

# POWAY

## COMMUNITY SERVICES GUIDE

**SUMMER 2025**

**Registration Begins:  
MAY 6, 2025 AT 7:30AM  
FOR POWAY RESIDENTS  
MAY 7, 2025 AT 7:30AM  
FOR EVERYONE**

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



# JOIN US FOR SOME SUMMER FUN!

## 2025 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. The Lookout at Lake Poway will be open and barbecuing near the stage for your convenience! For more information and menu options, call (858) 883-4146.

INFORMATION: [poway.org](http://poway.org) or (858) 668-4772

| DATE     | LOCATION       | PERFORMER               | MUSICAL STYLE   |
|----------|----------------|-------------------------|-----------------|
| June 22  | Lake Poway     | Pickleback Shine        | Country         |
| June 29  | Old Poway Park | Gregory Page            | Folk            |
| July 6   | Lake Poway     | Blue Breeze Band        | Soul Funk       |
| July 13  | Old Poway Park | Prairie Sky             | Bluegrass       |
| July 20  | Lake Poway     | Britain's Finest        | Beatles Tribute |
| July 27  | Old Poway Park | Pomerado Community Band | Big Band        |
| August 3 | Lake Poway     | Pop Vinyl               | Dance           |

## 2025 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                               |
|-----------|--------------------------------|-------------------------------------|
| June 21   | Community Park                 | <i>Despicable Me 4</i>              |
| July 5    | Community Park                 | <i>Inside Out 2</i>                 |
| July 19   | Swim Center (capacity limited) | <i>Moana 2</i>                      |
| August 2  | Community Park                 | <i>Puss in Boots: The Last Wish</i> |
| August 16 | Old Poway Park                 | <i>The Sound of Music</i>           |



# FOURTH OF JULY

## OLD-FASHIONED FOURTH OF JULY AND VETERANS PARK CEREMONY

**FREE!** Celebrate our country's independence by turning back the clocks to the 20th century. Bring your family and friends to enjoy patriotic entertainment, free crafts, live historical characters, and the signing of the Declaration of Independence reenactment. Tasty treats and train rides will also be available for a nominal fee.

Join VFW Post 7907 and the Poway Veterans Park Committee at Veterans Park for an 11:00am ceremony to honor those who have selflessly served our Country.

**Friday, July 4 | 10:00am-4:00pm**

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

## JULY 4TH FIREWORKS

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

**Friday, July 4 | 6:00-9:00pm**

**INFORMATION:** [poway.org](http://poway.org) or (858) 668-4772



Connect with us and never miss a recreation opportunity again!



City of Poway



@cityofpoway



@cityofpoway



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

## SAVE THE DATE

### SUMMER CLASS REGISTRATION:

**POWAY RESIDENTS: May 6, 2025 at 7:30am.**

**EVERYONE: May 7, 2025 at 7:30am.**

### SUMMER CLASSES

2-17

|                        |    |
|------------------------|----|
| Dance                  | 2  |
| Creative Arts          | 4  |
| Safety Training        | 4  |
| Open Play Sports       | 4  |
| Sports                 | 5  |
| Health & Wellness      | 8  |
| Emergency Preparedness | 9  |
| Dog Training           | 9  |
| Swim Classes           | 10 |

### POWAY PARKS & FACILITIES

18-23

|                                   |    |
|-----------------------------------|----|
| Poway Community Park              | 18 |
| Old Poway Park                    | 19 |
| Lake Poway                        | 20 |
| Poway Swim Center                 | 21 |
| Blue Sky Ecological Reserve       | 22 |
| Kumeyaay-Ipai Interpretive Center | 22 |
| Poway Library                     | 23 |

### CULTURAL & RECREATIONAL FACILITIES MAP

24

### REGISTRATION

25

# SUMMER CLASSES

## Dance

### 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.

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

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

| CLASS #  | AGE  | DAY | TIME        | DATES         | R/NR FEE    |
|----------|------|-----|-------------|---------------|-------------|
| 1703.100 | 3-5  | TH  | 5:30-6:00pm | Jul 10-Aug 28 | \$105/\$118 |
| 1703.101 | 6-12 | TH  | 6:00-6:50pm | Jul 10-Aug 28 | \$120/\$133 |

### MINI MOVERS & MUSIC AGES 1.5-2

This vibrant class is tailor-made for all those ready to groove! Filled with imaginative movement, lively music, and exciting dance games, it's the ultimate playground for mini movers. Through energetic and expressive sessions, participants master age-appropriate dance moves, enhance motor skills, and find their rhythm in a dynamic and supportive environment. 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    |
|----------|-----|-------------|---------------|-------------|
| 1702.100 | M   | 4:45-5:25pm | Jun 23-Aug 25 | \$196/\$209 |

### PETITE STARS TAP & BALLET AGES 3.5-5.5

This tap and ballet combination class is designed to keep participants moving, learning, and having a blast! From tapping toes to graceful ballet moves, every class is an adventure filled with fun and excitement. With a focus on progression and skill-building, classes gently guide participants toward mastering dance techniques while fostering creativity and self-expression.



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

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

| CLASS #  | DAY | TIME            | DATES         | R/NR FEE    |
|----------|-----|-----------------|---------------|-------------|
| 1702.101 | M   | 5:30-6:25pm     | Jun 23-Aug 25 | \$196/\$209 |
| 1702.102 | SA  | 11:15am-12:10pm | Jun 28-Aug 30 | \$196/\$209 |

### DREAM DANCERS AGES 6-9

Step into the world of dance with our beginner class, where technique meets excitement in every step! Begin by nurturing your grace, strength, and musicality while ensuring every moment is filled with fun. In this dynamic combo of jazz or tap and ballet, participants not only master the fundamentals but also explore the vibrant world of multiple dance genres.

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

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

#### Jazz & Ballet

| CLASS #  | AGE | DAY | TIME        | DATES         | R/NR FEE    |
|----------|-----|-----|-------------|---------------|-------------|
| 1702.103 | 6-9 | M   | 6:30-7:25pm | Jun 23-Aug 25 | \$196/\$209 |

#### Tap & Ballet

| CLASS #  | AGE   | DAY | TIME         | DATES         | R/NR FEE    |
|----------|-------|-----|--------------|---------------|-------------|
| 1702.104 | 6.5-9 | SA  | 12:30-1:25pm | Jun 28-Aug 30 | \$196/\$209 |

### BEAT BUSTERS HIP HOP AGES 4-7

Unleash your inner dance superstar! This dynamic class is all about having fun while honing creativity, coordination, musicality, and listening skills. From hip hop grooves to exhilarating dance games, every moment is packed with non-stop action that will have you movin' to the beats! Rest assured, all music and moves are age-appropriate, ensuring a safe and enjoyable experience for all.

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

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

| CLASS #  | DAY | TIME        | DATES         | R/NR FEE    |
|----------|-----|-------------|---------------|-------------|
| 1702.105 | W   | 4:45-5:40pm | Jun 25-Aug 27 | \$196/\$209 |





**HIP HOP HYPE SQUAD** **AGES 8-12**

Designed to leave participants feeling refreshed and energized, elevate your dance game with this invigorating and high-octane hip hop class. Whether you're a seasoned dancer or new to the dance floor, this class caters to all skill levels, providing a supportive environment where creativity flourishes and confidence soars. Rest assured, all music and moves are age-appropriate, ensuring a safe and enjoyable experience for all.

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

| CLASS #  | DAY | TIME        | DATES         | R/NR FEE    |
|----------|-----|-------------|---------------|-------------|
| 1702.106 | W   | 5:45-6:40pm | Jun 25-Aug 27 | \$196/\$209 |

**MAGICAL MUNCHKINS TAP & BALLET** **AGES 2-3.5**

Step into this enchanting introductory dance class where rhythm, grace, and boundless fun await! Our dynamic sessions seamlessly blend tap and ballet, and engaging dance games, creating an energetic and expressive atmosphere where every participant can shine. 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    |
|----------|-----|-------------|---------------|-------------|
| 1702.107 | SA  | 8:30-9:10am | Jun 28-Aug 30 | \$196/\$209 |

**TINY MOVERS TAP & BALLET** **AGES 3-4.5**

Watch as participants embark on a journey of learning basic dance and motor skills, musicality, and rhythm, all while having a blast in a supportive environment. Starting with tap and seamlessly transitioning into ballet each week, these classes are carefully crafted to keep your little one engaged and excited. This is the first independent class, with families watching from outside the room, fostering confidence and independence.

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

| CLASS #  | DAY | TIME         | DATES         | R/NR FEE    |
|----------|-----|--------------|---------------|-------------|
| 1702.108 | SA  | 9:15-10:10am | Jun 28-Aug 30 | \$196/\$209 |

**STAR SHINERS TAP & BALLET** **AGES 4.5-6**

This class fosters continuous growth and progression, guiding participants through a journey of skill development and self-expression. Carefully designed to seamlessly integrate curriculum goals with joyous movement, participants are both challenged and fulfilled. Starting with tap and seamlessly transitioning into ballet each week, participants not only refine their dance, listening, and coordination skills, but also dive into the intricacies of ballet terminology and technique. Once a month, participants spice things up with a jazz dance day, adding variety and excitement to our repertoire.

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

| CLASS #  | DAY | TIME          | DATES         | R/NR FEE    |
|----------|-----|---------------|---------------|-------------|
| 1702.109 | SA  | 10:15-11:10am | Jun 28-Aug 30 | \$196/\$209 |

**BALLET 1** **AGES 10-14**

Dive into the enchanting world of ballet in this class designed to inspire and elevate participants of all levels, no experience required. Whether you dream of pirouetting across the stage or simply want to explore the beauty of classical dance, this class offers the perfect balance of technique and artistry. We will focus on building a strong foundation in ballet fundamentals while nurturing creativity and expression.

