

POWAY

COMMUNITY SERVICES GUIDE



SPRING 2024

Registration Begins:
MARCH 5, 2024 AT 7:30AM
FOR POWAY RESIDENTS
MARCH 6, 2024 AT 7:30AM
FOR EVERYONE

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



2024 Summer Camp Schedule COMING SOON!

COMING SOON: Watch for the special edition of the 2024 summer camp line-up. Early Summer Camp Registration begins April 2 at 7:30am for Poway Residents and April 3 at 7:30am for everyone.



2024 Spring Break Camps

School is out and the weather is warm. Don't sit at home! Take your spring break to the next level with one of our cool camps. Get outside, learn new skills, make friends, and get psyched about summer because it's right around the corner! **See page 2 for a full list of our spring break camps.** Registration begins Tuesday, March 5 at 7:30am for Poway residents and March 6 at 7:30am for everyone.



Looking For a Summer Job?

Look no further than your Community Services Department! We hire enthusiastic, qualified candidates to work with fun, outdoor, rewarding programs that enrich our community! These amazing seasonal employment opportunities include:

CAMP COUNSELORS

Without dedicated counselors to foster community, a love of nature, and inspire outdoor play, Lake Poway Day Camp wouldn't be the premiere summer camp it is today! Apply if you enjoy working with children, being part of a team, and spending your summer outside.

LIFEGUARDS/SWIM INSTRUCTORS

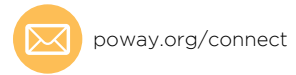
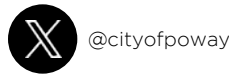
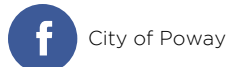
Lifeguards are integral to ensuring the safety of all pool guests during the busy summer! And what is summer without swim lessons? Our Swim Instructors instill confidence in swimmers of all ability levels. Combine your love of swimming and the water to land a job that pays you to do what you love!

See page 19 for information on Certified Lifeguard Training Courses.

RECREATION LEADERS

Provide invaluable assistance with special events, city programs, customer service, and more. It's the perfect introduction to the Recreation field!

These jobs are posted online as early as February at:
poway.org/jobs



SAVE THE DATE:

SPRING CLASS REGISTRATION:
POWAY RESIDENTS: March 5, 2024 at 7:30am.
EVERYONE: March 6, 2024 at 7:30am.

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SPRING BREAK CAMPS

Spring Registration Dates:
March 5, 2024 at 7:30am for Poway Residents
and March 6, 2024 at 7:30am for everyone.

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 Skatelite, Andrew Barbosa:
 Andrew@sdskatelite.com

LOCATION: Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
6004.400	M-F	9:00am-12:00pm	Apr 8-Apr 12	\$175/\$186



CAMP! SWIM & TENNIS AGES 8-14

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

INSTRUCTOR: Art Christophiades

LOCATION: Community Park, Tennis Courts

CLASS #	DAY	TIME	DATES	R/NR FEE
6000.400	M-F	9:00am-3:00pm	Apr 8-Apr 12	\$150/\$161*

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

CAMP! DANCE TO EVOLVE: LITTLE MERMAIDS & PIRATES AGES 3-7

Dive into a magical world of enchanting mermaids and daring pirates! Set sail on a sea of creativity as participants dance to the rhythm of waves, craft your own mermaid tails and pirate hats, and sing sea shanties that echo across the seven seas. On Friday, these mermaids and pirates will show off their seaworthy moves for family and friends! Wear dance attire and/or comfortable clothes and shoes.

INSTRUCTOR: Dance To EvOLVe: dancetoevolve.com

LOCATION: Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
5702.400	M-F	9:00am-12:00pm	Apr 8-Apr 12	\$194/\$205

CAMP! CLICBITZ: SEWING BASICS AGES 8-16

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

INSTRUCTOR: Clicbitz San Diego

LOCATION: Community Park, Willow Room 305

CLASS #	DAY	TIME	DATES	R/NR FEE
5906.400	M-F	9:00am-12:00pm	Apr 8-Apr 12	\$210/\$221*

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





CAMP! ARCHERY

AGES 7-17

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

INSTRUCTOR: Rick Harper

LOCATION: Lake Poway, Archery Range

CLASS #	DAY	TIME	DATES	R/NR FEE
6011.400	M-F	8:00-9:30am	Apr 8-Apr 12	\$85/\$96*
6011.401	M-F	10:00-11:30am	Apr 8-Apr 12	\$85/\$96*

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

CAMP! WONDERS!

AGES 4-12

50 EXPERIMENT SCIENCE CAMP 1

These science camps are hands-on fun from beginning to end! Participants engage in 50 different hands-on experiments. Participants make wolf tooth necklaces, launch rockets that fly over football fields, create glow-in-the-dark styrofoam, form amazing super-balls, do never-seen-before dry ice experiments, construct electric buzzers and switches, build incredible arrowhead demos, fire marshmallow cannons and much, much more!

INSTRUCTOR: Wonders! Science and Math

LOCATION: Community Park, Oak Hall East

CLASS #	DAY	TIME	DATES	R/NR FEE
6402.400	M-TH	9:00am-12:00pm	Apr 8-Apr 11	\$150/\$161*

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



CAMP! WONDERS!

AGES 4-12

50 EXPERIMENT SCIENCE CAMP 2

These science camps are hands-on fun from beginning to end! Participants engage in 50 different hands-on experiments. Participants ride real hovercrafts, launch amazing rockets, collect fossils, make amazing plaster dinosaur casts, make camera paper, fire balloon rockets, build crystals, explode water, make penny centrifugal experiments, create foot-long lighting, split light, and much, much more.

