PG-13)*** on a giant inflatable screen under the stars!

**INSTRUCTOR:** Community Park Staff

**LOCATION:** Community Park, Sycamore Hall

CLASS #	DAY	TIME	DATES	FEE
1001.203	SA	5:00-9:00pm	Dec 16	\$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 21 & 23

CLASS #	DAY	TIME	DATES	R/NR FEE
1500.200	TU/TH	9:00am-12:00pm	Sep 12-Oct 5	\$190/\$201*
1500.201	TU/TH	9:00am-12:00pm	Oct 10-Nov 2	\$190/\$201*
1500.202	TU/TH	9:00am-12:00pm	Nov 7-Dec 7	\$190/\$201*

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

## Creative Arts

### NEW! MUSICAL THEATER AND DANCE: THE LITTLE MERMAID

AGES 5-12

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. Cast parts and learn lines, scenes, songs, and a dance routine from the hit musical *The Little Mermaid* 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 14-Nov 2	\$120/\$131

## 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 20

CLASS #	DAY	TIME	DATES	R/NR FEE
2505.200	M	10:00-10:45am	Sep 11-Oct 2	\$60/\$71
2505.201	M	10:00-10:45am	Oct 9-Oct 30	\$60/\$71
2505.202	M	10:00-10:45am	Nov 6-Dec 4	\$60/\$71

### 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
2508.200	TU	4:00-5:00pm	Sep 12-Oct 24	\$119/\$130
2508.201	TU	4:00-5:00pm	Oct 31-Dec 12	\$119/\$130

# Health & Wellness

## GENTLE YOGA

AGES 16+

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 23 & Dec 7

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.200	TH	6:00-7:00pm	Sep 14-Dec 14	\$120/\$131

## MINDFUL MEDITATION & RELAXATION

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 21

CLASS #	DAY	TIME	DATES	R/NR FEE
1600.201	TU	6:00-7:00pm	Sep 12-Dec 12	\$130/\$141

## 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:** Oct 31 & Nov 21 & 23 & Dec 7

CLASS #	DAY	TIME	DATES	R/NR FEE
1608.200	TU	5:30-6:15pm	Sep 12-Dec 12	\$96/\$107
1608.201	TH	5:30-6:15pm	Sep 14-Dec 14	\$96/\$107



# 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	1:00-3:00pm	FREE
F	1:00-3:00pm	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	9:30-10:45am	FREE

# Dance

Try it before you buy it!

Try high-quality, fun Dance To EvOLvE classes without obligation on September 11 & 16. Liability waiver required. Classes are designed to be ongoing and progressive. All participants are encouraged to be part of the in-class December show!

## MINI MOVERS & MUSIC AGES 1.5-3

This class is filled with creative movement, fun music and dance games! This energetic and expressive class will have your mini-mover learning age appropriate dance moves, motor skills and rhythm.

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 25

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.200	M	4:45-5:25pm	Sep 11-Oct 23	\$125/\$136
1702.201	M	4:45-5:25pm	Oct 30-Dec 11	\$125/\$136



## MAGICAL MUNCHKINS: HIP HOP/BALLET AGES 2-3.1

This gentle introductory combination dance class of ballet and 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 25

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.202	SA	8:30-9:10am	Sep 16- Oct 28	\$125/\$136
1702.203	SA	8:30-9:10am	Nov 4-Dec 16	\$107/\$118

## TINY MOVERS AGES 3-4.5

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

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 25

### Tap/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.204	M	3:45-4:40pm	Sep 11-Oct 23	\$125/\$136
1702.205	M	3:45-4:40pm	Oct 30-Dec 11	\$125/\$136

### Hip Hop/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.206	SA	9:15-10:10am	Sep 16-Oct 28	\$125/\$136
1702.207	SA	9:15-10:10am	Nov 4-Dec 16	\$107/\$118

## STAR SHINERS AGES 4.5-6

Keep your Star Shiner moving in this tap, jazz 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.