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

| CLASS #  | DAY | TIME        | DATES         | R/NR FEE    |
|----------|-----|-------------|---------------|-------------|
| 1702.110 | SA  | 1:30-2:25pm | Jun 28-Aug 30 | \$196/\$209 |



# Creative Arts

## MUSICAL THEATER AND DANCE: MOANA

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 *Moana 2* in preparation for a family showcase on the last day of class.

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

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

| CLASS #  | DAY | TIME        | DATES         | R/NR FEE    |
|----------|-----|-------------|---------------|-------------|
| 1810.100 | TH  | 4:30-5:30pm | Jul 10-Aug 28 | \$120/\$133 |



# Safety Training



## CHILD & BABYSITTING SAFETY

AGES 11-17

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 302

| CLASS #  | DAY | TIME          | DATES | R/NR FEE   |
|----------|-----|---------------|-------|------------|
| 2100.100 | SA  | 9:30am-1:30pm | Aug 9 | \$59/\$72* |

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

# Open Play Sports

## OPEN PLAY SPORTS

ALL AGES

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

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

### Twin Peaks Multipurpose Center

14640 Tierra Bonita Road

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

### Meadowbrook Gymnasium

12320 Meadowbrook Lane

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

Hours are subject to change without notice. For current operating hours, please visit our website at [poway.org/gyms](http://poway.org/gyms).

# Sports

## Soccer Shots Minis

AGES 2-3

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

**INSTRUCTOR:** Soccer Shots

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

SAT: Community Park, Open Play Area

**NO CLASS:** Jul 5

| CLASS #  | DAY | TIME          | DATES         | R/NR FEE     |
|----------|-----|---------------|---------------|--------------|
| 2010.100 | W   | 4:00-4:30pm   | Jun 25-Aug 13 | \$168/\$181* |
| 2010.101 | SA  | 9:00-9:30am   | Jun 28-Aug 16 | \$161/\$174* |
| 2010.102 | SA  | 10:35-11:05am | Jun 28-Aug 16 | \$161/\$174* |

\*\$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 participants 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: Valle Verde Park, Soccer Field

SAT: Community Park, Open Play Area

**NO CLASS:** Jul 5

| CLASS #  | DAY | TIME         | DATES         | R/NR FEE     |
|----------|-----|--------------|---------------|--------------|
| 2010.103 | W   | 4:35-5:20pm  | Jun 25-Aug 13 | \$168/\$181* |
| 2010.104 | SA  | 9:40-10:25am | Jun 28-Aug 16 | \$161/\$174* |

\*\$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:** Jul 5

| CLASS #  | DAY | TIME            | DATES         | R/NR FEE     |
|----------|-----|-----------------|---------------|--------------|
| 2010.105 | SA  | 11:15am-12:10pm | Jun 28-Aug 16 | \$161/\$174* |

\*\$35 materials fee due on the first day of class

## 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:** Aug 18 & 20—Participants will be notified if they're eligible to attend; \$45 belt testing fee required.

| CLASS #  | AGE | DAY | TIME        | DATES        | R/NR FEE    |
|----------|-----|-----|-------------|--------------|-------------|
| 2001.100 | 5+  | M/W | 5:00-6:00pm | Jun 23-Sep 3 | \$129/\$142 |
| 2001.101 | 11+ | M/W | 6:05-7:05pm | Jun 23-Sep 3 | \$129/\$142 |

### Junior/Adult Taekwondo-Black Belt Participants

This program is for black belt participants only. Combined with class 2001.101 for the first hour, black belt participants stay an extra 25 minutes for individual instruction.

| CLASS #  | AGE | DAY | TIME        | DATES        | R/NR FEE    |
|----------|-----|-----|-------------|--------------|-------------|
| 2001.102 | 11+ | M/W | 6:05-7:30pm | Jun 23-Sep 3 | \$129/\$142 |



**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    |
|----------|-----|-------------|--------------|-------------|
| 2004.100 | W   | 5:00-6:00pm | Jul 2-Aug 20 | \$160/\$173 |

**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    |
|----------|-----|-------------|--------------|-------------|
| 2004.101 | W   | 4:00-5:00pm | Jul 2-Aug 20 | \$160/\$173 |



**YOUTH VOLLEYBALL** AGES 10-14

Looking for a fun, recreational sport? Beginner 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 required for Intermediate Volleyball.**

**INSTRUCTOR:** Susie & Lexi Gehrke  
**LOCATION:** Meadowbrook Gymnasium

**Beginner**

| CLASS #  | AGE   | DAY | TIME        | DATES         | R/NR FEE  |
|----------|-------|-----|-------------|---------------|-----------|
| 2002.100 | 10-14 | M   | 5:30-6:30pm | Jun 23-Aug 11 | \$75/\$88 |

**Intermediate**

| CLASS #  | AGE   | DAY | TIME        | DATES         | R/NR FEE  |
|----------|-------|-----|-------------|---------------|-----------|
| 2002.101 | 10-14 | M   | 6:30-7:30pm | Jun 23-Aug 11 | \$75/\$88 |

**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  |
|----------|--------|-----|-------------|---------------|-----------|
| 2005.100 | Men    | TH  | 6:30-9:30pm | Jun 26-Aug 21 | \$80/\$93 |
| 2005.101 | Women  | TH  | 6:30-9:30pm | Jun 26-Aug 21 | \$80/\$93 |

**Coed Advanced**

| CLASS #  | GENDER | DAY | TIME        | DATES         | R/NR FEE  |
|----------|--------|-----|-------------|---------------|-----------|
| 2005.102 | Men    | TU  | 6:30-9:30pm | Jun 24-Aug 19 | \$80/\$93 |
| 2005.103 | Women  | TU  | 6:30-9:30pm | Jun 24-Aug 19 | \$80/\$93 |

**Women**

| CLASS #  | GENDER | DAY | TIME        | DATES         | R/NR FEE  |
|----------|--------|-----|-------------|---------------|-----------|
| 2005.104 | Women  | M   | 6:30-9:30pm | Jun 23-Aug 18 | \$80/\$93 |

**TENNIS** AGES 6-14

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  |
|----------|------|-------|---------------|---------------|-----------|
| 2000.100 | 9-14 | TU/TH | 4:00-5:00pm   | Jun 24-Jul 24 | \$70/\$83 |
| 2000.101 | 6-8  | SA    | 9:00-10:00am  | Jun 28-Jul 26 | \$35/\$48 |
| 2000.102 | 9-14 | SA    | 10:00-11:00am | Jun 28-Jul 26 | \$35/\$48 |
| 2000.103 | 9-14 | TU/TH | 4:00-5:00pm   | Aug 5-Sep 4   | \$70/\$83 |
| 2000.104 | 6-8  | SA    | 9:00-10:00am  | Aug 9-Sep 6   | \$35/\$48 |
| 2000.105 | 9-14 | SA    | 10:00-11:00am | Aug 9-Sep 6   | \$35/\$48 |

**Intermediate**

| CLASS #  | AGE  | DAY   | TIME            | DATES         | R/NR FEE  |
|----------|------|-------|-----------------|---------------|-----------|
| 2000.106 | 9-14 | TU/TH | 5:00-6:00pm     | Jun 24-Jul 24 | \$70/\$83 |
| 2000.107 | 9-14 | SA    | 11:00am-12:00pm | Jun 28-Jul 26 | \$35/\$48 |
| 2000.108 | 9-14 | TU/TH | 5:00-6:00pm     | Aug 5-Sep 4   | \$70/\$83 |
| 2000.109 | 9-14 | SA    | 11:00am-12:00pm | Aug 9-Sep 6   | \$35/\$48 |

**Advanced Juniors**

| CLASS #  | AGE  | DAY | TIME        | DATES         | R/NR FEE   |
|----------|------|-----|-------------|---------------|------------|
| 2000.110 | 9-14 | M/W | 4:00-5:30pm | Jun 23-Jul 23 | \$90/\$103 |
| 2000.111 | 9-14 | M/W | 4:00-5:30pm | Aug 4-Sep 3   | \$90/\$103 |



# Health & Wellness



## FREE OLDER ADULT PROGRAMS!

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

### ROLLIN' & STROLLIN'

AGES 50+

Rollin' & Strollin' is a social dance and move-for-fun class for older adults. Designed for people of all ability and mobility levels, we use the principles of basic line dancing to adapt and create dance steps suitable for moving to music. Wear soft-soled shoes.

**INSTRUCTOR:** Shelley Johnston

**LOCATION:** Community Park, Sycamore Hall

| DAY | TIME        | R/NR FEE |
|-----|-------------|----------|
| M   | 1:00-2:00pm | FREE     |

### FEELING FIT

AGES 50+

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. 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     |



### QIGONG

AGES 50+

**Starting Tuesday, August 12.** 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 performed 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     |

### LINE DANCING

AGES 50+

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 of each class. Wear soft-soled shoes.

**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

AGES 50+

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. Bring a yoga mat.

**INSTRUCTOR:** Silver Age Yoga

**LOCATION:** Community Park, Sycamore Hall

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

# Emergency Preparedness

## With the Poway Fire Department

### BASIC FIRST AID: BE THE HELP UNTIL HELP ARRIVES AGES 16+

**FREE!**

Learn basic first aid including bleeding control, immobilization of fractures and sprains, burn care, and more. This course is for anyone, age 16 or above, that wants to be better prepared to handle a medical emergency at home. This course is not for healthcare providers.