INSTRUCTOR: Wonders! Science and Math

LOCATION: Community Park, Oak Hall East

CLASS #	DAY	TIME	DATES	R/NR FEE
6402.401	M-TH	1:00-4:00pm	Apr 8-Apr 11	\$150/\$161*

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

CAMP! PLEY SPORTS: SOCCER

AGES 5-12

Enhance your soccer skills and love for the game. Enjoy the full soccer experience while focusing on learning fundamentals, social-emotional character-building skills, and FUN! Through active drills and games, participants practice touch, ball control, passing, striking, and fitness.

INSTRUCTOR: Pley Sports

LOCATION: Valley Soccer Field

CLASS #	DAY	TIME	DATES	R/NR FEE
6018.400	M-F	9:00am-12:00pm	Apr 8-Apr 12	\$160/\$171

CAMP! PLEY SPORTS: VOLLEYBALL

AGES 7-13

Learn the core concepts of serving, passing, setting, blocking, digging, and hitting. Participants focus on a different set of skills each day and practice key social skills to understand the importance of teamwork on and off the court.

INSTRUCTOR: Pley Sports

LOCATION: Meadowbrook Gymnasium

CLASS #	DAY	TIME	DATES	R/NR FEE
6018.401	M-F	9:00am-12:00pm	Apr 8-Apr 12	\$160/\$171

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
1000.400	F	5:00-9:00pm	Apr 5	\$10/\$21
1000.401	F	5:00-9:00pm	May 3	\$10/\$21
1000.402	F	5:00-9:00pm	Jun 7	\$10/\$21

Teen Programs

TEEN GLOW-IN-THE-DARK EGG HUNT GRADES 6-9

When is an egg hunt not just an egg hunt? When it's a slammin' jammin' GLOW-IN-THE-DARK egg hunt! Join the quest for over one thousand glow-in-the-dark eggs filled with candy, kickin' gift cards, and tons of boss prizes. Don't miss out on the fun—bring your friends and get your hunt on!

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

CLASS #	DAY	TIME	DATES	FEE
1001.400	SA	5:00-9:00pm	Apr 20	\$5

NEW! TEEN MESS-TIVAL GRADES 6-9

Who's ready to get messy? Grab some old clothes and your squad and join us for an evening mishmash full of goopy, slimy chaos of the best kind! Try to stay clean during one of our zany sploshy games, let your imagination ooze into goeey artsy masterpieces, forgo the napkins while chowing down on mouthwatering sticky treats, and more! It's the best-ival festival of all: Mess-tival! Getting dirty has never been this much fun!

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

CLASS #	DAY	TIME	DATES	FEE
1001.401	SA	5:00-9:00pm	May 18	\$5

TEEN EXCURSION: DISNEYLAND GRADES 6-9

Calling all Mouseketeers! School's out and it's time to celebrate! And what better place to start your summer than at Disneyland! With big thrills, Big Thunder Mountain, and BIG fun—you're not going to want to miss out on one magical second! Admission, transportation, and supervision are included.

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

CLASS #	DAY	TIME	DATES	R/NR FEE
1001.402	F	8:00am-11:00pm	Jun 7	\$170/\$181





SPRING 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

CLASS #	DAY	TIME	DATES	R/NR FEE
1500.400	TU/TH	9:00am-12:00pm	Mar 26-Apr 18	\$190/\$201*
1500.401	TU/TH	9:00am-12:00pm	Apr 23-May 16	\$190/\$201*
1500.402	TU/TH	9:00am-12:00pm	May 21-Jun 6	\$143/\$154*

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

Creative Arts

MUSICAL THEATER AND DANCE: MATILDA

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 *Matilda* 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
1810.400	TH	4:30-5:30pm	Mar 28-May 30	\$150/\$161

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: May 27

CLASS #	DAY	TIME	DATES	R/NR FEE
2505.400	M	10:00-10:45am	Mar 25-Apr 22	\$75/\$86
2505.401	M	10:00-10:45am	Apr 29-Jun 3	\$75/\$86

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
2508.400	TU	4:00-5:00pm	Mar 26-Apr 30	\$119/\$130
2508.401	TU	4:00-5:00pm	May 7-Jun 4	\$99/\$110

Dance

Try it before you buy it!

Try high-quality, fun Dance To EvOLvE classes without obligation on Mar 25 & 30. Liability waiver required. Classes are designed to be progressive. All dancers are encouraged to participate in the annual spring recital in June.

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. 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
1702.400	M	4:45-5:25pm	Mar 25-Jun 10	\$214/\$225

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 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

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.401	SA	8:30-9:10am	Mar 30-Jun 15	\$214/\$225

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 kids class as parents watch from outside of the room.

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com

LOCATION: Community Park, Willow Room 303

Tap/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.402	M	3:45-4:40pm	Mar 25-Jun 3	\$196/\$207

Hip Hop/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.403	SA	9:15-10:10am	Mar 30-Jun 15	\$214/\$225



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

Tap/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.404	M	5:30-6:25pm	Mar 25-Jun 10	\$214/\$225

Hip Hop/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.405	SA	10:15-11:10am	Mar 30-Jun 15	\$214/\$225

Jazz/Ballet

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.406	SA	2:00-2:55pm	Mar 30-Jun 15	\$214/\$225

DREAM DANCERS BALLET AGES 6-10

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

INSTRUCTOR: Dance To EvOLvE: dancetoevolve.com

LOCATION: Community Park, Willow Room 303

CLASS #	DAY	TIME	DATES	R/NR FEE
1702.407	SA	11:15am-12:10pm	Mar 30-Jun 15	\$214/\$225