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 25

### Tap/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.208	M	5:30-6:25pm	Sep 11-Oct 23	\$125/\$136
1702.209	M	5:30-6:25pm	Oct 30-Dec 11	\$125/\$136

### Hip Hop/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.210	SA	10:15-11:10am	Sep 16-Oct 28	\$125/\$136
1702.211	SA	10:15-11:10am	Nov 4-Dec 16	\$107/\$118

### Jazz/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.212	SA	2:00-2:55pm	Sep 16-Oct 28	\$125/\$136
1702.213	SA	2:00-2:55pm	Nov 4-Dec 16	\$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: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 25

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.214	SA	11:15am-12:10pm	Sep 16-Oct 28	\$125/\$136
1702.215	SA	11:15am-12:10pm	Nov 4-Dec 16	\$107/\$118

**BEAT BREAKERS & HIP HOP** AGES 4-12

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

**INSTRUCTOR:** Dance To EvOLvE: dancetoevolve.com  
**LOCATION:** Community Park, Willow Room 303  
**NO CLASS:** Nov 25

**Beat Breakers**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.216	4-7	M	6:30-7:25pm	Sep 11-Oct 23	\$125/\$136
1702.217	4-7	M	6:30-7:25pm	Oct 30-Dec 11	\$125/\$136
1702.218	4-7	SA	1:00-1:55pm	Sep 16-Oct 28	\$125/\$136
1702.219	4-7	SA	1:00-1:55pm	Nov 4-Dec 16	\$107/\$118

**Hip Hop: Pre-Teen**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.220	8-12	M	7:30-8:25pm	Sep 11-Oct 23	\$125/\$136
1702.221	8-12	M	7:30-8:25pm	Oct 30-Dec 11	\$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 perform a full routine at a USD college sports 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 14-Nov 2	\$104/\$115
1703.201	6-12	TH	6:00-6:50pm	Sep 14-Nov 2	\$120/\$131

**CHILDREN'S HULA** AGES 3-11

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 2 & 23

CLASS #	DAY	TIME	DATES	R/NR FEE
1704.200	TH	5:00-6:00pm	Sep 14-Nov 30	\$120/\$131

**BEGINNING HULA** AGES 12+

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 2 & 23

CLASS #	DAY	TIME	DATES	R/NR FEE
1704.201	TH	6:00-7:00pm	Sep 14-Nov 30	\$120/\$131



# 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 a Soccer Shots jersey.

**INSTRUCTOR:** Soccer Shots

**LOCATION:** **WED: 2010.200:** Old Poway Park, Green Park  
2010.201: Valle Verde Park, Soccer Field  
**SAT:** Community Park, Open Play Area

**NO CLASS:** Nov 11 & 25

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.200	W	9:00-9:30am	Sep 13-Dec 6	\$234/\$245
2010.201	W	4:00-4:30pm	Sep 13-Nov 1	\$156/\$167
2010.202	SA	9:00-9:30am	Sep 16-Dec 9	\$234/\$245

\*\$35 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 a Soccer Shots jersey.

**INSTRUCTOR:** Soccer Shots

**LOCATION:** **WED: 2010.203:** Old Poway Park, Green Park  
2010.204: Valle Verde Park, Soccer Field  
**SAT:** Community Park, Open Play Area

**NO CLASS:** Nov 11 & 25

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.203	W	9:35-10:20am	Sep 13-Dec 6	\$234/\$245
2010.204	W	4:35-5:20pm	Sep 13-Nov 1	\$156/\$167
2010.205	SA	9:40-10:25am	Sep 16-Dec 9	\$234/\$245
2010.206	SA	10:35-11:20am	Sep 16-Dec 9	\$234/\$245

\*\$35 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. All participants receive a Soccer Shots jersey.

**INSTRUCTOR:** Soccer Shots

**LOCATION:** Community Park, Open Play Area  
**NO CLASS:** Nov 11 & 25

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.207	SA	11:30am-12:25pm	Sep 16-Dec 9	\$234/\$245

\*\$35 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 22

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.200	W	5:00-6:00pm	Sep 13-Oct 18	\$102/\$113
2004.201	W	5:00-6:00pm	Nov 1-Dec 13	\$102/\$113

## 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 22

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.202	W	4:00-5:00pm	Sep 13-Oct 18	\$102/\$113
2004.203	W	4:00-5:00pm	Nov 1-Dec 13	\$102/\$113





## TAEKWONDO

AGES 5+

Try it  
before  
you buy  
it!