**INSTRUCTOR:** Fire Department Staff  
**LOCATION:** Fire Station 1 Classroom

| CLASS #  | DAY | TIME         | DATES  | R/NR FEE |
|----------|-----|--------------|--------|----------|
| 0001.100 | W   | 6:30-8:00pm  | Jul 9  | FREE     |
| 0001.101 | SA  | 8:30-10:00am | Jul 12 | FREE     |

### WILDFIRE SAFETY AND EVACUATION AWARENESS AGES 16+

**FREE!**

Wildfire is a part of Poway's natural ecology, and history has demonstrated that fire periodically affects the region. The city's climate, vegetation, topography, and large amount of open space put the community at risk for wildfires. Learn how to better protect your home and your family from wildfire including low-cost retrofits to harden your home, best practices for creating defensible space within your ornamental landscaping, and what to do before, during, and after an evacuation.

**INSTRUCTOR:** Fire Department Staff  
**LOCATION:** Poway City Hall, Council Chambers

| CLASS #  | DAY | TIME         | DATES | R/NR FEE |
|----------|-----|--------------|-------|----------|
| 0001.102 | W   | 6:30-8:00pm  | Aug 6 | FREE     |
| 0001.103 | SA  | 8:30-10:00am | Aug 9 | FREE     |



# Dog Training

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

### TRAINING CLASSES DOGS 12 WEEKS+

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

**INSTRUCTOR:** Good Dog Training School, Lynne Moore  
**LOCATION:** TUE: Old Poway Park, Gazebo  
WED: Community Park, Dog Pen 2  
SAT: Garden Road Park, Open Area

#### Basic Obedience

| CLASS #  | DAY | TIME         | DATES         | R/NR FEE    |
|----------|-----|--------------|---------------|-------------|
| 2300.100 | TU  | 6:30-7:30pm  | Jun 24-Jul 29 | \$95/\$108* |
| 2300.101 | SA  | 9:30-10:30am | Jun 28-Aug 2  | \$95/\$108* |
| 2300.102 | TU  | 6:30-7:30pm  | Aug 5-Sep 9   | \$95/\$108* |
| 2300.103 | SA  | 9:30-10:30am | Aug 9-Sep 13  | \$95/\$108* |

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

#### Intermediate Obedience: Canine Good Citizen

| CLASS #  | DAY | TIME          | DATES        | R/NR FEE   |
|----------|-----|---------------|--------------|------------|
| 2300.104 | SA  | 10:45-11:45am | Jun 28-Aug 2 | \$95/\$108 |
| 2300.105 | SA  | 10:45-11:45am | Aug 9-Sep 13 | \$95/\$108 |

#### Advanced Obedience

| CLASS #  | DAY | TIME        | DATES         | R/NR FEE   |
|----------|-----|-------------|---------------|------------|
| 2300.106 | W   | 6:30-7:30pm | Jun 25-Jul 30 | \$95/\$108 |
| 2300.107 | W   | 6:30-7:30pm | Aug 6-Sep 10  | \$95/\$108 |





# Swim Classes

## Swim Lesson Registration

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

## Waitlist

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

## Swim Lesson Assessments

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

INFORMATION: (858) 668-4680



## PRIVATE LESSONS

## ALL AGES

Private, one-to-one swim lesson instruction for any age or ability. Individual meetings are 30 minutes in length and registration takes place in packages of 4 lessons. Please review the corresponding dates and times in the listing before enrollment. Dates, times, and enrollment will be done online or in-person at City Hall. Children under the age of 3 may be required to have an adult in the water.

COMPLETE LISTING OF CLASSES: [poway.org/classes](http://poway.org/classes)

## 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.

### Morning Sessions

| CLASS #          | DAY | TIME          | DATES        | R/NR FEE  |
|------------------|-----|---------------|--------------|-----------|
| <b>Session 2</b> |     |               |              |           |
| 0010.120         | M-W | 10:10-10:40am | Jun 30-Jul 3 | \$56/\$84 |
| <b>Session 4</b> |     |               |              |           |
| 0010.140         | M-W | 10:10-10:40am | Jul 28-Aug 6 | \$56/\$84 |

### Evening Sessions

| CLASS #          | DAY   | TIME        | DATES         | R/NR FEE  |
|------------------|-------|-------------|---------------|-----------|
| <b>Session 1</b> |       |             |               |           |
| 0010.150         | TU/TH | 5:30-6:00pm | Jun 17-Jul 13 | \$56/\$84 |
| 0010.160         | TU/TH | 5:30-6:00pm | Jul 15-Jul 31 | \$56/\$84 |

## 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.

### Morning Sessions

| CLASS #          | DAY  | TIME         | DATES         | R/NR FEE   |
|------------------|------|--------------|---------------|------------|
| <b>Session 1</b> |      |              |               |            |
| 0020.110         | M-TH | 9:20-10:00am | Jun 16-Jun 26 | \$74/\$111 |
| <b>Session 3</b> |      |              |               |            |
| 0020.130         | M-TH | 9:20-10:00am | Jul 14-Jul 24 | \$74/\$111 |

### Evening Sessions

| CLASS #          | DAY | TIME        | DATES        | R/NR FEE   |
|------------------|-----|-------------|--------------|------------|
| <b>Session 1</b> |     |             |              |            |
| 0020.150         | M/W | 6:20-7:00pm | Jun 16-Jul 9 | \$74/\$111 |
| <b>Session 2</b> |     |             |              |            |
| 0020.160         | M/W | 6:20-7:00pm | Jul 14-Aug 6 | \$74/\$111 |

**GRUNION 1****AGES 3-4**

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

**Morning Sessions**

| CLASS # | DAY | TIME | DATES | R/NR FEE |
|---------|-----|------|-------|----------|
|---------|-----|------|-------|----------|

**Session 1**

|          |      |               |               |            |
|----------|------|---------------|---------------|------------|
| 0101.110 | M-TH | 8:30-9:10am   | Jun 16-Jun 26 | \$74/\$111 |
| 0101.111 | M-TH | 11:00-11:40am | Jun 16-Jun 26 | \$74/\$111 |

**Session 2**

|          |      |                 |               |            |
|----------|------|-----------------|---------------|------------|
| 0101.120 | M-TH | 8:30-9:10am     | Jun 30-Jul 10 | \$74/\$111 |
| 0101.121 | M-TH | 11:00-11:40am   | Jun 30-Jul 10 | \$74/\$111 |
| 0101.122 | M-TH | 11:50am-12:30pm | Jun 30-Jul 10 | \$74/\$111 |

**Session 3**

|          |      |               |               |            |
|----------|------|---------------|---------------|------------|
| 0101.130 | M-TH | 8:30-9:10am   | Jul 14-Jul 24 | \$74/\$111 |
| 0101.131 | M-TH | 10:10-10:50am | Jul 14-Jul 24 | \$74/\$111 |
| 0101.132 | M-TH | 11:00-11:40am | Jul 14-Jul 24 | \$74/\$111 |

**Session 4**

|          |      |                 |              |            |
|----------|------|-----------------|--------------|------------|
| 0101.140 | M-TH | 8:30-9:10am     | Jul 28-Aug 7 | \$74/\$111 |
| 0101.141 | M-TH | 11:00-11:40am   | Jul 28-Aug 7 | \$74/\$111 |
| 0101.142 | M-TH | 11:50am-12:30pm | Jul 28-Aug 7 | \$74/\$111 |

**Evening Sessions**

| CLASS # | DAY | TIME | DATES | R/NR FEE |
|---------|-----|------|-------|----------|
|---------|-----|------|-------|----------|

**Session 1**

|          |       |             |               |            |
|----------|-------|-------------|---------------|------------|
| 0101.150 | M/W   | 5:30-6:10pm | Jun 16-Jul 9  | \$74/\$111 |
| 0101.151 | TU/TH | 6:20-7:00pm | Jun 17-Jul 10 | \$74/\$111 |

**Session 2**

|          |       |             |              |            |
|----------|-------|-------------|--------------|------------|
| 0101.160 | M/W   | 5:30-6:10pm | Jul 14-Aug 6 | \$74/\$111 |
| 0101.161 | TU/TH | 6:20-7:00pm | Jul 15-Aug 7 | \$74/\$111 |

**GRUNION 2****AGES 3-5**

Introductory class for children who have successfully completed the Grunion 1 class or who are very comfortable in the water. Reinforces basic swim skills learned in Grunion 1, with a greater emphasis on independence.

**Morning Sessions**

| CLASS # | DAY | TIME | DATES | R/NR FEE |
|---------|-----|------|-------|----------|
|---------|-----|------|-------|----------|

**Session 1**

|          |      |                 |               |            |
|----------|------|-----------------|---------------|------------|
| 0102.110 | M-TH | 8:30-9:10am     | Jun 16-Jun 26 | \$74/\$111 |
| 0102.111 | M-TH | 10:10-10:50am   | Jun 16-Jun 26 | \$74/\$111 |
| 0102.112 | M-TH | 11:50am-12:30pm | Jun 16-Jun 26 | \$74/\$111 |

**Session 2**

|          |      |                 |               |            |
|----------|------|-----------------|---------------|------------|
| 0102.120 | M-TH | 8:30-9:10am     | Jun 30-Jul 10 | \$74/\$111 |
| 0102.121 | M-TH | 9:20-10:00am    | Jun 30-Jul 10 | \$74/\$111 |
| 0102.122 | M-TH | 11:00-11:40am   | Jun 30-Jul 10 | \$74/\$111 |
| 0102.123 | M-TH | 11:50am-12:30pm | Jun 30-Jul 10 | \$74/\$111 |

**Session 3**

|          |      |                 |               |            |
|----------|------|-----------------|---------------|------------|
| 0102.130 | M-TH | 8:30-9:10am     | Jul 14-Jul 24 | \$74/\$111 |
| 0102.131 | M-TH | 11:50am-12:30pm | Jul 14-Jul 24 | \$74/\$111 |