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

Beat Breakers

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.408	4-7	M	6:30-7:25pm	Mar 25-Jun 10	\$214/\$225
1702.409	4-7	SA	1:00-1:55pm	Mar 30-Jun 15	\$214/\$225

Hip Hop: Pre-Teen

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1702.410	8-12	M	7:30-8:25pm	Mar 25-Jun 10	\$214/\$225

**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 the San Diego County Fair!

INSTRUCTOR: Charlene's Dance & Cheer

LOCATION: Community Park, Willow Room 303

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
1703.400	3-5	TH	5:30-6:00pm	Mar 28-May 30	\$130/\$141
1703.401	6-12	TH	6:00-6:50pm	Mar 28-May 30	\$150/\$161

**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: Apr 4 & 11

CLASS #	DAY	TIME	DATES	R/NR FEE
1704.400	TH	5:00-6:00pm	Mar 28-May 30	\$96/\$107

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: Apr 4 & 11

CLASS #	DAY	TIME	DATES	R/NR FEE
1704.401	TH	6:00-7:00pm	Mar 28-May 30	\$96/\$107

FREE Older Adult Programs!

INFORMATION: poway.org/olderadults

FEELING FIT

ALL AGES

Feeling Fit offers a safe, comfortable environment to engage in physical activity, social interaction, and fun. Learn about the benefits of exercise, health, and fitness components. All moves and exercises are designed to be adapted to various physical abilities and can be done 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. Instruction provided during the first 30 minutes.

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 done from a seated or standing position. Bring a yoga mat.

INSTRUCTOR: Silver Age Yoga

LOCATION: Community Park, Sycamore Hall

DAY	TIME	R/NR FEE
F	9:30-10:45am	FREE

NEW! QIGONG

ALL AGES

Learn to synchronize the mind, body, and breath! Qigong combines gentle flowing movements, relaxed breathing, and self-massage. This self-healing practice becomes a moving meditation as participants enjoy reduced stress and anxiety and improved balance and coordination. Can be done from a seated or standing position. Bring a yoga mat.

INSTRUCTOR: Veronique Cometti

LOCATION: Community Park, Oak Hall East

DAY	TIME	R/NR FEE
TU	10:00-10:45am	FREE

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: TU: Community Park, Willow Room 303

TH: Community Park, Oak Hall East

NO CLASS: Apr 9 & 11

CLASS #	DAY	TIME	DATES	R/NR FEE
1608.400	TU	5:30-6:15pm	Mar 26-May 28	\$72/\$83
1608.401	TH	5:30-6:15pm	Mar 28-May 30	\$72/\$83



Release your inner rockstar while you work out, relieve stress and have fun!!

Through fun games, songs, and positive reinforcement, children begin to experience the joy of playing soccer and being active.



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: W: Valle Verde Park, Soccer Field

SA: Community Park, Open Play Area

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.400	W	4:30-5:00pm	Apr 10-Jun 5	\$198/\$209*
2010.401	SA	9:00-9:30am	Apr 13-Jun 8	\$210/\$221*

*\$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 a Soccer Shots jersey.

INSTRUCTOR: Soccer Shots

LOCATION: W: Valle Verde Park, Soccer Field

SA: Community Park, Open Play Area

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.402	W	5:05-5:50pm	Apr 10-Jun 5	\$198/\$209*
2010.403	SA	9:35-10:20am	Apr 13-Jun 8	\$210/\$221*

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

INSTRUCTOR: Soccer Shots

LOCATION: Community Park, Open Play Area

CLASS #	DAY	TIME	DATES	R/NR FEE
2010.404	SA	10:35-11:30am	Apr 13-Jun 8	\$210/\$221*

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





SKATEBOARDING: BEGINNER AGES 6-13

This beginner’s class is designed to help build balance, confidence, and coordination. Participants learn the fundamentals of riding, skateboarding safety, and early trick development. All participants **MUST** wear a helmet, elbow pads, and knee pads each class. Bring a skateboard or contact the instructor for options prior to the first class.

INSTRUCTOR: SD Skatelife, Andrew Barbosa:
Andrew@sdskatelife.com
LOCATION: Community Park, Skate Park

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.400	W	5:00–6:00pm	Mar 27–May 1	\$120/\$131
2004.401	W	5:00–6:00pm	May 8–Jun 12	\$120/\$131

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

CLASS #	DAY	TIME	DATES	R/NR FEE
2004.402	W	4:00–5:00pm	Mar 27–May 1	\$120/\$131
2004.403	W	4:00–5:00pm	May 8–Jun 12	\$120/\$131

TAEKWONDO AGES 5+



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: May 20—Participants will be notified if they’re eligible to attend; \$45 belt testing fee required.

Youth Taekwondo

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.400	5+	M/W	5:00–6:00pm	Mar 25–Jun 5	\$129/\$140
2001.401	11+	M/W	6:05–7:05pm	Mar 25–Jun 5	\$129/\$140

Junior/Adult Taekwondo—Black Belt Participants

This program is for black belt participants only. Combined with class 2001.401 for the first hour, black belt participants stay an extra 25 minutes for individual instruction.