This is a complete martial arts program designed to help participants of all ages develop respect, self-control, strength, speed, coordination, endurance, and confidence.

Learn Taekwondo kicks, blocks, and punches through self-defense skills. 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 13—Participants will be notified if they're eligible to attend; \$45 belt testing fee required.

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.200	5+	M/W	5:00–6:00pm	Sep 11–Nov 29	\$129/\$140
2001.201	11+	M/W	6:05–7:05pm	Sep 11–Nov 29	\$129/\$140

### Junior/Adult Taekwondo—Black Belt Participants

This program is for black belt participants only. Combined with class 2001.201 for the first hour, black belt participants stay an extra 25 minutes for individual instruction.

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.202	11+	M/W	6:05–7:30pm	Sep 11–Nov 29	\$129/\$140

## YOUTH VOLLEYBALL

AGES 10-15

Looking for a fun sport? Come and play volleyball on Monday nights. Boys and girls are invited to participate in this fun, recreational activity. In the Beginner class, participants learn the basics of passing, setting, hitting, and serving using instruction, drills, and practice. Enthusiasts enhance their ability in the Intermediate class. One year of volleyball experience and knowledge of passing, setting, and serving required for Intermediate class.

**INSTRUCTOR:** Susie Gehrke

**LOCATION:** Meadowbrook Gymnasium

**NO CLASS:** Sep 18

### Beginner

CLASS #	DAY	TIME	DATES	R/NR FEE
2002.200	M	5:30–6:30pm	Sep 11–Nov 6	\$75/\$86

### Intermediate

CLASS #	DAY	TIME	DATES	R/NR FEE
2002.201	M	6:30–7:30pm	Sep 11–Nov 6	\$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

### Coed Intermediate

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.200	Men	TH	6:30–9:30pm	Sep 21–Nov 16	\$80/\$91
2005.201	Women	TH	6:30–9:30pm	Sep 21–Nov 16	\$80/\$91

### Coed Advanced

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.202	Men	TU	6:30–9:30pm	Sep 19–Nov 14	\$80/\$91
2005.203	Women	TU	6:30–9:30pm	Sep 19–Nov 14	\$80/\$91

### Women

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.204	Women	M	6:30–9:30pm	Sep 18–Nov 13	\$80/\$91



**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 20, 21, 22, 23 & 25

**Beginner**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.200	8-14	TU/TH	4:00-5:00pm	Oct 24-Dec 5	\$70/\$81
2000.201	6-8	SA	9:00-10:00am	Oct 28-Dec 2	\$35/\$46
2000.202	8-14	SA	10:00-11:00am	Oct 28-Dec 2	\$35/\$46

**Intermediate**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.203	8-14	TU/TH	5:00-6:00pm	Oct 24-Dec 5	\$70/\$81
2000.204	8-14	SA	11:00am-12:00pm	Oct 28-Dec 2	\$35/\$46

**Advanced Juniors**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.205	9-14	M/W	4:00-5:30pm	Oct 23-Nov 29	\$90/\$101



# Special Needs

**NEW! MUSIC APPRECIATION****AGES 18+**

Come sing, dance, and play along! Participants immerse themselves in a world of music, learning about different genres, through various games and activities. Gain a new understanding and appreciation for music!

**INSTRUCTOR:** Villa de Vida, Inc.  
**LOCATION:** Community Park, Oak Hall East

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.200	TU	4:00-5:00pm	Sep 19-Nov 21	\$60/\$71

**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, Oak Hall East  
**NO CLASS:** Nov 23

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.201	TH	4:00-5:00pm	Sep 21-Nov 30	\$60/\$71*

\*\$60 materials fee due on the first day of class



# Safety Training

**CHILD & BABYSITTING SAFETY****AGES 10-17**

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

**INSTRUCTOR:** Lockhart Training  
**LOCATION:** Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
2100.200	SA	9:30am-1:30pm	Sep 16	\$59/\$70*

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



Open play basketball, volleyball, badminton, and pickleball are available at no charge.