**Session 4**

|          |      |               |              |            |
|----------|------|---------------|--------------|------------|
| 0102.140 | M-TH | 8:30-9:10am   | Jul 28-Aug 7 | \$74/\$111 |
| 0102.141 | M-TH | 9:20-10:00am  | Jul 28-Aug 7 | \$74/\$111 |
| 0102.142 | M-TH | 11:00-11:40am | Jul 28-Aug 7 | \$74/\$111 |

**Evening Sessions**

| CLASS # | DAY | TIME | DATES | R/NR FEE |
|---------|-----|------|-------|----------|
|---------|-----|------|-------|----------|

**Session 1**

|          |       |             |               |            |
|----------|-------|-------------|---------------|------------|
| 0102.150 | M/W   | 5:30-6:10pm | Jun 16-Jul 9  | \$74/\$111 |
| 0102.151 | TU/TH | 5:30-6:10pm | Jun 17-Jul 10 | \$74/\$111 |
| 0102.152 | TU/TH | 6:20-7:00pm | Jun 17-Jul 10 | \$74/\$111 |
| 0102.153 | TU/TH | 7:10-7:50pm | Jun 17-Jul 10 | \$74/\$111 |

**Session 2**

|          |       |             |              |            |
|----------|-------|-------------|--------------|------------|
| 0102.160 | M/W   | 5:30-6:10pm | Jul 14-Aug 6 | \$74/\$111 |
| 0102.161 | TU/TH | 5:30-6:10pm | Jul 15-Aug 7 | \$74/\$111 |
| 0102.162 | TU/TH | 6:20-7:00pm | Jul 15-Aug 7 | \$74/\$111 |
| 0102.163 | TU/TH | 7:10-7:50pm | Jul 15-Aug 7 | \$74/\$111 |





### GRUNION 3

AGES 3-5

Designed for swimmers who are able to float, kick, and swim a few front crawl strokes on their own. Builds off the skills learned in Grunion 2. Emphasized skills include front and back crawl. Students should feel comfortable in at least four feet of water.

#### Morning Sessions

| CLASS #          | DAY  | TIME            | DATES         | R/NR FEE   |
|------------------|------|-----------------|---------------|------------|
| <b>Session 1</b> |      |                 |               |            |
| 0103.110         | M-TH | 8:30-9:10am     | Jun 16-Jun 26 | \$74/\$111 |
| 0103.111         | M-TH | 9:20-10:00am    | Jun 16-Jun 26 | \$74/\$111 |
| 0103.112         | M-TH | 11:00-11:40am   | Jun 16-Jun 26 | \$74/\$111 |
| <b>Session 2</b> |      |                 |               |            |
| 0103.120         | M-TH | 8:30-9:10am     | Jun 30-Jul 10 | \$74/\$111 |
| 0103.121         | M-TH | 10:10-10:50am   | Jun 30-Jul 10 | \$74/\$111 |
| <b>Session 3</b> |      |                 |               |            |
| 0103.130         | M-TH | 8:30-9:10am     | Jul 14-Jul 24 | \$74/\$111 |
| 0103.131         | M-TH | 9:20-10:00am    | Jul 14-Jul 24 | \$74/\$111 |
| 0103.132         | M-TH | 11:00-11:40am   | Jul 14-Jul 24 | \$74/\$111 |
| <b>Session 4</b> |      |                 |               |            |
| 0103.140         | M-TH | 8:30-9:10am     | Jul 28-Aug 7  | \$74/\$111 |
| 0103.141         | M-TH | 10:10-10:50am   | Jul 28-Aug 7  | \$74/\$111 |
| 0103.142         | M-TH | 11:50am-12:30pm | Jul 28-Aug 7  | \$74/\$111 |

#### Evening Sessions

| CLASS #          | DAY   | TIME        | DATES         | R/NR FEE   |
|------------------|-------|-------------|---------------|------------|
| <b>Session 1</b> |       |             |               |            |
| 0103.150         | M/W   | 6:20-7:00pm | Jun 16-Jul 9  | \$74/\$111 |
| 0103.151         | TU/TH | 6:20-7:00pm | Jun 17-Jul 10 | \$74/\$111 |
| 0103.152         | TU/TH | 7:10-7:50pm | Jun 17-Jul 10 | \$74/\$111 |
| <b>Session 2</b> |       |             |               |            |
| 0103.160         | M/W   | 6:20-7:00pm | Jul 14-Aug 6  | \$74/\$111 |
| 0103.161         | TU/TH | 6:20-7:00pm | Jul 15-Aug 7  | \$74/\$111 |
| 0103.162         | TU/TH | 7:10-7:50pm | Jul 15-Aug 7  | \$74/\$111 |

### OTTER PUP

AGES 3-5

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

#### Morning Sessions

| CLASS #          | DAY  | TIME            | DATES         | R/NR FEE   |
|------------------|------|-----------------|---------------|------------|
| <b>Session 1</b> |      |                 |               |            |
| 0104.110         | M-TH | 10:10-10:50am   | Jun 16-Jun 26 | \$74/\$111 |
| 0104.111         | M-TH | 11:50am-12:30pm | Jun 16-Jun 26 | \$74/\$111 |
| <b>Session 2</b> |      |                 |               |            |
| 0104.120         | M-TH | 9:20-10:00am    | Jun 30-Jul 10 | \$74/\$111 |
| 0104.121         | M-TH | 10:10-10:50am   | Jun 30-Jul 10 | \$74/\$111 |
| <b>Session 3</b> |      |                 |               |            |
| 0104.130         | M-TH | 10:10-10:50am   | Jul 14-Jul 24 | \$74/\$111 |
| 0104.131         | M-TH | 11:50am-12:30pm | Jul 14-Jul 24 | \$74/\$111 |
| <b>Session 4</b> |      |                 |               |            |
| 0104.140         | M-TH | 9:20-10:00am    | Jul 28-Aug 7  | \$74/\$111 |
| 0104.141         | M-TH | 10:10-10:50am   | Jul 28-Aug 7  | \$74/\$111 |

#### Evening Sessions

| CLASS #          | DAY   | TIME        | DATES         | R/NR FEE   |
|------------------|-------|-------------|---------------|------------|
| <b>Session 1</b> |       |             |               |            |
| 0104.150         | M/W   | 7:10-7:50pm | Jun 16-Jul 9  | \$74/\$111 |
| 0104.151         | TU/TH | 5:30-6:10pm | Jun 17-Jul 10 | \$74/\$111 |
| <b>Session 2</b> |       |             |               |            |
| 0104.160         | M/W   | 7:10-7:50pm | Jul 14-Aug 6  | \$74/\$111 |
| 0104.161         | TU/TH | 5:30-6:10pm | Jul 15-Aug 7  | \$74/\$111 |





**STARFISH AGES 6-12**

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

**Morning Sessions**

| CLASS #          | DAY  | TIME            | DATES         | R/NR FEE   |
|------------------|------|-----------------|---------------|------------|
| <b>Session 1</b> |      |                 |               |            |
| 0201.110         | M-TH | 10:10-10:50am   | Jun 16-Jun 26 | \$74/\$111 |
| 0201.111         | M-TH | 11:50am-12:30pm | Jun 16-Jun 26 | \$74/\$111 |
| <b>Session 2</b> |      |                 |               |            |
| 0201.120         | M-TH | 9:20-10:00am    | Jun 30-Jul 10 | \$74/\$111 |
| 0201.121         | M-TH | 11:00-11:40am   | Jun 30-Jul 10 | \$74/\$111 |
| <b>Session 3</b> |      |                 |               |            |
| 0201.130         | M-TH | 10:10-10:50am   | Jul 14-Jul 24 | \$74/\$111 |
| 0201.131         | M-TH | 11:50am-12:30pm | Jul 14-Jul 24 | \$74/\$111 |
| <b>Session 4</b> |      |                 |               |            |
| 0201.140         | M-TH | 10:10-10:50am   | Jul 28-Aug 7  | \$74/\$111 |
| 0201.141         | M-TH | 11:00-11:40am   | Jul 28-Aug 7  | \$74/\$111 |

**Evening Sessions**

| CLASS #          | DAY   | TIME        | DATES         | R/NR FEE   |
|------------------|-------|-------------|---------------|------------|
| <b>Session 1</b> |       |             |               |            |
| 0201.150         | M/W   | 5:30-6:10pm | Jun 16-Jul 9  | \$74/\$111 |
| 0201.151         | M/W   | 7:10-7:50pm | Jun 16-Jul 9  | \$74/\$111 |
| 0201.152         | TU/TH | 6:20-7:00pm | Jun 17-Jul 10 | \$74/\$111 |
| 0201.153         | TU/TH | 7:10-7:50pm | Jun 17-Jul 10 | \$74/\$111 |
| <b>Session 2</b> |       |             |               |            |
| 0201.160         | M/W   | 5:30-6:10pm | Jul 14-Aug 6  | \$74/\$111 |
| 0201.161         | M/W   | 7:10-7:50pm | Jul 14-Aug 6  | \$74/\$111 |
| 0201.162         | TU/TH | 6:20-7:00pm | Jul 15-Aug 7  | \$74/\$111 |
| 0201.163         | TU/TH | 7:10-7:50pm | Jul 15-Aug 7  | \$74/\$111 |