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2001.402	11+	M/W	6:05–7:30pm	Mar 25–Jun 5	\$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. Beginning Volleyball will work on the basics of passing, setting, hitting, and serving using instruction, drills and practice. **One year of volleyball experience and knowledge of passing, setting, and serving is required for Intermediate Volleyball.**

INSTRUCTOR: Susie Gehrke**LOCATION:** Meadowbrook Gymnasium**NO CLASS:** Apr 22 & 29 & May 27**Beginning Volleyball**

CLASS #	DAY	TIME	DATES	R/NR FEE
2002.400	M	5:30-6:30pm	Apr 1-Jun 10	\$75/\$86

Intermediate Volleyball

CLASS #	DAY	TIME	DATES	R/NR FEE
2002.401	M	6:30-7:30pm	Apr 1-Jun 10	\$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:** May 27**Coed Intermediate**

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.400	Men	TH	6:30-9:30pm	Apr 11-Jun 6	\$80/\$91
2005.401	Women	TH	6:30-9:30pm	Apr 11-Jun 6	\$80/\$91

Coed Advanced

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.402	Men	TU	6:30-9:30pm	Apr 9-Jun 4	\$80/\$91
2005.403	Women	TU	6:30-9:30pm	Apr 9-Jun 4	\$80/\$91

Women

CLASS #	GENDER	DAY	TIME	DATES	R/NR FEE
2005.404	Women	M	6:30-9:30pm	Apr 8-Jun 10	\$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**Beginner**

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.400	8-14	TU/TH	4:00-5:00pm	Mar 26-Apr 25	\$70/\$81
2000.401	6-8	SA	9:00-10:00am	Mar 30-Apr 27	\$35/\$46
2000.402	8-14	SA	10:00-11:00am	Mar 30-Apr 27	\$35/\$46
2000.403	8-14	TU/TH	4:00-5:00pm	May 7-Jun 6	\$70/\$81
2000.404	6-8	SA	9:00-10:00am	May 11-Jun 8	\$35/\$46
2000.405	8-14	SA	10:00-11:00am	May 11-Jun 8	\$35/\$46

Intermediate

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.406	8-14	TU/TH	5:00-6:00pm	Mar 26-Apr 25	\$70/\$81
2000.407	8-14	SA	11:00am-12:00pm	Mar 30-Apr 27	\$35/\$46
2000.408	8-14	TU/TH	5:00-6:00pm	May 7-Jun 6	\$70/\$81
2000.409	8-14	SA	11:00am-12:00pm	May 11-Jun 8	\$35/\$46

Advanced Juniors

CLASS #	AGE	DAY	TIME	DATES	R/NR FEE
2000.410	9-14	M/W	4:00-5:30pm	Mar 25-Apr 24	\$90/\$101
2000.411	9-14	M/W	4:00-5:30pm	May 6-Jun 5	\$90/\$101



Open Play Sports

OPEN PLAY SPORTS ALL AGES

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

During the spring 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.

Special Needs

SPORTS & GAMES

AGES 18+

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



INSTRUCTOR: Villa de Vida, Inc.

LOCATION: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.400	TH	4:00-5:00pm	Apr 4-Jun 6	\$100/\$111

ARTS & CRAFTS

AGES 18+

Are you ready to express your creative side? Join us for an arts and crafts extravaganza filled with painting, drawing, and mixed media projects. Let your artistic mind loose on a different project each week!!

INSTRUCTOR: Villa de Vida, Inc.

LOCATION: Community Park, Willow Room 304

CLASS #	DAY	TIME	DATES	R/NR FEE
2201.401	TU	4:00-5:00pm	Apr 2-Jun 4	\$100/\$111*

*\$20 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
2100.400	SA	9:30am-1:30pm	May 11	\$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 otherdogs politely on leash and coming when called. Take your dog training one step further in Advanced Obedience classes, which includes obeying off-leash commands and playing with other dogs.

INSTRUCTOR: Good Dog Training School, Lynne Moore
LOCATION: TU: Old Poway Park, Gazebo
 W: Community Park, Dog Pen 2
 SA: Garden Road Park, Open Area

Basic Obedience

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.400	TU	6:30-7:30pm	Mar 26-Apr 30	\$95/\$106*
2300.401	SA	9:30-10:30am	Mar 30-May 4	\$95/\$106*
2300.402	TU	6:30-7:30pm	May 7-Jun 11	\$95/\$106*
2300.403	SA	9:30-10:30am	May 11-Jun 15	\$95/\$106*