## 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).

## 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 12-Oct 17	\$95/\$106*
2300.201	SA	9:30-10:30am	Sep 16-Oct 21	\$95/\$106*
2300.202	TU	6:30-7:30pm	Oct 24-Nov 28	\$95/\$106*
2300.203	SA	9:30-10:30am	Oct 28-Dec 2	\$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 16-Oct 21	\$95/\$106
2300.205	SA	10:45-11:45am	Oct 28-Dec 2	\$95/\$106





# Swim Classes

## Swim Lesson Registration

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

## Waitlist

Can't find space in the class you're looking for? Contact us at (858) 668-4680 or [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 4.

### 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 22-Sep 7*	\$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 21-Sep 13*	\$54/\$81
<b>Session 2</b>				
0020.230	M/W	3:30-4:10pm	Sep 18-Oct 11	\$62/\$93

### GRUNION 1 AGES 3-4

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0101.210	M/W	3:30-4:10pm	Aug 21-Sep 13*	\$54/\$81
0101.211	M/W	4:20-5:00pm	Aug 21-Sep 13*	\$54/\$81
0101.220	TU/TH	3:30-4:10pm	Aug 22-Sep 14	\$62/\$93
0101.221	TU/TH	5:10-5:50pm	Aug 22-Sep 14	\$62/\$93
<b>Session 2</b>				
0101.230	M/W	4:20-5:00pm	Sep 18-Oct 11	\$62/\$93
0101.240	TU/TH	3:30-4:10pm	Sep 19-Oct 12	\$62/\$93
0101.241	TU/TH	4:20-5:00pm	Sep 19-Oct 12	\$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	3:30-4:10pm	Aug 21-Sep 13*	\$54/\$81
0102.211	M/W	5:10-5:50pm	Aug 21-Sep 13*	\$54/\$81
0102.212	M/W	6:00-6:40pm	Aug 21-Sep 13*	\$54/\$81
0102.220	TU/TH	3:30-4:10pm	Aug 22-Sep 14	\$62/\$93
0102.221	TU/TH	4:20-5:00pm	Aug 22-Sep 14	\$62/\$93
0102.222	TU/TH	5:10-5:50pm	Aug 22-Sep 14	\$62/\$93
<b>Session 2</b>				
0102.230	M/W	3:30-4:10pm	Sep 18-Oct 11	\$62/\$93
0102.231	M/W	5:10-5:50pm	Sep 18-Oct 11	\$62/\$93
0102.240	TU/TH	3:30-4:10pm	Sep 19-Oct 12	\$62/\$93
0102.241	TU/TH	4:20-5:00pm	Sep 19-Oct 12	\$62/\$93
0102.242	TU/TH	5:10-5:50pm	Sep 19-Oct 12	\$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	3:30-4:10pm	Aug 21-Sep 13*	\$54/\$81
0103.211	M/W	5:10-5:50pm	Aug 21-Sep 13*	\$54/\$81
0103.220	TU/TH	6:00-6:40pm	Aug 22-Sep 14	\$62/\$93
<b>Session 2</b>				
0103.230	M/W	3:30-4:10pm	Sep 18-Oct 11	\$62/\$93
0103.231	M/W	6:00-6:40pm	Sep 18-Oct 11	\$62/\$93
0103.240	TU/TH	4:20-5:00pm	Sep 19-Oct 12	\$62/\$93



\*PLEASE NOTE: No classes on Monday, September 4.