**SEAHORSE AGES 6-12**

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

**Morning Sessions**

| CLASS #          | DAY  | TIME            | DATES         | R/NR FEE   |
|------------------|------|-----------------|---------------|------------|
| <b>Session 1</b> |      |                 |               |            |
| 0202.110         | M-TH | 9:20-10:00am    | Jun 16-Jun 26 | \$74/\$111 |
| 0202.111         | M-TH | 11:00-11:40am   | Jun 16-Jun 26 | \$74/\$111 |
| <b>Session 2</b> |      |                 |               |            |
| 0202.120         | M-TH | 10:10-10:50am   | Jun 30-Jul 10 | \$74/\$111 |
| 0202.121         | M-TH | 11:50am-12:30pm | Jun 30-Jul 10 | \$74/\$111 |
| <b>Session 3</b> |      |                 |               |            |
| 0202.130         | M-TH | 9:20-10:00am    | Jul 14-Jul 24 | \$74/\$111 |
| 0202.131         | M-TH | 11:00-11:40am   | Jul 14-Jul 24 | \$74/\$111 |
| <b>Session 4</b> |      |                 |               |            |
| 0202.140         | M-TH | 9:20-10:00am    | Jul 28-Aug 7  | \$74/\$111 |
| 0202.141         | M-TH | 11:50am-12:30pm | Jul 28-Aug 7  | \$74/\$111 |

**Evening Sessions**

| CLASS #          | DAY   | TIME        | DATES         | R/NR FEE   |
|------------------|-------|-------------|---------------|------------|
| <b>Session 1</b> |       |             |               |            |
| 0202.150         | M/W   | 5:30-6:10pm | Jun 16-Jul 9  | \$74/\$111 |
| 0202.151         | M/W   | 6:20-7:00pm | Jun 16-Jul 9  | \$74/\$111 |
| 0202.152         | TU/TH | 5:30-6:10pm | Jun 17-Jul 10 | \$74/\$111 |
| 0202.153         | TU/TH | 6:20-7:00pm | Jun 17-Jul 10 | \$74/\$111 |
| <b>Session 2</b> |       |             |               |            |
| 0202.160         | M/W   | 5:30-6:10pm | Jul 14-Aug 6  | \$74/\$111 |
| 0202.161         | M/W   | 6:20-7:00pm | Jul 14-Aug 6  | \$74/\$111 |
| 0202.162         | TU/TH | 5:30-6:10pm | Jul 15-Aug 7  | \$74/\$111 |
| 0202.163         | TU/TH | 6:20-7:00pm | Jul 15-Aug 7  | \$74/\$111 |





## 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, with the goal of introducing the deep end.

### Morning Sessions

| CLASS #          | DAY  | TIME            | DATES         | R/NR FEE   |
|------------------|------|-----------------|---------------|------------|
| <b>Session 1</b> |      |                 |               |            |
| 0203.110         | M-TH | 8:30-9:10am     | Jun 16-Jun 26 | \$74/\$111 |
| 0203.111         | M-TH | 9:20-10:00am    | Jun 16-Jun 26 | \$74/\$111 |
| 0203.112         | M-TH | 10:10-10:50am   | Jun 16-Jun 26 | \$74/\$111 |
| 0203.113         | M-TH | 11:50am-12:30pm | Jun 16-Jun 26 | \$74/\$111 |
| <b>Session 2</b> |      |                 |               |            |
| 0203.120         | M-TH | 8:30-9:10am     | Jun 30-Jul 10 | \$74/\$111 |
| 0203.121         | M-TH | 9:20-10:00am    | Jun 30-Jul 10 | \$74/\$111 |
| <b>Session 3</b> |      |                 |               |            |
| 0203.130         | M-TH | 8:30-9:10am     | Jul 14-Jul 24 | \$74/\$111 |
| 0203.131         | M-TH | 9:20-10:00am    | Jul 14-Jul 24 | \$74/\$111 |
| 0203.132         | M-TH | 10:10-10:50am   | Jul 14-Jul 24 | \$74/\$111 |
| 0203.133         | M-TH | 11:50am-12:30pm | Jul 14-Jul 24 | \$74/\$111 |
| <b>Session 4</b> |      |                 |               |            |
| 0203.140         | M-TH | 8:30-9:10am     | Jul 28-Aug 7  | \$74/\$111 |
| 0203.141         | M-TH | 9:20-10:00am    | Jul 28-Aug 7  | \$74/\$111 |

### Evening Sessions

| CLASS #          | DAY   | TIME        | DATES         | R/NR FEE   |
|------------------|-------|-------------|---------------|------------|
| <b>Session 1</b> |       |             |               |            |
| 0203.150         | M/W   | 6:20-7:00pm | Jun 16-Jul 9  | \$74/\$111 |
| 0203.151         | M/W   | 7:10-7:50pm | Jun 16-Jul 9  | \$74/\$111 |
| 0203.152         | TU/TH | 7:10-7:50pm | Jun 17-Jul 10 | \$74/\$111 |
| <b>Session 2</b> |       |             |               |            |
| 0203.160         | M/W   | 6:20-7:00pm | Jul 14-Aug 6  | \$74/\$111 |
| 0203.161         | M/W   | 7:10-7:50pm | Jul 14-Aug 6  | \$74/\$111 |
| 0203.162         | TU/TH | 7:10-7:50pm | Jul 15-Aug 7  | \$74/\$111 |

## SEAL

AGES 6-15

Takes place in 11-12 feet of water. Must be able to swim 25 yards of front crawl with side breathing, back crawl, and elementary backstroke. Skills introduced are dolphin and breaststroke kick, diving from the side of the pool, and continued emphasis on stroke efficiency.

### Morning Sessions

| CLASS #          | DAY  | TIME          | DATES         | R/NR FEE   |
|------------------|------|---------------|---------------|------------|
| <b>Session 1</b> |      |               |               |            |
| 0204.110         | M-TH | 8:30-9:10am   | Jun 16-Jun 26 | \$74/\$111 |
| 0204.111         | M-TH | 10:10-10:50am | Jun 16-Jun 26 | \$74/\$111 |
| 0204.112         | M-TH | 11:00-11:40am | Jun 16-Jun 26 | \$74/\$111 |
| <b>Session 2</b> |      |               |               |            |
| 0204.120         | M-TH | 8:30-9:10am   | Jun 30-Jul 10 | \$74/\$111 |
| 0204.121         | M-TH | 9:20-10:00am  | Jun 30-Jul 10 | \$74/\$111 |
| 0204.122         | M-TH | 10:10-10:50am | Jun 30-Jul 10 | \$74/\$111 |
| <b>Session 3</b> |      |               |               |            |
| 0204.130         | M-TH | 8:30-9:10am   | Jul 14-Jul 24 | \$74/\$111 |
| 0204.131         | M-TH | 10:10-10:50am | Jul 14-Jul 24 | \$74/\$111 |
| 0204.132         | M-TH | 11:00-11:40am | Jul 14-Jul 24 | \$74/\$111 |
| <b>Session 4</b> |      |               |               |            |
| 0204.140         | M-TH | 8:30-9:10am   | Jul 28-Aug 7  | \$74/\$111 |
| 0204.141         | M-TH | 9:20-10:00am  | Jul 28-Aug 7  | \$74/\$111 |
| 0204.142         | M-TH | 10:10-10:50am | Jul 28-Aug 7  | \$74/\$111 |

### Evening Sessions

| CLASS #          | DAY   | TIME        | DATES         | R/NR FEE   |
|------------------|-------|-------------|---------------|------------|
| <b>Session 1</b> |       |             |               |            |
| 0204.150         | M/W   | 7:10-7:50pm | Jun 16-Jul 9  | \$74/\$111 |
| 0204.151         | TU/TH | 6:20-7:00pm | Jun 17-Jul 10 | \$74/\$111 |
| <b>Session 2</b> |       |             |               |            |
| 0204.160         | M/W   | 7:10-7:50pm | Jul 14-Aug 6  | \$74/\$111 |
| 0204.161         | TU/TH | 6:20-7:00pm | Jul 15-Aug 7  | \$74/\$111 |





**STINGRAY AGES 6-15**

Must be able to swim 25 yards of front crawl with side-breathing, back crawl, and elementary backstroke. Builds off of skills learned in the Seal class in 11-12 feet of water. Introduced skills are breaststroke, sidestroke, and diving.

**Morning Sessions**

| CLASS #          | DAY  | TIME          | DATES         | R/NR FEE   |
|------------------|------|---------------|---------------|------------|
| <b>Session 1</b> |      |               |               |            |
| 0205.110         | M-TH | 8:30-9:10am   | Jun 16-Jun 26 | \$74/\$111 |
| 0205.111         | M-TH | 9:20-10:00am  | Jun 16-Jun 26 | \$74/\$111 |
| 0205.112         | M-TH | 11:00-11:40am | Jun 16-Jun 26 | \$74/\$111 |
| <b>Session 2</b> |      |               |               |            |
| 0205.120         | M-TH | 8:30-9:10am   | Jun 30-Jul 10 | \$74/\$111 |
| 0205.121         | M-TH | 11:00-11:40am | Jun 30-Jul 10 | \$74/\$111 |
| <b>Session 3</b> |      |               |               |            |
| 0205.130         | M-TH | 8:30-9:10am   | Jul 14-Jul 24 | \$74/\$111 |
| 0205.131         | M-TH | 9:20-10:00am  | Jul 14-Jul 24 | \$74/\$111 |
| 0205.132         | M-TH | 11:00-11:40am | Jul 14-Jul 24 | \$74/\$111 |
| <b>Session 4</b> |      |               |               |            |
| 0205.140         | M-TH | 8:30-9:10am   | Jul 28-Aug 7  | \$74/\$111 |
| 0205.141         | M-TH | 11:00-11:40am | Jul 28-Aug 7  | \$74/\$111 |