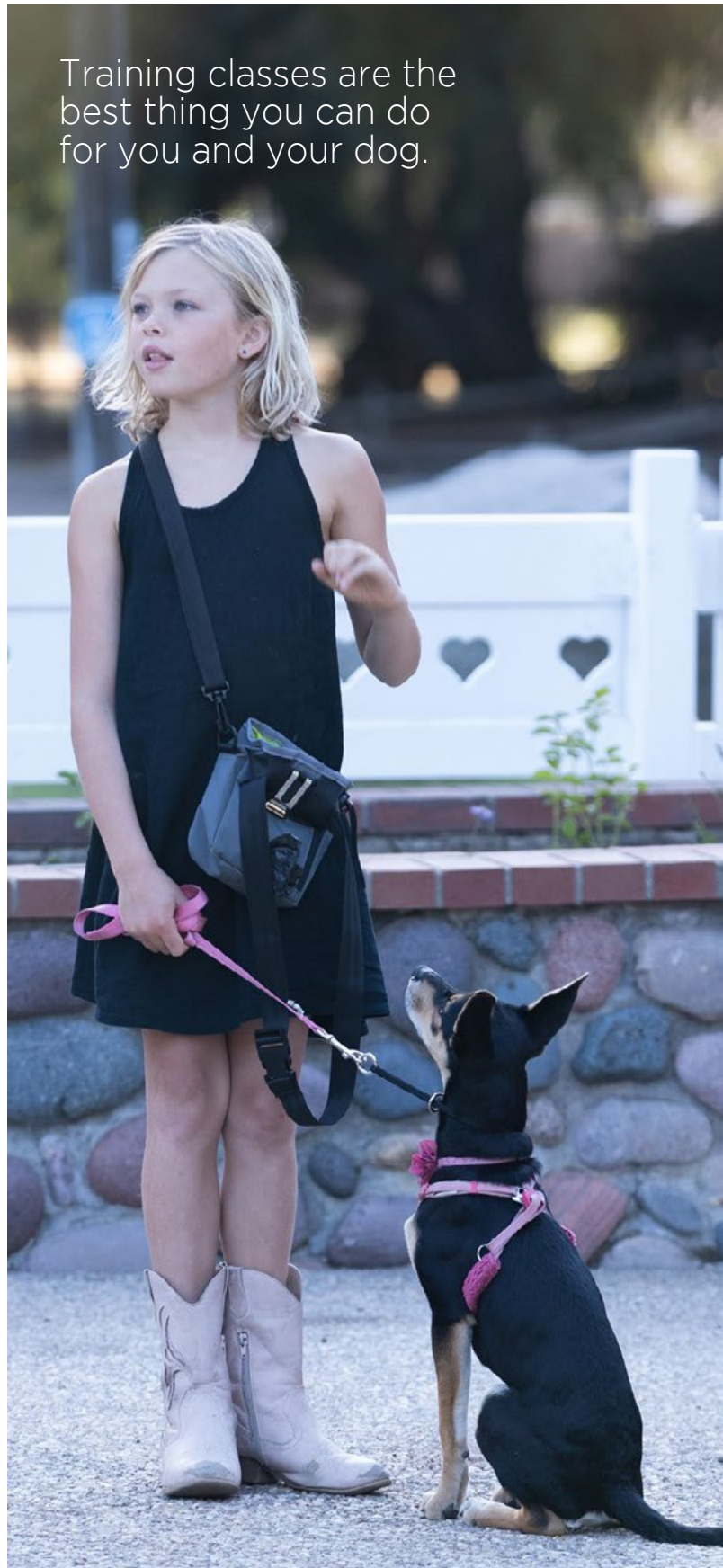
*\$25 material fees due on the first day of class

Intermediate Obedience: Canine Good Citizen

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.404	SA	10:45-11:45am	Mar 30-May 4	\$95/\$106
2300.405	SA	10:45-11:45am	May 11-Jun 15	\$95/\$106

Advanced Obedience

CLASS #	DAY	TIME	DATES	R/NR FEE
2300.406	W	6:30-7:30pm	Mar 27-May 1	\$95/\$106
2300.407	W	6:30-7:30pm	May 8-Jun 12	\$95/\$106



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



Swim Classes

Swim Lesson Registration

Please note the age, skill level requirements, and times for each class. Students enrolled either above or below their ability level may be dropped if unable to transfer into an appropriate class. If you cannot make the first day of class, please call (858) 668-4680 prior to the start of the class to ensure that you are not dropped.

Swim Lesson Assessments

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

INFORMATION: (858) 668-4680

Waitlists

Can't find space in the class you're looking for? Make sure to add yourself to the waitlist and we'll contact you if space becomes available.

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. Parent **must** accompany their children in the water.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 2				
0020.410	M/W	4:20-5:00pm	May 6-May 29*	\$54/\$81

*PLEASE NOTE: There will be no class on Monday, May 27

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
Session 1				
0101.400	SA/SU	8:50-9:30am	Apr 27-May 19	\$62/\$93
Session 2				
0101.410	M/W	3:30-4:10pm	May 6-May 29*	\$54/\$81
0101.411	M/W	5:10-5:50pm	May 6-May 29*	\$54/\$81
0101.412	TU/TH	5:20-6:00pm	May 7-May 30	\$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
Session 1				
0102.400	SA/SU	8:00-8:40am	Apr 27-May 19	\$62/\$93
0102.401	SA/SU	8:50-9:30am	Apr 27-May 19	\$62/\$93
Session 2				
0102.410	M/W	3:30-4:10pm	May 6-May 29*	\$54/\$81
0102.411	M/W	4:20-5:00pm	May 6-May 29*	\$54/\$81
0102.412	TU/TH	5:20-6:00pm	May 7-May 30	\$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
Session 1				
0103.400	SA/SU	8:00-8:40am	Apr 27-May 19	\$62/\$93
Session 2				
0103.410	M/W	3:30-4:10pm	May 6-May 29*	\$54/\$81
0103.411	M/W	5:10-5:50pm	May 6-May 29*	\$54/\$81
0103.412	TU/TH	4:30-5:10pm	May 7-May 30	\$62/\$93

OTTER PUP AGES 3-5

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0104.400	SA/SU	8:00-8:40am	Apr 27-May 19	\$62/\$93
Session 2				
0104.410	M/W	4:20-5:00pm	May 6-May 29*	\$54/\$81
0104.411	TU/TH	5:20-6:00pm	May 7-May 30	\$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
Session 1				
0201.400	SA/SU	8:00-8:40am	Apr 27-May 19	\$62/\$93
Session 2				
0201.410	M/W	3:30-4:10pm	May 6-May 29*	\$54/\$81
0201.411	M/W	6:00-6:40pm	May 6-May 29*	\$54/\$81
0201.412	TU/TH	6:10-6:50pm	May 7-May 30	\$62/\$93
0201.413	TU/TH	7:00-7:40pm	May 7-May 30	\$62/\$93