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

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0104.220	TU/TH	4:20-5:00pm	Aug 22-Sep 14	\$62/\$93
<b>Session 2</b>				
0104.230	M/W	5:10-5:50pm	Sep 18-Oct 11	\$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 21-Sep 13*	\$54/\$81
0201.211	M/W	6:00-6:40pm	Aug 21-Sep 13*	\$54/\$81
0201.220	TU/TH	3:30-4:10pm	Aug 22-Sep 14	\$62/\$93
0201.221	TU/TH	5:10-5:50pm	Aug 22-Sep 14	\$62/\$93
<b>Session 2</b>				
0201.230	M/W	4:20-5:00pm	Sep 18-Oct 11	\$62/\$93
0201.231	M/W	5:10-5:50pm	Sep 18-Oct 11	\$62/\$93
0201.240	TU/TH	6:00-6:40pm	Sep 19-Oct 12	\$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 21-Sep 13*	\$54/\$81
0202.211	M/W	6:00-6:40pm	Aug 21-Sep 13*	\$54/\$81
0202.220	TU/TH	4:20-5:00pm	Aug 22-Sep 14	\$62/\$93
0202.221	TU/TH	6:00-6:40pm	Aug 22-Sep 14	\$62/\$93
<b>Session 2</b>				
0202.230	M/W	4:20-5:00pm	Sep 18-Oct 11	\$62/\$93
0202.231	M/W	6:00-6:40pm	Sep 18-Oct 11	\$62/\$93
0202.240	TU/TH	3:30-4:10pm	Sep 19-Oct 12	\$62/\$93
0202.241	TU/TH	5:10-5:50pm	Sep 19-Oct 12	\$62/\$93
0202.242	TU/TH	6:00-6:40pm	Sep 19-Oct 12	\$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 21-Sep 13*	\$54/\$81
0203.211	M/W	6:00-6:40pm	Aug 21-Sep 13*	\$54/\$81
0203.220	TU/TH	5:10-5:50pm	Aug 22-Sep 14	\$62/\$93
0203.221	TU/TH	6:00-6:40pm	Aug 22-Sep 14	\$62/\$93
<b>Session 2</b>				
0203.230	M/W	6:00-6:40pm	Sep 18-Oct 11	\$62/\$93
0203.240	TU/TH	5:10-5:50pm	Sep 19-Oct 12	\$62/\$93
0203.241	TU/TH	6:00-6:40pm	Sep 19-Oct 12	\$62/\$93

\*PLEASE NOTE: No classes on Monday, September 4.

### SEAL

AGES 6-15

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

CLASS #	DAY	TIME	DATES	R/NR FEE
<b>Session 1</b>				
0204.210	M/W	5:10-5:50pm	Aug 21-Sep 13*	\$54/\$81
0204.220	TU/TH	6:00-6:40pm	Aug 22-Sep 14	\$62/\$93
<b>Session 2</b>				
0204.230	M/W	6:00-6:40pm	Sep 18-Oct 11	\$62/\$93
0204.240	TU/TH	4:20-5:00pm	Sep 19-Oct 12	\$62/\$93
0204.241	TU/TH	5:10-5:50pm	Sep 19-Oct 12	\$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 21-Sep 13*	\$54/\$81
0205.220	TU/TH	6:50-7:30pm	Aug 22-Sep 14	\$62/\$93
<b>Session 2</b>				
0205.230	M/W	4:20-5:00pm	Sep 18-Oct 11	\$62/\$93
0205.231	M/W	6:50-7:30pm	Sep 18-Oct 11	\$62/\$93
0205.240	TU/TH	6:00-6:40pm	Sep 19-Oct 12	\$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 22-Sep 14	\$62/\$93
<b>Session 2</b>				
0206.240	M/W	6:50-7:30pm	Sep 18-Oct 11	\$62/\$93
0206.250	TU/TH	6:50-7:30pm	Sep 19-Oct 12	\$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 18-Oct 11	\$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 21-Sep 13*	\$54/\$81
0301.220	TU/TH	6:50-7:30pm	Aug 22-Sep 14	\$62/\$93
<b>Session 2</b>				
0301.230	M/W	6:50-7:30pm	Sep 18-Oct 11	\$62/\$93
0301.240	TU/TH	6:50-7:30pm	Sep 19-Oct 12	\$62/\$93

\*PLEASE NOTE: No classes on Monday, September 4.