**Evening Sessions**

| CLASS #          | DAY   | TIME        | DATES         | R/NR FEE   |
|------------------|-------|-------------|---------------|------------|
| <b>Session 1</b> |       |             |               |            |
| 0205.150         | M/W   | 5:30-6:10pm | Jun 16-Jul 9  | \$74/\$111 |
| 0205.151         | M/W   | 8:00-8:40pm | Jun 16-Jul 9  | \$74/\$111 |
| 0205.152         | TU/TH | 8:00-8:40pm | Jun 17-Jul 10 | \$74/\$111 |
| <b>Session 2</b> |       |             |               |            |
| 0205.160         | M/W   | 5:30-6:10pm | Jul 14-Aug 6  | \$74/\$111 |
| 0205.161         | M/W   | 8:00-8:40pm | Jul 14-Aug 6  | \$74/\$111 |
| 0205.162         | TU/TH | 8:00-8:40pm | Jul 15-Aug 7  | \$74/\$111 |

**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 is expected. New skills introduced are butterfly and flip turns.

**Morning Sessions**

| CLASS #          | DAY  | TIME            | DATES         | R/NR FEE   |
|------------------|------|-----------------|---------------|------------|
| <b>Session 1</b> |      |                 |               |            |
| 0206.110         | M-TH | 9:20-10:00am    | Jun 16-Jun 26 | \$74/\$111 |
| 0206.111         | M-TH | 11:00-11:40am   | Jun 16-Jun 26 | \$74/\$111 |
| <b>Session 2</b> |      |                 |               |            |
| 0206.120         | M-TH | 10:10-10:50am   | Jun 30-Jul 10 | \$74/\$111 |
| 0206.121         | M-TH | 11:50am-12:30pm | Jun 30-Jul 10 | \$74/\$111 |
| <b>Session 3</b> |      |                 |               |            |
| 0206.130         | M-TH | 9:20-10:00am    | Jul 14-Jul 24 | \$74/\$111 |
| 0206.131         | M-TH | 11:00-11:40am   | Jul 14-Jul 24 | \$74/\$111 |
| <b>Session 4</b> |      |                 |               |            |
| 0206.140         | M-TH | 10:10-10:50am   | Jul 28-Aug 7  | \$74/\$111 |
| 0206.141         | M-TH | 11:50am-12:30pm | Jul 28-Aug 7  | \$74/\$111 |

**Evening Sessions**

| CLASS #          | DAY   | TIME        | DATES         | R/NR FEE   |
|------------------|-------|-------------|---------------|------------|
| <b>Session 1</b> |       |             |               |            |
| 0206.150         | M/W   | 8:00-8:40pm | Jun 16-Jul 9  | \$74/\$111 |
| 0206.151         | TU/TH | 5:30-6:10pm | Jun 17-Jul 10 | \$74/\$111 |
| 0206.152         | TU/TH | 8:00-8:40pm | Jun 17-Jul 10 | \$74/\$111 |
| <b>Session 2</b> |       |             |               |            |
| 0206.160         | M/W   | 8:00-8:40pm | Jul 14-Aug 6  | \$74/\$111 |
| 0206.161         | TU/TH | 5:30-6:10pm | Jul 15-Aug 7  | \$74/\$111 |
| 0206.162         | TU/TH | 8:00-8:40pm | Jul 15-Aug 7  | \$74/\$111 |

**SWORDFISH****AGES 6-15**

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

**Morning Sessions**

| CLASS #          | DAY  | TIME            | DATES         | R/NR FEE   |
|------------------|------|-----------------|---------------|------------|
| <b>Session 1</b> |      |                 |               |            |
| 0207.110         | M-TH | 10:10-10:50am   | Jun 16-Jun 26 | \$74/\$111 |
| 0207.111         | M-TH | 11:50am-12:30pm | Jun 16-Jun 26 | \$74/\$111 |
| <b>Session 2</b> |      |                 |               |            |
| 0207.120         | M-TH | 11:00-11:40am   | Jun 30-Jul 10 | \$74/\$111 |
| <b>Session 3</b> |      |                 |               |            |
| 0207.130         | M-TH | 10:10-10:50am   | Jul 14-Jul 24 | \$74/\$111 |
| 0207.131         | M-TH | 11:50am-12:30pm | Jul 14-Jul 24 | \$74/\$111 |
| <b>Session 4</b> |      |                 |               |            |
| 0207.140         | M-TH | 11:00-11:40am   | Jul 28-Aug 7  | \$74/\$111 |

**Evening Sessions**

| CLASS #          | DAY   | TIME        | DATES         | R/NR FEE   |
|------------------|-------|-------------|---------------|------------|
| <b>Session 1</b> |       |             |               |            |
| 0207.150         | M/W   | 8:00-8:40pm | Jun 16-Jul 9  | \$74/\$111 |
| 0207.151         | TU/TH | 7:10-7:50pm | Jun 17-Jul 10 | \$74/\$111 |
| <b>Session 2</b> |       |             |               |            |
| 0207.160         | M/W   | 8:00-8:40pm | Jul 14-Aug 6  | \$74/\$111 |
| 0207.161         | TU/TH | 7:10-7:50pm | Jul 15-Aug 7  | \$74/\$111 |

**ADVANCED TECHNIQUE SWIMMING (ATS)****AGES 6-15**

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

**Morning Sessions**

| CLASS #          | DAY  | TIME            | DATES         | R/NR FEE   |
|------------------|------|-----------------|---------------|------------|
| <b>Session 1</b> |      |                 |               |            |
| 0208.110         | M-TH | 11:50am-12:30pm | Jun 16-Jun 26 | \$74/\$111 |
| <b>Session 2</b> |      |                 |               |            |
| 0208.120         | M-TH | 11:00-11:40am   | Jun 30-Jul 10 | \$74/\$111 |
| <b>Session 4</b> |      |                 |               |            |
| 0208.140         | M-TH | 11:00-11:40am   | Jul 28-Aug 7  | \$74/\$111 |

**Evening Sessions**

| CLASS #          | DAY   | TIME        | DATES         | R/NR FEE   |
|------------------|-------|-------------|---------------|------------|
| <b>Session 1</b> |       |             |               |            |
| 0208.150         | M/W   | 8:00-8:40pm | Jun 16-Jul 9  | \$74/\$111 |
| 0208.151         | TU/TH | 8:00-8:40pm | Jun 17-Jul 10 | \$74/\$111 |
| <b>Session 2</b> |       |             |               |            |
| 0208.160         | M/W   | 8:00-8:40pm | Jul 14-Aug 6  | \$74/\$111 |
| 0208.161         | TU/TH | 8:00-8:40pm | Jul 15-Aug 7  | \$74/\$111 |

**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

**Morning Sessions**

| CLASS #          | DAY  | TIME            | DATES         | R/NR FEE   |
|------------------|------|-----------------|---------------|------------|
| <b>Session 3</b> |      |                 |               |            |
| 0301.110         | M-TH | 11:50am-12:30pm | Jul 14-Jul 24 | \$74/\$111 |

**Evening Sessions**

| CLASS #          | DAY   | TIME        | DATES         | R/NR FEE   |
|------------------|-------|-------------|---------------|------------|
| <b>Session 1</b> |       |             |               |            |
| 0301.150         | M/W   | 8:00-8:40pm | Jun 16-Jul 9  | \$74/\$111 |
| 0301.151         | TU/TH | 8:00-8:40pm | Jun 17-Jul 10 | \$74/\$111 |
| <b>Session 2</b> |       |             |               |            |
| 0301.160         | M/W   | 8:00-8:40pm | Jul 14-Aug 6  | \$74/\$111 |
| 0301.161         | TU/TH | 8:00-8:40pm | Jul 15-Aug 7  | \$74/\$111 |



**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.

**Morning Sessions**

| CLASS # | DAY | TIME | DATES | R/NR FEE |
|---------|-----|------|-------|----------|
|---------|-----|------|-------|----------|

|                  |      |                 |               |            |
|------------------|------|-----------------|---------------|------------|
| <b>Session 2</b> |      |                 |               |            |
| 0302.120         | M-TH | 11:50am-12:30pm | Jun 30-Jul 10 | \$74/\$111 |

|                  |      |                 |              |            |
|------------------|------|-----------------|--------------|------------|
| <b>Session 4</b> |      |                 |              |            |
| 0302.140         | M-TH | 11:50am-12:30pm | Jul 28-Aug 7 | \$74/\$111 |

**Evening Sessions**

| CLASS # | DAY | TIME | DATES | R/NR FEE |
|---------|-----|------|-------|----------|
|---------|-----|------|-------|----------|

|                  |       |             |               |            |
|------------------|-------|-------------|---------------|------------|
| <b>Session 1</b> |       |             |               |            |
| 0302.150         | M/W   | 7:10-7:50pm | Jun 16-Jul 9  | \$74/\$111 |
| 0302.151         | TU/TH | 8:00-8:40pm | Jun 17-Jul 10 | \$74/\$111 |

|                  |       |             |              |            |
|------------------|-------|-------------|--------------|------------|
| <b>Session 2</b> |       |             |              |            |
| 0302.160         | M/W   | 7:10-7:50pm | Jul 14-Aug 6 | \$74/\$111 |
| 0302.161         | TU/TH | 8:00-8:40pm | Jul 15-Aug 7 | \$74/\$111 |

**BEGINNING DIVING AGES 6-15**

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

**Morning Sessions**

| CLASS # | DAY | TIME | DATES | R/NR FEE |
|---------|-----|------|-------|----------|
|---------|-----|------|-------|----------|

|                  |      |               |               |            |
|------------------|------|---------------|---------------|------------|
| <b>Session 1</b> |      |               |               |            |
| 0401.110         | M-TH | 10:10-10:50am | Jun 16-Jun 26 | \$74/\$111 |

|                  |      |                 |               |            |
|------------------|------|-----------------|---------------|------------|
| <b>Session 2</b> |      |                 |               |            |
| 0401.120         | M-TH | 10:10-10:50am   | Jun 30-Jul 10 | \$74/\$111 |
| 0401.121         | M-TH | 11:50am-12:30pm | Jun 30-Jul 10 | \$74/\$111 |

|                  |      |               |               |            |
|------------------|------|---------------|---------------|------------|
| <b>Session 3</b> |      |               |               |            |
| 0401.130         | M-TH | 10:10-10:50am | Jul 14-Jul 24 | \$74/\$111 |

|                  |      |                 |              |            |
|------------------|------|-----------------|--------------|------------|
| <b>Session 4</b> |      |                 |              |            |
| 0401.140         | M-TH | 10:10-10:50am   | Jul 28-Aug 7 | \$74/\$111 |
| 0401.141         | M-TH | 11:50am-12:30pm | Jul 28-Aug 7 | \$74/\$111 |