*PLEASE NOTE: There will be no class on Monday, May 27



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
Session 1				
0202.400	SA/SU	9:40-10:20am	Apr 27-May 19	\$62/\$93
Session 2				
0202.410	M/W	6:00-6:40pm	May 6-May 29*	\$54/\$81
0202.411	M/W	6:50-7:30pm	May 6-May 29*	\$54/\$81
0202.412	TU/TH	4:30-5:10pm	May 7-May 30	\$62/\$93
0202.413	TU/TH	6:10-6:50pm	May 7-May 30	\$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, and passing the Swim Test.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0203.400	SA/SU	9:40-10:20am	Apr 27-May 19	\$62/\$93
Session 2				
0203.410	M/W	5:10-5:50pm	May 6-May 29*	\$54/\$81
0203.411	M/W	6:00-6:40pm	May 6-May 29*	\$54/\$81
0203.412	TU/TH	6:10-6:50pm	May 7-May 30	\$62/\$93

SEAL AGES 6-15

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, and continued emphasis on stroke efficiency.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0204.400	SA/SU	8:50-9:30am	Apr 27-May 19	\$62/\$93
Session 2				
0204.410	M/W	6:00-6:40pm	May 6-May 29*	\$54/\$81
0204.411	TU/TH	4:30-5:10pm	May 7-May 30	\$62/\$93
0204.412	TU/TH	5:20-6:00pm	May 7-May 30	\$62/\$93



STINGRAY AGES 6-15

This class continues to develop technique and endurance of front crawl, back crawl, and elementary backstroke. Introduced skills are breaststroke and sidestroke.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0205.400	SA/SU	8:50-9:30am	Apr 27-May 19	\$62/\$93
Session 2				
0205.410	M/W	4:20-5:00pm	May 6-May 29*	\$54/\$81
0205.411	TU/TH	4:30-5:10pm	May 7-May 30	\$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. Participants must be able to swim at least 50 yards of front crawl and back crawl without stopping prior to taking this class. New skills introduced are butterfly and flip turns.

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 1				
0206.400	SA/SU	9:40-10:20am	Apr 27-May 19	\$62/\$93
Session 2				
0206.410	M/W	6:50-7:30pm	May 6-May 29*	\$54/\$81
0206.411	TU/TH	6:10-6:50pm	May 7-May 30	\$62/\$93

*PLEASE NOTE: There will be no class on Monday, May 27

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
Session 1				
0207.400	SA/SU	9:40-10:20am	Apr 27-May 19	\$62/\$93
Session 2				
0206.410	M/W	5:10-5:50pm	May 6-May 29*	\$54/\$81
0206.411	TU/TH	7:00-7:40pm	May 7-May 30	\$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
Session 2				
0301.410	M/W	6:50-7:30pm	May 6-May 29*	\$54/\$81
0301.411	TU/TH	7:00-7:40pm	May 7-May 30	\$62/\$93

ADULT INTERMEDIATE AGES 16+

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

CLASS #	DAY	TIME	DATES	R/NR FEE
Session 2				
0302.410	M/W	6:50-7:30pm	May 6-May 29*	\$54/\$81
0302.411	TU/TH	7:00-7:40pm	May 7-May 30	\$62/\$93



POWAY PARKS & FACILITIES



POWAY COMMUNITY PARK

13094 Civic Center Drive

(858) 668-4671

poway.org/communitypark

Hours

Daily | Sunrise-Sunset

Office | Ball Fields | Bocce Courts

Daily | 8:00am-9:00pm

Dog Park | Tennis Courts | Basketball Court

Daily | Sunrise-10:00pm

Skate Park

Daily | 8:00am-8:00pm

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.



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 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.

LOCATION: Community Park, Sycamore Hall

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

OLD POWAY PARK

14134 Midland Road

(858) 668-4576

poway.org/oldpowaypark

Hours

Museum & Nelson House

powayhistoricalsociety.com

Boardwalk Craft Market:

poway.org/454/Boardwalk-Craft-Market

Railroad Info:

powaymidlandrr.org

Farmers Market

Saturdays | 8:00am-1:00pm

OLD POWAY POTTERY

ALL AGES

Come visit the Old Poway Pottery on Saturdays from 10:00am-2:00pm for live demonstrations.

SAN DIEGO FOLK HERITAGE CONCERTS

ALL AGES

Join the San Diego Folk Heritage for one of their upcoming concerts at Old Poway Park in Templars Hall. For more information and cost please visit their website at sdfolkheritage.org.

Friday, Feb 23 | Deidre McCalla and Kevin Roth

Friday, Mar 8 | Fellow Pynins

Friday, Mar 22 | Acoustic Eidolon

HISTORICAL TOURS

ALL AGES

Experience Poway history firsthand during this two-hour tour that includes a train safety presentation, train ride, docent-led tour of the Nelson House, and a tour of the Historical Museum, which includes the 1890's replica classroom. This program runs March through June, Tuesday through Thursday by reservation only. \$4 per person.

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



PHOTO CREDIT: PEGGY PEATTIE



CERTIFIED 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/oldpowaypark or (858) 668-4576



45TH ANNUAL STANDARD FLOWER SHOW

ALL AGES

Saturday, April 13 | 9:00am-3:00pm

The Poway Valley Garden Club will host the 45th Annual Standard Flower Show "Celebrate". Enter your design or just come admire the numerous locally-grown horticultural entries.

INFORMATION: powayvalleygardenclub.org



COMMUNITY BAND FESTIVAL

ALL AGES

Saturday, May 18 | 10:00am-7:00pm

Sunday, May 19 | 10:00am-7:00pm

Come listen to great music and amazing concert bands during the FREE 28th Annual California Band Festival and Arts and Crafts Market.