**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 21-Sep 13*	\$54/\$81
<b>Session 2</b>				
0302.240	TU/TH	6:50-7:30pm	Sep 19-Oct 12	\$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 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 14–Oct 21)

#### Adult Lap Swim

Mon/Wed/Fri	10:30am-1:30pm
Tues/Thurs	8:00am-1:30pm (Long Course)
Mon-Fri	4:15-7:00pm*
Sat	10:30am-5:00pm
Sun	12:00-3:00pm

#### Recreational Swim/Splash Pad

(Splash Pad may be closed based on seasonal weather)

Mon/Wed/Fri	10:30am-1:30pm (Shallow Square/Splash Pad only; Diving Board Closed)
Tues/Thurs	8:00am-1:30pm (Shallow Square/Splash Pad only; Diving Board Closed)
Mon-Fri	4:15-7:00pm*
Sat	1:00-5:00pm
Sun	Closed

\*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	10:30am-1:00pm	\$11/\$16

#### RED CROSS LIFEGUARD TRAINING

AGES 15+

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

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



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

CLASS #	DAY	TIME	DATES	FEE
0700.204	M	5:00-8:00pm Pretest	Oct 16	\$210
	SA	8:00am-5:00pm	Oct 21, 28	
	M/W	5:00-8:00pm	Oct 23, 25, 30, Nov 1	

# 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

### 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 for adults 50+. Reservations are required and must be made in-person by 1:00pm the day before. Payment is due at the time of reservation. Reservations can be made up to a month in advance. For more information and to see the monthly menu, visit [poway.org/olderadults](http://poway.org/olderadults) or call (858) 668-4671.



### IN THE PARK SERIES

ALL AGES

**FREE!**

Challenge your friends to a game of Ring Toss and Milk Bottle Knockdown, round up unbaa-lievable fun while letting your creativity roam free, stomp out the beat of your favorite melody, or let your imagination soar with your favorite stories! 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 18	Carnival	FREE
F	10:00am-12:00pm	Nov 10	Barnyard Bash	FREE

### 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 Poway Community Park! This year, the **FREE** event will be held on: **Friday, January 12 and Saturday, January 13, 2024**

# 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 28 | 4:30-8:30pm**



## 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 11 | 10:00am-4:00pm**

## SAVE THE DATE!

ALL AGES

## Christmas in the Park

**Friday, December 8**

**5:30-8:30pm**

and

**Saturday, December 9**

**3:30-8:30pm**



PHOTO CREDIT: PEGGY PEATTIE





## 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 4



## Trout Season Returns to Lake Poway!

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

### 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 2.

### 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 15–16	\$26
1103.201	F–SA	1:00pm–10:00am	Sep 22–23	\$26
1103.202	F–SA	1:00pm–10:00am	Oct 6–7	\$26
1103.203	F–SA	1:00pm–10:00am	Oct 20–21	\$26

### HALLOWEEN FAMILY CAMPOUT

ALL AGES

Join us for a wickedly fun Halloween Campout. Little ghouls and goblins of all ages can enjoy a Ranger-led, spooky night hike, a costume contest, trick-or-treating, s’mores and a creepy craft starting at 5:00pm!

CLASS #	DAY	TIME	DATES	R/NR FEE
1103.204	SA–SU	5:00pm–10:00am	Oct 28–29	\$55/\$66





# 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



### DOCENT-LED NATURE WALKS

ALL AGES

**FREE!**

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.

### 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: [blueskyreserve@poway.org](mailto:blueskyreserve@poway.org) or (858) 668-4781

### JUNIOR NATURE RANGER

AGES 6-10

Saturday, September 23, 2023 | 9:00am-11:00am

**FREE!**

Become a Blue Sky Junior Nature Ranger! Connect with nature and share valuable family time together! Docents will lead children (ages 6-10) through a series of activities allowing them to experience nature first-hand and have fun in the outdoors. A certificate will be issued on completion of activities. Limited to 15 children.

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

### SAVE THE DATE!

ALL AGES

## Hoot, Howl and Prowl

Saturday, October 21 | 5:30-7:15pm

Please see inside front cover for all the details!