**Evening Sessions**

| CLASS # | DAY | TIME | DATES | R/NR FEE |
|---------|-----|------|-------|----------|
|---------|-----|------|-------|----------|

|                  |       |             |               |            |
|------------------|-------|-------------|---------------|------------|
| <b>Session 1</b> |       |             |               |            |
| 0401.150         | M/W   | 6:20-7:00pm | Jun 16-Jul 9  | \$74/\$111 |
| 0401.151         | TU/TH | 7:10-7:50pm | Jun 17-Jul 10 | \$74/\$111 |

|                  |       |             |              |            |
|------------------|-------|-------------|--------------|------------|
| <b>Session 2</b> |       |             |              |            |
| 0401.160         | M/W   | 6:20-7:00pm | Jul 14-Aug 6 | \$74/\$111 |
| 0401.161         | TU/TH | 7:10-7:50pm | Jul 15-Aug 7 | \$74/\$111 |

**PEE WEE WATER POLO AGES 6-9**

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

**Evening Sessions**

| CLASS # | DAY | TIME | DATES | R/NR FEE |
|---------|-----|------|-------|----------|
|---------|-----|------|-------|----------|

|                  |     |             |              |            |
|------------------|-----|-------------|--------------|------------|
| <b>Session 1</b> |     |             |              |            |
| 0501.150         | M/W | 7:10-7:50pm | Jun 16-Jul 9 | \$74/\$111 |

|                  |     |             |              |            |
|------------------|-----|-------------|--------------|------------|
| <b>Session 2</b> |     |             |              |            |
| 0501.160         | M/W | 7:10-7:50pm | Jul 14-Aug 6 | \$74/\$111 |

**BEGINNER WATER POLO AGES 8-15**

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

**Morning Sessions**

| CLASS # | DAY | TIME | DATES | R/NR FEE |
|---------|-----|------|-------|----------|
|---------|-----|------|-------|----------|

|                  |      |              |               |            |
|------------------|------|--------------|---------------|------------|
| <b>Session 1</b> |      |              |               |            |
| 0502.110         | M-TH | 9:20-10:00am | Jun 16-Jun 26 | \$74/\$111 |

|                  |      |              |               |            |
|------------------|------|--------------|---------------|------------|
| <b>Session 3</b> |      |              |               |            |
| 0502.130         | M-TH | 9:20-10:00am | Jul 14-Jul 24 | \$74/\$111 |

**Evening Sessions**

| CLASS # | DAY | TIME | DATES | R/NR FEE |
|---------|-----|------|-------|----------|
|---------|-----|------|-------|----------|

|                  |     |             |              |            |
|------------------|-----|-------------|--------------|------------|
| <b>Session 1</b> |     |             |              |            |
| 0502.150         | M/W | 5:30-6:10pm | Jun 16-Jul 9 | \$74/\$111 |

|                  |     |             |              |            |
|------------------|-----|-------------|--------------|------------|
| <b>Session 2</b> |     |             |              |            |
| 0502.160         | M/W | 5:30-6:10pm | Jul 14-Aug 6 | \$74/\$111 |

**INTERMEDIATE WATER POLO AGES 8-15**

For students with strong swimming skills and a basic knowledge of the sport. Covers shooting, passing, drills, pressing, zone, and defense/offense. Students must have the ability to swim 100 yards heads-up freestyle, 50 yards backstroke, and tread water for two minutes.

**Morning Sessions**

| CLASS # | DAY | TIME | DATES | R/NR FEE |
|---------|-----|------|-------|----------|
|---------|-----|------|-------|----------|

|                  |      |              |               |            |
|------------------|------|--------------|---------------|------------|
| <b>Session 2</b> |      |              |               |            |
| 0503.120         | M-TH | 9:20-10:00am | Jun 30-Jul 10 | \$74/\$111 |

|                  |      |              |              |            |
|------------------|------|--------------|--------------|------------|
| <b>Session 4</b> |      |              |              |            |
| 0503.140         | M-TH | 9:20-10:00am | Jul 28-Aug 7 | \$74/\$111 |

**Evening Sessions**

| CLASS # | DAY | TIME | DATES | R/NR FEE |
|---------|-----|------|-------|----------|
|---------|-----|------|-------|----------|

|                  |       |             |               |            |
|------------------|-------|-------------|---------------|------------|
| <b>Session 1</b> |       |             |               |            |
| 0503.150         | TU/TH | 5:30-6:10pm | Jun 17-Jul 10 | \$74/\$111 |

|                  |       |             |              |            |
|------------------|-------|-------------|--------------|------------|
| <b>Session 2</b> |       |             |              |            |
| 0503.160         | TU/TH | 5:30-6:10pm | Jul 15-Aug 7 | \$74/\$111 |

# 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

#### 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+. Meal tickets can be purchased in advance, but **MUST** be purchased in person at the Community Center by 1:00pm the day before. For more information and to see the menu, visit [poway.org/olderadults](http://poway.org/olderadults) or call (858) 668-4671.



#### BINGO

#### AGES 18+

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

**LOCATION:** Community Park, Sycamore Hall

| DAY | DOORS OPEN | STARTS  |
|-----|------------|---------|
| TU  | 9:00am     | 11:30am |
| SU  | 9:00am     | 12:30pm |



## OLD POWAY PARK

14134 Midland Road  
(858) 668-4576

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

### Hours

#### Museum

Saturdays | 10:00am–2:00pm  
Sundays | 11:00am–2:00pm

#### Nelson House

Saturdays | 10:00am–2:00pm

#### Artisan Market

1st and 3rd Saturday of the month | 8:00am–2:00pm

#### Railroad Info

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

#### Farmers Market

Saturdays | 8:00am–1:00pm

#### Old Poway Pottery

Saturdays | 10:00am–2:00pm

#### HISTORICAL TOURS

ALL AGES

Experience Poway history firsthand during our Historical Tours program. Providing the perfect combination of fun and education, this program is ideal for 20 or more participants. This program runs March through June, Tuesday through Thursday by reservation only. \$4 per person.

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

#### FREE! SAM HINTON FOLK FESTIVAL

ALL AGES

Hosted by the San Diego Folk Heritage, the FREE Annual Sam Hinton Folk Festival will feature a variety of musical performances (Bluegrass, Old Timey, Irish music), workshops, group jams, and an open-mic stage.

**Saturday, Jun 7 | 11:00am–5:00pm**

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

#### FLAG RETIREMENT CEREMONY

ALL AGES

Discover the significance of each part of the American Flag at the Flag Retirement Ceremony, hosted by the Veterans Park Committee and Poway VFW Post 7907.

**Saturday, Jun 14 | 10:00am | Veterans Park**

INFORMATION: (858) 668-4576

# 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

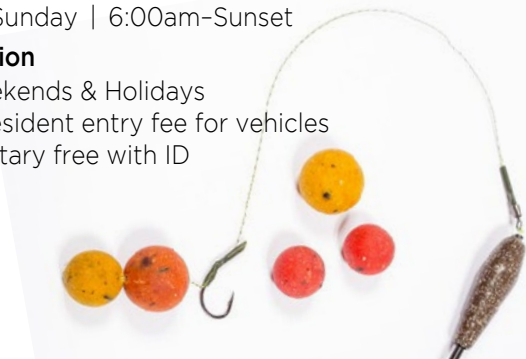
## Hours

Daily | 6:00am–Sunset

**Lake Fishing and Boating Hours—Now Open Tuesday!**  
Tuesday–Sunday | 6:00am–Sunset

### Entry Station

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



## NIGHT FISHING

ALL AGES

Catfish season is back! Why not try the night bite? Stocked regularly with catfish, Lake Poway also has a thriving bass population. Watch our website for select Fridays and Saturdays this summer. Lake Poway will be stocked on July 11, July 18, July 25, August 8, and August 22.

## FAMILY CAMPOUTS

ALL AGES

Calling all novice campers! Come enjoy outdoor fun in a family-friendly environment close to home. Activities included: guided night hikes, campfire with s'mores, and a magic show. Fishing permits and boat rentals are not included but may be purchased for a nominal fee. Don't forget your own camping equipment, dinner supplies, and grill/charcoal if you want to BBQ. Some supplies may be purchased at The Lookout. The Lookout will be open late for dinner. Fee includes 5 persons per family.

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

| CLASS #  | DAY   | TIME           | DATES     | R/NR FEE  |
|----------|-------|----------------|-----------|-----------|
| 9039.106 | SA-SU | 1:00pm-10:00am | Jun 14-15 | \$65/\$78 |
| 9039.107 | SA-SU | 1:00pm-10:00am | Jun 28-29 | \$65/\$78 |
| 9039.108 | SA-SU | 1:00pm-10:00am | Jul 12-13 | \$65/\$78 |
| 9039.109 | SA-SU | 1:00pm-10:00am | Jul 26-27 | \$65/\$78 |



# 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

**Summer Schedule** (Jun 16–Aug 10)

### Adult Lap Swim

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

### Recreational Swim

|           |   |
|-----------|---|
| Mon–Thurs | 1:00–5:00pm                                 |
| Fri       | 1:00–8:00pm                                 |
| Sat/Sun   | 10:30am–1:00pm (Family Swim)<br>1:00–5:00pm |

### Splash Pad

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

### Holiday Hours

Memorial Day | May 27 | 10:30am–5:00pm  
Fourth of July | Jul 4 | 10:30am–4:00pm

## 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–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 swim together and enjoy their toys, rafts, fins, and inner tubes. Items not provided by Swim Center.

| DAYS  | TIME           | R/NR FEE  |
|-------|----------------|-----------|
| SA/SU | 10:30am–1:00pm | \$14/\$19 |

## PARTY PACKAGES

ALL AGES

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

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

**Reservations must be made in person at the Swim Center.**

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

## SUMMER SPLASH BASH!

AGES 6–12

Kick off the summer fun with an all-day pool party at the Swim Center. Drop off the kids for a day of music, games, and swimming! Activities include open access to our in-water inflatable obstacle course, organized games throughout the event, crafts, land inflatables, and a big splash competition off the diving boards.