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

POWAY SWIM CENTER

13094 Civic Center Drive
(858) 668-4680

poway.org/swim

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

The facility also features:

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

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

Seasonal Information

Spring Schedule (April 6–June 7)

Adult Lap Swim

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

Recreational Swim/Splash Pad

Mon–Fri	Shallow Square/ Splash Pad only:	10:30am–4:15pm*
	All Areas and Diving Boards:	4:15–7:00pm*
Sat/Sun	Family Swim: All areas and diving boards:	10:30am–1:00pm 1:00–5:00pm

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

Holiday Hours and Closures

Memorial Day | May 27 | 10:30am–4:00pm
Pre-Summer Lifeguard Training | June 8 | CLOSED

Costs

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



Summer Splash Bash— Save the Date!

June 7, 2024

6–12 years (Parents required for 6 & 7 year olds)

Drop off the kids, and get ready to kick off the Summer with a splash! This all-day party is a great way to start the summer with a day full of games, music, food, and prizes!

Stay tuned for the registration information in our Summer Community Service guide and online!

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.

Portions of this class are taught online in between listed class meetings. 100% attendance and participation is required. There is a water skills pre-test on the first day of class that must be passed in order to continue the rest of the course. 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 or (858) 668-4680

CLASS #	DAY	TIME	DATES	FEE
0700.302	W	5:00–6:30pm	Pretest Apr 3	\$210
	M–F	9:00am–6:00pm	Apr 8–12	
0700.303	T	5:00–8:00pm	Pretest Apr 16	\$210
	SA	8:00am–5:00pm	Apr 20, Apr 27	
	M/W	5:00–8:00pm	Apr 22, 24, 29, May 1	

LAKE POWAY

14644 Lake Poway Road
(858) 668-4770

poway.org/lakepoway

Park Ranger Office (858) 668-4772

Lake Poway Concession (858) 668-4778

Hours

Daily | 6:00am–Sunset

Lake Fishing and Boating Hours

Wednesday–Sunday | 6:00am–Sunset

Entry Station

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

The Trout are Still Biting at Lake Poway!

Wright's Rainbows will be stocking their famous Idaho rainbow trout through April 4. We have the best permit and boat prices in the area, along with a full-service concession. Come catch the “Big One” before the season is over.

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



SPRING CAMPING SERIES

ALL AGES

Spring is a beautiful time to get away from home and camp at Lake Poway! Hike, fish, or simply relax by your campsite and enjoy all the natural beauty that the park has to offer. Fishing permits and boat rentals are not included; but may be purchased for a nominal fee. This is a rain or shine event!

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

CLASS #	DAY	TIME	DATES	FEE PER CAR
9039.400	F/SA	1:00pm–10:00am	Mar 29–30	\$26
9039.401	F/SA	1:00pm–10:00am	Apr 5–6	\$26
9039.403	F/SA	1:00pm–10:00am	May 3–4	\$26
9039.404	F/SA	1:00pm–10:00am	May 17–18	\$26

EARTH DAY CAMPOUT

ALL AGES

Come join us at Lake Poway to learn and celebrate the outdoors at our special Earth Day Campout! Little sprouts of all ages and their families can participate in special crafts, take a guided nature hike, learn about our local wildlife from our Interpretative Services booth, and more! Fishing permits and boat rentals are not included; but may be purchased for a nominal fee. This is a rain or shine event! (5 campers per registration)

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

CLASS #	DAY	TIME	DATES	R/NR FEE PER CAR
9039.402	SA/SU	1:00pm–10:00am*	Apr 20–21	\$55/\$66

*Activities will be held from 4:30–8:30pm.



Spring is a beautiful time to get away from home and camp at Lake Poway!



BLUE SKY ECOLOGICAL RESERVE

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

Hours

Daily | Sunrise-Sunset



JUNIOR NATURE RANGER AGES 6-10

FREE!

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 Junior Nature Ranger certificate will be issued upon completion of activities. Limited to 15 children.

INFORMATION OR TO RESERVE: siturzaeta@poway.org or (858) 668-4777

DAY	TIME	DATE	FEE
SA	9:00-11:00am	Feb 17	FREE

DOCENT-LED HIKES

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.

SOLAR WALK AND STARGAZING

ALL AGES



Join us on a journey into outer space and view our nighttime skies! As you travel through the Reserve on a 1.5 mile hike, you will learn about the planets in our solar system. At the end of our hike we will join astronomers with their powerful telescopes focused on a distant constellation or planet so that you can experience it up close. This program is suitable for all ages, and everyone should dress warmly. Limited to 25 participants per time slot.

REGISTER ONLINE: poway.org/classes

CLASS #	DAY	TIME	DATES	FEE
1200.301	SA	6:30pm	Apr 13	\$5
1200.302	SA	6:45pm	Apr 13	\$5
1200.303	SA	7:00pm	Apr 13	\$5
1200.304	SA	7:15pm	Apr 13	\$5

KUMEYAAY-IPAI INTERPRETIVE CENTER

13104 Ipai Waaypuk Trail

(858) 668-4781

Parking located at 13104 Carriage Road, Poway

poway.org/kiic

Hours

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

GUIDED TOURS OF THE ANCIENT COMMUNITY OF PAUWAI

ALL AGES

Visit us on the third Saturday morning of each month between 10:00am and 1:00pm for a docent-led tour. Experience artifacts, 'ewaas, milling and grinding stations. If you prefer to wander the trail at your own pace, our easy-to-navigate, self-guided tour brochure is available at the Interpretive Center.



NATIVE AMERICAN INSPIRED ART

AGES 5-10

Through Native American inspired art, children can explore traditional Native American values and cultural history.

Kids will design their own "spirit rock", make a pot, paint a watercolor, and create a treasure pouch as an engaging way to connect to our nation's heritage. Parents must accompany children. Limited to 25 children.