# KUMEYAAY-IPAI INTERPRETIVE CENTER

13104 Ipai Waaypuk Trail

(858) 668-4781

Parking located at 13104 Carriage Road, Poway

[poway.org/kiic](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

**FREE!** Visit us on the third Saturday morning of each month between 10:00 am and 1:00 pm 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:** [kfox@poway.org](mailto:kfox@poway.org) or (858) 668-4781



### WATERCOLOR CLASS AGES 15+

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. \$5 per person

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

CLASS #	DAY	TIME	DATES	FEE
1200.208	SA	9:00am-12:00pm	Nov 11	\$5 per person



### BASKETRY CLASS AGES 6+

Learn to make your own Cherokee single wall twine basket with Diania Caudell of the San Luis Rey Band of Mission Indians. Materials and refreshments will be provided. Limited to 24 participants.

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

CLASS #	DAY	TIME	DATES	FEE
1200.209	SA	10:30am-3:00pm	Oct 7	\$20 per person

# 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

### FREE! ADULT PROGRAMS

AGES 18+

**Zumba Inclusive for Adults of All Abilities:** Mondays | 10:00am  
**Tai Chi for Adults:** Fridays | 10:00am  
**Ukulele Class:** Second Wednesday | 5:00pm  
**Knitting Club:** Fourth Monday | 1:00 pm  
**Ukulele Jam:** Last Wednesday | 5:00pm  
**American Mah Jongg:** Thursdays | 1:00pm  
**Red Cross Blood Drive:** Thursday, Sep 21 | 10:00am-4:00pm  
**NASA Talk:** Wednesday, Sep 6 & Oct 4 | 5:30 - 6:30pm  
**Adult Book Club:** Third Wednesday | 6:00pm

### FREE! TEEN PROGRAMS

GRADES 6-12

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

**Teen After Hours Event:** October 13 | 6:00-8:00pm

### FREE! CHILDREN'S PROGRAMS

BIRTH TO GRADE 5

**Baby Storytime:** Mondays | 11:00am  
**Preschool Storytime:** Thursdays | 10:30am  
**Crafternoon:** Thursdays | 1:00pm  
**Love on a Leash:** Fridays | 3:30-4:30pm  
**Dance Party Storytime:** Saturdays | 10:30am  
**Dia de los Muertos:** October 29 | 2:00pm  
**Diwali:** November 12 | 2:00pm  
**DinoVember:** November 15 | 3:30pm