Registration covers admission for the day and a pizza lunch.

All participants will be required to take a 25-yard swim test in order to use the deep end and diving boards, as well as the in-water inflatable obstacle course without a lifejacket.

Participants 7 years old and under require an adult to be present at the event (if they are unable to pass the swim test, an adult must be in the water with them at all times).

**Parents attending with their children are required to pay the daily pool admission fee of \$3 for residents or \$8 for non-residents, which does not include lunch.**

### Event Registration

| CLASS #  | DATE           | TIME          | R/NR FEE  |
|----------|----------------|---------------|-----------|
| 0801.100 | Friday, Jun 13 | 8:00am–2:00pm | \$20/\$30 |

### Summer Splash Bash Extended Care Option

| CLASS #  | DATE           | TIME          | FEE  |
|----------|----------------|---------------|------|
| 0801.101 | Friday, Jun 13 | 2:00pm–5:00pm | \$10 |

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



## 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 HIKES

ALL AGES

**FREE!**

Find our Activities Schedule on the website or at Blue Sky Reserve 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

#### STORYBOOK AND TRAIL TIME

ALL AGES

Connect with nature and introduce your little ones to a fun story posted along the Green Valley Truck Trail and Creekside Trail. Make sure to have your kids stop at the Wingspan Sign and have them measure their wingspan against some of the birds that can be found in Blue Sky.

## 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

#### DOCENT-LED TOURS

ALL AGES

**FREE!**

Visit us on the third Saturday of each month between 10:00am and 1:00pm for a docent-led tour. Experience artifacts, 'ewaas, and 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:** [blueskyreserve@poway.org](mailto:blueskyreserve@poway.org) or (858) 668-4781



# POWAY LIBRARY

13137 Poway Road  
(858) 513-2900

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

## Hours

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

Visit [sdcl.org/poway](http://sdcl.org/poway) or stop by the Poway branch library for a listing of all Summer Learning Programs.

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

**Baby Storytime:** Mondays | 11:00am & Tuesdays | 1:00pm  
**Toddler Storytime:** Thursdays | 10:30am  
**Crafternoon:** Thursdays | 1:00pm  
**Preschool Play:** Fridays | 10:30am  
**Love on a Leash:** Fridays | 3:00-4:00pm  
**Dance Party Storytime:** Saturdays | 10:30am



### FREE! TEEN PROGRAMS

GRADES 6-12

#### Teen Tuesdays:

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

**Teen Craft:** Thursdays | 4:00pm

### FREE! ADULT PROGRAMS

AGES 18+

**Zumba Inclusive:** First & Third Monday | 10:00-11:00am

**Friendship Club:** Second & Fourth Monday | 10:30-11:30am

**Knitting Club:** Second & Fourth Monday | 1:00-3:00pm

**Tech Help:** Wednesdays | 2:00-3:00pm

**Yoga - Mindful Movement with Breath:**

Wednesdays | 3:00-4:30pm

**Book Club:** Third Wednesday | 6:00pm

**Pounds, Music & Movement Class:** Thursdays | 11:30am

**Mah Jongg - American & Chinese:** Thursdays | 1:00-3:00pm

**Cribbage:** Fridays | 10:00am-12:00pm

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

**Meditation for All:** First Saturday | 2:00-3:00pm

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

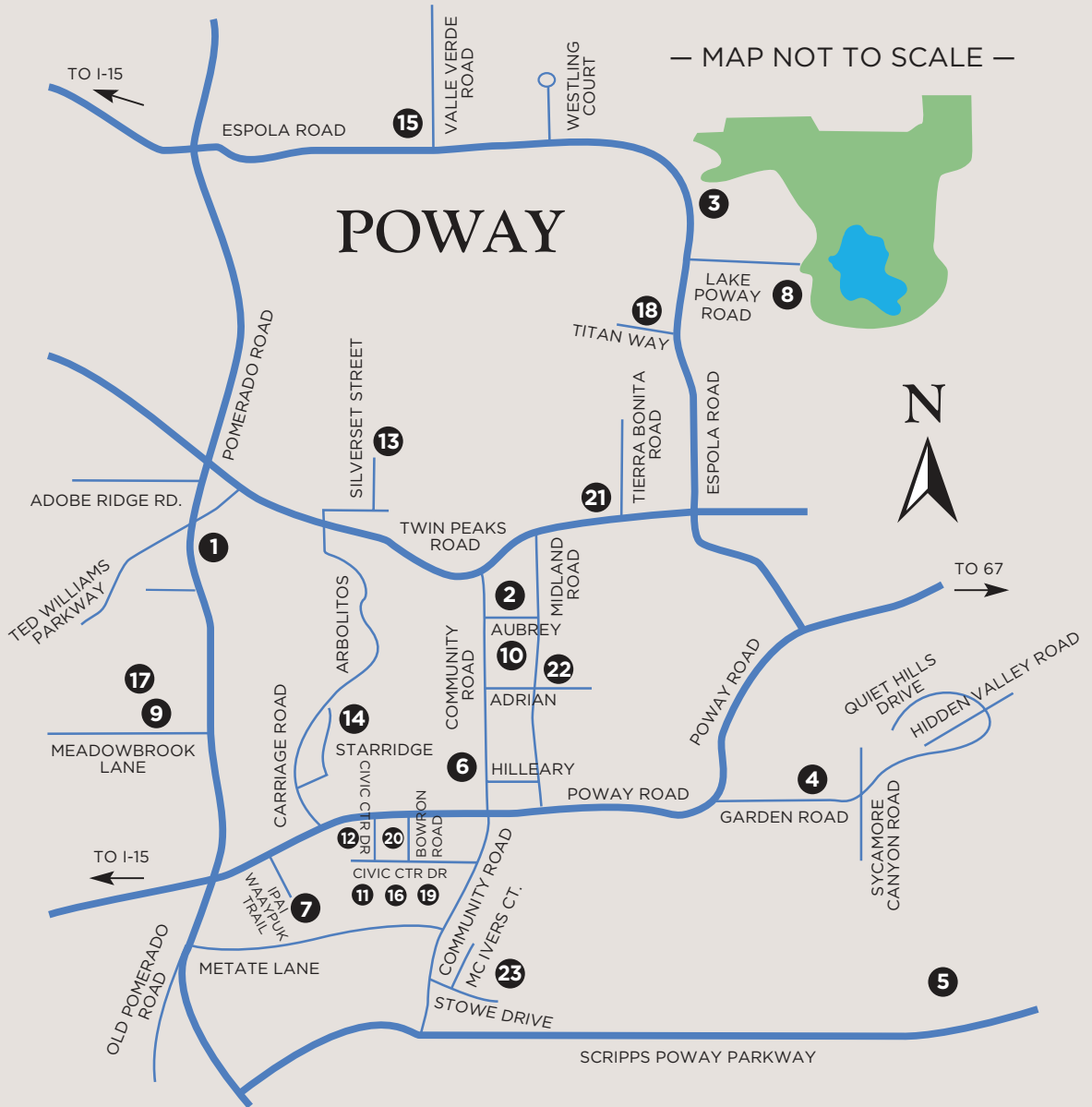
**Poway's Premier Sports Complex**

- ▶ 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**

# CULTURAL & RECREATIONAL FACILITIES



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



# CLASS REGISTRATION

## SUMMER REGISTRATION START DATE:

Begins May 6 at 7:30am for Poway Residents and May 7 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](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 \$19 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 \$19 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.

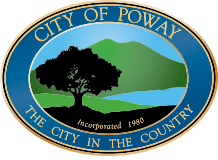
## Financial Assistance

### 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).

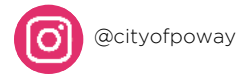
### Access

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



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

Connect with us and never miss a recreation opportunity again!



# SUMMER 2025 EVENTS AT A GLANCE

## SUMMER CONCERTS

Lake Poway  
 June 22, July 6,  
 July 20, August 3

Old Poway Park  
 June 29, July 13,  
 July 27



## SUMMER MOVIES

Community Park  
 June 21, July 5,  
 August 2

Swim Center  
 July 19

Old Poway Park  
 August 16



## JULY 4TH FIREWORKS

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

Poway High School  
 Poway Sportsplex

## FOURTH OF JULY

Old Poway Park  
 July 4



## FAMILY CAMPOUTS

Lake Poway  
 June 14-15  
 June 28-29  
 July 12-13  
 July 26-27



## Poway City Council

Mayor: STEVE VAUS  
 Deputy Mayor: PETER DE HOFF  
 Councilmember: TONY BLAIN  
 Councilmember: JENNY MAEDA  
 Councilmember: CHRISTOPHER J. PIKUS

## SAVE THE DATE!

### Registration Dates:

May 6, 2025 at 7:30am for Poway Residents  
 and May 7, 2025 at 7:30am for Everyone.

See page 25 for details, or visit [poway.org/classes](http://poway.org/classes).