REGISTER ONLINE: poway.org/classes

CLASS #	DAY	TIME	DATES	FEE
1200.405	SA	9:00-11:00am	Mar 16	\$3



VOLUNTEER TODAY, INSPIRE FOR A LIFETIME

AGES 18+

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

INFORMATION: (858) 668-4781





CLASS REGISTRATION

SPRING REGISTRATION DATES:

March 5 at 7:30am for Poway Residents and March 6 at 7:30am for everyone.

EARLY SUMMER CAMP REGISTRATION DATES:

April 2 at 7:30am for Poway Residents and April 3 at 7:30am for everyone.

3 convenient ways to register for classes:

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

Class and Camp Refund/Transfer Policy

Cancelled by City:

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

All Other Refunds:

Refunds or transfers must be requested in writing by noon at least one week prior to the start date. Written requests may be submitted via email to Activenet@poway.org, or by mail to City of Poway, Community Services Department, P.O. Box 789, Poway, CA 92074. A \$16 cancellation fee will be deducted.

No cancellation fee will be deducted if customer places refund as a credit on account. If class, camp, or program is less than the \$16 cancellation fee, the refund will automatically be given as credit on account. Credit on account will be valid for one year and may be applied to another enrollment or reservation. If the credit is not used after one year, the funds will be forfeited and the customer's account will be cleared.

Except as otherwise provided in this policy, if a registrant fails to attend a program after it begins, the registrant is **not**

entitled to a refund. Exceptions may be authorized by the Director of Community Services. A doctor's note or written request describing the extenuating circumstances must be submitted to the Community Services Department within two weeks of the refund request.

Residency

Poway Residents are defined as those persons who live within the City limits of Poway. Proof of residency is required at the time of registration.

Financial Assistance

Poway Leisure Assistance for Youth (PLAY) Scholarship

Developmentally-disabled individuals and youth may be eligible to receive up to \$40 worth of City-sponsored recreation classes each season at no cost to you. To find out more, please visit our website at poway.org/play.

Access

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

POWAY LIBRARY

13137 Poway Road
(858) 513-2900

sdcl.org

Hours

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

FREE! CHILDREN'S PROGRAMS BIRTH TO GRADE 5

Baby Storytime: Mondays | 11:00am
Chess Club: Mondays | 3:30pm
Baby Storytime: Tuesdays | 1:00pm
Preschool Storytime: Thursdays | 10:30am
Crafternoon: Thursdays | 1:00pm
Preschool Play: Fridays | 10:30am
Love on a Leash: Fridays | 3:30-4:30pm
Dance Storytime: Saturdays | 10:30am
St. Patrick's Day Celebration: March 17 | 2:00pm



FREE! TEEN PROGRAMS GRADES 6-12

Teen Tuesdays: Check sdcl.org/poway for more program details | 4:00-6:00pm

FREE! ADULT PROGRAMS AGES 18+

Knitting Club: Fourth Monday | 1:00pm
Ukulele Class: Second Wednesday | 5:00pm
Book Club: Third Wednesday | 6:00pm
Ukulele Jam: Last Wednesday | 5:00pm
Mah Jongg-American & Chinese: Thursdays | 1:00-3:00pm
Tai Chi for Adults: Fridays | 10:00am
Meditation for All: Every First Saturday | 2:00-3:00pm
Yoga-Mindful Movement with Breath: Every Second Saturday of the Month | 11:30 am-1:00pm
Music-Peter Sprague Trio: Saturday, February 24 | 2:00pm

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

Join us for one or many live performances in the spring! With concerts, choirs, dance, and plays, there is something for everyone. March features the return of the Coastal Community Concert Band, Poway Symphony Orchestra, MET2, and Southern California Ballet. Several low-cost or free shows are made possible through a partnership with the Poway Unified School District. We expect to sell out a few shows so get your tickets now for *Celtic Spells*, *California Dreaming—Back to the Garden*, and *The Fabulous Thunderbirds*.

TICKETS AND INFORMATION: powaycenter.com

POWAY CENTER FOR THE PERFORMING ARTS

15498 Espola Road
PowayCenter.com

Rental Requests

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

POWAY UNIFIED SCHOOL DISTRICT

Photo Credit: PHS Choir



Student stars of all ages sing, act, dance and show off their talents.
powayusd.com

COMMUNITY PRESENTERS

Photo Credit: Poway Symphony



Talented groups bring a diverse lineup of live performances to the stage including ballet, orchestra, youth theatre, musicals and more. powaycenter.com

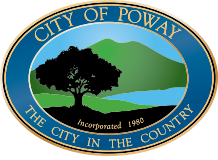
ART SHOWS

Art Credit: Sharon Frances



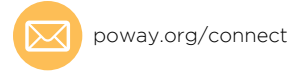
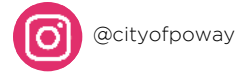
Rotating exhibits ensure a wide variety of styles and media from local, regional, and student artists.





City of Poway
 13325 Civic Center Drive
 Poway, CA 92064

Connect with us and never miss a recreation opportunity again!



SPRING 2024 EVENTS AT A GLANCE

SPRING CAMPOUT
 Lake Poway
 March 29-30
 April 5-6
 May 3-4
 May 17-18



EARTH DAY CAMPOUT
 Lake Poway
 April 20-21



CERTIFIED FARMERS MARKET
 Old Poway Park
 Saturdays
 8:00am-1:00pm



JUNIOR NATURE RANGER
 Blue Sky
 Ecological Reserve
 February 17



Poway City Council

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

SAVE THE DATE!

Spring Registration Dates:
 March 5, 2024 at 7:30am for Poway Residents
 and March 6, 2024 at 7:30am for everyone.
 See page 23 for details, or visit poway.org/classes.