**No After School Programs:** November 20-24



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

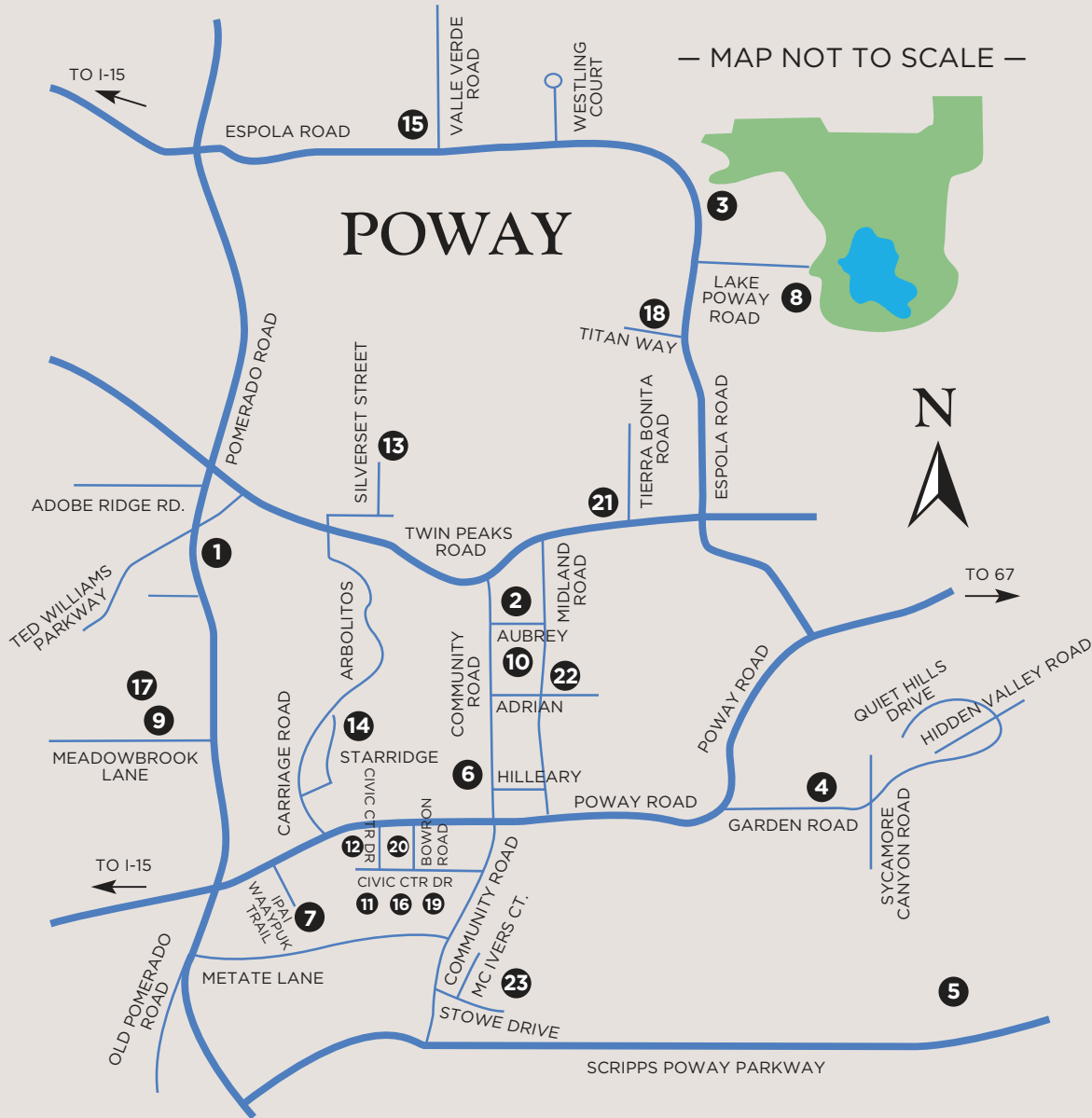
**Poway's Premier Sports Complex**

- ▶ 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 1 at 7:30am

**3 convenient ways to register for classes:**

**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.

Join us as we kick-off the September 2023–June 2024 season! We host major plays and concerts, individual artists of national acclaim, and provide a first-class performance space for community-based productions, the Poway Unified School District, and Poway OnStage. Join us to celebrate the arts—there’s something for everyone!

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 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 ONSTAGE



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

### POWAY UNIFIED SCHOOL DISTRICT

Photo Credit: PHS Drama



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

### COMMUNITY PRESENTERS

Photo Credit: MET2



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)

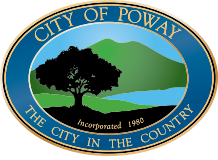
### ART SHOWS

Art Credit: PUSD Student Exhibit



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!



City of Poway



@cityofpoway



@cityofpoway



poway.org/connect

# FALL 2023 EVENTS AT A GLANCE

## FALL CAMPING

Lake Poway  
 September 15-16  
 September 22-23  
 October 6-7  
 October 20-21

## HALLOWEEN FAMILY CAMPOUT

Lake Poway  
 October 28-29



**RENDEZVOUS**  
 Old Poway Park  
 October 7 & 8



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



**ONCE UPON A HALLOWE'EN**  
 Old Poway Park  
 October 28

## Poway City Council

Mayor: STEVE VAUS  
 Deputy Mayor: CAYLIN FRANK  
 Councilmember: PETER DE HOFF  
 Councilmember: BRIAN PEPIN

## SAVE THE DATE!

Registration begins August 1 at 7:30am.  
 See page 24 for details,  
 or visit [poway.org/classes](http://poway.org/classes).